



Good for Kids
Good for Life

'Heart of a child' by
Worimi Artist Lara
Went



Christmas fun!

Christmas inspired cooking

The Munch & Move program recommends children participate in intentional food learning experiences at least 2 times per week. These experiences provide engaging, hands-on opportunities to gain knowledge about where foods come from and foster a healthy relationship with food from an early age. They can also help build skills in teamwork, problem solving, listening, gross motor, fine motor, and more!

Why not join in the festive spirit and try making one of these Christmas themed snacks with the children:

- [Healthy Christmas Flatbread Recipe](#)
- [Healthy Christmas Yoghurt Bark Recipe](#)
- [Healthy Christmas Santa Fruit Snack Recipe](#)
- [Healthy Christmas Pancakes Recipe](#)
- [Healthy Christmas Spiced Trail Mix Recipe](#)

Link to NQS:

Element 1.2.2 Responsive teaching and scaffolding

Element 2.1.3 Healthy lifestyle

<p>Christmas flatbread</p>	<p>Christmas yoghurt bark</p>
<p>Santa fruit snack</p>	<p>Christmas pancakes</p>

Government subsidy for Professional Development

Did you know ECEC services can apply for a subsidy provided by the Australian Government to help qualified staff complete training? The subsidy aims to build capacity and skills in the early childhood workforce and allow services to maintain educator to child ratios while staff attend professional development (PD).

Participating in PD ensures educators stay up to date on the latest research, teaching strategies, and best practices. It also provides opportunities to connect with other educators, collaborate and share experiences, which fosters a supportive professional community.

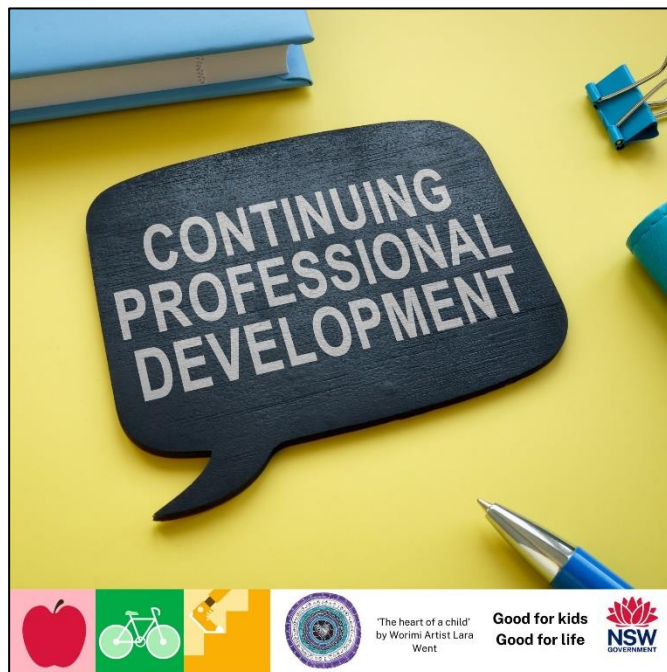
For more information: [Professional development subsidy - Department of Education, Australian Government](#). Round 2 applications open 13 January 2025.

The Munch & Move program recommends that at least half of the educators at a service have attended professional development in healthy eating and at least half have attended professional development in physical activity in the last five years.

Check out our Good for Kids website for learning opportunities in these areas: [Good for Kids Professional Development](#)

Link to NQS:

Element 7.2.3 Development of professionals



FMS Activity - 12 Days of Fitness



Practise fundamental movement skills (FMS) with this fun action song based on the tune of 'The 12 Days of Christmas'. You may like to sing one new verse each day (or week) and gradually build up to completing the full song.

- [Action song lyric sheet](#)– Sing-a-long to the tune of the '12 Days of Christmas'. The actions are designed to be done without equipment.
- Demonstration [video](#) - Watch the Reindeer's demonstration video clip so you know how to lead children to practise the different skills while singing along.
- [12 Days of Fitness Cards](#) (print A4 double side & cut into cards) – The cards introduce an action that supports a child's FMS development, taking into account that each FMS is made up of smaller steps. The reverse side of the card has ideas for educators to explore with children, extending on the action introduced.
- [Poster](#) (print A3) – Display the poster at your service as a visual prompt or use the [countdown calendar](#) (image on left).

Thanks to Northern Sydney LHD Munch & Move team for creating these fantastic resources. They have also created standard versions of the [action song lyric sheet](#) and [poster](#) to assist with practising FMS any time of the year!

Link to NQS:

Element 2.1.3 Healthy lifestyle

Support for Families: Healthy Eating on a Budget

The festive period is a busy time of year which can place financial pressure on many families. Parents and carers may benefit from information about how they can reduce their food spending, while still providing healthy nutritious meals for their family.

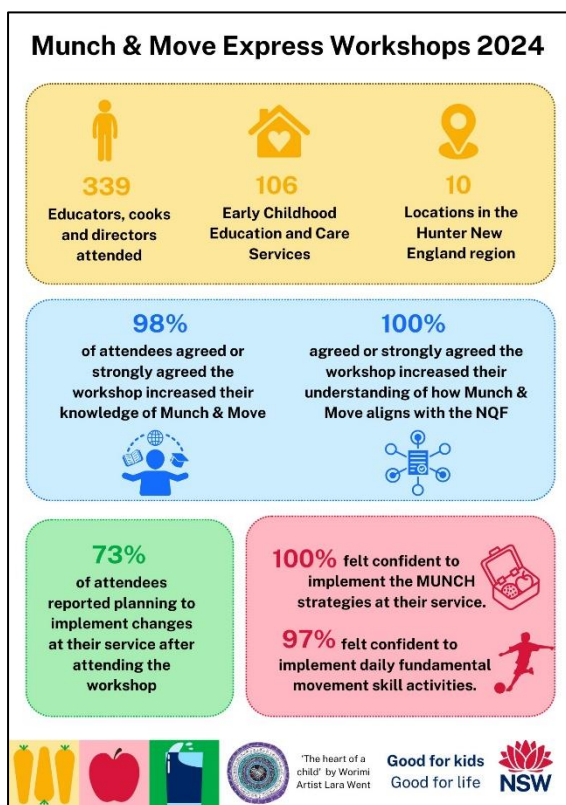
No Money, No Time is a great resource from experts in Nutrition and Dietetics at the University of Newcastle, which provides families with personalised free recipes and nutritional information. We recommend sharing the '*No Money No Time*' website with your families and encourage them to take the Health Eating Quiz to get started: [Quick, Cheap & Easy Healthy Meal Ideas | No Money No Time](#)



Link to NQS:

Element 6.1.3 Families are supported

Wrap up of Munch & Move Express Workshops for 2024



From March to October during 2024, Munch & Move Express workshops were delivered face-to-face by our Health Promotion Officers in Forster, Singleton, Inverell, Narrabri, Gunnedah, Tamworth, Newcastle, Lake Macquarie, Maitland and Armidale areas, as well as online via teams.

The workshops provided an overview of the Munch & Move program, including healthy eating, physical activity and reducing screen time in the ECEC setting. Attendees learnt about practical strategies for embedding fundamental movement skills and healthy eating learning experiences at their service along with information regarding how Munch & Move aligns with the National Quality Framework.

The workshops provided an opportunity for networking and attendees were introduced to the many free Munch & Move resources available. A **BIG** thank you to the 339 educators, cooks and directors from 106 services who attended!

Check out the above image for a summary of the post-workshop survey completed by 143 attendees.

Link to NQS:

Element 7.2.3 Development of professionals

Where to get more information?



Good for Kids Early Childhood Education and Care on Facebook: [Facebook](#)

Munch & Move e-learning: [Click here to register](#)

Good for Kids Resources: [Resources | Good for Kids, Good for Life \(nsw.gov.au\)](#)

Embedding Aboriginal Perspectives in Munch & Move: [Embedding Aboriginal Perspectives: A Guide for Early Childcare Services | Good for Kids, Good for Life \(nsw.gov.au\)](#)

Australian Breastfeeding Association: [Australian Breastfeeding Association](#)

Mini Moves Fundamental Movement Skills resources: [Mini Moves - Munch & Move](#)

Small Bites for Big Steps: [Small Bites for Big Steps - Munch & Move](#)