

Welcome to the Good for Kids Term 4 2021 e-Newsletter

Please share this newsletter with all school staff including teachers, school admin and school canteen managers. You could also print a PDF copy to put up on your staff noticeboard.

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Good for Kids acknowledge 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 and present.

ENERGISER OF THE TERM

Hit the Decks!

Stage: Stage 1 – Stage 3

Formation: Standing at desks

Equipment: 1 deck of cards

Getting energised:

1. The teacher places the deck of cards in front of the class.
2. Each suit will correspond to a different activity.
 - ♥ Heart: Touch elbow to knee for 10–15 seconds.
 - ♦ Diamond: Jog or march in place for 10–15 seconds.
 - ♣ Club: Modified push ups (on knees) for 10–15 seconds.
 - ♠ Spade: Star jumps or scissors for 10–15 seconds.
3. It may be helpful to write the corresponding activity for each suit on the board.
4. The teacher (or a student) picks a card from the deck and the class performs the associated movement.
5. The class will perform the corresponding activity for each suit for a set period of time.

Variations:

1. Write suits and corresponding activities on butcher's paper so that activities can be done outside.
2. Choose 3 or 4 cards of each suit instead of using entire deck to save time.
3. Ask students to make up activities themselves



NUTRITION RESOURCE OF THE TERM

– Fruit & Veg Month Resources

Fruit & Veg month 2021 resources are now available online! You will find brand new classroom activities for each primary school stage (ES1 – S3) and modified activities for home learning.

The activities meet several outcomes from the new NSW PDHPE syllabus as well as other syllabus outcomes. Click here to access the resources.

To access these resources, please visit

<https://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/>



- Save the Date – Healthy Lunch Box Week Term 1 2022

Healthy Lunchbox week will be held **6-12 February 2022**. Occurring at the start of Term 1, when school is back and the daily preparation of lunchbox making has set in, Healthy Lunchbox Week supports schools in sharing relevant lunchbox messaging across the whole school community.

To check out recipes, factsheets and videos for inspiration to create a healthy lunchbox, please visit <https://www.healthylunchboxweek.org.au/>



ACTIVE TRAVEL

– Save the Date - National Ride2School Day Term 1 2022

National Ride2School Day will be held on **Friday 25 March, 2022**.

It is Australia's biggest celebration of active travel and encourages students, teachers and parents to discover the joy of riding and kick-start healthy habits for the future. Registration for next year opens Monday 8 November.

To register your school and check out the resources, please visit

<https://www.bicyclenetwork.com.au/rides-and-events/ride2school/ride2school-day/>



GOOD FOR KIDS HOME LEARNING RESOURCES

Good for Kids team have compiled a range of resources to support teachers and families during home learning and the transition back to face-to-face learning under the following topics:

Healthy Eating

Find links to nutrition teaching resources, online recipes, advice for families and lunch box inspiration.

Active Living

Discover activities for families to do at home, lesson planning ideas, teaching resources and workouts for adults to inspire you to move your body.

Wellbeing

Check out a variety of resource including articles, apps, videos and links to services to support the wellbeing of children, parents and carers and educators.

Visit the Home Learning page at <https://goodforkids.nsw.gov.au/home-learning/>

PROFESSIONAL DEVELOPMENT OPPORTUNITIES

– Staff Wellbeing Events – Department of Education Staff Only

The Department of Education Health and Safety Directorate have collaborated with specialist mental health organisations to deliver a wide range of wellbeing supports across Term 4 including Guided Wellbeing Check-ins, Wellbeing Toolbox Workshops, a series of afterschool Wellbeing Webinars, monthly campaigns and weekly resource posts.

The supports will commence Week 2, Term 4 and extend through Week 9. For more information and to register, principals, teachers, educators and support staff can visit the Department's Upcoming Staff Wellbeing Events page.



– ACHPER Reimagining Physical Education: Workshop 1 – Innovating in PE (Newcastle), 23 November



The Reimagining Physical Education workshops will support teachers and faculties to review current practices related to physical education and explore innovative new ways of presenting learning that reinvigorates their programs and increases levels of engagement for all students.

Workshop 1 – Innovating in PE will be held in Newcastle as a full day face to face workshop on 23 November. Workshop 2 – The power of questioning and observation in delivering and assessing quality PE programs will be scheduled for mid-2022.

For more information and to register, please visit

<https://www.achpernsw.com.au/event/newcastle-workshop-1-in-the-re-imagining-physical-education-to-increase-engagement-for-all-series/>

HEALTHY SCHOOL CANTEENS

- During Covid-19 Restrictions

School canteens have an important role to play in providing healthy food and drink choices for students and supporting a whole of school approach to health and wellbeing. We understand the operation of your school canteen has been affected by restrictions. Free support is available to help schools continue to meet the NSW Healthy School Canteen Strategy.

If your school would like to review your canteen menu, prepare for a 2 year check submission, or simply understand how to apply the Strategy contact your local Good for Kids support officer or email HNELHD-GoodforKids@health.nsw.gov.au for more information.

Don't forget we have lots of resources for canteens on our website at <https://www.goodforkids.nsw.gov.au/primary-schools/canteens/>



SPORTAUS



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FUNDING OPPORTUNITIES

- Sporting Schools Primary School Grant Program

The Sporting Schools program for primary schools helps to provide a range of sporting programs that will increase children's interest and participation in sport. It also aims to create stronger links between children and local sporting clubs, nurturing a lifelong love of sport.

Sporting Schools funding is available for primary schools to deliver Sporting Schools programs before, during or after school hours using one of our national sporting organisation partners. Australian primary schools can apply for funding once per school term, Term 1 2022 applications are open Monday 8 November - Friday 19 November 2021.

For more information please visit <https://www.sportaus.gov.au/schools/schools/funding>



LATEST RESEARCH FROM THE GOOD FOR KIDS TEAM

'Just do some physical activity': Exploring experiences of teaching physical education online during Covid-19
Vaughan Cruickshank, Shane Pill and Casey Mainsbridge, *Issues in Educational Research*.
<http://www.iier.org.au/iier31/cruickshank.pdf>

This study explores teacher experiences of online delivery of physical education due to Covid-19 suppression measures over a ten week period in 2020 in Tasmania.

The key themes identified were:

- PE did not happen and was altered to physical activity/fitness or movement breaks between other subjects.
- Online platforms are already used by schools but using them to teach PE can result in a lot of additional work.
- Connection with students is an important part of teaching. Teachers had concerns about delivery of feedback and student engagement online.

Practical applications of the findings were:

- PE teachers could 'flip their classroom' by setting content and activities for students to do, both individually and in groups, and timetabling a Zoom session to provide immediate feedback on student skill performance (on skills that students have been practising at home) and leading class discussions on the importance of health literacy and the five dimensions of health.

Development of Australian physical activity and screen time guidelines for outside school hours care:

an international Delphi study <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-020-01061-z>

This study aimed to develop draft physical activity and screen time guidelines for use in Australian OSHC.

The study found guidelines are welcomed by the sector and the setting has a role in helping children achieve the 24-hour movement guidelines.



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