



Term 1 Snippets 2025

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

National Lunchbox Week

Get moving, stay active!

Crunch your way to a healthy day

Screen-free fun

Healthy snacks

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

Good for kids
good for life



National Lunchbox Week

9-15 February 2025

What children eat at school has a big impact on their learning and growth.

National Lunchbox Week is a great opportunity for schools to promote healthy eating by sharing important lunchbox tips with the community.

This event can help families like yours pack nutritious and balanced lunchboxes by:

-  Offering healthy lunchbox ideas and recipes
-  Encouraging a good balance of food groups
-  Raising awareness about food safety and hygiene



www.lunchboxweek.org

[#NationalLunchboxWeek](https://twitter.com/NationalLunchboxWeek)



Hunter New England
Local Health District

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

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Get moving, stay active!

Keeping kids active every day is one of the best ways to support their health, happiness, and learning. Regular physical activity helps children build strong bones and muscles, improve coordination, and even boost their focus in the classroom.

Primary school-aged children should aim for at least 60 minutes of active play each day. This could be running, jumping, dancing, or even a bike ride to school!

Easy ways to get kids moving:

-  Make it fun – Play a game of tag, kick a ball, or dance to their favourite song.
-  Use active transport – Walk, scoot, or ride to school instead of driving when possible.
-  Limit screen time – Swap some screen time for outdoor play or a fun family activity.
-  Be a role model – Join in and be active together!



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Crunch your way to a healthy day

Crunch & Sip is a great time to encourage vegetables first! Kids who eat veggies early in the day are more likely to meet their daily nutrition needs.

Try these fun ideas:

-  Veggie 'rainbow sticks' — a mix of carrot, capsicum, and celery for a colourful and crunchy snack!
-  Carrot and celery sticks for a super crunch
-  Alternate between a new veggie or fruit each week and make it an adventure!

Remember to crunch on veggies and sip on water to stay healthy and strong every day!





Screen-free fun

In a world full of screens, it's important to make time for real-life play! Swapping screen time for active, creative, or social activities helps kids develop problem-solving skills, build friendships, and improve their well-being.

Here are some screen-free ideas to try:

-  Make a splash – Go for a swim at the pool or beach with family.
-  Play together – Engage in activities that you know your child enjoys, for example: puzzles, building LEGO or cooking together are great for family fun.
-  Get moving as a family– Dance, kick a ball in the backyard or go for a bike ride together.



Encouraging kids to enjoy screen-free activities helps them develop lifelong healthy habits. Plus, it's a great way to connect as a family!



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Get set for healthy snacks!

Healthy snacks are important to keep kid's energy levels up and meet their nutritional needs.

Choose snacks based on vegetables, fruit, milk, cheese, yoghurt, wholegrain breads, crackers and cereals.

Some tips to make choosing healthy snacks easy:

-  Include a vegetable and fruit snack each day.
-  Keep a range of healthy snacks in the fridge and pantry e.g. vegetables, fruit, pikelets, popcorn, yoghurt and cheese.
-  Cut up vegetables and fruit so they are easier to grab for snacks during the week.
-  Get your kids to help prepare snacks.
-  Add vegetables into homemade snacks (muffins, scones and slices).
-  Show your kids you enjoy eating healthy snacks.

