



Reflective Calendar 2025

National Quality Framework QA2 Children's Health and Safety

Educators systematically and regularly reflect on opportunities to enhance each child's health outcomes and promote physical activity with children and families.





JANUARY

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APRIL

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DECEMBER

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Useful Links

Munch & Move Resources



Central Coast Munch & Move web page



Munch & Move Newsletter and Updates



Central Coast Early Childhood Menu Support



Australian 24hr Movement Guidelines for the Early Years



Munch & Move eLearning



Our Healthy and Active January



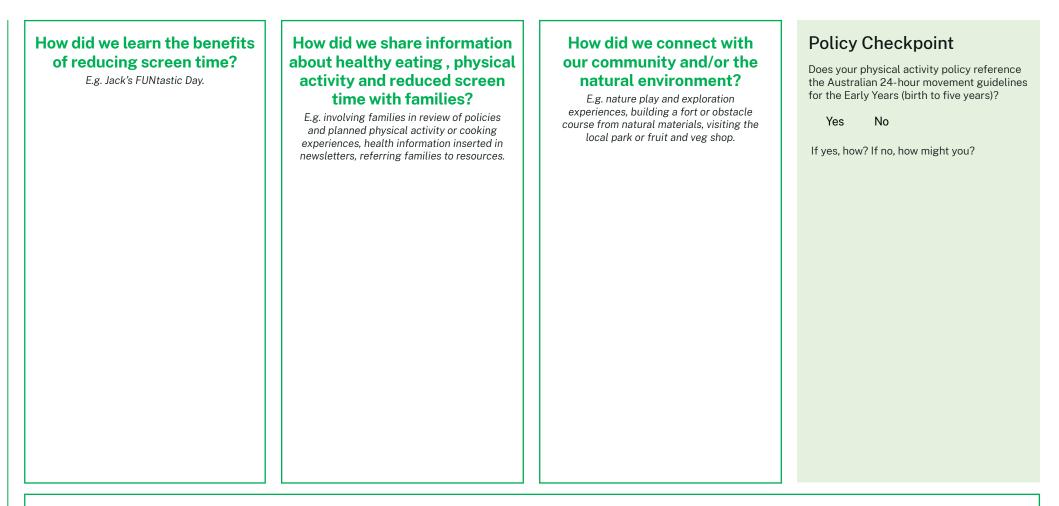
How did we get moving?

E.g. favourite games, dancing, bush walks, yoga.

How did we explore healthy choices?

E.g. growing veggies, cooking, taste testing, games.

How did we extend on children's interests and learning of fundamental movement skills?



Did your reflections lead to ideas for improvement? Were actions recorded in your service QIP?

The National Quality Framework (NQF)

QA2 Children's Health and Safety

Ensure that all educators are familiar with current guidelines about healthy eating, physical activity, rest and safe sleeping.

Our Healthy and Active February



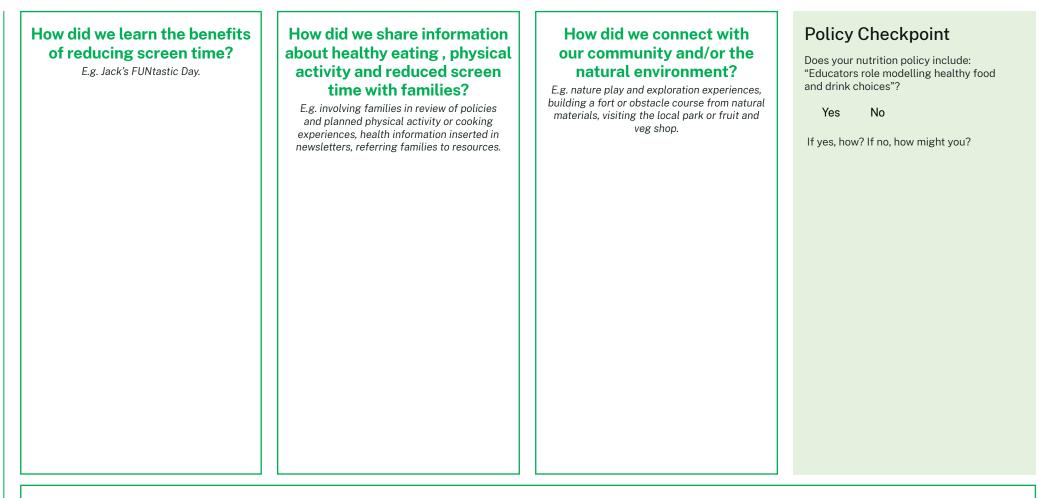
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The National Quality Framework (NQF)

QA2 Children's Health and Safety

Plan the program to ensure that there is a balance between planned and spontaneous active play as well as a balance between passive and active experiences.

Our Healthy and Active March



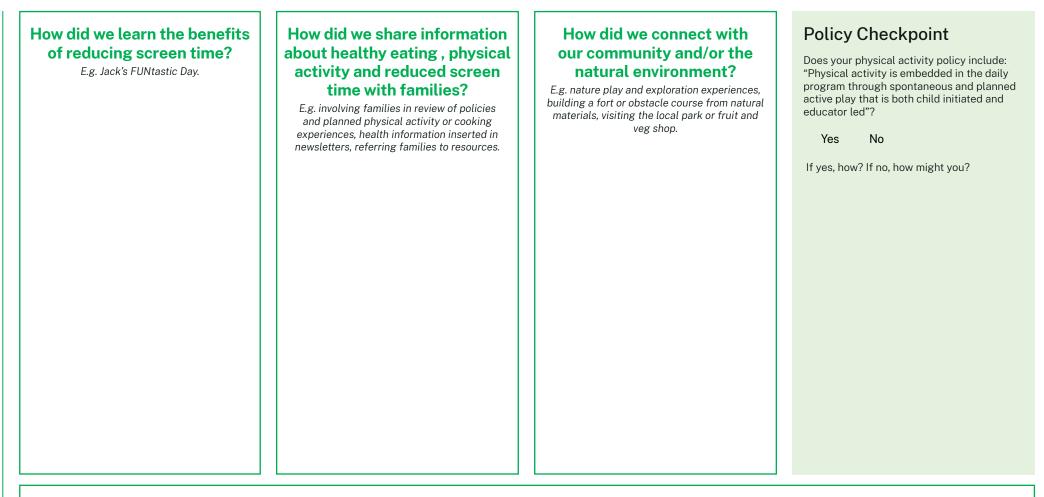
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The National Quality Framework (NQF) QA2 Children's Health and Safety

Set up the environment and resources to encourage and support children to engage in movement and physical play.

Our Healthy and Active April



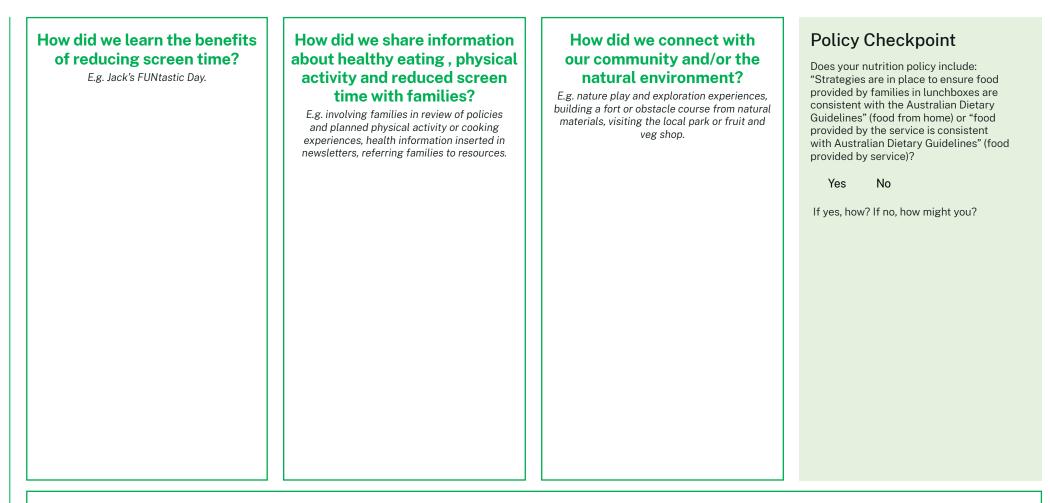
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The National Quality Framework (NQF) QA2 Children's Health and Safety

Plan the program to include opportunities for active play during periods of inclement weather.

Our Healthy and Active May



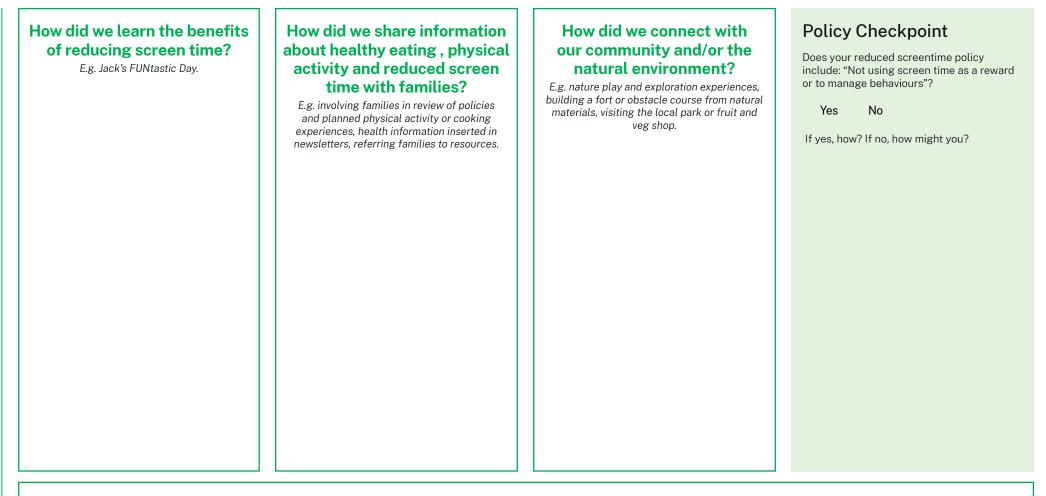
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The National Quality Framework (NQF) QA2 Children's Health and Safety

Encourage children to solve problems in relation to physical challenges in the environment.

Our Healthy and Active June



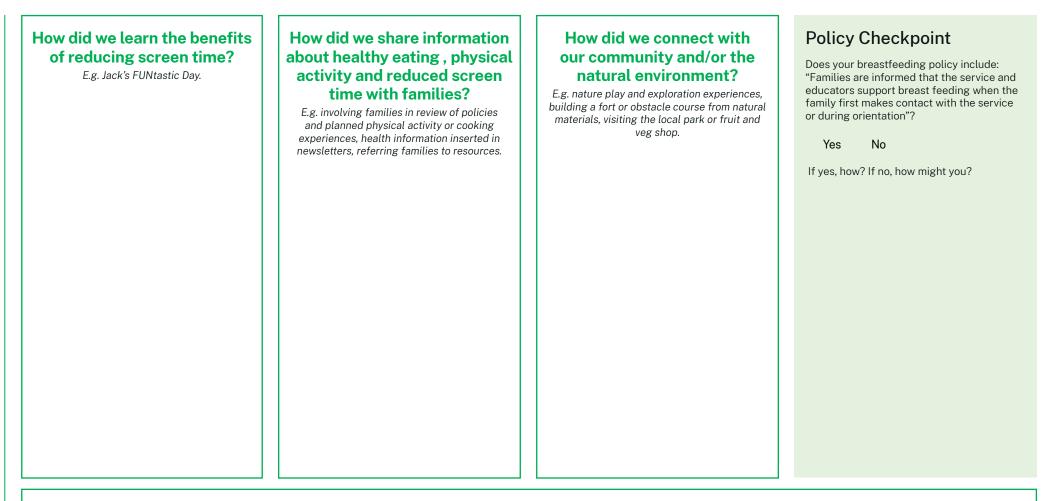
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The National Quality Framework (NQF)

QA2 Children's Health and Safety

Systematically and regularly reflect on opportunities to enhance each child's health outcomes and promote physical activity with children and families.

Our Healthy and Active July



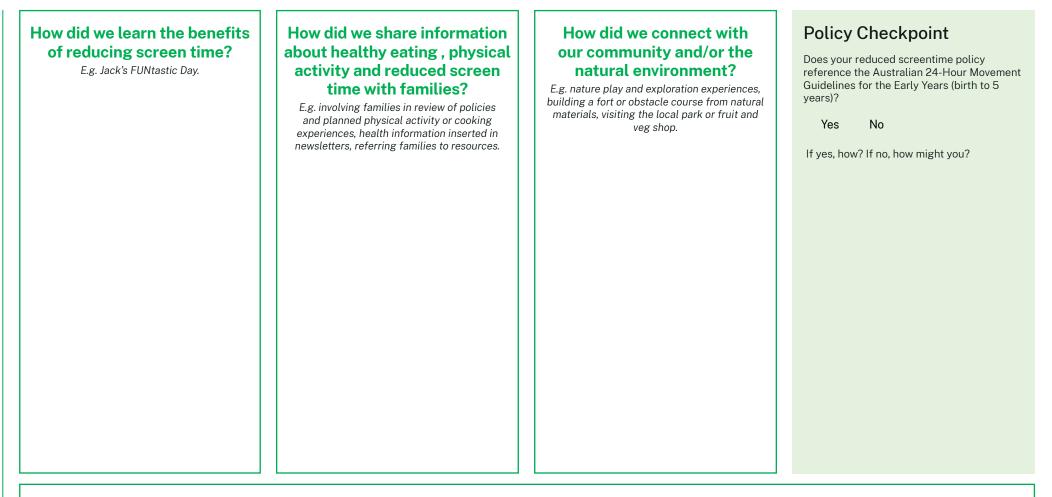
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The National Quality Framework (NQF)

QA2 Children's Health and Safety

Children's changing health and activity needs should influence the design and delivery of the educational program.

Our Healthy and Active August



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How did we extend on children's interests and learning of fundamental movement skills?



Did your reflections lead to ideas for improvement? Were actions recorded in your service QIP?

The National Quality Framework (NQF) QA2 Children's Health and Safety

Directors and educators discuss the influences on their approach to supporting and promoting children's health and activity requirements and outcomes, the recognised guidelines that underpin their practice approach, and how these build on the approved learning framework/s and the service's health policies and procedures.

Our Healthy and Active September



How did we get moving?

E.g. favourite games, dancing, bush walks, yoga.

How did we explore healthy choices?

E.g. growing veggies, cooking, taste testing, games.

How did we extend on children's interests and learning of fundamental movement skills?

How did we learn the benefits of reducing screen time? <i>E.g. Jack's FUNtastic Day.</i>	<section-header></section-header>	How did we connect with out	Policy Checkpoint Have you referenced the relevant regulations and are these reflected in the policy? E.g. adequate health and hygiene practices as well as safe practices for handling, preparing and storing food (regulation 77). Yes No If yes, how? If no, how might you?
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Did your reflections lead to ideas for improvement? Were actions recorded in your service QIP?

The National Quality Framework (NQF)

QA2 Children's Health and Safety

The service's approach to supporting and promoting children's health and physical activity, including safe sleep and nutrition, is informed by current recognised guidelines and up-to-date information.

Our Healthy and Active October



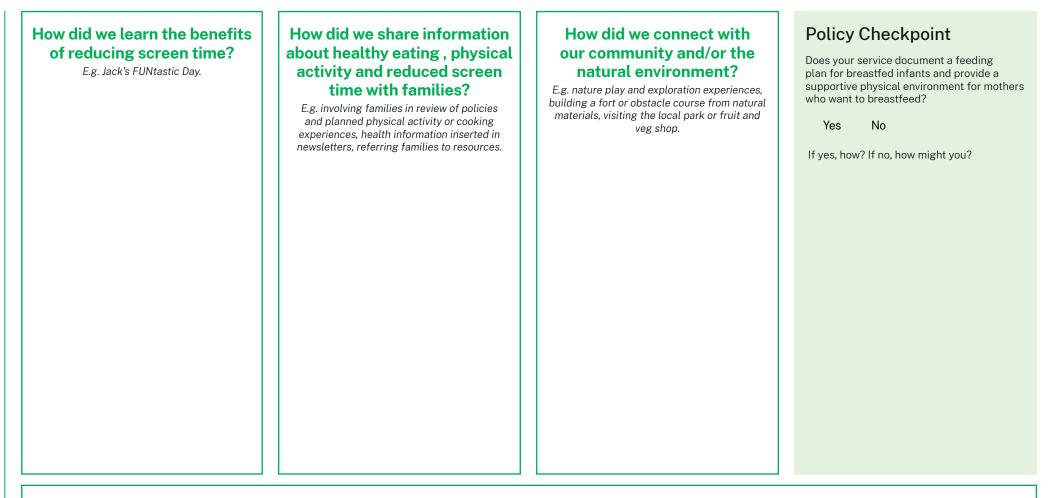
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The National Quality Framework (NQF) QA3 Physical Environment

Features in the physical environment encourage open-ended interactions, spontaneity, considered and calculated risk taking, exploration, discovery and connection with nature.

Our Healthy and Active November



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The National Quality Framework (NQF) QA5 Relationships with Children

Educators confidently and effectively facilitate cooperative and collaborative learning opportunities, in appropriate group sizes, to ensure that every child is consistently supported to collaborate, learn from and help others.

Our Healthy and Active December



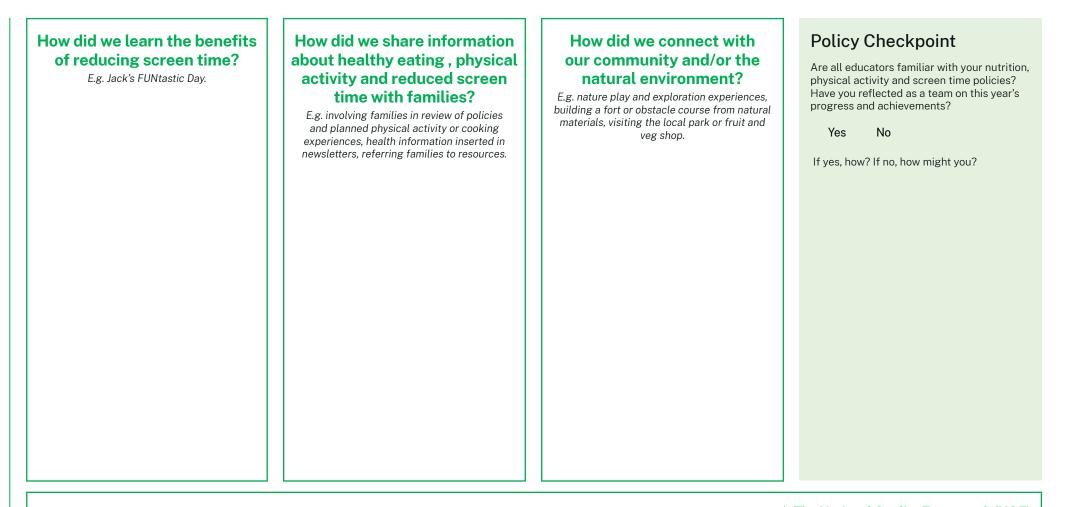
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The National Quality Framework (NQF) QA6 Collaborative Partnerships

Educators, co-ordinators and the educational leader establish and maintain ongoing collaborative partnerships with the community and link with community and support agencies to enhance children's learning, wellbeing and participation. This resource was developed by Central Coast Health Promotion Service.

Level 10, Central Coast Clinical School and Research Institute, Holden Street, Gosford, NSW 2250

T: (02) 4320 9700 E: cclhd-healthpromotion@health.nsw.gov.au