

Term 1 2023 Staff Newsletter

Welcome to the Good for Kids Term 1 2023 e-Newsletter

Please share this newsletter with all school staff including teachers, school admin and school canteen managers. You could also print a PDF 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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Good for Kids update- What we do

Good for Kids is a team of teachers and health professionals who support schools to promote healthy eating and physical activity. Based in the Population Health Unit Wallsend, our team are passionate about encouraging and promoting healthy lifestyle habits for children across the Hunter New England region.

We provide support in a variety of ways including:

- Meeting face to face, videoconference or a phone call to support your school's health promoting practices
- Canteen support to meet the NSW Healthy Canteen Strategy
- Resources and support to implement the 'SWAP IT' Lunchbox Program
- Free professional development opportunities, including whole staff meetings and the NESA accredited PACE modules and school champion training workshops
- Access to free playground stencils, smoothie blender bike, resources, and presentations
- Teacher e-newsletter and newsletter snippets each term

Please contact us at HNELHD-GoodForKids@health.nsw.gov.au to find out more!



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

Developed by Hunter New England LHD



Check your mail!

The Good for Kids team have posted a 2023 goodies package to your school, so make sure you check your mail so you don't miss out! Included in the package is an A2 Good for Kids Health Promoting Schools Calendar, which you can also download and [print here](#).



Latest Research



Are you interested in learning more about our research partnerships, latest publications, news and events?

Have you ever been involved in our trials in your school like 'SWAP IT' or PACE?

[Visit the National Centre of Implementation Science](#)

The National Centre of Implementation Science (NCOIS) is an Australian National Health and Medical Research Council Centre of Research Excellence. NCOIS focuses on prevention strategies related to diet, physical activity, weight status, tobacco and alcohol, in community settings, such as early childhood education and care, schools, sporting clubs and workplaces.

Implementing the Physically Active Children in Education (PACE) program optimally and sustainably

Read more about our award-winning program and the research at:
[Optimising Implementation - National Centre of Implementation Science](#)
[\(oxwebdevelopment.com.au\)](#)

In four initial studies, our researchers found PACE to be effective, feasible and scalable across multiple Local Health Districts spanning metro, regional, rural and very remote areas. Teachers rated the program as highly acceptable, and we saw an increase in teachers' scheduling of total physical activity across the school week by approximately 27 minutes. This included an increase in the scheduling of energisers by 21 minutes and active lessons by 5 minutes.



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Energiser of the term

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

Wiggles

Here's how to play ...

Students begin jogging on the spot, then on the teacher's signal, students are asked to wriggle their:

- 1.fingers
- 2.finger and wrists
- 3.fingers, wrists and forearms
- 4.fingers, wrists, forearms and elbows
- 5.fingers, wrists, forearms, elbows and shoulders
- 6.fingers, wrists, forearms, elbows, shoulders and rib cage
- 7.fingers, wrists, forearms, elbows, shoulders, rib cage and hips
- 8.fingers, wrists, forearms, elbows, shoulders, rib cage, hips and knees
- 9.fingers, wrists, forearms, elbows, shoulders, rib cage, hips, knees and toes
- 10.fingers, wrists, forearms, elbows, shoulders, rib cage, hips, knees and toes



Change it up:

- 1.Start from toes and work your way up (toes, knees, hips, etc.)
- 2.Repeat activity with jogging as a cool down.

Acknowledgement: [EatSmartMoveMoreNC](#)

Active Travel

Register Now- National Ride2School Day!



National Ride2School Day will be held on Friday 24th March 2023. Join more than 350,000 students in Australia's biggest celebration of active travel and encourage students, parents and teachers to discover the joy of riding and kick-start healthy habits. Click here or scan the QR code to access resources.



Professional development opportunities

What is PACE (Physically Active Children in Education)?

As part of the Good for Kids, Good for Life program, schools are supported to implement physical activity for all children across the school week. PACE is a free program that supports schools and teachers to increase students' physical activity levels, through training, resources and equipment.



SIGN UP NOW



How do I get my school involved?

- Email your interest to: HNELHD-GoodForKids@health.nsw.gov.au
- Register on the PACE portal, click the sign up button above
- Encourage staff to register on the PACE portal and complete the NESA accredited online modules
- Keep an eye out for our upcoming NESA accredited face-to-face school champion workshops in terms 3 and 4, 2023



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Nutrition Resources

Superhero Foods HQ

Superhero Foods is an online resource for Australian teachers and health educators. Get access to resources and activities that are aligned to the Australian Curriculum and quick healthy recipes. Superhero Foods aims to make nutrition education fun to empower kids to make healthy lifestyle choices. To find out more click [here](https://superherofoods.org.au) or scan the QR code.



Vegetable Week (27 March – 31 March) & 'The Big Veggie Crunch' (30 March)- [Register Now!](#)

Get involved!

Vegetable Week, featuring the fun event 'The Big Veggie Crunch,' is a free, quick and easy school-based event for NSW primary schools, funded by NSW Health.

'The Big Veggie Crunch' is an attempt by NSW primary school students to break the record for the highest number of children eating vegetables simultaneously – and to get kids excited about vegetables! In 2022, an amazing 111,760 students registered across 452 schools.

It's a fantastic and veg-citing way to start your school year with a health-promoting crunch. The website has a whole vegetable patch of digital resources to help your school.

Vegetable Week 2023 will run in week 10, term 1 (27 March – 31 March). The Big Veggie Crunch will be on Thursday March 30, 10am. [Register here](#) for the 2023 event.

Congratulations to the 2022 Healthy Kids Association competition winner:

Holy Cross Primary School, Glendale,

winning a \$400 Vegepod voucher just by registering for the Big Veggie Crunch.



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Healthy School Canteens

The Healthy Food Information Service (HFIS) is available for schools, canteen managers and licensed canteen providers and is dedicated to supporting schools to implement the NSW Healthy School Canteen Strategy. HFIS is contactable by phone on 1800 930 966 (Mon-Fri: 9am-3pm) or by email healthyfood@health.nsw.gov.au

Menu Checks are now due every 3 years. Your school will be invited to complete an application by HFIS when it is time to submit.

The Good for Kids team can also provide your school with canteen support. Contact your School Support Officer or email HNELHD-GoodForKids@health.nsw.gov.au to get started. We also have plenty of information and resources for canteens on our website [here](#).

Healthy Eating
Active Living






The Healthy Food Information Service

Support for your school and licensed canteens

A one stop shop for the support and tools you need to meet the NSW Healthy School Canteen Strategy.

- ✓ Tools about healthy food and drink choices
- ✓ Answer your questions about the Food and Drink Criteria and the NSW Healthy School Canteen Strategy
- ✓ Link you with local support
- ✓ Help make changes to your canteen
- ✓ Support you to fill in your Menu Check form
- ✓ Copy of your school canteen's last Menu Check form
- ✓ Menu check

Please call or email the Healthy Food Information Service
Phone: 1800 930 966 between 9 am and 3 pm from Monday to Friday
Email: healthyfood@health.nsw.gov.au

NSW Health and the
Department of Education

Canteen Recipe: Mexican Bowls

Try adding a Mexican Bowl special to your canteen menu- we guarantee it will be a crowd favourite!

Serves: approx. 8 bowls (serving size may vary depending on size of bowl used)

Classification: Everyday recipe

Ingredients:

- Pita breads, chopped into small pieces and oven-roasted
- 400g can 4 bean mix, drained and rinsed
- 2 tomatoes, diced
- 1 green capsicum, diced
- 120g lettuce leaves, chopped
- 400g can corn kernels, drained and rinsed
- 1 cup reduced fat cheese, grated
- 1 jar mild tomato salsa
- 1 tablespoon of natural Greek yoghurt, to top each bowl



Method:

1. Pre-heat oven to 180 degrees and roast pita bread pieces on a lined tray for 15 minutes. Alternatively, place pieces in a sandwich press until toasted.
2. In a large bowl, combine all ingredients except pita bread and mix
3. Portion into bowls and serve with pita bread pieces and spoon of yoghurt.

Tips:

- You could also add in a protein such as skinless chicken or fish pieces
- Replace yoghurt with avocado

Acknowledgement: Sourced from Healthy Eating Advisory Service- This is an Everyday recipe

Funding Opportunities



Sporting School Grants opening soon!!

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 opening soon!

Term 2, 2023 applications open 8am AEDT **Monday 27 February, 2023 – 5pm AEDT Friday 10 March, 2023.**

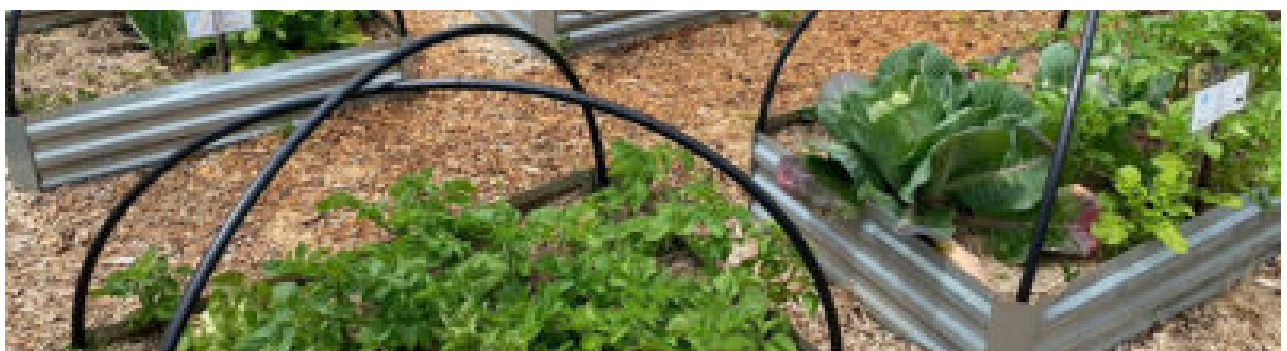
To find out more, click here or scan the QR code.

Junior Landcare Grants



Junior Landcare grants help bring sustainability into classrooms across Australia to teach children how to care for their local environment. The Junior Landcare grants offer funding support for schools and are available for projects that inspire kids to get hands-on with ideas that focus on sustainable food production, improving waste management practices or enhancing native habits.

The next Junior Landcare Grant announcement will be in February 2023. To find out more, click here or scan the QR code.



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