***IRRAWANG PUBLIC SCHOOL***

***PRESCHOOL***

**Physical Activity and Small Screen Time Procedure**

| National Quality Standard Education and Care Services National Law and National Regulations | Associated department policy, procedure or guideline | Reference document(s) and/or advice from a recognised authority |
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| NQS: 2.1.3Law Section:Regulations: [90](https://www.legislation.nsw.gov.au/view/html/inforce/current/sl-2011-0653#sec.90), [91](https://www.legislation.nsw.gov.au/view/html/inforce/current/sl-2011-0653#sec.91), [92](https://www.legislation.nsw.gov.au/view/html/inforce/current/sl-2011-0653#sec.92), [93](https://www.legislation.nsw.gov.au/view/html/inforce/current/sl-2011-0653#sec.93), [94](https://www.legislation.nsw.gov.au/view/html/inforce/current/sl-2011-0653#sec.94), [95](https://www.legislation.nsw.gov.au/view/html/inforce/current/sl-2011-0653#sec.95) | Leading and operating department preschool guidelines[Student health in NSW schools: A summary and consolidation of policy](https://education.nsw.gov.au/policy-library/policies/student-health-in-nsw-public-schools-a-summary-and-consolidation-of-policy?refid=285776) | NSW Health initiative [**Munch and Move**](https://www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx) –  Healthy kids: eat well, get activeMunch and move fact sheets – [Get active each day](https://www.healthykids.nsw.gov.au/downloads/file/campaignsprograms/GetActiveFactSheetFeb18_FINALWEB.pdf), Reducing young children’s small screen time.[Australian 24-Hour Movement Guidelines for the Early Years (birth to five years)](https://www.health.gov.au/sites/default/files/documents/2021/05/24-hour-movement-guidelines-birth-to-5-years-brochure.pdf) |

**Responsibilities**

| School principal | The principal as nominated supervisor, educational leader and responsible person holds primary responsibility for the preschool. The principal is responsible for ensuring:* the preschool is compliant with legislative standards related to this procedure at all times
* all staff involved in the preschool are familiar with and implement this procedure
* all procedures are current and reviewed as part of a continuous cycle of self- assessment.

These tasks may be delegated to other members of the preschool team, but the responsibility sits with the principal. |
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| Preschool supervisor | The preschool supervisor supports the principal in their role and is responsible for leading the review of this procedure through a process of self-assessment and critical reflection. This could include: * analysing complaints, incidents or issues and the implications for updates to this procedure
* reflecting on how this procedure is informed by stakeholder feedback and relevant expert authorities
* planning and discussing ways to engage with families and communities, including how changes are communicated
* developing strategies to induct all staff when procedures are updated to ensure practice is embedded.
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| Preschool teacher(s) and educator(s) | Preschool teachers and educators are responsible for working with the preschool leadership team to ensure:* all staff in the preschool and daily practices comply with this procedure
* this procedure is stored in a way that it is accessible to all staff, families, visitors and volunteers
* they are actively involved in the review of this procedure, as required, or at least annually
* details of this procedure’s review are documented.
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**Procedure**

| Physical Activity | * Physical activity is a daily component of the program at Preschool.  Children play physically indoors and outdoors through engagement in a variety of play experiences.
* Educators refer to the [Australian 24-Hour Movement Guidelines for the Early Years (birth to five years)](https://www.health.gov.au/sites/default/files/documents/2021/05/24-hour-movement-guidelines-birth-to-5-years-brochure.pdf) to guide the amount of physical activity that should be available in the daily program.
* Child initiated and adult led spontaneous and intentional active play is embedded in daily programs.
* Educators provide opportunities for intentional teaching of Fundamental Movement Skills throughout the preschool program.
* To strengthen the children’s awareness of the importance of physical activity, children are encouraged to request play equipment or resources that will promote physical activity.
* Educators actively role model physically active lifestyles. They join in with all physical activities with the children, including yoga, dance, and outdoor physical games.
* Recommendations from NSW and/or National Government initiatives around encouraging enhanced physical activity for children are communicated with families and primary school through the use of posters, fact sheets, Facebook posts and school newsletter items.
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| Small Screen Time | * Educators make reference to the [Australian 24-Hour Movement Guidelines for the Early Years (birth to five years)](http://www.health.gov.au/internet/main/publishing.nsf/content/FCE78513DAC85E08CA257BF0001BAF95/%24File/Birthto5years_24hrGuidelines_Brochure.pdf) to guide the amount of screen time that should be available in the daily program. Preschool children will spend no more than one hour a day watching the Prowise and using electronic media e.g. tablets.
* Screen time at preschool consists of programmed educational videos, stories, songs for the daily routine, music and movement activities such as yoga, mindfulness and physical activity.
* We ensure screen time is not used as a reward or to manage challenging behaviours. Screen time is used as a research tool by children within their investigations. Time limits are provided via visual or audio timer to support self-regulatory behaviours e.g. tablet time is a maximum of 10 minutes per child.
* Educators actively role model appropriate screen behaviours/choices to children.
* Recommendations from NSW and/or National Government initiatives around managing screen time for children are communicated with families through displaying posters and information sheets in the Foyer, providing access to brochures in the Community Room, sending messages and recommendations to families through the Sentral Parent Portal and whole school Facebook posts.
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**Record of procedure’s review**

| **Date of review and Who was involved** | **31/3/21**Hylie McEvoy (Preschool Educator)Alexandra Hay (Preschool SLSO)**14/8/21**Michelle Lynch (Pedagogical Leader)**6/6/22**Michelle Lynch (Pedagogical Leader)**16/5/23**Michelle Lynch (Pedagogical Leader)**15/10/23**Michelle Lynch (Pedagogical Leader)Hylie McEvoy (Preschool Educator) |
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| **Key changes made and reason why** | **16/5/2023**Updated with information from brochure  [Australian 24-Hour Movement Guidelines for the Early Years (birth to five years)](https://www.health.gov.au/sites/default/files/documents/2021/05/24-hour-movement-guidelines-birth-to-5-years-brochure.pdf)**15/10/2023**Updated using the Early Learning Leading and Operating Preschool Guidelines vOct2023 template. |
| **Record of communication of significant changes to relevant stakeholders** | **Principal:** Email & Acknowledgement Spreadsheet 15/10/23**Staff:** Email & Acknowledgement Spreadsheet 15/10/23**Parents:** Sentral Parent Portal 15/10/23Please note, parents must be notified at least 14 days prior to a change that may have a significant impact on their service’s provision of education and care or a family’s ability to use the service. |