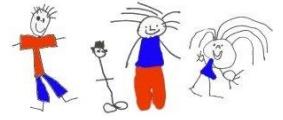


BURTON PARK PRESCHOOL HEALTH AND WELLBEING POLICY



Wellbeing incorporates both physical and psychological aspects of health and is central to belonging, being and becoming. It includes:

- good physical health,
- building resilience and perseverance
- the ability to take responsibility for personal care
- learning about nutrition
- developing personal hygiene strategies
- participating in physical fitness
- exploring emotions and self-control
- fostering positive social relationships
- a sense of fairness, and
- developing independence.

A strong sense of wellbeing provides children with confidence and optimism which maximise their learning potential.

Our curriculum therefore incorporates a range of programs which reflect our commitment for all children to develop a strong sense of wellbeing.

Such programs include:

- sneeze safe
- hand-washing practices
- oral hygiene, healthy eating practices
- shared fruit
- child protection
- social skill development
- fine and gross motor activities
- a balance of active and restful activities
- collaborative learning opportunities.

In partnership with families, these programs aim to value and build on children's strengths, skills and knowledge to ensure their motivation, engagement and success in their learning journey.