



## Term 2 Snippets 2025

Please see below a suggested fortnightly schedule that may assist you in planning your Term 2 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 2 Newsletter Topics

Screen Free Week

Active Travel: Small Steps, Big Benefits!

Power Up with Breakfast

Indigenous Game: Tambil Tambil

Veggie & Cheese Muffins

*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.*



*'The heart of a child' - Lara Went*








## Screen Free Week

Get involved in the global event during the first week of May and step away from screens for recreation.


It's a great opportunity to spend time doing things that don't involve technology, like being active, learning new hobbies, and enjoying family time.

During Screen-Free Week, we encourage students and families to:

-  Play outdoor games or sports
-  Explore nature and enjoy the outdoors
-  Learn a new dance
-  Spend quality time with family, like having a board game night or going for a walk
-  Try a new hobby, like drawing, cooking, or crafting



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## Active Travel: Small Steps, Big Benefits!

Encouraging your child to walk, ride, or scoot to and from school is a simple way to boost their daily physical activity.

Active travel helps improve focus, fitness, and overall wellbeing — plus it's a great opportunity to build independence and enjoy time outdoors. Even walking part of the way makes a difference!

You could:

-  Walk all or part of the way
-  Ride a bike or scooter (with a helmet!)
-  Park a short distance from school and walk the rest
-  Join a walking group or “walking bus” with other families










## Power Up with Breakfast

Eating a healthy breakfast kickstarts the day, giving you energy for physical activity and boosting focus, concentration, and memory — all important for learning!

Breakfast is also a great time to get important nutrients. Here are some easy and healthy breakfast ideas:

-  Wholegrain cereals like Weet-Bix, Cheerios, Sultana Bran, or porridge
-  Wholegrain toast with avocado, tomato, or reduced-fat cheese
-  Untoasted muesli with low-fat yoghurt
-  Raisin toast
-  Fruit and veggie smoothies

In a rush? Try quick grab-and-go options like a tub of low-fat yoghurt, a piece of fruit, overnight oats, or dry cereal to snack on.

Even a small breakfast can help your child do their best at school!



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## Indigenous Game: Tambil Tambil

Pronounced '**tam-bil tam-bil**'

This is a throwing and dodging skills game.

### Players:

- Groups of 4-12 players

### Playing area:

- A designated area suitable for the activity.

### Equipment:

- Paper ball, sponge balls or soft fleece balls
- A small shield (bat) for protection only- optional.

### Game play and rules:

- One player represents a kangaroo. The kangaroo stands 10–15 metres in front of a group of players, who are spread out along a line.
- The 'kangaroo' hops or runs around in front of the group, dodging the throws until they are hit by a thrown ball. When hit, the player falls over, and the player who hit him or her becomes the new kangaroo
- A supply of balls is provided for the throwers. Players do not move out past the line to retrieve thrown balls unless the game is stopped and they are directed to do so.

### Variations:

- Players throw their weapons 'weakly' at each other by lobbing, rolling or bouncing tennis or sponge balls towards each other. (This is recommended for younger players.)



*Safety factors needed to be considered to avoid injury to the dodging player. The use of soft balls and keeping a distance of at least 2m is advised. Avoid aiming balls above the waist. It is possible to substitute a person for some types of targets.*

**Source:** Yulunga Traditional Indigenous Games | Australian Sports Commission ([sportaus.gov.au](http://sportaus.gov.au))



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## Veggie & Cheese Muffins

**Serves:** Approx. 12 muffins

**Ingredients:**

- 1 cup wholemeal self-raising flour
- 1 cup white self-raising flour
- 1 cup grated zucchini (squeeze out excess water)
- ½ cup grated carrot
- ½ cup corn kernels (fresh or frozen)
- ¾ cup reduced-fat grated cheese
- 2 eggs
- ¾ cup milk (or plant-based milk)
- ¼ cup olive oil
- Optional: finely chopped spinach, capsicum, or ham



**Method:**

1. Preheat oven to 180°C (350°F) and line or grease a muffin tray.
2. In a large bowl, mix the flours and grated veggies.
3. Add cheese and any extras you like (ham, spinach, etc.).
4. In a separate bowl, whisk together eggs, milk, and oil.
5. Pour the wet mix into the dry and stir until just combined.
6. Spoon into muffin tray and bake for 20–25 minutes or until golden and firm.
7. Cool before packing into a lunchbox.