



NEWSLETTER SNIPPETS TERM 2 2021

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 schools 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.

TERM 2 NEWSLETTER TOPICS
Get active with your 'Discover NSW' vouchers!
Active Play on a Rainy Day
Start the Day Right with Breakfast
TV- Free Tuesday
Naidoc Week 2021



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GET ACTIVE WITH YOUR 'DISCOVER NSW' VOUCHERS!

Have you heard about the recent NSW Government "Dine and Discover NSW" initiative? Every adult in NSW is eligible to receive 2 x \$25 vouchers to spend on registered entertainment and recreation venues.

Why not consider using your vouchers to get active with your kids? Here are a few ideas:

- 🍏 Indoor Rock Climbing
- 🍏 Ten Pin Bowling
- 🍏 Putt Putt/Mini Golf
- 🍏 Ice Skating
- 🍏 Lawn Bowls
- 🍏 Trampoline Park
- 🍏 Sport and Recreation Centre



To see a full list of registered businesses near you and to apply for your vouchers, head to the ServiceNSW website.

Get in quick – vouchers expire 30th June 2021!

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ACTIVE PLAY ON A RAINY DAY

Rainy days can mean spending more time indoors and less time in active play. However, there are lots of fun activities to keep you moving indoors!

The next time you have a rainy day try these indoor activities:

- 🍎 Charades
- 🍎 Balloon volleyball
- 🍎 Build an indoor fortress with chairs and sheets
- 🍎 Hallway Bowling with toilet rolls and a soft ball or rolled up socks.
- 🍎 Dance competition/disco
- 🍎 Indoor scavenger or treasure hunt



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START THE DAY RIGHT WITH BREAKFAST



We've all heard that breakfast is the most important meal of the day and it's true! Research has shown that children who eat breakfast before school have higher levels of concentration and are less likely to feel lethargic.

Below are some ideas for a nutritious breakfast:

- 🍎 Wholegrain cereal such as Weetbix, Porridge and Sultana Bran
- 🍎 Untoasted muesli topped with low fat yogurt
- 🍎 Wholegrain toast topped with avocado, tomato or low fat cheese
- 🍎 Raisin toast
- 🍎 Fruit & vegetable smoothies

If you're short on time, some quick ideas to send to school with your child includes: a tub of low fat yoghurt, cereal to munch such as fruity bites, breakfast drinks such as Up & Go or some fruit.



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TV FREE TUESDAY

You might have heard about 'meat free Monday', how about introducing TV-free Tuesday into your week?

A whole day with no screen time will provide encouragement for your kids to 'think outside the box' for activity ideas!

Some ideas include:

- Backyard Play
- Charades or board games
- Indoor or outdoor treasure hunt
- Writing and practicing a performance to showcase every Tuesday evening
- Art and craft
- Hula hoop competition
- A family game of Twister

Allow space for your kids to come up with their own idea. TV-free Tuesday can quickly turn into a family favourite tradition.



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**HEAL
COUNTRY!**
4-11 JULY 2021

With the theme of NAIDOC this year being "Heal Country!", it is an opportunity for all Australians to come together to celebrate the rich history, diverse cultures and achievements of Aboriginal and Torres Strait Islander peoples as one of the oldest continuing cultures on the planet. Here's a healthy Indigenous recipe to share with your family from the Heart Foundation Cookbook 'Flavours of the Coast' Koori Cookbook!

Kangaroo Spaghetti

10 minutes preparation time + 25 minutes cooking time

By Terry Rankmore



Ingredients:

1 tablespoon of olive oil
600g of kangaroo mince
500g of fresh mushrooms, sliced
1 onion, diced
1 large green capsicum, sliced
1 large red capsicum, sliced
1 bunch of celery, sliced
1 can of diced tomatoes
Parsley
4 cups of cooked pasta
1 tablespoon of tomato paste

Method:

1. Heat 1 tablespoon of olive oil in wok or frying pan.
2. Brown mince then add onions, mushrooms, celery, capsicum and cook for 10 minutes.
3. Add the canned tomato and tomato paste and simmer for 5 minutes.
4. Boil the pasta until cooked.
5. Serve the mince on top of the cooked pasta and garnish with parsley.



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