

FORBES PRIMARY SCHOOL



OSHC Screen time and physical activity policy

DOCUMENT CONTROL

File Location:

Approved By:	Principal:	Governing Council Chairperson:
Principal Governing Council	KIRBY DICKINSON	Cynthia Auchterlonie

Next Review:	Policy Scope:	Date Approved:
12 Months (11/2023)	School Specific	March 2023
Alecia Cailes, Director	Kirby Dickinson, Principal	Cynthia Auchterlonie, Governing Council

Aim

At Forbes Primary School OSHC we recognise it is important for children to reach their recommended daily amount of physical activity and understand the benefits. We work towards having both outdoor and indoor environments that provide ample opportunities for children to be active. We aim to follow the "Physical Activity and Screen Time guidelines" for OSHC services.

We aim to reduce screen time for children and increase their physical activity in line with the recommended time frames in the guidelines.

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.

Implementation of policy

Our OSHC has been selected to be a part of the ActivatedOSHC UniSA 12month trial from October 2022- October 2023. The policy will be implemented daily in before school care, after school care, and Vacation Care within reason.

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 displays, modelling and conversations.

Children will have access to a range of areas that provide opportunities for active and energetic play. We have an area available (shelter shed/gym) so energetic play can continue during inclement weather. A wide range of sports equipment is available to children at all times.

Unstructured, child initiated physical activity is the main physical activity offered each day. Educator-led play may also be offered. When adult led games are offered, games that maximise active participation will be encouraged.

Recreational screen time may include watching television for rest, videogames and hand held devices. Educators will determine appropriate screen times for each session based on screen time guidelines. A computer may be used for homework purposes without being restricted to these guidelines. Screen time recommendations will focus on educational content and active gaming. Children will not be able to access their personal devices: lease also refer to our *Technology Policy*.

Screen time and physical activity will be offered as follows:

	Physical activity	Screen time
Before school care	7:45am-8:30am	8:00am-8:30am (limited to 1x15 minute turn)
After school care	3:30pm-5:00pm	4:30pm-5:30pm (limited to maximum 2x 15 minute turns)
Vacation care	8:00am-12:30pm, 1:00pm-	1:30pm-2:30pm (limited to 1x15 minute turn)
	5:00pm (adapted when	And
	excursions/incursions are	4:30pm-5:30pm (limited to 1x15 minute turn)
	on)	

Last reviewed: March 2023 Next review due: March 2025

Activated OSHC accreditation due October 2026