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 for children 5-12 years which recommend:
* A combination of moderate and vigorous activities for at least 60 minutes a day, including activities that strengthen muscle and bone
* Children shouldn't spend more than two hours a day using electronic media for entertainment (eg computer games, TV, internet), particularly during daylight hours.
* 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