



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.

December 2025

Merry Christmas and Thank you!



The Good for Kids team would like to thank all our early childhood education and care services for another wonderful year of working together to promote children's health and wellbeing.

We wish all services and families a very Happy Christmas and a safe New Year. We look forward to sharing more Munch & Move inspired information with you in 2026.

Keep an eye out for our Munch & Move 2026 calendar, which will arrive in the mail over the next few weeks. We hope you find it helpful for planning and programming physical activity and healthy eating activities in the new year!

International Day of People with Disability

International Day of People with Disability (December 3rd) celebrates the 5.5 million Australians with disability and promotes awareness, understanding, and inclusion within our communities.

📖 Some great books to help children understand disability and diversity as well as celebrate the importance of representation in children's stories:

- ✓ **Two Mates** by Melanie Prewett
- ✓ **Come Over to My House** by Eliza Hull & Sally Rippin
- ✓ **Just Because** by Rebecca Elliot

We all play a role in building a more inclusive Australia ❤️

Learn more at the [International Day of People with Disability](https://www.internationaldayofpeoplewithdisability.org/) website

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



Good for Kids Team Cultural Immersion day

The Good for Kids team were fortunate to spend a day at Murrook Cultural Centre at the start of November. Murrook is a warm and inviting sanctuary of culture, community and creativity, offering immersive experiences that weave together the threads of the past and present.

We all thoroughly enjoyed the opportunity to explore and connect to Worimi Country with our friendly guide Justin. The day included:

- ◆ **Immersion in the natural landscape** as we walked barefoot in the sand dunes and learnt about the natural ecosystem and its diversity.
- ◆ **Exploring the centre's exhibition**, which showcases the rich tapestry of Aboriginal culture.
- ◆ **A fascinating bushland walk**, learning about the traditional uses of native plants.
- ◆ **A fun boomerang throwing activity**, giving us a hands-on connection to traditional skills.

Our team left with a deeper understanding and appreciation of the impressive cultural heritage of Aboriginal people.

We highly recommend visiting Murrook and attending one of their workshops for children or adults, check out their website for details:

[EDUCATION — Murrook Culture Centre](#)

Link to NQS:

QA 2: Children's Health and Safety

QA 6: Collaborative Partnerships with Families and Communities

Murrook Cultural Centre - Education



Sharing Health Information with Families



Reducing screentime can be challenging for families, especially with busy schedules and the many digital distractions at home.

The Good for Kids team has developed a new resource to support families in managing screen time. It includes practical tips for reducing screen use and strategies to help children transition smoothly from screens to other activities - without the meltdowns!

Household chores can be a great alternative to screen time and an opportunity for children to develop important life skills. This resource also provides a variety of age-appropriate chores that children can try on their own.

Link to NQS:

QA 2: Children's Health and Safety

QA 6: Collaborative Partnerships with Families and Communities

Download screen time resource

Active Play to Promote School Readiness

Active play and exploration are essential building blocks for getting children ready for school. When children climb, run, build, look closely at things, and try out new ideas, they develop the basic thinking, social, and physical skills they will use in later learning.

These playful experiences help children learn to solve problems, use language, manage their emotions, and develop good coordination. All of these skills will help children to start school feeling confident and capable.

By creating warm, supportive environments that encourage active play and open-ended exploration, early childhood educators help children build curiosity, resilience, and a love of learning that will support them as they grow.

Check out the [Conversation article](#) describing how playful creativity, problem-solving, and experimentation help build strong foundations for learning 🎓

Link to NQS:

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

THE CONVERSATION

Academic rigour, journalistic flair

Arts • Culture Books • Ideas Business • Economy Education Environment • Energy Health Politics • Society Science • Tech



[Click here to read The Conversation article](#)

Welcome Nicol to the Good for Kids team



A special welcome to Nicol Connor who has recently joined the Good for Kids team 😊

A word from Nicol:

My name is Nicol, I am a proud Gomeroi woman living and working at Quirindi. I have been so incredibly lucky to get the Aboriginal program manager role for the ECEC team. I have been in health for almost 30 years working firstly as a fresh faced physiotherapist, then as an Aboriginal health worker/ practitioner.

I am really looking forward to meeting you all and learning about ECECs in the Hunter New England area.

FMS of the Month: Skipping

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 December fundamental movement skill is **SKIPPING**.

Check out these Munch & Move videos:

- ▶ Tips on how to teach the skill: [SKIP - Munch & Move](#)
- ▶ Activity to practice: [SKIP RED LIGHT GREEN LIGHT](#)

Link to NQS:

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

FMS of the Month: SKIPPING



Cooks Corner



Get into the Christmas spirit with a festive children's cooking activity!

Children will have the opportunity to express their creativity, practice fine motor skills, and explore everyday foods decorating these Christmas-themed pikelets. 🍷 🍷 🍷

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

[Download the activity here](#)

Coming in early 2026.....Munch & Move Express

One for the diary, the Good for Kids team will run the next Online Munch & Move Express on Wednesday 28th January 2026. A session will run at lunchtime (12 - 1pm) and again in the evening (6 - 7pm) to accommodate different work schedules.

Primary School Preschools - this will be a great session for one of your staff professional development days!

The FREE 1-hour workshop will provide an overview of Munch & Move including:

- ✓ Practical strategies for embedding the fundamental movement skills into your program
- ✓ Food learning experiences
- ✓ Including Munch & Move in your QIP.

All attendees will receive a certificate of attendance. Hope to see you there 🍷

[Register for 12 - 1pm session](#)

[Register for 6 - 7 pm Session](#)



Link to NQS:
QA 1: Educational Program and Practice
QA 2: Children's Health and Safety
QA 7: Governance and Leadership

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](#)

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

