

Good for kids

good for life



NEWSLETTER SNIPPETS TERM 3 2021

Please see below a suggested fortnightly schedule that may assist you in planning your Term 3 school newsletters. Snippets may also be used to post on your schools Facebook page.

Our newsletter snippets are easy to copy and paste, and provide information to families on aspects of student wellbeing including healthy eating, physical activity and limiting screen time.

TERM 3 NEWSLETTER TOPICS
International Year of Fruits and Vegetables
Recipe for a good night's sleep
Healthy winter warmers
Using physical activity as a reward
Choosing healthy snacks

The Good for Kids team acknowledges the traditional owners and custodians of the land that we live and work on, as the first people of this country, and pay our respects to Elders past, present and emerging.



Artwork: 'Heart of a child'
Lara Went Worimi artist

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INTERNATIONAL YEAR OF FRUITS AND VEGETABLES

The United Nations has declared 2021 the International Year of Fruits and Vegetables!

Did you know that over 75% of Primary school aged children in NSW consume the recommended serves of fruit?¹

BUT...

Only 1 in 20 NSW primary school children eat the recommended amount of vegetables!'

Pack vegetables for Crunch&Sip® at school each day.
Here's a few ideas:

No preparation:

- 🍎 Baby cucumbers or carrots
- 🍎 Cherry Tomatoes
- 🍎 Snow Peas
- 🍎 Frozen Peas

Some preparation:

- 🍎 Cucumber, carrot, celery or capsicum sticks
- 🍎 Corn on the cob



INTERNATIONAL YEAR OF
FRUITS AND VEGETABLES

2021



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

¹NSW School Physical Activity and Nutrition Survey, 2015

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RECIPE FOR A GOOD NIGHT'S SLEEP

Did you know that primary school-aged children need between 9 - 11 hours of sleep every night?¹

Poor sleep quality and insufficient sleep has been associated with a range of physical and mental health problems that can impact on a child's health and development.¹

Here's some sleep tips to help make sure your kids are getting their zzz's...

- Have a consistent sleep schedule and bedtime routine to help your child relax and wind down each night.
- Switch off all screens (TV, tablets, computers, phones) an hour before bed, and no screens in the bedroom!
- Daily exercise and time outdoors promote good sleep. Make sure your child is getting plenty of physical activity throughout the day.



Check out more sleep tips at www.healthdirect.gov.au/sleep-tips-for-children



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HEALTHY WINTER WARMERS

Here's a few ideas for healthy meals that are cheap, delicious, full of everyday foods and will keep you warm in winter!

- 🍎 Soups – try pumpkin, vegetable, lentil, tomato or minestrone
- 🍎 Toasted sandwiches – fill them with your favourite everyday fillings like baked beans & cheese or ham, cheese and tomato.
- 🍎 Mini Pizzas – make them with English muffins or wholegrain wraps
- 🍎 Slow cooker casseroles – pack them full of vegetables like potato, carrot, celery or pumpkin



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USING PHYSICAL ACTIVITY AS A REWARD

We all like to treat our kids with rewards when they have completed a task at home or performed well at school.

Here are some ideas on how to incorporate physical activity into your rewards:

- Visit a park that your child loves
- Instead of spending money on a food reward, why not get some new sports equipment for home (e.g. skipping rope, basketball, soccer goals, bouncy ball)
- Plan a special trip to an indoor active centre like rockclimbing, 10 pin bowling, putt putt or a trampoline park
- Go on a family bike ride or plan a family scavenger hunt
- Invite their friends over for a play in the backyard



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CHOOSING HEALTHY SNACKS

Healthy snacks are important to help your kids get the nutrients they need to grow, develop and learn.

Choose snacks that are everyday foods – vegetables, fruit, dairy, wholegrains or protein-rich foods.

Planning is the best way to make sure that the healthy choice is the easy choice.

Here's a few tips to help you plan your healthy snacks:

- Include vegetables and fruit in your child's lunchbox each day
- Add vegetables into homemade snacks (e.g muffins, pikelets, scones and slices)
- Cut up vegetables and fruit on the weekend so they are easier to grab during the week
- Keep a range of healthy snacks in the fridge or pantry that are easy to grab and go
- Get your kids helping to prepare healthy snacks
- Enjoy eating healthy snacks with your kids



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Source: Making Healthy Normal