



MUNCH & MOVE

South Western Sydney



JULY 2025

What's Happening:

NAIDOC Week - 6 to 13 July and Tree Day - 25 July



Celebrate nature with two national events in July, NAIDOC Week and Tree Day.

Learn about the Australian bush by reading 'Sam's bush journey' by Sally Morgan and Ezekiel Kwaymullina. You can follow 'Sam's Bush Journey Read by Miss U' on Vimeo, [here](#).

Plan fun nature activities like a scavenger hunt or make leaf animals and boats. For more ideas, download the National Tree Day Activity Book, [here](#) or the Embedding Aboriginal Perspectives booklet online, [here](#).



Family fun days are being held across the region to celebrate NAIDOC Week. The fun includes Tharawal's fun day at Campbelltown Sports Stadium on Thursday 17 July from 11am to 2pm. For events, visit your council's website.

Five ways to support mental wellbeing in early childhood settings - 22 and 24 July

Educators are invited to join a free and online webinar to learn about the five simple ways to support children's wellbeing. The five ways are easy and effective things that services can follow: be active, connect, kindness, keep learning and take notice. We are teaming up with our Mental Wellbeing team to host the webinar. To register, click on your preferred event: [Tuesday 22 July, 10am-11am](#) or [Thursday 24 July, 6pm-7pm](#).



FMS of the Month: underarm throwing

Swing behind and through.



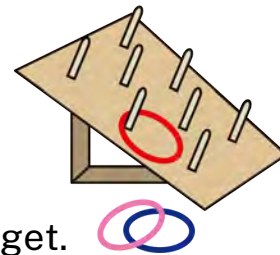
Step forward with opposite leg to arm throwing the ball.



Release the ball as the throwing hand just passes in front of their body.

Quoits - fun game to play

- To play this traditional game, underarm throw a ring to land over a stick or pole.
- If you don't have the right equipment, you can use an upside down chair and rolled up paper rings.
- **Make it easy:** Use soft toys or balls and a floor target.
- **Make it harder:** Throw from longer distances.



➡ For all the rules, [click here](#).



Toddler walking skills




Help toddlers (12-23 months old) build their walking skills with fun and simple activities. Set up safe spaces where children can practice walking by pushing or pulling toy prams or trolleys, or carrying soft toys from one spot to another.

As they become more confident, place low cushions or foam mats on the floor for them to step over or walk around.

These activities will help build a toddler's balance, strength and confidence in walking on their own.



During these activities, always stay close to guide the child and keep them safe as they explore and learn to move.

For more active play games and activities for children up to age five, [CLICK HERE](#) 



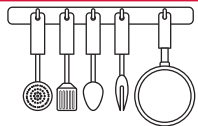
Spotlight on Munch & Move training

The July module is about physical activity for babies. Module 7 includes movements from swaying and rocking and tummy time to crawling and walking.

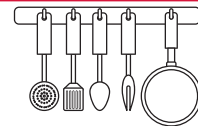
To join the Spotlight on Munch & Move training, register [here](#).

If you need support from our team, email us [here](#).





Recipe: rice paper rolls



Recipe makes 24 rice paper rolls.

Ingredients:

- 2 packets of rice vermicelli noodles.
- 2 carrots, grated.
- 1 iceberg lettuce, shredded.
- 2 bunches of vietnamese mint.
- 1 red capsicum.
- 2 cups chicken, shredded.
- 24 rice paper sheets.
- Vietnamese dipping sauce, sweet chilli sauce or soy sauce to serve.

More tricks for fun celebrations:

- Use moulds for ices or frozen yoghurts.
- Prepare small portions of everything.
- Have lots of tap water available for thirsty children.
- Make sandwiches in shapes using biscuit cutters.
- Use colourful tablecloths and utensils.

Rice paper rolls are great for celebrations as they are fresh, colourful and packed with vegetables. They are good for children, allergy-adaptable and easy to prepare. Children can help you make them, encouraging hands-on learning and cultural exploration.



For this recipe and more from the Celebrations at School cookbook, [click here](#).

Method:

1. Soak noodles in hot water.
2. Soften one rice paper in warm water at a time until soft, then rest on a bench or plate.
3. Place a small amount of each ingredient at the end of the rice paper.
4. Fold up the edge of the rice paper to cover ingredients, rolling towards the middle. Once in the middle, fold in each side of the rice paper and continue to roll tightly.
5. Serve with dipping sauce.



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