

# Munch & Move Staff Newsletter

## April 2022



### What's coming up?

#### Nature Play Week

**6 – 16 April:** Encourage children at your service to reconnect with nature and the outdoors. Create simple play opportunities in the natural environment.

#### Screen Free Week

**2 – 8 May:** Promote the Munch & Move message 'Turn off the screen and get active as part of screen free week'.

#### Mother's Day

**8 May:** Celebrate Mother's Day by getting children to prepare healthy snacks or non-food 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

**3 – 10 July:** This is an opportunity to celebrate the rich history and culture of Aboriginal and Torres Strait Islander peoples.

### Message from the team

Welcome to our Term 2 2022 newsletter.

Firstly, we want to recognise the impact of the recent devastating flooding events. We are here to help your service and communities on the journey to recovery.

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

Best wishes

Gavin Dart  
Program Coordinator  
Healthy Eating Active Living Team  
Health Promotion  
Northern NSW Local Health District

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### Educator Training



#### Munch & Move Refresher Webinar

Do you know the Munch & Move key messages? Are you familiar with the Munch & Move resources? Would you like to know how to embed program strategies into routine scheduling?

This short lunchtime refresher is for new or existing staff and will help to understand how the program relates to service planning.

- Free 30 minute Munch & Move refresher
- Delivered via Zoom
- Tuesday 14<sup>th</sup> June
- 12pm – 12.30 PM (participants can stay longer to ask questions)

Simply scan the QR code to register.

Please contact Britney McMullen with any questions (details at end of newsletter).

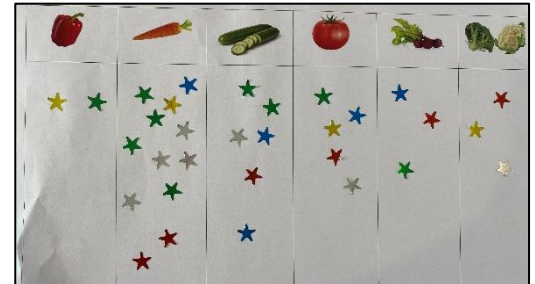


## Veggie Month – Wow!!

This year we offered Veggie Month to services across the whole state! It saw over 400 early childhood education and care services, and over 28,000 children across NSW put the humble veg “under the microscope”.

We were inundated with AMAZING ways services integrated Veggie Month into their daily and weekly programs. Thank you to everyone who has shared their experience. Here are a just a few...

*The Preschool children at Possum Place enjoyed tallying their veggies that they ate over the month with a sticker. We saw a great increase in vegetable consumption as the children became very excited to choose a star sticker to place under the vegetable they ate.*



*We made a rainbow of vegetables for the children to try and eat for the Big Veggie Crunch. We have been focusing on eating a rainbow and have created visual resources in our eating area that display the health benefits of eating fruits and vegetables to encourage children to be excited about eating health foods.*

*We loved Veggie month!*

*We displayed the “Eat a Rainbow” on our projector screen for the Big Veggie Crunch and played many songs from the band the vegetable plot! It was a very fun morning!*

*We had the children prepare vegetables to be crunched (peeling and chopping), then the children gathered and collected different vegetables on a serviette. They created a rainbow with their vegetables then used their senses to explore them.*

*They enjoyed crunching the vegetables with their teeth – although they were a little unsure how to “crunch” shaved carrot.*

*Then it was the worms turn to have a ‘crunch’ of the veggie scraps. This links to our preschool philosophy of sustainability.*

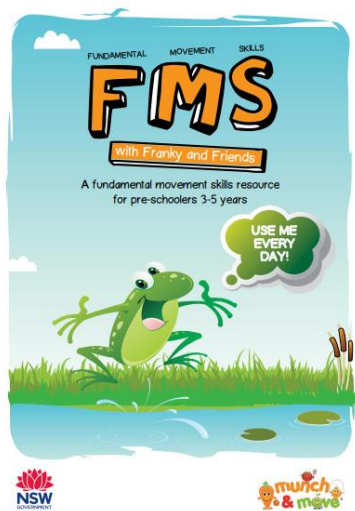


*I loved the Science activities, we have a veggie garden and also planted peas and sweet potatoes. We also did a frieze with veg that grow underground and those that grow on top.*

*At fruit break each morning we encouraged the children to try new veggies. It was a relaxed atmosphere with no pressure, and we found the children had a positive outlook.*

*We did a little bit of cooking and will use the recipes throughout the year.*

## Fundamental Movement Skill Resources



An important and major part of physical activity are Fundamental Movement Skills (FMS). FMS are the 'building blocks' of movement. They are a specific set of gross motor movements that involve different body parts such as the feet, legs, trunk, hands, arms and head. They are essential for children's participation in sport and physical activity throughout life.

Children do not naturally learn these skills as part of normal growth and development. FMS need to be taught. It is important for educators to provide direction and feedback to children. 'Mastery' of FMS is not expected in early years. At this stage, FMS is all about exposure, exploration, opportunity, guidance, familiarity and most importantly fun!

Do you schedule FMS activities each day? Munch & Move has a range of resources freely available to help plan FMS activities. They are filled with exciting fun games and ideas.



Educators will need to be familiar with the correct technique for each FMS so they can demonstrate the right way to do it. Contact us if you would like an FMS refresher for your staff. We would welcome the opportunity to visit your service to update staff and share FMS ideas and resources.

## Book Nook

### 'Hop, Skip and Jump Maisy' by Lucy Cousins

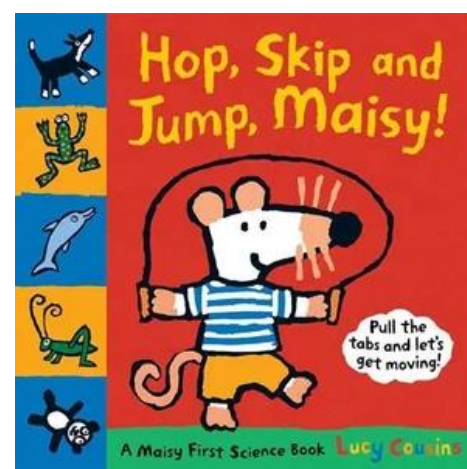
**Themes:** Movement, understanding your body, physical activity and fun!

**Book Brief:** This is a book about movement that celebrates just how much fun it is to be physical! When Maisy wakes up in the morning, she has so much energy! She moves through the day bending, stretching, skipping, kicking, jumping and somersaulting.

**While We Read:** Read the story through once. Then read it again, only this time encourage the children to do what Maisy is doing. Seeing Maisy hop, skip and jump is fun, but nothing is better than joining in! Have plenty of space for the children to move. Read each action performed then have the children try them. They will also learn skills like careful listening, focusing attention and following instructions.

**Illustrations:** Look at the illustrations and ask the children to describe what action Maisy is making. What are her arms doing while making the movement? What are her legs doing? Would it be fun to hop, skip and jump like Maisy? Who has hopped, skipped and jumped like Maisy before?

**After:** Extend discussion by talking about animals that hop, skip or jump. Can they name these animals? Have they seen animals doing this? Talk about why we move.



# Mini Moves – Overarm Throwing

Get moving with **MINI MOVES**

## Slam Dunk

Overarm throw a bean bag to try and slam dunk!

1. Divide children into two teams, each with a bean bag.
2. Place a hula hoop in front of the teams for them to throw the bean bags into.
3. In turns, each child lines up and attempts to slam dunk their bean bag into the hula hoop by overarm throwing.
4. Tally up how many slam dunks the teams get together. Try and beat this next time.
5. Move the hoops further away as the children get better, or replace them with buckets!



## Ship to Shore

Throw the treasure, be careful it doesn't fall in the ocean!

1. Set up a net or obstacle for children to throw a ball over.
2. Divide children into two teams. Each team is on the ship side with a treasure chest (container of balls).
3. Let teams know they have to work together to overarm throw the 'treasure' from the ship to the shore.
4. In their teams, children take turns to throw the 'treasure' safely over the water (net or obstacle) to the shore.
5. When all the treasure is on the shore call out "collect the treasure". Children then have to race and pick up as many balls as they can to put in their teams treasure chest.

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	<a href="mailto:kate.collins@health.nsw.gov.au">kate.collins@health.nsw.gov.au</a>
Ballina/Byron	Maxine Molyneux	6639 9142	<a href="mailto:maxine.molyneux@health.nsw.gov.au">maxine.molyneux@health.nsw.gov.au</a>
Richmond Valley	Martina Pattinson Britney McMullen	6620 7668 6620 7201	<a href="mailto:martina.pattinson@health.nsw.gov.au">martina.pattinson@health.nsw.gov.au</a> <a href="mailto:britney.mcmullen@health.nsw.gov.au">britney.mcmullen@health.nsw.gov.au</a>
Tweed Valley	Corinne Martin	6620 7447	<a href="mailto:corinne.martin@health.nsw.gov.au">corinne.martin@health.nsw.gov.au</a>

