Partnerships with families
25th May to 29th May 2020

Dear Families,

As a part of the continuous improvement required by the National Quality Standard, this week we are:

* comparing the way educators implement hygiene, illness and injury management practices, and promote children’s health, wellbeing and physical activity against the Government’s exceeding measures in this area. If you’d like more information about the practices required to achieve exceeding please let me know
* reviewing our Physical Activity Promotion Policy. Summaries follow:

**Physical Activity Promotion Policy**

Educators will:

* implement the Federal Government’s Physical Activity Guidelines including the 24 Hour Movement Guidelines for the Early Years which recommend:
* Infants (birth to 1 year) engage in physical activity from birth eg floor-based play several times a day including at least 30 minutes of tummy time for non-mobile babies spread throughout the day
* Toddlers (1 to 2 years) engage in daily physical activity for at least three hours spread throughout the day
* Pre-schoolers (3 to 5 years) engage in daily physical activity for at least three hours spread throughout the day including at least one hour of energetic play
* Children younger than two years of age should not spend any time watching television or using other electronic media (DVDs, computer and other electronic games)
* For children two to five years of age, sitting and watching television and the use of other electronic media (DVDs, computer and other electronic games) should be limited to less than one hour per day
* Infants, toddlers and pre-schoolers should not be sedentary, restrained or kept inactive for more than one hour at a time
* implement planned and spontaneous physical activities in indoor and outdoor areas
* support and promote new activities and those suggested by children and families
* participate in physical activity with children
* promote the benefits of a physically active lifestyle with children
* include activities with complex motor skills, and activities like dance and drama.

There is a copy of the policy near the sign in/out sheet. Please take a moment to read it. We value any feedback you may have.

Nominated Supervisor