



# A Tot Starter

**Thinking about cultivating  
healthier habits in your pre-school?**





# HEALTHY PRE-SCHOOL ACCREDITATION FRAMEWORK

A healthy school contributes to better health and education outcomes. Health promotion in early childhood is paramount for the prevention of infectious diseases and for developing good health habits in childhood – particularly in nutrition, physical activity and social-emotional development.

The Healthy Pre-school (HPS) Framework accredits pre-schools which have comprehensive school health promotion practices for students, parents and staff.



# THE BUILDING BLOCKS OF HEALTH

Pre-schools on the HPS framework are guided by the following blocks.





## GOING PLATINUM

The table below summarises the criteria required for each tier.

### STRATEGIC THRUSTS

Tiers	Supportive Environment	Targeted Intervention	Capacity Building
★ Basic	✓		
🏆 Platinum	✓	✓	✓

The first step to a Healthy Pre-school - Basic Tier accreditation acknowledges the efforts put in by pre-schools to meet the basic health requirements.

#### Reaching the Platinum Standard of Health

- Platinum Tier accreditation distinguishes pre-schools which made efforts beyond the basic requirements for their students and staff.
- HPB is committed to work with all pre-schools to help them progress towards being accredited as “Healthy Pre-school – Platinum Tier”.



## ACCREDITED HEALTHY PRE-SCHOOLS WILL RECEIVE

#### Healthy Pre-school Basic Tier:

- A decal (Diagram 1)

#### Healthy Pre-school Platinum Tier:

- A decal, a certificate and the exclusive rights to use the Healthy Pre-school logo for publicity purposes (Diagrams 1, 2 and 3).
- Priority booking of health promotion programmes covering key topics such as Nutrition, Physical Activity and Mental Well-being.



**Diagram 1:** Healthy Pre-school (For both Basic and Platinum Tiers)



**Diagram 2:** Certificate of Achievement for Healthy Pre-school with validity period of two years (For Platinum Tier only)



**Diagram 3:** Healthy Pre-school logo (for Platinum Tier only)

All healthy pre-schools are expected to maintain the standards as stipulated in the HPS criteria. The Health Promotion Board reserves the right to revoke the HPS accreditation status in the event that a pre-school falls short of the standards, during an audit or when public complaints are substantiated.



## CRITERIA FOR HEALTHY PRE-SCHOOL

In order to be accredited as “Healthy Pre-school – Basic Tier”, pre-schools will need to fulfil these criteria under the strategic thrust of Supportive Environment.

### CRITERION 1: SUPPORTIVE ENVIRONMENT

#### Provision of Healthy Meals



The centre provides water for the children throughout the day. Syrup, cordial and commercially prepared drinks without the Healthier Choice Symbol (HCS) are not allowed. Milk is allowed.

If lunch is served, the food must have the three main food groups:

- Wholegrains (e.g. wholemeal bread, brown rice, brown rice bee hoon)
- Lean meat or other protein food alternatives (e.g. chicken, fish, tofu, lentils)
- Vegetables

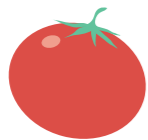
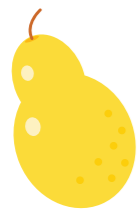


All centres that provide lunch or snacks to children are required to provide fruits to children based on the following frequency:

- Full day services: Daily
- Half day services: Once a week

The centre serves calcium-rich food and beverages such as milk, calcium-fortified soy milk, cheese, yoghurt, tofu to the children based on the following frequency:

- Full day services: Twice a week
- Half day services: Once a week



The centre uses cooking oil with the Healthier Choice Symbol.

The centre does not serve the following food:

- Deep-fried food
- Pre deep-fried food upon purchase (e.g. pre deep-fried chicken nuggets, french fries)
- Preserved food (e.g. sausages, ham, luncheon meat, preserved vegetables, and preserved eggs)

#### Gross Motor Activities are carried out



- Full day services: one hour daily, with at least 30 minutes outdoors or 45 minutes thrice weekly outdoors or equivalent.
- Half day services: 30 minutes thrice weekly, with at least one session outdoors or equivalent.
- For a centre with no access to suitable outdoors space: In addition to fulfilling the recommended Gross Movement Activities time (one hour daily for full day services and 30 minutes thrice weekly for half day services), centre is to fulfil at least one of the following:
  - a. Organise outdoors field trips for children at least once a month
  - b. Inform parents via formal communication channel (e.g. newsletter to bring their children outdoors during weekends)





In order to be accredited as “Healthy Pre-school – Platinum Tier”, pre-schools will need to fulfil these criteria under all three strategic thrusts, namely Supportive Environment, Targeted Intervention and Capacity Building.

#### CRITERION 1: SUPPORTIVE ENVIRONMENT



##### Provision of Healthy Meals

- Pre-schools are certified in Healthy Meals in Pre-schools Programme (HMPP)

##### Gross Motor Activities are carried out



- Full day services: one hour daily, with at least 30 minutes outdoors or 45 minutes thrice weekly outdoors or equivalent.
- Half day services: 30 minutes thrice weekly, with at least one session outdoors or equivalent.
- For centre with no access to suitable outdoors space: In addition to fulfilling the recommended Gross Movement Activities time (one hour daily for full day services and 30 minutes thrice weekly for half day services), centre is to fulfil at least one of the following:
  - a. Organise outdoors field trips for children at least once a month
  - b. Inform parents via formal communication channel (e.g. newsletter to bring their children outdoors during weekends)



#### CRITERION 2: TARGETED INTERVENTION



- Pre-school's efforts in helping severely overweight and overweight children maintain a healthy lifestyle.

#### CRITERION 3: CAPACITY BUILDING



##### Provision of trained teachers to plan health activities

- At least one pre-school teacher trained annually in health topics<sup>1</sup>.
- Trained teacher is being deployed to plan and implement one healthy activity per year.

##### Inclusion of health in curriculum

- Pre-school has conducted lessons on health topics<sup>1</sup> for healthy habit formation.



##### Systematic engagement of parents in health promotion

- Pre-school to engage parents annually in health promotion through health workshops, Sports Day, festive celebrations incorporating a healthy lifestyle activity and communication platforms (e.g. notice board, website, newsletters, Facebook page) etc.



<sup>1</sup> Topics include Nutrition, Physical Activity, Myopia Prevention, Mental Well-being and Oral Health.



## GETTING THERE STEP BY STEP

There is a four-stage accreditation process to ensure that healthy pre-schools continue to maintain its efforts to benefit students, parents and staff.

Stage:



### Assessment

- Pre-school indicates interest
- Zonal Lead (ZL)/School Health Executive (SHE) conducts needs assessment



### Road Mapping

- ZL/SHE charts out road map that includes relevant resources and programmes



### Implementation

- Pre-school agrees and implements proposed road map to bridge the gaps
- ZL/SHE checks in on progress



### Accreditation

- When the pre-school has bridged all the gaps, the ZL/SHE will accredit the centre. As HPS accreditation is valid for two years, a mid-point check will take place in the first year after accreditation.



### Eligibility Criteria

- Pre-schools must be registered with the Early Childhood Development Agency (ECDA).
- Applications must be supported by the principal/supervisor of the pre-school.

### Information for Application

- Pre-schools that are interested in getting the HPS accreditation, please email HPB at [hpb\\_ppd@hpb.gov.sg](mailto:hpb_ppd@hpb.gov.sg)

### For more information, please contact

Email: [hpb\\_ppd@hpb.gov.sg](mailto:hpb_ppd@hpb.gov.sg)  
Phone number: 1800 223 1313





**Healthy  
Pre-School**



**Let's be a Healthy Pre-school today!**



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