

## Term 4 2023 Staff E-Newsletter

### Welcome to the Good for Kids Term 4 2023 e-Newsletter

Please share this newsletter with all school staff including teachers, school admin and canteen managers. You could also print a copy to put up on your staff noticeboard.



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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.*

## Energiser of the term

### Sports gallery

This is a fun way to get everyone up and moving!

Steps:

1. Make sure there is plenty of room to move.
2. The teacher calls out different sport skills (examples below).
3. The students mimic those skills for at least 10 seconds as best as they can.
4. The teacher can speed up the tempo with quick changes.

Skill and movement ideas:

- Downhill skiing
- Shooting a jump shot
- Dribbling a basketball
- Serving a tennis ball
- Shooting an arrow
- Juggling a soccer ball
- Sprinting on the spot
- Dodging



## Go4Fun

Go4Fun is a FREE face to face program where kids make new friends, learn new games and build confidence.

Go4Fun is for kids aged 7-13 years and their families.

Visit [go4fun.com.au](http://go4fun.com.au) or call 1800 780 900 to register.



## School gardens



Gardening is an excellent way to teach students about sustainable living and inspire them to think about how we can meet our needs while preserving the environment for future generations. This activity also provides hands-on experience in garden design, planting, and harvesting. By incorporating this into the curriculum, it can be linked to a range of subjects such as science, arts, literacy, and numeracy.

### Ideas:

- Involve students in the planning and research of garden design.
- Get a horticultural expert in to help with the initial set-up and design phase, or training for teachers.
- Seek donations of materials from local businesses to help with the costs of soil, mulch or timber.
- Organise a group of volunteers from the school community who can assist with maintenance, or working bees.
- Consider worm farms and chicken coops to add value to kitchen gardens.



**More info!**



### How to plant carrots

1. Turn soil over to a depth of 20cm, breaking up any lumps.
2. Blend through quality, well-broken-down and fine compost or manure.
3. Make rows or furrows a couple of centimetres deep and evenly spread the seed.  
Tip: mixing seed with clean, fine sand may make this easier, as the seeds are very small.
4. Cover seed lightly and keep moist, not wet, until it germinates.
5. To harvest over a longer season, plant smaller crops, spaced around a week apart.
6. When growing carrot in pots, consider planting in troughs, as this will make it easier to plant rows and will maximise growing space.

**SOURCE: Bunnings**



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

Developed by Hunter New England LHD





# School spotlight

## Sandon Public School Crunch&Sip launch



The best part of our role as Health Promotion Officers is visiting the schools across the Hunter New England area and providing resources and education to students on the importance of keeping active and eating a healthy balanced diet.

Most week's you'll find us putting on our superhero outfits (peas and carrots) to spread the word about the importance of healthy eating and physical activity.

Emma and Karly recently energised and talked all things Crunch&Sip with the amazing students and staff at Sandon Public School.

*"Our healthy kids spent time with the PACE team to better understand the importance of having active minds and bodies. Students, with a bit of leg power, had the opportunity to pedal their own smoothies, mentally digest Crunch'n'Sip and get energised on Energisers. Thanks to Karly and Emma from PACE for coming and encouraging us to continue being healthy superstars."*

-Sandon Public School Facebook



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# Canteen recipe

## 15-min chicken and egg fried rice

**Serves:** 4

**Acknowledgement:** Sourced from HEAL (Healthy Eating Active Living) website.

**Ingredients:**

- 1 1/4 cup rice
- 3 spring onions
- 400g cooked chicken
- 2 eggs
- 4 teaspoons oil (vegetable)
- 2 1/2 cups mixed vegetables (fresh or frozen)
- 2 teaspoons minced ginger (optional)
- 2 1/2 tablespoons soy sauce (salt reduced)



**Method:**

1. Cook rice in saucepan or microwave. Set aside in a bowl.
2. Cut roots off spring onions and into small pieces. Place in bowl for later.
3. Cut up cooked chicken into small pieces and place in a bowl for later.
4. Place eggs in small bowl and beat with a fork until mixed.
5. Heat 1 teaspoon of oil in a frying pan and pour in eggs. Using a spatula, gently move eggs from edges of the pan to centre to cook. Take pan off heat before eggs are completely cooked and remove into separate bowl.
6. Heat 3 teaspoons of oil in the frying pan and add mixed vegetables and ginger and cook for 5 minutes until heated through.
7. Add rice, spring onions, chicken and soy sauce to the pan, stir.
8. Add cooked eggs and stir to combine. Cook for another 2-3 minutes.
9. Divide fried rice between bowls, small containers or cups to sell.

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## Your input matters - help us promote health in schools!

The Good for Kids team has actively promoted healthy eating and physical activity in primary schools for the past 15 years. In collaboration with the Education sectors and NSW Health, evidence-based strategies have been identified as highly beneficial for enhancing the health and well-being of our children within the primary school environment.

We would greatly appreciate your input regarding the implementation of these practices in your school. Your responses will aid us in planning more customised support now and in the future.

Check your emails or scan the code to provide this valuable feedback!



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# Teaching resources - Phenomenon

**Phenomenom** is a free digital toolkit for teachers, jam-packed with springboard episodes and lesson plans, designed to tickle students’ tastebuds for learning. Videos and Nomcast podcasts follow a group of students (the Super Naturals) in a classroom of the very near future as they explore the world with their teacher, Alice, and a few unusual characters. Each Phenomenom episode or Nomcast podcast comes with a whole suite of free Australian Curriculum-aligned learning resources.



## Latest news

**A cluster randomised controlled trial to assess the effectiveness of a multi-strategy sustainability intervention on teachers’ sustained implementation of classroom physical activity breaks (energisers): study protocol**



See full article  
here!

### Summary:

Governments internationally have invested hugely in the implementation and scale-up of school-based physical activity interventions, but have little evidence of how to best sustain these interventions once active implementation support ceases. This study will assess the effectiveness of a multi-strategy sustainability intervention on classroom teachers’ sustainment of energisers scheduled across the school day from baseline to 12 and 24-month follow-up.

## Meet the team Dr Alyce Barnes

Alyce is a new member of the Population Health team, having previously worked at the University of Newcastle for 14 years. In her previous role, she was a co-investigator and senior project manager for the Daughters & Dads Active & Empowered program, which aimed to enhance the physical activity, sport skills, and social emotional wellbeing of primary school aged girls, with their fathers/father-figures.



Alyce is a PhD graduate passionate about improving physical activity levels for families and children. She is a former PD/H/PE teacher and enjoys coaching her daughters’ sporting teams. Outside of work, she keeps active with friends and is a positive role model to her family.

## Follow Good for Kids on Social Media



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