

Message from the team

Welcome to our Term 3 newsletter. Wintertime in the Northern Rivers provides lots of opportunities to be active outdoors. It is also a good time to enjoy some healthy warming foods with family and friends.

We aim to provide you and your staff with resources and ideas to help children and their families to eat well and be active. Reach out to your local support officer for help to implement healthy eating and physical activity initiatives at your school. Our contact details are on page 4.

Best wishes
Avigdor Zask

Acting Program Coordinator
Healthy Eating Active Living Team
0437 761 842



What's coming up?

FIFA Women's World Cup: 20 July to 20 August

Celebrate the biggest women's sporting event in the world at your school. Have students practise their soccer skills



Schools Tree Day: 28 July

Encourage children to build a habitat for native wildlife or play in nature. Consider planting or cooking with some bush tucker. National Tree day follows on 30th July.



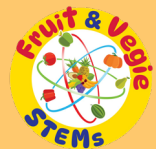
Dental Health Week: 7-13 August

This year's focus is on the mouth and whole-body connection. Teach students how to keep their teeth and smiles for life.



Fruit and Veg Month: 28 August – 22 September

This year's theme is Fruit & Veggie STEMs: learn all about the science behind fruit and veggies. Register your school to receive some great resources.



To access a list of links from this newsletter, scan the QR code



Celebrate Dental Health Week in August

Dental disease is the most common disease affecting Australian children. More than half of 6-10 year-olds in Australia have decay in their baby teeth. Half of 12-year-olds have decay in their adult teeth. Dental health week is the perfect time to teach students how to care for their teeth.

Food and drinks high in sugar contribute to tooth decay. Eating plenty of fruit, vegetables and dairy foods create healthy habits and can contribute towards good oral health.

Use these resources to teach students how to ensure they have healthy teeth for life.

- 'How much sugar do you drink?' poster - discuss how much sugar is hidden in drinks with your students. Contact your local health

support officer to order hard copies of the sugar poster or print your own. Download the [student worksheets](#) for some activities.

- Promote water as the best drink. Try this water challenge for stage 2 students [Q4:H2O](#)
- Choose water as a drink [parent factsheet](#) - send this home with your students
- [Australian Guide to Healthy Eating](#) - teach students about balanced eating.
- For other healthy eating ideas go to [Nutrition Resources - Health Promotion](#)
- Use the below websites and resources to plan lessons during dental health week. [Cool Australia lessons](#) [Rethink sugary drink Resources](#).

How much **sugar** do you drink?

WATER No Sugar	LOW FAT MILK No added Sugar	FLAVOURED MILK 2
CORDIAL 3	FRUIT JUICE DRINK 6	ENERGY DRINK 6
SPORTS DRINK 7	SOFT DRINK CAN 8	SOFT DRINK BOTTLE 18

Choose water

- ◆ Free
- ◆ Good for teeth
- ◆ ZERO sugar

Visit the [NSW Health Oral Health webpage](#) for more information on oral health for 6-17 year olds.

How much water should kids drink each day?

4-8 years	1 glass	1 glass	1 glass	1 glass	1 glass
9-13 years	1 glass	1 glass	1 glass	1 glass	1 glass

Celebrate Fruit & Veg Month in September!

Growing, exploring, understanding and loving fruit and vegetables is important for our health. This year's theme is Fruit & Veg STEMs!

[Register your school here](#) or via the QR code. Your school will receive a host of FREE resources and engaging activities for the classroom and whole school.

Resources include:

- lesson plans
- family resources
- recipe ideas
- a student competition
- printed classroom posters and stickers.

Get your students involved in:

- planting and harvesting or starting a kitchen garden (next page).
- cooking and experimenting with vegetables and fruit.
- More healthy recipes can also be found at [Healthy Recipes - Health Promotion and Healthy recipes | Cancer Council](#).
- learning about how fruit and vegetables grow and how they benefit our bodies.
- including vegetables and fruit in their lunchboxes each day.
- composting and worm farms and use as fundraisers or for your school veggie garden



Run around Australia with Kilometre Club



Kilometre (KM) Club is a school-based program that has been adopted by many primary

schools in NSW. Schools designate a track and students walk, jog or run around it at their own pace.

The program is a fun way for students to increase their physical activity levels and fitness. Some students use it to train for school cross country events, while some choose to kick or throw a ball as they move around the track.

Schools can adapt KM Club to suit their own context which is important in ensuring program maintenance and success. Track size and location can vary according to the amount of space available. For example, one suburban school used the footpath around the school as a track¹. Some schools also choose to vary the track each term or year to maintain student interest. Having more than one track can also cater to varying student abilities.

A recent study¹ on the Mid North Coast of NSW examined the KM clubs of 4 primary schools. The schools reported a variety of health, wellbeing and educational benefits.

These included;

- improved social connectedness
- improvements in children's learning readiness, concentration and classroom behaviour
- increased participation in sport
- increased physical activity and fitness levels
- reduced anxiety among some students
- increased school readiness
- increased family bonding and connection with the school community

KM club is flexible and can run before, during or after school, on any number of days.

Schools may choose to vary the time they run the program, according to the season. For instance, run KM club before school during the hotter months. Some schools encourage students to walk in the warmer months to avoid overheating.

Designating a school champion is important for establishing and maintaining the program. Champions are typically a principal, teacher/s or group of parents/carers. Champions also encourage and assist children to set and achieve goals.

Goals can be set on an individual or group basis. One school on the Mid North Coast used Google Maps to track the total distance run around Australia. This created a common goal for the whole school community.¹

Visit [KM club hub](#) for a range of resources to help set up a Km Club at your school or contact your local support officer.

"They love participating and they're finding that that alleviates their anxiety for school which flows onto their academic work." (teacher)

"I like that you get to stay fit and healthy" (student)

"Fitness benefits for children have resulted in greater participation in events at the athletics carnival." (principal)

"Start small and let it build" (principal)

"KM club helps them get organised in the morning ... they're so keen to get to school" (parent)

1.Schirmer, T., Bailey, A., Kerr, N. et al. Start small and let it build; a mixed-method evaluation of a school-based physical activity program, Kilometre Club. BMC Public Health 23, 137 (2023). [See article.](#)

Benefits of Kitchen Garden Programs

Kitchen garden programs teach children vital life skills. These skills can enrich their personal, emotional and physical wellbeing. Kitchen gardens also help the wellbeing of our planet through sustainable development. If your school doesn't have the resources or space for a kitchen garden, consider vertical gardens or mobile gardens that can be taken home during school holidays.

Through kitchen garden programs, students develop creative thinking skills and learn how to work in a team. They develop a respect for food, food producers, living things and the environment. And at the same time, enjoy learning outdoors

and reaping the benefits of their labours.

Children may be more excited about trying a new vegetable they have planted and tended to. Kitchen garden programs teach children that healthy food tastes good and can be easy to grow and prepare.

Studies show that involvement in kitchen garden programs can lead to:

- increased willingness to taste new foods
- increased knowledge about vegetables and fruit
- increased consumption of vegetables and fruit.

This Kitchen Garden resource for teachers includes:

- a seasonal growing guide
- links to key learning areas
- space saving gardens
- funding ideas
- connecting gardening to cooking.



FIFA Women's World Cup™ 20 July to 20 August

Celebrate the biggest women's sporting event in the world at your school! Use the FIFA Women's World Cup as a way to promote team work and fundamental movement skills such as running and kicking.

The FIFA Women's World Cup celebrates the most popular global sport of football, also known as soccer in Australia. The tournament will be jointly hosted for the first time by Australia and New Zealand. Australia's own Matildas will be competing again this year for the eighth time. Brisbane will host eight games, including Australia vs Nigeria and the play-off for third place.

Get your students learning and moving with any of the following football-themed activities:

- practise kicking and dribbling a soccer ball

- learning about the history of football or football trivia
- host a football game with parents
- encourage school leaders to arrange lunchtime soccer games
- explore how students can fuel their bodies to prepare for sports
- challenge gender stereotypes and diversity in sport.

Download free teaching resources via the below links:-

- [Women's World Cup | SBS Learn](#)
- [Women's World Cup teaching resources | KS1-5 | Teachit](#)
- [School Sport Unit: Foot skills and kicking resource](#)
- [Junior Athletes - Sports Dietitians Australia \(SDA\)](#)
- [Balance the lunchbox - Help kids to go, grow and glow](#)






Are your kids between 7-13 years old?

Sign up now for Go4Fun – a FREE, fun family program to help kids become fitter, healthier and happier!

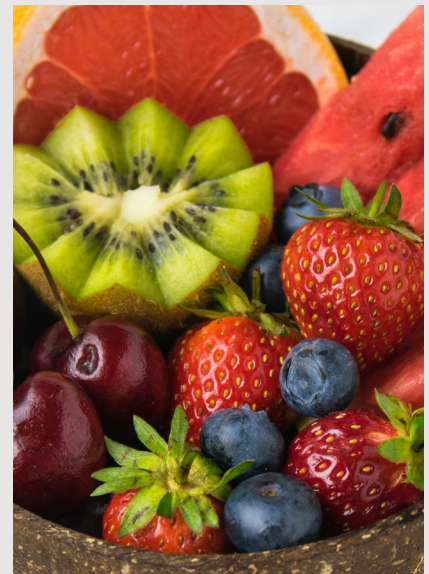
Go4Fun improves health, fitness, self-esteem and confidence in children who are above a healthy weight.

Go4Fun runs for 10 weeks over the school term. Sessions include games, activities, healthy eating, label reading, portion sizes and much more!

Term 3, 2023 - Lismore
Term 3, 2023 Aboriginal program - Casino.
 *Term 4, 2023 Aboriginal programs – Grafton, Lismore, Tweed
 *Other Term 4 programs to be confirmed

Sign up/ find out more at www.go4fun.com.au or call 1800 780 900.





Contact your local support officer

Clarence Valley	Kate Collins	6640 0154	kate.collins@health.nsw.gov.au
Ballina/Byron	Maxine Molyneux	6639 9142	maxine.molyneux@health.nsw.gov.au
Richmond Valley	Martina Pattinson	6620 7668	martina.pattinson@health.nsw.gov.au
Tweed Valley	Corinne Martin	6620 7447	corinne.martin@health.nsw.gov.au



issue 3 -2023
 Find previous copies of this newsletter
 Northern NSW Local Health District

