



Term 2 Snippets 2023

Please see below a suggested fortnightly schedule that may assist you in planning your Term 2 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.

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.

Term 2 Newsletter topics

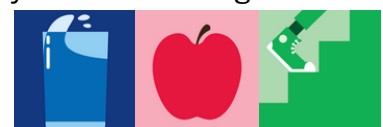
Screen-free Saturday

Breakfast for brain power!

Lunchbox Myths

Active travel to and from school

Indigenous Game



Good for kids

good for life



Screen-free Saturday

Unplug to recharge!

Did you know? Children aged 5-12 should have **no more than 2 hours** of screen time each day (not counting school or homework). Switching off screens can be great for everyone's mental and physical health.

To limit screen time, try replacing screens each Saturday for getting active. You could try:

- Joining a sports team
- Going for a bike ride
- Having a dance party
- Playing in the park
- Jumping on a trampoline



Try a screen-free Saturday this week!



Source: Screen-Free Saturdays - Screen-Free Week
(screenfree.org)



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

Developed by Hunter New England LHD





Breakfast for brain power!

A healthy breakfast fuels physical activity and improves attention span, concentration, and memory - all important for learning!

Breakfast is a great way to get essential nutrients. Some ideas for a nutritious breakfast include:

- Wholegrain cereals - Weetbix, Cheerios, Sultana Bran, porridge
- Wholegrain toast - topped with avocado, tomato or reduced-fat cheese
- Untoasted muesli topped with reduced-fat yoghurt
- Raisin toast
- Fruit and vegetable smoothies

If you are running short of time in the morning, try on-the-go options like a tub of low-fat yoghurt, cereal to munch on, overnight oats or a piece of fruit!



Even a small breakfast will help your child to reach their potential at school.

Source: Breakfast | Nutrition Australia | <https://nutritionaustralia.org/fact-sheets/breakfast/>





Lunchbox myths

Clever packaging, marketing and health claims make it hard to know which lunchbox snacks are healthy and which ones are better left at the supermarket.

Some common misleading health claims on packaging include:

1. **Packages with photos of fresh fruit, vegetables or wholegrains** - These images are often used to persuade us that the product is healthy or contains the ingredients being pictured.
2. **Superfood Claims** - Watch out for snacks that claim to be 'wholesome' or 'superfoods', these labels are not regulated and are not always accurate.
3. **'All Natural'** - Another subjective phrase that can be used by manufacturers to convince us the product is healthy.
4. **'Fat free' or 'Sugar free'** - Be careful when products claim to be 'free' of a certain nutrient, often companies use this to make their product sound healthier.
5. **'Made with real fruit'** - Make sure you check the ingredients list to see if fruit is listed as the first ingredient!

Source: Lunchbox Myths - SWAP IT
www.swapit.net.au/resources/parent-resources/lunchbox-myths/





Active travel to and from school

Encouraging kids to be active can have a positive impact on their physical, mental, and social growth.

Walking, or, riding your bike or scooter to school is a great way to start the day. Here are some of the benefits you can enjoy when actively travelling to school:

- Improved concentration and alertness
- Reduced air and noise pollution
- Reduced traffic congestion
- Increased time to socialise with family members and friends
- It creates a space in your day for mindful exercise, ready to start the school day with a clear mind



Source: Children's active travel - Healthy lifestyle programs for primary schools (nsw.gov.au)





Indigenous Game: Jinnee ngaman billee billee dabbulgar

Background: The stunt activity of jinnee ngaman billee billee dabbulgar (jin-nee nar-man bil-lee bil-lee dab-bul-gar) was observed among the Capel district people of southwest Australia. It was usually only after much practice that this trick was able to be performed.

Game play: A stick is laid horizontally on the ground (or a marked line). A player squats beside it and holds his or her big toes while still squatting. The player then attempts to jump over the stick.

- Bend down, hold your toes. Ready.
- Jump.
- Try again.



Why not give this challenge a go at home this week?

Source: Yulunga Traditional Indigenous Games | Australian Sports Commission (sportaus.gov.au)

