



# Good for kids

Winter Edition 2016

## Being Healthy in the Cooler Weather

Welcome to the **Good For Kids. Good For Life!** Winter newsletter. In this edition we have ideas for celebrating National Aboriginal and Torres Strait Islander Children's Day and keeping children moving and being active with less screen time.

We have also included:

- ◆ Pick and Mix lunchbox poster to download
- ◆ Munch and Move physical activity videos
- ◆ Ministry of Health update on Family Day Care

## 'Pick & Mix 1-6' Poster



Source: Healthy Eating Advisory Service

The 'Pick & Mix 1-6' poster provides great ideas for picking and mixing one tasty option from each of the five food groups (plus water as a drink) to create a healthy lunchbox every day. Please [Click here](#) to print the poster for display at your service.



## [2016 National Aboriginal and Torres Strait Islander Children's Day celebrations](#)

National Aboriginal and Torres Strait Islander Children's Day (Aug 4) is a time to for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children. The day is an opportunity for all Australians to show their support for Aboriginal children, as well as learn about the crucial impact that community, culture and family play in the life of every Aboriginal and Torres Strait Islander child.

The theme for 2016 is ***My Country, Our Country, We All Belong***. This year Children's Day is all about helping our kids feel connected and proud in culture. It's all about ensuring all our kids feel like they belong.

To share your Children's Day 2016 celebrations please email:

[HNELHD-GoodForKids@hnehealth.nsw.gov.au](mailto:HNELHD-GoodForKids@hnehealth.nsw.gov.au)



## Munch & Move Videos

Healthy Kids website has new physical activity videos to inspire opportunities for intentionally taught and spontaneous physical activity experiences. These ideas could be used for indoor active play in the cooler weather.

The [‘Get Active Each Day’ videos](#) include:

- ◆ Active Play for 0-2 Years
- ◆ Fundamental Movement Skills: Warm Up, Game and Cool Down Activity (Pre-schoolers)
- ◆ Duck, Duck, Goose (Pre-schoolers)
- ◆ Captains Coming (Pre-schoolers)

## Munch and Move Webinar

Centre-Based *Munch & Move* webinar training calendar available [here](#).

## BOSTES Accreditation

[Munch & Move PD Training](#) has been added to BOSTES as a QTC registered course. Please record participation through BOSTES online facility. NSW Health will then add attendance to your BOSTES account once completed all 4 modules and ‘Statement of Participation’ received.

Completing *Munch & Move* PD - Webinar Series will contribute 8 hours of QTC Registered PD (2.1.2, 2.3.2, 3.2.2, 6.2.2, 6.3.2 & 7.3.2) from Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.

## Ministry of Health Update Family Day Care

The Ministry of Health is pleased to advise that [ECTARC](#) is the successful provider to undertake review and delivery of the Munch and Move Training package to the Family Day Care sector. A total of 20 webinar sessions will be delivered to the Family Day Care sector beginning July 2016.

## PD Corner

### Scientific Evidence

How we are using scientific evidence to provide nutrition recommendations:

[Levels of scientific evidence](#) (Journal article)

### Reconciliation in Action Part 1

Below is a module which provides an overview of Australian’s Indigenous history and contemporary society. The module features interviews with Indigenous and non-Indigenous educators and experts, and practical information and strategies. [Reconciliation in Action \(Part 1 webinar\)](#).

### Contact the **Good for Kids** team

We are here to support services. Here are our contact details. Please keep in touch:



[HNELHD-GoodForKids@hnehealth.nsw.gov.au](mailto:HNELHD-GoodForKids@hnehealth.nsw.gov.au)



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