

Term 3 2026 Staff E-Newsletter

Welcome to the Good for Kids Term 3 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.

Kindergarten Orientation

Free resources are available to schools in the Hunter New England Local Health District to provide to new families as part of your Kinder Orientation packs. These resources provide information to families on healthy eating, physical activity and general health and wellbeing, and are provided free of charge by the Good for Kids team.

Use the order form below to let us know which resources your school needs and when you need them — we'll arrange delivery or postage directly to your school.

2026 Kinder Orientation Resource Order Form



We've developed a presentation designed to be played at your Kinder Orientation session with new families, or shared as a link for families to view at home. It covers key healthy eating, physical activity and wellbeing messages for families with children starting school.



[Kinder Orientation presentation](#)



[SWAP IT Kinder Orientation presentation](#)

GOOD FOR KIDS School Health and Wellbeing Conference

2026

FREE to
attend

A **FREE (over \$300 value)**, high-quality professional learning event for **primary and secondary school staff** across the Hunter New England region.



FREE
Professional
Development



**LUNCH &
REFRESHMENTS**
Provided



HIGH-QUALITY
Expert
Speakers



**NETWORK &
Connect with
Educators**

INSPIRING KEYNOTE SPEAKERS



**Black Dog
Institute**

SCREEN TIME & DIGITAL WELLBEING

Practical, evidence-based strategies to help schools support healthy technology use and promote positive mental health.

**THE
EMBRACE
COLLECTIVE.**
Building better body image

BODY IMAGE & WELLBEING

Practical insights on supporting positive relationships with food, movement and body image at school.

Plus a wide selection of expert workshops and an interactive exhibitor expo!

YOU'LL LEAVE WITH:

- ✓ Practical strategies and resources you can implement immediately
- ✓ Ideas to support student health, wellbeing and engagement
- ✓ Connections to free programs and services for your school
- ✓ Inspiration from educators across the region

EVENT DETAILS:



DATE
Friday 27th Nov
2026



VENUE
Hunter Sports
Centre, Glendale



TIME
8.30am - 3.30pm

[REGISTER NOW!](#)

Places are limited!



Website: www.goodforkids.nsw.gov.au/primary-schools/conference2026/



Good for kids
good for life



Supporting schools to create healthier learning environments for children and young people across the Hunter New England region.



Health
Hunter New England
Local Health District

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

Energiser of the term

Stop, Drop, and Roll!

Try this no-equipment, quick and easy classroom energiser to get students up, moving and having fun!

How to play:

1. On the teacher's signal, the students begin to move around the room.
2. When the teacher yells "FIRE", the students stop, drop, and roll.
3. When the teacher yells "Fires out!", begin again.
4. Continue for 3-4 minutes.
5. Next, the teacher calls out, "When the heats up high." Students respond, "You get down low," and squat down next to the ground to avoid smoke. (Students can also crawl toward imaginary exit).
6. Students immediately stand back up and the teacher begins again.

For more energiser ideas, please click [HERE](#).

Canteen Recipe

Mini Pizzas

Classification: Everyday

Makes: 10

Ingredients:

- 10 English muffins
- 100g tomato paste
- 4 tsp mixed herbs
- 1 cup cheese, grated
- Finely diced vegetables and ham



Method:

1. Cut English muffins in half.
2. Combine tomato paste and mixed herbs in a small bowl.
3. Thinly spread 1 teaspoon of tomato herb mixture onto each half of muffin.
4. Sprinkle lightly with cheese.
5. Top with assorted toppings.
6. Grill in pie warmer or oven grill for 5-7 minutes, or until cheese melts and bread turns crisp.

Tips and Variations:

- Choose reduced-fat varieties of cheese.
- Try the following combinations:
 - Ham and mushroom
 - Ham and pineapple
 - Ham, baby spinach, red capsicum
 - Olives, feta cheese and chicken breast
 - Chicken and avocado
 - Ham, mushroom, spinach and capsicum



Childhood anxiety and the Transition to High School

Practical Strategies for Parents and Carers Preparing Their Child for the Move to Secondary School.

- Tuesday, 3rd November
- 6 PM - 7.15PM
- Online Event via Zoom

REGISTER HERE!



Hunter New England
Local Health District



**FREE
WEBINAR**

Teaching Bicycle Skills and Road Safety webinar

Tuesday 1 September

The Wheelie Safe Kids program is hosting a FREE Teaching Bicycle Skills and Road Safety webinar for Primary School Teachers.

When: Tuesday 1 September 2026 (Term 3, Week 7)

Time: 3:15 - 4:15pm (online)

Presenter: Pete Murray – experienced primary school teacher and creator of the Wheelie Safe Kids program

You will learn:

- How to run an educational, interactive, hands-on bike skills and road safety program
- Practical strategies you can share with other staff
- How to deliver the Wheelie Safe Kids program to your students (you will receive a Wheelie Safe Kids resource pack)
- Ways to support safer, more confident young riders

REGISTER NOW!



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Fundamental Movement Skills (FMS)

Fundamental Movement Skills (FMS) are the building blocks for more complex movements and help students develop the confidence and competence to participate in a wide range of physical activities, games and sports. Explicit teaching, practice and feedback can help students refine these skills and support lifelong participation in physical activity.

Looking for practical resources to support your PDHPE lessons?

The Teaching fundamental movement skills in NSW primary schools website includes a range of resources to help teachers explicitly teach FMS, including printable activity cards with skill components, teaching points and activities for practice.

Cards are available for skills including catching, sprint running, jumping, hopping, skipping, throwing, kicking, dodging and balancing.

Explore the FMS activity cards and teaching resources:

FMS ACTIVITY CARDS



Sprint run



Skill components

Introductory components marked in bold

- Head and upper body stable, arms forward
- High knees (at least 90 degrees)
- Run along an imaginary line

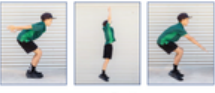
Teaching cues

- Step up, your arms are bent and drive from your hip to your leg
- Step up and back, imagine ahead
- High knees
- Land on the front part of the foot
- Run along an imaginary line

Common errors

- Land on heel of the foot
- Land on toes
- Land on back of the foot
- Land on the middle of the foot
- Land on the side of the foot
- Land on the ground
- Land on the ground
- Land on the ground

Vertical jump



Skill components

Introductory components marked in bold

- Feet forward on the jump
- Arms forward and bent, head and arms behind the body
- Feet forward and bent, arms behind the body
- Land on both feet
- Land on both feet
- Land on both feet
- Land on both feet
- Land on both feet

Teaching cues

- Land on both feet, arms and head bent, feet apart
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Common errors

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Funding Opportunities

ASCA

ASCA is a not-for-profit member association and Australia's leading buying group and purchasing adviser for schools and school canteens.

With more than 7,000 member schools, ASCA uses its collective purchasing power to negotiate competitive prices, quality products and improved services for schools and canteens.

ASCA also provides independent purchasing advice and support to help schools and canteens achieve better financial outcomes. As a not-for-profit organisation, ASCA directs its surplus funds to charities supporting the education of vulnerable children across Australia.

Membership is free and open to all Australian schools. Schools can join via the ASCA website or contact ASCA to speak with an Area Manager about becoming a member.

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**



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