

# Good for kids

good for life



## NEWSLETTER SNIPPETS TERM 4 2021

Please see below a suggested fortnightly schedule that may assist you in planning your Term 4 school newsletters. Snippets may also be used to post on your schools Facebook page.

Our 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 3 Newsletter topics
Increasing Vegetable Intake
Creating screen-free bedrooms
Recipe: Pasta Salad
Dice Fitness
Active Celebrations

*The Good for Kids team acknowledges 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, present and emerging.*



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## Tips to increase vegetable intake

Vegetables are packed with vitamins and minerals that help kids grow and learn. See our top tips for ways to include more vegetables in the lunchbox and at home. Remember, there's a rainbow to choose from.

### 🍎 **Involve your child in lunch box planning**

Let them choose a vegetable and help you prepare it. They could wash, peel and chop carrots.

### 🍎 **Pack cooked vegetables**

Cook extra vegies the night before and store them in the fridge ready for the lunchbox. Try roast sweet potato.

### 🍎 **Pack raw vegetables**

Chop them into bite sized pieces and add a dip, like cucumber sticks with hummus.

### 🍎 **Hide vegetables**

Try recipes your child loves with extra vegies. Corn fritters, fried rice, pasta salad and zucchini slice are favourites.



Source: Tips to Increase Vegetables

<https://www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips/tips-to-increase-vegetables/>



**Health**  
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<http://www.goodforkids.nsw.gov.au/>

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## Create screen free bedrooms

School aged children need 9-11 hours of sleep each night to help them play and learn during the day.

Did you know using screens can affect how long it takes for your child to fall asleep and how well they sleep?

Try these tips to reduce the negative effects of screens on your child's sleep:

- Avoid using screens an hour before bedtime. Wind down by reading or playing quiet games.
- Keep mobile phones and other screens in a dedicated place outside of the bedroom every night.
- Encourage your child to connect with friends earlier in the day so they are not tempted by messages and games at night.



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## Recipe: Pasta Salad

### Ingredients

- 1/4 cup pasta bows (uncooked)
- 1/2 cup cherry tomatoes, halved
- 1/2 cup snow peas or green beans, chopped
- 1/2 cup canned corn kernels, drained
- 1/4 cup carrot, finely diced
- 80g reduced fat tasty cheese, cubed or grated
- 1 tablespoon lemon juice
- 1/4 cup fresh basil, parsley or chives (optional)

### Method

1. Boil a large saucepan of water.
2. When water is boiled, cook pasta according to the packet instructions until al dente.
3. Combine pasta with all other ingredients in a large bowl and stir to combine.
4. Transfer to airtight containers and store in the fridge until ready to be added to the lunchbox.



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## Dice fitness at home

Keep active at home with a game of dice fitness. You can play as a family!

### Equipment

Dice

List of six exercises (on paper or a whiteboard so you can see them)

### How to play:

Roll the dice and do the matching exercise (for example if you roll a '3' do a squat)

Start with one repetition of the exercise and build up with each roll (for example, on your second roll do the exercise twice)

### Change it up:

Try adding an action between each roll – you could run the length of the garden and back

Use our exercise ideas below or make your own list. Get creative!



Burpees



Mountain  
climbers



Lunges



Sit ups



Squats



Push ups



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## Active celebrations

It's nearly the end of the year – let's celebrate! Here are some ideas for active ways to enjoy the festive season.

### 🍎 Dance Party

Dress up, put on some music and dance! Make it a competition – who has the best routine?

### 🍎 Outdoor games

Hide and seek, tip, touch football or cricket are great games for the whole family.

### 🍎 Active prizes/gifts

Small balls, chalk or bubbles are inexpensive and encourage active living.

### 🍎 Enjoy nature

Go to your favourite park or beach to enjoy nature, walk and play. Pack a picnic with your favourite everyday foods.



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