



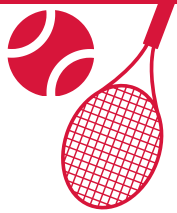
Our commitment to the healthy development of children



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

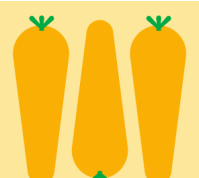
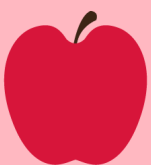
We aim to encourage healthy food behaviours by:

- 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 2-4 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



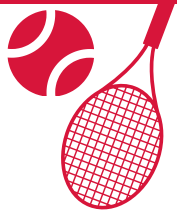
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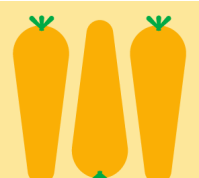
We aim to encourage healthy food behaviours by:

- Sharing information with families when lunchboxes are not consistent with Australian Dietary Guidelines.
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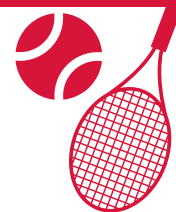
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BREASTFEEDING

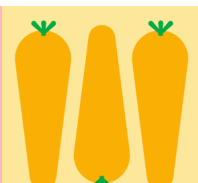
We aim to encourage and support breastfeeding by:

- Informing families that our service supports breastfeeding
- Talking with families about breastfeeding at enrolment
- Providing a supportive space where mothers can breastfeed
- Developing a documented feeding plan for breastfed infants and children



Links to the National Quality Standards

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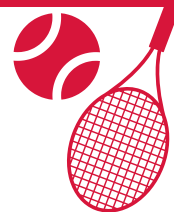
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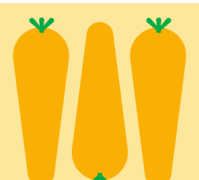
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