



Term 2 2024 Staff E-Newsletter

Welcome to the Good for Kids Term 2 2024 e-Newsletter

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



© Lara Went – “The heart of a child”

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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

Scheduling short classroom energisers can increase student focus, concentration and create an engaging learning environment that contributes to student wellbeing.

Rubbish Box

Stage: Stage 1 - Stage 3

Formation: Standing at desks in pairs

Equipment: A scrap piece of paper for each pair

Getting energised:

1. Students scrunch up a piece of paper to create a ball and place it on the floor between them.
2. The pairs then work together to pick up the paper using the body parts that the teacher calls out:
 - Elbow and elbow
 - Foot and foot
 - Knee and knee
 - Forearm and elbow
 - Foot and elbow
 - Knee and elbow
 - Forehead and back of hand
3. Once they have picked it up, the pair should try to hold it in place for as long as they can (until the teacher calls out the next combination).



Variation: Each student can have his or her own paper ball and play individually.



Nutrition Resources

FEAST - OzHarvest

FEAST (Food Education and Sustainability Training) is a 10-week, curriculum-aligned education program for Stage 3.



The FEAST program teaches students how food waste impacts our environment, and how to plan, prepare and cook healthy, nutritious meals.

Funding is available for schools with ICSEA score <1000, and for regional and remote schools to support purchasing cooking equipment and ingredients.

Enrolled schools have direct access to an online portal containing teacher and student resources needed to deliver the program. Including:

- **Curriculum package** - units of work and 10 lesson plans aligned to the stage 3 STEM program.
- **Cooking in the classroom** - hands-on cooking activities in the classroom, kitchen kits, low-waste recipes.
- **Professional development** - (face-to-face or 2-3 hours online) to inspire, inform and educate teachers to confidently deliver the program.
- **School cookbooks**

To find out more about the program, or register for FREE, head to the FEAST website: www.education.ozharvest.org

Canteen Recipe

Chicken & Veggie Soup

Classification: Everyday

Serves: 15

Ingredients:

- 2 tbsp olive oil
- 1 onion, diced
- 1 clove garlic, crushed
- 2 sticks celery, diced
- 2 carrots, peeled and diced
- 2 zucchini, diced
- 5 ½ cups dry soup mix (a mix of peas, barley and lentils), rinsed
- 2L chicken stock (salt-reduced)
- 600g skinless chicken breast, chopped into bite sized pieces
- 2C water



Method:

- 1.Heat the oil in a large soup saucepan on a medium heat.
- 2.Add onion and garlic and cook until soft.
- 3.Add the veggies and stir through.
- 4.Add the soup mix, stock, chicken and water and bring to the boil, skimming off any foam that rises to the surface. Reduce heat to low and cook for 1 hour, stirring occasionally.
- 5.Season with pepper and serve with wholegrain toast or bread roll.

Acknowledgement: Sourced from Healthy Kids Association



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

Developed by Hunter New England LHD



School Spotlight: Stroud Public School

Smoothie bike, SWAP IT
healthy lunchbox program
& canteen support



As health promotion officers, we love visiting schools in the Hunter New England area to promote all things healthy eating and physical activity.

Last term, project officers Jess and Elise visited Stroud Public School to talk to their students about the importance of eating a variety of fruits and vegetables. The students had a turn on our smoothie bike and made some super delicious, healthy smoothies.

Stroud Public School also completed the SWAP IT program last term and received their SWAP IT school certificate - congratulations on becoming a **SWAP IT school!**

Stroud Public School's P&C has also worked alongside Good for Kids to create a fresh canteen menu full of healthy options, in line with the Healthy School Canteen Strategy.

Get in touch to chat about how we can support your school!
HNELHD-GoodForKids@health.nsw.gov.au



“At the end of Term 1 we had a visit from the ‘Good for kids, Good for Life’ team. During the visit we used a smoothie bike to make delicious and healthy smoothies with fresh, healthy ingredients. Our P&C have been working closely with the team in the swap it program to bring some new fresh and exciting options in our Friday canteen menu. Keep an eye out for these in Term 2!”

- Stroud Public School Facebook



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Funding Opportunities

Sporting Schools Grants



The Sporting Schools grant 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 the national sporting organisation partners. Australian primary schools can apply for funding once per school term, with TERM 3 application opening soon!

Term 3, 2024 applications close 5pm AEDT Friday 31 May, 2024.

To find out more, click here or scan the QR code.



Coles Start Small Dream Big Grants

Coles is offering 20 primary schools and early learning centres a \$1,500 grant to get started on their kitchen garden journeys with a Start Small, Dream Big Grant.



Successful applicants get \$1500 to improve their school’s cooking and gardening areas. This can be used to buy things like garden beds, a compost tumbler, enhance your kitchen, or fill your pantry. Additionally, every grant winner will receive a two-year membership to the Stephanie Alexander Kitchen Garden Program, worth over \$1,000.

Applications close Friday 7 June, 2024.

To find out more, click here or scan the QR Code.



Meet the team

Good for Kids Primary School Team

The Good for Kids primary school team supports all primary schools throughout the Hunter New England area to promote healthy eating and physical activity.

Keep an eye on your inbox, phone, or doorstep as our team might be reaching out to you soon!

Thank you to the 250+ schools we have already connected with. Stay tuned for ways we can collaborate to make our schools healthier and happier places for all.



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