



# Our commitment to the healthy development of children

## Physical activity and screen time

We aim to meet the Australian 24-hour Movement Guidelines by:



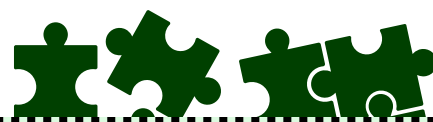
- Setting up physical activity environments, both indoors and outdoors
- Providing opportunities for both intentionally led and spontaneous physical activity for at least 30% of the day
- Using screens for educational purposes only and not as a reward
- Educators role modelling positive physical activity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

## Healthy eating

We aim to encourage healthy food behaviours by:

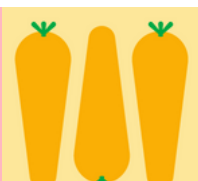


- Providing a menu consistent with the Australian Dietary Guidelines, which has been reviewed against the NSW Health menu planning guidelines
- Planning intentional healthy eating learning experiences 2 to 4 times per week.
- Ensuring food isn't used as a reward or to influence behaviour
- Educators 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

