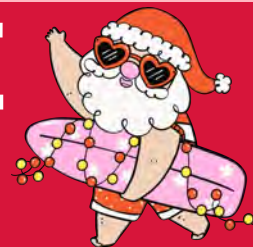




MUNCH & MOVE

South Western Sydney



DECEMBER 2025

What's Happening:

Christmas carols - From 5 December



Jingle Bells and sing your favourite tunes at free Christmas carols events in south west Sydney in December.

Singing helps children with memory and language skills. Dancing is good for their movement, coordination and motor skills.

Fun and free events near you:

- Christmas at Fairfield City Centre, Friday 5 December, 5-9pm. [Click here.](#)
- Campbelltown Christmas Carols, Saturday 6 December, 5-9pm. [More.](#)
- Carols in Wiley Park, Saturday 6 December, 4-9pm. [More.](#)
- Oran Park Christmas Concert, Saturday 6 December, 5-9pm, [More.](#)
- Liverpool's 12 Days of Christmas. Movies, food and family fun from 12 December. [More.](#)
- Christmas in Picton Botanic Gardens, Friday 12 December, 4-9pm. [More.](#)

Share our Space - From 20 December

Children can have fun playing on the grounds, ovals and tennis or basketball courts at selected schools in the holidays. The schools will open their outdoor areas for the Share our Space program, from Saturday 20 December to 26 January 2026.

Look for the Share our Space sign on your school's gate, then scan the QR Code for the list of sports and locations.

[LEARN MORE](#)



Rotavirus - protecting little tummies



If there is a **gastro outbreak** at your service, please contact your Public Health Unit. To learn more, [click here](#).

Rotavirus is a gastrointestinal infection. Cases are going up in early childhood education and care services. The virus spreads easily and can cause diarrhoea, vomiting and stomach pain in babies and young children.

Good hand washing stops the spread:

- Hand sanitisers are less effective.
- Wash hands with soap and water after changing nappies, using the toilet and before touching food.
- Clean toys and surfaces often.

The vaccine is free in NSW:

- It stops babies getting very sick.
- Babies can get vaccinated at six weeks and 4 months of age.
- Parents can help by keeping their baby's vaccination up to date.

MORE INFO

FMS of the Month - overarm throwing



Point to your target

Swing arm back, step and throw

Throwing hand follows through across the body

The manipulative skill is used in sports like cricket, netball and softball.

Throwing game:

- Set up a laundry basket or box.
- Children throw balls, bean bags or soft toys into the basket.
- You can play indoors or outside.

[LEARN MORE](#)





Big smiles on everyone's faces



The educators at Mini Graduates Early Learning Centre, in Lurnea, are passionate about helping children to develop healthy habits in the early years of life.

Centre director, Houda, and her staff work hard to embed Munch & Move's key messages into their programs.

Munch & Move posters

Houda created some colourful and fun Munch & Move posters to display on the walls. The posters remind children and their families to eat fruit and vegetables and drink water.



Learning about risky play

When renovating the outdoor playground, Houda wanted to include some adventurous or risky play areas to help children learn new skills and solve problems. They decided to include a medium-sized hill!

Some staff were a bit worried about the risks but the hill quickly became a favourite activity.

It sparks lots of adventures and is boosting children's development. As you can see from the smiles on everyone's faces, these changes are helping children to learn about healthy lifestyles from a young age. Congratulations to the Mini Graduates Early Learning team!



For Munch & Move support or to share your story, [email us](#).



Brighter Beginnings: Health and development checks

The Brighter Beginnings Health and Development Checks program offers free health and development checks for 4-year-old children at preschools and long day care services. The program is a partnership between NSW Health and NSW Department of Education. The checks look at children's teeth/gums, growth (height, weight and Body Mass Index) and development such as listening and talking, social skills, gross and fine motor skills. The checks will also help to find any support children might need before they start school.



**START
HERE**

If your service is interested in being part of the Brighter Beginnings Health and Development checks program in south west Sydney, phone Brighter Beginnings on 8778 7888 or [CLICK HERE](#)

Spotlight on Munch & Move training - reflection and goal setting



You can use this month's training to help you set goals for 2026 and reflect on the past 11 modules.

- When you have completed all 12 modules, send your attendance sheet and [CLICK HERE](#) reflection document to us.



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

Have a safe and happy holiday season!

From the Early Years team.

Thanks for your amazing support this year!

We are taking a short break from Wednesday 24 December 2025 to Monday 12 January 2026. The first Munch & Move newsletter for 2026 returns in January.

See you then!



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