



MUNCH & MOVE

South Western Sydney



MAY 2025

What's Happening:

National Family Day Care Week - 5 to 11 May



A picnic is a fun way for family day care providers to celebrate the important role they play in children's learning and development.

You can make it an active picnic by playing sports, games or side-sliding into practicing this month's Fundamental Movement Skill! To register your picnic or learn more, [CLICK HERE](#)

Navigating screen time in early childhood services - 12, 14 and 16 May

Educators can join the free webinar to learn about healthy screen time use for children. Other topics include why limit screen time and how to overcome barriers. To register for a webinar, click on your preferred date: 12 May, 14 May or 16 May.

National Families Week - 13 to 19 May

Host an open day, morning tea, cultural dance or make a display using children's artworks to celebrate National Families Week. You can also make this year's theme part of your celebration. The theme is "Lending a hand to thrive: Supporting each other".

[> LEARN MORE](#)

Reconciliation Week - 27 May to 3 June

You can help the children at your service learn about Aboriginal and Torres Strait Islander histories and cultures by:

- Inviting a local Elder to visit your service.
- Displaying an Aboriginal languages map.

For ideas, [CLICK HERE](#)



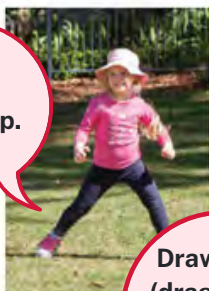


FMS of the Month: side-sliding



Side-sliding is an important skill that helps children improve their balance, coordination and body control. It strengthens leg muscles and improves body awareness. Side-sliding is used in sports that require quick changes in direction, like tennis, football and basketball.

Take a side step.



Draw a line (drag/slide) with the other foot to meet.



Slide together, slide together.



More ideas: Fundamental Movement Skills in Action.

Practice
makes
PROGRESS

Line-sliding game

- Mark out a line with chalk or masking tape.
- Children then slide along the line.



2025 training program

Spotlight on Munch & Move

12 short modules. Complete one each month at your staff meetings.



May module - Your nutrition policy

This month's Spotlight on Munch & Move module focuses on your nutrition policy plus an overall reflection on healthy eating. If you haven't already completed the first four modules, we recommend you complete these before moving onto module five.



How:

- To access the Spotlight on Munch & Move training package, you can register [here](#).
- You will receive an email with the link to the training, plus the attendance sheet and reflection questions.



What's cooking in autumn - pumpkin

Pumpkins can be used in many ways at your service as part of your lunch, morning or afternoon teas. You can add pumpkin to dishes such as soups, pastas, mash, curries, frittatas, quiches, scones and muffins!



Recipe - pumpkin scones



Prep time: 25 minutes
Serves: 20

Cooking time: 15 minutes
Serving size: 2 large or two small scones

Preschoolers could help you make these delicious pumpkin scones for morning or afternoon tea.



Find the full recipe in The Yummy Tummy Book, page 65.

[CLICK HERE](#)

Ingredients:

- 2 tbs margarine.
- 2 eggs.
- 1 cup sugar.
- 2 cups cold, mashed pumpkin.
- 1 tsp mixed spice.
- 4 ½ cups self raising flour.



Tips:

- Use butternut pumpkin for its sweet and mild flavour.
- These scones freeze and re-heat well.

Cooking for babies and toddlers?
Make pumpkin and potato mash.

Method:

- Pre-heat oven to 225C.
- In a bowl, combine margarine with sugar using an electric mixer. Add eggs, spice and pumpkin and mix until combined.
- Stir through the flour and turn onto the bench. Combine with your hands and flatten the dough to 2.5cm thickness.
- Flour a cutter and cut 40 scones.
- Place scones on a greased tray 1cm apart, brush tops with milk.
- Bake for 10-15 minutes until browned on top. Serve warm.





Try a Device Free Day at your service



Device Free Day is a fantastic way to limit screen time at Campbelltown Council's early childhood services.

The idea started after educators read the article, [Do you want me to 'be' with your child or photograph your child?](#), and had discussions at a staff meeting.

It has become a regular monthly day at many of council's early childhood services.

What is Device Free Day?

- Educators do not use iPads or take photos. Any required documentation is via paper form.
- Educators are present with the children without any electronic distractions!
- Communication with families is via phone, if required, or verbal discussions.

How are Device Free Days arranged?

- They choose a different day of the week each month, so every child gets a chance to be involved.
- The service communicates the selected days to families.

What have been the benefits for the children, families and the services?

- Physical activity without screens.
- Authentic engagement.
- Discussions about children's achievements instead of photographing.
- Positive team collaboration.
- Positive feedback from families.



Wonderful work

Congratulations to all the educators for being great role models and thank you for sharing your story! The Device Free Days support the Munch & Move key message of limiting screen time to support the healthy development of children in the early years!

It is recommended that children younger than age 2 are not provided with any screen time. Children aged 2-5 years spend no more than 1 hour on screen time - less is better!

For more tips to support families to turn off screens and get active, [click here](#).



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



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