



MUNCH & MOVE

South Western Sydney



JUNE 2026

What's Happening:

Mental Wellbeing Week - 24 to 30 June

Say hello to Archie!

Our friends in the Mental Wellbeing team have created a fun tool to help children explore the Five Ways To Wellbeing with Archie the turtle. The child-friendly activities share the five simple ways everyone can support their mental wellbeing. It's a fun way to celebrate Mental Wellbeing Week.

Play along with Archie to:

- Move your body.
- Look and listen.
- Try something new.
- Spend time with others.
- Be kind.



For Five Ways to Wellbeing with Archie, [CLICK HERE](#)

Refugee Week - 15 to 21 June



There are many ways you can celebrate Refugee Week at your service and help children learn about empathy, inclusion and the joy of making new friends.

- Make artworks or posters and display them at your service.
- Share a meal and a story.
- Host a refugee speaker at your service.

[MORE INFO >>](#)

TAFE professional learning



Educators can increase their knowledge and skills through the TAFE NSW Professional Development Program.

Topics include autism awareness, child safe recruitment and leadership development.

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FMS of the Month - underarm throwing



Underarm throwing helps children judge distances, track a moving object and hit a target.

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

To teach children to underarm throw like Millie the Monkey,

[CLICK HERE](#)

Hold the ball in one hand.



Bend your knees.



Step forward. Swing behind and through.



Teaching cues:

- Step forward as the arm starts swinging.
- Big gentle swing with the throwing arm.
- Release the ball just as the throwing hand passes in front of the body.



Please share with parents and carers



Children can play these fun games to practice underarm throwing at home. You can play inside or outside.

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Beanbag or ball toss

- Grab any small bean bags or balls and practice throwing them into a bucket or basket.



Target practice

- Place empty water bottles or soft toys on the edge of a low table.
- Try to knock them over using a small ball or toy.

Backyard bowling

- Use empty plastic bottles or toys as pins.
- Underarm roll a ball to knock them down.



Whooping cough (Pertussis)

what families and educators need to know

Whooping cough, or the '100-day cough', affects your lungs and breathing. It can make people of any age sick. It is most dangerous for babies.

Whooping cough often starts like a cold.

Symptoms include:

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- Runny nose.
- Sneezing.
- Mild fever.
- A cough that gets worse over time.
- Some people cough until they vomit or choke.
- Children may make a 'whoop' sound when breathing in.

Whooping cough can be very serious for young babies under 6 months of age

- Restricted airways and repeated coughing can cause severe illness and occasionally death.
- Older children and adults can pass whooping cough onto babies.

Vaccination helps protect children

- Children are recommended to have whooping cough (pertussis) vaccines at 6 weeks, 4 months, 6 months, 18 months and 4 years.
- Adolescents are recommended to have a booster dose at age 11 to 13.
- Pregnant women should have a whooping cough vaccine between 20 and 32 weeks of pregnancy to protect their baby from birth.
- Early childhood educators and carers are recommended to have a booster every 10 years.

**Book a free vaccination for your child, [here](#).
For a cough etiquette poster, [click here](#).**



Whooping cough spreads easily between people through the air

- When someone coughs or sneezes, tiny droplets with germs go into the air.
- If you breathe in those droplets, you can get sick.
- If you touch something with germs on it and touch your mouth or nose, you get sick.

What should families do?

- Check your child's vaccinations are up to date.
- Keep your child at home if they have a bad cough.
- See a doctor early if your child has a cough that gets worse or lasts a long time.
- If you are infected, antibiotics can stop whooping cough spreading.
- Keep babies away from anyone with a cough.





Get moving in all types of weather



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Children can still play and have fun in winter and on cooler days.

Active play in all types of weather is good for children's health, wellbeing and development.

It's a fun way for children to:

- Explore and learn about the environment.
- Adapt their behaviours and learn resilience. For example, when it's raining, children learn to put on boots and a raincoat. When it's hot, they wear a hat and play in the shade.
- Learn about safety, decision making and self care.

Educators can help to encourage outdoor play and role model positive behaviours.

How to help children become active for life

Supporting children's physical development is an important part of early childhood practice.

Physical literacy involves people having the skills, confidence and desire to be active for life.

The Australian Physical Literacy Framework outlines the benefits of developing strong physical literacy.

Physical literacy can help you understand what children should be learning through movement.



Physical literacy links to Quality Area 1 of the National Quality Standard.

It can help you with intentional teaching, child-centred learning and planning.

[LEARN MORE](#)

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