



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

May 2025

National Sorry Day



National Sorry Day marks the anniversary of the day, in 1997, when the 'Bringing them home' report was first tabled at parliament. That report highlights the forced removal and treatment of Aboriginal and Torres Strait Islander people, known as the Stolen Generation.

National Sorry Day provides an opportunity to acknowledge the strength of Stolen Generations survivors and reflect on how we can all play a part in the healing process for our people and nation.



You may like to do a healthy eating learning experience at your service exploring recipes using traditional ingredients. Check out the recipes from the ['Feeding Your Mob'](#) book and plan a cooking experience involving the children (or ask your cook to add one of the recipes to your menu). Discuss the ingredients you are using and how they are connected to Country; e.g. hens lay eggs on Country, lettuce grows in Country.

To find out more visit: [National Sorry Day - Reconciliation Australia](#)

Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 6.2.3 Community engagement

[Download National Sorry Day Handout](#)

Screen Free Week



Munch & Move Storybook



HAPPY SCREEN-FREE WEEK | Embrace this initiative by reading Jack's FUNtastic Day to the children during group story time. This book is about a boy named Jack who leaves his screen behind for a day to embark on a fun-finding expedition!

Download the storybook as well as the supporting educator resource at: [Munch & Move Storybooks - Munch & Move](#)

Or email us and we can post you a copy: HNELHD-GoodForKids@health.nsw.gov.au

Link to NQS:

Element 2.1.3 Healthy lifestyle



National Reconciliation Week

National Reconciliation Week (27 May to 3 June) is a time for all Australians to learn about our shared histories, cultures, and achievements.

We all have a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that respect and value Aboriginal and Torres Strait Islander peoples, histories, cultures, and futures.

The 2025 National Reconciliation Week theme, *Bridging Now to Next*, reflects the ongoing connection between past, present and future. *Bridging Now to Next* urges us to look ahead and continue the push forward as past lessons guide us.

You might like to encourage the children to colour in this [NRW Colouring Sheet](#) to hang up at your service or check out the Good for Kids handout for some physical activity and healthy eating activity ideas.

To find out more visit: [National Reconciliation Week](#)

Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 6.2.3 Community engagement

[Download National Reconciliation Week Handout](#)



FMS of the Month: Leaping

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 May fundamental movement skill is **LEAPING!**

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

Play relays using toys as hurdles for the children to leap over: [LEAP HURDLES - Munch & Move](#)

Link to NQS:

Element 2.1.3 Healthy lifestyle

FMS of the month: Leaping



Professional Development: Spotlight on Munch & Move

We are excited to announce a new professional development package focusing on how to embed healthy eating and physical activity at your service.

The 'Spotlight on Munch & Move' package is made up of 12 short training modules (10-15 minutes each) that can be completed during team meetings.

Some of the topics covered in the package include:

- Support for breastfeeding
- Healthy eating learning experiences
- Lunchbox support
- Fussy eating
- Encouraging physical activity
- Policy support
- Empowering educators in supporting families
- Practice fundamental movement skills through team activities

A spotlight on Munch & Move

A series of short training modules for ECEC educators



Register for 'Spotlight on Munch & Move'

Link to NQS:

Element 7.2.3 Development of professionals

Support for Families: Introducing Food Allergens

Food allergy week (25 - 31 May) aims to raise awareness of food allergy in Australia. Awareness and education help reduce the risk of allergic reactions and effectively treat potentially life-threatening emergencies when they happen.

Introducing allergens to your baby before they turn one year old can help reduce the risk of developing food allergies later in life. Research shows that early introduction of common allergens like peanuts, eggs, and dairy can help the immune system build tolerance, potentially preventing the onset of allergic reactions.

You may like to share the below resources related to introducing allergens to children with families at your service.

Looking for other 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

Around 6 months (not before 4 months)

First foods – smooth foods and soft lumps

Iron rich foods

Developing tastes

Learning about eating

- Starting to eat solid foods is an important milestone.
- Start offering your baby solid foods when your baby is showing signs that they are ready. Babies will be ready at different times, so if you offer food and your baby isn't interested, you can try again a few days later.
- First foods should include iron-rich choices such as fortified baby cereals, egg, beans and lentils and soft-cooked and puréed meat. You can give these along with vegetables, fruits and grains.
- As your baby gets used to eating, start to include the common allergen causing foods in the foods you feed them. Choose one or two of the common allergen causing foods that your family eat regularly, and start to add these to the foods you feed your baby.

COOK'S MILK

Plan to offer a full fat, unseasoned puree or smooth lumps that can be eaten to avoid allergens. Most common allergens can also be eaten in this form. You can also offer a small amount of a full fat, unseasoned puree or smooth lumps that can be eaten to avoid allergens.

EGG

From around 6 months, you can start to offer your baby small amounts of egg. You can start with a small amount of egg in a puree or smooth lumps.

WHEAT

From around 6 months, you can start to offer your baby small amounts of wheat. You can start with a small amount of wheat in a puree or smooth lumps.

FISH

From around 6 months, you can start to offer your baby small amounts of fish. You can start with a small amount of fish in a puree or smooth lumps.

SOY

From around 6 months, you can start to offer your baby small amounts of soy. You can start with a small amount of soy in a puree or smooth lumps.

PEANUT

From around 6 months, you can start to offer your baby small amounts of peanut. You can start with a small amount of peanut in a puree or smooth lumps.

TREE NUTS

From around 6 months, you can start to offer your baby small amounts of tree nuts. You can start with a small amount of tree nuts in a puree or smooth lumps.

SESAME

From around 6 months, you can start to offer your baby small amounts of sesame. You can start with a small amount of sesame in a puree or smooth lumps.

Around 7 to 9 months

Mashed foods and textured soft lumps

Iron rich foods

Wider variety of foods, some interest in self feeding

- Once your baby has started to get used to smooth foods, add in thicker, more textured foods. If your baby is not quite ready for this texture, mash or chop the food down a little, and try again later.
- Let your baby play with their foods – that is how they learn about how foods feel and taste. It is also the first stage of self-feeding.
- If you have already offered some of the common allergen causing foods, keep feeding your baby these foods, and gradually expand the range of allergen causing foods your child is eating.

COOK'S MILK

Self-feeding can be a challenge for your baby. You can offer a small amount of a full fat, unseasoned puree or smooth lumps that can be eaten to avoid allergens. Most common allergens can also be eaten in this form. You can also offer a small amount of a full fat, unseasoned puree or smooth lumps that can be eaten to avoid allergens.

EGG

From around 7 months, you can start to offer your baby small amounts of egg. You can start with a small amount of egg in a puree or smooth lumps.

WHEAT

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FISH

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SESAME

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SHELLFISH

From around 7 months, you can start to offer your baby small amounts of shellfish. You can start with a small amount of shellfish in a puree or smooth lumps.

Around 10 to 12 months

Soft chopped and mashed foods and finger foods

Increasing food variety

More textured

First finger foods

Independent eating

- Your baby will begin to want to eat more independently. Learning to feed yourself is messy and takes lots of practice!
- Keep offering new foods even if your baby is not that keen on them.
- Never force your baby to eat a food, but keep it important to keep offering foods as part of your child learning to eat.
- Start the allergen causing foods that you have not introduced yet and keep offering those that your baby is already eating.

COOK'S MILK

From around 10 months, you can start to offer your baby small amounts of a full fat, unseasoned puree or smooth lumps that can be eaten to avoid allergens. Most common allergens can also be eaten in this form. You can also offer a small amount of a full fat, unseasoned puree or smooth lumps that can be eaten to avoid allergens.

EGG

From around 10 months, you can start to offer your baby small amounts of egg. You can start with a small amount of egg in a puree or smooth lumps.

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SESAME

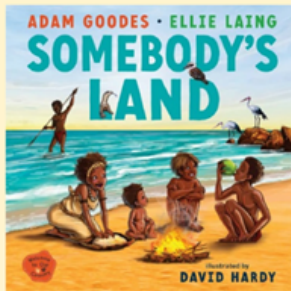
From around 10 months, you can start to offer your baby small amounts of sesame. You can start with a small amount of sesame in a puree or smooth lumps.

SHELLFISH

From around 10 months, you can start to offer your baby small amounts of shellfish. You can start with a small amount of shellfish in a puree or smooth lumps.

Update your service's information

Complete the M&M self-assessment and receive this book:



The heart of a child
by Worimi Artist Lara Went

Good for kids
Good for life



The Good for Kids Team supports over 490 ECEC services in the Hunter New England region to implement the Munch & Move program. To best support services, it is important for us to understand the Munch & Move practice area achievement, of services across the region. With this information we can ensure our training, resources and site visits, are targeted to meet the needs of our services.

Over the next few months, we will be sending an email to services who have not been seen by (or spoken with) the GFK team in the last 2 years. The email invites services to complete our new online self-assessment tool and update details of your service's Munch & Move practice achievements.

In appreciation of your commitment to helping us better support services with Munch & Move, this group of services will be eligible to receive a copy of **'Somebody's Land' by Adam Goodes** as a gift for their time.

Keep an eye out for an email from the Good for Kids team with the link to the self-assessment.

Veggie Month wrap up

Congratulations to the 45 services from the Hunter New England region that participated in Veggie month in March. We hope you had fun embracing this year's theme 'Be a Veg Explorer' and incorporating vegetables into your daily program.

Tillys Play and Education Centre at Gillieston Heights ran a 'create a 3D vegetable competition' during Veggie month. One of our health promotion officers visited their service in early April and got to view the masterpieces created by each room.

The children came up with some unique designs using all recyclable materials. Check out their cabbage, leek, capsicum and broccoli creations in the image on the right. Great job Tillys Gillieston Heights!

Link to NQS:

Element 1.2.2 Responsive teaching and scaffolding

Element 2.1.3 Healthy lifestyle



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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.



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