**Standard 2.1 Exceeding Themes Nominated Supervisor  
NQS 2.1 Health**

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| Name of the person conducting the checklist: |  | **Date:** |  |

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| **Embedded Practice** |  |  |  |
| Is there evidence all educators consistently and confidently respond to children’s changing health and activity needs during the day? | Yes | No | NA |
| Is there evidence all educators effectively respond to children’s needs for sleep, rest and relaxation during the day, individually and in groups? | Yes | No | NA |
| Is there evidence all educators always manage and support children’s health and medical needs in line with best practice? | Yes | No | NA |
| Are you confident all educators actively promote healthy eating, physical activity, and effective hygiene practices in the curriculum and provide regular opportunities to learn about health and wellbeing? | Yes | No | NA |
| Are you confident all educators could explain to an assessor how they’re promoting children’s health and physical activity in a way that consistently meets the service philosophy and the principles/practices of EYLF/MTOP? | Yes | No | NA |
| Are you confident all educators could explain to an assessor how their practices reduce as far as possible the risk of injury or illness in children? | Yes | No | NA |
| **Critical Reflection** |  |  |  |
| Is there evidence all educators regularly contribute to critical reflections aimed at improving each child’s health and physical activity outcomes at the service and at home? | Yes | No | NA |
| Is there evidence all educators consider other ways of supporting each child’s health and activity needs and make changes which improve outcomes? | Yes | No | NA |
| Are you confident all educators can explain to an assessor how reflection on children’s changing health and activity needs changes their curriculum? | Yes | No | NA |
| Is there evidence all educators contribute to team reflections on health and illness related incidents and willingly implement new policies and procedures to improve outcomes? | Yes | No | NA |
| Are you confident all educators can discuss some of the current recognised guidelines and information that influence the way you promote health and physical activity, and how these support EYLF/MTOP and service policies and procedures? | Yes | No | NA |
| Is there evidence all educators consider the social justice and equity implications of their health and physical activity practices to ensure the circumstances and rights of every child are met? | Yes | No | NA |
| Is there evidence you ensure any change to the service’s approach to supporting and promoting children’s health and activity needs is understood by all and implemented appropriately? | Yes | No | NA |
| **Engagement with families and community** |  |  |  |
| Is there evidence educators’ health and activity practices reflect and are inspired by the service’s unique geographical, cultural and community context? | Yes | No | NA |
| Is there evidence all educators consistently engage with children, families and the community about children’s changing health and activity needs, interests, preferences and strengths and include these in the curriculum? | Yes | No | NA |
| Is there evidence all educators work directly with children, families and professionals to implement targeted practices that meet children’s health and activity needs? | Yes | No | NA |
| Is there evidence all educators proactively promote children’s health and physical activity with families and the community eg partnerships with health and wellbeing services? | Yes | No | NA |

Actions required

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