



Health Exceeding Themes Nominated Supervisor

NQS Standard 2.1

Name of the person conducting the checklist: _____ Date: _____

Embedded Practice

Is there evidence all educators consistently and confidently respond to children’s changing health and activity needs during the day? Yes No NA

Is there evidence all educators effectively respond to children’s needs for sleep, rest and relaxation during the day, individually and in groups? Yes No NA

Is there evidence all educators always manage and support children’s health and medical needs in line with best practice? Yes No NA

Are you confident all educators actively promote healthy eating, physical activity, and effective hygiene practices in the curriculum and provide regular opportunities to learn about health and wellbeing? Yes No NA

Are you confident all educators could explain to an assessor how they’re promoting children’s health and physical activity in a way that consistently meets the service philosophy and the principles/practices of EYLF/MTOP? Yes No NA

Are you confident all educators could explain to an assessor how their practices reduce as far as possible the risk of injury or illness in children? Yes No NA

Critical Reflection

Is there evidence all educators regularly contribute to critical reflections aimed at improving each child’s health and physical activity outcomes at the service and at home? Yes No NA

Is there evidence all educators consider other ways of supporting each child’s health and activity needs and make changes which improve outcomes? Yes No NA

Are you confident all educators can explain to an assessor how reflection on children’s changing health and activity needs changes their curriculum? Yes No NA

Is there evidence all educators contribute to team reflections on health and illness related incidents and willingly implement new policies and procedures to improve outcomes? Yes No NA

Are you confident all educators can discuss some of the current recognised guidelines and information that influence the way you promote health and physical activity, and how these support EYLF/MTOP and service policies and procedures? Yes No NA

Is there evidence all educators consider the social justice and equity implications of their health and physical activity practices to ensure the circumstances and rights of every child are met? Yes No NA

Is there evidence you ensure any change to the service’s approach to supporting and promoting children’s health and activity needs is understood by all and implemented appropriately? Yes No NA

Engagement with families and community

Is there evidence educators’ health and activity practices reflect and are inspired by the service’s unique geographical, cultural and community context? Yes No NA

Is there evidence all educators 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? Yes No NA

Is there evidence all educators work directly with children, families and professionals to implement targeted practices that meet children’s health and activity needs? Yes No NA

Is there evidence all educators proactively promote children’s health and physical activity Yes No NA



with families and the community eg partnerships with health and wellbeing services?

Actions required