Munch & Move Newsletter

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

September 2025

Early Childhood Educator's Day - 3 September

Early Childhood Educator's Day

This Wednesday is the day we shout out to YOU!

Our wonderful educators who support the wellbeing and healthy development of the young children in your care.

THANK YOU for all the work you do.

To find out more visit earlychildhoodeducatorsday.org.au

#EarlyChildhoodEducatorsDay #WeSayThankYou #RockstarECEs

Indigenous Literacy Day - 3 September

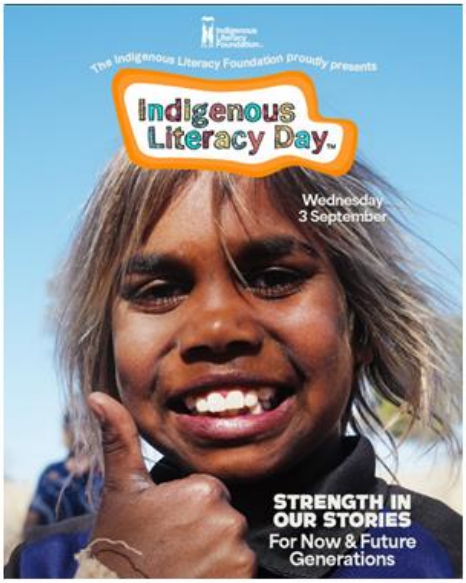
Indigenous Literacy Day is an annual celebration of the Stories, Cultures, and Languages of Aboriginal and Torres Strait Islander Peoples.

This year's theme, **"Strength in Our Stories – For Now & Future Generations,"** highlights the power of storytelling in preserving culture and inspiring future generations.

Join the celebration by registering on the link below to access a short film that will take you on a journey through three remote Aboriginal Communities and showcase the unique and powerful ways storytelling strengthens their culture and connection.

Link to NQS:
QA 1 – Educational Program and Practice
Element 6.2.2 Access and participation
Element 6.2.3 Community engagement

Celebrating & Register for Indigenous Literacy Day



Support to teach FMS with KIDDO

KIDDO *(pronounced kid-oh)* supports early childhood educators to deliver fundamental movement skills (FMS).

There are loads of FREE resources including short videos showing how to teach each skill, fun games to practice each skill and recorded professional development sessions. A subscription is required to access all content, but much of the content is FREE.

KIDDO has been developed with exercise and sports science researchers from The University of Western Australia.

FMS Skills: Skills | Kiddo
Activities: Activities for Early Learning | Kiddo
Professional Development: KIDDO workshops for Early Learning Services | Kiddo

KIDDO for Early Childhood Educators

Link to NQS:
Element 2.1.3 Healthy lifestyle
Element 1.2.1 Intentional teaching
Element 1.2.2 Responsive teaching and scaffolding

FMS of the Month: Galloping

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

As children develop greater skill and confidence in these activities, they will feel more comfortable participating in games and sport, boosting social skills and encouraging lifelong physical activity.

Our September fundamental movement skill is **GALLOPING.**

Check out these Munch & Move videos for tips on how to teach the skill and an activity to practice:
GALLOP - Munch & Move
GALLOP RIDERS AND HORSES - Munch & Move

Link to NQS:
Element 2.1.3 Healthy lifestyle
Element 1.2.1 Intentional teaching
Element 1.2.2 Responsive teaching and scaffolding

Show Off Your Garden Warriors this Spring for a chance to WIN!

During the month of September, show how you engage with children at your service in a vegetable garden experience.

You might be planting in the garden, caring for seedlings or using the garden produce in your cooking 🥕🥦🥔🫑🍅

Simply share a Facebook post and tag us @ Munch & Move with Good for Kids to be in the draw to win.

While you are there - please like our Facebook page 👍👍

Every entry over the month of September will go in the draw to win a Healthy Harold voucher or one of four vegetable garden starter kit and bush tucker seed bomb packs.

And YES! If you post more than once, you will receive an extra entry into the draw!

So, pull out the gardening gloves and release your garden warriors!

Follow us on Facebook

Webinar - Supporting Sensory Needs in Babies, Toddlers & Preschoolers: Practical Strategies for Early Childhood Educators

Register for the webinar

We are excited to welcome Michelle Newby, occupational therapist, as the speaker at our upcoming webinar.

In this session, Michelle will explore how sensory development influences the way babies, toddlers and preschoolers eat, move, play and participate in preschool care settings. You'll gain a deeper understanding of sensory processing and learn how to spot signs that a child may be struggling. Michelle will share simple, evidence-informed strategies educators can use to support children's sensory needs, especially around mealtimes, physical activity, and daily routines.

WHEN: Tuesday 16th September
TIME: 12-1pm via Microsoft Teams
REGISTER: Click on the yellow link.

Michelle is a paediatric Occupational Therapist with over 25 years of experience and Clinical Director of Stepping Stones Therapy for Children. She is currently pursuing a PhD exploring how sensory processing affects daily life for children with Paediatric Acute-onset Neuropsychiatric Syndrome (PANS).

Link to NQS:
Element 2.1.3 Healthy lifestyle
Element 6.2.3 Community engagement
Element 7.2.3 Development of professionals

Welcome - Cooks Corner and Babies & Toddlers groups

Welcome **Cooks Corner** and **Babies & Toddlers** groups to the Munch & Move newsletter!

From September, instead of three separate newsletters, content from these special interest groups will be shared on an alternating basis in the monthly Munch & Move newsletter.

This month we have 👇👇👇

Cooks Corner: Planning a Vegetarian Meal

Planning a vegetarian meal

When planned carefully, vegetarian meals can meet all the nutritional requirements for the main meal on your menu.

Introducing plant-based meals encourages children to explore a variety of tastes and textures. Vegetarian options also support inclusivity by catering to children's dietary needs, allergies, or cultural food preferences.

Key tips for planning a balanced vegetarian meal:

✓ **Swap animal protein for plant-based protein** - such as beans, lentils, tofu, or chickpeas.

✓ **Include a vitamin C-rich food** - such as capsicum, broccoli, or citrus fruit (served raw or lightly steamed) to help the body absorb iron.

✓ **Add iron-rich foods** - such as legumes, whole grains, and leafy greens throughout the day to support energy and development.

Click here to watch a short video with helpful tips and meal ideas for planning nutritious vegetarian meals.

Birra Li Jarjums Olympics

Get excited for the upcoming annual 2025 Birra Li Jarjums Olympics 🤸

This special day is dedicated to celebrating community, culture, and connection through fun and inclusive activities for our little ones.

Date: 30th September 2025
Time: 10 - 2pm
Location: Fearnley Dawes Athletic track, Newcastle West

Join in the fun with races, games, BBQ, family photos & entertainment!

We encourage services in the Newcastle region to share the attached promotional flyer with families at your service.

📞 For more information call (02) 4016 4900

Link to NQS:
Element 2.1.3 Healthy lifestyle
Element 6.2.3 Community engagement

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 Childcare Services

Australian Breastfeeding Association: Australian Breastfeeding Association

Mini Moves Fundamental Movement Skills resources: Mini Moves - Munch & Move

A Spotlight on Munch & Move training package: 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

NSW GOVERNMENT