



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

July 2025

NAIDOC Week

NAIDOC Week provides an opportunity to celebrate and learn about the rich history, culture, and achievements of Aboriginal and Torres Strait Islander peoples.

Celebrating NAIDOC Week helps build a sense of belonging, fosters inclusive attitudes, and supports the development of cultural awareness from an early age. It is also a meaningful way for educators to demonstrate their commitment to reconciliation and to embedding Aboriginal and Torres Strait Islander perspectives in everyday learning.

Celebrate NAIDOC week at your service by engaging local Aboriginal and/or Torres Strait Islander community members or Aboriginal organisations to facilitate learning opportunities at your service or explore local NAIDOC events.

During this week the children could play a traditional Indigenous game from the [Yulunga resource](#) - check out the Good for Kids NAIDOC Week handout for instructions on how to play a skipping game called 'Turi Turi'.

Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 6.2.3 Community engagement



**THE NEXT
GENERATION:
STRENGTH,
VISION &
LEGACY**
6-13 JULY 2025

[Download NAIDOC Week handout](#)

National Tree day



National Tree Day toolkit

Schools Tree Day (July 25th) provides an opportunity for services to encourage children to connect with nature and learn about the importance of caring for the environment 🌱

By participating in tree planting or being active in nature on this day, children develop a sense of responsibility, environmental awareness and appreciation for the natural world.

Check out Planet Ark's [toolkit](#) for some fun children's activities to celebrate this event, including an early learning activity book, colouring in sheets and a treasure hunt checklist.

Teaching Aboriginal perspectives is a crucial part of celebrating National Tree Day, as caring for Country and sustainable land practices has been a part of Aboriginal & Torres Strait Islander cultures in Australia from the start of time.

Planet Ark has teamed up with 'Deadly Ed' to ensure all teachers and educators have the confidence, knowledge and resources to include Aboriginal perspectives in their National Tree Day initiatives. [Click here](#) to download the 'Embedding Aboriginal perspectives into your National Tree Day event- Early Years Educators' booklet for more information.

Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 3.2.3 Environmentally responsible

FMS of the Month: Side-sliding

Fundamental movement skills (FMS) 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 July skill is **SIDE-SLIDING!**

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

Why not have a slide crab relay to practise this skill: [Slide Crab Relay video - Munch & Move](#)

Link to NQS:

Element 2.1.3 Healthy lifestyle

FMS of the month: Side-sliding



Support for Families: NSW AECG Early Years Support



Follow AECG on Facebook

The NSW Aboriginal Education Consultative Group supports Aboriginal children and families in early childhood services through their first year of school, ensuring they are engaged, culturally nourished, and empowered to thrive.

While the Early Childhood Community Engagement Officers (ECCEO) primarily work within NSW Public Preschools, support extends to services with high populations of Aboriginal children. By championing collaboration with key stakeholders in the early childhood sector, Engagement Officers aim to strengthen school transitions, engagement, and overall outcomes for young learners.

For more information: [Early Years Support — NSW AECG Inc.](#)

As an educator you can join the Early Childhood Connections closed [Facebook group](#). The group is open to all Early Childhood Professionals within NSW and provides a space to share, collaborate and inspire, as well as keep up to date with relevant programs, training and other resources.

Link to NQS:

Element 6.1.3 Families are supported

Element 6.2.3 Community engagement

Professional Development: Munch & Move Express Workshop

The Good for Kids team are excited to deliver a **FREE** Munch & Move Express online workshop via Teams this month.

Date: Wednesday 23rd July

Time: 12 -1pm AND 6-7pm

(The session will be delivered at lunchtime and again in the evening to accommodate different work schedules)

This 1-hour workshop will provide an overview of Munch & Move:

- ✓ Practical strategies for embedding the fundamental movement skills into your program
- ✓ Healthy eating learning experiences
- ✓ Including Munch & Move practices in your QIP

All attendees will receive a certificate of attendance.

Register today!

Link to NQS:

Element 2.1.3 Healthy lifestyle

Element 7.2.3 Development of professionals

You're invited
to participate in the



FREE Online Munch & Move Express Workshop

Date: Wednesday 23rd July

Location: Online via Teams

Time: 12-1pm AND 6-7pm (the session will be delivered at lunchtime and again in the evening to accommodate different work schedules)

Who: ECEC directors, nominated supervisors and educators

What: Munch & Move overview including promoting healthy eating, physical activity and reducing screen time in ECECs

For more information, contact the Good for Kids team: HNELHD-GoodForKids@health.nsw.gov.au



Register for the 12 - 1pm session here

Register for the 6 - 7 pm session here

The Good for Kids Teacher Collective



Help shape the future of health and wellbeing programs for children in our region by joining the Good for Kids Teacher Collective. Your input is invaluable!

We are creating a cohort of teachers and educators to better understand their experiences and perspectives on health and wellbeing for themselves and the children in their care.

We need your voice to help identify priority health and wellbeing issues and contribute to the development and evaluation of impactful health programs.

For more information visit: [GFK Teachers Collective](#)

[Click here to register for the Teachers Collective](#)

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](#)

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

A Spotlight on Munch & Move training package: [Click here to register](#)

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

National Quality Framework: [National Quality Framework | ACECQA](#)

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

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](#)

Follow us



Contact us



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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