

# Shine Bright Woorinen South Kindergarten

## Case Study- 20 years of Smiles 4 Miles



Our Service is part of the “Smiles 4 Miles Program”. Our journey with the Smiles 4 Miles began almost 20 years ago. The program promotes the ideas of Drink Well, Eat Well and Clean Well. The program has been reviewed several times since its beginning to align with the introduction of two significant frameworks. In 2009 the Victorian Early Years Learning and Development framework (VEYLDF) was introduced and in 2012 we saw the introduction of the National Quality Standards (NQS) as part of the National Quality Framework (NQF) which serves as a benchmark for assessing and improving the quality of education and care provided to young children.

To align the program with these frameworks was such a great initiative as educators could then add their Service’s involvement [children, families and educators] in the Smiles 4 Miles program directly into their QIPs (Quality Improvement Plans) as evidence of meeting various elements/standards.

More recently the Smiles 4 Miles program was reviewed making it more gender neutral.

The key messages of Drink Well, Eat Well and Clean Well have provided and still provide educators with a strong platform to promote good dental health and hygiene, which is such an important thing for children to learn and families to become proactive about.

The messages are simple and clear making it straight forward for children to remember. Learning experiences and family engagement fit easily into the messages too. Some favourite Learning Experiences are growing our own vegetables and making soup.

Support from SHDH Health Promotion is provided with visits, newsletters, PD, refresher sessions and links to the program which has a wealth of ideas advocating healthy lifestyles and healthy eating.



Bronte Rayner from Health Promotion at SHDH coordinates the 'Smiles 4 Miles' program in Swan Hill and 'The Healthy Together Achievement Program', which we are a part of too. Both advocate healthy lifestyles and healthy eating. Bronte distributes family newsletters and resources and visits all Swan Hill and District Kindergartens with a 'Road Show' – 'Eat a Rainbow'. Bronte also coordinated the 'Dental Screenings'.

The Smiles 4 Miles program is so worthwhile. It has enriched our program and the children's learning. Our service has thoroughly enjoyed being involved with the program. Congratulations to everyone associated with Smilies 4 Miles on a successful 20 years.

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