



## POLICY 11200

### ACTIVE PLAY AND SCREEN TIME

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#### **POLICY:**

Rocky Mountain JUSTB4 Program acknowledges the importance of physical activity for children. Active play supports not only the health and development of children but it also establishes positive lifestyle habits.

#### **PROCEDURES:**

##### **ACTIVE PLAY**

- Active play will happen every day for a minimum of 30 minutes.
- Active play will involve a variety of play materials and will occur indoors and/or outdoors.
- Active play will be incorporated into free-play time and adult-led activities.

##### **SCREEN TIME**

- As per licensing, programs where children are in attendance for 3 hours or less will not include screen time activities in the daily routine.
- Staff will have access to electronics for use in documenting learning through photographs (with consent of families).
- Children may be involved with staff to use the internet for specific purposes (answering an inquiry question – i.e. looking up facts about an animal).
- Children will never use technology unsupervised.