



Welcome to our Good for Kids team newsletter, where we share all the latest on embedding healthy eating and physical activity at your service.

March 2025

Harmony Week



Harmony Week (17 - 23 March) celebrates and recognises our nation's diversity and brings together Australians from all different backgrounds. It's about inclusiveness, respect and a sense of belonging for everyone.

By participating in Harmony week activities, people can aspire to learn more about the many cultures that exist in Australia. For some services and communities, this may include exploring the historical context of Australia and how it came to be the nation it is today.

Orange is the colour chosen to represent Harmony Week, which signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect.

The Good for Kids ['Harmony Week' handout](#) features physical activity and healthy eating activity ideas to celebrate this week.

Healthy eating activity idea: Include a curriculum activity that focuses on orange food and/or food plants. These foods could be local to your area and/or native to other countries. Ask families to bring in food items, plants and/or images of food that are significant to them. You may choose to display any images for a brief period of time.

For more information visit: [Harmony Week](#).

Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 6.2.3 Community engagement

FMS of the Month: Jumping



Fundamental movement skills are the building blocks of movement. Children do not naturally learn these skills as part of their normal growth and development making it important that FMS are intentionally taught. Educators should provide frequent opportunities for children to explore, practice and develop these skills, whilst keeping it fun.

The more children develop greater skill and confidence in these activities, they will feel more comfortable participating in games and sports, which in turn boosts their social skills. This increased confidence also makes them more likely to stay physically active throughout their lives.

Our March fundamental movement skill is **JUMPING!**

Check out the Munch & Move Fun Moves videos for tips on how to teach the skill and common errors to watch out for: [Fun Moves Videos - Munch & Move](#)

There's lots of fun ways to practise jumping - try this [Lily Pad Jumping](#) activity today!

Link to NQS:

Element 2.1.3 Healthy lifestyle

National Close the Gap Day

For more than a decade now, Australians across the country, in schools, businesses and community groups, have shown their support for Aboriginal and Torres Strait Islander health equity by marking National Close the Gap Day.

Every National Close the Gap Day is an opportunity for Australians to advocate for health equity as a fundamental right for all. In 2025, Close the Gap Day will fall on Thursday 20th March.

For more information visit: [Close the Gap Day](#)

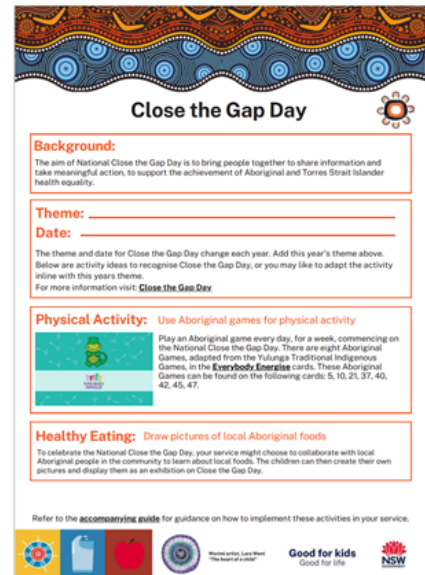
The Good for Kids 'Close the Gap Day' handout features physical activity and healthy eating activity ideas to acknowledge this important date. Acknowledging culturally significant events at your service helps to identify and commemorate historical injustices that continue to impact many Australians.

Physical Activity idea: Play an Aboriginal game every day, for a week, commencing on the National Close the Gap Day. There are eight Aboriginal Games, adapted from the **Yulunga Traditional Indigenous Games**, in the [Everybody Energise](#) cards (found on the following cards: 5, 10, 21, 37, 40, 42, 45, 47).

Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 6.2.3 Community engagement



The handout template features a decorative Aboriginal pattern at the top. It includes sections for 'Background', 'Theme', 'Date', 'Physical Activity', and 'Healthy Eating'. The 'Physical Activity' section includes a small image of a person playing a game. The 'Healthy Eating' section includes a small image of a plate of food. At the bottom, there are logos for 'Good for kids' and 'NSW'.

[Download Handout](#)

Support for Families: National Ride2School Day

National Ride to School Day, celebrated on Friday 21st March in 2025, encourages children to be physically active. With many Australian children not getting enough daily exercise, choosing an active way of getting to school can help make a difference."

FACT 50 years ago, **80%** of children walked or cycled to school. Today, that figure has dropped to just **20%**.

This day has an important part to play in reminding children and parents that there are other options apart from being driven to school. It also shows children how much fun riding, walking, scooting can be!

Having a dedicated event like this is a way of normalising getting to school in an active way, and entire schools and communities can get involved.

Encourage families to get involved by:

- Cycle, scoot or walk to childcare
- Cycle, scoot or walk around the block or a local park
- Discuss road safety with their child

You can register your service to be part of this initiative!

Looking for content to share with families? We have a variety of [visual snippets](#) on our website if you would like to download and share via your online platforms (social media, communication app) or newsletter.

Link to NQS:

Element 6.1.3 Families are supported

Benefits of Riding to School

-  **Increases children's physical activity levels**
-  **Improves children's health and wellbeing**
-  **Reduces pollution**
-  **Helps children learn about road safety**
-  **Fosters a sense of community**
-  **It's FUN**

[Register Here!](#)

Case Study - TG's Childcare

The educators and children at TG's Childcare Kirkwood St Armidale regularly engage in excursions out in the community. We were delighted to hear about their recent walking excursion to their local Coles supermarket, combining the key messages of the Munch & Move program, healthy eating and physical activity in a meaningful and engaging way.

Description of the excursion from the TG's Childcare educators:

'Today educators Chloe, Bri and our transition to school class went for our first excursion to Coles. Children developed their gross motor and connected to the world around them as they confidently walked to their destination taking the time to observe nature, smell the flowers and connect to the world around them.'

Upon arriving at Coles children transferred and adapted their knowledge from one context to another as they took their learning and put it into practice. Children identified sometimes and always foods, identified healthy foods, discussed foods that the caterpillar eats in the hungry caterpillar and connected their learning of garden to table process. Children identified where eggs came from, explored the process of milk and cheese and enjoyed a delicious snack of fruit as they investigated how we commercially purchase foods.

After exploring the store children then returned to produce to purchase a favourite fruit, children choose to purchase bananas taking them to the register and making their purchase growing their understanding of fairness and community. Children then commenced the walk back to TG's engaging in many conversations with peers and educators around what they saw, learnt and knew. This demonstrated strong verbal communication skills and that children are confident and involved learners.'

This hands-on experience allowed children to engage directly with the process of selecting nutritious foods while learning about making healthy choices. Additionally, the walk to the supermarket provides an opportunity for physical activity, emphasising the importance of active lifestyles.

By integrating these elements, the excursion promotes key Munch and Move goals including fostering healthy habits, increasing physical activity, and empowering children to make informed, positive decisions about their health. Well done TG's Armidale!

Link to NQS:

Element 1.2.3 Child directed learning

Element 2.1.3 Healthy lifestyle

Element 6.2.3 Community engagement



Check out our recently updated Good for Kids website



How we work with early childhood services

Early Childhood Education and Care services (ECECCs) can have a positive and profound influence on children's eating behaviours and are often providing a child's best opportunity to be physically active throughout the day. Good for Kids, Good for Life provides support for ECECCs across Hunter New England Local Health District (LHD) to implement the NSW Ministry of Health's Munch & Move program.

Who is Good for Kids, Good for Life?

Good for Kids, Good for Life supports promotion of healthy eating and physical activity to children from 0-18 years, across the LHD. Good for Kids, Good for Life began as a demonstration project between 2009-2010. Research undertaken by the program demonstrated how to support ECECCs to implement practices to promote better child nutrition and physical activity. Good for Kids is now funded as part of the state-wide Healthy Children's Initiative that was modelled on the Good for Kids demonstration project and its research findings [1] [2] [3].



The Heart of a child by Aboriginal artist, Lara Went

Lara Went from Yuku Art created this artwork for Good for Kids, Good for Life. The title of this artwork is called 'The heart of a child'. The heart in the middle represents health, love and support surrounding everyone. Coming from the heart are lines which are positive energy radiating into the children which are the figures around the heart holding hands. The leaves represent physical activity and the fruit represents healthy eating. The circles that surround the stars represent community groups and people coming together in support, positive guidance, love and good energy.

You will see this artwork featured throughout the Good for Kids, Good for Life communication.

We are pleased to announce we have made some updates to our **Good for Kids website** to make searching for Munch & Move information and resources even easier!

Check out our updated website for resources to support healthy eating, physical activity and reduced screen time at your service. You'll also find opportunities for professional development, guidance for updating policies and reporting procedures and ideas to embed aboriginal perspectives in your program.

You'll also be able to access our previous Munch & Move newsletters.

Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 6.1.3 Families are supported

[Good for Kids website](#)

Veggie month 2025 - Register now!

Only 1 week until Veggie month begins! It's not too late to join hundreds of ECEC services across NSW celebrate all things related to vegetables in March!

Veggie Month encourages services to integrate vegetables into their daily program. This includes healthy eating learning experiences like experiments, songs, stories, art, discussions or gardening.

The 2025 theme is 'Be a Veg Explorer' and runs from Monday 10th March to Friday 4th April. Receive a **FREE** electronic resource pack including an educator manual and recipe book when you register.

Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 1.2.1 Intentional teaching

[Register Here!](#)

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Register by [clicking here](#)

or scan the QR code below



Where to get more information?

Munch & Move Hunter New England: [Early Childhood Services - Good for Kids](#)

Munch & Move Newsletters: [Munch & Move Newsletters | Good for Kids, Good for Life](#)

Munch & Move Resources: [Resources - Munch & Move](#)

Embedding Aboriginal Perspectives in Munch & Move: [Embedding Aboriginal Perspectives: A Guide for Early Childcare Services](#)

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

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

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

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

Join our network groups:

[Munch & Move for Babies and Toddlers Network Group](#)

[Good for Kids Cook's Corner Network Group](#)

[ECEC Aboriginal Educators Network Group](#)

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The Good for Kids team acknowledges the traditional custodians of the lands on which we live, work and practice and pay our respects to Elders past and present.



'The heart of a child'
by Worimi Artist
Lara Went

Good for kids
Good for life



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