



Dear Director and Pre-school Staff,

Please find attached Munch & Move physical activity & nutrition policies which you may like to use in your pre-school.

The policies have been put together by Northern Sydney Central Coast Health based on information in the Munch and Move manual, as well as current national and international recommendations for physical activity & nutrition. The policies have been streamlined for ease of use, both within the preschool and for distribution to parents. The policies have been extensively reviewed and approved by the NSW Department of Health.

Implementing these policies in your centre may assist in:

- ⇒ Complying with parts of the NSW Children's Services Regulation for licensing.
- ⇒ Complying with parts of the National Quality Practices Guide
- ⇒ Improving the wellbeing of children and staff
- ⇒ Preparing children for primary school physical education and sport, and
- ⇒ Highlighting the benefits of physical activity & nutrition to parents/carers and the wider preschool community.

We encourage pre-schools to adopt the policies to strengthen healthy eating and physical activity behaviours at pre-school and at home. Should you wish to tailor the policies to your centre, please be mindful of the following conditions:

⇒ **Additions to the policy:** Centres must clearly indicate on the policy that the additions are the initiative of the centre, and not necessarily the view of the Health Department (for example this could be denoted by an asterisk). In this instance the Munch & Move logo & NSW health logo may be used. A copy of the policy with the additions must be supplied to the Munch & Move representative from your area health service, before the policy is implemented.

⇒ **Removal of any parts of the policy:** In the instance where any words or policy items are removed or changed then the Munch & Move logo and the NSW Department of Health logo cannot be used.

Should you have any questions about the policies, please do not hesitate to contact a member of the Munch & Move team on the following numbers:

⇒ *Area Co-ordinator:* 9976 9876 Elissa Rao

Team:

- ⇒ 4349 4813 Gina Stuart
- ⇒ 4320 3360 Rudi Bartl
- ⇒ 9976 9528 Jenna Bilton
- ⇒ 9976 9876 Elissa Rao
- ⇒ 9858 7734 Alex Fox
- ⇒ 9926 7763 Rachel Wilkenfeld
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Kind Regards,
The Munch & Move Team
Northern Sydney Central Coast Area Health Service

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CENTRAL COAST
NSW HEALTH

