



Term 3 Snippets 2023

Please see below a suggested fortnightly schedule that may assist you in planning your Term 3 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 healthy eating, physical activity and limiting screen time.

Term 3 Newsletter Topics

Screen free sleep

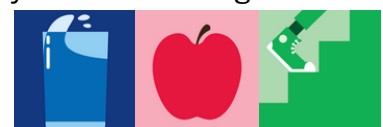
What is a serve of fruit and veg?

Unlock the benefits: Kids & daily activity

Choose water as a drink!

Try a new game at home

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.





Screen free sleep

Did you know that the amount of time your child spends in front of screens can affect how quickly they fall asleep and the duration of their sleep?

It's crucial for your child to have sufficient, high-quality sleep to support their learning, play, and concentration, especially at school.

To minimize the impact of screen time on sleep:

- Avoid using digital screens within an hour before bedtime.
- Encourage your child to engage in activities like reading, drawing, or quiet play.
- Encourage your child to replace screentime with outdoor physical activity or play.



Source: Screen time and digital technology use:
how it affects child and teenage sleep
(raisingchildren.net.au)





What is a serve of fruit and veg?

Fruits and vegetables are a great source of vital nutrients that support the health of your child's growing body.

It is important to eat a variety of different coloured vegetables and fruit everyday, but do you know how much your child should be eating?

How many vegetables?	How much fruit?
4-8 years = 4 ½ serves	4-8 years = 1 ½ serves
9-18 years = 5 serves	9-18 years = 2 serves

1 serve of vegetables is:



½ cup cooked vegetables



1 cup leafy or raw salad vegetables



½ medium potato

1 serve of fruit is:



1 medium piece e.g. apple, orange, banana or pear



1 cup diced or canned fruit (in natural juice)



2 small pieces e.g. apricots, plums or kiwi fruits

Source: The five food groups (eatforhealth.gov.au)



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

Developed by Hunter New England LHD





Unlock the benefits: Kids & daily activity

Regular physical activity is important for your child to stay fit and healthy.

Encouraging children to be active from a young age sets good habits and helps them to develop the skills they need to stay active throughout life.

Children should aim to be active for **at least 60 minutes** everyday! Physical activity can include any movement that makes them 'huff and puff'.

Engaging in regular physical activity enables children to:

- Stay active on a daily basis
- Foster healthy development and growth
- Build and enhance skills, balance and flexibility
- Strengthen bones, muscles and posture
- Reduce stress and boost confidence
- Have fun with friends



Source: Get active each day (www.healthykids.nsw.gov.au)

Developed by Hunter New England LHD





Choose water as a drink!

Drinking water is the best way to quench thirst!

Encourage your child to choose water as a drink by:

- Packing a water bottle in the school bag everyday. In summer, try packing a frozen water bottle in the lunchbox
- Encouraging your child to drink water rather than sports drinks when playing sport
- Serving plain water in a jug. Try adding ice-cubes and fresh fruit pieces such as lemon, orange, blueberries or strawberries for flavour
- Using a re-usable drink bottle that your child has chosen



Source: Choose water as a drink
(www.healthykids.nsw.gov.au)





Try a new game at home

Children learn from watching, listening and copying what happens around them.

Role-modelling is important to teach children how to live a healthy, active lifestyle. Why not try a new game at home this week?

You could try:

- **Wall tennis**- 2 players face a wall. Each player is restricted to half the playing area. The server throws the ball to the wall to start play- the receiver tries to catch the ball after one bounce or on the full.
- **Bullseye**- Use household items such as buckets. Place the bucket on the ground and from 2 meters away, take turns at throwing a ball into the bucket. You can make this harder by moving further away or using smaller items (such as cup and ping pong ball).
- **Skiping competition**- Using a jump rope, take turns to see how long you can jump for without stopping. Whoever jumps the longest wins!



Source: The role of parents in children's active play (www.health.gov.au) |
Playing for life (www.sportaus.gov.au)

