

Munch & Move

Term 4, 2022

What's coming up?

<p><u>National Water Week</u></p>	<p>17 – 23 October: The theme for 2022 is 'Our Water Stories'. Communities and individuals are invited to explore their own stories and imagination looking to the past, present and future. Create opportunities for children to explore the importance of water and share their stories.</p>
<p><u>National Nutrition Week</u></p>	<p>16 – 22 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 ideas and exciting learning experiences to try at your service.</p>
<p><u>National Children's Week</u></p>	<p>22 – 30 October: Celebrate children's skills and abilities by showcasing their engagement in physical activities or healthy eating learning experiences.</p>
<p><u>National Recycling Week</u></p>	<p>7 – 13 November: 'Waste isn't Waste until it's Wasted'. This year's recycling week is all about quality over quantity. We encourage your service and families to buy less new items and consider recycling old items and giving them a second life. See Equipment to enhance active play information sheet for ideas on how to use everyday items for active play</p>

Manager's Update

Welcome to our Term 4 2022 newsletter. It has been great to work again with many local early childhood education and care services in term 3. We are looking forward to working with more services in term 4. Please feel free to reach out to your local support officer or me for assistance.

Avigdor Zask

Acting Program Coordinator
Healthy Eating Active Living Team
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Festive Bliss Balls and Fruit Grinch Kebabs are fun alternatives

Consider swapping some celebration foods for healthier options. Try Festive Bliss Balls or Fruit Grinch Kebabs.



SWAP Cookies for Festive Bliss Balls

SWAP Chocolate for Fruit Grinch Kebabs



Educator Training

Munch & Move Staff Development Kit

Embedding Munch & Move key messages into daily programming helps to normalise healthy behaviours in children, families and Early Childhood staff. [The Munch & Move Staff Development Kit](#) can be used by your team to ensure a 'whole of service' approach to healthy eating and physical activity behaviours.

The kit is a practical, user-friendly tool that is freely available to upskill all educators in Munch & Move.

The kit has seven short training videos. Module 1 provides a program overview, with the remaining modules covering each of the six Munch & Move key messages. It's important for staff to start with Module 1: Program Overview, and then the key message modules can be selected in any order.

The kit can be found in the resources section of the Munch & Move website. Once you click the 'Staff Development Kit' option, you will be asked to enter a password.

This is the word 'Oranges' (note the capital O). Please let us know if you have any problems accessing these modules.



Staff Development Kit



Module 1 Program Overview

Festive balance activity

This is a fun activity that can be set up for weeks before the holiday season. The children work on balance, motor planning, coordination and core strength.

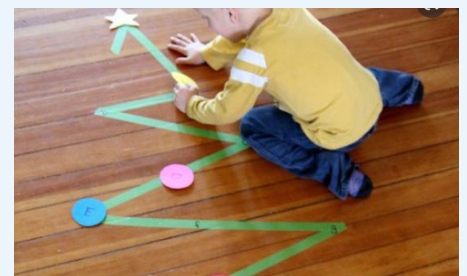
What you'll need:

- Green tape
- Paper ornaments or soft ornaments (consider making them with the children too!)
- A paper star

What to do:

Create a large tree on the floor in an open space. Be creative! See the images for two ideas.

Place the ornaments in a pile at the bottom of the tree. Have children take turns squatting or bending to pick up an ornament and then balancing along the trunk and branches until they find the spot they want to decorate. Have them bend or squat again (keeping their feet on the tape!) to place their ornament on the tree! Then balance back along the branches and trunk.



Festive celebrations!

There are endless opportunities to incorporate healthy nutrition learning experiences with children during festive times. Try making Christmas Pizza, Reindeer Rolls or a Fruity Christmas Tree. Be sure to use ingredients suitable to the cultural and dietary needs of the children at your service.



Mini Moves – Stationary Dribble

Don't Fall Off the Edge

Dribble your ball, be careful to not let it fall off the edge!

1. Give each child a ball and a hula hoop to stand in, or draw circles with chalk.
2. Ask children to dribble the ball in the circle and make sure it doesn't fall out of the circle, over the edge.
3. Children count out loud from one to ten and if the ball bounces out of the circle before they reach ten they have to start back at one.

Stationary Dribbling

DON'T Fall off the Edge

Dribble your ball, be careful to not let it fall off the edge!

Equipment: Hula hoop (for each child) or chalk and ball (for each child).

Where to play: Outdoors, Indoors

Age: Preschoolers (3 to 5 years).

What does the game look like?

KEY: Hula hoops, Children dribbling

MINI MOVES NSW Northern Sydney Local Health District

Mini Ball

Dribble the basketball, aim and shoot!

1. Demonstrate how to dribble a basketball.
2. Line children up and ask them to dribble on the spot until they hear their name called.
3. When their name is called, each child has to turn and dribble the basketball towards the ring (a hoop could be used).
4. When they reach the ring, each child has a turn at shooting for the goal and then returns to their place.

Stationary Dribbling

MINI Ball

Dribble the basketball, aim and shoot!

Equipment: Basketball ring and a large bouncy ball (for each child).

Where to play: Outdoors

Age: Preschoolers (3 to 5 years).

What does the game look like?

KEY: Basketball ring (goal), Educator demonstrating, Children waiting dribbling balls, Direction of shooting, Child shooting for goal

MINI MOVES NSW Northern Sydney Local Health District

Book Nook

'Giraffes Can't Dance' by Giles Andreae and Guy Parker-Rees

Themes: Movement, physical activity, self-esteem, courage.

Book Brief: Giraffes Can't Dance is a touching tale of Gerald the giraffe, who wants nothing more than to dance. With crooked knees and thin legs, it's harder for a giraffe than you would think. Gerald is finally able to dance to his own tune when he gets some encouraging words from an unlikely friend. With light-footed rhymes and high-stepping illustrations, this tale is gentle inspiration for every child with dreams of greatness.

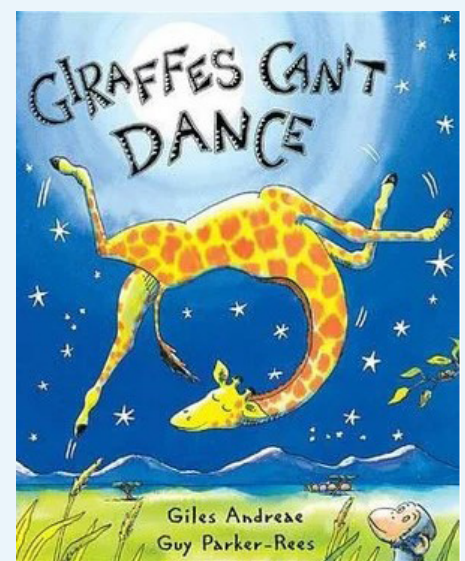
While We Read: This is an excellent book to read aloud as it's rhyming text has a cheerful rhythm that is

likely to spark interest and engage the children. There are lots of words to explore. Gerald starts 'shuffling', 'swaying' and 'swishing'. Can you think of other words that might describe how he moves?

Illustrations: Through the illustrations we can see a range of emotions displayed by Gerald and the other animals. Draw children's attention to these emotions and ask them to describe how they think Gerald/the animals are feeling? Identifying these emotions will help with later discussions about how children feel when they can't do something.

After: Ask children: What are some physical activities you are good at? What are some you are not so good at? How do you feel when you can't do something as well as you want to? Can we always do things well

the first time? Does it matter if you are not good at something if you enjoy doing it? Is it important that everyone is able to do the same thing well?



Risky play in early childhood education and care services

While the role of an early childhood educator is to care for, educate and nurture young children, educators also need to create opportunities for children to explore new experiences and challenges that aren't 100% safe. This is called risky play and it is recognised as important in children's development.

Risky play is a natural part of children's play. It is usually an exciting, thrilling activity that can involve a risk of minor physical injury. It provides opportunities for challenge, testing limits, exploring boundaries and learning about injury risk. There are six categories of risky play:

- great heights e.g. climbing a tree;
- rapid speeds e.g. swinging on ropes;
- dangerous tools e.g. using knives;
- dangerous element e.g. play with fire or water;
- rough and tumble e.g. wrestling; and
- disappearing/getting lost e.g. hide and seek.

There are so many key life-skill benefits gained from risky play including: building resilience and persistence, balance and coordination, development of motor skills, awareness of individual capabilities and limits, the ability to assess and make judgements, handling tools safely

and with purpose, understanding consequence to action, confidence and independence, resourcefulness, creativity, curiosity, wonder and problem solving.

Children who don't engage in risky play are more likely to be clumsy, less physically fit, have little control over motor skills, feel uncomfortable in their own body, have poor balance, a fear of rapid movement and can be less able to manage risk.

The Early Years Learning Framework and the National Quality Framework encourages learning environments that invite and encourage children to take risks. Despite this, concerns over safety means that many early childhood educators question a service's role in risky play. The solution is to find the right balance – that is to ensure children have opportunities to enjoy the benefits of risky play, but without serious injury.

Here are a few ideas on how to introduce more risky play into your early childhood service:

- Be gender equal: Whether intentional or not, boys are often encouraged to be messy adventurers more than girls. Be sure to treat everyone equally when any child pushes their boundaries and leaves their comfort zone.

- Little tradies: Under supervision, let children use woodwork benches with real tools and accessories such as hammers, nails and screws.
- Food preparation: Encourage children to help cut up fruit/vegies or help with cooking. Child friendly knives can be used initially.
- Excursions: Take children on outings to places like the bush or beach to explore nature and navigate things like road safety and not getting lost.
- Loose parts play: Give children items such as plastic pipes, milk crates, large reels, ropes, pulleys, wooden boxes, sticks and logs to play with.
- Allow physical play: Let kids climb, jump, chase each other and challenge their unique individual physical skills.
- Encourage creativity: Allow the use of playground equipment in non-traditional ways, such as going up the slide and not down it.
- Support always: Give children the opportunity to solve and make decisions with your support.

Adapted from Why risky play is important for young children | CareforKids.com.au, 30 Dec 2019

Contacting your local support officer

Contact us if your school needs support or have queries relating to this newsletter.

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