



Term 4 Snippets 2023

Please see below a suggested fortnightly schedule that may assist you in planning your Term 4 school newsletters. Snippets may also be used to post on your school's Facebook page.

The below newsletter snippets are easy to copy and paste, and provide information to families on aspects of healthy eating, physical activity and limiting screen time.

Term 4 Newsletter Topics

Strengthening bonds through family meals

Keep lunchboxes cool

Seasonal fruit and veg

Summer activities

Keep an eye on screen time

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.





Strengthening bonds through family meals

Family meals are a perfect time to catch up, connect and communicate with each other.

Regularly sharing meals can benefit children in numerous ways, including improvements in mental health, physical wellbeing and academic performance.

Make family meals enjoyable by following these top tips:

- Set regular times to eat together. Try sitting at a table with the television and phones switched off.
- Allow 20-30 minutes for mealtime where the family can relax and chat about their day.
- Involve children in choosing and preparing family meals i.e., washing fruits and vegetables or setting the dining table.
- Be creative! Invite a friend over, have a picnic or set a special dinner theme like “Mexican Monday”.



Source: Making family meals enjoyable: tips (raisingchildren.net.au)



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

Developed by Hunter New England LHD



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Keep lunchboxes cool

Did you know that lunchboxes packed without an ice brick reach temperatures of 12 degrees warmer than those with an ice brick?

With the weather heating up, it is important to ensure your child's lunchbox stays cold at school to protect them from harmful germs.

Follow our top tips:

- Pack an ice brick
- Use insulated lunchboxes or cooler bags
- Freeze water bottles or reduced fat milk poppers to use as ice bricks - as the drink melts, it is also a cold refreshing drink!
- Store the lunchbox in the fridge overnight
- Freeze fruit such as berries and orange wedges to cool the lunchbox and also act as a delicious everyday snack



Source: Tips To Keep Food Safe (www.swapit.net.au)



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Seasonal fruit and veg

Choosing seasonal fruit and veg for the lunchbox can help keep costs low as these products are often on sale at the supermarket.

In term 4, we see spring and summer! Why not try some of our favourite seasonal fruit and veg options below.

Spring: September - November

Fruit:

Bananas, watermelon,
navel oranges, pineapple,
rockmelon

Veg:

Avocado, broccoli, carrots,
cucumber, potato,
pumpkin, spinach

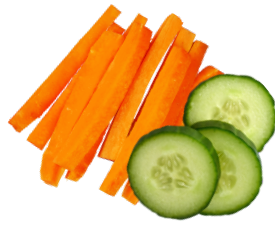
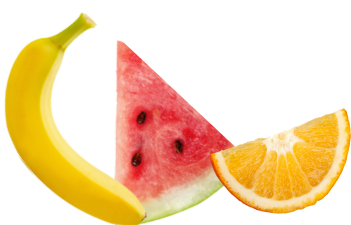
Summer: December - February

Fruit:

Bananas, berries, grapes,
watermelon, passionfruit,
plums, peaches, apricots

Veg:

Avocado, beans, beetroot,
capsicum, celery, corn,
cucumber, tomatoes, snow
peas

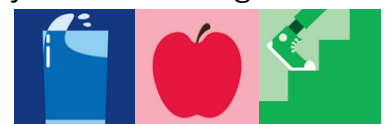


Source: Seasonal Vegetable & Fruit Guide (www.swapit.net.au)



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Summer activities

Summertime sports are a great way to have fun and play outside in the sunshine.

Encourage your child to try a new activity to get their body moving. Just don't forget to slip, slop, slap, seek and slide!!

Why not try:

- Basketball
- Beach Volleyball
- Frisbee Golf
- Touch Football
- Hockey
- Tennis
- Swimming
- Bike riding
- Beach or bush walks





Keep an eye on screen time

Screen time and digital technology can be part of a healthy lifestyle when it's balanced with other activities. This includes physical activity, creative play, reading, socialising and getting enough uninterrupted sleep.

Follow these tips to use technology in a balanced and healthy way:

- Make rules about screen time
- Aim for short screen time sessions, with active breaks
- Encourage outdoor play
- Encourage creative activities
- Encourage play with others
- Avoid screen time before bed
- Avoid digital technology in the bedroom, especially at night



Source: Screen time and digital technology use for children 6-11 years: tips for balance
(raisingchildren.net.au)



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