



MUNCH & MOVE

South Western Sydney



SEPTEMBER 2026

What's Happening:



2 September

Child protection week

Police safety preschool story time, a science show and craft are some of the fun activities at Fairfield Library on Wednesday 2 September from 10.30am to 1pm.

This is one of the events taking place during National Child Protection Week. Walk-ins are welcome. [LEARN MORE](#)



National Child Protection Week strengthens the connections, support and environments that help children and young people thrive. [READ MORE](#)

6 September

Father's Day



Get ready to celebrate the people who care for, guide and support children. This may be a dad, grandparent, step-parent, uncle, older sibling, foster carer or another other special person. You can plan a gift making session with children and families. Try making dad's snack jar, a timeline of photos or painted pebbles or garden stones. [MORE INFO >>](#)

10 September

R U Ok? Day



Check in with others, ask "R U Ok?" and listen to the answer. Young children can learn to name their feelings, show kindness and care for others. These skills build resilience and wellbeing. You can find some colouring-in sheets, mural builders and other tools for educators by clicking [HERE](#)



You asked, we listened!

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FMS of the Month - leaping

Leaping is a jump from one foot to the other foot, with a short time when both feet are off the ground.

Teaching tips:

- Push off one foot.
- Swing your arms forward.
- Land on the opposite foot.



Leaping is used in sports like basketball, athletics and dance.





Please share with families



Learning to eat takes time

Just like learning to walk, children need time and practice to try a new food before accepting it. This is a normal part of learning.

How you can help at home:

- ✓ Offer food in different ways: mashed, grated or cut into shapes.
- ✓ Offer a variety of colorful and healthy foods, fruit and vegetables.
- ✓ Involve children in cooking, picking herbs, stirring and mixing.
- ✓ Add a new fruit or vegetable to a favourite meal.
- ✓ Keep trying. It can take 15 or more times for a child to accept a new food.



Try this veggie muffins recipe.

[CLICK HERE](#)



[READ MORE](#)



International Literacy Day - 8 September

Celebrate literacy together

September is a great time to inspire children to read, move, explore and grow through stories, songs and play.



[LEARN MORE](#)

Try these ideas:

- 🎵 Sing songs like Five Little Ducks.
- 🌿 Read a nature story outdoors.
- 🍎 Create a storybook or Floor Book.
- 🔍 Organise a treasure hunt using Fruit and Veg flash cards.
- 📚 Bring stories to life with a story basket, books and props.
- 📖 Invite families to share a story, song, or nursery rhyme.
- ♻️ Set up a community book swap box to encourage reading at home.



Diphtheria: Vaccination is your best protection to keep the community safe

Diphtheria is a serious bacterial infection that affects the throat, nose or skin. It spreads through coughing, sneezing or close contact.

Diphtheria can be life-threatening. It is rare but outbreaks are happening in Australia. Keep vaccinations up to date to keep your family and the community safe.



Know the symptoms:

Symptoms start 2 to 5 days after infection. Look for:

- Sore throat.
- Fever.
- Swollen glands in the neck.
- Trouble breathing or swallowing.
- Thick grey or white coating in the throat.
- Feeling very unwell or tired.
- Skin ulcers on legs or arms.

Get urgent medical help if these symptoms appear.

More information:

- To find out more, [click here](#).
- For a cough etiquette poster, [click here](#).



Vaccination - your best defence:

Vaccination is the best way to prevent serious illness. The diphtheria combination vaccine is free under the National Immunisation Program for:

- Children at 2 months, 4 months, 6 months, 18 months and 4 years.
- Adolescents at 12-13 years through the school vaccination programs.
- Pregnant people.

Booster vaccination is important:

This is because protection can reduce over time. Have a booster:

- Every 10 years for adults.
- Every 5 years, if travelling to high-risk areas or outbreak regions (at least 2 weeks before travel). [Learn more](#).

Aboriginal and Torres Strait Islander people can access the boosters for free.

✦ To book a free vaccination, [CLICK HERE](#)

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SWSLHD-MunchandMove@health.nsw.gov.au

