

Our commitment to the healthy development of children



PHYSICAL ACTIVITY & SCREEN TIME

We aim to meet the Australian 24-hour movement guidelines by

- Setting up physical activity environments, both indoors and outdoors
- Providing opportunities for both intentionally led and spontaneous physical activity for at least 30% of the day
- Using screens for educational purposes only and not as a reward
- Educators role modelling positive physical activity and screen behaviours



HEALTHY EATING

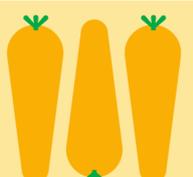
We aim to encourage healthy food behaviours by:

- Sharing information with families when lunchboxes are not consistent with Australian Dietary Guidelines.
- Planning intentional healthy eating learning experiences 2-4 times/week
- Ensuring food isn't used as a reward or to influence behaviour
- Educators role modelling healthy food and drink choices



Links to the National Quality Standards

- 2.1.3 - Healthy eating and physical activity are promoted and appropriate for each child.
- 3.2.1 - Outdoor and indoor spaces are organised and adapted to support every child's participation.



'The heart of a child'
by Worimi Artist
Lara Went

Good for kids
Good for life

