

Healthy Lifestyles and Physical Activity Policy

Introduction and Purpose

The Approved Service seeks to encourage healthy lifestyle and wellbeing choices for children across the service. Healthy lifestyle and wellbeing choices are informed by current perspectives including the Munch and Move initiative from NSW Health.

Procedure

- The Educator will implement a range of age and developmentally appropriate physical activities into the program including, but not limited to,:
 - Suitable floor based activities and tummy time, in safe areas, for appropriately aged children.
 - Physical outdoor play for appropriately aged children.
 - Activities to encourage the Fundamental Movement Skills (FMS):
 - Jumping
 - Running
 - Hopping
 - Galloping
 - Leaping
 - Side-sliding
 - Skipping
 - Catching
 - Underarm throwing
 - Overarm throwing
 - Kicking
 - Stationary dribbling
 - Striking a stationary ball
- Physical activity is to be embedded in the daily program through spontaneous and intentionally planned active play that is both child initiated and Educator led. The preference is for outside activities when weather and other conditions allow.
- Educators will encourage children to participate in physical activity and role model skills.
- Set up indoor and outdoor areas in a manner that promotes and encourages safe physical play for all age and developmental abilities.
- Educators will actively encourage children to accept and respect each other's physical ability.

We strive to implement the six key messages that form the basis of Munch and Move which are:

Encourage and support breastfeeding

- Breastmilk is the ideal food for infants as it contains essential nutrients, protects them from illness, and provides many other long-term health benefits for both mother and infant.
- Educators will support parents whom breastfeed their child by providing a suitable location, privacy and by being flexible in routines.

Choose water as a drink

- Water is the best drink for anyone who is thirsty. Water is a good choice as it does not have any added sugar.
- Water will be accessible to children at all times. Educators are to promote water and milk (allergy dependant) as the beverages of choice and avoid sugary or acidic drinks.

Eat more fruit and vegetables

- Eating fruit and vegetables every day will help your child grow strong and healthy. Children aged 2-3 years should eat 1 serve of fruit and 2.5 serves of vegetables and children aged 4-8 years should eat 1.5 serves of fruit and 4.5 serves of vegetables, each day. (Approximately half of these amounts for toddlers aged 1-2 years).
- Children will be given a range of food and beverages, supplied by their parent/guardian, that are nutritious, adequate in quantity, and appropriate to the child's dietary, cultural and/or religious requirements.
- Educators have the responsibility to promote healthy eating and nutrition practices with children and their family. Regular discussion or experiences, about healthy food, beverages and nutrition, are encouraged to be included into the routine and program.
- The Approved Service provides information at enrolment, and other times, to all families about healthy eating, nutrition and hygiene.

Choose healthier snacks

- Young children can more easily meet their nutrition needs if healthy snacks are offered between meals. Offering small, planned snacks is much better than allowing children to graze between meals.
- Educators will offer children food and beverages at regular intervals. Children whom do not eat and/or drink during routine meal times, or children whom indicate they are hungry, will be provided food and/or beverages.
- Information about healthy food, beverages and nutrition is displayed and/or made available to families.

Get active each day

- Physical activity is an important part of being healthy. Being active:
 - Builds strong bones and muscles
 - Improves balance
 - Helps children keep to a healthy weight.
 - Is a good way to make friends
- Every day toddlers and preschool children should:
 - Be physically active for at least 3 hours, spread throughout the day.
 - Not be sitting for more than 1 hour at a time, with the exception of sleeping.

Turn off the screen and get active.

- The time children spend sitting and watching television or playing electronic games (known as ‘screen-time’) is time children could spend being active. We know from research that Australian children are spending too much time being sedentary and not enough time being active. This can lead to health problems now and in the future.
- Responsible adults should monitor and control the time spent by children engaged in these activities. Educators are encouraged to role model appropriate screen behaviours to children.
- Screen time is not to be used as a reward or to manage challenging behaviours.
- The Australian Physical Activity Guidelines recommend that:
 - Children less than 2 years of age should spend no time in these activities. Screen-based activities for children under two years have not been shown to lead to any improvements in health, intelligence or language development.
 - Children aged 2-5 years should not spend more than one hour a day watching television or using other electronic media (DVDs, computer and other electronic games).

Each of these messages is of equal importance in promoting healthy, active habits in children from a young age.

Reference/Source

Munch and Move – NSW Government Health Department www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx

Australian Government 24-Hour Movement Guidelines Birth to 5 Years – Australian Government Department of Health <https://www1.health.gov.au/internet/main/publishing.nsf/Content/ti-0-5years>

Australian Government National Health and Medical Research Council (2012) staying Healthy in Childcare 5th Edition Kidsafe NSW www.kidsafensw.org

Education and Care Services National Law 2010

Education and Care Services National Regulations 2011. Part 4.1 – 73. Part 4.2 – 77-81. Part 4.3 – 116. Part 4.5 – 155.

National Quality Standard for Early Childhood Education and Care and School Age Care. Quality Area 1, 2, 3 and 5.