

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.
2.2.3	Child Protection	Management, educators and staff are aware of their roles and responsibilities to identify and respond to every child at risk of abuse or neglect.

Rationale

The increasing prevalence of overweight and obesity in childhood reflects the levels of physical activity and sedentary behaviour of entire communities. Developing healthy habits associated with being physically active sets the foundation for good habits in later life and can impact on immediate and long-term health outcomes. Early childhood education and care services (including OSHC) are an ideal place to develop good habits in young children and influence the behaviours of families. Educators and families can work together to share the responsibility of making physical activity a priority both inside and outside the home.

Purpose

This Internet and device Use Policy (including screen time) sets out the standards of behaviour expected of persons using Jindabyne OSHC device facilities, such as, PlayStation, Wii, Xbox, Smart phones, Tablets (iPads). This includes the children's personal devices.

Strategies

1. Promote children's participation in a range of safe active play learning experiences:

Note: Active play learning experiences include planned play (eg. action games/songs, intentional teaching experiences), spontaneous 'free' play (eg. child initiated, active play in the indoor/outdoor environments; dancing to music), intentional teaching experiences and everyday physical tasks (eg. helping with gardening; setting up experiences; tidying up spaces).

- Provide opportunities for children to be active every day through a balance of planned and spontaneous active play experiences (including everyday physical tasks), in the indoor and outdoor environments.
- Plan daily intentional Fundamental Movement Skills (FMS) experiences to support children's physical activity and their FMS development. This includes daily floor-based play for babies – tummy time, and the intentional planning of FMS experiences for older toddlers and preschool-aged children that consists of a warm-up, FMS game and a cool-down.
- Foster the development of a range of FMS - including running, galloping, hopping, jumping, leaping, side-sliding, skipping, overarm throwing, catching, striking a stationary ball, kicking, underarm throwing and stationary dribbling.
- Ensure active play experiences are play based, varied, creative, developmentally appropriate and cater to the abilities and interests of each individual child.
- Support educators to provide active play experiences that encourage children to explore, challenge, extend and test their limits.

INTERNET AND DEVICE USE POLICY (inc. Screen time)

2021

- Ensure all active play experiences are safe by providing an appropriate environment - ensuring all equipment is developmentally appropriate and well maintained and supervision is constant.
- Encourage children's participation in physical activity of varying intensity (eg. lighter through to vigorous activity).
- Provide space, time and resources for children to revisit and practice FMS and engage in active play.
- Encourage educators to provide opportunities for learning about the importance and benefits of being physically active and involve children in the planning of active play experiences.
- Encourage educators to actively role model to children appropriate physical activity behaviours.
- Encourage children and educators to consume water before, during and after active play experiences.
- Provide opportunities for physical activity during excursions (eg. walking excursions promoting physical activity and safe active travel).
- Provide opportunities for educators to undertake regular professional development to maintain and enhance their knowledge about early childhood physical activity.

2. Monitor time children spend engaging in screen time (television, DVDs, computer and other electronic games) and sedentary behaviour while at Jindabyne OSHC

- Monitor the amount of time spent on screens, ensure they are not on the device for more than 2 hours each per day. (Vacation Care)
- Endeavour to have experiences involving screen use to those which have an educational component – including movement (such as the Wii).
- Discuss with children the role of screen time in their lives and support them in making healthy choices about their use of screen time for both education and recreation.
- Encourage educators to model appropriate screen behaviours to the children.
- Encourage the promotion of productive sedentary experiences for rest and relaxation.
- Ensure that an appropriate balance between inactive and active time is maintained each day.
- Under no circumstances is the screen to be used as a reward or to manage challenging behaviour.

Responsibilities of the Approved Provider

- Ensure the service operates in accordance with the Children (Education and Care Services National Law) Act 2010 and Education and Care Services National regulations 2011.

Responsibilities of the Nominated Supervisor

- Provide supervision, guidance, and advice to staff to ensure adherence to the policy at all times.

Responsibilities of the Educators

- You are expected to take a professional and courteous approach to everything you do in connection with work, during and outside working hours.
- Must not cause or may cause insult, offence, intimidation or humiliation to any person including Jindabyne OSHC and SMGS brand.
- Must not perform any illegal, unlawful or inappropriate activity online.
- defamatory or may incur liability or adversely impacts on the image or reputation of Jindabyne OSHC and SMGS. A defamatory message or material is a message or material that is insulting or lowers the reputation of a person or a group of people.
- Internet access must not be obscene, offensive or inappropriate. This includes text, images, sound, or any other material, sent either in an e-mail, text message or in an attachment to a message, or through a link to an internet website (URL). For example, material of a sexual nature, indecent or pornographic material.
- Ensure games the children are playing are age appropriate.
- Monitor the amount of time children are spending on devices.
- Follow the policies and procedures of the Service.

Responsibilities of the Family/Guardian

- Use of personal computers and electronic devices while in Jindabyne OSHC care is at the discretion of the educators in charge.
- Understand that Jindabyne OSHC and their employees take no responsibility for loss or damage to children's personal computers or devices.
- Passwords must be kept confidential.

Prohibited conduct for Educators and Children attending the service

- Users must not send (or cause to be sent), upload, download, use, retrieve, or access any email or material on Jindabyne OSHC and SMGS computer network that:
 - is obscene, offensive or inappropriate. This includes text, images, sound or any other material, sent either in an email or in an attachment to an email, or through a link to a site (URL). For example, material of a sexual nature, indecent or pornographic material;
 - causes (or could cause) insult, offence, intimidation or humiliation;
 - may be defamatory or could adversely impact the image or reputation of Jindabyne OSHC and SMGS. A defamatory message or material is a message or material that is insulting or lowers the reputation of a person or group of people.
 - is illegal, unlawful or inappropriate;
 - affects the performance of, or causes damage to Jindabyne OSHC and SMGS computer system in any way.

INTERNET AND DEVICE USE POLICY (inc. Screen time) 2021

- gives the impression of or is representing, giving opinions or making statements on behalf of Jindabyne OSHC and SMGS without the express authority. Further, users must not transmit or send Jindabyne OSHC or SMGS documents or emails (in any format) to any external parties or organisations unless expressly authorised to do so.

References

- SMGS – policy for mobile phones and devices
<https://www.smgs.nsw.edu.au/wp-content/uploads/2020/02/20200211-smgs-acceptable-use-policy-for-mobile-phones-and-devices.pdf>
- NSW Health *Munch & Move* program resources available on the Healthy Kids website
www.healthykids.nsw.gov.au
- *Australian 24-Hour Movement Guidelines*
- SunSmart NSW – www.sunsmartnsw.com.au
- Kidsafe – www.kidsafe.com.au

Amendment History

Version	Amendment	Date
001	Policy Created	January 2020
002	Policy reviewed and updated references	February 2021

Variations

Jindabyne OSHC reserves the right to vary, replace or terminate this policy from time to time.

This policy will be updated to ensure compliance with all relevant legal requirements every year.

Date:	January 2020
Version:	001
Last Amended By:	Kylie Showman
Next Review:	January 2021
Position:	Director / Nominated Supervisor