



MUNCH & MOVE

South Western Sydney



APRIL 2026

What's Happening:



ANZAC Day- 25 April



ANZAC Day is a time for people to come together to honour those who served in times of conflict.

Educators can help children learn about the ANZAC spirit, bravery, mateship and community by hosting some age-appropriate craft activities.

Children can make red poppies, listen to simple stories or bake damper or ANZAC biscuits.



For ANZAC Day services near you, contact your local RSL sub-branch or [CLICK HERE](#)



Auslan Day - 13 April



Celebrate Australian Sign Language and support inclusion and understanding at your service on Auslan Day.

Children can learn simple signs like hello, please and thank you through songs, stories and games. This also supports memory, brain development and visual spatial learning in all children.

[LEARN MORE](#)

How to sign hello: Wave with a flat open hand.



Keeping little noses safe this flu season



Influenza (the flu) is a virus that spreads easily, especially in early childhood education and care services. Young children, especially those under 5, can get very sick. They may develop a high fever, pneumonia, dehydration or ear infections. In NSW, flu season usually gets worse in the colder months, but flu can spread at any time of year.

Flu vaccination

The flu vaccine is the best way to protect children from getting sick. It is free for children aged 6 months to under 5 years in NSW. This year, children aged 2 years to under 5 years can get the nasal spray vaccine FluMist. People who work in early childhood education and care services are recommended to have the flu vaccine every year.

Why vaccination is important

- Lowers the chance of getting the flu.
- Helps prevent severe illness and hospital stays.
- Protects babies who are too young to be vaccinated.

Parents can vaccinate their child at their GP or pharmacy. South Western Sydney Local Health District's Public Health Unit offers free flu vaccination. For bookings, [CLICK HERE](#)

Free webinars: Protecting Little Lungs: Keeping Children Healthy in Early Childhood Services.

- Wednesday 29 April, 10am-11am, [click here](#).
- Thursday 30 April, 6.30pm-7.30pm, [click here](#).



To stop the flu spreading:

- Encourage staff and children to wash their hands often with soap and water.
- Teach them to cover their coughs and sneezes with their elbow.
- Clean and disinfect surfaces and shared toys regularly.
- Keep rooms well-ventilated and play outside when possible.





FMS of the Month - kicking



Step next to the ball



Eyes on the ball

Use your laces not your toe

Kicking is a manipulative skill that uses the foot to propel an object forward. It is used in football, rugby league, AFL and karate.

Practice game:

- The Soccer Skittles activity and video can help children master their kicking skills. [CLICK HERE >](#)



Easter game - Down the rabbit hole

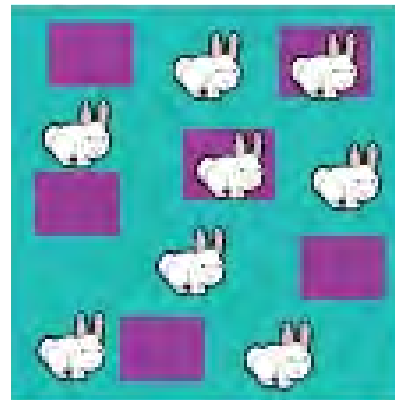


Easter is a great time to make physical activity part of learning and play. You can play 'Down the rabbit hole' indoors or outside. All you need are some mats.

How:

- Arrange the mats in an open space.
- The mats are rabbit holes.
- Children hop like a rabbit, on one foot.
- Tell children to hop over a hole, to another hole, or on their left or right leg.

What does the game look like?



Key:

 Children hopping

 Mats

[LEARN MORE](#) 

Please share with parents and carers



Nature play week - 11 to 22 April

Children and families can step outside and go exploring to connect with nature.

Visit a park, search for bugs and insects, climb trees or enjoy imaginative play with a mud kitchen. Families can plan a nature scavenger hunt to:

- Find a flat stone.
- See a bird's nest.
- Touch something cold.
- Hear something loud.



[MORE INFO](#) 





Crazy about carrots!



International Carrot Day on 4 April celebrates the health benefits of this amazing vegetable.

You can use this carrot and lentil soup recipe to help children explore vegetables through colour, taste and texture.

Autumn is a great season for warming soups that include a variety of vegetables.

[Full recipe here.](#)



Recipe - carrot and lentil soup

Serves: 20

Ingredients:

- ¼ bunch of coriander, separate sprigs and roots.
- 30ml olive oil.
- 360g brown onion, diced.
- 15g garlic, crushed.
- 1 ½ tbsp Moroccan seasoning.
- 1.6kg carrots, peeled and cubed.
- 2 litres of vegetable stock.
- 500ml water.
- 350g red lentils, drained.
- 200g low-fat plain yoghurt.
- 2 tbsp parsley, chopped.

Tip:

Use this recipe to tell children that carrots are good for eye health and give them energy to play.

Method:

1. Separate the sprigs and the roots of the coriander. Put the sprigs aside for later. Finely chop the roots then wash, drain and set aside.
2. Heat the oil in a large pot, add the onion and garlic, and cook until soft.
3. Add the coriander root, Moroccan seasoning and carrots. Cook for five minutes on medium heat.
4. Add stock and water and bring to the boil. Add lentils, bring to the boil, stirring, reduce heat to simmer. Cook for 35 minutes or until lentils have broken down.
5. Mix together yoghurt, parsley and half of the chopped coriander leaves.
6. Once the soup is finished, add the coriander and serve with yoghurt.

SUBSCRIBE



Follow us on



Get in touch at

SWSLHD-MunchandMove@health.nsw.gov.au

