

Welcome to the Good for Kids Term 1 2022 e-Newsletter

Please share this newsletter with all school staff including teachers, school admin and school canteen managers. You could also print a PDF copy to put up on your staff noticeboard.

In this issue:

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"The Heart of a Child"

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.

GOOD FOR KIDS UPDATE

- What We Do

The Good for Kids Primary School Team support schools to promote healthy eating and physical activity to their students. Based in the Population Health Unit, our team come from a range of health and education backgrounds and are all passionate about encouraging healthy lifestyle habits for children across the Hunter New England region.

We provide support in a variety of ways including:

- Face to Face (or telephone) support to meet the Live Life Well @ School desirable practices
- NSW Healthy Canteen Strategy support
- SWAP It Lunchbox Program
- Professional Development opportunities
- Access to playground stencils, blender bike, resources, and presentations
- Teacher E-Newsletter and Newsletter snippets for parents/carers each term

Please contact us at HNELHD-GoodForKids@health.nsw.gov.au to meet your School Support Officer!

ENERGISER OF THE TERM

Pencil Jumps

Equipment: a pencil for each student

How to play:

Sideways jumps:

Students place their pencils on the floor beside them vertically (like a number one)

- Jump with two feet together, side to side over pencil.
- Hop on one foot, side to side. Swap feet and hop side to side on other foot.
- Bounce side to side from one foot to the other.

Forwards and backwards jumps:

Students place their pencils on the floor in front of them horizontally (like a minus sign).

- Jump with two feet together, over the pencil and back.
- Hop on one foot, over and back. Swap feet and hop on other foot.
- Rock from one foot to the other over the pencil, forward and back. Swap feet.
- Split jump (jumping lunge) over pencil.

This energiser has been adapted from the Irish Heart Foundation 'Bizzy Breaks' booklet.

To access the booklet please visit www.irishheart.ie/schools/primary-schools/bizzy-breaks/bizzy-break-booklet



NUTRITION RESOURCE OF THE TERM

– Foodbank WA Superhero Foods Headquarters

Superhero Foods is an online resource for Australian teachers and health educators. Get access to resources and activities that are aligned to the Australian Curriculum and quick healthy recipes. Superhero Foods aims to make nutrition education fun to empower kids to make healthy lifestyle choices. To find out more and register click [here](http://www.superherofoods.org.au).



Vegetable Week & The Big Veggie Crunch – register now!

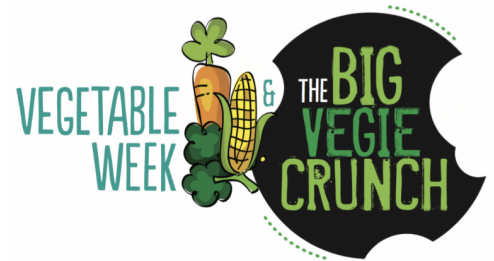
Vegetable Week featuring The Big Veggie Crunch is a fun, quick, easy, and FREE school-based health promotion event that aims to encourage students to include more vegetables.

The event will run from **Monday 28 March to Friday 1 April** – with The Big Veggie Crunch being held at **10am on Thursday 31 March**.

Registered schools receive a bunch of resources to help them run the event including planning and communication resources and classroom and whole of school activity ideas.

For more details on the event, and to register, visit the link below:

www.healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch



ACTIVE TRAVEL

- National Ride2School

Register now - National Ride2School Day

National Ride2School Day will be held on Friday 25 March 2022. It is Australia's biggest celebration of active travel and encourages students, teachers, and parents to discover the joy of riding and kick-start healthy habits.

To register your school and check out the resources, visit www.bicyclenetwork.com.au/rides-and-events/ride2school/ride2school-day



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PROFESSIONAL DEVELOPMENT OPPORTUNITIES

- Literacy and Numeracy through Physical Activity Webinar

FREE webinar hosted by South Eastern Sydney Local Health District on **Wednesday 16 March 3:45pm – 5:15pm.**

This live webinar will provide Primary School teachers with practical ideas to teach literacy and numeracy while getting students active.

To register, visit www.fs28.formsite.com/OUw4nT/yr79fxgdbd/index.html



- ACHPER NSW PD Opportunities

Reimagining PE Workshops

This series will support schools to review current practices, explore innovative ways of presenting learning and reinvigorate programs and increase engagement for all students.

Workshop 1 dates:

Newcastle: March 24, 2022, register via this QR Code

Tamworth: April 1, 2022, register via this QR Code

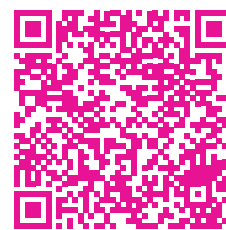
Workshop 2 dates will be scheduled for mid 2022.

ACHPER NSW self-paced online learning

Three online courses are currently available – To find out more, visit www.achpernsw.com.au/online-learning



NEWCASTLE



TAMWORTH

- PACE – Last chance to register!

The Good for Kids Physically Active Children in Education (PACE) program has had outstanding success helping schools to increase the amount of physical activity scheduled and delivered over the school week. The new and improved program focuses on daily Energisers.

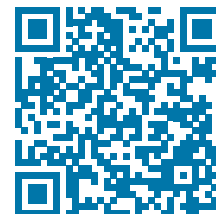


The program includes:

- FREE professional learning opportunities,
- A brief survey at baseline and at follow up
- FREE resources through the online PACE portal

Check out their video via this QR Code for more information.

Spots are filling fast – please email HNELHD-GoodForKids@health.nsw.gov.au for more information.



HEALTHY SCHOOL CANTEENS

- During Covid-19 Restrictions

The Healthy Food Information Service (HFIS) is now available for schools, canteen managers and licenced canteen providers. HFIS is contactable by phone on **1800 930 966** (Mon-Fri: 9am -3pm) or by email healthyfood@health.nsw.gov.au



Menu Checks will now be due every 3 years. Your school will be invited to complete an application by the HFIS when it is time to submit.

The Good for Kids Team can also provide your school with canteen support. Contact your School Support Officer or email HNELHD-GoodForKids@health.nsw.gov.au to get started.

We also have plenty of information and resources for canteens via this QR Code.



FUNDING OPPORTUNITIES

– Sporting Schools primary school grant program



The Sporting Schools program for primary schools helps to provide a range of sporting programs that will increase children's interest and participation in sport. It also aims to create stronger links between children and local sporting clubs, nurturing a lifelong love of sport.

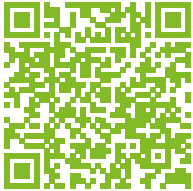
Sporting Schools funding is available for primary schools to deliver Sporting Schools programs before, during or after school hours using one of our national sporting organisation partners. Australian primary schools can apply for funding once per school term, Term 2 applications are open **Monday 28 February - Friday 11 March**.

For more information, please visit www.sportaus.gov.au/schools/schools/funding

LATEST RESEARCH FROM THE GOOD FOR KIDS TEAM

Fatemeh Aminpour (2022)

From the child's perspective: How the layout of outdoor school environments shapes conflict between children's self-directed play. *Journal of Environmental Psychology*. 79.



(PAID ACCESS TO FULL ARTICLE).

Free summary available on 'the conversation' via the link.

The design of outdoor areas in school can promote play during recess by reducing conflict and creating space for vulnerable students to engage in play. This study was undertaken at 3 Sydney primary schools and offers 6 design recommendations based on the perspective of children:

- Offer more than one grassed area
- Separate zones for different activities
- Offer more natural settings
- Use physical barriers to separate activities
- Allow buffer space to create clear pathways
- Ensure all students have a place to play

Borrow our playground stencils to refresh your outdoor area!

Contact us at HNELHD-GoodForKids@health.nsw.gov.au



Follow Good for Kids on social media



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If you have any questions about this newsletter, or no longer wish to receive the newsletters, please email us.

