



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.

March 2026

Welcome to Autumn!



Link to NQS:
QA 1: Educational Program and Practice
Element 2.1.3 Children's Healthy lifestyle

🍁 The autumn months hold many significant dates to celebrate, raise awareness, and reflect on.

One significant event in March is [Harmony Week](#). This year, the week runs from the 16th to the 22nd of March and incorporates the United Nations International Day for the Elimination of Racial Discrimination on Saturday 21st March.

Some ideas to [Munch & Move](#) while learning more about diversity and fostering inclusion:

📖 Read '[Dumpling Day](#),' by Meera Sriram and discover many different and delicious dumplings from cultures around the world.

🎮 Play '[Koolchee Koolchee](#),' a game belonging to the Diyari people from the Lake Eyre region of South Australia. This game can be used as an opportunity to practice the fundamental movement skill of '[Underarm throwing](#).'

🌍 Learn about foods from different countries or explore bush tucker foods native to your area.

Close the Gap Day



Close the Gap Day

19th March, 2026

On Thursday, 19th March, we recognise [Close the Gap Day](#) and our shared responsibility to support better health, learning and life outcomes for Aboriginal and Torres Strait Islander children and families.

By celebrating culture, fostering belonging and working in meaningful partnerships with families and communities, we continue to work towards closing the gap in health and wellbeing outcomes for Aboriginal and Torres Strait Islander peoples.

Check out the [Good for Kids handout](#) for some physical activity and healthy eating activity ideas to highlight the importance of this day.

Learn more about [Close the Gap Day](#) and the [Closing the Gap Agreement](#).



Link to NQS:
Element 2.1.3 Children's Healthy lifestyle
Element 6.2.3: Community engagement



We'll be posting more ideas to acknowledge other significant March dates on our Facebook over the next few weeks.

[Visit Munch & Move on Facebook](#)

Professional development: A spotlight on Munch & Move



[Register now](#)

Looking for bite-size professional development to include in your staff meetings?

Then the [Spotlight on Munch & Move](#) training package might be for you!

This training package is self-paced and is designed to support your service to embed healthy eating and physical activity practices.

The training is made up of 12 short training modules (10-15 minutes each) and covers:

- 👩 Support for breastfeeding
- 🍎 Food learning experiences
- 🍱 Lunchbox support
- 😞 Fussy eating
- 🏃 Encouraging physical activity
- 📄 Policy support
- 👏 Empowering educators in supporting families
- ☀ Practice fundamental movement skills through team activities... **plus more!**

Link to NQS:
Element 7.2.3 Development of professionals

Fundamental Movement Skill of the Month: Jumping

Our March fundamental movement skill is **Jumping**.

Check out these Munch & Move videos:

- ▶▶ Tips to teach Jumping: [Jumping - Munch & Move](#)
- ▶▶ [Lily Pad Jumping](#) is fun game to help children practice jumping.

Fundamental movement skills (FMS) are the 'building blocks' of movement, much like the alphabet is the building blocks of literacy.

Children do not naturally learn these skills as part of normal growth and development, making it important that FMS are intentionally taught.

Providing frequent, fun, opportunities for children to explore, practice and develop these skills, supports children's confidence to participate in physical activity throughout their lives.

Link to NQS:
QA 1: Educational Program and Practice
Element 2.1.2: Children's Healthy lifestyle

FMS of the month

March

Jumping



Babies & Toddlers



Physical activity resources

Link to NQS:

QA 1: Educational Program and Practice
Element 2.1.2: Children's Healthy lifestyle

Babies are born with very little awareness of their own bodies. As they grow and explore their surroundings, their brains gradually build a body map that allows them to move with more purpose and control.

Some ideas to promote body awareness:

- 🎵 Sing and dance to songs such as '[Heads, and shoulders, knees and toes](#)', '[If you're happy and you know it clap your hands](#)', and '[One little finger](#)'
- 🖐️ Create hand, foot and toe prints using paint, sand or playdough
- 📖 Read books about the body and point to each part, such as '[My Body](#)' by [Maureen Yanawana](#), or 'Ten Little Fingers and Ten Little Toes' by Mem Fox and Helen Oxbury
- 👣 Practice rolling, crawling, standing and walking on different textures and surfaces

Building body awareness lays the foundation for more complex movements, such as feeding oneself, fine motor skills, and eventually fundamental movement skills.

Health information for your families

Did you know you can order hard-copy resources from the Good for Kids team to share with your families?

Sharing health information from a trustworthy source can help parents and carers support their child's health at home.

Click the button below to order **Balancing the Lunchbox** or an infographic of the **Australian 24-Hour Movement Guidelines** to share with your service's families.

Good for Kids have also developed brief '[snippets](#)' your service can edit and share with families through your usual communication platforms.

The snippets include tips and links to resources about breastfeeding, supporting children to try new foods, healthy food and drinks, physical activity and managing screen time (example bottom right).

[Order resources here](#)



Link to NQS:

Element 2.1.3 Children's Healthy lifestyle
Element 6.1.3 Families are supported

Register now to participate in Veggie Month!



March is
#VeggieMonth!

March is Veggie Month and it's not too late to register!

By registering, your service will join hundreds of others across NSW in celebrating this special month 🌱

You will also receive ideas and inspiration for vegetable learning experiences aligned with this year's theme, "Putting Veg Under the Microscope." [Learn more](#).

[Register now](#)

Link to NQS:

QA 1: Educational Program and Practice
Element 2.1.3 Children's Healthy lifestyle

Recipe of the month



Celebrate Harmony Week with this nutritious and delicious recipe for **Pad See Ew**, a Thai stir-fry noodle dish.

This recipe is found on page 17 of the [Around the World in 20 Plates](#) cookbook developed by [Healthy Kids Association](#).

Include as part of your service's menu or share with families to try at home!

More healthy recipes to try!

*Link to NQS:
Element 2.1.3 Children's Healthy lifestyle
Element 6.1.3 Families are supported*

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](#)

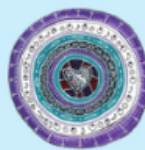
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The Good for Kids team acknowledges the traditional custodians of the lands on which we live, work and practice and pay our respects to Elders past and present.



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

Good for kids
Good for life

