



Term 4 2022 Staff Newsletter

Welcome to the Good for Kids Term 4 2022 e-Newsletter

Please forward this email to all school staff including teachers and school canteen managers.



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Energiser of the term- Warm up Apples

Scheduling short classroom 'brain breaks' or energisers can increase student focus, concentration, and create an engaging learning environment that contributes to student wellbeing.

Here's how to play:

Go through the actions of each apple. Once students know the actions the leader calls out the type of apple and the students do the actions.

- Crab apple – walk sideways like a crab
- Green apple – crouch down
- Fuji apple – mountain shape with arms over head
- Apple jelly – jiggle and wiggle
- Apple crisp – straight rigid bodies
- Apple juice – stomp the apples
- Apple pear – pair up with a neighbour
- Apple turnover – 'the wave' across the room, hands up everyone!

Change it up: start slow and then call out the type of apples faster and faster to get students thinking and moving.

Source: Energizers (appleschools.ca)



Healthy Lunchbox Week

Get your school involved in Nutrition Australia's Healthy Lunchbox Week 2023, held Week 3 of Term 1, 5-12th February! Access a range of free resources to use in your school community and classrooms, including social media tiles and a Healthy Lunchbox Week journey with five fun and engaging classroom adventures to choose from.

Visit their website to get involved and access free classroom resources:

<https://www.healthylunchboxweek.org.au>



Professional development opportunities

PACE – Register NOW for our FREE and FINAL 2022 Term 4 workshop!

Wednesday 30th November, 8:30am-3pm- West Tamworth Leagues Club

The PACE School Champion workshop is NESA accredited (*Highly-accomplished-Mental Health*) and includes casual relief funding for one teacher per school.

The Good for Kids Physically Active Children in Education (PACE) program has had outstanding success helping schools to increase the amount of physical activity scheduled and delivered over the school week.

The program includes:

- **FREE** professional learning
- A brief survey at baseline and at follow up
- **FREE** resources through the online PACE portal

Check out [this video](#) for more information.

[Email us](#) for further information.



School spotlight- Ellalong PS

Emma and Becc from the Good for Kids team visited Ellalong PS during Fruit and Veg Month to re-launch Crunch&Sip and loan out our smoothie blender bike for the week.

Dressed as our favourite carrots and beans they had so much fun. The students were also dressed in their favourite fruit or veg colour. We energised, updated the Crunch&Sip gate sign and sent home flyers with all the students.

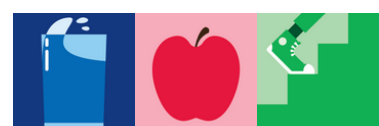
The blender bike was a hit and ensured all students tried a wide range of fruit and veg smoothies throughout the week.

Scan to [email us](#) and book the bike for your school.



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

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Team achievements

Congratulations to our Good for Kids PACE and SWAP IT teams, who were both finalists at the **2022 HNE Health Excellence Awards**.

Our SWAP IT team won the Health Research and Innovation award for improving student nutrition in schools. [Check out the winners here.](#)

Both teams are through to the 2022 NSW Health Awards in December. Good luck team!



2022 NSW Premier's Prizes for Science and Engineering

Professor Luke Wolfenden was awarded the: Leadership Innovation in NSW Award Recipient under the 2022 NSW Premier's Prize for Science and Engineering

Professor Luke Wolfenden leads our Good for Kids team as a Professor in Public Health in the School of Medicine and Public Health at the University of Newcastle and a Program Manager at Hunter-New England's Population Health Unit. He is also a Hunter Medical Research Institute (HMRI) researcher in the Public Health program.



Healthy canteen recipe

As temperatures rise and activities increase, celebrate summer with fresh fruits in your school canteen! Try using seasonal fruits by adding a fruit salad cup to the canteen menu this term. Try a Christmas Special by adding the colours of Christmas! You can check out a list of seasonal fruit and veg on the Good for Kids SWAP IT website: [Seasonal Fruit and Vegetables | Good for Kids, Good for Life \(nsw.gov.au\)](#)

Fruit salad cup

Serves: 4

Acknowledgement: Sourced from Cancer Council: Healthy Lunchbox Fresh Fruit Yoghurt Recipe

Ingredients:

- 1 large watermelon wedge, chopped into pieces
- 6 strawberries, chopped into pieces
- 1 apple, chopped into pieces
- 1 mandarin, peeled and segmented
- 1 kiwi fruit, peeled chopped into pieces
- 2 cups of reduced fat natural yoghurt*



Method:

Combine all the fruit and then divide into 4 serves. Top each serve with $\frac{1}{2}$ cup of reduced fat natural yoghurt. *Gluten free if using gluten free yoghurt.

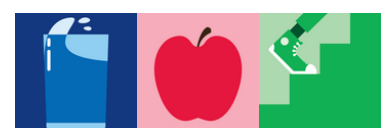
Tip

- Try freezing fruit pieces such as watermelon for an extra cooling fruit salad



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Funding opportunities

Sporting Schools funding is available for primary schools to deliver Sporting Schools programs before, during or after school hours using one of our national sporting organisation partners. Australian primary schools can apply for funding once per school term, Term 1 2023 applications are open Monday 7 November – 18 November 2022.



Getting to know the Good for Kids team

The Good for Kids team are a dynamic and diverse group of passionate health and education professionals employed to support schools to achieve great health and wellbeing outcomes for their students.

This term we welcome and introduce you to four new members of the SWAP IT team- Elise Porter, Jessica Zorba, Hannah McCormick and Amy Ziniak!

All four are passionate about public health and supporting kids and families to live a healthy, active lifestyle. They love the outdoors including bush walks, the beach and a range of sports especially if it involves spending time with family and friends. Elise and Jess are both new-graduate Dietitians bringing a wealth of knowledge and passion to the team.

Hannah is an Accredited Practising Dietitian. She has worked on nutrition projects at the University of Newcastle since graduating.

Amy has an extensive background in media and journalism, as well as expertise in nutrition.



From left to right: Jess, Elise, Hannah and Amy



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.

Follow Good for Kids on social media



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