

Healthy Eating and Physical Activity Policy

Our children's early years are arguably their most important and establishing healthy behaviours from birth will lay the foundation for lifelong health and wellbeing. Nutritious food and regular physical activity support the normal growth and development of children and reduces the risk of developing chronic lifestyle related diseases later in life (Get up and Grow – Healthy eating and Physical Activity for early Childhood).

Educators at Henley Kindergarten play an important role in this by:

Ensuring all children bring a drink bottle filled with water each day and have access to fresh water to refill their bottle to ensure adequate hydration throughout the day.

Using meal and snack times as highly valued opportunities for children to develop good eating behaviours, enjoy eating and learn about nutrition and different varieties of foods. Children should learn to see food as important for a healthy body and growth. Educators ensure that discussions about food are positive and focus on the health benefits of nutritious foods as well as the taste, shape, colour and variety.

Providing flexible, supervised snack times with routine reminders, supporting children's sense of agency and ability to recognise and communicate their bodies needs regarding hunger and thirst.

Accessing their water bottles and eating nutritious foods to prompt and model healthy eating.

Explicitly teaching safe and hygienic hand washing practices and ensuring they are always observed.

Ensuring individual allergy management plans are in place for children with known allergies.

Ensuring all educators are informed about the allergy management plans and are trained in first aid.

Understanding that a child's job is to move freely and be active every day. At Henley Kindy we encourage this through

- unstructured 'free' play,
- structured play eg dancing, action games and songs, tree climbing, obstacle course, yoga
- active transport eg walking, running, bike riding, scootering, pulling the rickshaw
- everyday physical tasks eg gardening, tidying up and helping set up.

Providing a creative program, offering active play opportunities spread throughout the day regardless of ability levels.

Growing fresh produce in our garden, harvesting, and eating it either through cooking at kindy or purchasing it from the produce trolley and cooking at home.

Educators at Henley Kindergarten work in partnership with families by:

Supporting families to provide a variety of nutritious foods from the basic food groups in snack and lunchboxes each day that offer a variety of tastes, colours, and textures.

Ensuring families, carers and educators have access to information about the importance of good nutrition and healthy eating for children (Get up and Grow).

Respecting that parents or carers are responsible for providing appropriate amounts of food that are safe and nutritious. Children can then decide what and how much they will eat from the foods offered.

Providing opportunities for staff, families, or carers to exchange healthy recipes and ideas.