

Term 3 2024 Staff E-Newsletter

Welcome to the Good for Kids Term 3 2024 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”

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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Kindergarten Orientation

Order free resources for your school now!

Kinder Orientation is the perfect time to provide information to new families on healthy eating and physical activity so their child has the best start at school.

Good for Kids has a range of resources available! If your school hasn't already, you can click the link to order hard-copy resources for our Term 4 deliveries.

You can also show [this video](#) presentation at parent information sessions or make it available to your new families.

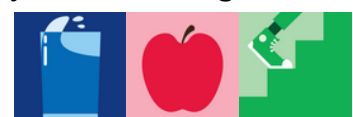


New SWAP IT lesson plans



The SWAP IT team have developed **two NEW lessons** to complement the SWAP IT healthy lunchbox program. The lessons align to the NSW PHDPE Syllabus (with cross-curriculum links) and the Australian Curriculum.

All SWAP IT schools can access them through the [SWAP IT website](#), or register your school to run the SWAP IT Healthy Lunchbox program [here](#)!



Energiser of the term

Energisers are quick simple physical activities/games that encourage students to get up and move. Engaging in energisers throughout the school day can improve children's:



Invisible Ink

Stage: Stage 1 - Stage 3

Formation: Standing at desks

Equipment: None

Getting energised:

1. Students begin by moving in their place around the room. Choose between:

- Jumping
- Squatting
- Marching
- Skipping
- Hopping
- Side galloping

2. The teacher calls out a letter, number, word or shape.

3. Students stop moving and draw the letter, number, word or shape in the air using their:

- Hand
- Head
- Arm
- Leg
- Elbow
- Knee
- Bottom
- Any combination of body part you can think of

Make the writing as big as possible! Instruct students to reach down to the floor and then reach up as far as they can when drawing/writing.

4. Students continue until the teacher calls out another letter, number, word or shape.



Healthy Bones Action Week

12-14th of August

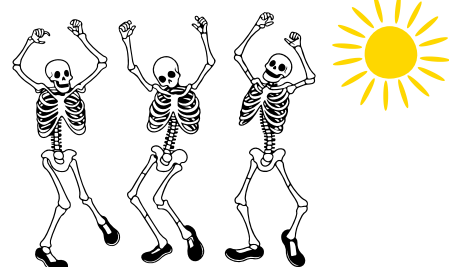
The primary school years are a crucial time for kids to build strong bones for life.

Healthy Bones Action Week aims to encourage all Australians to build strong bones by getting enough **calcium, exercise, and Vitamin D**.

Dairy Australia has created a bank of classroom resources for teachers to download and use during Healthy Bones Action Week, to promote optimal bone health. The resources can be used alongside Discover Dairy's health and nutritional [videos](#) to help students uncover and understand the benefits of including dairy foods in their diets every day.

Resources include:

- [Outdoor activities](#)
- [Indoor activities](#)
- [Lesson plans](#)



Developed by Hunter New England LHD



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



Multicultural Health Week 2024

2nd-8th of September

Theme: Celebrate culture through food with multicultural lunchboxes.

Multicultural Health Week is a time to work together to raise public awareness of the health needs of culturally and linguistically diverse (CALD) communities.

Follow multicultural family lunchbox recipes, celebrate cultural diversity and promote healthy eating in your school:

- [Adam Liaw's multicultural family lunchbox recipes](#)
- [Multicultural Health Week Resources](#)
- [Organise your event – Multicultural Health Week 2024 event toolkit](#) (coming soon)



National Health and Physical Education Day

4th of September

It's important to promote being active as part of everyday life as most children's waking hours are spent sitting at school and at home. National Health and Physical Education (HPE) Day has been designed to raise awareness of, and advocate for, a greater focus of HPE in our schools.

The theme this year is *Good for Children, Good for Schools and Good for Communities*.



Register your school here: [National HPE Day Wed 4th September 2024 \(office.com\)](#)



Funding Opportunities

Sporting Schools Grants



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 4 application opening soon!

Term 4, 2024 applications close 5pm AEST Friday 23rd August, 2024.

To find out more, click [here](#) or scan the QR code.



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Canteen Recipe

Fruity Muffins

Classification: Everyday

Makes: 12

Ingredients:

- Olive or canola oil spray
- 1 1/2 cups self-raising flour
- 1/2 tsp baking powder
- 1/2 tsp bicarbonate of soda
- 1 tbsp caster sugar
- 1/2 cup bran*
- 1/2 cup rolled oats
- 1/2 cup sultanas
- 1 apple, core removed and diced, skin left on
- 3/4 cup buttermilk**
- 1 egg
- 2 ripe bananas

Method:

1. Pre-heat oven to 200°C (180°C fan forced)
2. Lightly spray muffin tins with oil or line with paper cases.
3. Sift flour, baking powder and bicarbonate soda into a large bowl, returning the husk remaining in the sieve to the bowl.
4. Add sugar, bran, oats, sultanas and apple and mix until well combined.
5. Place buttermilk, egg and mashed bananas in a bowl and mix with a fork.
6. Pour banana mixture into dry ingredients and gently fold together until just combined.
7. Spoon into pre-prepared muffin pan.
8. Bake for 15 minutes for mini-muffins (20 minutes for larger muffins) until firm and a knife inserted into centre comes out clean. Allow to cool for 5 minutes then turn onto a wire rack.



*Either 'natural bran' like wheat germ, or 'processed bran' like Allbran® may be used. Alternatively use oat bran or extra oats.

**Substitute for buttermilk - add 1 tsp white vinegar to 3/4 C low-fat milk

Acknowledgement: Sourced from Healthy Eating Active Living

Meet the team

Rahel Boon

Rahel is a proud Wiradjuri woman, raised on Barkandjii country who has recently joined the Good for Kids team. With extensive experience in health promotion roles, Rahel specialises in Indigenous Health Promotion and is passionate about projects that focus on improving the health and well-being of the population.

Rahel is currently in her 3rd year of study, undertaking a Bachelor of Psychology. In her free time, Rahel is usually studying, camping or at the beach.



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