



NEWSLETTER SNIPPETS TERM 1 2021

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

The below newsletter snippets are easy to copy and paste, and provide information to families on healthy eating and physical activity.

TERM 1 NEWSLETTER TOPICS	
	Healthy snacks
	Summer fun
	Choose water
	Keeping an eye on screen time
	Fundamental Movement Skills: Mastering the overarm throw



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GET SET FOR HEALTHY SNACKS!

Healthy snacks are important to keep kids' energy levels up and meet their nutritional needs.

Choose snacks based on vegetables, fruit, milk, cheese, yoghurt and wholegrain breads, crackers and cereals.

Some tips to make choosing healthy snacks easy:

- 🍏 Include a vegetable and fruit snack each day.
- 🍏 Keep a range of healthy snacks in the fridge and pantry e.g. vegetables and fruit, pikelets, popcorn, yoghurt and cheese.
- 🍏 Cut up vegetables and fruit so they are easier to grab for snacks during the week.
- 🍏 Get your kids to help prepare snacks.
- 🍏 Add vegetables into homemade snacks (muffins, scones and slices).
- 🍏 Show your kids you enjoy eating healthy snacks.



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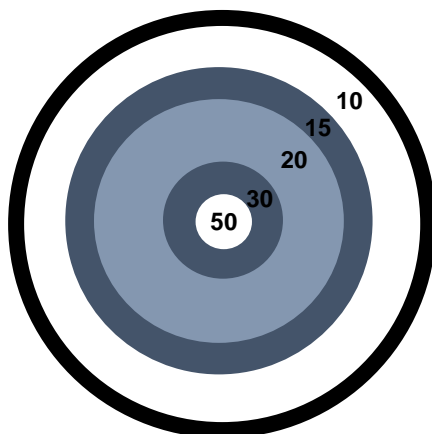
SUMMER FUN

Physical activity makes kids stronger and fitter, they can concentrate and learn better at school, and sleep better at night.

The weather is warm, and it's a great time to get outdoors to get your 60 minutes of activity each day. Just remember to slip, slop slap!

Some fun ideas to stay active in the summer time are:

- 🍏 Create a slip and slide in your yard with a tarp, water and detergent.
- 🍏 Go for a bike or scooter ride.
- 🍏 Go out for a picnic and pack the soccer ball with you.
- 🍏 Plan a scavenger hunt.
- 🍏 Use chalk to draw on the path/driveway and play games like hopscotch, or draw a bullseye and use markers or bean bags to see who can score the most points. On hot days you could use wet sponges or water balloons.



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CHOOSE WATER AS A DRINK



We know that water is the best drink to quench thirst and stay hydrated. But sometimes it can be difficult to persuade children to choose water over sugary drinks.

How much water should our kids drink everyday?

1-5 years:

1.25L or 5 glasses



6-12 years:

1.5L or 6 glasses



+ extra water if they have been active and on hot days

Here are some tips to encourage water intake:

- Pack a refillable water bottle for school and when you go out.
- Encourage your child to drink water before, after and during physical activity.
- Be a role model. Make a point of drinking water with your kids.
- Try adding slices of fruits such as lime or lemon to water for extra flavour. You could even try mint or cucumber.
- Try keeping a jug of water in the fridge or adding ice cubes.



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KEEPING AN EYE ON SCREEN TIME

Computers, tv and small screens can be valuable for education and communication, but it is important place limits so that kids don't miss out on other physical activity and real world learning opportunities. It is recommended to limit screen time to less than 2 hours per day, not including homework time.

Some tips to manage screen time:

- Try to limit screens to 20 minutes in any one sitting.
- Setting simple restrictions, like 'no screen time before school'.
- Remove TVs and computers from your child's bedroom.
- Only watch specific shows or movies on the tv, don't leave it on in the background.
- Encourage other types of fun that include both physical and social activities e.g. walking the dog, joining a sports team.



For more info, visit the eSafety Commissioner website: <https://www.esafety.gov.au/>



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FUNDAMENTAL MOVEMENT SKILLS: MASTER THE OVERARM THROW

The overarm throw is needed in many sports, like cricket, softball and baseball, and the same action is used to serve in tennis, volleyball and passes in netball and basketball.

Key steps:

1. Eyes focused on target area throughout throw.
2. Stand side-on to the target area.
3. Throwing arm moves in a downward and backward arc.
4. Steps towards the target area with foot opposite throwing arm.
5. Hips then shoulders rotate forward.
6. Throwing arm follows through, down and across the body.



Try some of these activities/games to practice at home:

- Targets: Empty drink cans or plastics bottles make great target. Make different targets worth different points. Aim a tennis ball or rolled up socks at the targets and see how many throws it takes to reach 30 points.
- Goal shooting: buckets and empty garbage bins make great goals. Try throwing different things to score goals e.g. balls, beanbags or newspaper balls.
- Throw for distance: How far can you throw? Go for a personal best. Use softer objects e.g. newspaper balls or rolled up socks if indoors.



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