



Educational Leader

Healthy eating and physical activity are promoted and appropriate for each child.

Looking at the element in detail - A service reviewed what the NQF Guide said about element 2.1.3 and understood educators must:

- promote healthy lifestyles, including nutrition and physical fitness
- include risky play which challenges children and allows them to identify and manage risk.

Healthy lifestyles for children (and adults) includes lots of outdoor play. [Raising Children Network](#) has a lot of information and play ideas, often tailored to different ages. Much of the information you may already know – but have you or your educators considered:

- outdoor play might lower a child's chances of developing short sightedness
- sun-safe play can help boost vitamin D levels which children need for bone growth and development
- outdoor play can include working on everyday routines like weeding, sweeping paths, watering plants and vegetables, cleaning glass doors and windows, hanging artwork out to dry
- the local park or oval where children have more space for big movements like running, jumping, playing with balls could be a great place for regular outings
- wet weather offers different opportunities for outdoor play eg splashing in puddles, playing in mud, walking with umbrellas
- playing outside and being in nature often helps children relax and feel calm – boosting their mental health
- 'risky' outdoor play where children have opportunities to run faster, climb higher and jump further helps children learn from mistakes which may cause bumps and bruises and bounce back. Children kept away from these activities are more likely to get seriously hurt when they have outdoor experiences?

Note these last two points may also help children to self-regulate their behaviour.

[Ball skills are fun](#) - and throwing, catching, rolling and kicking balls also improves hand-eye coordination, works various muscles and improves fitness. As children get better at these basic ball skills, the level of difficulty can be increased eg by throwing a ball at a target, through a hoop or to each other, dribbling the ball like a basketball player, bouncing it back and forth to others. Smaller balls can also be used.

After some more outdoor play ideas?

Babies

- tummy time
- crawling on grass or through old boxes
- watching tree leaves and branches move and listening to birds
- looking at different coloured cars, street signs or traffic light signals.

Toddlers

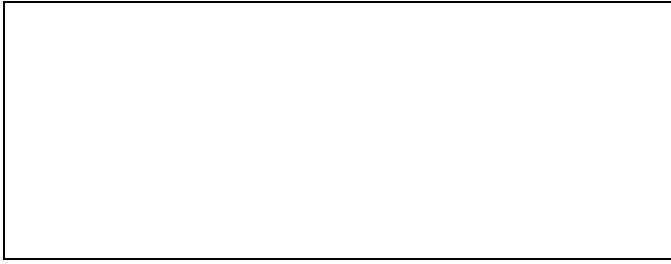
- throwing and chasing balls
- wheeling, pushing or pulling different toys and objects
- walking, running or jumping around trees, over stones or cracks in the footpath, into puddles
- blowing bubbles and chasing them
- playing in sand, mud or small amounts of water

Preschoolers

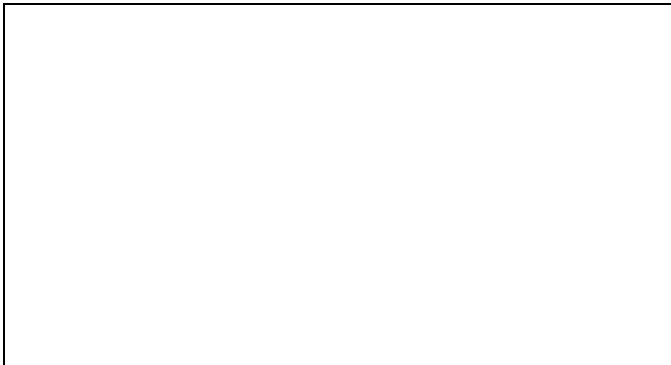
- playing games of chasey, hide-and-seek
- crawling through tunnels or climbing over fallen trees
- moving in different ways with colourful leaves, flowers, scarves or streamers
- making mud pies with dirt and old cooking utensils
- going on a nature walk together and naming all of the different sounds
- looking for birds, insects and new plants, and trying to name them
- building a cubbyhouse out of boxes, baskets or outdoor play equipment or furniture.

Week 34, 31 October - 4 November 2022 – 2.1.3 Healthy lifestyle

How would you rate the diversity and quality of children's outdoor play? Why?



Using the ideas mentioned here or others, how could you help educators improve outdoor play?



Immunisation and Disease Prevention Policy

- We will display the National Immunisation Schedule and the State/Territory Immunisation Schedule
- Parents must provide evidence of their child’s immunisation record/status during enrolment and meet State/Territory immunisation requirements for enrolment as outlined in Policy
- Parents are responsible for having overseas immunisation records transcribed
- Children who have not been immunised or whose immunisation status is unknown may be excluded from the service if there is an outbreak of a vaccine preventable disease
- Educators are encouraged to have immunisations listed in Policy
- Nominated Supervisor will implement procedures to ensure educators understand the adverse effect of some infectious disease on unborn children
- Child Care Subsidy is paid for children who are fully immunised or meet an approved exemption. This does not include conscientious objection.

Infectious Disease Policy

Educators and staff:

- will exclude children who have an infectious disease or are too ill to attend
- will implement procedures in policy if a child becomes unwell or develops a fever at the Service
- will implement minimum exclusion periods advised in Staying Healthy publication and/or required in relevant health legislation
- may require a medical certificate stating a child is not contagious before readmitting child

Parents must:

- advise educators on arrival of any symptoms requiring administration of medication to their child in the past **48 hours**
- collect children who are unwell within **one hour** or make other arrangements for child’s care

Nominated Supervisor will notify infectious diseases to the local public health unit if required.

Do you have any feedback or comments about these policies? Please include below.

Educator’s Name	Educator’s Signature

Note we are now listing any Procedures which relate to the Policy reviewed. We have a comprehensive Procedure Pack (in addition to the procedures already included in the policies) which is currently part of our HR Toolkit. Please contact us on admin@centresupport.com.au if you would like a quote for the Kit.

- Procedure - Immunisation record Children
- Procedure - Immunisation Record Employees
- Procedure - Child Safe
- Procedure - Fever

- Procedure - Illness and Infectious Disease Children
- Procedure - Illness and Infectious Disease Employees
- Procedure - Medical Emergency
- Procedure - Panadol and Other Pin Relief

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