



Welcome to our Good for Kids team newsletter, where we share all the latest on embedding healthy eating and physical activity at your service.

June 2025

## Mabo Day

Mabo Day, celebrated on June 3rd each year, is a significant day in Australia's history that marks the success of Eddie Mabo's campaign for recognition of native title and traditional land rights for Aboriginal and Torres Strait Islanders.

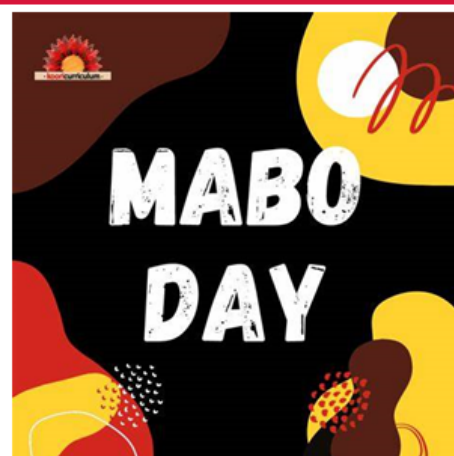
It commemorates the 1992 High Court decision that overturned the concept of '*terra nullius*', the idea that the land belonged to no one before European settlement, and recognised the traditional ownership of the Meriam people of the Torres Strait.

You could acknowledge this day at your service by planting local food plants. Involve the children by talking about what type of plants you are planting, how to care for the plant as well as discussing the country which you are on (e.g. Awabakal if you are based in Lake Macquarie or parts of Newcastle).

### Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 6.2.3 Community engagement



## Pride Month



June is Pride Month, a time to recognise and celebrate the diversity of the LGBTQIA+ community and to promote values of inclusion, respect, and equality 🏳️‍🌈

In the early childhood and education care setting, Pride Month offers an opportunity to foster a sense of belonging for all families and children by embracing different family structures and identities.

Your service could celebrate Pride Month by reading a book that reflects diverse families and identities, for example:

- ★ "Families, Families, Families!" by Suzanne Lang
- ★ "Rainbow: A First Book of Pride" by Michael Genhart

Alternatively, you could help the children create a rainbow fruit and vegetable platter or make rainbow smoothies with a variety of different coloured fruits and vegetables.

### Link to NQS:

Element 2.1.3 Healthy lifestyle

[Rainbow Smoothie recipe](#)

## FMS of the Month: Kicking

Fundamental movement skills are the building blocks of movement. Children do not naturally learn these skills as part of their normal growth and development making it important that FMS are intentionally taught. Educators should provide frequent opportunities for children to explore, practice and develop these skills, whilst keeping it fun.

The more children develop greater skill and confidence in these activities, they will feel more comfortable participating in games and sports, which in turn boosts their social skills. This increased confidence also makes them more likely to stay physically active throughout their lives.

Our June fundamental movement skill is **KICKING!**

Check out the Munch & Move Fun Moves videos for tips on how to teach the skill and common errors to watch out for: [Fun Moves Videos - Munch & Move](#)

There's lots of fun ways to practise kicking - watch this [Soccer Skittles](#) activity and try setting up some targets in the outside area at your service.

**Link to NQS:**

Element 2.1.3 Healthy lifestyle

## FMS of the month: Kicking

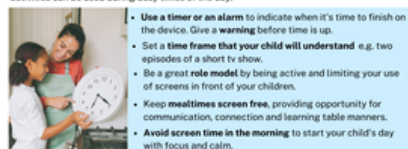


## Support for Families: Managing screen time

Munch & Move: Reducing small screen time

### Managing screen time at home

Below are a few tips to help parents and carers to reduce screen time at home. Many of these activities can be used during busy times of the day.



- Use a timer or an alarm to indicate when it's time to finish on the device. Give a warning before time is up.
- Set a time frame that your child will understand e.g. two episodes of a short tv show.
- Be a great role model by being active and limiting your use of screens in front of your children.
- Keep mealtimes screen free, providing opportunity for communication, connection and learning table manners.
- Avoid screen time in the morning to start your child's day with focus and calm.

Create firm boundaries:



Where

e.g. at home in the living room only



When

e.g. after lunch



How

e.g. sight word apps



Have set days of the week as 'screen-free' days.

Plan a fun activity on these days.

How much screen time is recommended for children aged 0-5 years?



- 0 - 2 years: No screen time
- 2 - 5 years: Less than 1 hour per day
- 5 - 12 years: Less than 2 hours per day

Head to the next page for alternative activities for screen time



Too much screen time can reduce children's opportunities for active play, face-to-face interactions, and hands-on learning, all of which are vital for developing their language, social skills, and motor skills.

### How much screen time is recommended?



0 - 2 years = no screen time



2 - 5 years = 1 hour per day and less is best!

Tips for managing screen time at home:

- ✓ Limit to a set time
- ✓ Plan screen free activities
- ✓ Get outside
- ✓ Role model healthy screen time behaviours

Parents can help children go screen-free by planning craft activities, organising a walk in the park or cooking or reading together. For more ideas and tips check out the Good for Kids screen time resource.

**Link to NQS:**

Element 6.1.3 Families are supported

## Case Study - Little Kindy Singleton

Little Kindy Singleton was a newly opened service in December 2023. Not long after, Stephanie, the nominated supervisor, and her team began the process of embedding the Munch & Move program at their service.

Below is a snapshot of what the service has been working on over the last 12 months:

**April 2024:** Stephanie, Kerrie-Anne (centre cook), along with 6 other educators, attended the Munch & Move Express workshop as a newly opened centre. One week later, Kerrie-Anne attended the online Healthy Menu Planning workshop.

**June 2024:** Stephanie was reviewing the services quality improvement plan to include the work they had been doing with Munch & Move.

**August 2024:** Kerrie-Anne worked alongside Kayla, the services allocated Health Promotion Officer to update the services menu to have it align with the Caring for Children guidelines, receiving a 12 month certificate of recognition.

**September 2024:** Kerrie-Anne reached out for a copy of the Munch & Move quality improvement plan templates. The goals were focused on embedding healthy eating learning experiences and providing ongoing Munch & Move training to educators.

**April 2025:** Kayla visited the service to touch base with Munch & Move implementation, to which the service had now successfully implemented 11 of their 15 practices (73%). The service received a certificate of recognition for their breastfeeding, nutrition, physical activity and screentime policies and procedures for reflecting the Munch & Move program and guidelines

Whilst there have been some challenges faced by the service with their outdoor environment being closed off for a period of time, they have continued to embed Munch & Move in their service, with a goal of putting the fundamental movements into action with the children and families.



## ECEC friendly winter recipes

### Vegetable Hot Pot with Couscous Recipe



Check out the Healthy Eating Advisory Service website for more ECEC friendly recipes

Lots of delicious vegetables are in season during the winter months including broccoli, cauliflower, leeks, pumpkin and zucchini.

Embrace the cooler weather and add this [Vegetable Hot Pot](#) made with a variety of winter vegetables to your service's menu.

Check out the Healthy Eating Advisory Service website for lots of great ECEC friendly winter recipes.

#### Link to NQS:

Element 2.1.3 Healthy lifestyle



Healthy Eating Advisory Service recipes



## Order resources through the Good for Kids website

Did you know you can order free resources to share with families through the Good for Kids website?

[Click here](#) to order the 'Balancing the Lunchbox' booklet or the '24-hour Movement Guidelines' magnet.



## Where to get more information?

Munch & Move Hunter New England: [Early Childhood Services - Good for Kids](#)

Munch & Move Newsletters: [Munch & Move Newsletters | Good for Kids, Good for Life](#)

Munch & Move Resources: [Resources - Munch & Move](#)

Embedding Aboriginal Perspectives in Munch & Move: [Embedding Aboriginal Perspectives: A Guide for Early Childhood Services](#)

Australian Breastfeeding Association: [Australian Breastfeeding Association](#)

Mini Moves Fundamental Movement Skills resources: [Mini Moves - Munch & Move](#)

Munch & Move e-learning: [Click here to register](#)

Small Bites for Big Steps: [Small Bites for Big Steps - Munch & Move](#)

Join our network groups:

[Munch & Move for Babies and Toddlers Network Group](#)

[Good for Kids Cook's Corner Network Group](#)

[ECEC Aboriginal Educators Network Group](#)

Follow us



Contact us



The Good for Kids team acknowledges the traditional custodians of the lands on which we live, work and practice and pay our respects to Elders past and present.



'The heart of a child'  
by Worimi Artist  
Lara Went

Good for kids  
Good for life

