

Term 3 2023 Staff Newsletter

Welcome to the Good for Kids Term 3 2023 e-Newsletter

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



© Lara Went - "The heart of a child"

IN THIS ISSUE

- Energiser of the term
- National health and physical education day
- Nutrition resources
- Kinder orientation resources
- School spotlight - St Pius X Windale
- Funding opportunities
- Healthy school canteens
- Teaching resources
- Latest news
- Meet the team

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

Superhero Tag

This warm-up game is great to get the whole class moving!

STEPS:

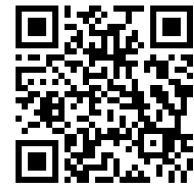
- Move to an outdoor space with a boundary line, court or grass area.
- You will need 6 soft medium/large balls. 3 one colour and 3 another.
- Students spread out in the space. Balls are given to 6 students. 3 students of one colour are villains and the other 3 students with the other colour the superheroes.
- Students are to move around the space: jog, skip, run, etc.
- Villains try to throw their ball and hit (below the waist) players who will freeze when hit and must call out to the superheroes, 'save me' to be saved.
- Superheroes save the players with 5 quick passes between the superhero and the frozen player.
- Once complete they are free and can move around the space again.

TEACHER CUES:

- Teacher calls out different movements for the players.
- Add extra balls if needed.
- Swap student's roles regularly throughout the game.
- Mix up superhero passes and include the shoulder pass, bounce pass and short sharp chest passes.
- Play for 5 to 10mins and ensure all the students are moving and increasing their heart rate.



Let's Energise!



Wednesday 6th September

To celebrate National health and physical education day, join the Good for Kids team at 10am on Wednesday 6th September for a record-breaking energiser!

Our goal is to have as many schools and students as possible, across the Hunter New England area, jump on our Facebook page for a live energiser!



Nutrition resources

Fruit & Veg Month kicks off this week!

Fruit & Veg Month is a Healthy Kids Association 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. Schools who register will receive free resources including: posters, reward stickers, teacher booklets, classroom activities and more!

462 schools participated in 2022

Fruit & Veg Month is held from **Monday 28 August to Friday 22 September**.



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

Kinder orientation resources



Kinder Orientation is the perfect time to provide information to new families on healthy eating and physical activity so their kids can have the best start at school.

Good for Kids has a range of resources available!

If your school hasn't already, you can order hard-copy resources for our term 4 deliveries.

[Order resources here!](#)

You can also show [this video presentation](#) at parent information sessions or make it available to your new families.



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

Developed by Hunter New England LHD



School spotlight



St Pius X Windale Crunch&Sip launch

The best part of our role as Health Promotion Officers is visiting the schools across the Hunter New England area and providing resources and education to students on the importance of keeping active and eating a healthy balanced diet.

Most week's you'll find us putting on our superhero outfits (peas and carrots) to spread the word about the importance of healthy eating and physical activity.

Becc and Jess recently energised and talked all things Crunch&Sip with the amazing students and staff at St Pius X Windale.

"Thank you to Rebecca and Jessica from Good for Kids HNE Health who popped by today to drop off the Smoothie Bike and remind us of all about how easy it is to include fresh fruit and veg in our school lunch boxes. We are proud to be a CRUNCH & SIP school"

-St Pius X Windale Facebook

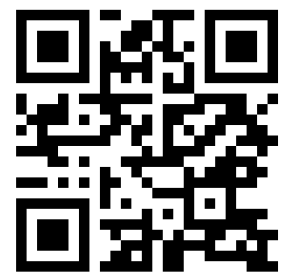


Funding opportunities



Established in 1979, ASCA is recognised as Australia's leading buying group and purchasing advisor for schools and school canteens.

ASCA is a not-for-profit member association focused on maximising the purchasing effectiveness for schools. Its surplus funds go to charities that support educating vulnerable children. With a member base of over 6,500 schools, ASCA focuses on improving the financial outcomes for schools by using its significant buying power to bring savings and improved service to schools and school canteens.



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

Developed by Hunter New England LHD



Healthy school canteens

Choose seasonal produce to keep costs down!

Using local seasonal produce helps reduce canteen overheads and keep prices down. As the season change from Winter to Spring this term, different varieties of fruits and vegetables will become available.

Use the [SWAP IT seasonal fruit and vegetable guide](#) to help choose in season produce.



Corn, spinach & haloumi fritters

Serves: 6

Acknowledgement: Sourced from [Healthy Kids Association](#). This is an everyday recipe.

Ingredients:

- 1 tbsp olive oil
- 100g baby spinach leaves
- 1 shallot, thinly sliced
- 3/4 cup frozen corn kernels, thawed/drained or canned corn kernels, drained
- 1 cup wholemeal plain flour
- 1/3 cup self raising flour
- 1/2 cup skim milk
- 2 eggs, lightly beaten
- 125g haloumi, grated
- 1/2 cup shredded light tasty cheese
- 60mL cooking oil
- 1/2 cup reduced fat natural yoghurt

Method:

1. Heat olive oil in large frying pan, Add shallot and cook for 1 minute. Add spinach and cook until spinach wilts. Stir in corn. Remove from heat. Cool.
2. Combine the flours in a medium bowl. Make a well in the centre. Mix milk and eggs together in a jug. Add egg mixture to flour, Mix until smooth.
3. Stir the haloumi, tasty cheese and cooled spinach mixture into batter until combined.
4. Heat 1 tbsp cooking oil in fry pan over medium heat. Using 1/4 cup mixture per fritter, cook 4 fritters for 2-3 minutes each side or until golden and cooked through.
5. Transfer fritters to a plate. Repeat with remaining oil and batter.
6. Serve cold or warm with yoghurt.



Teaching resources

The school sport unit has a wide range of resources to support the delivery of physical activity across PE lessons, energisers, school sport and cross curricular units. The sport education teaching resource is a fantastic program to support your school sport and includes sport specific and inclusive and adaptive units.



Latest news

Title: After a century of tunics, more Sydney private girls schools start allowing pants

Summary:

University of Newcastle public health researcher Nicole Nathan is analysing the impact of wearing sports uniform each day as part of a trial involving 500 NSW primary-aged students. “From a pragmatic and practical view, it would make sense to have kids in sports uniforms more,” she said. “I’ve heard younger children say they find it hard to ride their bikes to school in dresses or skirts. It’s about offering choice to students, and anything we can do to get kids moving is a good thing.”



See full article here!



Meet the team

Anna Rayward

Anna has recently joined our team as a Senior Research Assistant working primarily on the SWAP IT program. Anna previously worked as a doctor in HNE LHD and has a keen interest in preventative and public health. Anna has completed a PhD examining the combined influence of physical activity and sleep on health and well-being and is looking forward to being involved in programs that have the potential to positively impact the diet quality and health of children at a population level. Outside of work, Anna loves cooking, reading good books, running, and spending as much time outdoors as possible, preferably in the company of family and friends!



Follow Good for Kids on Social Media

