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

October 2025

Fresh look, fresh ideas: Our updated Balancing the Lunchbox resource is here!

Order here

We're excited to share our refreshed Balancing the Lunchbox resource.
Designed to make packing healthy, child-friendly lunches easier, with updated tips, meal ideas, and practical guidance. This resource supports busy families in providing nutritious foods in the lunchbox.

View and share the digital resource here: Balancing the Lunchbox

Balancing the Lunchbox is also available to order as an A5 booklet with magnet. Click the yellow button to order copies for your service.

The Balancing the Lunchbox refresh comes just in time for **National Nutrition Week.**

National Nutrition Week runs from 13th -19th October and invites all Australians to celebrate the role of food in keeping us connected and nourished. Encouraging us to slow down, share mealtimes, and appreciate food - from where it comes from to the enjoyment of eating together!

For ideas on how to celebrate nutrition week at your service click here: National Nutrition Week – Nutrition Australia

Link to NQS:
QA 2: Children's Health and Safety
QA 6: Collaborative Partnerships with Families and Communities

Support for families - Supercharge learning through play

As you know, play isn't just about FUN - it is also a powerful way for children to learn. Through play, children build relationships, develop leadership skills and resilience, navigate social situations and overcome fears.

UNICEF's The Playbox is a fantastic resource to share with parents & carers. It is filled with engaging, play-based activities that support children's development and wellbeing while strengthening the parent-child bond. There is also loads of information about the science of play. Click on the yellow button to learn more.

Link to NQS:
QA 1: Educational Program and Practice
QA 5: Relationships with Children
QA 6: Collaborative Partnerships with Families and Communities

UNICEF's The Playbox

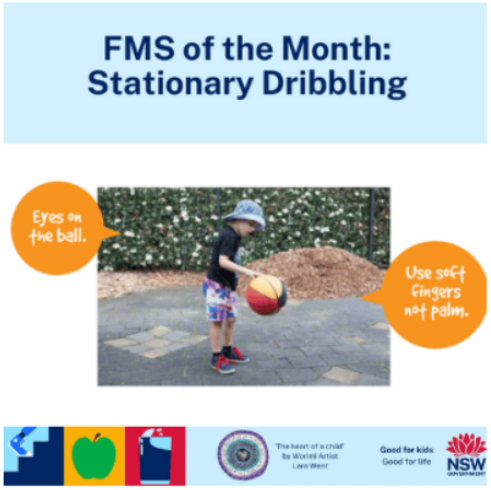
FMS of the Month: Stationary Dribble

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 October fundamental movement skill is **STATIONARY DRIBBLE**

Check out these Munch & Move videos for tips on how to teach the skill and an activity to practice:
STATIONARY DRIBBLE - Munch & Move
BASKETBALL ACTIVITY - Munch & Move



Link to NQS:
QA 1: Educational Program and Practice
QA 2: Children's Health and Safety

And the Garden Warrior Winners are.....

Thanks to all the services across the region for sharing your wonderful Facebook posts and emails!

It's been inspiring to see how you've engaged children in exploring the vegetable growth cycle through hands-on gardening experiences this Spring.

What a fantastic way to support learning, curiosity, healthy eating and a connection to nature! 🥕🥦🥔🫑🍅

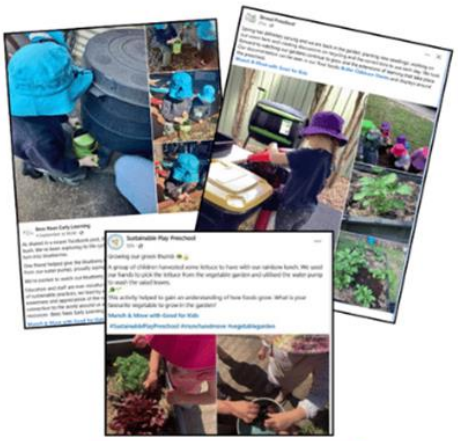
And the winners are....

* **Healthy Harold voucher** - Weston Community Preschool🎺

* **Vegetable garden starter kit and bush tucker seed bomb packs** - Stroud Preschool, Sustainable Play Preschool, Goodstart Muswellbrook & Bees Nees Early Learning🎈

CONGRATULATIONS!!

We will be in touch with the winners soon.



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* Prize winners will be notified with a call or email from the Good for Kids team.
** All prizes were drawn at random by a prize winner generator.

Link to NQS:
QA 1: Educational Program and Practice
QA 2: Children's Health and Safety
QA 3 – Physical Environment

Birra Li Jarjum Olympics

The Good for Kids team were thrilled to be a part of the Birra Li Jarjum Olympics once again in 2025. This wonderful, community event at the Fearnley Dawes athletic track in Newcastle West included everything from running races to weaving to decorating boomerangs.

The Good for Kids team brought along the smoothie bikes. Kids and adults worked hard to make over 90 cups of smoothies. Amazing work everyone!

Thank you to Birra Li Aboriginal Maternal and Child Health Service for putting on a fantastic event.

Link to NQS:
QA 2: Children's Health and Safety
QA 6: Collaborative Partnerships with Families and Communities

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

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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

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