

What's coming up?

Veggie Month 22/2 - 19/3 - We hope to make this year's Veggie Month and Big Veggie Crunch bigger and better than ever! (See page 2 for details). It's a month of celebrating vegetables across your service for as little or as much as you desire.

World Water Day 22/3 - Use this day to explore why water is so important in many aspects of our life and reinforce the importance of drinking water every day.

Ride to School Day 25/3 - National Ride2School Day is Australia's biggest celebration of active travel. Encourage your families to walk, skate or scoot to your service. Perhaps you could include bikes in your outdoor play.

Harmony Week 14/3 - 20/3 - Celebrate multiculturalism and cultural diversity by cooking and sharing foods from other countries or exploring sport and movement that kids growing up in other cultures participate in.

Welcome

Welcome to our first newsletter of 2022!

The COVID-19 pandemic continues to throw challenges at us all with recent increases in local transmission. I had two children attending local preschools last year and experienced first-hand how you had to adapt and persist to continue providing our children and community such a valuable service. I hope as you welcome your children back for another year of exploring and learning that things go smoothly in your service.

A number of our Health Promotion Team members remain redeployed to support the local response to COVID-19. However, we remain willing and able to support your service in munching and moving endeavours. We are particularly excited to visit and talk to you more about our new suite of Fuss Free Mealtimes resources later in the year. We trust you appreciated the resource pack delivered late last year.

Please feel free to reach out to your local support officer or me for further assistance.

Best wishes

Gavin

Gavin Dart
 Program Coordinator | Healthy Eating Active Living
 Team | Health Promotion | Northern NSW Local
 Health District
 0427 299 335
 Gavin.Dart@health.nsw.gov.au

To Share with Families!



NEW

First Lap - \$100 swimming vouchers!

This is a new program as part of the Active Kids Vouchers. First Lap offers \$100 vouchers for parents, guardians and carers of children aged 3-6 years not enrolled in school, towards the cost of swimming lessons. They are also available for children starting kindergarten in 2022.

The voucher can be used for a program of at least 5 structured and supervised swimming lessons, which are either intensive (daily) or regular weekly lessons

- can be used at any [participating business](#) that is an approved First Lap provider
- is valid until 30 June 2022.
- Can apply for a voucher for each eligible child

[First Lap learn to swim voucher | Service NSW](#)



Veggie Month and the Big Veg Crunch 2022!

Veggie Month registrations are now open!

Veggie Month is back again to support and encourage services to integrate vegetables into daily programming. This can be done through nutrition learning experiences like experiments, songs, stories, art, discussions or gardening activities. The last week of Veggie Month coincides with Vegetable Week, a program run in primary schools, and includes the Big Veggie Crunch!

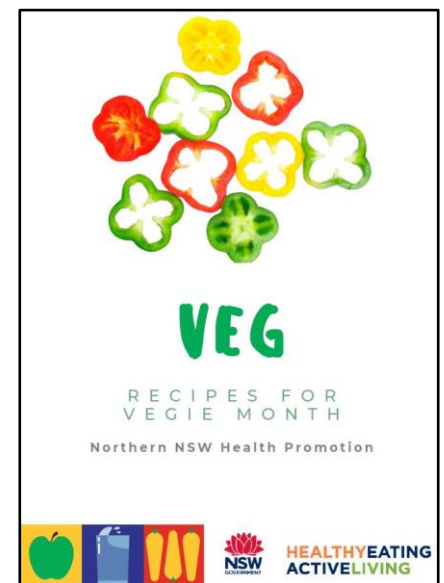
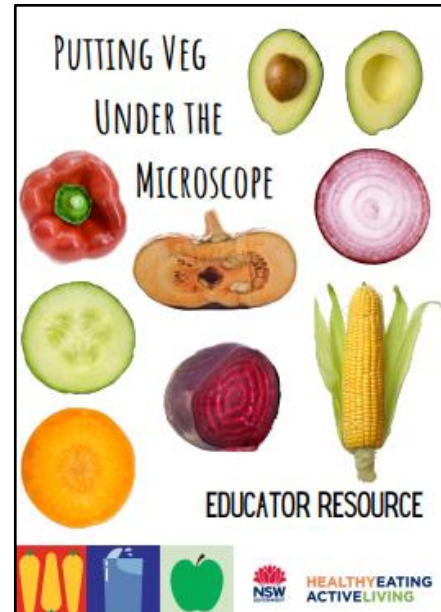
Fun, interactive events such as Veggie Month and The Big Veggie Crunch can influence the variety and amount of veggies kids eat.

This year Veggie Month will have a science theme “Putting Veg under the Microscope”. Services that register will have access to an educator resource, a recipe ebook as well as other electronic resources. There will be loads of ideas on how to integrate a vegetable theme across your service for as little or as much as you wish.

It is recommended that preschool aged kids eat around five serves of veggies each day. We hear so many stories of parents amazed at how their children are eating more veggies, and a greater variety of veggies, after their service has been involved in Veg Month. With only 6% of Australian kids eating enough vegetables each day, opportunities like this are very important.

This year Veggie Month will run from 7th March to 1st April. If you would like to register and receive free resources go to; <https://healthupnorth.info/vegmonthrego2022>

More information and links to the resources will be emailed to registered services closer to the start of Veggie Month.



VegKIT Resource



Did you know?

There is the potential to increase demand for the amount of vegetables produced in Australia by 19,000 tonnes per year if every child (aged from two to six) increased the amount of vegetables they ate by just half a serving or more per day.



VegKIT is a partnership between Nutrition Australia, CSIRO, Flinders University, Hort Innovations and Caring Futures Institute.

[VegKIT](#) is a fantastic resource that is available to services to help foster a love of vegetables in young children. VegKIT provides free resources and information to support services to encourage children to eat more vegetables. As well as resources, there are also examples of how to link activity to your quality improvement plan.

Active Play Audit Tool

The Active Play Audit Tool assists early childhood educators to promote physical activity at their service. The way the environment is equipped and set up can maximise children's inclusiveness, engagement and level of positive experience.

Munch & Move promotes active play for children which help develop movement skills, coordination, balance, flexibility and strength. This can be encouraged by the use of a variety of spaces, equipment and resources.

This tool provides the opportunity for educators to critically reflect on how their practices and environments (indoor and outdoor), foster physical development of the children. The information can be used in the service's Quality Improvement Plan (QIP) as evidence of continuous improvement and supports the National Quality Framework Quality Area 3: The Physical Environment.

Each of the seven sections begin with a question that asks educators to reflect on and record current practices. Reflection is then focussed on future development. Trigger questions help in 'moving forward' e.g. what spaces do we have that we are not using? What spaces could we create? These reflections are recorded in the Action Plan which can then be added to the service's QIP.

The [Active Play Audit Tool](#) can be found in the resources section of the Munch & Move website. The template can be typed directly onto.

Section 1 - Learning Spaces			
Reflective Question: What are the learning spaces in our ECEC service's environment?			
Indoors:			
Outdoors:			
Have you considered:			
Animal habitat	Dramatic play	Cubby house	Quiet space
Shaded play area	Garden	Digging pit	Sandpit
Stage / Platform	Grass area	Open area	Water trough
Construction area	Hill / Mound	Bike paths	Softfall
Furniture	Flooring		
Moving forward: What spaces do we have that we are not using? What spaces could we create? What changes can we make so that our learning spaces better facilitate active play? How can our indoor spaces be modified to create additional active play spaces in poor (too hot, too cold, too wet) weather?			
Action Plan:			

Book Nook

Growing Vegetable Soup by Lois Ehlert

Themes: Vegetable gardening, cooking, and fun!

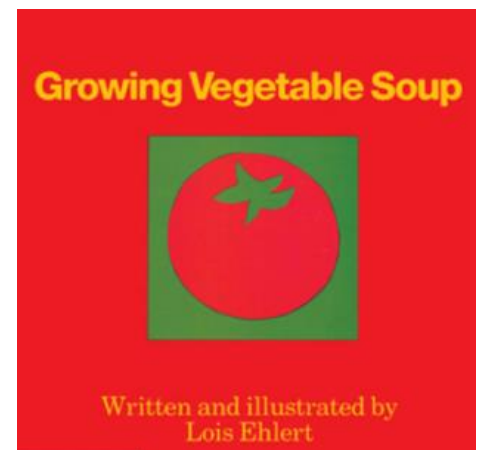
Book Brief: A father and child share in the joy of creating a vegetable garden to grow the ingredients for vegetable soup. Together they plant, water and watch the seeds grow. Once their harvest of tomatoes, potatoes, cabbage and corn is ready, they cook it up into the best soup ever! This is a wonderful story to include as part of Veg Month activities.

While We Read: You may want to read the book straight through once. On a second reading, read the names of the vegetables next to the illustrations. Talk about what stage of growing the plant is at. Is it ready to harvest yet?

Illustrations: The illustrations of the vegetables are bright and colourful making this book a visual delight. Look at the illustration of each vegetable and ask what vegetable it is, what is the colour, ask questions like does it grow above the ground or under the ground.

After: Extend discussion by asking children to name their favourite vegetable. Have they tried any of the vegetables in the vegetable soup? What did they taste like? You may like to make a chart labelled 'Plants We Eat' and list the vegetables children named. Add drawings of each vegetable beside the word.

Best of all, cook up some vegetable soup together with the children!



Mini Moves – Galloping

Get moving with **MINI MOVES**

Wild Wild West

Cowboys and cowgirls gallop along on their horse in the Wild Wild West.

1. Spread animal cards or toys on the ground.
2. Ask children to pretend to be a cowboy or a cowgirl.
3. Ask the cowboys and cowgirls to gallop around herding animals by tapping the animal cards or toys as they gallop around.
4. Try hiding some animals and have the children yell 'yeeha' if they find one.

WILD, Wild West Galloping
Cowboys and cowgirls gallop along on their horse in the Wild, Wild West.

Equipment:
Animal cards or toys

Where to play:
 Outdoors
 Indoors

Age:
Toddlers & Preschoolers (2 to 5 years).

What does the game look like?

KEY:
 Animal cards/toys
 Cowgirls (children)
 Cowboys (children)

MINI MOVES Health Northern Sydney Local Health District

REDLIGHT, Greenlight Galloping
Redlight, greenlight. Gallop along and listen for the lights.

Equipment:
Not required.

Where to play:
 Outdoors
 Indoors

Age:
Toddlers & Preschoolers (2 to 5 years).

What does the game look like?

KEY:
 Children
 Educator
 Direction of gallop

MINI MOVES Health Northern Sydney Local Health District

Red light, Green light

Red light, Green light. Gallop along and listen for the lights!

1. Demonstrate to the children the following actions: **Green light** – fast gallop, **Orange light** – slow gallop, **Red light** – stop.
2. In an open space, yell 'green light' and have children gallop quickly.
3. Alternate light instructions so children vary their gallop or stop upon each instruction.

Find all the Mini Moves [here](#)

Contact us – we are here to help!

Contacting your local support officer

Remember to contact us if your service needs support with implementing Munch & Move

Area	Support Officer	Phone	Email
Clarence Valley	Kate Collins	6640 0154	kate.collins@health.nsw.gov.au
Ballina/Byron	Maxine Molyneux	6639 9142	maxine.molyneux@health.nsw.gov.au
Richmond Valley	Martina Pattinson Britney McMullen	6620 7668 6620 7201	martina.pattinson@health.nsw.gov.au britney.mcmullen@health.nsw.gov.au
Tweed Valley	Corinne Martin	6620 7447	corinne.martin@health.nsw.gov.au



**HEALTHYEATING
ACTIVE LIVING**