



Term 1 Snippets 2024

Please see below a suggested fortnightly schedule that may assist you in planning your Term 1 school newsletters. Snippets may also be used to post on your school's Facebook page.

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

Term 1 Newsletter Topics

Start the day right with brekky

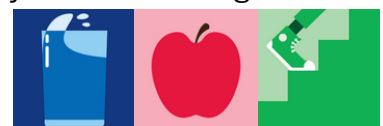
What makes a balanced lunchbox?

Fundamental Movement Skills activity -
Balancing Act

Screen habits to improve sleep

Recipe: Fried rice salad

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.







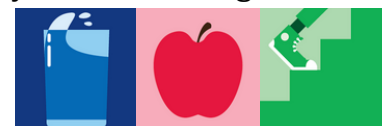


Start the day right with brekky

Eating breakfast fuels the body and gives kids more energy to concentrate and focus at school. It also gives kids the energy to be physically active!

Here are some tips to encourage kids to eat breakfast everyday:

-  Involve kids in planning, shopping and making breakfast. This teaches them to plan, prepare and cook meals
-  Prepare the night before - i.e., get the kitchen utensils out ready to use, bowls, plates, cups, cut up fruit and pop it in the fridge
-  Try healthy grab and go options: fruit, trail mix, yoghurt, fruit smoothies, baked beans or wholegrain cereal bites
-  Encourage your kids to start each day with breakfast! Make time to sit and enjoy eating breakfast together





What makes a balanced lunchbox?

A balanced lunchbox is made up of everyday foods from the five food groups: grain foods, fruit, vegetables, dairy/alternatives and meat/alternatives. Eating a range of everyday foods will give kids energy to learn, grow and play!

Follow this guide for packing an easy everyday lunchbox:

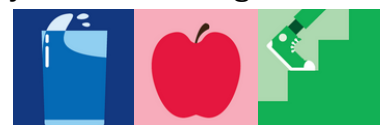
Crunch&Sip®: 1 serve of vegetables or fruit

Recess: 1 serve of vegetables or fruit & 1-2 everyday snacks

Lunch: A meal made with everyday ingredients such as sandwich, wrap, roll or leftovers

Drink: Water and/or reduced fat plain milk

Don't forget to pack an **ice brick** or **frozen water bottle** to keep food cool and safe!





Fundamental Movement Skills Activity: Balancing Act

Fundamental Movement Skills (FMS) are the building blocks of movement. Just like kids need to learn to read and write, they need to learn how to master FMS for a lifetime of enjoying being physically active.

Try the activity 'Balancing Act' to develop balance!

Students try balancing different objects to see which shapes are easiest to balance.

What you need:

Various balancing objects, such as feathers, shoes, caps, broom handles, balancing poles (made from rolled up newspaper and sticky tape), etc.

What to do:

- Students balance various objects to see which shapes are easiest to balance
- Students use different body parts to balance the objects, such as the palm or back of their hand, or their knee, foot, elbow or chin

Change it up:

- Students try walking or lying down and getting back up again while trying to balance the object
- Students 'jump' the balancing object from one body part to another i.e., one hand to another
- Compete with others and see who can hold a balance the longest



Source: Playing for life (www.sportaus.gov.au)



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<https://goodforkids.nsw.gov.au>

Developed by Hunter New England LHD



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Screen habits to improve sleep

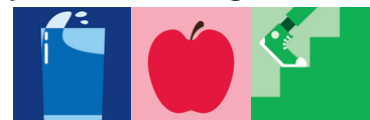
Did you know?

School aged children need between 9 & 11 hours of sleep each night to help them play and learn during the day.

Using screens can affect the quality of sleep and the time it takes for your child to fall asleep.

Try these tips to reduce the negative effects of screens on your child's sleep:

-  Avoid using screens for at least one hour before bedtime. Wind down by reading or playing quiet games
-  Keep tablets, mobile phones and other screen devices in a dedicated place outside of the bedroom every night
-  Encourage your child to connect with friends during the day, rather than messaging or playing games at night
-  Encourage active play outside, rather than using screens after school





Recipe: Fried rice salad

Serves: 4

Ingredients:

- 2 tsp vegetable oil
- 1 onion, diced
- 1 red capsicum, diced
- 1 green capsicum, diced
- 1 carrot, diced
- 50g ham
- 4 cups cooked brown rice
- 125g canned corn kernels, drained
- 6 shallots, finely sliced
- 1/4 cup reduced salt soy sauce
- 8 cherry tomatoes, halved



Method:

1. Heat oil in large fry pan over high heat.
2. Saute onion, capsicum, carrot and ham for 3-4 minutes.
3. Add rice, corn, shallots and soy sauce. Sitr fry for 2-3 minutes, mixing well.
4. Transfer to a bowl to cool.
5. Spoon into air-tight containers and top with cherry tomatoes.
6. Store in the fridge until ready to be placed in the lunchbox.
7. Pack in your lunchbox with an ice brick to keep food cool and safe.

Source: SWAP IT (<https://www.swapit.net.au>)



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