



# MUNCH & MOVE

## South Western Sydney



NOVEMBER 2025

### What's Happening:

#### Graduation and orientation days!

Celebrate and plan some fun activities and games for your upcoming graduation and orientation days.

- Practice all the Fundamental Movement Skills learnt this year with the 12 Days of Fitness, [here](#).
- Make a healthy summer recipe like strawberry yoghurt icy poles, ([here](#), page 30). You can use canned fruit in natural juice instead of berries.
- Plan a lunchbox cooking experience like making spiced vegetable fritters or mini vegetable pizzas. Find more recipes [here](#).
- Read Daisy's First Day to get ready for school, [here](#).
- Share Transition to School tools including tips for parents ([here](#)) and lunchbox ideas ([here](#)).



#### Outdoor Classroom Day - 6 November



You can include outdoor fun and games in many ways:

- Draw or paint pictures of the clouds.
- Plan obstacle courses.
- Go on a picnic or eat outdoors.
- Read a book under a tree or shaded area.
- Plan water or mud play activities.

**MORE INFO**



# Brighter Beginnings: Getting ready for school

Preschools and long day care services can now offer free health and development checks for 4-year-olds. Children can have the free tests at your service.

Health professionals will look at how your child plays, learns, speaks and moves and how they are growing. No vaccinations are given on the day. To learn more, [click here](#).

## Get involved

If your service is interested in being part of the health and development checks program in south west Sydney, phone Brighter Beginnings on 8778 7888 or email [here](#).

[MORE INFO >>](#)



Educators can watch a video to learn more about Brighter Beginnings Health and Development Checks. [CLICK HERE](#) 

## FMS of the Month - stationary dribble



Teach children to bounce a ball up and down from waist height. A fun tip is to ask children to use soft spider fingers to encourage them to use their fingers not the palm of their hands!

Other tips include asking children to:

- Keep their eyes on the ball.
- Stand with feet apart.
- Bounce with both their left and right hands.



Watch a video for more tips. [Click here](#).



## Basketball

A great game to practice stationary dribbling is by playing basketball.

- Children dribble a basketball or big ball four times.
- They then shoot the ball into a box, hoop or basket.
- For all the rules, watch a video [here](#).



## Menu planning for children's needs



When you plan a menu, you may need to think about different dietary needs. It is important to include the five food groups and offer different types of food. This gives children the nutrients they need to grow and stay healthy. Some families at your service may be following a vegetarian diet. Here are some tips to guide your menu planning:

### Colouring fun with fruit and vegetables

Get creative by making your own fruit and vegetable poster or placemat. Older children can draw food while younger ones can stick pictures on paper. It's a fun way to get creative and learn about healthy eating.

- Watch a video to learn more, [here](#).
- For more healthy eating activities, [click here](#).

### Superhero food colouring

This is another fun activity for children. They can colour everyday foods to learn about healthy eating. Use the templates or make your own superhero, [here](#).

- Include vegetables high in vitamin C like capsicum, cauliflower or tomato. This helps the body absorb iron from plants.
- Cook with plant-based oils like olive or canola oil.
- Use wholegrains like brown rice or wholemeal pasta.
- Add a protein like eggs, cheese, tofu or beans.
- Involve children in cooking or serving to get them interested in food.

For more tips, visit the Caring for Children resource, page 35, [here](#).

## Spotlight on Munch & Move training - leadership

This month's training is about leadership. Module 11 focuses on how to have challenging conversations with families and role modelling behaviours.

- With one module to go, don't forget to send us your reflection documents and attendance sheet once you have completed all 12 modules.



You can still register for Spotlight on Munch & Move [here](#).



Follow us on



Get in touch at

[SWSLHD-MunchandMove@health.nsw.gov.au](mailto:SWSLHD-MunchandMove@health.nsw.gov.au)

SUBSCRIBE

