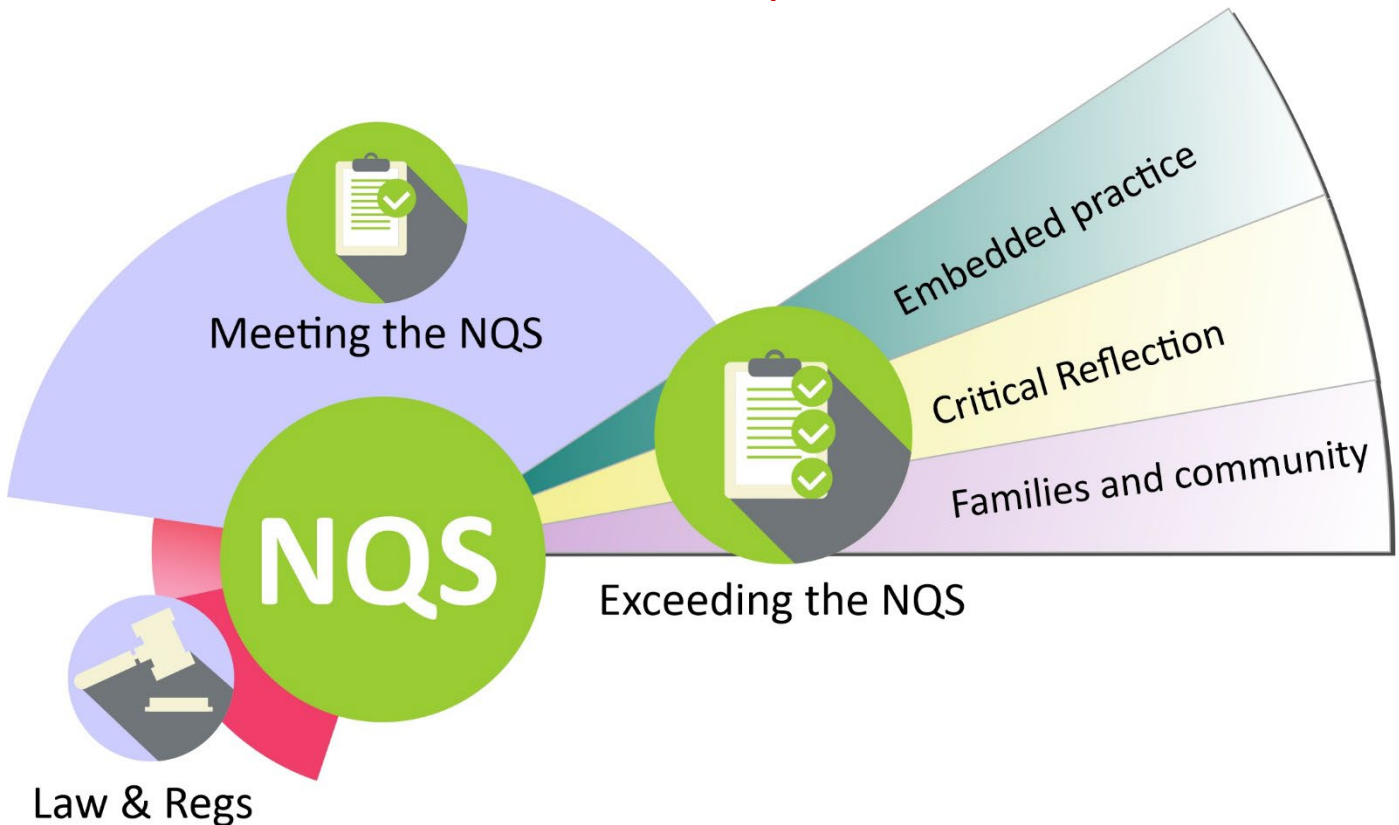


Healthy eating and physical activity are promoted and appropriate for each child.

### Section 9 - Educational Leader and Nominated Supervisor



**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.

There are **things** that you need to do with your service and educators.

- (1) Review the points from the Law and make yourself familiar with them. Conduct the compliance test with your educators to check their knowledge.
- (2) Add to your folder the daily planner so you can document and show the assessor how you are working with educators. Use documents provided in this section.
- (3) Guide your educators to ensure they are at the meeting level, use the examples in the educators' section and the checklist to help you know exactly what is required.
- (4) Explore the exceeding themes with the examples in the educators' section and your section for critical reflection and families and communities.
- (5) Work with your Nominated Supervisor and edit the QIP (SAT for NSW) template provided by Centre Support to ensure it is reflecting your service's practices.

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

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### Compliance test for educators

**Instructions: Nominated Supervisor is to** conduct the test. Ask one educator at a time in a location that other educators cannot hear or provide support to the educators being asked the question. Record the responses then analyse to see if the educators' responses would place you at risk of a fine. Finally, train the educators that fail to meet the regulations.

Name of educator:

Questions	Response	Pass or Fail
Miss Millie says it's okay to swap apple for pear at afternoon tea time because all the apples are bruised. Is it okay?		
Mr Sam says they should get the one family whose child requires halal food to provide it themselves. Do you think this would be okay?		
Miss Chelsea says they should be more flexible when children are hungry, and provide food outside set meal or snack times? What do you think?		
Mr Hamid says each service has to have a water fountain. Is he correct?		

## Educational Leader weekly sheet

Date	Educational Leader activity	With whom?	Comments	Follow up
Monday 19.6.23	Promoting healthy eating and physical activity for each child	Educators and families	Discuss strategies for promoting healthy eating and physical activity tailored to each child's needs	Ongoing monitoring of child's progress in healthy eating and physical activity will be conducted.
Monday 19.6.23				
Tuesday 20.6.23				
Wednesday 21.6.23				
Thursday 22.6.23				
Friday 23.6.23				

General thoughts or ideas

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

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

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## Compliance test for educators ANSWERS for this week.

**Instructions: Nominated Supervisor is to** conduct the test. Ask one educator at a time in a location that other educators cannot hear or provide support to the educators being asked the question. Record the responses then analyse to see if the educators' responses would place you at risk of a fine. Finally, train the educators that fail to meet the regulations.

Name of educator:

Questions	Response	Pass or Fail
Miss Millie says it's okay to swap apple for pear at afternoon tea time because all the apples are bruised. Is it okay?	Yes but the menu must be changed if it specifies apples for afternoon, and families advised and able to see the amended menu – Reg 80 says a weekly menu that accurately describes the food and beverages provided must be displayed. The NQF Guide says "if the menu is changed, notification is displayed for families so that they are informed of their children's meals that day."(page 161)	
Mr Sam says they should get the one family whose child requires halal food to provide it themselves. Do you think this would be okay?	No, because if the service is providing food they should be able to meet any specific cultural, religious or health requirements children may have (Reg 79). Also requiring one family only to supply food is not consistent with operating an inclusive service which promotes diversity or a sense of belonging for all (elements 6.2.2 and 6.2.3)	
Miss Chelsea says they should be more flexible when children are hungry, and provide food outside set meal or snack times? What do you think?	Yes they should. This is an expectation related to Reg 78 eg the Guide to the NQF says assessors may observe children who are hungry being provided with food outside of routine meal and snack times. (p 159)	
Mr Hamid says each service has to have a water fountain. Is he correct?	No. Reg 78 says children must have access to safe drinking water at all times – not how the water must be provided.	