



Term 4 Snippets 2024

Please see below a suggested fortnightly schedule that may assist you in planning your Term 4 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 4 Newsletter Topics

Hydrate with H2O

Keeping active and cool in summer

Game: Bat Tapping

Summer lunchboxes

TV-Free Tuesdays

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



Hydrate with H2O

Did you know your body is made up of 50-70% water?

Water is essential in a healthy diet. It helps transport nutrients through our bodies, digest food, remove waste, regulate body temperature, and also keeps our teeth and mouth healthy.

As we come into summer, it's important to keep our bodies hydrated.

Encourage your child to choose water as a drink by:

- Packing a water bottle in their school bag everyday
- Packing a frozen water bottle in their lunchbox during summer
- Encouraging your child to drink water when playing sport
- Serving plain water in a jug. Try adding ice-cubes and fresh fruit pieces such as lemon, orange, blueberries or strawberries for flavour
- Using a re-usable drink bottle that your child has chosen



Source: Hydration tips for children (www.healthdirect.gov.au)



Hunter New England
Local Health District

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

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Keeping active and cool in summer

Being physically active is not only fun but also great for your body! Running, jumping, playing sports, and even dancing helps keep your muscles and heart strong and healthy.

It's important to stay active every day, whether you're playing outside, riding your bike, or having a game with friends. But when it's hot, don't forget to stay cool!

Try:

- Wearing light, comfortable clothes that protect you from the sun and let your skin breathe
- Drinking lots of water to stay hydrated
- Being active during the cooler parts of the day
- Taking breaks in the shade
- Using cold towels or fans to help you feel cooler when finished

Staying active and cool makes sure you can play longer and feel great!



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Game: Bat Tapping

Each player has a suitable batting instrument and ball. The aim is to keep the ball in the air with the bat for as long as possible.

What you need:

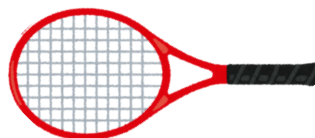
- 1 ball and batting instrument per player e.g. tennis racquet, cricket bat, baseball bat, table tennis paddle, pickle ball bat etc.

How to play:

- Players tap their ball on their bat and count the number of consecutive taps they get
- If a player drops their ball, they start counting from the beginning
- TIP: Try to beat your score each time you play. If playing with others try and beat their score- the highest score wins!

Change it up:

- Allow players one bounce on the ground in between taps
- Vary the bat and ball
- Play cooperatively in pairs or small groups hitting the ball to one another. Vary the distance between each player to make it harder
- See how many times players can tap the ball on different parts of the bat
- Players try to hop/jump as many times as they can while the ball is in the air



Source: Australian Sport Learning Centre (www.sportaus.gov.au)



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Summer lunchboxes

Summer is just around the corner! Ensuring lunchboxes stay cold helps keep your child safe and the food fresh.

Always include an ice brick in the lunchbox, and try these ideas:

- Freeze plain milk poppers or reduced fat yoghurt pouch- this will keep the lunchbox cold and make a healthy treat once defrosted
- Add frozen berries to reduced fat yoghurt
- Freeze sandwiches- fillings such as cheese, vegemite or roast meat are great for freezing. A frozen sandwich will defrost by lunchtime and help keep the lunchbox cool.
- Freeze snacks such as banana pikelets or zucchini slice
- Cut fruits into pieces and freeze for a delicious cold snack



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Good for kids

good for life



TV-Free Tuesdays

Taking a break from TV gives kids time to play, get outside, or enjoy family activities.

TV-free Tuesdays are a fun way for kids to try new activities away from screens. This can help kids:

- Be more creative
- Develop and improve social skills
- Build healthier habits
- Enjoy more family time and strengthen family connections

Setting aside one day a week without TV helps kids find a better balance between screen time and active play, supporting their overall growth and development.



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