



Term 1 Snippets 2023

Please see below a suggested fortnightly schedule that may assist you in planning your Term 1 school newsletters. Snippets may also be used to post on your school's Facebook page.

The below newsletter snippets are easy to copy and paste, and provide information to families on aspects of student wellbeing including healthy eating, physical activity and limiting screen time.

Term 1 Newsletter topics

Healthy Lunchbox Week

Encourage children to 'Eat A Rainbow'

WOW (Walk/wheel once a week)

Switch off the screen & get active!

Tips to increase vegetables at school



Good for kids

good for life



Healthy Lunchbox Week

5-11th February 2023

What children eat during their day at school plays a crucial role in their learning and development.

Healthy Lunchbox Week encourages schools and teachers to share healthy lunchbox messages with their school community.

Healthy Lunchbox Week can help families like yours to prepare healthy lunchboxes by:

- Providing healthy lunchbox ideas & recipes
- Informing a healthy balance across food groups
- Raising awareness of food safety and hygiene for the lunchbox



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

Developed by Hunter New England LHD



Good for kids

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Encourage children to 'Eat A Rainbow'

Offering a wide range of colours in children's food is not only visually appealing, but also ensures that they are receiving a great variety of nutrients!

Encourage children to eat a rainbow and incorporate different coloured fruit and vegetables during Crunch&Sip at school.



Fruit and vegetables are colourful, with each colour providing different health benefits.

Purple/Blue

Healthy heart + brain
& memory function

Beetroot
Red cabbage
Blackberries
Blueberries
Purple grapes
plums

Red

Healthy heart + brain

Tomato
Red capsicum
Strawberries
Cherries
Raspberries
Watermelon
Red apples

Orange/yellow

Healthy eyesight +
immunity

Carrot
Rockmelon
Sweet potato
Pumpkin
Pineapple
Mango
Corn
Orange
Peaches
Nectarine
Apricot

Green

Healthy eyesight +
immunity

Spinach
Avocado
Green apple
Green grapes
Peas/ Snow Peas
Broccoli
Kiwi fruit
Celery
Cucumber
Green Capsicum
Beans

Brown/white

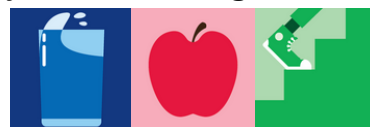
Healthy heart + bones

Cauliflower
Brown pears
Mushroom
White peaches
Bananas
Potatoes
Dates
Parsnips



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WOW (Walk/wheel once a week)

Active travel can improve children's independence, confidence, road and personal safety skills, as well as general health and wellbeing.

If possible, plan to walk or wheel once a week to school. However, we understand that not everybody is able to walk or ride the whole way, so why not try parking a little further away and walking a block or two to school.

Not only does this get your children physically active, but parents/carers get some extra steps too!

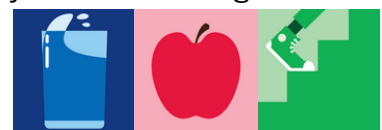
To find out more visit:

<https://www.health.nsw.gov.au/heal/schools/Documents/crunch-and-sip/Walk-and-wheelOnceaWeek.pdf>



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Switch off the screen & get active!

Limiting the time spent sitting or lying down, especially in front of screens, helps children grow and develop good habits for life.

Australia's physical activity and sedentary behaviour guidelines recommend no more than **2 hours** of sedentary recreational screen time per day.

Effects of too much screen time:

- Poor posture
- Poor eyesight
- Strains of the thumb, wrist and elbow
- Sleep problems
- Delayed ability to make social connections
- Becoming overweight



Physical activity makes children stronger and fitter, they can also concentrate and learn better at school, as well as sleep better at night.

Encourage children to turn off the screen and opt for at least **60 minutes** of daily physical activity instead.



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Tips to increase vegetables at school

Vegies are packed with vitamins, minerals and fibre to help with healthy growth and development, and to strengthen the body's immune system.

Here are our top tips to increase your child's love of vegies:

- **Involve your children** in lunchbox planning and preparation - Let children wash, peel and chop vegies
- **Add cooked vegies** to the lunchbox - plan to cook extra the night before or put leftovers to good use
- **Add raw vegies** as a snack - use bite size vegies or chop larger ones into pieces including cherry tomatoes, baby cucumber, snow peas, carrots, capsicum
- **Hide vegies** - Try including raw vegies first, but if your child refuses to eat them, then it's time to hide them.
- **Role modelling** - Include vegies in your own work lunchbox or let your child pack you a healthy lunchbox when they pack theirs.

Follow the link below for more tips and recipe ideas:

<https://www.swapit.net.au/resources/parent-resources/tips/tips-to-increase-vegetables/>

