

Welcome to the Good for Kids Term 2 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.

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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.

ENERGISER OF THE TERM - Sports Gallery

Try this quick and easy classroom energiser to get students up, moving and having fun!

How to play:

The Teacher calls out different sports skills.

The students act out these for 10-30 secs.

Change it up: The teacher speeds up the tempo by interchanging the sports skills quickly.

Sports skills you can include:

- Bowling a cricket ball
- Dancing like a ballerina
- Serving a tennis ball
- Juggling a soccer ball
- Skiing downhill
- Throwing a netball
- Swimming in a pool
- Passing a football
- Rowing a boat

Source: BookWidgets.com



NUTRITION RESOURCE OF THE TERM

- CSIRO Taste & Learn™

Taste & Learn™ is an evidence based program that supports and fosters student's interest in vegetables. The program takes a sensory learning approach encouraging students to explore and taste different vegetables. It aligns to Key Learning Areas including English, Science and Mathematics, general capabilities and cross-curricular priorities.



Teacher resources include an implementation guide and digital training module, three units of work for Foundation – Year 2, Year 3 – 4 and Year 5 – 6, each consisting of five 1hr lessons (fully written lesson plan worksheets, electronic whiteboard support). To find out more visit; www.csiro.au/en/education/Resources/teacher-resources/Taste-and-Learn

- Fruit & Veg Month 2022 is coming Term 3!! Register now!

Get on board and register your school for Fruit & Veg Month 2022! Held in Term 3, this whole of school event encourages students to eat more fruit & vegetables. In 2021 more than 660 NSW schools participated with evaluations showing they found the event well-resourced and easy to implement.



Participating schools access free, fun & engaging resources including a Staffroom Teacher booklet with lots of easy classroom & whole of school activities, posters, student reward stickers & competition, canteen & parent resources.

To find out more visit; www.healthy-kids.com.au/teachers/fruit-veg-month/

TRANSPORT

- National Walk Safely to School Day 2022

Friday May 20 2022 is National Walk Safely to School Day. It encourages parents/carers and children to walk safely to school together. Participating in Walk Safely to School Day is a great way to highlight the benefits of regular walking to all the school community, and for students to learn and practice road safety skills. You might even want to host a healthy breakfast to welcome everyone.

To find out more visit;
www.walk.com.au/WSTSD



SAVE THE DATE
FRIDAY 20 MAY 2022
National Walk Safely to School Day



NAIDOC WEEK 2022

– Join in NAIDOC Week celebrations 3-10 July 2022

This year's NAIDOC Week theme is "Get up! Stand up! Show Up", encouraging all of us to champion institutional, structural, collaborative, and cooperative change while celebrating those who have already driven and led change in Aboriginal and Torres Strait Islander communities over generations. **Click here** to find out about your local NAIDOC Week 2022 events.



Why not Include Traditional Indigenous Games in your school NAIDOC Week celebrations? These provide a great opportunity for students to learn about and experience Indigenous culture, whilst having fun and being active. For more information visit; www.sportaus.gov.au/yulunga

PROFESSIONAL DEVELOPMENT OPPORTUNITIES

– 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 the 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

– The Healthy Food Information Service

More support is now available for your school canteen! The Healthy School Canteen Information Service is a one stop shop dedicated to supporting schools to implement The NSW Healthy School Canteen Strategy. The Service operates Monday - Friday, 9:00am - 3:00pm. Canteen managers, staff and volunteers can contact the service on 1800 930 966 or email: healthyfood@health.nsw.gov.au.

Our Good for Kids Team are here to help too. Contact us at: HNELHD-GoodForKids@health.nsw.gov.au and one of our team will be in touch.



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 3 applications are open **Monday 23 May - Friday 3 June 2022**.

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

GETTING TO KNOW THE GOOD FOR KIDS TEAM

– Emma Pollock

The Good for Kids Team are a dynamic & diverse group of passionate health and education professionals employed to support schools to achieve great health and wellbeing outcomes for their students. This Term we welcome and introduce you to Emma Pollock.

Emma has recently joined the Good for Kids team as a Health Promotion Officer. Emma is a former PDHPE teacher and tennis coach, and recently submitted her PhD exploring the wide-ranging benefits of the Daughters & Dads Active & Empowered program.

As an educator and coach, Emma is passionate about empowering children and youth, teachers, and parents to lead healthy and active lifestyles at school and within the local community. In her current role, Emma is working on our school uniform trial and the Physical Activity for Children in Education (PACE) trial. She also works with primary schools to support the Live Life Well @ School initiative.

Outside of work, you'll find Emma outdoors and spending quality time with family and friends.



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