

# Good for Kids good for life

## NEWSLETTER SNIPPETS TERM 4 2018

Please see below a suggested bi-weekly newsletter topic schedule that may assist you in planning your Term 4 school newsletters.

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

TERM 4 NEWSLETTER TOPICS
Choose water as a drink
Increasing vegetable intake
The benefits of exercise on mental health
Go 4 Fun
8 tips to keep on top of your child's screen time
Recipe: Fried rice salad

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## CHOOSE WATER as a drink

Water is the best drink as it does not have any added sugar. Fruit juices, soft drink, sports drinks or cordials should not be given to your child everyday as they contain a lot of added sugar. Tap water is the best choice. In most areas, tap water contains fluoride, which helps children to develop strong teeth.



**BEST CHOICE**

**GOOD FOR STRONG BONES & TEETH**

**AVOID/LIMIT THESE HIGH SUGAR DRINKS**

**NOT EVERY DAY, LIMIT TO 1/2 CUP**



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**MAKE HEALTHY NORMAL**

**NSW** Health Western Sydney Local Health District

Source: Western Sydney Local Health District



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## INCREASING VEGETABLE INTAKE

### Did you know?

Only 5% of children in NSW consume the recommended daily serves of vegetables? Kids aged 5-13 should be eating 4.5 to 5.5 serves of vegetables each day.

### What is a serve?



Source: [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

### How can I get my kids to eat more vegetables?

- Involve your children in grocery shopping and meal preparation.
- Add easy to eat vegetables to the lunchbox.



- Make it fun! Try making vegetable skewers or create funny faces out of vegetables.
- Keep trying, serve vegetables in different ways to see how they like to eat them.
- Be a good role model and eat plenty of vegetables in front of your kids.



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# THE BENEFITS OF EXERCISE ON MENTAL HEALTH

@BELIEVEPHQ

REDUCED STRESS LEVELS

INCREASED WELL BEING

INCREASED ENERGY LEVELS

BOOSTS BRAIN POWER

REDUCED DEPRESSION

INCREASED CONFIDENCE

INCREASED MOOD

REDUCED ANXIETY

INCREASED SELF ESTEEM

IMPROVED SLEEP

Source: BelievePerform



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**What is Go 4 Fun?**

Go 4 Fun is a FREE 10 week healthy lifestyle program for kids aged 7 to 13 years run by qualified health professionals.

**What does the program include?**

- Nutritional information
- Support and advice
- Personal improvement
- Fun games

**Where is the program run?**

- Swansea
- Maitland
- Fletcher

**When do programs run?**

Go 4 Fun runs parallel with school terms and you can register any time. Visit the website for more details:

<https://go4fun.com.au>



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Office of the Children's  
eSafety Commissioner

**8** tips to keep on top of your child's screen time

- Plan screen-free time, like outdoor play, music and sport.
- Lead by example - reduce your own screen time.
- Agree on daily screen time limits. It's not punishment, it's about keeping a balance.
- Start with small reductions to help lessen any resistance.
- Resist giving mobile devices to children when going out - take books or toys instead.
- Set tech-free zones and times at home - e.g. all screens off in bedrooms after a specified time.
- Use tech tools to manage access, such as parental controls.
- Be involved - watch TV and play games together.

[esafety.gov.au/iparent](https://esafety.gov.au/iparent)



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# FRIED RICE SALAD

- 2 teaspoon olive oil
  - 1 onion, finely chopped
  - 1 red capsicum, finely diced
  - 1 green or yellow capsicum, finely diced
  - 1 carrot finely diced
  - 50g ham
  - 4 cups cooked brown rice
  - 125g can corn kernals, drained
  - 6 green onions (shallots), thinly sliced
  - 1/4 light soy sauce
  - 8 cherry tomatoes, halved, to serve
  - 1/2 cup coriander leaves, to serve (optional)
- 1** Heat oil in a large frying pan or wok over high heat. Saute onion, capsicum, carrot and ham for 3-4 minutes.
  - 2** Add rice, corn, green onions and sauce. Stir-fry for 2-3 minutes, mixing well.
  - 3** Serve hot or cold with halved cherry tomatoes and coriander leaves.
  - 4** If packing for lunchboxes, spoon salad into a sealable container and keep chilled. Pack in the lunchbox with an ice brick.

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FOR MORE RECIPES VISIT [GOODFORKIDS.NSW.GOV.AU](http://GOODFORKIDS.NSW.GOV.AU)