

SCREEN TIME AND PHYSICAL PLAY

Happy Haven OSHC aim to provide a range of play-based activities at our services, with a focus on physical activities rather than sedentary. Current studies suggest that as few as 1 in 4 children achieve the recommended amount of moderate-to-vigorous physical activity and have found that children's activity patterns in the periods before and after school as well as vacation care make a key contribution to achieving 24-hour movement guidelines (Vigara R, et al 2021). Happy Haven OSHC put an emphasis on flexible and play-based physical activity and encourage children to explore their pursuits with minimal screen time interaction. We recognise that technology-based mediums are increasing in society, and whilst needing to encourage children to develop skills and IT literacies, we must find a balance between screen time and physical activity. In finding this balance we will develop individuals' self-esteem, wellbeing and social skills whilst reducing the risk of disease associated with sedentary activities.

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 1: EDUCATIONAL PROGRAM AND PRACTICE			
1.1.1	Approved framework	learning	Curriculum decision-making contributes to each child's learning and development outcomes in relation to their identity, connection with community, wellbeing, and confidence as learners and effectiveness as communicators.
1.1.3	Program opportunities	learning	All aspects of the program, including routines, are organised in ways that maximise opportunities for each child's learning

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY			
2.1	Health		Each child's health and physical activity is supported and promoted
2.1.3	Healthy lifestyle		Healthy eating and physical activity are promoted and appropriate for each child

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
73	Educational Program
113	Outdoor Space – Natural Environment

155	Interactions with children
156	Relationships in groups

RELATED POLICIES

Children's Program Health and Safety – General Interactions with Children Guiding Children's Behaviour	Electronic Games/Television/Computer Use Physical Environments Children's Personal Belongings Cyber-Safety Policy
---	--

PURPOSE

Happy Haven OSHC will ensure that children are given the opportunity for physical play-based activities rather than sedentary. Educators will encourage and guide children to ensure that screen time and physical play guidelines are met, and develop programs to balance these to support the development of individuals' self-esteem, wellbeing and social skills whilst reducing the risk of disease associated with sedentary activities.

SCOPE

This policy applies to children, families, educators, nominated supervisors and directors of Happy Haven OSHC.

IMPLEMENTATION

Research from the University of South Australia has delivered world-first national-level guidelines to better inform children's physical activity and screen time in Outside of School Hours Care Services. Developed along side those working directly in the OSHC sector, the guidelines aim to address growing concerns of children's sedentary behaviour (UniSA 2021). In Australia, less than one in four children achieve the recommended 60 minutes of physical activity each day. On average, primary school-aged children spend more than two hours per day sitting or lying down for screen-based activities.

Digital technology, when used appropriately, can be a tool for learning, especially when educators play an active role. The Internet is a magnificent resource for research, communication and extending

programming ideas and interests. Technology use within Happy Haven OSHC aims to encourage children to solve problems and use logical reasoning, leading children to make decisions and choices and assisting them to use computer software competently and safely. Our educators are diligent in ensuring children are only able to access age-appropriate technology on any device provided by the service.

In the OSHC environment it is also important to have a school/leisure balance which means allowing time for play and leisure activities (*My Time, Our Place*). To achieve this, Happy Haven OSHC will provide children with play-based physical activity, with ample opportunity for free active outdoor play (weather permitting). Screen time if offered will be limited and balanced with physical activities, while sedentary activities will be available to allow children to self-regulate and move freely between active and quiet play (UniSA 2021).

THE APPROVED PROVIDER OR NOMINATED SUPERVISOR, AND EDUCATORS WILL:

Physical Activity Guidelines

- Happy Haven OSHC services will ensure they program a range of physical activities at our services in all care types. Opportunities for physical activity will be available at all times throughout a session and free-physical play will be encouraged for all children.
- Directors/Responsible Persons/Educators will document a child's physical activity as a part of observation/weekly reflection routines at the service
- The Department of Health recommends a mixture of muscle-strengthening activities (3 times a week), light physical activities (each day), and moderate to vigorous activities during the week (at least 60 minutes a day).
- Educators will encourage children to be exercising, and role model appropriate healthy behaviours.
- Educators should encourage outside play each day (weather permitting) or an active area to be open i.e., Gyms.
- Educational Leaders and Responsible Persons, will follow the guidelines produced by the University of South Australia (UniSA) in collaboration with the OSHC sector for each session:

Session	Physical Activity
Before School Care	Program 45 minutes of time for children to engage in a variety of physical activities including energetic play. More is better.
After School Care	Program 90 minutes for children to engage in a variety of physical activity, including energetic play. More is better.
Vacation Care	2-3 hours of physical activity should be programmed throughout the day, including energetic play. More is better.

- Physical activity should be play-based and fun, not structured like a Physical Education class.

- OSHC educators will be encouraged to attend training to allow them to facilitate physical activities effectively as recommended by UniSA.

Screen time Guidelines

- Happy Haven OSHC services will endeavour to reduce screen time by following the guidelines recently announced by the University of South Australia.
- Educators will encourage activities, and have programmed activities away from screen usage.
- This reduction in screen-time will not come at the cost of children being able to access screens for homework use at services that offer this.

Session	Screen Time
Before School Care	Discourage children from engaging with screens, with total screen time no more than 30 minutes. Less is better.
After School Care	Discourage children from engaging with screens, with total screen time no more than 60 minutes. Less is better.
Vacation Care	Discourage children from engaging with screens, with total screen time no more than 2hours across the entire day. Less is better.

Session	 Physical Activity	 Screen Time*
Before School Care	Schedule 45 minutes of time for children to engage in a variety of physical activities including energetic play. More is better.	Discourage children from engaging with screens, with total screen time no more than 30 minutes. Less is better.
After School Care	Schedule 90 minutes (1.5 hours) for children to engage in a variety of physical activity, including energetic play. More is better.	Discourage children from engaging with screens, with total screen time no more than 60 minutes. Less is better.
Vacation Care	Throughout the day schedule at least 2-3 hours of time for children to engage in a variety of physical activity, including energetic play. More is better.	Discourage children from engaging with screens. No more than 2 hours over the entire day. Less is better.

*does not include computer use for homework

SOURCE

Australian Government Department of Education, Skills and Employment. (2011). *My Time, Our Place: Framework for School Age Care in Australia*.

Australian Government Department of Health. (2014). *Australia's Physical Activity and Sedentary Behaviour*

Guidelines:

<https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines>

Education and Care Services National Regulations. (2011).

Guide to the National Quality Framework. (2017). (Amended 2020).

Guide to the National Quality Standard. (2017).

Vigrara R, Phillips A, Lewis L, Richardson M & Maher C. *International Journal of Behavioural Nutrition and Physical Activity*. (2021) *Development of Australian physical activity and screen time guidelines for outside school hours care: an international Delphi study*. Accessed on: 01/03/2022.

<https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-020-01061-z#Fig4>

Revised National Quality Standard. (2018).

University of South Australia. (2021) *More exercise, fewer screens: New Australian guidelines for kids in OSHC*. Accessed on 01/03/2022. <https://www.unisa.edu.au/Media-Centre/Releases/2021/more-exercise-fewer-screens-new-australian-guidelines-for-kids-in-oshc/>

REVIEW

POLICY REVIEWED	MARCH 2022	NEXT REVIEW DATE	MARCH 2023
MODIFICATIONS	Policy transferred to new formatting, information used from archived Screen Time and Physical Play policy. Guidelines added and referenced		
POLICY REVIEWED	PREVIOUS MODIFICATIONS	NEXT REVIEW DATE	REVIEW DATE
Month YYYY	•	Month YYYY	Month YYYY