

What's coming up?

[Nature Play Week](#)

14 - 25 April: Encourage children at your service to reconnect with nature and the outdoors.

[Screen Free Week](#)

3 – 9 May: Promote the Munch & Move message 'Turn off the screen and get active as part of screen free week. Check out page 3 for more information.

[Mother's Day](#)

9 May: Celebrate Mother's Day at your service by getting children involved in preparing healthy snacks and gifts

[Reconciliation Week](#)

27 May – 3 June: Learn about Australia's shared histories, cultures and achievements and how we can all contribute to achieving reconciliation in Australia.

[NAIDOC Week](#)

4-11 July: This is an opportunity to celebrate the rich history and culture of Aboriginal and Torres Strait Islander peoples. See page 4 for more information.

Upcoming Events

NAIDOC week will be held from **Sunday 4th July to Sunday 11th July.**

Join in with the 2021 NAIDOC theme – Heal Country! This theme focuses on the importance of seeking greater protection of Aboriginal and Torres Strait Islander peoples' lands, waters, sacred sites and cultural heritage. This is an opportunity for all Australians to come together and celebrate the rich history, diverse cultures and achievements of Aboriginal and Torres Strait Islander peoples.

For more information on how to get involved and to access useful teaching guides click [here](#) or search 'NAIDOC Week – Teachers Guides'



Educator Training



Training for service cooks

Healthy Menu Planning Online training is available for service cooks. Directors and service leaders involved in menu planning are also encouraged to attend to support healthy menu changes. For more information and to register go to ['Healthy Menu Planning Online'](#)



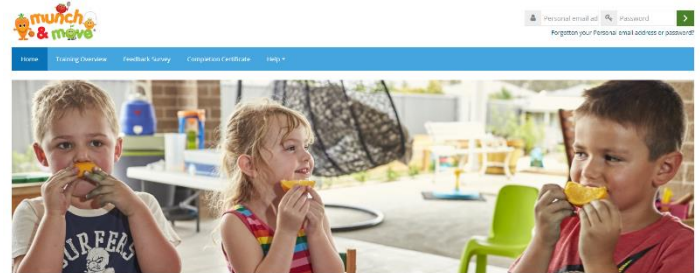
A free live webinar to support healthy menu planning in early childhood education and care services participating in Munch & Move!



Planning menus based on the NSW Health Caring for Children Guidelines

Munch & Move eLearning

Encourage all educators at your service to complete Munch & Move training. The free online training is self-paced and can be completed over multiple occasions. To register visit www.munchandmove.com.au



Welcome to the Munch & Move eLearning program training



**HEALTHYEATING
ACTIVE LIVING**

Nude Food and Snack Price Comparison

Nude Food, waste free or litter-free lunchboxes are becoming more popular in many early childhood services. It reduces the amount of waste that goes into bins to be sent to landfill.

Creating waste free days at your service reduces the consumption of packaged and often highly processed foods and increases the intake of fresh, whole foods. Also nude food lunchboxes are often cheaper! Share the snack price comparison with parents at your service – it will be available as a newsletter snippet and sent via email.

Nude Food is a great way to link healthy eating (Standard 2.2) and environmental sustainability (Standard 3.3) messages to children and families.

[Nude Food info for families](#) can be shared with parents and explains how parents can help pack Nude Food lunches.

✓ Best Left In	✗ Best Left Out
Apple \$4.70 per/kg 	Roll up \$42.60 per/kg
Veggie sticks + hummus \$5.20 per/kg 	Corn chips \$11.80 per/kg
Raisin bread \$6.90 per/kg 	Muesli bar \$18.50 per/kg
Home-prepared cheese + biscuits \$11.50 per/kg 	Pre-packaged cheese spread + biscuits \$27.00 per/kg
Yoghurt + frozen fruit \$4.60 per/kg 	Chocolate snack cup \$6.80 per/kg
Homemade popcorn \$4.90 per/kg 	Pre-packaged salty snacks \$20.60 per/kg
Homemade pikelets \$2.90 per/kg 	Sweet biscuits \$9.50 per/kg

Veggie Month Wrap Up!

Over 4335 children from Northern NSW preschools and long day care services joined 12,983 children across NSW registered to CRUNCH on vegies together! Continue the momentum all year by using activities from our [Be a Veg Explorer](#) resource, the [Crunch Time and Veggie Month](#) resources or [paint a fruit and vegetable rainbow](#) (see next section) →

Mother's Day Activities

There are so many special ways to celebrate the mothers, grandparents and caregivers at your service.

Snack options: Getting the children involved in food preparation can also provide an opportunity for a healthy eating learning experience. Try and avoid baking sweet treats this year and get creative with other options.

Try these colourful fruit kebabs! You can use any seasonal fruit of your choice.



For more ideas on snacks to serve your mums, visit: [Northern NSW Healthy Eating Recipes](#)

Paint a Fruit & Vegetable Rainbow

Craft activities are a fun, pressure free way to create interest and expose children to fruit and vegetables. Use this preschool learning experience from [OzHarvest](#) and paint a fruit and vegetable rainbow!

This exercise combines motor skills and intentional learning about healthy eating. It is a creative way to get children involved and talking about fruit and vegetables and understanding the colour associations and shapes. It is designed to show children what can be created with limited resources while using their hands and feet as tools.

Go to [OzHarvest Paint a Fruit and Vegetable Rainbow](#) for learning plan and worksheets.

"P" IS FOR



PINEAPPLE

"A" IS FOR



APPLE

Turn off the Screens and Get Active!

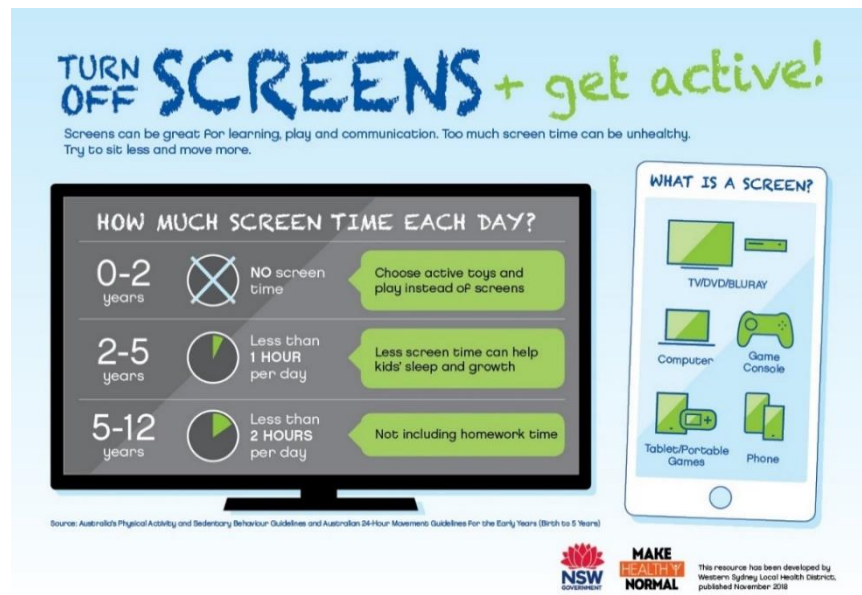
Get involved and be a part of [Screen Free Week 2021](#) and complete screen free activities. The current national recommendations for screen time are: **no screen time for 0-2 years and less than 1hr per day for 2-5 years.**

Research supports that screen time should be limited for babies and young children. The evidence suggests that young children don't learn well from screens and that screen time minimises the interactions and hands-on experiences that help young children learn. A study of 2441 mothers and children found that more screen time at 24 months of age was associated with poorer behavioural, cognitive and social development at 36 months of age.

Limiting screen time allows children to have the best learning experiences by interacting with others, playing with toys and exploring the surrounding environment. Check out the tips below on how to manage screen time: and get children active instead.

- No screen time at meals - remove distractions and make mealtimes a social and interactive experience
- Dance to music or play games that get children active and on their feet. Use the [Munch & Move playlist!](#)
- Read books together that encourage children to get active – try 'Silly Sally' by Audrey Wood

For more information on screen time search the '[24hr Movement Guidelines for Early Years \(Birth to 5 years\)](#)' or for a copy of the infographic to share with parents at your service go to [WSLHD Screen Time Resources](#).



Book Nook

Sylvia's Spinach by Katherine Pryor

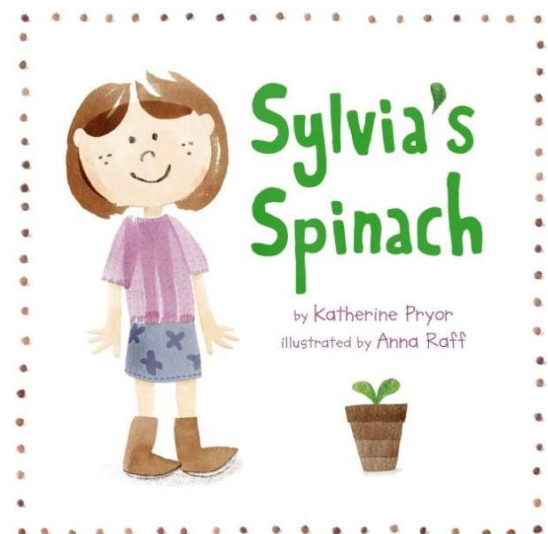
Themes: Nutrition, Vegetables, Gardening

Book Brief: Sylvia does not like spinach. One day, her class plants a garden and Sylvia is in charge of planting the spinach seeds.

While We Read: Ask the children to see how they feel about spinach. How many like it? How many have tried it? How many don't feel strongly either way? What does it smell like? Ask what is needed for vegetables like spinach to grow (e.g. water, sunlight, soil, etc.). Ask if any children have farms or vegetable gardens at home. What does it take to care for a plant?

Illustrations: Draw attention to the illustrations. Ask if they have seen a spinach seed before. What does spinach look like when it's fully grown? What do other vegetables look like when they are growing?

After: Ask the children how the book changes what they think about vegetables? What's your favourite vegetable? Explain why you like it. Why is it important to eat lots of vegetables? If you have a vegetable garden at your service, take the children out to explore and discuss the different varieties of plants.



Yulunga Traditional Indigenous Games

Yulunga means 'playing' in the language of the Kamilaroi (Gamori) people of Northern-Western NSW. Get involved with NAIDOC week and use the Yulunga Traditional Indigenous Games at your service.

Learn and experience aspects of Aboriginal and Torres Strait Islander cultures. Yulunga can be used in services as an educational resource and as a guide for inclusive and structured sport within communities. It is suitable for children and adults of all ages, abilities and backgrounds.

Mer Kolap – throwing game (4-6 players)

Equipment:

- One hoop for each team
- Beanbags, coins, large buttons or marbles to represent the *kolap* beans

Rules:

- Place a hoop about 5 meters in front of each team.
- On a signal to start, the first player in each team throws the disc (or beanbag) and attempts to land it in the hoop. After his or her turn the thrower runs out, retrieves the disc and hands it to the next person before joining the end of the line.
- Repeat for each team member and continue to play for a set time (2-3 minutes) or a set number of turns (20-50).

For more information and to access a wide range of physical education lessons to go [Yulunga Traditional Indigenous Games | Sport Australia](#)



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

