

Move Well Eat Well

Early childhood service



**TAP INTO
WATER
EVERYDAY**



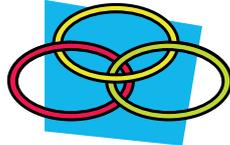
**PLANT
FRUIT & VEG
IN YOUR
LUNCHBOX**



**LIMIT
'SOMETIMES'
FOODS**



**MOVE,
PLAY
AND GO**



**HEALTH
PROMOTING
SERVICE**



**STRIDE AND
RIDE**



**TURN OFF,
SWITCH
TO PLAY**

Member Form

What is the Move Well Eat Well Award Program?

Move Well Eat Well is promoting a healthier Tasmania in which children can enjoy healthy eating and physical activity every day.

Long Day Care Services and Child and Family Centres can become a part of the Award Program to support children's wellbeing.

The Move Well Eat Well Award Program is adapted from the World Health Organisation's Health Promoting Schools model.

Move Well Eat Well is a state-wide initiative managed by the Tasmanian Department of Health.



Why is Move Well Eat Well important?

The promotion of healthy eating and physical activity at school is associated with improved learning and concentration, better mood and behaviour, healthy growth and weight and lifelong health and wellbeing.

Many children enjoy a healthy lifestyle, however, there is an increasing number of children who miss out on healthy foods, drinks and physical activity. These unhealthy lifestyles are contributing to poorer health, childhood overweight and obesity and disordered eating.

To turn this around we need to create environments that support healthier lifestyles.

Why work to create healthier early childhood services?

Early childhood services are important places where children learn about regular healthy eating and physical activity practices.

The Move Well Eat Well Award Program assists services to make healthy eating and physical activity a normal part of every child's day.



What happens once a service signs up to be a 'Member' service?

Once completing and submitting this form early childhood services are offered an orientation, resources and support.

Working towards an Award can be done at a pace appropriate to the service. In many cases, services find they have achieved many of the criteria already and use the Program to make their approach sustainable and embedded in their daily practice.

Where can schools find more information about Move Well Eat Well?

Early childhood services can find information via:

Website: www.movewelleatwell.tas.gov.au

Phone: (03) 6166 0617

Email: movewelleatwellEC@health.tas.gov.au

Move Well Eat Well

Early Childhood Member Form

Please complete BOTH SIDES of this form and email to:

movewelleatwellEC@health.tas.gov.au

or print and send to:

Move Well Eat Well, 2/25 Argyle Street
Hobart 7000

Your details

Service name (including sponsor organisation):

Contact staff member:

Position:

Service address:

Town/suburb:

Post code:

Phone number:

Fax number:

Contact email:

Service email (if different from above):

Type of service:

Long Day Care

Child and Family Centre:

Local government area:

No. of children attending:

Age range of children:

No. of educators:

Does your service provide?

Breakfast

Morning tea

Lunch

Afternoon tea

Dinner

None

Is your service registered as a 'Food Business' with your local council?

Yes

No

Does your service have:

Vegetable garden

Full kitchen

Outdoor space to encourage challenging physical activity

Indoor space to encourage challenging physical activity

Move Well Eat Well membership agreement

Our school is committed to becoming a *Move Well Eat Well* Award Service. We agree to work towards becoming a *Move Well Eat Well* Award Service and to share information about our work with the *Move Well Eat Well* evaluation team.

We have completed the Award criteria checklist over the page.

Manager/Coordinator/Director name:

Signature:

Date:

In some areas there are local community health professionals who may be able to help your school become a *Move Well Eat Well* Award Service. If you do not wish to be contacted, please contact the Program Coordinator on phone 6166 0617.

Privacy and confidentiality: The Department of Health will maintain the confidentiality of information you provide for the purposes of the *Move Well Eat Well* Award (excluding your school's name and information in the public domain), however, we may disclose the information to health professionals, and provide non-identifying information to other parties, for reporting, research or evaluation purposes. We will take all reasonable steps to protect the privacy of your personal information. If you want to access or change any of the information you have supplied, please contact *Move Well Eat Well* on phone 6166 0617 or by email at movewelleatwellEC@health.tas.gov.au.

Your Starting Point

Key ways to promote a healthy service environment

As a *Move Well Eat Well* Member, your service will be supported to meet the Award criteria listed below. Once all criteria are met you can apply to become an Award Service. No time restrictions are applied and services are encouraged to work progressively through the criteria at their own pace.



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



2a) Exclusive breastfeeding is encouraged, with positive support, for babies up to six months. Continued breastfeeding is also encouraged and supported beyond six months.

2b) 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 lunch boxes brought from home.

2c) Meal environments are planned to be positive, relaxed and social experiences.



3a) 'Sometimes'¹ foods and drinks are not included in planned menus and are discouraged in lunch boxes sent from home.

3b) 'Sometimes' foods and drinks are not used as a reward or an incentive and are limited in the wider service environment.



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



5 Screen time (e.g. 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).



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



7a) Curriculum: The curriculum incorporates the Australian Dietary Guidelines and the Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years), and aligns with the relevant National Quality Standards and the Early Years Learning Framework.

7b) Policy: The Move Well Eat Well — Early Childhood Award criteria are included within the policy and planning documents endorsed by the service management or principal and school council.

7c) Families, educators and support staff: Families, educators and support staff have access to policy documents and ongoing information, ideas and strategies to promote healthy eating and active play.

Please keep a copy for your records before sending this form to: E: movewelleatwellEC@health.tas.gov.au or
Move Well Eat Well 2nd floor, 25 Argyle Street, Hobart TAS 7000
P: 03 6166 0617 F: 03 6222 7409

¹ 'Sometimes' foods and drinks includes chocolate, confectionary, sweet drinks, crisps, chips, fried foods and some cakes, biscuits and pastry items that are high in fat, sugar or salt.