

Term 4 2025 Staff E-Newsletter

Welcome to the Good for Kids Term 4 2025 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”

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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.

Canteen Workshops

2 & 9 December 2025 / 27 & 29 January 2026

Good for Kids is hosting FREE, in-person workshops for canteen managers, P&C staff or school executives.

What to expect on the day:

- An introduction to the NSW Healthy School Canteen Strategy
- Addressing common barriers in canteens
- Guidance through resources such as the Healthy Food Finder and menu checks
- Provide menu feedback and tools to ensure your menu meets the strategy
- Lucky door prizes

Term 4, 2025:

- Newcastle, Wallsend Diggers
 - 2.12.25, 9am-12pm
- Tamworth, South Tamworth Bowling Club
 - 09.12.25, 9am-12pm

Term 1, 2026:

- Newcastle, Wallsend Diggers
 - 27.01.26, 9am-12pm
- Virtual
 - 29.01.26, 9am-12pm



REGISTER NOW



PACE Workshops

16 December 2025 / 28 & 29 January 2026

The PACE program supports classroom teachers and schools to schedule and deliver the weekly recommendation of 150 mins of physical activity. This is supported through active PE, sport, cross curricular links and daily classroom energisers across the school week.

Program includes free:

- One day professional learning
- Access to a local support officer
- Access to an online portal with a range of resources
- Online option available also



Term 4, 2025:

- Newcastle, Wallsend Diggers
 - 16.12.25

Term 1, 2026:

- Newcastle, Wallsend Diggers
 - 28.01.26
- Online
 - 29.01.26

REGISTER NOW

PACE
Physically Active Children in Education



Sport Specific and FMS Workshops

Netball, AFL & Touch Football

Fundamental Movement Skills are the building blocks to sport. Have you got FMS embedded throughout your scope and sequence? Do you feel confident translating these skills into specific sports? Choose from a selection of after-school, sport specific workshops designed to help you build on your existing FMS programming and build confidence in Physical Education and Sport.



Dates/Locations:

- AFL @ Feighan Oval, Warners Bay
 - 25.11.25
- Netball @ Charlestown Netball Courts
 - 2.12.25
- Touch Football @ Wallsend Touch Football Fields
 - 09.12.25

REGISTER NOW



Health
Hunter New England
Local Health District

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

Energiser of the term

Super Chicken

Grade level: Stage 1 - Stage 3

Formation: Standing behind chairs

Equipment: None



Rules/directions:

1. Review normal rock-paper-scissors (rock beats scissors; paper beats rock; scissors beat paper). "Rock-paper-scissors-SHOW"
 2. Demonstrate the full body movements (rock = crouch and hug knees, paper = spread arms and legs as wide as possible, scissors = one leg forward one leg back, one arm forward one arm back). Check for understanding by having students perform each movement.
 3. Demonstrate chicken (chicken wings like in the chicken dance), super chicken (arms forward like superman/woman), and immortal chicken movement (arms up to the sky like you're immortal). Check for understanding by having students perform each movement.
 4. Explain basic rules of the game. Everyone starts as a chicken and challenges someone to full body rock, paper, scissors. Whoever wins moves up a level toward immortal chicken; whoever loses moves down a level. Once immortal, students do not move down a level even if they lose. Continue playing the game until everyone is an immortal chicken.
 5. The goal is to become an immortal chicken.
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Canteen Recipe

Mini Spinach Dippers

Classification: Everyday

Makes: 10

Ingredients:

- 10 dinner rolls
- 1 tsp. margarine
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ packet reduced salt spring vegetable soup mix
- 1 tsp. plain flour
- 2 tbsp. onion, diced
- 100g frozen spinach
- 50 carrot and celery sticks

Method:

1. Preheat oven or pie oven to 180°C.
2. Defrost spinach and set aside.
3. Place margarine and onion in non-stick saucepan, cook until onion is soft. Add flour and combine on low heat. Add soup mix and combine.
4. Using a whisk, slowly add milk to saucepan stirring continuously until mixture thickens. Stir in spinach and bring to boil. Remove from heat.
5. Cut hole in top of bread roll and remove bread in a chunk.
6. Place spinach mixture inside roll and bake for 10 minutes or until bread roll is crunchy.
7. Serve with veggie sticks for dipping (5 veggie sticks per serve).



SWAP IT

Healthy Lunchbox Program



SWAP IT is a free, evidence-based lunchbox program, developed in the Hunter New England area. It has now reached over 860 schools across NSW, SA, VIC, QLD and WA. The program supports parents and carers to SWAP what is packed in their child's lunchbox from sometimes foods to everyday foods. SWAP IT is easy to run and loved by parents and schools. For more information, [click here](#).

To register your school to run SWAP IT for a term this year, [click here](#)!

[Now on FACEBOOK](#)
[Check out the SWAP IT page here](#)



956

schools have joined SWAP IT



234,993

students are on their way to
healthier lunchboxes

Go4Fun Online

Available to more families, anywhere, any time!

Go4Fun Online is a free, 10-week family healthy lifestyle program for NSW primary-school aged children.

Your family's health goals, your way! Families create healthy habits together, with the support of a health coach.

Join any time! go4funonline.com.au

Bringing colour to a kitchen near you!

Free family healthy lifestyle program
for primary school-aged children

Join Go4Fun
Online now

go4funonline.com.au

1800 780 900

Reach your family's health goals with
personalised support

Foodbank

NSW Breakfast 4 Health Program



Around 3 children in every classroom across Australia are coming to school hungry. Foodbank is a program that provides students with regular access to a wholesome, nutritious breakfast. Studies have shown that having breakfast positively impacts physical and mental health, social skills, concentration, behaviour, attendance, and academic performance.

To bring the Foodbank Breakfast 4 Health program to your school, fill out this [application form](#)!

