

Term 2 2023 Staff Newsletter

Welcome to the Good for Kids Term 2 2023 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.



© Lara Went - "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.

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Energisers of the term

Stop, Drop, and Roll!

Try this no-equipment, quick and easy classroom energiser to get students up, moving and having fun!

How to play:

1. On the teacher's signal, the students begin to move around the room.
2. When the teacher yells "FIRE", the students stop, drop, and roll.
3. When the teacher yells "Fires out!", begin again.
4. Continue for 3-4 minutes.
5. Next, the teacher calls out, "When the heats up high." Students respond, "You get down low," and squat down next to the ground to avoid smoke. (Students can also crawl toward imaginary exit).
6. Students immediately stand back up and the teacher begins again.

For more energiser ideas, please click [HERE](#).

Go Noodle pick of the term

There are so many great energisers on Go Noodle, but one of our favourite channels is **Fresh Start Fitness**. It takes your energisers to the next level of awesomeness.

Try one each day to get your class moving.

To access Go Noodle, click here: [GoNoodle: Home](#)



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Nutrition resources

Register now for Fruit & Veg Month- happening in term 3!

Fruit & Veg Month is an event designed for primary schools in NSW. It encourages students to increase their fruit and vegetable intake through activities across the whole school, in the classroom and at home.

462 schools participated in 2022

Fruit & Veg Month is held from Monday 19 August to Friday 23 September. Registration is FREE and open now.



To register your NSW primary school, use the [easy online form](#) found on the Fruit & Veg Month page.

Smoothie bike

Pedal Power! Book our Good for Kids smoothie blender bike for your school. A great idea for a fundraiser, Crunch&Sip launch, canteen special, class reward, school fete stall and so much more!

What is a smoothie bike? The smoothie blender bike is a stationary bike that when pedalled, generates enough energy to power a blender. Your school can loan the bike at NO CHARGE. This includes instructions, utensils and recipe ideas. You only need to buy your healthy ingredients.

Scan or click on the QR code for further details and/or to book in your school.



Healthy Kids Expo 2023

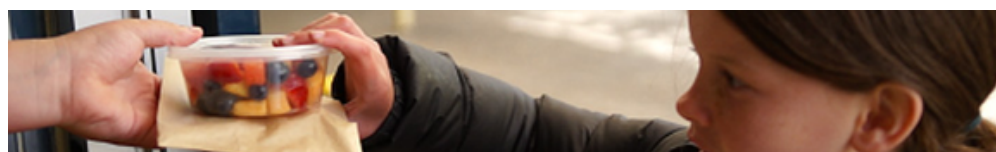
Tuesday, 6 June- Rosehill Racecourse

The **NSW Healthy Kids Expo** is an event for canteen managers, canteen staff, licensed canteen operators, P&C/F Association representatives, Principals, Health Promotion Officers and more.

Connect with representatives from the food industry, check out the latest products that meet the NSW Healthy School Canteen Strategy and discover companies who provide products, services and equipment that can help to improve canteen operation.

The expo will feature seminars, workshops and cooking demonstrations – plus samples, show bags, competitions, prizes and more!

[Register here:](#) Delegate Application - Healthy Kids (healthy-kids.com.au)



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HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>



Road safety and active travel

From the 14th-21st May we recognised National Road Safety Week ending with National Walk Safely to School Day on the Friday 21st May.

A great opportunity to remind all our children and families to:

- Wear seatbelts: buckle up every time, no matter how short the journey. Seatbelts save lives!
- Use pedestrian crossings: encourage the use of designated crossings to cross the road safely. Look left, right, and left again before crossing.
- Hold hands: remind children to hold an adult's hand when near traffic or crossing the road. It provides an extra layer of safety.
- Be alert and aware: teach kids to be vigilant around traffic, focusing on their surroundings without distractions like phones or headphones.



Let's pledge to be responsible road users, setting a positive example for our children. Together, we can make a difference!

NAIDOC week 2023

2-9 July | 'For Our Elders'

National NAIDOC Week celebrations are held across Australia to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

This year's NAIDOC Week theme is 'For Our Elders'. Across all generations Elders play an important role and hold a prominent place in our communities and families.

Why not include Traditional Indigenous Games in your school during NAIDOC week celebrations? These provide a great opportunity for students to learn about and experience Indigenous culture, whilst being active.

For more information visit: [NAIDOC](#)

In 2023, how will your school celebrate For Our Elders?



Professional development opportunities



Live Life Well @ School: Starting the Journey - self-paced learning experience

Term 2 closing date: 23 June 2023

This self-paced learning experience has been created to assist teachers to understand a whole-school approach to health promotion, physical activity and healthy eating practices in a school context. Teachers will explore recent statistics and trends in the areas of physical activity and healthy eating practices in children and young people, as well as health promotion initiatives responding to this research.

To register, or find out more: [Course Details \(ainsw.edu.au\)](#)



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Funding opportunities



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 22 May - Friday 2 June 2023.

To find out more, click here or scan the QR code.

Healthy canteen recipe: Sloppy Joes

(serves 10)

Ingredients:

- 1 onion, diced
- ½ tbsp (or 1 clove) garlic minced or crushed
- 2 tsp olive oil
- 500g lean beef mince
- 2 tbsp worcestershire sauce
- ¼ cup salt-reduced tomato sauce
- 1 tsp dried, or 1 tbsp fresh mixed herbs
- 2 tbsp water
- 1 large carrot, grated
- 1 large zucchini, grated
- 1 cup mushrooms, finely chopped
- 10 sandwich rolls/buns, halved



Method:

1. Place a large saucepan on the stovetop on medium heat, add the oil and cook the onions and garlic until soft.
2. Add the mince and cook until completely browned, stirring as necessary. You may need to add a couple of tablespoons of water to keep it moist.
3. Add the tomato sauce and cook on low for 2 minutes.
4. Add all remaining ingredients and simmer on low for 20 minutes, stirring occasionally, until sauce is thickened.
5. If sauce starts to dry out, add a little more water.
6. Portion out 125g or ½ cup of the meat sauce onto each sandwich roll or split bun.
7. Serve with a side salad of lettuce, tomato & cucumber

For more ideas, visit: canteen corner - Healthy Kids (healthy-kids.com.au)



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Latest research

Factors related to the implementation and scale-up of physical activity interventions in Ireland: a qualitative study with policy makers, funders, researchers and practitioners.



See full text here!



Murphy, J., Mansergh, F., O'Donoghue, G. et al.
Int J Behav Nutr Phys Act 20, 16 (2023). <https://doi.org/10.1186/s12966-023-01413-5>

Summary: Implementing and scaling-up a physical activity program requires effective planning, communication and funding.

Physically Active Children in Education (PACE)

Check out, the Good for kids, award-winning program, PACE, which supports schools to implement physical activity for all children across the school week. PACE is free and includes NESA accredited training, resources, equipment and support from a health promotion officers.

Meet the PACE team



Our PACE team consists of a range of passionate health promotion practitioners, teachers and researchers who strive to enhance the health and overall well-being of children.

Together with schools, our team aim to increase children's physical activity levels through evidence-based strategies, such as supporting schools to incorporate simple daily energisers into the classroom.

Click the logo to find out more about PACE!



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