

Term 2 2025 Staff E-Newsletter

Welcome to the Good for Kids Term 2 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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Managing screen time




Screen-Free Week

Earlier this term was Screen-Free Week, which was designed to encourage families, schools and children to take a break from screens and enjoy more fun, play and time together.

Tips to manage screen time in the classroom:

- Set clear policies – define when and how screens should be used in school.
- Incorporate screen breaks – add regular non-screen intervals and physical movement like classroom energisers.
- Teach digital skills – promote responsible use, online safety, and digital literacy.
- Partner with parents – align screen time expectations between school and home.
- Support teachers – train staff on effective tech use and classroom management.

How much screen time each day?

0-2 YEARS		NO screen time	Choose active toys and play instead of screens
2-5 YEARS		Less than 1 hour per day	Less screen time can help kids’ sleep and growth
5-12 YEARS		Less than 2 hours per day	Not including homework time

Source: [Australia’s Physical Activity and Sedentary Behaviour Guidelines](#) and [Australian 24-Hour Movement Guidelines](#)

Energiser of the term

Rock, Paper, Scissor Tournament



Grade level: K-6

Formation: Moving around classroom

Equipment: None



Rules/directions:

1. Each student starts with a partner, facing away from each other.
2. Students decide whether they want to be:
 - Rock - crouch down low and hug your knees like a small ball.
 - Paper - stand tall and stretch your arms straight out to the sides to make a flat shape.
 - Scissors - jump and cross your arms and legs like scissors.
3. On the count of three, both students turn to face each other and play rock, paper, scissors (game rules: rock beats scissors, paper beats rock, scissors beat paper).
4. The losing player becomes a fan of the winner.
5. The winner searches for a new opponent, while their fan jumps and cheers for them.
6. The winner plays against the new opponent, while the losing team joins their fan base.
7. Repeat until there are only two opponents with a huge fan base cheering for them. The last two have to play until one player has won 2 times.

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

National Reconciliation Week

27 May - 3 June 2025



National Reconciliation Week is a time for all Australians to learn about shared histories, cultures, and achievements. The theme of this year's reconciliation week is Bridging Now to Next.

Bridging Now to Next calls Australians to step forward together, continue to look ahead and push forward as we learn from the past.

Yulunga Traditional Indigenous Games

The Yulunga: Traditional Indigenous Games resource from Sport Australia offers a collection of games that celebrate the rich sporting traditions of Aboriginal and Torres Strait Islander Peoples. Suitable for all age groups, the games promote teamwork, physical activity, and cultural understanding.



NSW Premier's Sporting Challenge

Registrations are now open for the 2025 NSW Premier's Sporting Challenge. The program aims to support schools in encouraging students and staff to increase their daily physical activity levels over a 10-week period. Participating schools receive access to activity tracking tools, teacher resources, and recognition for student and staff participation.



The challenge is open to all students from Year 3-12 in NSW public schools. For more information, see [HERE!](#)

Register your school [HERE!](#)

Registrations close 13 June, 2025.

World Environment Day

Thursday 5 June 2025

World Environment Day is an opportunity for your school community to come together and celebrate our planet. This year, join the #BeatPlasticPollution movement by organising a school litter pick up, or create nature-inspired art from recycled materials.



Canteen Recipe

Zesty pesto pasta salad

Classification: Everyday

Makes: 8 medium bowls or 16 sides

Ingredients:

- Farfelle pasta, or pasta shells - 250g
- Basil pesto - ½ cup (80g)
- Lemon juice - of 1 lemon (4 tablespoons)
- Tomatoes, diced - 2
- Onions, chopped - 2
- Baby spinach leaves - 200g
- Chickpeas, drained and rinsed - 1 x 400g can



Method:

1. Cook pasta in a large saucepan of boiling water, according to packet instructions. Drain cooked pasta, and rinse under cold water. Drain and set aside in a large bowl.
2. In a small bowl, combine the basil pesto and lemon juice to make the salad dressing; then gently mix the pesto dressing through the pasta.
3. In a large mixing bowl, combine the pasta (with dressing), and tomato, onion, lettuce and chickpeas.
4. Serve as a main item, or in half-size serves for a tasty side dish.

Source: [Healthy Eating Advisory Service](#)

Nutrition Resources

Fresh Fruit Fridays

Every Friday, FREE OF CHARGE, The Healthy Kids Project provides access to fresh fruit and vegetables for primary school children, thanks to the kindness and generosity of community-minded supermarkets.

To join the Fresh Fruit Friday revolution, simply complete the registration form. The team will then contact supermarkets near your school, and connect you with a weekly box of fresh fruit and vegetables.

Check out the website for more info, and/or to express your school's interest: [HERE](#)



FEAST - OzHarvest

FEAST (Food Education and Sustainability Training) is a free, 10-week, curriculum-aligned education program for Stage 3, that can also be adapted for younger years. The program is curriculum aligned, and focuses on food waste, its impact on the environment, making positive food choices, and includes simple classroom cooking activities.



Funding is available for schools with ICSEA score <1000, and for regional and remote schools to support purchasing cooking equipment and ingredients.

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 3 application open now!

Term 3, 2025 applications open now until 5pm AEST
Friday 30 May, 2025.

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



The Real School Grant

The Real School Grant is a one-off \$5,000 grant awarded to one school each year to support public schools and school groups across Australia by funding projects that aim to improve health, learning, technology access, or community infrastructure.

To find out more, or how to apply, see [HERE!](#)

Grant applications are open until Friday 31 October, 2025.



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