



Enfield Folland Park Kindergarten

Policy Booklet

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Government
of South Australia
Department for Education



Behaviour, Interactions and Guidance Code

The purpose of this Behaviour, Interactions, and Guidance Code is to create and maintain a psychologically and physically safe, respectful, and inclusive environment for all children, families, and staff at our kindergarten. It aims to provide consistent, and fair behaviour support to help children participate positively in learning while respecting the rights of others. By promoting personal and social development, this Code enables children to understand and exercise their rights and responsibilities within the kindergarten and the wider community.

Guidelines for Educators

Educators implement clear strategies that support positive behaviour development, recognising that behaviour is learned over time and influenced by relationships and experiences. Our approach focuses on building each child's strengths and achieving their goals in a safe and respectful manner, in collaboration with parents, caregivers, and the broader community.

Educators will:

- ensure the physical and psychological safety of children, families, and staff.
- model and promote respect, diversity, and inclusion.
- support all children to participate positively.
- help children express and manage their feelings and emotions constructively.
- explicitly teach safe, respectful, and inclusive behaviours.
- plan for opportunities to develop personal and social skills such as resilience, independence, entering and exiting play positively, communication, and conflict resolution.
- engage in professional learning to manage behaviour incidents effectively.
- demonstrate empathy and sensitivity, considering individual factors influencing behaviour.
- encourage children to respond appropriately to others.
- involve children in setting behavioural expectations and developing group norms.
- communicate openly with families to support children's rights and well-being.

Responding to Challenging Behaviours

When behaviours pose challenges or safety risks, educators will:

- remind children of expectations and the reasons for these.
- support problem-solving, negotiation, and appropriate emotional responses.
- use restorative practices to help children empathise and restore relationships.
- communicate with families early to support children's well-being and learning.
- assess, reflect on, and adjust learning programs to support positive behaviours.
- develop and review individual behaviour plans with families and support services.
- seek assistance from Student Support Services when needed.
- provide a calming space for children to go to when they are dysregulated.
- accompany children to a safe area if they or others are at risk of harm, providing support for positive outcomes.
- implement visible, consistent responses to foster trust and confidence.
- collaborate with families, service providers, and the community to support children affected by behaviours of concern.
- intervene and report on serious incidents promptly.

Expectations for Staff, Parents/Caregivers and Visitors

Staff, parents/caregivers, and visitors are expected to behave reasonably and respectfully, ensuring the kindergarten remains a safe place to work and learn. Aggressive, violent, or threatening behaviour will not be tolerated. It may result in you being asked to leave, and staff will contact the police if safety is at risk.

Role of Parents/Caregivers and Families

As children's first teachers, parents/caregivers, and families, support positive behaviour by:

- modelling and promoting safe, respectful, and inclusive relationships.
- encouraging safe behaviour at home, including supervising social interactions.
- discussing behaviour, including unsafe behaviour, and how to respond.
- collaborating with kindergarten staff to resolve behaviour concerns promptly.
- considering specialist support services when needed.
- supporting their child's continued attendance during behaviour resolution.

Expectations for Children

Children contribute to a positive learning environment when they:

- treat parents/caregivers, educators, visitors, and other children with respect.
- ensure their verbal, and physical interactions are safe, respectful, fair, and inclusive.
- take a stand against concerning behaviours by seeking a trusted adult for help.
- encourage peers to engage in safe, respectful behaviours.

Further information:

[Positive discipline strategies for every family - Dr Justin Coulson \(YouTube 11.26 mins\)](#)

Parenting SA Positive approaches to guiding behaviour (2 to 12 years) - Parent Easy Guide: [Positive approaches to guiding behaviour: 2–12 years](#)

Parenting SA Time in: guiding children's behaviour - Parent Easy Guide: [Time in: guiding children's behaviour](#)

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Inclement Weather and Sun Protection Policy

Rationale

This policy is to ensure that staff and children are protected from harmful exposure to ultraviolet (UV) radiation and daily sun protection decisions are made appropriately. This policy also outlines risk controls in place during extreme weather conditions. A balance of UV radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency. UV radiation levels are unrelated to temperature.

Procedures

Inclement weather

At Enfield Folland Park Kindergarten staff work with children and families to ensure everyone's safety and wellbeing during inclement weather conditions (such as extreme temperatures, heavy rain, hail, strong winds, severe dust storm, or lightning or thunderstorm). Staff will monitor daily weather forecasts through the [Bureau of Meteorology](#) and identify any potential inclement weather risks. Staff will ensure they consider and plan for potential hazards and situations impacted by inclement weather conditions (such as the risk of falling tree limbs).

Sun protection

The UV- rating and sun protection times will be taken from the SunSmart app <https://www.sunsmart.com.au/resources/sunsmart-app> or BOM [Bureau of Meteorology website](#) (Enfield location) to determine when sun protection is necessary. Staff recognise the importance of helping children to regulate their behaviours relating to the weather and will work with children and families to develop appropriate responses.

Sun protection procedures must be followed by all at Enfield Folland Park Kindergarten

Sun protection measures: Are in place **all year round** when the UV- level is 3 and above. A combination of sun protection measures are considered when planning outdoor activities, including excursions.

Scheduling: Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times, where possible.

Slip on clothing: Appropriate sun protective clothing is to be worn by staff and children. Tops that cover shoulders and longer style skirts and shorts are recommended. No singlets or midriff tops please.

Slap on sunscreen: Parents are responsible for applying their child's sunscreen at home before arrival or upon arrival to kindergarten if the UV rating is 3 and above. SPF 50+ broad-spectrum, water-resistant sunscreen is supplied by the Kindergarten for children and staff to use throughout the day. Sunscreen is applied 20 minutes before going outdoors and reapplied every 2 hours when remaining or returning outdoors if the UV rating is 3 and above.

Alternatively, families who would prefer to supply their own suitable SPF 50 (or more) broad-spectrum, water-resistant sunscreen for their child will need to speak with the Director so that arrangements can be negotiated. Then the Director and parent may need to complete the Health Support Agreement for Education and Care (HSP120 form) and the Safety and Risk Management Plan (HSP121 form). Children's individual sunscreen will be supplied by families and must be labelled clearly with the child's name and handed to staff for safe storage. Families who are concerned about vitamin D requirements are encouraged to speak to their GP or paediatrician. Families requesting that their child does not apply sunscreen will be asked to provide a letter from their GP or paediatrician outlining advice. Staff will review any sunscreen exemptions with families on a regular basis. Children who are unable to apply sunscreen should be adequately protected using hats and long-sleeved clothing and play in shaded areas or indoors as much as possible when the UV is 3 and above.

Slap on a hat: All children and staff are required to wear a broad brimmed, legionnaire or bucket hat (baseball caps are not acceptable) while the UV level is 3 or above. The Department for Education specify that hats must NOT have ties or cords attached due to it being a potential choking hazard. While the UV level is 3 or above, children who do not have appropriate hats or clothing with them will be required to play in an area protected from the sun such as indoors or under the veranda. The Kindergarten has a limited number of spare hats and clothing to use only in extenuating circumstances such as outdoor excursions.

Seek shade: Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage children to play in the shade during peak UV times.

Curriculum: Age-appropriate information on sun protection is included in the curriculum and children's programming. Relevant information will be shared with families via our regular newsletter, or signage.

WH&S and role modelling: For work health and safety and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours including wearing sun protective clothing, sunscreen, appropriate hats, sunglasses and seeking shade when outdoors. Visitors and parents are encouraged to role model SunSmart behaviours when participating in or attending outdoor activities with the Kindergarten.

Policy promotion: SunSmart behaviour is regularly reinforced and promoted to the whole community (e.g., via newsletters and signage). During enrolment or induction, all families, staff members and volunteers are informed of the Sun Protection Policy.

Educators will:

- take reasonable care to cater for the individual needs of themselves, other adults, and children during all weather conditions.
- activate appropriate air-conditioning systems for comfort and relief in times of hot and cold weather.
- undertake risk assessments for outdoor play experiences if the weather is unpredictable or if weather warnings are issued.
- reduce access to areas that are potentially unsafe to play near (e.g., near trees in extreme wind).
- ensure activities conducted in periods of hot weather and/or when the UV rating is 3 and above, are undertaken in shaded areas or indoors.
- encourage children to wear hats outside when the UV rating is 3 and above.
- support children in reapplying sunscreen every two hours if the UV rating is 3 and above during outside play time hours.
- protect themselves and model SunSmart behaviour including wearing sun protective clothing, sunscreen, appropriate hats, sunglasses and seeking shade when outdoors.
- encourage children to drink water frequently through regular conversations about the health benefits of drinking water.
- ensure drinking water is always accessible to children.
- encourage families to provide a cooling element in child's lunch box to keep food cold if necessary.

Parents/Caregivers will:

- dress children and provide clothing that is weather appropriate i.e., layered clothing that can be easily removed.
- apply broad-spectrum water-resistant sunscreen (SPF 50 or more) prior to or upon arrival.
- parents/caregivers may collect children early on days of extreme weather or temperatures (e.g., 36 degrees or above), however the Kindergarten has cooling and heating systems that will be used to maintain comfort so the service can remain open for normal operating hours.

Policy review: The Inclement Weather and Sun Protection Policy is reviewed at least every three years to ensure the policy remains current and relevant.

Ratified/approved by Governing Council: June 2024

Next review date due: June 2027

Sourced by / Further Information

- Sun Protection in Schools and Preschools (Department for Education): [SA.GOV.AU - Sun protection in schools and preschools \(www.sa.gov.au\)](http://www.sa.gov.au)
- Cancer Council SA – SunSmart Early Childhood Program: <https://www.cancersa.org.au/prevention/sunsmart/sunsmart-program/early-childhood-centres/>
- ACQCQA Sun Protection Policy Guidelines: <https://www.acecqa.gov.au/sites/default/files/2021-08/SunProtectionGuidelines.pdf>
- Hazard Alert– Cords, Drawstrings and Toggle Entrapment: [Hazard alert 39 Cords, drawstrings and toggle entrapment \(edi.sa.edu.au\)](http://edi.sa.edu.au)
- What is the Weather Today?: [What is the weather today? \(education.sa.gov.au\)](http://education.sa.gov.au)

Healthy Food and Nutrition Policy and Procedure

Enfield Folland Park Kindergarten is devoted to providing an education around healthy food habits and encouraging the development of healthy bodies and minds. A healthy diet for young children reduces their chances of developing future health problems. A healthy diet is one that is balanced and includes foods from each main food group: grains, vegetables, fruit, proteins, and dairy (or dairy alternatives). Foods that are not necessary for a healthy diet should be limited. These foods are referred to as 'sometimes foods' and include foods that are high in sugar, saturated fats, and salt.

This policy and procedure has been developed based on the following principles:

- promoting the health and safety of all students, especially those with severe, rapid, and life threatening (anaphylactic) responses to food allergens,
- providing children with an education around healthy food choices that allows them to grow into happy, healthy people, and
- providing a consistent approach to the management of food handling, dietary requirements, special occasions, and cultural considerations.

The scope of this policy and procedure applies to all staff, parents, and site visitors.

Context

National Quality Standards and Regulations -Regulation 168 (2) (a) (i) - National Quality Standard 2.2

Allergen Awareness

Food restrictions will reflect the needs of the children attending and may be subject to revision, please discuss the dietary needs of your children with educators. The most common food allergens are peanuts, tree nuts, eggs, dairy foods, fish, and sesame seeds. Due to the prevalence of nut allergies, we require that NO NUTS are permitted in the kindergarten (including peanut butter and Nutella sandwiches and all snacks containing nuts including muesli bars or muffins). Products stating 'may contain traces' of nuts which are found on most packaged foods are generally fine. However, if food packaging states 'contains' nuts or 'made on shared equipment' as nuts, it is not permitted. A reminder note will be sent home if your child's lunch box contains nuts or nut products. If you are unsure about whether a food product is permitted, please see staff. We appreciate your understanding regarding this serious health risk.

Eating at Kindy

Enfield Folland Park kindergarten observes up to three food breaks throughout the kindy day. This includes a morning 'healthy snack', lunch and offering for afternoon tea 'snack time.'

Some examples of healthy food children may bring include:

1. Two serves of fruit or vegetable for 'healthy snack'. This may be fresh or dried (e.g. dried apple, apricots, sultanas, etc.).
2. A lunchbox consisting of:
 - Breads or other carbohydrates for body and brain energy and to help fill hungry tummies, e.g. wholegrain sandwiches, rolls and wraps, pikelets, fruit bread, wholegrain plain savoury biscuits, rice, pasta, sushi, and/or noodles.
 - Meat and other protein foods for strong muscles, e.g. lean meat in wholegrain sandwiches or salads, meat or fish patties, meat based casseroles and pastas (reminder that these will be served cold as the kindergarten cannot heat up food).
 - Dairy foods for strong bones, e.g. reduced fat cheese, yoghurt, and/or custard.
 - Fruit, vegetables and legumes for vitamins, minerals and fibre, e.g. carrot sticks, cherry tomatoes, cucumber, apples, pears, strawberries, bananas, canned (in natural juice) and dried fruit, lentil patties, and/or chick peas etc.
3. A drink bottle containing only water.
 - Filtered tap water is available throughout the day for the children to top up their bottles or if required fill up a kindy cup to drink from.
 - During days with extreme heat, educators may offer experiences such as making fresh juices or fruit based ice-blocks to increase hydration and decrease heat stress.

Additional notes:

- Parents need to ensure that all lunch boxes, containers, and drink bottles are clearly named and user friendly for your child to open.
- Food WILL NOT be reheated by staff for safety reasons. Parents can choose to use a thermos container, but staff take NO responsibility for the temperature of the food.
- Children should have a food safe container for their lunch. This should contain a cooling element to keep the food cold until lunch time as we are not able to refrigerate foods.
- To promote healthy and environmentally friendly food, we encourage 'Nude Food' (food without packaging).
- Please see staff if you have any questions about appropriate foods, we have many resources available for guiding healthy food choices in children's lunchboxes. There is also a folder in the Parent Information Area that can be accessed for more ideas.

Further information:

<https://www.healthdirect.gov.au/healthy-eating-for-children>

<https://www.wellbeingsa.sa.gov.au/our-work/healthy-places-people/healthy-food-nutrition>

<https://www.wow.sa.gov.au/resources/nude-food-info-for-families>

Responsibilities

Staff:

- Will encourage children to wash their hands prior to handling any food.
- Will encourage children to be independent in managing their own food and feeding themselves.
- Will encourage children to sit down whilst eating in the designated areas.
- Will supervise children while they are eating.
- Will encourage children to dispose of their own food scraps in the appropriate bins for recycling and composting.
- Will ensure that children do not swap or share their food with another child.
- Will ensure that children are reminded to drink water regularly to avoid dehydration.
- Will encourage children to eat healthy options and drink water first before other options.
- Will ensure that children are not at risk of consuming drinks that are not suitable for children (e.g. caffeinated, energy drinks and alcohol).

Parents:

- Will inform staff of their child's specific dietary needs such as allergies (including cultural/religious restrictions).
- Will be made aware of this policy upon enrolment of their child.
- Are encouraged to support this policy and will communicate with staff if there are any food related issues regarding their child so that staff can support them to the best of their ability.
- Will refrain from sending nuts and/or nut products to kindergarten or other allergens when advised by staff.

Cooking at Kindy

Throughout the year we will undertake cooking and food preparation activities with the children. We aim to include opportunities for children to develop practical food skills, and undertake activities that provide children with knowledge, attitudes, and skills to make positive healthy food choices. Where possible, we will use some produce that we grow in our kindergarten vegetable garden. We promote awareness of foods from different cultures and encourage children to try new foods and recipes. We encourage families to let us know of cultural days that they celebrate and any recipes we could try (e.g. Lunar New Year, Diwali, and Easter).

Special occasions

At Enfield Folland Park Kindergarten we enjoy celebrating children's birthdays or special occasions in a way that supports our food policy. We celebrate with your child at mat time by inviting them to stand in front of the group, having a birthday chat, and singing 'Happy Birthday'. Cakes and sweet treats are not encouraged to be brought in. However, if parents and children want to share a special gift with the rest of the kindergarten children, they may offer a non-food related item such as stickers, stamps, or balloons. This is completely optional.

Ratified by Governing Council February 2024

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Rest and Sleep Policy

Purpose

Enfield Folland Park Kindergarten is required to follow the Department for Education's [safe sleeping and resting for infants and young children procedure](#) which aims to ensure appropriate opportunities are provided to meet each child's need for sleep, rest and relaxation.

Rest and Sleep Procedures

The Rest and Sleep Policy must be read alongside the department procedure. A copy of this procedure and the department procedure will be kept in the Policy Booklet and Policies and Information folder for parents/caregivers, staff, and visitors.

Educators will undertake a Local Sleep and Rest Risk Assessment at least every 12 months. Site leaders will ensure that, as soon as practicable after a risk assessment is completed, any necessary updates to this procedure will be made and discussed with staff. A copy of all completed risk assessments will be kept on site.

Partnership with parents/caregivers

- Educators will ask parents/caregivers about their child's health needs upon enrolment.
- Parents must inform educators if their child has a medical condition that requires specific sleep arrangements and provide a health care plan authorized by a medical practitioner.
- Parents should update educators about any changes to their child's rest and sleep needs.
- Educators will regularly communicate with parents about their child's rest and sleep needs, including sharing sleep records indicating how long their child slept during the kindergarten day.

Meeting sleep and rest needs

To ensure children's individual sleep and rest needs are met, educators will:

- provide opportunities for children to rest and relax during the everyday routine at kindergarten.
- support children to listen and respond to the needs of their bodies.
- ensure rest and sleep practices are tailored to meet the individual needs of each child, considering their age, health conditions, and specific instructions provided by parents or medical practitioners.

Supervision and monitoring

To implement the department procedure:

- educators will actively supervise and monitor children during rest and sleep times.
- educators will always remain within sight and hearing of resting and sleeping children.
- children must sleep or rest with their faces uncovered to ensure clear breathing and reduce the risk of suffocation.
- the rest or sleep environment will be regularly checked for hazards to maintain a safe space.
- all sleeping children will be checked at 10-minute intervals. Checks will be documented, including the time of check and the initials of the educator conducting the check.

Sleep and rest environment

To implement the department procedures educators will provide:

- a quiet and less busy space for rest or sleep, away from interactive groups. This area will be set up to promote a calm and relaxing environment for children.
- a well-ventilated room, with controlled lighting to allow adequate supervision. The temperature will be maintained at a comfortable level. All supervision windows will remain clear to ensure visibility.

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Water Safety Policy

Enfield Folland Park Kindergarten implements a Water Safety Policy to manage water safety during water-based experiences and potential water hazards within the environment. Many children love to play with water and are naturally drawn to it. However, they are not always aware of the potential dangers. Through active supervision, and intentional teaching, educators will aim to develop children's understanding of water safety.

Water Hazards

A water hazard is defined as anything that can hold 5cm of water and fit a child's nose and mouth. Water hazards in the kindergarten learning environment may include:

- sinks, basins, fish tanks/bowls, baths
- water courses, ponds, sandpits, mud kitchen, clam shells
- water troughs, containers and buckets used for play, animal drinking containers
- Pooling water

Managing Water Hazards

Site leaders are responsible for managing water hazards and are to complete a benefit and risk assessment, identifying and assessing risks associated with any water hazards or water-based activities. Site leaders will consider water safety and potential water hazards when undertaking risk assessments for excursions.

Children will always be actively supervised when there is a risk of access to any water hazard on site or on excursions.

Active Supervision Includes:

- direct and constant monitoring of children – within arm's length (1 to 2 metres)
- careful and intentional positioning of water experiences and staff
- scanning and moving around the area
- listening closely for sounds or the absence of noise
- observing play and anticipating behaviour
- higher adult to child ratios when necessary

Eliminating Hazards

Water receptacles must be emptied immediately after children are finished using it and should be stored upside down and out of children's reach. All aspects of the environment must be designed to ensure adequate drainage of water to avoid pooling. Children should not access the laundry or kitchen areas when unattended by adults. Educators should monitor the children's bathroom area frequently.

The frog pond should be less than 300 mm in depth and should have a rigid barrier over the water to prevent children falling in. Appropriate controls should be implemented to ensure pond water does not become stagnant.

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