Healthy Eating and Active Play Policy

Aim
The Peter Toms Early Learning Centre aims to provide an environment that recognises the importance of healthy-eating behaviours and active play for overall health and wellbeing.

We aim to encourage the boys and families to make healthy choices, promote the importance of a healthy lifestyle, and provide opportunities for active play.

The foods we eat provide our body with the nutrients needed to stay healthy. Good nutrition is the balanced eating of a variety of foods and is especially important for children because they need extra nutrients for growth and development. It is important to give preschool children a good start to healthy eating because most children will form lifelong eating habits by school age.

Active play using large muscles develops a strong and healthy body, builds skills, creates a feeling of wellbeing and helps protect children from disease. Active play is about moving, being and doing.

Healthy eating and active play are essential if children are to grow, learn and develop their physical, social and emotional health and wellbeing.

Implementation

Educators will:
- Ensure staff and parents are kept informed of current information relating to healthy eating and active play
- Encourage the boys to eat their ‘brain food’ (fruit) first, drink water and participate in a healthy snack time
- Encourage the boys to be independent at snack and meal times with opening lunchboxes, self-feeding, serving and using utensils if required
- Encourage the boys to eat in a reasonable amount of time
- Ensure snack and meal times are allocated at reasonable intervals during the session times
- Ensure fresh drinking water is readily available during the session and remind the boys to drink water during the day, including at snack/lunch times
- Supervise the boys during snack and meal times
- Role model healthy eating options
- Discuss healthy choices with the boys and introduce the concept of ‘brain food’, ‘everyday’ foods and ‘sometimes’ foods
- Ensure that play spaces, play equipment, meal times and relaxation, social play and eating environments support the boys and families to make healthy choices for eating and play
- Undertake program planning to ensure the boys are provided with a wide range of experiences to support social, emotional, physical and cognitive growth.
Plan for regular outdoor active play, which includes safety, supervision, stimulation and skills

- Ensure that all boys participate in age-appropriate active play each day, including planned Health and Wellbeing classes
- Ensure cultural, age and individual differences are considered when planning activities
- Act as good role models of physically active behaviour
- Ensure that, in adverse weather conditions, outdoor playing time is substituted with equivalent indoor activities
- Promote appropriate safe behaviour through daily practice as part of the program

Parents/caregivers are responsible for:

- Providing details of specific nutritional requirements, including allergies, on their son’s enrolment form and discussing these with his educators before commencement
- Providing any change of details to the Centre
- Encouraging their children to drink plenty of tap water.
- Providing healthy lunchbox choices, including fruits and vegetables for their son’s morning snack
- Providing nutritional food and drinks for snacks, lunch as required, and celebrations consistent with the Centre’s policy.
- Complying with the requirements of this policy
- Encouraging children to exercise by walking or riding bikes to the centre where appropriate

Who is affected by this policy?
Boys, families and staff

Legislative Requirements
Federal
Children’s Services Regulations 2009
National Quality Standards

National Childcare Accreditation Council
Sources
NATIONAL QUALITY STANDARDS (DRAFT)
Consultation with staff, management & families
http://www.earlyyears.sa.edu.au/pages/Projects/healthy/?reFlag=1

Review
The review will be conducted by:
* The Peter Toms ELC staff
* Families
Policy created: 20 August 2012
Last reviewed: February 2016
Next Review date: January 2017