



MUNCH & MOVE

South Western Sydney



SEPTEMBER 2025

What's Happening:

Early Childhood Educators Day - 3 September

We are sending a big thank you to the amazing early childhood educators and services in south west Sydney! Your hard work, kindness and patience makes a big difference to children's lives.

You can celebrate the day in many ways:

- Create an early childhood educators appreciation wall, thank you wall or card.
- Organise a morning tea and invite families to bring a plate to share.
- Plan a superhero fancy dress.

THANK YOU



LEARN MORE

Feast of Nations - 5 to 7 September



Feast Campbelltown - 20 September



Come and celebrate food, music, dancing, markets and fun at two free events in Campbelltown.

Feast of Nations will bring the town centre to life on Friday 5 to Sunday 7 September from 4pm to 10pm. Each day will focus on a culture:

- Pacific Island Nations - Friday.
- South East Asian Nations - Saturday.
- South Asian Nations - Sunday.

Feast Campbelltown is a celebration of food from around the world at Redfern Park, Minto, on Saturday 20 September from 2pm to 9pm.



R U OK? Day - 11 September

You can plan a week of kindness to celebrate R U OK? Day at your service. Children do a new activity each day, including sharing a toy and saying thank you.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Share a toy 	Draw a picture for someone 	Say something nice to a friend 	Help clean-up at home 	Say... Thank you 	Tell someone you love them 



For tools and lesson plans, [click here](#).



National Biodiversity Month - September



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Go back to nature and celebrate the plants, animals and places around you. Australia is home to many living things that are found nowhere else in the world! You can plant seeds or seedlings with children, learn about composting, display animal identification charts or create and use social stories to help children learn about our wildlife.

Key dates:

- 1 September - [Wattle Day](#).
- 7 September - [Threatened Species Day](#).



FMS of the Month - leaping



Leaping is a long, graceful jump where you lift off the ground to cover a distance or jump over something small. It involves taking off from one foot and landing on the other, with both feet off the ground for a moment. While in the air, the arm opposite to the lead foot should be reaching forward.



Leaping is used in sports like basketball, football, gymnastics and volleyball.

➔ [Watch a video](#) for more.

Teaching tips:

- Sometimes children forget to reach with their opposite arm, or they hop instead of leap by taking off and landing on the same foot.
- To get better, they can practice walking while reaching with the opposite arm forward.
- Then, get them to leap using their favourite foot and then the other one.





Wholegrains for healthy eating



For a quick and easy caprese and quinoa salad recipe, [click here](#).

Grains help children feel full and provide essential fibre and vitamins.

It is recommended that:

- Children aged 1 to 5 years old have four serves of grains throughout the day.
- Menu services provide two grain serves including one serve of wholemeal, wholegrain or high fibre each day.

To add wholegrain serves to your menu, use:

- Wholemeal bread, noodles, wraps or pasta.
- Wholegrain cereal or oats.
- Brown rice or a mixture of white and brown.
- Wholemeal flour or a mixture.

Get moving on a treasure and scavenger hunt



Treasure and scavenger hunts are fun ways for children to get active indoors or outside. Children look for and find objects.



Here are our tips:

- **Equipment:** Use leaves, empty milk bottles or play items.
- **Easier:** Give children a basket with pictures of items they need to match.
- **Harder:** Give them a map or clues. Example: Tell them to find three items that are round.
- **Get moving:** When they find an object, they perform a movement. Example: Find a basketball and dribble it five times.

[READ MORE](#)



Spotlight on Munch & Move training September module - screen time



Module nine focuses on reducing screen time and the importance of a screen time policy. The module has links to resources that can help you develop a screen time policy for your service.

Get started:

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

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