



## Term 2 Snippets 2024

Please see below a suggested fortnightly schedule that may assist you in planning your Term 2 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 2 Newsletter Topics

Screen Free Week

Why is being active important?

Veg & fruit 'grab & go' snacks

Game: 3 hands, 2 feet

Sandwich alternatives

*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.*



*'The heart of a child' - Lara Went*










## Screen Free Week

Spending time on screens can be an obstacle for kids who need more active and creative outlets for development.

Get involved in the global event during the first week of May and step away from screens for recreation.

Anyone can take part! Choose what screens you could turn off for your family and set a goal to achieve i.e. turn it off for 1 hour, a day or the whole week.

During this time, you could try some other activities like:

-  Getting outside and being active
-  Riding your bike
-  Dancing
-  Playing outdoor games
-  Going for a walk

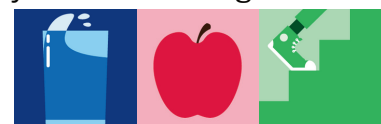


Source: Screen Free Week ([www.screenfree.org](http://www.screenfree.org))



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Developed by Hunter New England LHD



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## Why is being active important?

**Did you know that less than 1 in 4 primary school aged children meet the recommended 60 minutes of physical activity every day?**

It's important for physical activity to be a regular part of family life. Limiting sedentary behaviour is central to a child's health, development and wellbeing.

Regular physical activity is essential for:

- Brain development
- Bone strength
- Muscle control
- Balance & coordination
- Maintaining healthy weight
- Positive sleep patterns
- Mental health
- Concentration
- Self esteem

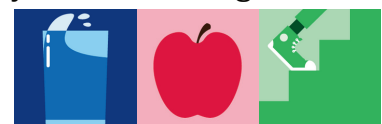


Source: [Australian Institute of Health and Welfare \(www.aihw.gov.au\)](http://www.aihw.gov.au)



@ [HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
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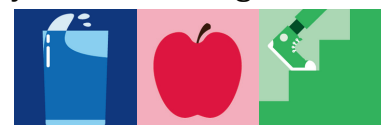
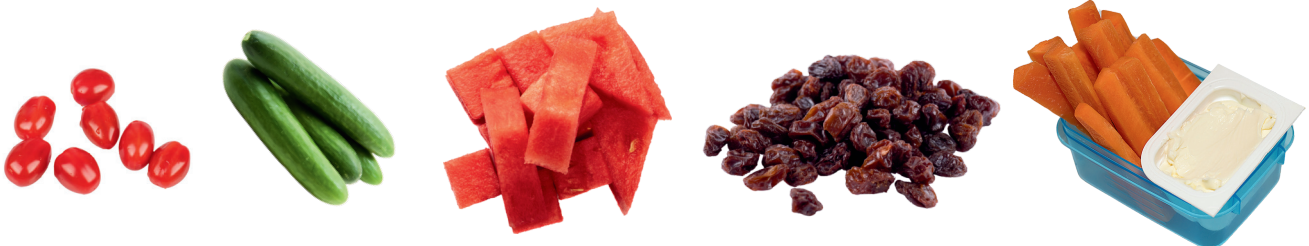


## Veg & fruit 'grab & go' snacks

Snacks are an important part of the lunchbox and can be a great opportunity to increase vegetable and fruit intake across the school day.

Here are a few ideas for easy 'grab & go' snacks:

-  **Ready to eat vegetables and fruit:** baby cucumbers, cherry tomatoes, celery sticks, baby carrots, grapes, apricots, snow peas etc.
-  **Bite sized pieces of vegetables and fruit:** pack a container of chopped pieces such as watermelon, orange wedges, broccoli or capsicum.
-  **Whole fruit pieces:** Apples, pears, bananas, peaches, mandarins are all easy options.
-  **Vegetable sticks and dip:** Keep pre-cut carrot and/or celery sticks in an airtight container in the fridge for easy snacking with dips like hummus, tzatziki or cream cheese.
-  **Dried fruit pieces:** Try dried apple, apricot, or sultanas as a snack occasionally.





## Game: 3 hands, 2 feet

Physical games are a great way to have fun with family and friends. They can also enhance skills such as balance, creativity and strength.

Try this game one afternoon this week:

**What you need:** Soft grassed area or soft mat. This game is played in pairs - partner up with your child or get siblings to verse parents!

### The Game:

- On 'Go', pairs move freely around the room holding hands until they hear your signal.
- Call out combinations including any of the following: Feet, bottom, shoulders, knees, hands, backs, elbows.
- Players find a mat and assume the position called (i.e. if you call out '3 hands, 2 feet', pairs form a balance with only these number of body parts touching the ground)
- Players hold their position for a set time (i.e. 10 seconds)
- Players must be in contact with one another to maintain balance.

### Safety:

- Do not allow players to use their head as a balance option.
- Ensure players securely 'brace' one another with appropriate hand grips.
- Make sure players are controlling their exits from the balance.

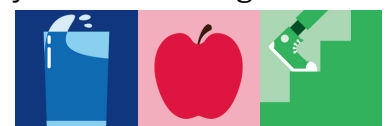


**Source:** Playing for life ([www.sportaus.gov.au](http://www.sportaus.gov.au))



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## Sandwich alternatives

**Sandwiches are a lunchbox staple, however sometimes a bit of inspiration helps to keep them interesting and varied.**

Here's some quick and easy ideas:

-  **Use leftovers in the lunchbox:** Save time and money by using leftovers from dinner to serve as lunch the next day. Rice or couscous with vegetables, fried rice and pasta all taste great served cold!
-  **Wrap it up:** A multigrain tortilla wrap is a great alternative that is just as easy to make. Skinless chicken or ham with salad are great everyday options.
-  **Salad tubs:** Fill a lunch container with different salad ingredients like lettuce, carrot, tomato and corn. Add tuna, falafel, roast vegies, skinless chicken or ham for something different.

Remember to always pack an ice-brick to keep lunchbox food safe!



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