



Term 1 2025 Staff E-Newsletter

Welcome to the Good for Kids Term 1 2025 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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School Champion update 2025

As we gear up for a year of promoting health and wellbeing, we want to ensure we stay connected with the real heroes of health in your school – the Good for Kids School Champions! Please let us know who the best School Champion is at your school this year. Update your school's contact details [here](#):



SWAP IT 2025

Register your school now!



SWAP IT is a free, evidence-based lunchbox program, developed in the Hunter New England area. It has now reached over 860 schools across NSW, SA, VIC, QLD and WA. The program supports parents and carers to SWAP what is packed in their child's lunchbox from sometimes foods to everyday foods. SWAP IT is easy to run and loved by parents and schools. For more information, [click here](#).

To register your school to run SWAP IT for a term this year, [click here](#)!

[Join the hundreds of schools already using the SWAP IT program!](#)

868

schools have joined SWAP IT



210,348

students are on their way to
healthier lunchboxes

Energiser of the term

Morning Routine

Grade level: K-5

Formation: Standing at desks

Equipment: None

Rules/directions:

1. Have students begin the day with a series of simple activities lasting 30 seconds or more:
 - Jumping jacks
 - Knee lifts
 - Flap arms like a bird
 - Hopping
 - Scissors (feet apart then cross in front, feet apart then cross in back)
2. Follow each activity with a basic stretching movement:
 - Reach for the sky
 - Runner's stretch
 - Butterfly stretch (sit with bottom of feet together)
 - Knee to chest
 - Rotate ankles
 - Scratch your back
3. Hold stretches for 10-30 seconds.
4. Repeat a different simple activity followed by a new basic stretch as many times as desired.

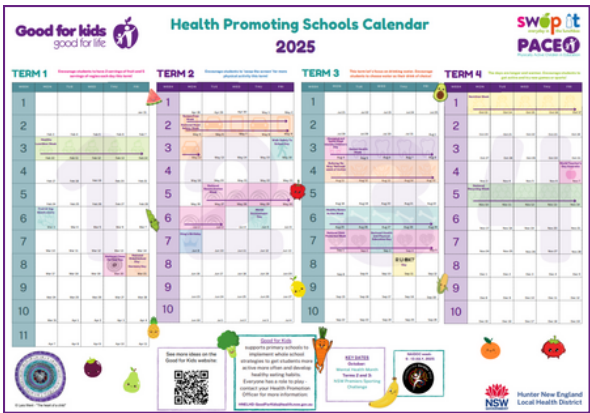
Source: <https://www.eatsmartmovemoreenc.com>



2025 Health Promoting Schools calendar

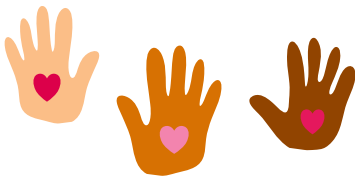
The Good for Kids Health Promoting Schools Calendar is full of great ideas on health promoting events and activities your school can get involved with.

[Download and print on our website.](#)



Harmony Day

Friday 21 March 2025



Harmony Day is an opportunity to help students understand the importance of celebrating diversity, inclusion, respect, empathy and community. There are lots of different resources and activities for your Harmony Week events on the [website](#).

Orange is the colour chosen to represent Harmony Week, as it signifies social communication and meaningful conversations. Ask your class or school to wear something orange on Harmony Day to show support for cultural diversity and an inclusive Australia.

National Ride2School Day

Friday 21 March 2025

National Ride2School Day is a nationwide program delivered by the Bicycle Network and aims to increase the amount of daily physical activity performed by students, and to encourage and empower them to be physically active on the way to school. Engaging in daily physical activity contributes to students minimum recommendation of 60 minutes per day.

Encourage your students to be active on their way to school, and start the day with energy and enthusiasm. Be part of the 350,000 students across the nation who will ride, walk, scoot and skate to school on Friday 21 March. [Register your school!](#)



Canteen Recipe

Vanilla Pops

Classification: Everyday

Makes: 10

Ingredients:

- 5 bananas
- 2-2.5 cups low-fat vanilla yoghurt
- 10 paddle pop sticks

Method:

1. Measure yoghurt into a large bowl.
2. Peel bananas and slice in half vertically.
3. Gently push the paddle pop sticks into the cut end of the bananas.
4. Holding onto the stick, place the banana over the yoghurt and using a teaspoon, gently cover the banana with yoghurt.
5. Place onto a lined tray and continue with the remaining bananas.
6. Place the tray of dipped bananas into the freezer for at least 4 hours before serving.



Variations: Use a different flavour of yoghurt (strawberry or mixed berry are great options) OR sprinkle diced blueberries, raspberries, or mango over the yoghurt for some added colour.

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



Health
Hunter New England
Local Health District

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

Funding Opportunities

Sporting Schools grants now open!



The Sporting Schools grant program for primary schools helps to provide a range of sporting programs that will increase children's interest and participation in sport. It also aims to create stronger links between children and local sporting clubs, nurturing a lifelong love of sport.

Sporting Schools funding is available for primary schools to deliver Sporting Schools programs before, during or after school hours using one of the national sporting organisation partners. Australian primary schools can apply for funding once per school term, with TERM 2 application open now!

Term 2, 2024 applications open now until 5pm AEDT
Friday 7 March, 2024.

To find out more, click [here](#) or scan the QR code.



Stephanie Alexander kitchen gardens

The Stephanie Alexander Kitchen Garden Foundation is offering 12 Kitchen Garden Kickstart Grants worth \$8,000 each! Funded by General Mills, these grants help under-resourced schools join the Stephanie Alexander Kitchen Garden Program, empowering students to grow, harvest, prepare, and share fresh food. Schools with an ICSEA value of 1000 or below are eligible — check yours on the My School website. Current program members are not eligible. Don't miss this chance to bring food education to your school!



The Tree S.A.I.N.T's

The Tree S.A.I.N.T's is a non-for-profit organisation that aims to rescue and rehome Grass Trees from Government approved land clearings. Their goal is to gift a Grass Tree to every primary school in Australia within the next 5 years.



To receive a free Grass tree, [see more info here!](#)

All tree donations will be accompanied with a plaque to demonstrate how important these trees were to our First Nations people.



Health
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Local Health District



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<https://goodforkids.nsw.gov.au>

Go4Fun Online – available to more families, anywhere, any time!

NSW families with primary school-aged children can access the free healthy lifestyle program, Go4Fun Online anywhere at any time.

Families choose:

- when to meet your health coach
- your own healthy lifestyle goals
- the pace and how often you access online sessions.



The free program includes:

- a weekly meeting with your own personal health coach
- 10 online sessions
- weekly activities to do in real life
- a closed Facebook group to connect with other Go4Fun Online families
- children earning tokens during the program to receive a reward at the end.



For more information and to register visit www.go4funonline.com.au

Bringing colour to a kitchen near you!

Free family healthy lifestyle program for primary school-aged children



Join Go4Fun Online now

 go4funonline.com.au

 1800 780 900

