



Munch & Move Newsletter

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

April 2025

Nature Play Week

Nature Scavenger Hunt



Nature Play Week, held from 2nd to 13th April, encourages children to explore their natural environment creating a sense of wonder.

To celebrate this initiative, encourage children to connect with nature outdoors. Go on a nature scavenger hunt either in your service's outdoor area or go for a nature walk in the community. Try to spot as many different insects and plants as possible.

If you venture into the community, take an empty garbage bag with you. If you see any litter along the way, pick it up and use this as an opportunity to talk about the environment and how we can help protect nature by always putting our rubbish in the bin.

Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 3.2.23 Environmentally responsible

[Download Scavenger Hunt Checklist](#)



Easter

With Easter just around the corner, why not celebrate with some fun Easter themed physical activity and healthy eating activities at your service:

- ☒ Egg and spoon relay
- ☒ Taste testing boiled eggs
- ☒ Carrot craft
- ☒ Make healthy carrot muffins with the children's help (link to recipe below)
- ☒ Hop like a bunny along to the 'Hop little bunnies, hop' song

Link to NQS:

Element 2.1.3 Healthy lifestyle

[Carrot Muffin Recipe](#)



FMS of the Month: Hopping

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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.

To coincide with Easter our March fundamental movement skill is **HOPPING!** 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 - Hopping](#)

Play the [Hop Little Bunnies song](#) to practice hopping on one leg.

Link to NQS:

Element 2.1.3 Healthy lifestyle

Support for Families: Small Bites for Big Steps Videos

This free online program offers bite-sized videos containing information for families and carers about the healthy development of their child during the First 2000 days.

We encourage you to share links to relevant videos with families via your communication channels.

Click on the buttons below to check out the video showcase for each age group!

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

Link to NQS:

Element 6.1.3 Families are supported



Infants (0-18 mths)

Toddlers (18 mths-3 yrs)

Preschoolers (3-5 yrs)

Transition to school

Educator Wellbeing: The Get Healthy Service



Get Healthy
Service



The Get Healthy Service is an evidence-based NSW Health coaching service that helps you make lifestyle changes to improve your health. Qualified health coaches can help you with setting and achieving health goals, such as:

- Eating well and being physically active
- Reaching and staying a healthy weight
- Drinking less alcohol
- Managing or lowering your risk of illness and chronic disease

The program is designed to fit in with your life, with health advice tailored to your needs and goals.

Sign up online, ask your health professional for a referral, or call 1300 806 258.

[Home » Get Healthy NSW](#)

Link to NQS:

Element 2.1.3 Healthy lifestyle

April Recipe

This vegetable slice made with seven different types of vegetables provides children with lots of nutrients! It could be served for morning tea or afternoon tea, or for lunch with a side salad.

If you're looking for menu inspiration, the Healthy Eating Advisory Service has lots of great ECEC friendly recipes for main meals as well as snack ideas:

[Recipes | Healthy Eating Advisory Service](#)

Link to NQS:

Element 2.1.3 Healthy lifestyle

Vegetable Slice recipe



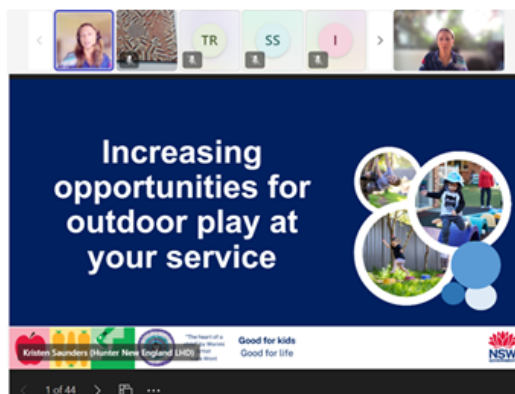
Professional Development: Increasing opportunities for outdoor play webinar

A big thank you to all the educators who joined us for the 'Increasing opportunities for outdoor free play' webinar last week, we had 37 educators in attendance across the 2 sessions. It was great to see so many educators engaging in this professional development opportunity and we hope you gained some insights on how you can increase outdoor free play at your service.

If you were not able to attend the webinar but would like to be involved in this initiative, please email us and we can send you the required resources.

Link to NQS:

Element 7.2.3 Development of professionals



Where to get more information?

Munch & Move Hunter New England LHD: [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

