Partnerships with families  
9th May to 13th May 2022

Dear Families,

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

* ensuring the resources we provide for children:
  + can be used in multiple ways to encourage learning
  + support all children’s interests and abilities
  + challenge children and support appropriate risk taking.

We welcome any suggestions you may have about resources your children would love to engage with

* reviewing our Bike Safety Policy and Physical Activity Promotion Policy. Summaries follow:

**Bike Safety Policy**

* Issues services may consider/use if planning bike tracks or using existing tracks include:
  + different texture materials so children experience different vibration and sounds
  + road features which reinforce road safety eg line markings, pedestrian crossings, stop and give way signs, traffic lights
  + 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 which include:
* 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