



Term 1 2024 Staff E-Newsletter

Welcome to the Good for Kids Term 1 2024 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”

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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.

Good for Kids support

Welcome back to a new school year! Meet the Good for Kids team – a dedicated group of teachers and health professionals passionate about supporting your school's health-promoting practices.

Our team offers:

- Flexible support via face-to-face meetings, video conferences, and phone calls.
- Canteen support aligned with NSW Healthy Canteen Strategy and 'SWAP IT' Lunchbox Program.
- Hands-on tools: free playground stencils, a smoothie blender bike, and Crunch&Sip resources.
- Free professional development: whole staff meetings, Physically Active Children in Education (PACE) portal access, and NESA accredited modules.
- Free resources, presentations, a termly teacher e-newsletter and healthy message snippets to share with your school community.

Connect with us at HNELHD-GoodForKids@health.nsw.gov.au to learn more about how our passionate team can collaborate with yours to create a healthier and positive learning environment for your students!



Developed by Hunter New England LHD



School Champion update 2024

As we gear up for a year of promoting health and wellbeing, we want to ensure we stay connected with the real heroes of health in your school – the Good for Kids School Champions!

Please let us know who the best School Champion is at your school this year.

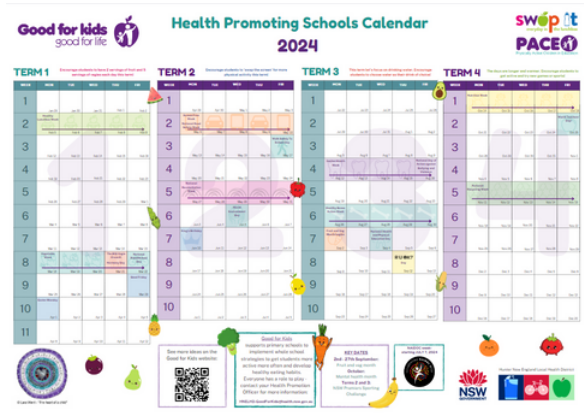
Update your school's contact details [here](#).



2024 Health Promoting Schools Calendar

The Good for Kids Health Promoting Schools Calendar is full of great ideas on health-promoting events and activities your school can get involved with!

Download and print on our website.



Energiser of the term

Scheduling short classroom energisers can increase student focus, concentration and create an engaging learning environment that contributes to student wellbeing.

Do this, Do that

This fun game is played similar to “Simon Says”.

1. The teacher will go through a variety of movements and for each one, will say “DO THIS”. Movements could be anything to get the students up and moving such as jump up and down, stick a leg out, touch your nose, tap your heels together in the air, jog on the spot, arm circles, high knees, etc.

2. The students will copy the teacher's movements until the teacher says “DO THAT”. If the student repeats the ‘do that’ action, they must do 10 jumping jacks to get back in the game.

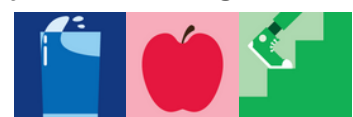


Find more energiser ideas on the PACE portal



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

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School visits and the new smoothie bike

It's been a bustling beginning to the year as our team is actively visiting schools and engaging with principals and school champions to grasp your school's health promotion requirements and deliver our resources and programs.

The Hunter New England LHD covers a vast area from Lake Macquarie to Taree along the coast, and stretches inland through the Hunter Valley region, reaching up to Tamworth, Armidale, and Moree. It covers a region of 131,785 square kilometres and includes the lands of the Kamilaroi, Gomilaroi, Geawegal, Bahtabah, Thungutti, Awabakal, Aniwana, Biripi, Worimi, Nganyaywana, Wonnarua, Banbai, Ngorabul, Bundjalung, Yallaroi and Darkinung peoples.

Exciting news - we now have a new van and a second smoothie bike to accompany us on our journeys across the LHD. Reach out if you would like us to visit your school soon.



Moorland Public School



Gunnedah South Public School

Active travel

NATIONAL RIDE2SCHOOL DAY



Register Now

National Ride2School Day will be held on Friday 22nd March 2024. Join more than 350,000 students in Australia's biggest celebration of active travel and encourage students, parents and teachers to ride, walk, scoot and skate to school. Click here or scan the QR code to access resources.



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Nutrition Resources



What is SWAP IT?

SWAP IT is a simple, evidence-based school program supporting parents and carers to swap what's packed in the lunchbox from sometimes foods to everyday foods. This award-winning program, developed in collaboration with schools and parents, has been shown to improve the foods packed in children's lunchboxes, which can make a huge difference to a child's nutrition and provides them with the best possible opportunity to play, grow and learn!

To find out more and to register your school for SWAP IT, head to www.swapit.net.au

547

schools have joined SWAP IT



130,571

students are on their way to healthier lunchboxes

JOIN THE HUNDREDS OF SCHOOLS ALREADY USING THE SWAP IT PROGRAM!

Vegetable Week (18 March - 22 March) & The Big Vegie Crunch (21 March) - REGISTER NOW!

Get involved!

Vegetable Week, featuring the fun event 'The Big Vegie Crunch,' is a free, quick and easy school-based event for NSW primary schools, funded by NSW Health.

'The Big Vegie Crunch' is an attempt by NSW primary school students to break the record for the highest number of children eating vegetables simultaneously – and to get kids excited about vegetables!

Last year, an incredible 108,325 students registered across 473 schools!

It's a fantastic and veg-citing way to start your school year with a health-promoting crunch.

Visit the website to find a whole vegetable patch of digital resources to help your school.

Vegetable Week 2024 will run in week ?, term 1 (18 March – 22 March). The Big Vegie Crunch will be on Thursday March 21, 10am. [Register here](#) for the 2024 event.



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Healthy School Canteens

The Healthy Food Information Service (HFIS) is available for schools, canteen managers and licensed canteen providers and is dedicated to supporting schools to implement the NSW Healthy School Canteen Strategy. HFIS is contactable by phone on 1800 930 966 (Mon-Fri: 9am-3pm) or by email healthyfood@health.nsw.gov.au

Menu Checks are now due every 3 years. Your school will be invited to complete an application by HFIS when it is time to submit.

The Good for Kids team can also provide your school with canteen support. Contact your School Support Officer or email HNELHD-GoodForKids@health.nsw.gov.au to get started.

We also have plenty of information and resources for canteens on our website [here](#).




The Healthy Food Information Service

Support for your school and licensed canteens

A one stop shop for the support and tools you need to meet the NSW Healthy School Canteen Strategy.

- ✓ Tools about healthy food and drink choices
- ✓ Answer your questions about the Food and Drink Criteria and the NSW Healthy School Canteen Strategy
- ✓ Link you with local support
- ✓ Help make changes to your canteen
- ✓ Support you to fill in your Menu Check form
- ✓ Copy of your school canteen's last Menu Check form
- ✓ Menu check

Please call or email the Healthy Food Information Service
Phone: 1800 930 966 between 9 am and 3 pm from Monday to Friday
Email: healthyfood@health.nsw.gov.au



NSW Health and the Department of Education

Canteen Recipe

Vegetable Slice

This recipe is a vegetable powerhouse! A great way to encourage vegetable intake in students.

Serves: 10

Ingredients:

- 1/2 green capsicum, finely diced
- 1/2 red capsicum, finely diced
- 1 carrot, grated
- 1 small sweet potato, grated
- 1 medium zucchini, grated
- 80g pumpkin, grated
- 1/2 red onion, finely diced
- 8 eggs
- 1 cup self-raising flour
- 1 1/4 cup reduced fat tasty cheese, grated
- 2 tsp vegetable stock powder
- 1/2 tbsp pepper (optional)

Method:

1. Preheat oven to 170 degrees celcius.
2. Beat eggs in a large bowl, add flour and beat until combined and smooth.
3. Add the prepared vegetables, cheese, powdered stock and pepper. Stir.
4. Pour into a sprayed tray and bake for 30-45 minutes or until golden on top.
5. Allow to cool and cut into portions.



Acknowledgement: Sourced from Healthy Eating Advisory Service



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Sporting School Grants opening soon!

The Sporting Schools grant 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 the national sporting organisation partners. Australian primary schools can apply for funding once per school term, with TERM 2 application opening soon!

Term 2, 2024 applications open 8am AEDT Monday 26 February, 2024 – 5pm AEDT Friday 8 March, 2024.

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



Is Food Security a concern at your school?

Ensuring kids have access to food at school is essential to their learning and development.

We’ve heard from lots of schools recently that food insecurity issues are impacting your school, so we’d love to understand it more to help inform our future work.

We’d appreciate you completing this **3 minute survey** to tell us if food security is an issue at your school and what strategies you currently use.



Meet the team

Julie Hunter

Meet Julie Hunter, a Health Promotion Officer at Good for Kids with expertise in teaching, nutrition, and health promotion. Julie has a background in primary school teaching and completed a diploma in Human Nutrition in 2019.

During her teaching years, she observed the impact of diet and movement on students' well-being, motivating her transition to promoting health in primary schools to enhance physical activity and healthy eating habits.



Julie enjoys motherhood, time with friends, holidays at the coast, surfing, coffee, and sourdough toasties.



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