Partnership with families  
26th April to 30th April 2021

Dear Families,

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

* ensuring our resources and equipment can be used in flexible ways, challenge children in appropriate ways and support all aspects of our learning program. Do you have any suggestions about different ways to use our resources, or potential new resources or equipment? We’d love to hear them!
* reviewing our Bike Safety Policy and Physical Activity Promotion Policy. Summaries follow:

**Bike Safety Policy**

* Issues services may consider if planning bike tracks or using existing tracks include:
  + using different texture materials so children experience different vibration and sounds
  + including road features which reinforce road safety eg line markings, pedestrian crossings, stop and give way signs, traffic lights
  + including features like petrol stations, bus stops and gardens to encourage role play
* The Nominated Supervisor (NS) will ensure bikes are suitable for the ages of children, comply with AS/NSZ 1927, and are regularly inspected and maintained
* Before children can ride bikes:
  + the NS will conduct a risk assessment and eliminate or minimise risk to children
  + the NS will induct educators and staff in the safe use of bikes
  + educators will teach children how to ride the bikes and the bike safety rules

The bike safety rules include:

* all bikes are ridden in one direction only
* all children wear properly fitting helmets that comply with AS/NSZ 2063
* no child can ride a bike if an educator is not supervising.

**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 who are just starting to get active should begin with a moderate level of activity, for example 30 minutes per day, and steadily increase)
* children spend no 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 are copies of the policies near the sign in/out sheet. Please take a moment to read them. We value any feedback you may have.

Nominated Supervisor