



# SUMMER NEWSLETTER 2020

**Good for kids**  
good for life



**WELCOME TO THE SUMMER EDITION OF THE GOOD FOR KIDS NEWSLETTER!**

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Worimi Artist Lara Went - 'The heart of a child'



**Health**  
Hunter New England  
Local Health District

## NAIDOC WEEK REFLECTIONS

While social distancing limited the amount of events running over NAIDOC Week this year, there were still plenty of ways our team was able to get involved! Here are some of the events that we participated in:

- Whole team trip to see Wonnarua Artist Saretta Fielding's artwork which was on display at Wallsend Library.
- We had a lot of fun playing a selection of *Yulunga: Traditional Indigenous Games*. For more information about these games visit: [www.sportaus.gov.au/yulunga](http://www.sportaus.gov.au/yulunga)
- Joining in on our office NAIDOC Week door decorating competition. Our team member Ashleigh captured this year's theme "Always Was, Always Will Be" by depicting the land of the Awabakal people where our office is located (door pictured on left).

This year's theme and activities gave our team the opportunity to reflect on the importance of connection to country in Aboriginal culture, and to include the connection we have with everything and everyone around us in our understanding of health. We are committed to incorporate this view into our practice and communication with services in the new year, and to acknowledge at every opportunity that the land we all live, work and play on is Aboriginal land.



## HEALTHY LUNCHBOX WEEK: 7 - 13 FEBRUARY, 2021

Nutrition Australia's Healthy Lunchbox Week is a great opportunity to promote nutritious lunchboxes at your service!

Our emailed resource, '[Getting Ready for Big School](#)', includes useful tips and resources for parents when packing a healthy, balanced lunchbox for children starting primary school.

**For more healthy lunchbox ideas, visit the Healthy Lunchbox Week website:** <https://www.healthy-lunchbox-week.org/>

**Or access our SwapIt! lunchbox resources on the Good for Kids website:** <http://www.goodforkids.nsw.gov.au/early-childhood-services/swap-it/>



## HEALTHY MENU PLANNING ONLINE

The *Munch & Move* program is now offering FREE professional development on healthy menu planning for services cooks and leaders. Healthy Menu Planning Online is a two-part live webinar series based on the *NSW Health Caring for Children: Birth to 5 years* resource.

**For more information and to register your interest please click here or visit** [www.healthykids.nsw.gov.au/munch-move-program-training/hmp-online/](http://www.healthykids.nsw.gov.au/munch-move-program-training/hmp-online/)



# HEALTHY EATING AND ACTIVE PLAY LOCAL HEALTH DISTRICT CONFERENCE 24 FEBRUARY, 2021

We are excited to announce that registrations are now open for the FREE *Munch & Move* Healthy Eating and Active Play (HEAP) Virtual Conference which will be held in February, 2021!

This conference will extend beyond the *Munch & Move* program training and focus on areas of leadership, including service management, having challenging conversations with families, and programming age-appropriate active play experiences.

Another state-wide HEAP conference will be held on the 10th of March. More information on this will be provided closer to the time.



**For more information and to register, please click here or visit:**

<http://www.earlychildhoodaustralia.org.au/events/munch-move-healthy-eating-active-play-conferences-2019-20/>

## Follow us on social media!



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[@GFKHNEHealth](https://twitter.com/GFKHNEHealth)



[Good for Kids HNEHealth](https://www.facebook.com/GoodForKidsHNEHealth)

## COMMUNICATIONS IN 2021

Next year there will be some exciting changes made to our newsletters, social media pages, and website! If there is any particular content that you would like to see in these communications, we would love to hear from you.

We are also looking for services who would be willing to provide feedback and advice on our resources and projects. This would involve occasionally being contacted by our team. Please email us if your service would be happy to help in this way.

**Ph: (02) 4924 6499**

**Email: [HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)**



## MERRY CHRISTMAS FROM OUR TEAM!

2020 has certainly been a challenging year. We would like to thank you all for your hard work and effort throughout the year, and wish you a well deserved Christmas break and happy holiday season!

We will be back in the office on the 11th of January.



Our team (pictured, from left): *Health Promotion Officers Ashleigh Dives, Hannah Lamont, Luke Giles, Jayde Kerr, and Program Manager Chontel Gibson.*

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Worimi Artist, Lara Went



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