



MUNCH & MOVE

South Western Sydney



JULY 2026

What's Happening:

Celebrate July: Culture, nature and friendship

♥♥♥ NAIDOC Week
- 5 to 12 July

🌳 National Tree Day
- 26 July

👦👧 World Friendship Day
- 30 July

Friendships start early! Playing, moving and learning together helps children build healthy habits for life.

Celebrate these special days with fun ideas:

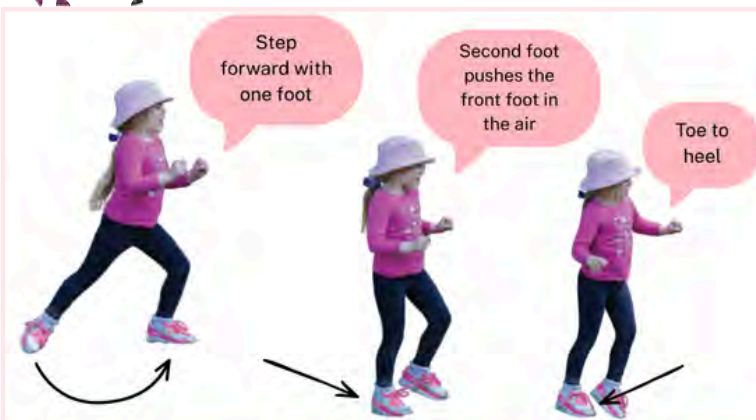
- Read stories like All my friends and me.
- Play circle games and share kind words.
- Make a friendship tree with children's handprints.
- Add bush herbs to your cooking experiences.
- Dance to Wombat Wobble and sing songs.
- Try a nature scavenger hunt or leaf printing.



For more ideas and toolkits, click on each event: [NAIDOC Week](#), [National Tree Day](#) and [World Friendship Day](#).



FMS of the Month - galloping



Practice game: Sing Giddy up Horsey and play Gallop go round.

[CLICK HERE](#) >>

Galloping helps children with leg strength, balance and coordination. To help children learn to gallop (not skip) try these tips:

- Put a sticker or ribbon on their lead foot.
- Check children are bending their arms while they move.
- Clap along to show them the rhythm of the gallop.



Jungle safari

Children aged 2 to 3 can practice their moving skills like galloping by playing Jungle Safari.

How to play:

1. Put on some music and have the children gallop around the play area, indoors or outdoors.
2. When the music stops, call out an animal's name, such as dog, horse or kangaroo.
3. Children act like the animal.
4. The best actor picks the next animal.



Please share with parents and carers



Little helpers in the holidays

Keeping children busy at home during the holidays can be hard, especially in winter when it's cold outside.

Screens can seem like an easy option, but it's important to balance this with different activities throughout the day. The school holidays are a great time to learn simple life skills by helping at home. For example, children can:

- Help with the laundry by handing over pegs or matching socks.
- Draw foods being used at mealtimes, like peas, beans or spaghetti.
- Set the table with an adult helping them.

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Hand, foot and mouth disease

What families and educators need to know

Hand, foot and mouth disease (HFMD) is a common viral infection in young children. It usually causes mild illness, and most children recover fully within 7–10 days.

Symptoms:

- Small red spots that turn into blisters or ulcers (mouth, hands, feet and sometimes in the nappy area).
- Mild fever, sore throat and tiredness.
- Children may eat or drink less due to mouth pain.



How it spreads:

- Saliva, snot, coughs and sneezes.
- Fluid from blisters.
- Contact with poo.
- Contaminated hands, toys and surfaces.



Prevention - good hygiene:

- Wash hands with soap and water after toileting, wiping noses and changing nappies, and before eating.
- Don't share cups, utensils, towels, toothbrushes, socks or shoes.
- Clean toys and surfaces regularly.
- Teach children to cough or sneeze into a tissue or their elbow.
- Keep sick children home.

Keep your child home from school or childcare until blisters are dry, and the rash and fever are gone.

Treatment:

- There is no specific medicine for HFMD.
- Use paracetamol for pain or fever.
- Offer cool drinks and soft food.
- Let blisters heal naturally. Don't pop them.

Get medical help quickly if your child has:

- Fever 38°C or higher for more than three days.
- Trouble breathing, walking or drinking.
- Unusual movements or extreme tiredness.

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Winter recipe - vegetarian pasta bake

This vegetarian pasta bake, from the Cancer Council, is a simple winter meal for early childhood settings. It is easy to make and provides protein and vitamin C.

Recipe serves: 6.

Tip: You can increase quantities to suit your service.



Ingredients:

- 1 tbsp olive oil.
- 1 small onion, diced.
- 2 garlic cloves, finely chopped.
- 2 cups mushrooms.
- 400g tin brown lentils.
- 2 x 400g tins crushed tomatoes.
- ¼ cup olives.
- 2 cups spinach leaves, washed.
- 2 cups wholemeal penne pasta.
- 1 cup reduced-fat cheddar cheese, grated.

Method:

1. Preheat the oven to 200°C or 180°C fan forced.
2. Heat oil in a large non-stick frying pan over medium-high heat. Add onion, garlic and mushrooms, and cook until softened.
3. Add lentils, olives and tomatoes, then simmer for 5 minutes or until the sauce thickens.
4. Cook pasta according to the packet instructions. Drain well.
5. Stir spinach through the sauce until wilted, then add the pasta and mix well.
6. Lightly grease a large baking dish, spoon in the pasta mixture and sprinkle cheese over the top.
7. Bake for 15 minutes, or until the cheese has melted. Serve with a side salad.

Full recipe [here](#).

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