



NEWSLETTER SNIPPETS TERM 1 2020

Please see below a suggested bi-weekly newsletter topic schedule that may assist you in planning your Term 1 school newsletters. Snippets may also be used to post on your schools Facebook page.

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

| TERM 1 NEWSLETTER TOPICS |
|--------------------------------|
| Packing an 'Everyday' lunchbox |
| National Ride2School Day |
| Mastering the Sprint |
| Crunch & Sip |
| Time for Healthy Habits |
| Recipe: Tasty Savoury Muffins |

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PACKING AN EVERYDAY LUNCHBOX

Packing an everyday lunchbox does not have to contain fancy ingredients.

Make packing an everyday lunchbox easy by adding:

- **Crunch and Sip®:** 1 serve of fruit or vegetables
- **Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks e.g. rice crackers, yoghurt
- **Lunch:** Sandwich/wrap/roll or leftovers containing everyday ingredients e.g. pasta, fried rice
- **Drink:** Water and/or reduced fat plain milk
- Don't forget to add an **ice brick** to keep the food cool and safe

See our everyday lunchboxes below for ideas.



Crunch & Sip®: Capsicum sticks
Recess: Mini rice cakes, banana
Lunch: Multigrain wrap with chicken, cheese, carrot and lettuce
Drink: Water



Crunch & Sip®: Cherry tomatoes
Recess: Rice crackers, cucumber sticks and hummus
Lunch: Raisin bread sandwich with banana
Drink: Water, reduced fat plain milk



Crunch & Sip®: Carrot sticks
Recess: Yoghurt, grapes
Lunch: Whole meal sandwich with tuna, tomato and lettuce
Drink: Water

Whilst brands may be depicted in these images, Good for Kids has no affiliation and does not endorse any specific food brand.



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NATIONAL RIDE2SCHOOL DAY

Walk, bike ride, skate or scooter to school on March 13th, to celebrate active travel.



Children under 16 years of age (and adults supervising them) are allowed to ride on a footpath in NSW.

Encourage your kids to follow these tips for safer riding:

- Always wear an approved bicycle helmet, properly fitted and fastened.
- Always obey road rules, including traffic lights, stop signs and give way signs.
- Turn your head when passing driveways
- Keep left when riding on the footpath and give way to pedestrians
- Travel at a speed that is safe for you and others
- Wear bright clothing to make yourself visible

Sources: The Bicycle Network & Transport for Road Safety NSW



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MASTERING THE SPRINT

Sprinting is one of 12 Fundamental Movement Skills which requires practice. Fundamental Movement Skills are taught at school but you can help teach your child these important skills at home.

To master the sprint:

1. Lift knees high
2. Bring heels close to the bottom
3. Focus eyes forward
4. Don't let heels touch the ground
5. Land on balls of feet
6. Bend elbows at 90 degrees
7. Drive arms forward and back in opposition to legs



For a demonstration search: 'Get Skilled: Get Active – Sprint' on YouTube



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Our school is part of the Crunch&Sip® program, also known as 'Fruit break'. Crunch&Sip® is a set time during the day to eat vegetables and fruit and drink water.

Below are some examples of what students are allowed to bring for Crunch&Sip®:

- All fresh vegetables and fruit such as carrot sticks or grapes
- Dried fruit or tinned fruit in juice, but only sometimes
- Plain water



Some tips to increase vegie intake for Crunch&Sip® include:

- Start with vegetables your children are familiar with
- Allow children to choose their Crunch&Sip® vegetables
- Try sweeter vegetables like cherry tomatoes or carrots
- Use a variety of colours to make it more appealing
- Let kids pick out a special Crunch&Sip® container from the supermarket
- Get kids involved in cooking vegetables at home

Source: Crunch&Sip® www.crunchandsip.com.au



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Time for Healthy Habits



Children who develop healthy habits from a young age are more likely to continue these habits into adulthood.

Do you have a child between the ages of 2-6 years and live in NSW?

Do you wonder if they are eating enough of the right foods, being active enough or getting enough sleep?

We are offering a **free** program to help parents give their young children the healthiest start to life.

You can participate in one of these programs: online modules, telephone support calls or printed information. All programs will provide practical information and tips that will help with healthy eating, physical activity, screen time and sleep.



For more information and to register please visit www.timeforhealthyhabitsnsw.com/ or contact time-healthyhabits@uow.edu.au

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RECIPE: TASTY SAVOURY MUFFINS

Ingredients:

- 1½ cups wholemeal self-raising flour
- 1½ cups white self-raising flour
- ¼ bunch English spinach, chopped
- ½ cup red capsicum, diced
- 1 medium zucchini, grated
- ¼ cup reduced-fat cheese
- ¼ cup parsley, chopped
- 1 cup reduced-fat milk
- 1 egg
- ⅓ cup canola oil
- 100g reduced-fat feta cheese, crumbled



Method:

1. Preheat oven to 220C.
2. Sieve both flours into a large mixing bowl then add spinach, capsicum, zucchini, reduced-fat cheese, parsley and mix together.
3. In a separate bowl, whisk the milk, egg and oil together.
4. Fold the egg mixture into the flour mixture until combined then add the crumbled feta. Do not over-mix.
5. Place an even amount into muffin tins and bake for 20 minutes.
6. Serve warm or at room temperature.

*Makes 19 muffins

Variations: Use any vegetables you think will taste good, especially leftovers.

Bush Tucker Tip: Replace spinach with Warrigal greens, blanching in boiling water for 2-3 minutes to cook.

Source: NSW Healthy School Canteens



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