



Mini Messenger

FOR EDUCATORS

What's happening?

We have plenty happening this year with more Fundamental Movement Skill and Moments in a Day workshops available for educators; Healthy Menu Planning workshops for cooks, and another Healthy Eating Active Play conference for directors on offer. To plan your entire year of Munch & Move training, see the attached calendar.

Your Northern Sydney Munch & Move team

START THE YEAR WITH GOOD VIBES

Starting childcare can be a difficult time for children, families and educators. However, one thing we know that makes us all feel better is upbeat music. Music makes us smile, relax and sometimes even unknowingly start grooving!

Dancing to music is also a fun way for children to practice their **stability skills**, the first sub-group of Fundamental Movement Skills. Stability skills are where the body remains in place but moves around its horizontal and vertical axis, for example, stretching, bending, twisting and balancing.

Children of all ages love music and so do educators, so turn the music on and start moving to the rhythm!



WHICH SONGS GET YOUR CHILDREN MOVING?

Send the title of your children's favourite song through to us at nsld-munch&move@health.nsw.gov.au and we'll create and share a playlist to get you moving and grooving!



**SUCCESS STORIES:
WARRINGAH MALL
CHILDCARE CENTRE**

**DO INFANTS LEARN
FROM SCREEN TIME?**

**EXPLORING FRUIT &
VEGETABLES AWAY
FROM THE TABLE**

WARRINGAH MALL CHILDCARE CENTRE

SUCCESS STORIES

Munch & Move has inspired our service to have many discussions about healthy food choices and where our food comes from. These discussions led to the children in the pre-school room showing concern for our farmers as they had been exposed to articles and news coverage about the drought.

We decided we wanted to help and came up with a plan. We discussed ideas that would take place over a week and made our families aware that the 3rd of September would be the start of our FARMERS WEEK. The children decided that a juice sale and lemonade stand would take place on Monday, a toy sale on Tuesday, a bake sale Wednesday, an art sale Thursday and a party to end the week where we would all dress up as farmers! The Lions were eager to let the farmers know that we wanted to help them so we decided to write them a letter and thank them for all the yummy food they provide us with! Finally we added some dancing into our allocated Munch & Move times as the Lions were adamant that their dancing would help rain come.

The Lions had a great time taking part in all the experiences planned and were so enthusiastic about the idea of helping our farmers. It was a successful week and the Lions were able to raise an impressive \$436!

Munch & Move is one of our favourite times of the day and it's experiences like these that arise and make this part of our program even more special!

- Director Marie Stojanovic





DO INFANTS LEARN FROM SCREEN TIME?

In recent times there has been a lot of research into the impact and learning potential of screen-based media for infants, toddlers and pre-schoolers.

While the research continues, there is currently very little evidence that children under 2-3 years learn from screen media. At this age, most learning comes from interaction with others, playing with toys and exploration of their surroundings.

Children under 2-3yrs will respond to changes in colours and shapes, but are usually unable to follow and learn from storylines within TV shows, movies, or video games. Care should be taken with background television as it can distract them from play and the important learning opportunities that come from this.

WHAT'S THE CURRENT NATIONAL RECOMMENDATION?

For children 2-5 years no more than 1hr of screen time per day is recommended

For infants 0-2 years, no screen time is recommended

For more information, check out the 24hr Movement Guidelines (Birth to 5yrs) at www.health.gov.au

TIPS FOR THE NURSERY ROOM

Turn off the TV in the background, even if it is only displaying photos

Turn the music on, research shows this encourages brain development, in particular language skills

Read books together, as with music, books help develop language skills.

EXPLORING FRUIT & VEGETABLES AWAY FROM THE TABLE USING SENSES

Try these sensory activities to extend on the children's learning about fruits and vegetables:

TOUCH

Have the children touch the exotic fruit or vegetable and describe it's texture.

LOOK

Slice the fruit or vegetable in half and place them in random order. Have the children find a pair. To extend the activity, have the children match a cut fruit or vegetable with it's whole counterpart.

SMELL & TASTE

Grab a blindfold and ask the children to guess which fruit or vegetable they're holding by smelling or tasting it. Ask them to describe to their peers the different textures or flavours, and whether they were surprised by the texture or taste.

You can also play these games with regular fruits and vegetables to get children to try foods they may claim to dislike, or haven't tried yet.

Get your families involved by asking them to bring in the exotic or unusual fruits and vegetables.

Our exotic fruit and vegetable suggestions:

- Dragonfruit
- Pomegranate
- Celeriac
- Cumquat
- Star fruit
- Purple sweet potato

EYLF Outcomes
3 & 4



Munch & Move Contacts

Nicole Tate - Munch & Move
Coordinator

Danielle Arenson
Lower North Shore/Hunter's Hill

Georgia Braham
Manly/Brookvale/Mosman

Courtney Jefferies
Northern Beaches/Ku-ring-gai

Vianney Brown
Ku-ring-gai/Ryde/East Hornsby

Kara McDonnell
Hornsby

NSLHD-Munch&Move@health.nsw.gov.au
nshealthpromotion.com.au
twitter.com/nshealthprom



Health
Northern Sydney
Local Health District