MUNCH & MOVE

South Western Sydney

NOVEMBER 2026

What's Happening:

18 and 20 November

Food explorers webinars

Early childhood educators can join our free webinars to learn fresh ideas to help children explore, enjoy and learn about food.
We are teaming up with Munch & Move Northern NSW to deliver the webinars.
We'll help you:

- Support children through play-based learning.
- Use gardening, games, music and art to build positive experiences about food.



REGISTER NOW

- 18 November - here.
- 20 November - here.

- Latest research on how children learn about food.
- Free tools and support.

11 November

Remembrance Day

Help children learn about kindness, gratitude and peace through meaningful play ideas.

LEARN MORE

- Make a poppy artwork or fruit and vegetable plate.
- Observe a minute of silence at 11am.
- Create poppies using paper or art, add them to a kindness garden and talk about showing care for others.

More events

Outdoor Classroom Day - 5 November:

- Plan a scavenger hunt, outdoor storytime, bug or plant search or active play.

READ MORE

Diwali - 8 November:

- Celebrate the festival of light by making rangoli patterns or with music and stories.

MORE INFO



NSW GOVERNMENT

FMS of the Month - side sliding

Side sliding is a side-to-side movement, like a gallop, but moving sideways. The skill is used in basketball, tennis, football and skateboarding.

Encourage children to:

- Turn their bodies sideways on a marked line.
- Step sideways with their lead foot.
- Slide their trailing foot to meet it.
- Say out loud: 'Step, slide, step, slide'.

LEARN MORE





Munch & Move Sliding Song:

- Sing: 'Sliding, sliding, sliding, slide, together'.
- You can modify the movements for all ages:
- **Babies:** Sit on your lap with gentle rocking.
- **Developing walkers:** Hold your hand while side stepping.
- **Toddlers:** Slide independently around a circle holding hands.

CLICK HERE



Menu tip: Dairy

Dairy foods give children calcium, protein and vitamins to support their growth and development.

Children attending an early childhood service for 8 hours or more should be given one serve of dairy or an alternative while at the service. This could be 250ml of milk, 40g of hard cheese or 200g of yoghurt.

If using a dairy alternative:

- Choose a calcium-fortified option.
- Check the nutrition panel to make sure it contains at least 100mg of calcium per 100ml.

For dairy snack ideas: CLICK HERE



NSW GOVERNMENT

Please share with families

Spending less time on screens

The Australian 24-Hour Movement Guidelines recommends:

- No screen time for children under age 2.
- Up to 1 hour of screen time each day for children aged 2 to 5.

Try swapping screen time for play, reading, exploring outdoors or spending time together.

The Kids Research Institute Australia has some great ideas to help families get started. Try these ideas:



- Screen-free activities outside, inside, adventures, low-effort and add your own. Click here.
- Screen-free activities by ages. Click here.
- Alternatives to screens outside the home. Click here.



Pack a healthy start to school

Is your child starting school next year? You can help your child prepare by talking about school, practicing morning routines, packing healthy lunchboxes together, and encouraging independence through everyday activities.

🌟 A little preparation now can help children feel ready for their big adventure next year!

Here are some tools to guide you:



- Daisy's First Day, click here.
- Steps to School, click here.
- Gettng Ready for Primary School, here.



Have a free and screen-free day with your family at Timecraft at Campbelltown Arts Centre on Saturday 7 November, from 3pm to 7pm.

Travel through zones and join fun workshops including code with a time machine. BOOK NOW

SUBSCRIBE

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Get in touch at SWSLHD-MunchandMove@health.nsw.gov.au