



Term 4 2024 Staff E-Newsletter

Welcome to the Good for Kids Term 4 2024 e-Newsletter

Please share this newsletter with all school staff including teachers, Aboriginal liaison/education officers, 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”

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.

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2024 in review

School Engagement

Over the course of this year, the Good for Kids team set out to engage and build connections with every primary school across the Hunter New England region.

Thank you to all the schools across HNE who continue to prioritise health and wellbeing practices for their students and families.



Summer sun safety

As summer approaches, it's important to reinforce sun safety practices in our schools. Encouraging students to wear hats, apply sunscreen, and seek shade during outdoor activities can help protect young skin from harmful UV rays.

Here are some ways you can encourage your students to be sun safe:

- Have a written sun protection policy
- Reschedule/minimise outdoor activities in direct sun during peak UV periods of the year
- Teach, model and reinforce positive sun protection behaviour



Check out the [Cancer Council's webpage](#) for sun safe primary schools for resources and more!



Energiser of the term

The 12 Days of Fitness

Energisers are quick simple physical activities/games that encourage students to get up and move. Engaging in energisers throughout the school day can improve children's academic achievement, memory, concentration, cognitive function, behaviour.

Stage: Stage 2 – Stage 3

Formation: Standing at desks

Equipment: None



1. Students act out the following song, singing along with the teacher:

2. "On the first day of fitness, my teacher gave to me"

- 12 star jumps
- 11 'raise the roof' (raise hands up and down above head)
- 10 knee lifts
- 9 side stretches
- 8 jogs in place
- 7 air punches
- 6 can-can kicks
- 5 hula hoops
- 4 jumping ropes (imaginary rope)
- 3 muscle poses (stand with legs apart, hold arms above head in flexed muscle position)
- 2 scissors cutting (feet apart, then cross in front, feet apart, then cross in back)
- And a stork standing on one foot (balance on one foot)



Variations:

1. Write the activities on the board or poster board to make them easier for students to follow and to sing along.

2. The song can either be sung straight through as written, or repeated as in the original song.

Wheelchair sports for kids

Come and try day - Broadmeadow PCYC

Wheelchair Sports for Kids are hosting their first 'Come and Try' day for children 12 and under who would like a taste of wheelchair sport! From 12pm- 2pm at PCYC Newcastle on Saturday the 30th November.

BYO wheelchair (can be electric, self propelled or push). They will also have a limited number of additional chairs for children without chairs to try.



"No matter your child's abilities we'd love them to come along, make some friends and have some fun!"

Kindergarten orientation expos

The Good for Kids team have been busy this term attending and presenting at kindergarten orientation expos across Hunter New England, where our team speaks to parents about packing a healthy lunchbox and the importance of healthy eating and physical activity during the school day.

Kindergarten orientation is the perfect time to provide information to new families on healthy eating and physical activity, so their child has the best start at school. Thank you to all the schools who ordered resources from us to provide in your Kindy O packs.



National Recycling Week

11-17th of November



Planet Ark's National Recycling Week Schools Recycle Right Challenge runs from the 7th of October until the 17th of November.

School involvement could look like:

- Setting up a school recycling system
- Setting up a school collection point for e-waste
- Creating a compost system or worm farm

The challenge includes a number of recycling themed activities, lesson plans and event activities that have been designed for Australian schools.

Register here to join the cycle: [RECYCLING WEEK!](#)



Canteen Recipe

Christmas Watermelon Slushie

Classification: Everyday

Makes: 4

Ingredients:

- 4 cups (approx 700g) chopped, seedless watermelon
- 2 cups (approx 300g) frozen strawberries ½ cup mint roughly chopped, plus extra to garnish
- Juice of 1 lime (optional)

Method:

1. Place all ingredients in a blender, blend until smooth. Serve immediately.



Source: <https://www.foodcore.org.au>

Foodbank

NSW Breakfast 4 Health Program

School Breakfast 4
Health Program



Around 3 children in every classroom across Australia are coming to school hungry.

Foodbank is a program that provides students with regular access to a wholesome, nutritious breakfast. Studies have shown that having breakfast positively impacts physical and mental health, social skills, concentration, behaviour, attendance, and academic performance.



To bring the Foodbank Breakfast 4 Health program to your school, fill out this [application form](#)!

Latest research

Fit kids have better mental and physical health. What's the best way to get them active?

Emerging research highlights the importance of exercise for children's wellbeing. Ten-minute bouts of activity can have immediate positive effects on classroom performance, such as improved concentration, decision-making abilities, attention and academic performance. Studies have also found positive links between physical activity and performance in maths and reading.

Adding more physical activity to the school day rather than cutting it for academic subjects — can not only boost students' academic performance but also enhance their overall health and wellbeing.



Source: [Fit kids have better mental and physical health. What's the best way to get them active?](#)