

# Move Well Eat Well

## Early Childhood Service

**It is time for your service to renew its commitment to maintaining a healthy environment for children!**

To maintain your status as a *Move Well Eat Well* Award service for the next two years, please complete this form and return it within the next **four** weeks. We will review the information you provide and contact you to confirm your Award renewal or to request more information.

### Filling in this form

This form is in a PDF interactive format. If you want to return it by email, you will need to download this file, and then add your information electronically. Alternatively you can print the form, complete it and either fax or post it back to us.

#### *Move Well Eat Well*

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Email: [movewelleatwellec@health.tas.gov.au](mailto:movewelleatwellec@health.tas.gov.au)

There are checkboxes alongside each criterion. Please read the criteria and tick each one that your service is meeting.

**The following documents need to accompany this renewal application:**

**current healthy eating, active play and staff health and wellbeing policy/ies\***

**four week current menu and recipes (if applicable) and [menu assessment tool](#)**

*\*Please ensure that these policies still include all the Move Well Eat Well criteria as they did when your service first received its Move Well Eat Well Award.*



**TAP INTO  
WATER  
EVERYDAY**



**PLANT  
FRUIT & VEG  
IN YOUR  
LUNCHBOX**



**LIMIT  
'SOMETIMES'  
FOODS**



**MOVE,  
PLAY  
AND GO**



**TURN OFF,  
SWITCH  
TO PLAY**



**STRIDE AND  
RIDE**

AWARD RENEWAL FORM



**TAP INTO  
WATER  
EVERYDAY**

## Criterion 1

Drinking water is available and accessible to children, both indoors and outdoors, at all times. (e.g. water bottles/water cooler/jugs).

### We are meeting this criterion by:

Offering cooled boiled water to babies under six months who are not exclusively breastfed and to all infants from six to 12 months

Providing water with each meal and snack for children one year and over **AND**

Having water available and accessible at all times and offered regularly to children both indoors and outdoors **OR**

Children having their own water-only bottles for use both indoors and outdoors while at the service



**PLANT  
FRUIT & VEG  
IN YOUR  
LUNCHBOX**

## Criterion 2

a) Exclusive breastfeeding is encouraged, with positive support, for babies up to six months. Continued breastfeeding is also encouraged and supported beyond six months.

b) A variety of age-appropriate fruit and vegetables are served daily. For each occasion that food is served, offer fruit and/or vegetables. Fruit and vegetables are requested in lunchboxes brought from home.

c) Meal environments are planned to be positive, relaxed and social experiences.

### We are meeting these criteria by:

#### 2a) Encouraging breastfeeding:

Having a welcoming attitude towards breastfeeding, and displaying and providing information that show this support.

Providing an appropriate comfortable space for mothers, to express milk and/or breastfeed.

Practicing relevant safe-handling of breast milk labelling, storage and use as recommended in the *Infant Feeding Guidelines*.

For Child and Family Centres:

Infant formula is not supplied or promoted, and staff know where to refer families for help with breastfeeding (i.e. Child Health and Parenting Service or the Australian Breastfeeding Association).

#### 2b) Providing and/or requesting fruit and vegetables:

Providing a variety of age-appropriate fruit and vegetables each day and for each occasion that food is served, offering fruit and/or vegetables.

Requesting families include a variety of fruit and vegetables in the lunchbox each day.

#### 2c) Planning positive meal environments:

Encouraging children to try new and different fruit and vegetables, including a range of colours, textures, flavours and aromas.

Ensuring educators and support staff sit with children during eating times encouraging healthy eating behaviours in a positive relaxed and social environment.

Ensuring plenty of time for children to eat as much food as they choose without feeling rushed.

Allowing children to participate in the serving of food and self-feeding where age-appropriate.



## LIMIT 'SOMETIMES' FOODS

### Criterion 3

a) 'Sometimes' food and drinks are not included in planned menus and are discouraged in lunchboxes sent from home.

b) 'Sometimes' food and drinks are not used as a reward or an incentive and are limited in the wider service environment.

**We are meeting these criteria by:**

#### 3a) Menus and/or lunchboxes:

'Sometimes' foods and drinks are not included in snacks or meals provided by our service.

Having strategies in place to encourage families to not provide 'sometimes' food and drinks in lunchboxes bought from home.

Providing only water or plain milk for drinking at snack and meal times.

*For services that provide snacks and/or meals:*

Complete the Menu Planning Self Assessment Tools and submit for approval by Public Health Services dietitians (not required for Child and Family Centres).

#### 3b) Limits in the service environment

Having strategies and policies to limit the availability of 'sometimes' foods and drinks in the wider service community (e.g fund raising, celebrations, cooking activities, excursions and other special events).

Not using 'sometimes' food or drinks as a reward or incentive.

Encouraging the wider service community (e.g. management/administration, committees, family support groups, suppliers and visitors) to support the limiting of 'sometimes' food and drinks.



## MOVE, PLAY AND GO

### Criterion 4

Daily child-initiated and adult-guided active play is a significant component of the curriculum and is consistent with the Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years).

**We are meeting this criterion by:**

Providing or scheduling outdoor active play two or more times per day, for children 1- 5 years.

Having free and creative active play is part of the daily curriculum (spread through the day).

Planning daily adult-guided play experiences, such as dance, drama, moving to music, climbing and active games (spread through the day).

Providing age-appropriate, active play opportunities which challenge and encourage children to explore, make mistakes and test limits.

Not withholding indoor or outdoor active play as a behaviour management strategy.



**TURN OFF,  
SWITCH  
TO PLAY**

## Criterion 5

**Screen time (television/DVD/computers/electronic games) is not used or is limited in the service consistent with the Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years).**

### **We are meeting this criterion by:**

Ensuring that infants, toddlers and pre-schoolers are not kept sedentary, restrained or inactive for more than one hour at a time - except when sleeping.

#### **AND either**

##### **option 1**

Excluding all screen-based activities.

##### **OR option 2 (all four below)**

Excluding screen-based activities for children under two years of age.

Limiting screen-based activities – less than one hour per day for children aged 2-5 years, that are planned, for a minimal amount of time and are age-appropriate.

Having Educators/staff/family/adults sit with children to monitor what is being watched and respond appropriately to the content and children's reactions.

Ensuring that screen-based activities are not used as a reward, incentive or for comfort.



**STRIDE AND  
RIDE**

## Criterion 6

**Age-appropriate walking, riding and road safety opportunities are provided as a regular part of the service curriculum.**

### **We are meeting this criterion by:**

Arranging and promoting age-appropriate pedalling, riding or walking activity within the service community, with a focus on road and pedestrian safety (e.g. to the shops, around the block, to a park or vacant block) and/or on the service premises (establish a circuit 'walkathon', bike/pedal track) at least twice per year.

Supporting and conducting road safety education at the service as part of the program.

Promoting active transport such as walking or riding bikes as a form of travel to children, families, educators and support staff.

Ensuring families, educators and support staff have access to up-to-date road safety information. (e.g. pamphlets, newsletter articles, family information evenings).



## Criterion 7

a) The curriculum incorporates the Australian Dietary Guidelines, Infant Feeding Guidelines and the Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years), and aligns with relevant National Quality Standards and the Early Years Learning Framework Outcomes.

b) All *Move Well Eat Well* – Early Childhood Award criteria are included within policy and planning documents endorsed by the service management or principal and school council.

c) Families, educators and support staff have access to policy documents and ongoing information, ideas and strategies to promote healthy eating and active play.

### We are meeting the criterion by:

#### 7a) Ensuring the curriculum incorporates the:

National Quality Standards and Early Years Learning Outcomes around healthy eating and active play, to guide service practices, policy and environment.

Key principles of the *Australian Dietary Guidelines*, the *Infant Feeding Guidelines* and the *Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)*.

For Child and Family Centres:

The curriculum, program and services of the Child and Family Centre reflect the healthy eating and active play components of the National Quality Standards and are underpinned by the Early Years Learning Framework.

#### 7b) Ensuring that the services policy/ies:

Addresses each of the *Move Well Eat Well* criteria, including reference to the *Australian Dietary Guidelines*, the *Infant Feeding Guidelines* and the *Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)*.

Include a staff health and wellbeing policy which promotes the modelling of healthy eating and physical activity practices.

Are approved by the service governing body and/or sponsor.

Are provided to new and existing staff members, with an overview of the *Move Well Eat Well* – Early Childhood Award policies and practices.

#### 7c) Ensuring that families, educators and support staff are:

Included as partners in the program's policy development and revision.

Have access to regular information, ideas and strategies to promote and support healthy eating and physical activity policies.

New families are provided with information about breastfeeding, healthy eating, physical activity and health and safety policies.

## Positive benefits

Have you noticed any positive benefits for children, families and educators/staff as a result of being involved in *Move Well Eat Well*?

Please provide us with your examples in each area below:

### Promoting healthy eating:

*Examples:*

- *We've noticed an increase in 'everyday' food snack and lunch options supplied by parents/carers.*
- *We've changed our services menu to include more fruit and vegetables.*
- *There is an increase in consumption of water and a decrease in consumption of 'sometimes' drinks.*

### Promoting active play:

*Examples:*

- *There has been an increase in outdoor active play as a result of changing practice (e.g. staff providing more active play experiences, opportunities or equipment).*
- *Parents/carers report being more active with their children or reducing screen time.*
- *We now have a balance between free and adult guided active play.*

### Other important information:

In the last two years, has your service progressed or developed new ideas that support *Move Well Eat Well*?

*Examples:*

- *We have developed new information for families about healthy eating or active play.*
- *We have tried new recipes in the services menu.*
- *We have promoted health and wellbeing with staff.*
- *We have made links with local events or organisations around healthy eating or being active.*

If so, please use a few lines here to tell your story:

## Service details

Service name:

Director/Centre Manager:

Is this the same contact person you had 6 months ago?      Yes      No

Position:

Phone number:      Contact email:

Type of service:      Long day care      Child and Family Centre

Licensed enrolment number:

Educator/staff number:

## Move Well Eat Well Award agreement

As an Award service, you are a role model to other services throughout Tasmania.

### Services that have renewed their award agree to the following terms and conditions:

- 1 To continue to meet the Award criteria
- 2 To continue to take reasonable steps to ensure all staff, students and parents are aware of the service's relevant healthy eating and active play policies and requirements
- 3 To inform *Move Well Eat Well* of any changes to the service's policies and any other matters that may relate to or affect this agreement
- 4 To continue to permit the service's name to be included on the *Move Well Eat Well* website.

*Move Well Eat Well* maintains the right to remove the endorsement from the service.

### Agreement

On behalf of our service, I agree to the above terms and conditions.  
(Insert name and position of authorised person)

Name/Signature

Position

Date

**Please return your completed application to:** Email: [movewelleatwellEC@health.tas.gov.au](mailto:movewelleatwellEC@health.tas.gov.au)

*Move Well Eat Well*  
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