NEWSLETTER SNIPPETS TERM 3 2019

Please see below a suggested bi-weekly newsletter topic schedule that may assist you in planning your Term 3 school newsletters.

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

TERM 3 NEWSLETTER TOPICS
Keeping active in winter
Choose water
Healthy party ideas
Mastering the Kick
Recipe - Spinach Pesto Pasta with Cherry Tomatoes

Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
http://www.goodforkids.nsw.gov.au/

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KEEPING ACTIVE IN WINTER

When kids come home from school during the cooler months there is less light for fun outdoor time to burn off energy. Less daylight hours and cooler temperatures does have to equate to more screen time (TV/video games).

Keeping activity is important for everyone even in the cooler months, and the Australian 24-Hour Movement Guidelines recommend that children get **at least one hour each day of physical activity**.

Try the following indoor activities:

- Make up a dance
- Try 'Just Dance' on a gaming console or YouTube
- Sign up to 'Go Noodle!' for free and move along to your favourite Go Noodle's
- Hula hooping or skipping
- Juggling
- Use the furniture to create an indoor ninja park or obstacle course
- Try a family fitness challenge, e.g. who can do the most push-ups, squats, sit ups, burpees
- Use a pair of socks or a balloon to play volleyball, tennis, soccer or football indoors

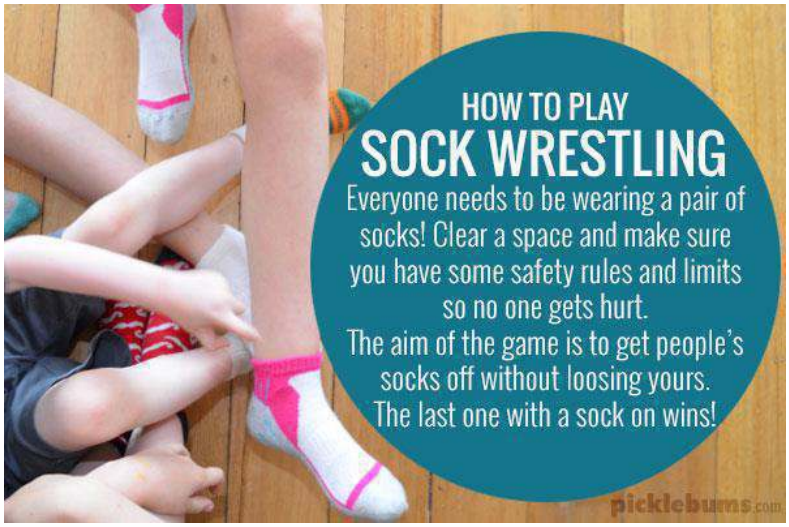

Image source: https://picklebums.com/20-fun-ways-to-get-active-with-your-kids/

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CHOOSE WATER

How much water should our kids drink everyday?

1—5 years	1.25L
6—12 years	1.5L

TIPS TO DRINK MORE WATER

- Show children that you enjoy drinking water
- Drink water with every meal
- Take a refillable bottle when you go out
- Pack water for school
- Encourage drinking extra water when they play sport
- Limit buying sugary drinks

Information source: © Cancer Council Victoria 2019

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HEALTHY PARTY IDEAS

Parents and teachers can shift the focus for school parties from unhealthy food to fun healthy food.

You could serve snacks with fun plates, napkins, cups or straws, or have a tasting party where children can vote for their favourite healthy snack. Why not try some of the following:

- Fruit kebabs
- Orange quarters – try them frozen in summer
- Fruit smoothies
- Melon balls
- Berries
- Frozen fruit blocks
- Apple slinkies
- Vegie strips with low fat dip or salsa
- Sandwiches
- Raisin bread
- Pikelets
- Rice crackers
- Scones
- Cheese cubes
- Low fat popcorn

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FUNDAMENTAL MOVEMENT SKILLS
MASTERING THE KICK

The kick is a manipulative striking skill characterised by producing force from the foot to an object. The stationary place kick involves kicking an object which is still. It is basic to kicks used in all football codes. It is also important for foot–eye coordination.

Steps to practice at home:

- Stabilise and raise the ball off the ground by placing it on a bean bag or a roll of masking tape.
- Place a mark on the ball and ask the child to focus on that as they approach the ball to kick.
- Focus on kicking the ball for distance rather than accuracy.
- Place chalk on the child's shoelaces so that a mark is left on the ball after it has been kicked.
- Use a beach ball, balloon, or a ball that is soft, flat or partially deflated.
- Practice kicking the ball against a wall.
- Demonstrate, running up to kick the ball.
- Introduce accuracy by kicking to a partner or target, or into a goal.
- Practise kicking with either foot.

Source: Get Skilled, Get Active and Live Life Well @ School © State of NSW, Department of Education and Communities, 2012

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RECIPE

Spinach Pesto Pasta with Cherry Tomatoes

Ingredients

100g baby spinach leaves	**2 tbs olive oil**
1/2 cup firmly packed fresh basil leaves	**1/4 cup shredded parmesan cheese**
2 tbs toasted slivered almonds	**375g short pasta shapes (e.g. penne, fusilli)**
2 cloves garlic, crushed	**250g punnet small cherry tomatoes, halved**

Method

1. To make spinach pesto, place spinach, basil, almonds and garlic in a food processor. Process until finely chopped. Add oil and parmesan. Process to form a thick paste.
2. Cook pasta in a large, deep pan of boiling water for 10 to 12 minutes or until just tender (al dente). Drain and return to same pan.
3. Add spinach pesto to pasta. Stir over low-medium heat until pasta is coated with pesto and heated through.
4. Stir in tomatoes. Serve hot.

Tips: To toast slivered almonds, spread over an oven tray. Bake in a moderate oven (180C) for 3-5 minutes until light golden. This pasta is also delicious served cold. Keep covered in refrigerator for up to 2 days. Great for school or office lunches.

Sourced from Healthy Kids at www.healthykids.nsw.gov.au

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