

# Health Exceeding Themes Educators

## NQS Standard 2.1

Name Educator 1	
Name Educator 2	
Name Educator 3	
Name Educator 4	
Name Educator 5	

**E = Embedded** I do that **ALL** the time

**K = I know** I need to do that, but I don't do it all the time

**T = Please teach** me how to do it or improve my understanding of why I need to do it.

<b>Embedded Practices</b>	<b>ED1</b>	<b>ED2</b>	<b>ED3</b>	<b>ED4</b>	<b>ED5</b>
Is there evidence you consistently and confidently respond to children's changing health and activity needs during the day?					
Is there evidence you effectively respond to children's needs for sleep, rest and relaxation during the day, individually and in groups?					
Is there evidence you always manage and support children's health and medical needs in line with best practice?					
Is there evidence you actively promote healthy eating, physical activity, and effective hygiene practices in the curriculum and provide regular opportunities to learn about health and wellbeing?					
Could you confidently explain to an assessor how you're promoting children's health and physical activity in a way that consistently meets the service philosophy and the principles/practices of MTOP?					
Could you confidently explain to an assessor how your practices reduce as far as possible the risk of injury or illness in children?					
<b>Critical Reflection</b>					
Is there evidence you regularly contribute to critical reflections aimed at improving each child's health and physical activity outcomes at the service and at home?					
Is there evidence you consider other ways of supporting each child's health and activity needs and make changes which improve outcomes?					
Can you explain to an assessor how reflection on children's changing health and activity needs changes your curriculum?					
Is there evidence you regularly contribute to team reflections on health and illness related incidents and willingly implement new policies and procedures to improve outcomes?					
Can you discuss some of the current recognised guidelines and information that influence the way you promote health and physical activity, and how these support MTOP and service policies and procedures?					
Is there evidence you consider the social justice and equity implications of your health and physical activity practices to ensure the circumstances and rights of every child are met?					
<b>Engagement with families and community</b>					
Is there evidence your health and activity practices reflect and are inspired by the service's unique geographical, cultural and community context?					
Is there evidence you consistently engage with children, families and the community about children's changing health and activity needs, interests, preferences and strengths and include these in the curriculum?					



Is there evidence you work directly with children, families and professionals to implement targeted practices that meet children’s health and activity needs?					
Is there evidence you proactively promote children’s health and physical activity with families and the community eg partnerships with health and wellbeing services?					

Actions required