

Term 1 2026 Staff E-Newsletter

Welcome to the Good for Kids Term 1 2026 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”

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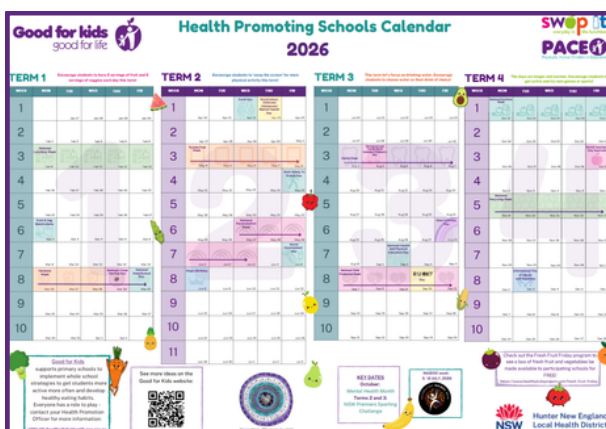
Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

School Champion update 2026

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](#):



2026 Health Promoting Schools calendar



Keep an eye out on your mail. Every primary school in Hunter New England will receive the **2026 Good for Kids Health Promoting Schools Calendar**. It is full of great ideas on health promoting events and activities your school can get involved with.

You can also [download a copy to print here](#).

Canteen Manager Workshops

The Good for Kids team has delivered a series of canteen workshops for canteen managers, volunteers and school staff. These workshops are designed to build confidence in creating compliant menus, support menu submissions, clarify the NSW Healthy School Canteen Strategy, and share practical tools and resources to make implementation easier.

The workshops also provide a valuable opportunity to connect with canteen teams and better understand the unique context and challenges of school canteens.

So far, we have delivered two in-person workshops in Newcastle and Tamworth, as well as one online workshop, with fantastic engagement from participants.

Our next workshop coming up:

 **Friday 17 April 2026**

 **9:00am – 12:00pm**

 **Wallsend Diggers**

If you are school staff or your canteen team would like to attend, please register via the [link HERE!](#)

You can also stay up to date with upcoming workshops and resources via our emails and [the Good for Kids Facebook page](#).

Canteen Recipe

Everyday Scrolls

Classification: Everyday

Makes: 15+

Ingredients:

- 500g Greek yoghurt
- 500g self-raising flour
- 3 slices lean ham
- Corn relish
- Greek yoghurt
- Chives



Method:

1. Mix flour and yoghurt in a bowl and knead by hand until combined into a dough. Dough should form a ball but not be sticky. Add more flour if needed.
2. On a lightly floured surface, use a lightly floured rolling pin to gently roll dough until 1cm thick.
3. Spread with the dip or yoghurt and ham.
4. Roll the dough up and slice into 16 pieces. Bake at 180°C for 15 min or until golden.

Supporting Your Canteen: Good for Kids Recipe Book provided at canteen workshops!



Health
Hunter New England
Local Health District



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



Canteen Workshop

**FREE WORKSHOP FOR CANTEEN
MANAGERS, P&C STAFF OR
SCHOOL EXECUTIVES**

WORKSHOP DATES

2026:

- 17th April - Wallsend Diggers, 9-12pm
- 24th June - Online, 1:30-4pm
- 23rd October - Newcastle*
- 29th October - Tamworth*

2027:

- 1st February - Tamworth*
- 2nd February - Newcastle*

* Location & time TBC

What to expect on the day?

- An introduction to the NSW Healthy School Canteen Strategy
- Addressing common barriers in canteens
- Guidance through resources such as the Healthy Food Finder and menu checks
- Provide you with menu feedback & tools to ensure your menu meets the strategy
- A chance to win a lucky door prize!

REGISTER NOW



PACE Workshops

Good for Kids Program Manager Nicole McCarthy and Project Officer Katie Ebzery recently delivered a NSW-wide online workshop on the PACE (Physical Activity in Childcare and Education) program. The session explored the strong research behind PACE and highlighted practical strategies and ready-to-use resources to help schools increase physical activity throughout the school day.

Teachers left the workshop equipped with simple, tangible tools to embed physical activity into everyday classroom routine - making it easier to support student wellbeing, focus and learning.

A highlight of the session was a live Q&A with passionate PACE School Champion, Meg Isbester from Glendale East Public School. Meg shared her real-world experience implementing PACE in a busy school environment and spoke about how she supports and encourages fellow teachers to adopt the program. Her enthusiasm and practical insights demonstrated how schools can successfully build a culture of physical activity.

Participants shared very positive feedback about the workshop:

- *"I found the workshop really interesting, and everyone seemed engaged. Having Meg speak was great - her enthusiasm is infectious!"*
- *"Lots of different interactive learning modes."*
- *"Very informative and useful. Good pace and excellent presentation."*
- *"Our teachers were all in the PL and we will be seeing this through."*

Our next workshop coming up:

 **Tuesday 21 April 2026**

 **8:30 – 11:00am**

 **Online**

If you would like to attend, please register via the [link HERE!](#)

Energiser of the term

5-4-3-2-1 Blast Off

Grade level: K-5

Formation: Standing at desks

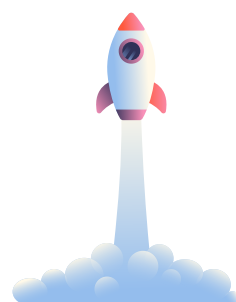
Equipment: None

Rules/directions:

Students do:

- 5 jumps
- 4 high knees each side
- 3 squats
- 2 star jumps
- 1 big jump and show "Blast off!"

Repeat 2-3 times faster each round.





Physically Active Children in Education



PACE WORKSHOPS

PHYSICALLY ACTIVE CHILDREN IN EDUCATION

The PACE program supports classroom teachers and schools to schedule and deliver the weekly recommendation of 150 mins of physical activity. This is supported through active PE, sport, cross curricular links and daily classroom energisers across the school week.

WHAT TO EXPECT?

- ✓ Face to face professional development
- ✓ Access to a range of resources on the online PACE portal
- ✓ Access to a local support officer



REGISTER NOW

2026 WORKSHOP DATES:

- 21st April, **Online** - 8.30am - 11am (Term 2)
- 30th June, **Newcastle*** (Term 2)
- 1st July, **Tamworth*** (Term 2)
- 23rd October, **Online** (Term 4)

2027 PD Dates

- 29th January, **Online (PD, 2027)**
- 1st February, **Newcastle* (PD, 2027)**

* Locations to be confirmed



SWAP IT

Healthy Lunchbox Program



SWAP IT is a free, evidence-based lunchbox program, developed in the Hunter New England area. It has now reached over 960 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](#)!

[Now on FACEBOOK](#)
[Check out the SWAP IT page here](#)



National Ride2School Day

Friday 20 March 2026



On Friday 20 March, join more than 350,000 students across Australia who will ride, walk, scoot and skate to school. National Ride2School day is Australia's biggest celebration of Active Travel, where students, teachers and parents kick-start healthy habits for the future.



[Register your school](#) for National Ride2School Day and encourage your students to be active on their journey to school.



Harmony Day

Friday 21 March 2025



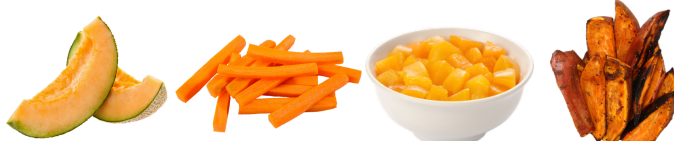
Harmony Day is an opportunity to help students understand the importance of celebrating diversity, inclusion, respect, empathy and community.

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.

Host a healthy orange food fundraiser at your school! Create "Harmony Cups" with orange foods, such as:

- Orange fruit - oranges, mandarins, rockmelon, papaya, peaches or apricots
- Carrot sticks with hummus
- Roasted sweet potato wedges



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, 2026 applications open now until 5pm AEDT
Friday 6 March, 2026.

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 Thursday 1 October, 2026.



OzHarvest FEAST Teacher Information Session

Wednesday, 25 March 2026

FEAST is a free, 10-week, curriculum-aligned education program for Stage 3, that can also be adapted for younger years. The program 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.



OzHarvest FEAST is holding a teacher information session:

Tuesday 25 March 2026

4:00 – 4:30pm

Online - [Register here!](#)



This short session is a great opportunity for teachers to learn about FEAST (Food Education and Sustainability Training) – OzHarvest's curriculum-aligned education program.