



# **WELCOME TO MAY!**

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BECCA

# Note.

***Dear parents and educators,***

***In this month's edition, you will find some valuable information on promoting healthy eating and physical behaviour in children.***

***Early Education is conducting a screen free challenge. Parents and educators are highly encouraged to report back activities completed across 5 challenge areas. Please view the supporting document '2019 Screen Free Challenge Tool Kit' for more details.***

***As the month of Autumn is nearing end, we incorporated a perfect recipe for the month which has some educational benefits in relation to creative arts and science!***

***Don't forget to attend some of the events listed under the 'calendar' page!***

***Hope to see screen free challenge activities completed and submitted soon!***

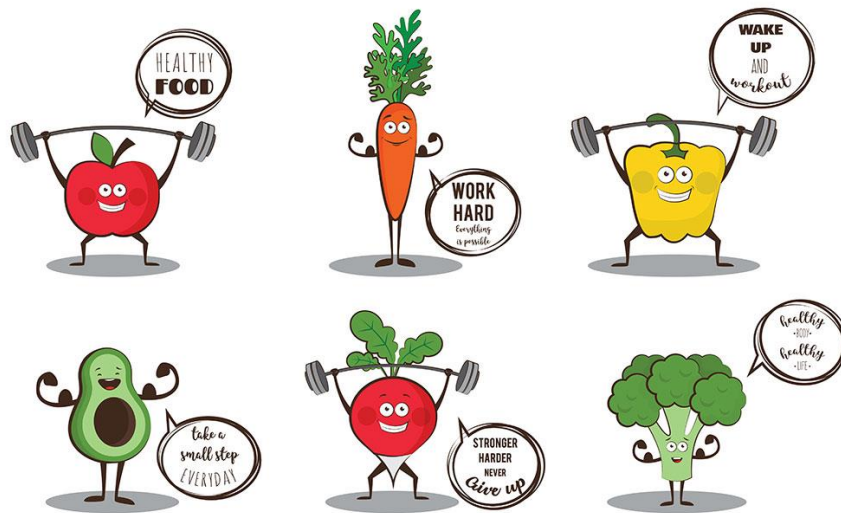
***Kind regards,***

***Hina.***

REBECCA



# MUNCH AND MOVE PROGRAM



Statistics show that 44 % of Australian children under the age of 5 are impacted by childhood obesity. This provides us with an implication that Early Childhood is a critical period for introducing healthy eating and physical behaviours.

A family day care can be considered an important setting for promotion of a healthy physical activity and eating behaviour.

The Munch & Move program is a key initiative by NSW state-wide healthy eating and active play program aimed at promotion of healthy eating and physical activities of young children.

## EARLY EDUCATION FDC SCHEME

The Munch & Move program underpins **six key health promoting messages:**

- ❖ Eat more fruit and vegetables !
- ❖ Get active each day !
- ❖ Turn off the television or computer !

The munch and move program have a significant impact on the practices of majority of NSW services. Some major improvements have been evident in the following practices (See figure 1.1):



**Practice 4**  
Water or age-appropriate drinks



**Practice 5**  
Healthy eating learning experiences at least twice per week



**Practice 8**  
Fundamental movement skills (ages 3-5 years)



**Practice 11**  
Written physical activity policy



**Practice 13**  
Provision of health information to families annually

Figure 1.1

It is important to note the long-term consequences of overweight and obesity. Research shows us that overweight and obese children are likely to remain obese into adulthood. There is also an accumulated evidence over the years relating to obesity highly linked to non-communicable diseases such as cardiovascular disease and diabetes.

*Early childhood is an important period to establish healthy eating<sup>[6]</sup> and physical activity behaviours<sup>[7]</sup> and therefore provides a critical time in the lifespan to establish healthy lifestyle patterns and implement obesity prevention interventions<sup>[8-10]</sup>.*

Figure 1.2

## 2.2 Program principles of the *Munch & Move* program

The *Munch & Move* program is based on six key health promoting messages:



A set of 15 program adoption indicators, also known as practices (six related to promoting and encouraging healthy eating, four related to improving physical activity, two related to small screen recreation; and three related to quality of service delivery) have been developed to assist implementation:

Practice 1:	Service monitors food and drinks that are in children's lunchboxes every day
Practice 2:	Service menu includes fruit and vegetables at least once per day
Practice 3:	Service menu includes only healthy snack options every day
Practice 4:	Service supplies age appropriate drinks every day
Practice 5:	Service provides structured and specific learning experiences about healthy eating at least 2 times per week
Practice 6:	Service provides tummy time for babies 0-12 months of age every day
Practice 7:	Service provides physical activity for 1-5 year olds at least 25% of the daily opening hours
Practice 8:	Service provides fundamental movement skills for children 3-5 years of age every day, to at least 90% of children
Practice 9:	Service use of small screen recreation by 3-5 year olds is appropriate
Practice 10:	Service has a written nutrition policy
Practice 11:	Service has a written physical activity policy
Practice 12:	Service has a written policy restricting small screen recreation
Practice 13:	Service provided health information to families within past 12 months
Practice 14:	Service has at least 50% of primary contact educators trained in nutrition and at least 50% trained in physical activity
Practice 15:	Service monitors and reports achievements of healthy eating and physical activity objectives annually

Figure 1.3





## SCREEN TIME:

Our younger generation are continuously exposed to screens on daily basis. The term 'screen' refers to computers, smart phones, iPads and TVs.

Screen time refers to time allocated to a particular digital outlet. Screen time has an impact on health and well-being, physical activity and sleep.

Children learn best by proper role modelling. Therefore, it is our responsibility to role model the appropriate use of screens.

Family Day Care is a great place to start teaching children to form healthy habits.

### The Recommendations



Figure 1.4

K. BEGGA

## The Facts About Screen Use In Early Childhood



- Too much screen time means children are sitting more and are less active.
- 54% of parents/ carers don't know the national recommended daily limit on screen time.
- Children who watch TV are more likely to snack on foods that are high in sugar, salt or saturated fat.

Reference: NSW Schools Physical Activity and Nutrition Survey (SPANS) 2015: Full Report

Figure 1.5

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# SCREEN FREE CHALLENGE!

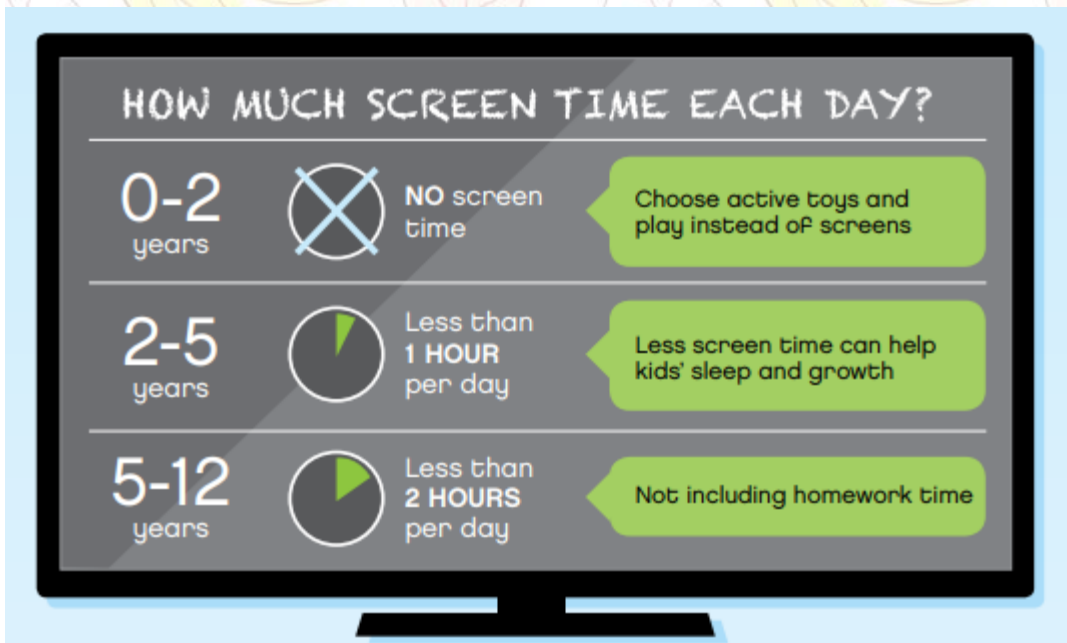


Figure 2.1

**OUR AIM AT EARLY EDUCATION FDC IS TO KEEP THE SCREEN TIME TO THE REQUIREMENTS STATED IN FIGURE 2.1**

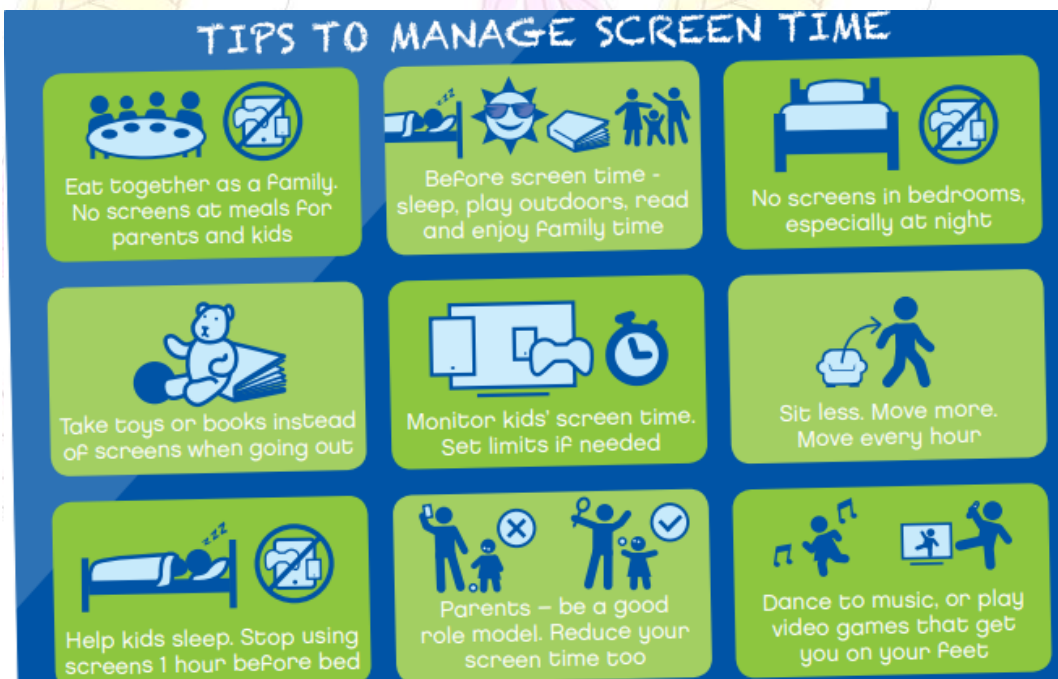
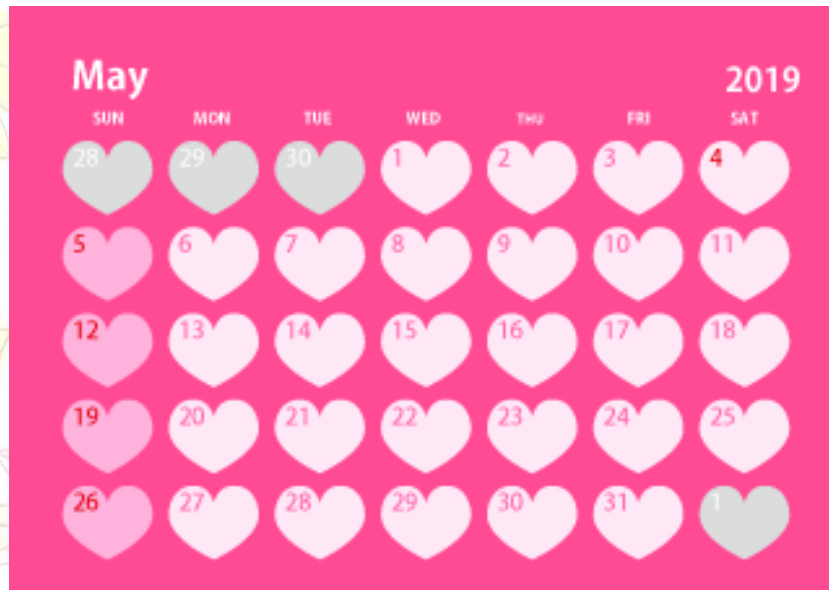


Figure 2.2





❖ **ACIAC Artist Workshop – “Peasantography”**

*7<sup>th</sup> May 2019, 1:00 pm – 2:00 pm, at Sydney NSW.*

❖ **Sydney Pregnancy Babies & Children’s Expo  
2019**

*17<sup>th</sup> – 19<sup>th</sup> May, at Sydney Olympic Park NSW.*

❖ **Down the Rabbit-Hole! Writing for  
Children!**

*18<sup>th</sup> May, 12 am, at Callan Park, Balmain Rd, Lilyfield NSW.*

❖ **Library Storytime**

*21<sup>st</sup> May, 4 am – 5 pm, at 1 Railway St, Baulkham Hills NSW.*

❖ **Bush Babies Nature Ramble**

*22<sup>nd</sup> May, 10 am – 11:30 am, at North Parramatta NSW.*

**CINNAMON SALT DOUGH LEAF ORNAMENTS**



❖ **Key learning areas for children include:**

- **Creativity**: Children will use materials to create 3-D models, and they will further expand on their creativity via mixing colours.
- **Science**: Children will combine dry materials and turn them into something new, and observe materials turn from soft to hard due to heat.

Please click the image below for the recipe !







**WE WOULD LIKE TO  
THANK YOU FOR  
TAKING THE TIME TO  
READ THROUGH MAY  
NEWSLETTER 2019.**

**WE WOULD APPRECIATE  
ANY FEEDBACK YOU  
MAY HAVE!**