



MUNCH & MOVE

South Western Sydney



OCTOBER 2026

What's Happening:

24 October - 1 November

Children's Week

Celebrate diversity by inviting children and parents to share a greeting, family recipe or making a classroom map of cultures.

This year's theme is, Children have the right to use their own language, celebrate their culture and practice their religion.

[MORE INFO](#)



27 October

Move, Play, Grow

Young children can learn the fundamental movement skills and have fun at Menangle's Rotolactor Park from 8am to 5pm.

Parents can connect with services and support their child's development, growth and wellbeing.

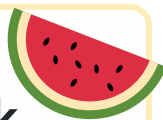
[CLICK HERE](#)

12-18 October

National Nutrition Week

Cook, gardening and exploring fruit and vegetables are fun ways to help children learn about healthy foods through play and hands-on experiences. Ideas to try:

- Plan a fruit and vegetable guessing game.
- Create a fruit and vegetable placemat or poster.
- Sing songs about food and nutrition.



More events

October action



- Mental Health Month - 1 to 31 October. [Learn more.](#)
- World Space Week - 4 to 10 October. [Go exploring.](#)
- Australian Wildlife Week - 4 to 10 October. [Go wild.](#)
- National Water Week - 19 to 25 October. [How to hydrate.](#)





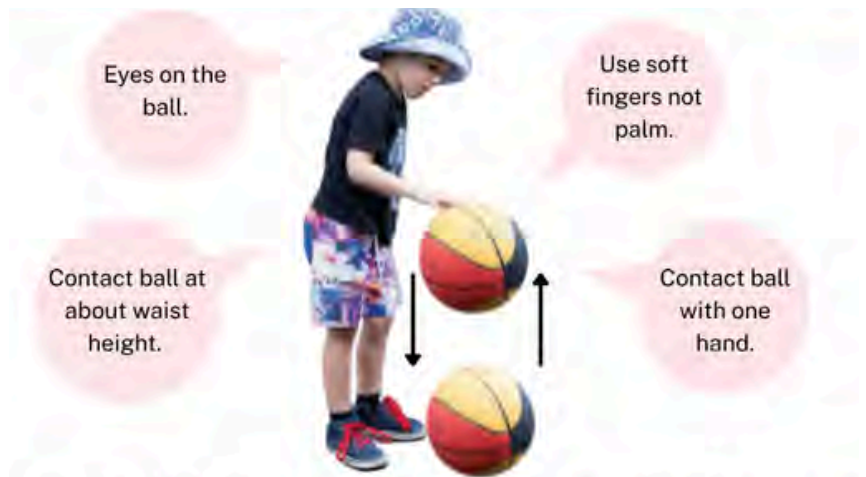
FMS of the Month - stationary dribble



Stationary dribble involves bouncing a ball on the spot, catching it and pushing it down again.

The skill helps children develop hand-eye coordination, control and confidence with balls. Learning to dribble can be tricky, so start with simple steps.

Tip: Teach children to stationary dribble like Kenny the Kangaroo. [Click here.](#)



Encourage children to:

- Bounce the ball to about waist height.
- Use the fingertips rather than slapping the ball.
- Keep the eyes looking ahead, where possible.
- Practice one bounce at a time before trying several in a row.



Time to wiggle, giggle and grow!



Top tip: Try to include tummy time every day as part of your program.

[LEARN MORE](#)

Tummy time helps babies build the strength they need for healthy growth and development.

It supports head, neck and back control and is important for infants who are not yet crawling or walking.

Here are some tips to make tummy time fun:

- Get down on the floor with baby and talk, sing or play.
- Use toys or interesting objects to encourage baby to look, reach and explore. Make sure any items are too large to fit in baby's mouth.
- Place baby on their tummy across your lap.
- Lie baby on their tummy over a firm cushion and gently rock or bounce.
- Hold baby across your arm while carrying them and gently sway from side to side.





Please share with families



Packing a tasty lunchbox

You can pack a variety of foods in a lunchbox. Use the five good groups and the [Australian Guide to Healthy Eating](#) to help you decide what to pack. You may need to check your service's nutrition policy for guidance on which foods can be sent in lunchboxes.

Here are some tips for parents:

- Include mostly foods your child knows and has eaten before.
- Try including a new or less familiar food.
- Provide a 'good enough' lunchbox – it doesn't need to be perfect!
- Don't forget to pack a water bottle.



MORE INFO



Fun family activity

Kids in the Kitchen



Cooking with children is a fun way to explore healthy foods and encourage positive food experiences.

Mixing, measuring, spreading toppings and decorating can help children:

- build fine and gross motor skills
- focus
- follow directions.

[READ MORE](#)



Children can help to:

- Wash produce.
- Prepare ingredients.
- Mix and measure.
- Spread toppings.
- Decorate healthy snacks.
- Garnish meals.





Spooky Halloween recipes



Treat your family with these ghoulish goodies and snacks.

Boo-nanas

Ingredients:

- 3 bananas, peeled.
- ½ cup Greek-style yoghurt.
- 12 sultanas.

Method:

1. Line a large baking tray with baking paper.
2. Halve bananas and insert wooden stick into cut-sides of bananas. Place on prepared tray and freeze for 1 hour or until firm.



3. Dip bananas into yoghurt, allowing any excess yoghurt to drip off before returning to tray.
4. Place 2 sultanas on each banana and gently press to secure. Freeze for 1 hour or until firm.



Full recipe [here](#).



Ghost chips



Ingredients:

- 6 jumbo round tortillas.
- Olive oil spray.

Method:

1. Preheat oven to 200°C. Line 2 large oven trays with baking paper
2. Cut ghost shapes from tortillas. Spray both sides with oil and place in a single layer on trays.
3. Bake for 8 minutes or until golden and crisp.



Full recipe [here](#).

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