



MUNCH & MOVE

South Western Sydney



MARCH 2025

What's Happening:



Harmony Week - 17 to 23 March



For more Harmony Week ideas, [CLICK HERE >](#)

March is full of exciting events including Harmony Week. You can plan some fun activities to explore different cultures from around the world. Some ideas include:

- **Storytime:** Read a book about animals of the world. A great interactive book is [My First Animalia](#) by Graeme Base.
- **Food:** Touch, smell and taste different foods. Play Guess the Spice. [Click here](#) to play along.
- **Music, dance and art:** Play different music or learn different dances. Children can make their own instruments including maracas or a paper plate drum. For 10 amazing crafts for preschoolers, [click here](#).
- **Ask service families to visit your service:** They can share their family's recipes, photos or objects.

Veggie Month - from 10 March

It's your last chance to register for Veggie Month. This year's theme is 'Be a Veg Explorer'. Join in to help children learn about healthy foods.



To register your service, scan the QR Code or

[CLICK HERE](#) 

Ramadan - to 29 March

Wishing all educators, children and families participating in Ramadan this year a wonderful and blessed month! May this time bring peace, reflection, joy and unity to you all. As you embrace the values of patience and gratitude, we wish you strength and happiness throughout this special time of the year!



Fundamental Movement Skill of the Month- jumping



Jumping is used in many sports including basketball, volleyball and gymnastics. It is also used in athletics events such as long jump and high jump. Help children learn to jump by making sure they:

- Bend their knees.
- Push off and land on both feet.
- Swing their arms back before jumping.
- Reach for the stars with their arms as they jump.
- Swing their arms back on landing.

A standing long jump

- Children can learn to jump by doing a standing long jump into a sand pit or any surface, indoors or outdoors.
- They stand behind a line and take off to see how far they can jump.

[LEARN MORE](#)



Spotlight training to help you support fussy eaters

Last month, we launched the Spotlight on Munch & Move training package and encouraged services to complete the first two modules.

In March, we recommend you complete:

- Module 3: Lunchboxes, encouraging vegies and fussy eating.

In case you missed it, Spotlight on Munch & Move is a training package that you can complete during your staff meetings.

Each module contains short videos, reflection questions, access to resources and a fundamental movement skills activity.

If you would like access to modules and haven't already registered,



Bush Kindy: learning through nature

Set in a beautiful and natural environment with a shallow creek, Bush Kindy helps the children at Liv2Learn Early Education, at Thirlmere, to learn while they play.

Launched last year, the program is a fun way for children to explore, create and learn through unstructured play and inquiry.



Children engage in activities that promote problem solving, creativity and physical development as well as school readiness.

They build teepees, tie knots, climb trees, sort and arrange rocks and experiment with water.

The mix of fun and learning also helps with social skills, teamwork and communication.



Bush Kindy supports the Early Years Learning Framework and National Quality Standards by offering hands-on and nature-based learning.

It fits with the Munch & Move program in two key areas:

- Getting active each day, and
- Turning off the screen and getting active.

Parents love the Bush Kindy program because it teaches children about the risks and rewards of outdoor play. It also engages the children in holistic, well-rounded development.

Well done to the team at Liv2Learn Early Education and thank you for sharing your story!



For Munch & Move support and resources, [email our team.](#)



Get children moving with Mini Moves

If you're an educator of children of different ages, the Mini Moves resource provides some great tips to help you teach the Fundamental Movement Skills.

The tool includes 36 activity cards to teach children aged 2 to 5 in a fun way.

Mini Moves can help you teach skills including jumping, running and galloping. It includes warm-up ideas, teaching tips and activities for each skill. You can also make each activity easier or harder to suit the skill level of the children at your service.

Mini Moves was developed by our friends at Northern Sydney Local Health District.

MORE INFO



MINI MOVES

Fundamental Movement Skills

For children aged 2-5 years



Recipe: Mediterranean vegetable frittatas



Here is a quick and easy recipe to help children eat more vegetables.

Serves: 6.

Tip: You can also make individual frittatas in a muffin tray for small fingers!

Ingredients:

- 1 tsp cooking oil.
- 2 cups frozen Mediterranean vegetables.
- 1 tsp mixed dried herbs.
- 6 eggs.
- 1/2 cup milk.
- 1/2 cup vegetable stock powder.
- 1 cup grated cheese.



Method:

- Heat your oven to 180C fan.
- Lightly oil a small baking dish or loaf tin and add the vegetables and dried herbs.
- Bake for 15 minutes until vegetables are cooked through.
- Whisk eggs, milk and stock powder.
- Stir through the cheese.
- Pour mixture over the vegetables and mix well. Bake for 30 minutes.

For the full recipe:



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