



## NEWSLETTER SNIPPETS TERM 2 2020

Please see below a large selection of snippets you may like to use in your Term 2 Newsletters or post on your schools Facebook page. Please choose the ones that suit your school the most at this particular time.

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

TERM 2 NEWSLETTER TOPICS
Keep Crunching
Easy healthy lunch ideas
Managing Screen Time
Get Active with Skipping
Snack Time
Traditional Indigenous Games
Two Minute Noodles
Staying Active at Home
Learn to Make a Healthy Lunch
Dice Fitness
Get Active + Map a Treasure Hunt
Breakfast is the Best Routine

# Good for Kids good for life

## KEEP CRUNCHING

Most NSW primary schools have incorporated *Crunch & Sip®* (often called Fruit Break) as a regular part of the school day.

*Crunch & Sip®* helps kids meet their recommended vegetable and fruit intake, as well as help introduce new vegetables and fruit.

The benefits of *Crunch & Sip®* can happen at home as well as at school. Keep kids eating healthy snacks of vegetables and fruit no matter the day.



**Health**  
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Local Health District

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<http://www.goodforkids.nsw.gov.au/>

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## EASY HEALTHY LUNCH IDEAS

Learning from home can be a great time to try out some new lunch ideas. You could try:

- 🍎 Chicken and vegetable rice paper rolls
- 🍎 Pasta salad
- 🍎 Zucchini slice
- 🍎 Corn fritters
- 🍎 Vegetable fried rice



Get the kids involved to help cook, or make these as part of dinner one night and portion out lunches for the week.

They are all easy to pack in the lunchbox too.

All recipes available at: <http://goodforkids.nsw.gov.au/primary-schools/swap-it/recipes/>



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## MANAGING SCREEN TIME

While your family is at home, many activities for learning, fun and keeping in touch will be done using screens.

To keep active make sure you spend time away from screens every day. Try some of the ideas below:

**TURN OFF SCREENS + get active!**

Screens can be great for learning, play and communication. Too much screen time can be unhealthy. Try to sit less and move more.

**TIPS TO MANAGE SCREEN TIME**

- Eat together as a Family.** No screens at meals for parents and kids.
- Be Pore screen time -** sleep, play outdoors, read and enjoy Family time.
- No screens in bedrooms,** especially at night.
- Take toys or books instead** of screens when going out.
- Monitor kids' screen time.** Set limits if needed.
- Sit less. Move more.** Move every hour.
- Help kids sleep.** Stop using screens 1 hour before bed.
- Parents - be a good** role model. Reduce your screen time too.
- Dance to music, or play** video games that get you on your feet.

NSW GOVERNMENT | **MAKE HEALTHY NORMAL**

This resource has been developed by Western Sydney Local Health District, published November 2018

Source: Western Sydney Local Health District, November 2018



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## GET ACTIVE WITH SKIPPING

Grab your rope and have some fun!

Tips on skipping:

- Search for 'jump rope tricks' and learn some tricks.
- Master a skipping routine by putting the skipping ticks together; maybe to music.
- Set some skipping challenges e.g. who can skip for the longest time or do the most tricks.
- Involve the whole family in a routine.
- For inspiration, search 'Jump rope tricks' online or check out the 'teacher manual' at [www.heartfoundation.org.au](http://www.heartfoundation.org.au)



For health benefits, children aged 5-12 years need at least 60 minutes of moderate to vigorous physical activity every day.

**Variety is important!**

Source: Northern Sydney Local Health District



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## SNACK TIME!

It's important for kids to have healthy snacks through the day to help them meet their nutrition and energy needs.

Choose snacks based on vegetables, fruit, milk, cheese, yoghurt and wholegrain bread, crackers and cereals.

Quick and easy snack ideas:

- Cut up vegetables, fruit and cheese so they are easier to grab and eat for snacks during the week.
- Plain yoghurt and fruit.
- Make plain air-popped popcorn by adding  $\frac{1}{4}$  cup popcorn kernels to a paper bag or container and microwave for 2 minutes. Lightly season with salt or spices.
- Add vegetables (fresh or frozen in to homemade snacks such as muffins, pikelets, scones and slices. Recipes available at: <http://goodforkids.nsw.gov.au/primary-schools/swap-it/>



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## TRADITIONAL INDIGENOUS GAMES



All school-age groups (K-12)

Post-school age

### Background

This object-throwing game was observed being played on Mer Island in the Torres Strait region in the nineteenth century. More recent versions have also been observed.

### Short description

A game based on throwing accuracy. Teams of one to two players throw objects, attempting to make them land on a target on the ground.

### Equipment

- Two mats (softball bases, carpet squares, rubber mats or small towels) placed 5–7 meters apart- alternative square piece of material/grass
- Beanbags, coins, large buttons or flat bocce balls to represent the kolap beans- alternative ball of socks or balloon filled with rice or rocks

### Game play and basic rules-

- Two players sit (or stand) behind each mat.
- The players who are partners are diagonally opposite each other.
- Each player has four kolaps, which he or she attempts to throw to land on the mat opposite.
- One player has a turn. The kolaps are collected and then the player on the opposite team at the other mat has a turn. Continue in this manner.

### Scoring

A combined total of 20 finishes the game for a team. The kolap must land completely on the mat to count.

Source: Yulunga Traditional Indigenous Games, Sport Australia



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## STAYING ACTIVE AT HOME

Children should be getting at least **60 minutes** of physical activity that makes them 'huff and puff' across the day.

Staying active as a family will support your physical and mental health.

Try doing some of these activities together each day:

Backyard sports

Walking

Dancing

Tag

Hula hoops

Gardening

# FAMILY EXERCISES

Family boot camp

Skipping

Aerobics

Walk the dog

Hide and seek

Make a game from chores



Source: Office of Sport



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## LEARN TO MAKE A HEALTHY LUNCH

Teach kids healthy habits for life!

While you have more time at home, teach your children how to make their own healthy lunch. When regular school routines return, they can help pack lunchboxes!

### Rainbow Wraps

1. Prepare ingredients: put out wrap breads and a range of fillings on plates (try grated carrot, lettuce, cheese and lean ham)
2. Show your child how to choose fillings and roll up a wrap
3. Let your child prepare healthy wraps for the family
4. Share photos of your delicious creations with friends and enjoy a healthy lunch.



For more lunch box ideas, check out the 'healthy lunch box builder' and recipes at <https://healthylunchbox.com.au/>

Source: Northern Sydney Local Health District



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## DICE FITNESS

Try this fun, simple fitness activity as a family to get moving at home!

### Equipment needed:

- 🍎 Dice (if you can, one between two)
- 🍎 A piece of paper with your six exercises clearly written (put this where everyone can see it)
- 🍎 Enough space to move safely

### Procedure:

- 🍎 In pairs (or in a small group, or individually) roll a dice.
- 🍎 Do the exercise that matches the number on the dice once. For each roll, do another repetition (for example, do the exercise twice on the second roll, three times on the third roll).

Try the exercises suggested below, or come up with your own ideas! Anything that gets you moving should work.

### Exercises:

1. Burpees
2. Lunges
3. Squats
4. Mountain Climbers
5. Sit Ups
6. Push Ups



**Challenge:** Run or side gallop to the other side of the room/garden and back between dice rolls!



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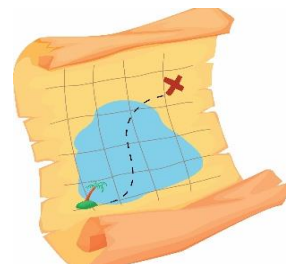
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## GET ACTIVE + MAP A TREASURE HUNT



- One person hides some treasure in the yard or around the home (e.g. a coin, small toy, sticker etc.) and then draws a map for the other person to find the treasure.
- Take turns hiding the treasure and drawing a map.
- Optional extra: Work out north, south, east and west



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## BREAKFAST IS THE BEST ROUTINE



Breakfast is important for kid's blood sugar levels. It helps them to concentrate while learning, moderate behaviour and have the energy to engage in physical activity.

Breakfast also reduces the desire to snack on high sugar and high fat foods.

### Quick and Easy Breakfast Ideas

- Cereal with milk, yoghurt and/or fruit
- Wholegrain toast or raisin bread
- Smoothies made with fresh, frozen or canned fruit

**Tip:** to get kids ready to learn, keep the TV off during breakfast time

For delicious breakfast recipes visit the Healthy Kids recipe page and click 'breakfast'  
<https://www.healthykids.nsw.gov.au/>

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