



Policy

**In alignment with our Physical Activity
Promotion Policy & IT Policy**

1. Policy Statement

St Francis School OSHC is an accredited "Activated OSHC", through the University of South Australia. This policy reflects the knowledge that OSHC staff have gained through the Activated OSHC University study and training, ensuring a balanced approach to physical activity and screen time across all our OSHC services.

2. Background

Physical activity is essential for children to grow, learn and develop optimally. Benefits include better cognitive and academic outcomes, and improved heart health, fitness, sleeping patterns, and mental wellbeing.

Screen time is associated with poorer physical, social, and intellectual development, though offered in moderation, can have some benefits. Unfortunately, however, most Australian children get too much recreational screen time.

OSHC (including Vacation Care) plays a vital role in children's physical activity and screen time. Children who attend OSHC spend a considerable part of their day there and generally attend regularly, so the activities they do at OSHC substantially influence their ongoing daily activity patterns and lifestyle. Therefore, by having a service-wide policy that ensures a healthy balance of physical activity and screen time, OSHC services can positively impact the health and wellbeing of many children.

3. Legislative Requirements

National Legislation By creating and following this policy, supports us to meet the following components of the Education and Care Services National Law Act 2010 (Version No0.13)

- Part 6 – Operating an Education and Care Services
- Item 167: Offence relating to protection of children from harm and hazards
- Item 168: Offence relating to required programs

National Regulations – R.73 Educational program

- R.155 Interactions with children
- R.168 Education and care service must have policies and procedures

National Quality Standards This Activated OSHC Policy relates directly to:

- Quality Area 2: Children's Health and Safety

And links to:

- Quality Area 3: Physical Environment
- Quality Area 5: Relationships with Children
- Quality Area 6: Collaborative partnerships with families and communities
- Quality Area 7: Governance and Leadership

This policy and how it is implemented may be used as supporting evidence for how we are meeting the National Quality Standard for these quality areas during our next quality rating and assessment.

4. Principles

This policy has been developed to:

- Encourage children to achieve their recommended daily amount of physical activity and screen time every day in OSHC and Vacation Care.
- Work towards having both outdoor and indoor environments that provide ample opportunities for children to be active.
- Assist OSHC educators to model and facilitate healthy physical activity and screen time behaviours.
- Ensure families, children and new educators are informed of the service's Physical Activity Promotion Policy and IT Policy.

5. Implementation Times

Every day: The policy will be implemented daily in Before School Care, After School Care, Pupil Free Days and Vacation Care, within reason.

Exceptions: The policy may not be implemented in exceptional circumstances, such as inclement weather (e.g., wet weather or extreme heat). In addition, it may occasionally not be implemented, for example, on the last day of term. However, exceptions should not be made every week (e.g., it is not acceptable to disregard the policy every Friday). Movie days are an occasional exception to our usual screen time limits.

6. Scheduling of physical activity and screen time:

Children will be offered energetic outdoor (and indoor) play between the following hours where staffing ratios and suitable environments permits:

- **Before school session:** approximately 7:30am to 8:20am (at least 45 minutes)
- **After school session:** approximately 4:00pm to 5:30pm (at least 90 minutes)
- **Vacation care:** approximately 7:30am to 5:30pm (various times throughout the day of at least 2-3 hours)

These times may vary slightly and include a combination of indoor/outdoor energetic play.

Children will be offered recreational screen time between the following hours:

- **Before school session:** approximately 7:15am to 8:20am (no more than 30 minutes)
- **After school session:** approximately 3:45pm to 6:00pm (no more than 60 minutes)
- **Vacation care:** approximately 7:15am to 6:00pm (no more than 2 hours)

Screen time for homework is not recreational screen time and therefore does not count towards these limits).

Individual recreational screen time activities offered, such as iPad's, laptops, video games - then per child limits are used (15 minutes per child). The total time the devices are offered, must still meet the above limits.

7. Environments for Physical Activity

Children will have access to a range of energetic/active play spaces:

- Performing Arts Room
- courts
- oval
- playground equipment
- Quadrangle

We have a range of indoor and outdoor spaces available for energetic play, so active play continues to be possible even in inclement weather.

8. Equipment for Physical Activity and Screen Time

Children will be offered access to a range of sports equipment: (e.g., balls, skipping ropes, elastic, cones, etc). We can also provide upbeat child appropriate music in active play zones to encourage dance and create a lively atmosphere.

We also provide recreational screen time activities that promote social interaction and movement (e.g. active video games such as Just Dance, YouTube Cosmic Yoga, YouTube Carpet Run and GoNoodle) rather than handheld devices.

9. Types of Physical Activity and Screen Time

Outdoor free play (unstructured, child-led play activity) is the main physical activity in OSHC and Vacation Care. It is offered every day. Educator-led play (where OSHC educators lead a group of children in an activity, such as a sport or game) may also be offered.

Recreational screen time may include watching television for rest, videogames, and handheld devices. When television is used, educational content will be favoured. When videogames are offered, we will work towards offering games that maximise children's active participation (e.g. active video games such as JustDance" and avoid games that involve long waits for a turn).

Children will not use mobile phones or personal electronic devices for games/browsing at OSHC and Vacation Care. Children with their own school issued electronic device can use this for the purpose of homework.

10. Educator Role Modelling

Educators will role model positive physical activity and screen time behaviour, including:

- Standing and actively moving around when supervising outdoor free play.
- Encouraging and positively reinforcing children's physical activity.
- When on duty, using personal mobile phones for emergencies only. The only exception to this policy is for the supervisor on duty, who will be allowed to have their phone on them during working hours. They are still expected to use their phone solely for work related tasks and emergencies.
- At times, joining in with games.

11. Education for Physical Activity and Screen Time

Physical activity is incorporated into educational programs and activities, supporting children's learning, development, and wellbeing. Healthy physical activity and screen time are reinforced through open communication with staff, children and families, along with room displays.

References and other Relevant Documents:

- Physical Activity Promotion Policy
- IT Policy
- All OSHC/Vacation Care Policies and Procedures
- National Quality Framework and My Time Our Place
- ACEQUA Policy Guide
- [PolicyGuidelines_DeliveryOfChildrenTo&CollectionFromEducation&CareServicePremises.pdf \(acecqa.gov.au\)](#)
- St Francis School and OSHC/Vacation Care Website:
<https://www.sflockleys.catholic.edu.au/community/oshc>
- Activated OSHC, University of South Australia
ActivatedOSHC.org.au

Document Control:

REVIEWED AND UPDATED:			
POLICY REVIEW DATE	AUTHOR	COMMENTS	NEXT REVIEW DATE
November 2024	St Francis School OSHC	Written in consultation with Phil Schultz (School Principal and service Nominated Supervisor).	November 2026
	Alexandra Curtis (OSHC Director)	Activated OSHC Policy Example provide by University of South Australia (Information used and amendments made)	
		Document Version 1	

ACTIVATED OSHC accreditation Renewal Management and OSHC educators will ensure that their Activated OSHC accreditation remains current. Renewal is required every 3 years. Resubmit our updated policy and evidence of training on ActivatedOSHC.org.au by the date of Activated OSHC Accreditation Renewal.

Approval Date 28/11/2024

Signed.....
 Position: Principal
 Review Date November 2026

Thank you, St Francis School OSHC