



GARDE SCOLAIRE L'ANSE-AU-SABLE  
675 Chemin Lequime  
Kelowna, C.-B. V1W 1A3  
Téléphone : 764-2771 Télécopie : 764-2772

## Physical activity and screen time policies

***The staff at Garde scolaire l'Anse-au-sable understands that the policy set out below may be subject to last minute change in order to comply with the health and safety regulations of the Province.***

According to new guidelines from the British Columbia Ministry of Early Childhood and Family, we would like to inform you that *Garde scolaire l'Anse-au-sable* seeks to optimize physical activity for our Kindergarten learners and minimize screen time (touch pad, songs projected on the screen, movies, etc.)

Thus, our policy targets 60 minutes minimum of physical activity per day. The physical activity time is reflected in several forms during the week:

- 30 minutes in the school gym. Games aimed at developing children's motor skills are planned as well as short yoga sessions at the end of the period.
- Every morning, we sing nursery rhymes accompanied by gestures.
- Stretches of the muscles and different parts of the body during the morning rally.
- We go outside, at least 45 minutes, in the fenced yard. A module, a sandbox, motricity courses and space for running are accessible to children.
- 15 minutes of dancing per week.
- Animal movements in the classroom to develop the children's muscle tone.
- The adults in charge of the group demonstrate an active lifestyle when possible (come to work by bicycle, run with the students, play with them, etc.).

Screen time is limited to 45 minutes or less per week. No tablets or other electronic devices are used with students. Short programs and / or educational videos are presented once a week.

We remain at your disposal if you have any questions in this regard.