

# Term 2, 2023 Munch & Move

## What's coming up?

<b><u>Screen Free Week</u></b>	<b>1-7 May:</b> Order or print the Munch & Move factsheet 'Reducing Young Children's Screen Time' and share with parents.
<b><u>Mother's Day</u></b>	<b>14 May:</b> Celebrate Mother's Day by having children prepare non-food gifts like planting seedlings or herbs into milk cartons.
<b><u>Reconciliation Week</u></b>	<b>27 May – 3 June:</b> Use this week to talk as a team about how you value Aboriginal and Torres Strait Islander culture in your work. Reflect on how Reconciliation is a part of your service program and practice.
<b><u>NAIDOC Week</u></b>	<b>2 – 9 July:</b> This is an opportunity to celebrate the rich history and culture of Aboriginal and Torres Strait Islander peoples.

## Manager's update

Welcome to our Term 2, 2023 newsletter. This term we celebrate Reconciliation week and NAIDOC week. We acknowledge the important role Aboriginal and Torres Strait Islander families, staff members and culture have within our community.

Please feel free to reach out to your local support officer for assistance with Munch & Move.

### Avigdor Zask

Acting Program Coordinator  
Healthy Eating Active Living Team  
0437 761 842



## To Share with families

**Let's look at lunches** is a free, six-week email series that takes the stress out of packing healthy lunchboxes! It's filled with fabulous ideas, recipes, and tips to help parents avoid lunchbox mayhem.

Parents tell us that they struggle with packing lunchboxes. They love the information in the newsletters and find it very useful.

Three easy ways to share Let's Look at Lunches with your families:

1. Encourage families to register at <https://healthupnorth.info/lookatlunches>
2. Register the service and share the newsletters on your service's Facebook page.
3. Display flyers in your foyer – contact us to order

Please let us know if you would like a flyer to display in your foyer to promote Let's Look at Lunches to your families.

## Let's Look at Lunches

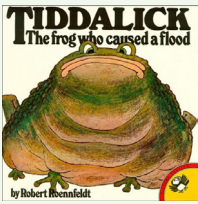
Inspiration for fresh, fast & budget friendly lunchboxes

*'I love the bite-sized information. I can read the emails quickly while the kids are sleeping and it's not laborious or overwhelming. Thank you for the quality content!!' -Parent*

*I struggle packing lunchboxes, the information was so useful! -Parent*



# Book nook



**Tiddalick by Robert Roennfeldt**

**Themes:**  
Aboriginal  
Dreamtime, water  
as a drink, drought,  
flood

**Book Brief:** This is an Aboriginal Dreamtime story. Tiddalick is a small, mischievous and very thirsty frog. Tiddalick is so thirsty that he drinks up all the rivers and billabongs in the land. Because of his greed the other animals work together to find a way to get the water back. This book describes what happens in drought and flood. It creates an opportunity to talk about the importance of water, especially as a drink.

**While we read:** Whilst showing children the front cover ask

discussion questions such as -Where do frogs live? What do they sound like? How do they move? You might like to use a frog puppet or toy while reading.

**Illustrations:** There are many Australian animals in the pictures. Ask children: can you name each of the animals? Do you know how each of the animals move? Have you seen any of these animals?

**After we read:** Ask children: What joke would you tell Tiddalick to make him laugh? Talk about drinking water with the children. Ask children: how can we make sure we do not get thirsty? What do you do if you get thirsty? Where does water come from? Talk about the importance of our environment and how precious water is. The story also provides opportunity for

learning about Aboriginal culture and connection to their country. The importance of not being greedy and teamwork are other discussion points.

**Extension activities:**

Set up a frog race: Use a large plastic pipe cut in half lengthways, two containers of water and some plastic frogs. Place the frogs at one end of each pipe and the containers at the other end. Pour water into the pipes. Race the frogs to the water containers.

Experimenting with water. Try adding different substances to the containers of water and see what happens. Try vegetable oil, rice, milk, brown sugar, flour, honey, coffee and pasta. How does the water change each substance - what happens?

## Fundamental Movement Skills

### 'Jumping with Franky the Frog'

Remember to grab your FMS lanyard for details of what a jump should look like! You could also watch the [FunMoves](#) video clip or the fabulous Munch & Move [Lily Pad Leap Frog](#) video.

To warm the children up, start with 'Who can jump like Franky!' Have children spread out and ask, 'who can jump forwards'? Try backwards. Jump slowly, fast, high, low, in a straight line or zig zag.

### Game - Frog Jumping

Set up

- In an appropriate space, mark out a start line
- Use chalk, masking tape or carpet squares to create four 'lily pads' in a straight row. Repeat this row of lily pads two or three times - using different colours for each row
- Place a marker at the end of each row of lily pads - about 10 metres away from the start line.

### Playing the game

- Start the game with all the children in a group facing the educator. Educator sings or plays the 'Der Glumph' song - but changes the words 'Der Glumph' to 'A Jump' - while children practise jumping
- Demonstrate to the children how to jump like a frog onto each lily pad in the row, then run around the marker and back again to the start
- Children then take turns
- To change the experience, put the templates in a zig zag pattern or give the song an Australian feel by singing 'A jump went the Kangaroo last night'.



Find more jumping games in the [Franky and Friends](#) resource on the [Munch & Move](#) webpage.



# What happened over Vegie Month!

Around 43 000 children from over 760 preschools and long day services across NSW participated in Vegie Month in March.

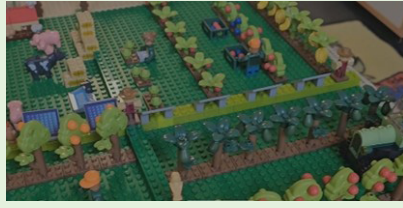
We have been crunching and being veg-explorers. Parents have responded by veg-ing up lunchboxes too. Carrot is certainly top of the veg-list! We received a family ing up lunchboxes too. Carrot is certainly top of the veg-list! We received a family recipe for veggie enchiladas so the ingredients were purchased at Aldi by a small group of children today and we'll make these on Thursday. The children had to find the vegetables and place them in the trolley. And then place their items on the counter.

Throughout March we're conducting small group excursions to the supermarket on Mondays and Tuesdays to purchase different veggies to try. These have been fun! Lots going on.



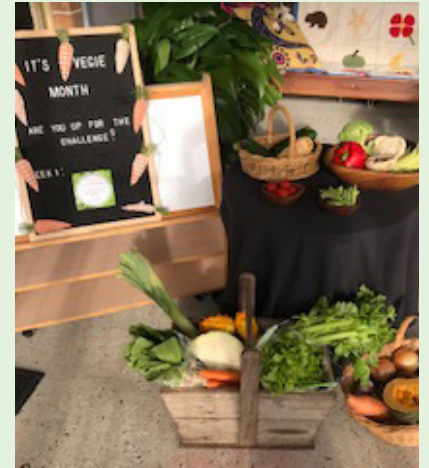
One hundred of these services were from Northern NSW! Keep up the Vegie Month momentum throughout the whole year by planning regular

Taking part in Vegie Month, we set up the Lego Farm Bricks where we explored how our vegetables grow and how they then get to our local supermarket (and then in our bellies!)



vegie learning experiences. Use the activities in the [Vegie Month resources](#) again and again. Here's a look at what some services got up to during Vegie Month.

Signs letting all families know it's Vegie Month as they entered the service!



We did something every day. The kids had so much fun!

It's Vegie Month! This is what we are up to...



Room name:	Preschool Rm				
	Week starting: 27/3				
	Monday	Tuesday	Wednesday	Thursday	Friday
Art-based activities	Paper plate veggie puppets	Vege rainbow	Vege stick puppets	Drawing Veggies	Making veggies with clay
Science activities		Cotton wool planting	Celery colouring		
Books	Hungry Caterpillar	Hungry Caterpillar	Hungry Caterpillar	Hungry Caterpillar	Hungry Caterpillar
Food Preparation / Cooking	Cutting veg for afternoon tea	Mini Pizza	Vege Kebabs	Making veggie pasta sauce	Making a veggie face
Gardening	Compost adding	Watering plants	Compost adding	Watering plants	Compost adding
Mealtime discussions	What's your favourite veggie?	What colour veggies do you like the best?	Which veggie do you not like and why?	What's your favourite veggie?	What are we growing in our garden?
Taste testing	Guess the three veggies	Guess the three veggies	Guess the three veggies	Guess the three veggies	Guess the three veggies
Other vegetable related experiences e.g. shop games, bingo, puzzles	Vegetable Bingo		Help Jackie order the veggies from Coles	Vegetable Bingo	

Tasting, cooking, touching and planting



# The importance of the First 2000 Days - Screen Use

The first 2000 days of a child's life is an important time for the development of physical, social and emotional wellbeing. What happens in this time can shape a child's future.

Screens and devices can be effective for learning and entertainment. But to thrive, children need more time to be active and to socialise.

## What is screen time?

Screen time is spending time in front of a:

- computer
- game
- mobile or smart phone
- tablet or iPad
- TV.

Only about 15% of 5-12 year olds and 20% pre-schoolers meet screen time guidelines.

## How much screen time can children have each day?

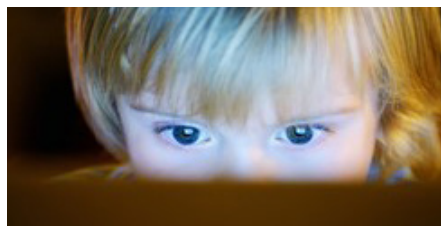
Most Australian children spend more time on screens than is recommended. The Australian guidelines for the Early Years (birth to 5 years) recommend that:

- Children younger than two years of age are not provided with any screen time
- Children aged 2-5 years spend no more than one hour on screen time per day (less is better).

## Impact on health and development

Research shows that too much screen time can affect children's health and development. This can lead to short and long-term health problems and can have social, emotional, cognitive and physical impacts. These include:

- Difficulty with social skills and relationship building
- Poorer concentration
- Reduced motivation and self-esteem
- Distraction from exploration and play
- Exposure to inappropriate content that can impact future behaviour
- Disrupted sleep due to blue light exposure
- Language delays and reduced verbal interactions
- Reduced muscle and bone growth
- A reduction in physical activity levels
- Problems with eyesight development
- More likely to snack on unhealthy foods and not eat enough fruit and vegies.



## What services can do

Small changes in screen time habits can benefit a child's development. Time spent watching screens and using devices is time children could spend being active and building social skills. Limiting screen time at your service is one way to show parents how dedicated you are to the health and well-being of their children.

## Services can:

- Ensure children under two years of age are not given screen-based activities
- Encourage productive sedentary activities such as reading, singing, puzzles and storytelling
- Ensure any screen use for children above 2 years is for educational purposes only
- Set screen limits for children over the age of two
- Avoid using screen time as a reward or to manage challenging behaviour
- Leave the TV off, even on wet days
- Be a role model by demonstrating appropriate screen behaviours This includes the use of personal mobile phones in service rooms
- Provide information and advice to families on reducing screen time at home, like this Munch & Move tip sheet [Reducing Young Children's Screen Time](#).

A screen time policy or procedure is an excellent way to be sure there is a standard approach to screen use across the whole service. Please contact us if you would like help to review (or create) your screen time policy, or to order copies of the parent information sheet.

## Contacting your local support officer

Remember to contact us for support with implementing Munch & Move

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	6620 7668	<a href="mailto:martina.pattinson@health.nsw.gov.au">martina.pattinson@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>

