### **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



Source: Western Sydney Local Health District



### 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

#### 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.



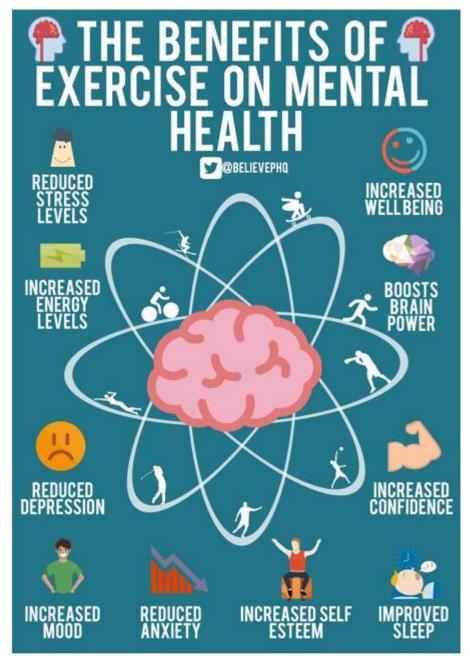






- Make it fun! Try making vegetable skewers or create funny faces out of vegetables.
- Keep trying, serve vegetables in different ways to see how they like to eat them.
- Be a good role model and eat plenty of vegetables in front of your kids.





Source: BelievePerform





#### 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









### FRIED RICE SALAD

- · 2 teaspoon olive oil
- · 1 onion, finely chopped
- · 1 red capsicum, finely diced
- I 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)

- Heat oil in a large frying pan or wok over high heat. Saute onion, capsicum, carrot and ham for 3-4 minutes.
- 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
- 4 If packing for lunchboxes, spoon salad into a sealable container and keep chilled. Pack in the lunchbox with an ice brick.



FOR MORE RECIPES VISIT GOODFORKIDS.NSW.GOV.AU