



Munch & Move Staff Checklist

Having all staff aware of *Munch & Move* can support a ‘whole of service’ approach to promoting healthy eating and physical activity. It also facilitates opportunities to share ideas, enthusiasm and excitement! ACECQA Assessment and Rating Officers may ask about *Munch & Move*, so it is important for all staff to understand how it is being embedded in your service.

This list covers the key elements of *Munch & Move* and can be used as a checklist for updating new staff on the way *Munch & Move* is implemented in your service. It could also be used as a guide or evaluation tool when discussing *Munch & Move* at your staff meetings or when delivering *Munch & Move* staff training.

Staff Details

Name:

Date:

Role:

Occasion: Staff Orientation Staff Meeting Staff Training Other _____

Understanding *Munch & Move*

- My director and I have discussed *Munch & Move*, how it is embedded & the importance of nutrition & physical activity learning experiences for children at our service.
- I know where to find *Munch & Move* training options online at www.healthykids.nsw.gov.au and have seen\know where to find the *Munch & Move* training brochure.
- I understand how *Munch & Move* is linked to the NQF and EYLF and have seen\know where to find the ‘How *Munch & Move* aligns with the NQF’ brochure (on the *Munch & Move* website).
- My director and I have discussed how *Munch & Move* links with our Quality Improvement Plan.
- I understand the key *Munch & Move* areas relevant to my role.
- I know who the *Munch & Move* contact is within our service.





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Implementing *Munch & Move*

- | | |
|--------------------------|---|
| <input type="checkbox"/> | I have been shown the <i>Munch & Move</i> resources in our service and know where they are kept. |
| <input type="checkbox"/> | I have been shown the Caring for Children resource book and know how to access it. |
| <input type="checkbox"/> | I know where I can find all of the <i>Munch & Move</i> resources online at www.healthykids.nsw.gov.au |
| <input type="checkbox"/> | I have been shown the <i>Munch & Move</i> resources on the NSW Local Health District website . |
| <input type="checkbox"/> | I know what the 13 Fundamental Movement Skills are & how to perform and teach them correctly. |
| <input type="checkbox"/> | I have read and understood our service breastfeeding policy (if applicable). |
| <input type="checkbox"/> | I understand the nutrition requirements of our service & have seen our service menu (if applicable). |
| <input type="checkbox"/> | I have read and understood our service nutrition policy. |
| <input type="checkbox"/> | I have read and understood our service physical activity policy, procedure or guideline. |
| <input type="checkbox"/> | I have read and understood our service small screen recreation policy, procedure or guideline. |

Comments

Additional comments:

Staff Member (signature) _____ Date _____

Director (signature) _____ Date _____

