



# Term 2 2026 Staff E-Newsletter

## Welcome to the Good for Kids Term 2 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”

### IN THIS ISSUE

- Managing screen time
- Energiser of the term
- PACE workshops
- Walk Safely to School Day
- National Reconciliation Week
- Yulunga Traditional Indigenous Games
- World Environment Day
- Canteen workshops
- Canteen recipe
- Nutrition resources
- Funding opportunities

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.




## 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.

**Here are some easy, screen-free ideas to share with students:**

- Play outside with friends or family
- Ride a bike, kick a ball, or create an obstacle course
- Help cook a healthy meal or snack at home
- Explore nature with a walk, scavenger hunt or backyard adventure
- Dance to music
- Play board games, card games or puzzles

How much screen time each day?		
<b>0-2 YEARS</b>	 NO screen time	Choose active toys and play instead of screens
<b>2-5 YEARS</b>	 Less than 1 hour per day	Less screen time can help kids' sleep and growth
<b>5-12 YEARS</b>	 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

## Superhero Tag



**Grade level:** K-6

**Formation:** Outdoor space with a boundary line, court or grass area

**Equipment:** 6 soft medium/large balls. 3 one colour and 3 another.

### Rules/directions:

1. Students spread out in the space. Balls are given to 6 students. 3 students of one colour are villains and the other 3 students with the other colour the superheroes.
2. Students are to move around the space: jog, skip, run, etc.
3. Villains try to throw their ball and hit (below the waist) players who will freeze when hit and must call out to the superheroes, 'save me' to be saved.
4. Superheroes save the players with 5 quick passes between the superhero and the frozen player.
5. Once complete they are free and can move around the space again.

### Teacher cues:

- Teacher calls out different movements for the players.
- Add extra balls if needed.
- Swap student's roles regularly throughout the game.
- Mix up superhero passes and include the shoulder pass, bounce pass and short sharp chest passes.
- Play for 5 to 10mins and ensure all the students are moving and increasing their heart rate.

---

## PACE Workshops

Good for Kids PACE (Physical Activity in Childcare and Education) workshops session explore 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 leave 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.

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 upcoming workshop:

 **Tuesday, 30th June 2026**

 **9:00am – 2:30pm**

 **Tamworth Sports Dome**

### Future 2026 workshop dates:

- 2<sup>nd</sup> July, Wallsend Diggers, 9am - 2:30pm
- 3<sup>rd</sup> July, Online, 8:30am - 11am
- 23<sup>rd</sup> October, Online, 8:30am - 11am

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

# Walk Safely to School Day

Friday 22 May 2026

National Walk Safely to School Day (WSTSD) is an annual event, now in its 27<sup>th</sup> year, where all primary school aged children are encouraged to walk and commute safely to school.



Parents, carers and teachers are encouraged to promote safe walking to children by:

- Adding information about WSTSD in parent newsletters
- Encourage students to colour in the WSTSD poster
- Ask your local Council and P&C to support the event and sponsor a Healthy Breakfast at your school
- Host a Healthy Breakfast at your school
- Tell your friends, parents, carers and teachers about the event
- Suggest to parents and carers who have to drive, to park the car at least 10 minutes away from the school
- Register your school as a WSTSD Ambassador to permit and assist with publicity

All information can be found [HERE!](#)

# National Reconciliation Week

27 May - 3 June 2026

National Reconciliation Week is a time for all Australians to learn about shared histories, cultures, and achievements. The theme of this years reconciliation week is 'All In', a call for all Australians to commit wholeheartedly to reconciliation every day.

Activities and resources are available for schools to access via [Reconciliation Australia's Narragunnawali platform.](#)

# Yulunga Traditional Indigenous Games

The Yulunga: Traditional Indigenous Games resource from Australian Institute of Sport 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.



# World Environment Day

Friday 5 June 2025



World Environment Day is an opportunity for your school community to come together and celebrate our planet. Promote physical activity and healthy eating through activities such as nature walks, gardening, active travel to school, waste-free lunch days, and fruit and veggie challenges, helping students build healthy and sustainable habits.




# 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.

*Our next workshop coming up:*

 **Wednesday 24 June 2026**

 **9:00am – 12:00pm**

 **Online**

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

---

## Canteen Recipe

### Butter Chicken Meatball Sub

**Classification:** Everyday

**Makes:** 20

**Ingredients:**

- 2kg chicken mince
- 4 ½ cups wholemeal breadcrumbs
- 10 large eggs
- 1 ½ tbsp garlic, minced
- 1 tbsp mixed herbs, dried or fresh
- 3 medium onions, diced
- 4 medium carrots, grated
- 1 x 400g can diced tomatoes
- 3 ½ cups butter chicken sauce or 1.5 jars of commercial butter chicken sauce
- 3 cups green cabbage, chopped
- 20 hotdog bread rolls (or rolls of choice)
- 1 cup grated cheese



**Method:**

1. Preheat oven to 200°C.
2. In a large bowl, combine mince, breadcrumbs, eggs, garlic, herbs, onion and carrot.
3. Measure out approximately 1 ½ tbsp of the mixture and roll lightly to form a ball. Repeat with remaining mixture.
4. Place meatballs onto a lined baking tray, then bake for 18-20 minutes until golden brown or cooked through.
5. Warm the diced tomatoes and butter chicken sauce in a saucepan over medium heat.
6. Put ¼ cup of the chopped cabbage into each roll, top with 4 meatballs in each hotdog roll. Top with ¼ cup sauce and sprinkle with grated cheese.

## Nutrition Resources

### 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.

## Foodbank

### NSW Breakfast 4 Health Program



Around 3 children in every classroom across Australia are coming to school hungry. Foodbank is a program that provides students with regular access to a wholesome, nutritious breakfast. Studies have shown that having breakfast positively impacts physical and mental health, social skills, concentration, behaviour, attendance, and academic performance.

To bring the Foodbank Breakfast 4 Health program to your school, fill out this [application form!](#)

## Funding Opportunities

### Australian Tennis Foundation



The Kids Tennis Program provides selected primary schools and tennis clubs with funding of up to \$3,500 to deliver extra-curricular tennis activities based on Tennis Australia's Hot Shots program.

Schools and tennis clubs may be eligible if they support communities experiencing socio-educational, socio-economic, or geographic disadvantage. Priority will be given to schools with lower ICSEA values, communities with lower SEIFA scores, and regional or remote areas facing barriers to participation.

Funding can also support equipment, community celebration events, and optional catering. Programs will run throughout 2026 and be delivered by qualified Tennis Australia coaches. **Applications close at midnight 14 December, 2026.**

## 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**.

