



MUNCHKIN NEWS

NOVEMBER MUNCHKIN LEAGUE NEWSLETTER

NOVEMBER 2021 • ISSUE 3



ON THIS MONTH

Melbourne Cup Day.....	2nd
National Recycling Week.....	8th-14th
Remembrance Day.....	11th
World Kindness Day.....	13th
Australian Food Safety Week.....	13th-20th
Road Safety Week.....	16th
White Ribbon Day.....	19th
Universal Children's Day.....	20th

REMEMBRANCE DAY

Remembrance Day falls on the 11th of November each year.

On the 11th hour on the 11th day of the 11th month, a minutes' silence is observed and dedicated to those soldiers who died fighting to protect the nation.

In Australia and other allied countries, including New Zealand, Canada and the United States, 11 November became known as Armistice Day - a day to remember those who died in World War One. The day continues to be commemorated in allied countries.

After World War Two, the Australian Government agreed to the United Kingdom's proposal that Armistice Day be renamed Remembrance Day to commemorate those who were killed in both World Wars. Today the loss of Australian lives from all wars and conflicts is commemorated on Remembrance Day.



WHAT OUR MUNCHIES GOT UP TO IN OCTOBER



On behalf of the NRL & Munchkin League the team took some donations to one of the Gold Coast amazing charity's, Baby Give Back. Baby Give Back Charity works so hard to give babies a safe and happy start to life, by providing local families with essential baby items as they navigate challenging times.

If you are local to the Gold Coast and would love to donate anything please take it down to their Warehouse at 15 John Duncan Ct, Varsity Lakes.

Baby Give Back's Mission, Vision & Values

Our Mission

To give babies and children a safe start to life by providing essential items to families in crisis.

Our Vision

Every baby has an equal start in life

Our Values

1. COURAGE - We are passionate, transparent and will do whatever it takes to achieve our mission.
2. COMMUNITY - Everyone is welcome to be a part of our village.
3. COMPASSION - We provide judgement free support to vulnerable families.
4. SUSTAINABILITY - We care about a healthier future for our children, our community and our environment so we redistribute, repurpose and recycle.



For more information please visit: <https://www.babygiveback.org>



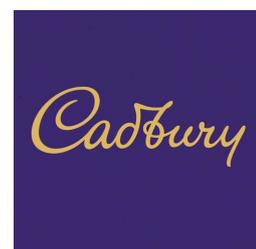
One of our Munchkin League Deliverers Campbell and his team Currumbin Eagles won their Gold Coast Reserve Grade Grand Final last month on the 16th of October!

OUR FIRST EVER MUNCHKIN HALLOWEEN CLINIC!

At the end of October we held our first Halloween Pop Up Clinic, which was a huge success. The children absolutely loved it, from running around participating in activities with our Munchkin League Deliverers, kicking balls with the Jillaroos players Lauren and Karina, to running through the inflatable, as well as enjoying some yummy chocolate and red frogs, it was such a great afternoon.

A huge thank you so all our amazing sponsors Gold Coast Titans, Cadbury & Reg frogs Australia.

We have also started planning our next Pop Up Clinic, this one will be in Brisbane and the theme will be (hint- Santa)



THE IMPORTANCE OF PHYSICAL EXERCISE AMONG 3-5 YEAR OLDS

All babies and young children benefit from a mix of physical activity, inactivity and sleep in each 24-hour period. Physical activity for young children mainly happens through unstructured, active play.

At that age, young children love moving around and exploring their world. The more active they are, the better, as it helps:

- achieve and maintain a healthy weight
- build strong bones and muscles
- improve balance, movement and coordination skills
- promote mental, emotional and social wellbeing
- promote better learning and thinking
- reduce injuries.

It's important that parents and carers support and encourage children to be active, to help them be healthier, happier, smarter and stronger. As young children grow and develop, they should work towards:

- spending more time in active play
- spending less time sitting
- getting enough sleep each day.

Give your children the freedom to create their own play, and do things that encourage independence and appropriate risk taking while supervised. This could be walking along a low wall, building a cubby house with branches or climbing a low tree.

Parents and carers can also be great role models for their children, by being active themselves. Read our physical activity guidelines for adults.



For infants (birth to 12 months)

Even before they are mobile, babies should be physically active several times a day in various ways. This can be through:

- supervised interactive floor-based play – the more the better
- at least 30 minutes of tummy time over the course of the day while awake, including moving their arms and legs
- reaching and grasping for objects.

Once they are mobile, it can be through:

- crawling – you can create easy obstacle courses for them to navigate
- pulling up to a standing position and moving while holding onto things

- walking – in some cases

For toddlers (1 to 2 years)

Toddlers love to run around, and that's great. The more active play toddlers take part in, the better. Toddlers should get at least 3 hours of various physical activities each day, including energetic play. This could be through:

- running – playing tips, ball games or races at the park
- twirling and jumping – at the park or by creating fun obstacle courses at home
- dancing
- skipping.

This should take place through the day, not all at once. Physical activity for toddlers should be fun and encourage exploration and discovery.

For preschoolers (3 to 5 years)

The more active play preschoolers take part in, the better. They should be active for at least 3 hours each day. This should include 1 hour of energetic play, like:

- running – playing tips, ball games or races at the park
- kicking, throwing and jumping – at the park or by creating fun obstacle courses at home
- dancing
- skipping.

This should take place through the day, not all at once. Physical activity for preschoolers should be fun and encourage exploration and discovery.

<https://www.health.gov.au/health-topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians/for-infants-toddlers-and-preschoolers-birth-to-5-years>



PIZZA MUFFINS | ANY FLAVOUR!

PREP TIME: 5 MINS | COOK TIME: 10 MINS | TOTAL TIME: 15 MINS

INGREDIENTS

- 6 English Muffins white or wholemeal, sliced in half (12 total)
- 3/4 cup pizza sauce homemade or store-bought
- 1-2 cups mozzarella or pizza cheese shredded

Plus one cup extra of shredded pizza toppings. These ones are optional but choose your favourites!

- Shredded ham
- Cherry tomatoes sliced
- mushrooms
- capsicum thinly sliced
- pepperoni

INSTRUCTIONS

For conventional oven

1. Pre-heat the oven to 180 °C (365 F). Line a baking tray or pizza tray with baking paper.
2. Place the muffin halves into a toaster and toast until they are lightly golden and slightly crisp. No need to over-toast, as the muffins will continue to cook in the oven.
3. Arrange the toasted muffins top side up on the baking trap.
4. using a spoon, spread 1-2 teaspoons of pizza sauce onto each muffin.
5. add the shredded cheese and a small amount of additional toppings.
6. Bake for around 10 minutes, or until the crust is crisp, the cheese has melted and the toppings have cooked. Transfer to a wire rack to cool slightly, or serve while hot. Enjoy!

