



Mini Messenger

FOR EDUCATORS

What's happening?

Happy New Year and welcome back! We hope you all had a safe and restful break over the holiday period.

This year we will be offering our *Active Play Any Day* and our *Moments in a Day* workshops in a range of locations across Northern Sydney.

See the attached workshop calendar for the full list of dates and locations, and for more information on how to register for these.

On another note, if your service uses an online portal to communicate with families, why not see if you can enable Munch & Move tags for your post? These are currently ready for use on KindyHub and KinderM8, but if you're using another platform, you could get in touch with your provider and request this capability.

We hope you have an excellent first term!

- Your Northern Sydney
Munch & Move team



**HOW ACTIVE IS YOUR
FREE PLAY?**

**FREE TRANSLATED
HEALTHY EATING AND
PHYSICAL ACTIVITY
RESOURCES**

**SUCCESS STORIES-
GUTHRIE CHILD CARE
CENTRE**



HOW ACTIVE IS YOUR FREE PLAY?

To help children (1-5yrs) meet physical activity recommendations, they need to be physically active for at least 30% of their time during care. For a service open for 10hrs, this is approximately 3hrs.

In order to reach this target, it's important that your service plans for a combination of structured and free play activities that encourage children to be physically active. Structured activities for pre-schoolers should include educator led activities that explicitly teach the 13 fundamental movement skills (FMS).

WHAT DOES PHYSICALLY ACTIVE FREE PLAY LOOK LIKE?

- Any activity that involves FMS such as running, jumping or ball games
- For young children (1-2yrs), simple activities that involve crawling, rolling or walking
- Using equipment that requires the body to move, such as climbing up and down a play gym
- Dancing
- Pushing cars or trucks around the room or playground
- Riding bicycles and scooters
- Doing obstacle courses
- Moving like animals
- Gardening

WHAT IS NOT PHYSICALLY ACTIVE FREE PLAY?

- Sitting down to draw, paint or do craft activities
- Sitting and playing in the sandpit
- Reading
- Using computers, ipads or watching tv
- Eating
- Playing with toys while sitting and not moving large body parts

NQS ELEMENT 2.1.3

Assessors may observe:

- Children being encouraged and supported to use increasingly complex motor skills and movement patterns

Why not go through Munch & Move's Active Play Audit Tool at your next staff meeting?
Download it from www.healthykids.nsw.gov.au

GUTHRIE CHILD CARE CENTRE

SUCCESS STORIES

The team at Guthrie Child Care Centre has developed a great new way to approach Fundamental Movements Skills (FMS) and include them as part of their everyday programming.

Here's their director, Jaclyn Stewart:

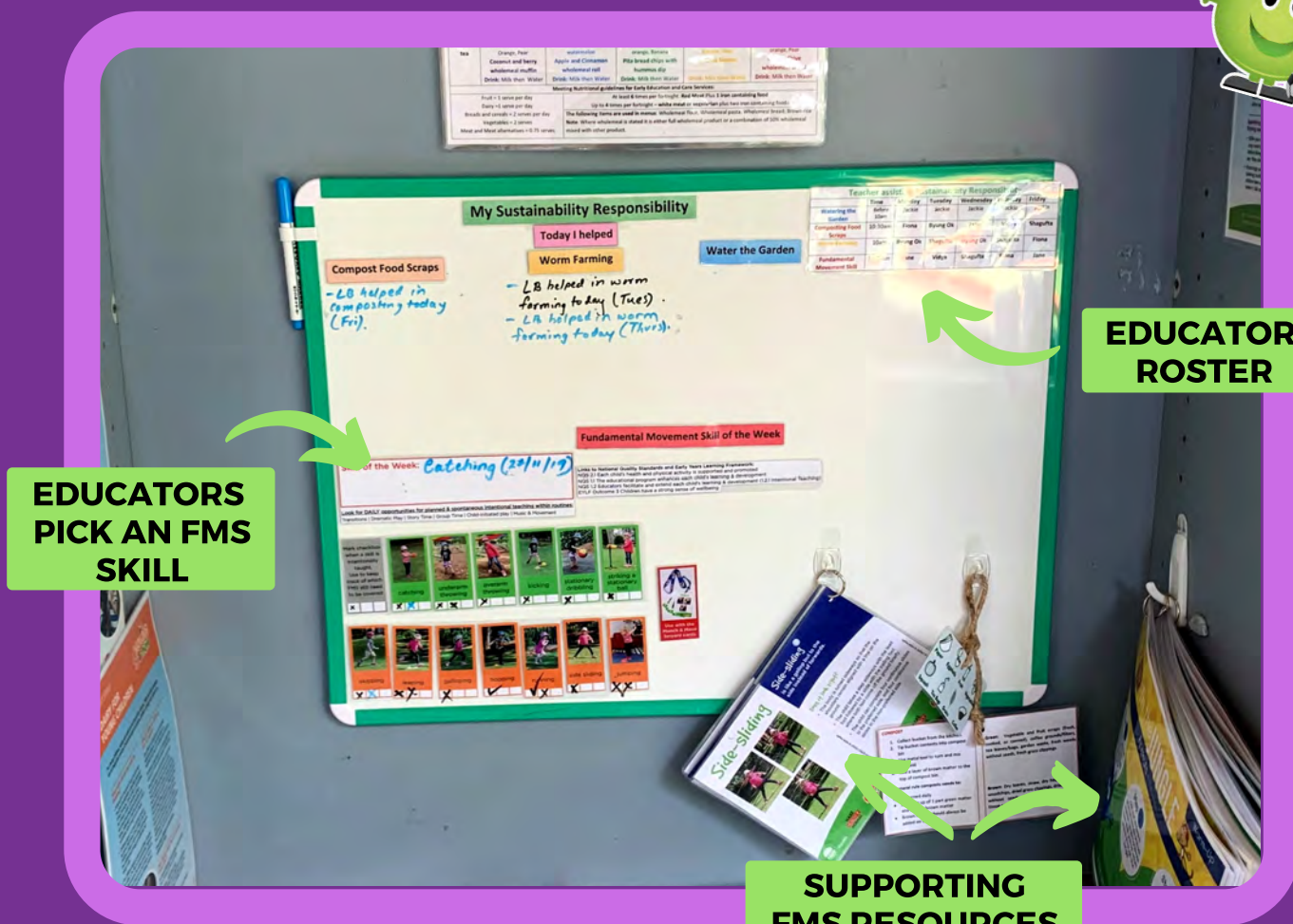
"I found in the beginning the best way to get it up and running was to assign a particular person to a specific day and have them responsible for teaching the FMS that day. The educator was able to pick whichever movement skill they were confident with and then marked it on the board. After a couple of weeks educators would swap days to whatever suited both themselves and the children that week. Later we introduced the games onto the board to further practise these skills.

We aim to practise an FMS skill in the morning and then follow up with a game in the afternoon. The responsibility to implement FMS is shared between our four educators and our outdoor space is shared between our 2+3 room and 3-5 room so FMS is practised together.

It's always hard to find a starting point and roll out a new routine / idea, so seeing what works for another service and adapting it slightly to suit our specific service needs has always worked for me.

Hopefully this is helpful for another centre to get them started too."

Thank you to Jaclyn and her team for sharing their success!



EDUCATORS PICK AN FMS SKILL

EDUCATOR ROSTER

SUPPORTING FMS RESOURCES

FREE TRANSLATED RESOURCES AVAILABLE

If your service has families from culturally or linguistically diverse backgrounds and you'd like to be able to give these families health information in their first language, Munch & Move has resources to help.

HEALTHY LIFESTYLE FACTSHEETS

These factsheets encourage a healthy lifestyle for families. Topics include Choose Healthier Snacks, Eat More Fruit and Vegetables, Turn off the Screens and Get Active, Get Active Each Day and Choose Water as a Drink. These are now available in Arabic, Chinese, Korean, Persian, Hindi and Tamil. Visit 'Resources' at www.wslhd.health.nsw.gov.au/Healthy-Children



FUSS FREE MEALTIMES

The Fuss Free Mealtimes flyer provides families with tips and ideas on achieving a more relaxed mealtime. These have been translated into Chinese, Korean and Arabic. Search for 'fuss free mealtimes' at www.slhd.nsw.gov.au

Munch & Move Contacts

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GET UP & GROW BROCHURES & POSTERS

These provide families with practical information and advice to support and encourage healthy eating and physical activity to their children. Available in various languages, search for 'Get up and Grow' at www.health.gov.au



NSLHD-Munch&Move@health.nsw.gov.au
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