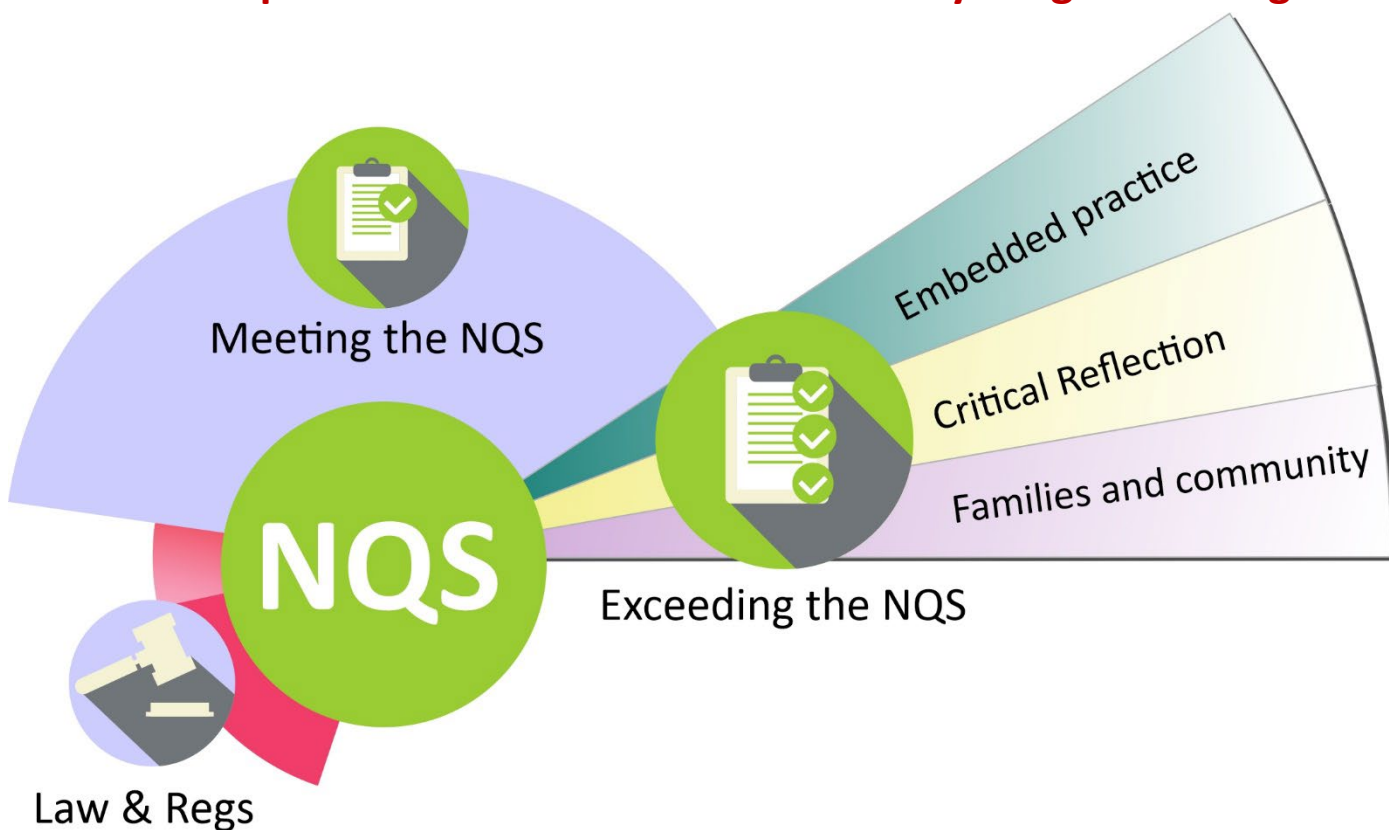


Section 2. Experienced educators – ensure everything is meeting.



First step: We must ensure the Law and Regulations are always met. **Second step:** then we look at the NQS and work through the process of meeting the element. **Third step:** then we can look at and complete the exceeding themes. The logo above shows the effort required to do these three components. It should be easy and take little time to meet the Law and Regulations once you know what is required. Meeting then can become everyday practice, while exceeding takes a lot more time, thinking, connecting to families and community and practice change.



Law & Regs

Law section 51(1)(a) A service approval is granted subject to the condition that the education and care service is operated in a way that ensures the safety, health and wellbeing of the children being educated and cared for by

the service.

Regulation 78 Food and Beverages The approved provider and nominated supervisor ... must ensure that children ... (a) have access to safe drinking water at all times; and (b) are offered food and beverages appropriate to the needs of each child on a regular basis throughout the day. **Penalty: \$2000.**

Regulation 79 Service providing food and beverages The approved provider and nominated supervisor of ...a service that provides food or a beverage to children ... must ensure that— (a) the food or beverage provided is nutritious and adequate in quantity; and (b) the food or beverage provided is

chosen having regard to the dietary requirements of individual children taking into account— (i) each child's growth and development needs; and (ii) any specific cultural, religious or health requirements. **Penalty: \$2000.**

Regulation 80 Weekly menu The approved provider and nominated supervisor of ...a service that provides food and beverages (other than water) to children ... must ensure that a weekly menu— (a) is displayed at a place ... accessible to parents ...; and (b) accurately describes the food and beverages to be provided by the service each day. **Penalty: \$1000.**

Evidence to show compliance – We provide safe drinking water and offer nutritious and appropriate food and beverages to children. We consider each child's dietary needs, cultural requirements, and growth and development. Displaying a weekly menu accessible to parents accurately describes the meals provided, excluding water.

Week 19, 19 to 23 June 2023 – 2.1.3 Healthy lifestyles

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Meeting the NQS

Looking at the element in detail - 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.

Assess your practice first.

Read the below description and evaluate it in relation to your practices.

Meeting – physical activities that encouraged children to identify and manage risks. The obstacle course was set up with various challenges, such as climbing structures, balance beams, and tunnels. Before starting the activity, educators explained the potential risks involved, such as falling or bumping into objects, and discussed how to safely navigate through the course. They encouraged children to assess the obstacles, identify potential hazards, and make decisions on how to approach them safely.

Reinforcing healthy eating during mealtimes:

We reinforced healthy eating habits by demonstrating positive behaviours. For example, they served balanced meals that included a variety of fruits, vegetables, whole grains, and lean proteins. They showed enthusiasm for nutritious foods and encouraged children to try different options. Caregivers also engaged children in discussions about the benefits of healthy eating, explaining how different foods provided energy, supported growth, and helped keep their bodies strong. They encouraged children to make healthy choices by offering praise and positive reinforcement when they selected and consumed nutritious foods. By consistently modelling and reinforcing healthy eating habits, caregivers instilled a positive attitude towards nutrition in children.

Talking with children about the importance of physical activity:

Educators explained that physical activity helped strengthen muscles and bones, kept the heart healthy, and improved overall well-being. They discussed the different types of physical activities, such as running, jumping, dancing, or

playing sports, and the specific benefits each activity provided. They encouraged children to share their experiences of physical activity and how it made them feel.

If you are doing similar practices to the example, use the below questions to help you write your 'meeting' description so you can add it to your QIP.

A MEETING QIP and Self-Assessment Tool (SAT)
<i>Please give an example of physical activities you implement that encourage children to identify and manage risks.</i>
<i>Please give an example showing how you model and reinforce healthy eating for children, for example, during mealtimes.</i>
<i>Please give an example showing how you talk with children about the way their bodies work and why physical activity is important.</i>

If you and your educators need to learn how to do the above to achieve meeting, proceed to the next page.

Week 19, 19 to 23 June 2023 – 2.1.3 Healthy lifestyles