

What's coming up?

National Water Week

18 – 24 October: Theme for 2021 is 'Caring for Water and Country' and celebrates the vital and cultural role water plays in our lives. Lots of ideas and educational resources available. Visit the website for an extensive list of educational resources.

National Children's Week

22 – 31 October: Celebrate children's skills and abilities by showcasing their engagement in physical activities or healthy eating learning experiences.

National Nutrition Week

10 – 16 October: 'Try for 5' is Nutrition Australia's annual campaign to raise awareness and encourage Australians to eat more vegetables. Use the [Be a Veg Explorer](#) resource for exciting learning experiences to try at your service.

National Recycling Week

8 – 14 November: Recycling week is a great opportunity to link to waste free lunchboxes, or involve families more broadly about the ins and outs of recycling.

Don't miss out!

Win a \$240 Healthy Harold Voucher!

It's not too late to register for the Munch & Move online training. This opportunity has been extended until 1st November. Services who have staff complete the training will go in the draw to win one of 20 Healthy Harold Vouchers, each worth \$240!*

The training is self-paced and on average takes three hours to complete. It supports educators with knowledge, resources and ideas to embed healthy eating and physical activity into daily routines. Munch & Move has a strong alignment to the National Quality Framework.

To register visit:
www.munchandmove.com.au

Contact Maxine for more information (details at end of this newsletter)

Open to Services in Northern NSW Local Health District only.



Harold's Healthy Play Day

Exploring the role of food and drinks, physical activity, hygiene and rest in our lives.

Educator Training



Fuss Free Mealtime Webinars

Thank you to all the services and staff who joined us for the Fuss Free Mealtime webinars. If you weren't able to join, the good news is that the recordings are now available. Feel free to share these with educators far and wide. You will find them at the following links:

Part 1: **Practical strategies for fussy eaters**

<https://healthupnorth.info/ffmwebinar>

Part 2: **Communicating with families**

<https://healthupnorth.info/comwithfamilies>

Healthy Menu Planning

Would your service cook (or menu planner) like more information on how to put together a healthy menu based on the Caring for Children's guidelines?

Please contact us today. We can tailor training and support to meet your service's needs. We are also available to review your current menu and provide feedback and ideas.

Contact Maxine for more information (details at end of this newsletter)

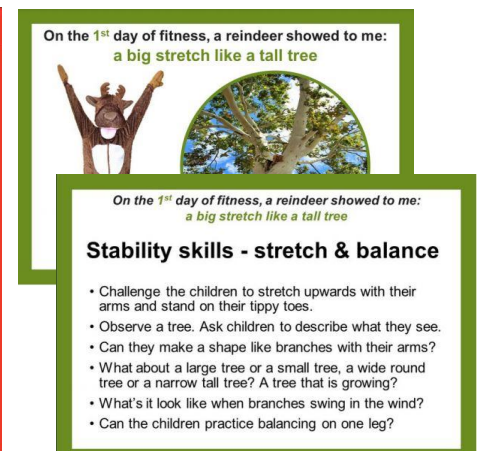


12 Days of Fitness

Practice fundamental movement skills with this fun action song based on the tune of “The 12 days of Christmas”. You may like to sing one new verse each day (or week), and gradually build up to completing the full song. As a Christmas gift last year, we sent every early learning and care service a set of the 12 action cards. All the resources to go with these can be found by clicking on each link. (If your copy of this newsletter is not electronic, simply Google “Western Sydney LHD Fundamental Movement Skills” and scroll to the bottom of the webpage to locate 12 Days of Fitness).

- [Action song lyric sheet](#) - Sing-a-long to the tune of the ‘12 Days of Christmas’. The actions are designed to be done without equipment.
- Demonstration [video](#) for educators - Watch the Reindeer’s demonstration video clip so you know how to lead children when you sing the song at your service.
- [12 Cards](#) - Have a look on your shelves to locate them! The cards introduce an action that supports a child’s fundamental movement skill (FMS) development, taking into account that each FMS is made up of smaller steps. The reverse side of the card has ideas for educators to explore with children, extending on the action introduced. These are the cards we sent you last year! If you can’t find them, you can print these from the website on A4 and double sided and cut to make the cards yourself.
- [Poster](#) (print A3) - Display the poster as a visual prompt for children or use the [countdown calendar](#).

We want you to be able to use this resource any time of the year, and we appreciate some services and families do not celebrate Christmas, so standard versions of the [action song lyric sheet](#) and [poster](#) are also available.



Christmas Cooking with the Children

The festive season is a great opportunity to show children that celebration foods can be as delicious and good for you as they taste. Plan a fun session where children prepare festive food. It can be as simple as a Christmas tree from snow peas and cherry tomatoes. Share the ideas with your families and encourage them to include some healthier options this Christmas.

Try these ideas for your Christmas break up:

- Watermelon Christmas trees
- Christmas Santa kebabs
- Christmas tree pita
- Santa bellies

Can you think of other ideas?



Fuss Free Mealtimes Resources for Services

Children's fussy eating behaviours is a topic many early childhood education and care services raise with us. In response, we have put together a set of resources to support you, as educators, around the theme of Fuss Free Mealtimes. In the near future we hope to personally deliver to each service a Fuss Free Mealtimes Pack with:

- An Educator Resource
- A copy of the 'Dinnertime with Isla' big book with Educator Talking Points
- Parent flyers with the key themes to preventing with fussy eating behaviours
- A Fuss Free Mealtimes poster to display in your foyer



In the resources you will find useful ways educators can support children to become healthy eaters across the whole service. We also hope to put together an information session on Fuss Free Mealtimes that we can deliver to you and your staff in early 2022.

Book Nook

'From Head to Toe' by Eric Carle

Themes: Movement, understanding your body, physical activity and fun!

Book Brief: This is a fun filled interactive picture book where familiar animals invite children to copy their movements and antics. Gorillas, elephants, camels and others encourage them to clap, stomp, wriggle and bend like they do. Young children explore and learn more about movement and their own bodies.

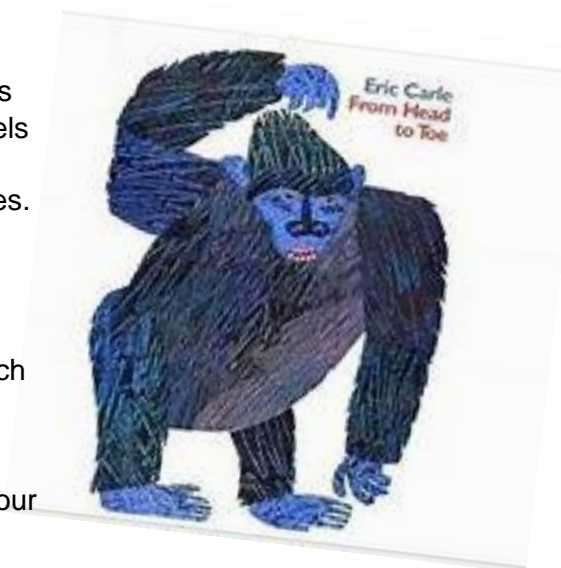
While We Read: Watching giraffes bend their necks or monkeys wave their arms is fun, but nothing is better than joining in! Have plenty of space for the children to move. Read the action performed by each animal and ask the children "can you do it?" Prompt them to say "I can do it!" before they do each action. They will also learn skills like careful listening, focusing attention and following instructions.

Illustrations: Look at the illustrations and ask what each animal is, what colour is it and what action is each animal doing. Does the animal have any special features e.g., a long neck?

After: Extend discussion on basic body parts and simple body movements e.g., 'I wonder if we can bend any other parts of our body like the giraffe bends his neck'. Build on the confidence message 'I can do it' and discuss the importance and fun of joining in and having a go.

Above all, simply have fun with the children. Ask them:

"Are you ready? Here we go. Move yourself from head to toe!"



Mini Moves – Leaping

Get moving with **MINI MOVES**

On the way to the Zoo

Leap over the reptiles, but be careful, don't get bitten!

1. With chalk, draw a path for children to follow, marking reptiles (lines) along the path for children to leap over.
2. Tell children to follow the path to the zoo, but watch out for the reptiles that have escaped.
3. As children walk along the path, tell them to leap over the reptiles so they don't get bitten
4. Once all children have reached the zoo, tell them the lions have escaped.
5. Encourage children to run and leap over the lions and "roar" as they make their way back.

Leaping

On the Way to the ZOO

Leap over the reptiles, but be careful, don't get bitten.

Equipment:
Chalk

Where to play:
Outdoors

Age:
Toddlers & Preschoolers (2 to 5 years)

What does the game look like?

KEY:

- Children
- Lions
- Snakes
- Home
- Zoo
- Path

MINI MOVES | **NSW** Health Northern Sydney Local Health District

Leaping

FROG Splash

Leap from the lily pads, but don't fall in the water and make a splash.

Equipment:
Hula hoops or mats

Where to play:
Outdoors
Indoors

Age:
Toddlers & Preschoolers (2 to 5 years)

What does the game look like?

KEY:

- Frog (children)
- Hula hoop/mat lily pad
- Frog pond/water

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Frog Splash

Leap from the lily pads, but don't fall in the water and make a splash!

1. Randomly arrange the hula hoops/ mats on the floor in the room or outside.
2. Ask the children to imagine the floor is a pond and the hula hoops/mats are lily pads.
3. Taking turns, each child embarks on the Lily Pad Adventure, leaping from one lily pad to the next, until they have reached the end.
4. If at any time a child loses balance and falls off a lily pad, they call out "splash" and start again.

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 Rachel Adam	6620 7668 6620 7201 6620 7455	martina.pattinson@health.nsw.gov.au britney.mcmullen@health.nsw.gov.au rachel.adam@health.nsw.gov.au
Tweed Valley	Corinne Martin	6620 7447	corinne.martin@health.nsw.gov.au

