

Hi I'm Justine Reynolds, director of Strauss Road Childrens Centre, and as a team the promotion of *Munch & Move* has taken on a whole of service approach.

As educators we recognize that it's vital to create an environment that has a positive impact on children's learning.

Promoting children's choice and working towards developing children's agency contributes to the development of self-esteem, identity and their wellbeing.

We have seen the children change their eating habits and the real value in their personal growth and development when they are empowered to choose their meals.

Educators are very comfortable to discuss where the food comes from, its health benefits, whilst at the same time role modelling healthy choices.

Our service participates in indoor outdoor play almost every day regardless of the weather.

This has seen children's physical activity increase, and has assisted the children's concentration and the ability to self-regulate their emotion.

I feel the benefits of these practices have seen our children become more adventurous, more willing to attempt the unfamiliar, especially with new foods.

It has built self-confidence and this has been transferred to our families who practice our *Munch & Move* fundamental movement skills at home.

I'm Belinda Womby, an educator from Strauss Road. We build partnerships with families through newsletters, flyers, day to day conversation, and we have our centre events such as afternoon teas where we like to communicate with families as well.

We love when they share their favourite recipes with us, and love when they get involved with what the children are doing and the activities that are going on.

We provide healthy recipes to send out to families to encourage them to eat healthy at home as well and we also enjoy sharing the fun activities that the children are doing at the centre.

Our centre has a fruit bowl in the foyer where we'd like to invite families to take a piece of fruit or for themselves or for the children, either when they drop them off or pick them up.

At the front of our centre we have an area set up to encourage families to get involved with *Munch & Move* activities.

In the afternoon it's great when the parents come to pick up their children and we're in the outdoor environment and they can get involved with the activities that their children are enjoying, such as the equipment, slides, hopscotch, beanbag activities.