

# Good for kids

## good for life



### NEWSLETTER SNIPPETS TERM 4 2019

Please see below a suggested bi-weekly newsletter topic schedule that may assist you in planning your Term 4 school newsletters. Snippets may also be used to post on your schools Facebook page.

The below newsletter snippets are easy to copy and paste, and provide information to families on healthy eating and physical activity.

TERM 4 NEWSLETTER TOPICS
Healthy School Canteens
Turn off screens and get active
Eat more fruits and vegetables
Traditional Indigenous games
Ways to be physically active



**Health**  
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<http://www.goodforkids.nsw.gov.au/>

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## HEALTHY SCHOOL CANTEENS

When it comes to healthy eating it is important that kids get consistent messages at school and at home. As part of the NSW Healthy School Canteen Strategy, the Good for Kids team provides support to school canteens to create healthy canteen menus.

How can parents help?

Below are some ideas to use at home that support the NSW Healthy School Canteen Strategy and build positive food habits for life.

- **Swap sugary drinks with water.** For a twist try adding sliced or frozen fruit, herbs or vegetables to the water.
- **Plan meals together** and allow your child to assist in compiling a shopping list, and help with meal preparation and cooking.
- **To add flavour to meals** use your favourite herbs and spices. Spring is the perfect time to plant a herb garden with your kids. Easy to grow herbs include mint, chives, thyme and basil.

For more ideas visit [healthyschoolcanteens.nsw.gov.au](http://healthyschoolcanteens.nsw.gov.au) and search 'parents and friends'



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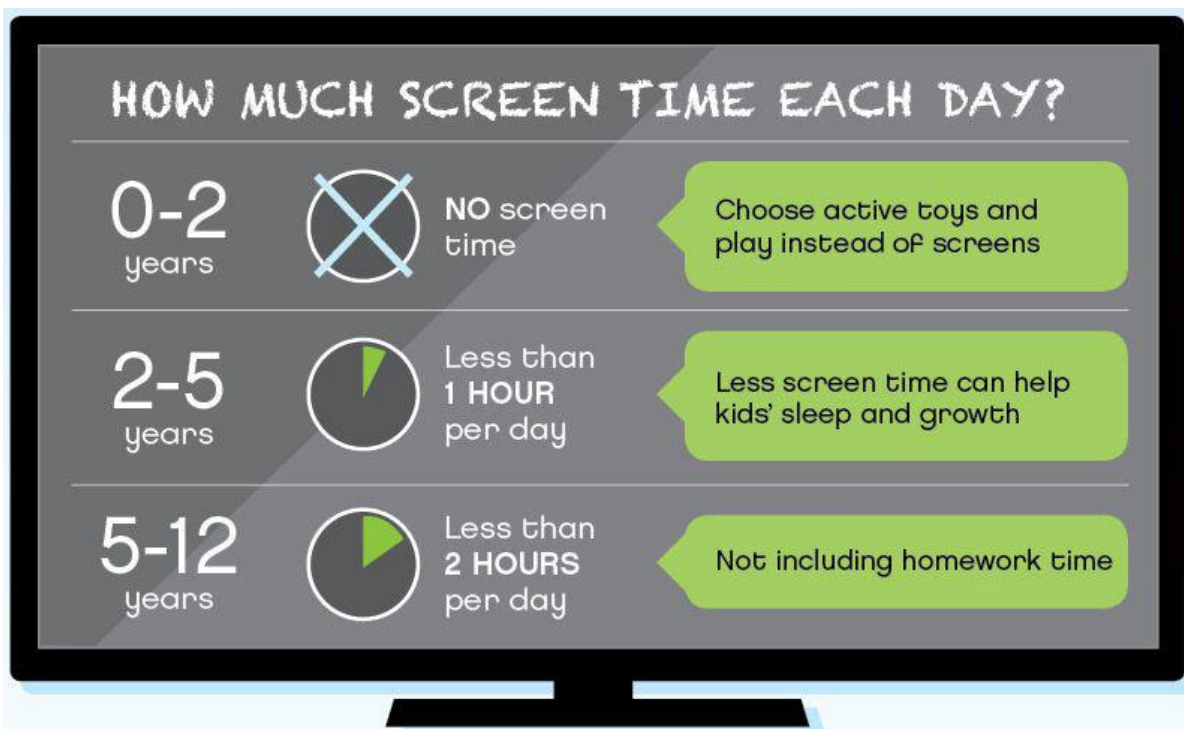
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## TURN OFF SCREENS AND GET ACTIVE!

Screens can be great for learning, play and communication, but too much screen time can be unhealthy. Try to sit less and move more.

How can parents help?

- Ensure kids have at least one hour of physical activity a day,
- Limit kids total screen time to less than 2 hours per day,
- Remove TV sets and computers from your child's bedroom,
- Encourage other types of fun that include both physical and social activities, like walking the dog or joining a sports team.



Source: Make Healthy Normal and the 24hour Movement Guidelines



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## TIPS TO HELP KIDS EAT VEGGIES



### ADD TO EVERY MEAL

Salad on sandwiches/wraps



Offer cut up veggies as snacks



Fill half the plate with veggies



### ENCOURAGE YOUR CHILD

Show them you like eating veggies too



Add veggies to food they already like



Be positive and patient. It takes 10 to 15 times to like a new food



### TRY A VARIETY

Fresh, Frozen, canned, raw or cooked



Different colours



Buy in season

# EAT MORE VEGETABLES and fruit

Vegetables and Fruit taste great and keep us healthy. Everyone should eat Fruit and veggies every day. Most kids eat Fruit each day but they don't eat enough veggies.\*

\*Australian Bureau of Statistics (National Health Survey, 2014-15)



**MAKE  
HEALTHY  
NORMAL**

This resource has been developed by Western Sydney Local Health District, published November 2018



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## TRADITIONAL INDIGENOUS GAMES

Looking for fun activities for the kids?

Why not try some **Yulunga: Traditional Indigenous Games**

**Thirring-Nunna** 'thir-ring-nun-na' is a hide and seek game that is played by the Aboriginal children in Queensland.



One player is the 'seeker' and the other players hide. Once hidden, the players are not allowed to move from their hiding places.

The seeker searches for the hidden players.

When players are found they can help the 'seeker' to find the other players.

Source: Yulunga Traditional Games - [sportaus.gov.au/yulunga](http://sportaus.gov.au/yulunga)



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## WAYS TO BE PHYSICALLY ACTIVE

### Why not try these ideas?

There are many ways for children to be physically active and to limit sedentary behaviour every day.



#### ACTIVE AND FUN

- Encourage children to play active games like obstacle courses, tag, skipping or throwing a ball or frisbee.
- Visit playgrounds, parks, nature reserves, ovals or beaches.
- Get children involved in a variety of different sports and activities.



#### ACTIVE TRAVEL

- For short trips, walk or ride safely.
- For longer trips, park the car some distance away and walk with children for the rest of the trip.



#### ACTIVE AT HOME

- Limit time for watching TV and using electronic games.
- Store portable electronic devices out of sight.
- Enjoy a walk with children around your local area.
- Children can help with gardening activities like digging, sweeping or raking.



#### ACTIVE AND SAFE

- Start slowly and build up the amount and intensity of physical activity.
- Protect children from the sun – ensure children wear sun-protective clothing, including a hat, and apply sunscreen regularly.
- Always supervise children appropriately when in and around water.
- Speak with your doctor or other health professional if your child has a medical condition.

Image source: Department of Health



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