



Term 3 Snippets 2024

Please see below a suggested fortnightly schedule that may assist you in planning your Term 3 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 3 Newsletter Topics

NAIDOC inspired recipe: Wattle seed & blueberry pancakes

Indoor activities to keep the body moving

Savvy supermarket snacks

Keep an eye on screentime

Vital vegetables

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'The heart of a child' - Lara Went





NAIDOC inspired recipe: Wattle seed & blueberry pancakes

Serves: 10-20

Ingredients:

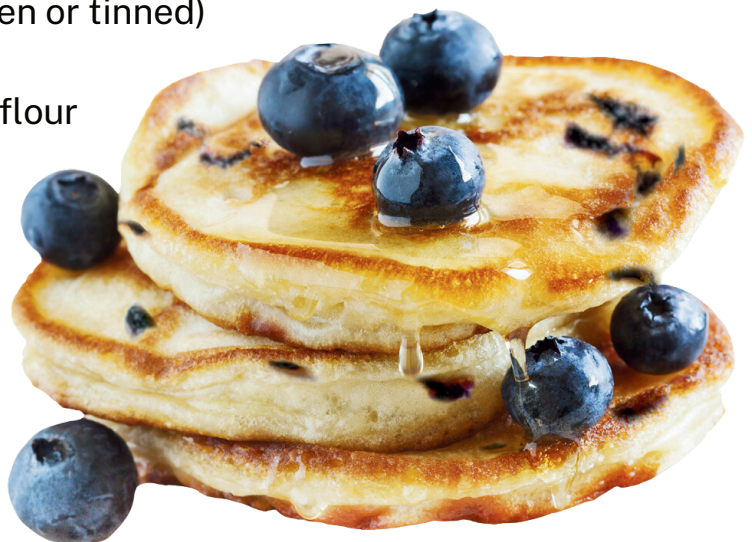
- 1 1/2 cups lite milk
- 2 small bananas
- 1/2 cup blueberries (fresh, frozen or tinned)
- 1 tsp vanilla extract
- 2 cups self-raising wholemeal flour
- 2 tsp ground wattle seed*
- 1 egg
- 1 tsp cooking oil for frying

Equipment:

- Blender or large mixing bowl
- Large frying pan

Method:

1. Place the milk, banana, egg and vanilla into the blender and blend until smooth, alternatively mix in large bowl until well combined
2. Add flour and ground wattle seed and blend until smooth
3. Fold in the blueberries
4. Add the oil to a large non-stick frying pan over medium heat
5. Pour the batter to make a 10cm pancake and cook evenly for approximately 2-3 minutes on each side.
6. Serve warm. Top with optional Greek yoghurt and honey.



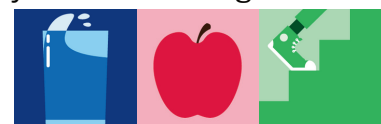
*Wattle seed can be purchased at specialty supermarkets, native food stores or online.

Source: MindChamps (www.mindchamps.org)



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Indoor activities to keep the body moving

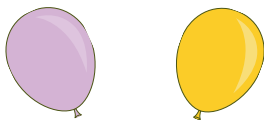
Did you know that children who are active are healthier, sleep better and perform better at school?

It's important to encourage children to move their body in a range of ways and directions. It can be challenging to meet physical activity needs on days when children aren't able to be outside.

Why not try these indoor activities to keep children moving:

Balloon Volleyball

Using balloons, have kids hit the balloon back and forth over a "net" which can be outlined using string, tape or objects i.e. chairs. For an extra challenge, add more balloons or restrict body parts from touching balloon i.e. Only use left hand.



Laundry Basketball

Take turns throwing rolled-up socks into a laundry basket. Move back further each time to make it more challenging!



Obstacle Course

Set up an obstacle course around the house. You could use chairs, pillows, plastic cups etc that kids need to manoeuvre around (side to side, under and over). To increase difficulty, have kids crab crawl or bear walk the course.



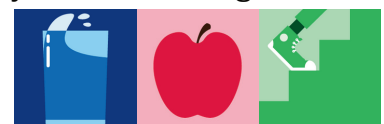
Indoor Bowling

Use plastic or paper cups as the pins and a lightweight ball or rolled pair of socks as the bowling ball. Set the cups up in a triangle format. Bowl the ball towards the cups to knock them down.



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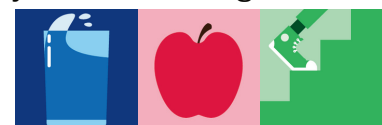
Savvy supermarket snacks

Snacks for children are important between main meals to help keep energy levels up throughout the day. Everyday snacks can be a good source of nutrients to help your body grow and develop.

Snacks based on the five food groups are the healthiest choice including fruit, vegetables, reduced fat dairy, protein and wholegrains.

Here are a few ideas for snacks that you can easily find ready to go at the supermarket:

-  Reduced fat yoghurt tubs/pouches
-  Plain air-popped popcorn
-  Reduced-fat cheese and wholegrain crackers
-  Rice or corn cakes
-  Vegetable sticks with hummus
-  Fruit scone
-  Wholegrain cereal bites
-  Tinned fruit in juice





Keep an eye on screentime

Screens have increasingly become part of children's lives and can often be helpful and enjoyable for families. They can offer children opportunities to connect with friends and extended family, express creativity and learn.

Children and young people aged 5-17 years should limit sedentary recreational screentime to no more than 2 hours per day (excluding schoolwork).

While screen time has many benefits, long periods of time spent in front of screens can impact a child's growth and development including:

- Physical health
- Mental wellbeing
- Ability to form social connections
- Sleep

Switch the screen for other activities:

- Games
- Sports
- Bike riding
- Dancing
- Puzzles
- Walking

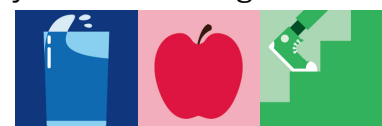


Source: The Sydney Children's Hospital Network (www.schn.health.nsw.gov.au)



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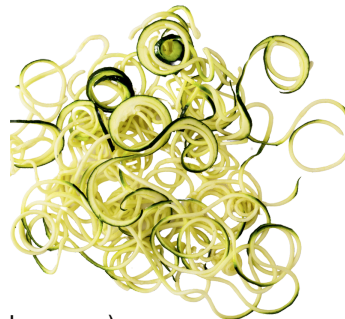


Vital Vegetables

Vegetables are key in providing kids with energy, vitamins, minerals and fibre to live a healthy lifestyle. They also help protect kids against chronic diseases later in life.

Here's some quick and easy ways to include more vegetables across the day:

-  **Encourage vegetables as snacks-** Having some vegetable sticks prepped and chopped in the fridge is a great way to increase vegetable consumption across the day. Try sticks of carrot, cucumber, capsicum, celery or beans. Serve on their own or with hummus dip.
-  **Go frozen-** Frozen vegetables such as broccoli, peas, corn and carrots are lower in price and high in nutrients. They are prepped ready to cook so can often save you time, money and boost your nutrition. Easily add them to your favourite dinner meals.
-  **Turn vegetables into noodles-** Switching pasta for vegetable noodles is fun and has many health benefits. Try spiralling sweet potato, carrot, zucchini and beetroot. If you don't have a spiraliser, make ribbons using a peeler.



Source: Heart Research Australia (www.heartresearch.com.au)



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