



Term 3 Snippets 2025

Please see below a suggested fortnightly schedule that may assist you in planning your Term 3 school newsletters. Snippets may also be used to post on your school's Facebook page. The below newsletter snippets are easy to copy and paste, and provide information to families on aspects of healthy eating, physical activity and limiting screen time.

Term 3 Newsletter Topics

Crunch on vegetables!

Game: Tricky Catches

Smart school snacks

First Nations recipe- Kangaroo Spaghetti

Healthy screen habits

Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.



'The heart of a child' - Lara Went



Crunch on Vegetables!

Primary school aged kids need up to 5 serves of vegetables every day.

A serve is half a cup of cooked vegetables or one cup of raw salad vegetables.

School is a perfect time to increase vegetable intake! Pack more vegetables for school with these tips:

-  Chop carrot, cucumber, capsicum or celery into vegetable sticks.
-  Pack small, bite sized vegetables in containers. Try snow peas, cherry tomatoes, baby cucumbers or broccoli.
-  Cook extra vegetables the night before and store them in the fridge ready to be added to the lunchbox.
-  Let your child help choose, prepare and pack the vegetables.





Game: Tricky Catches

Try this activity at home to challenge your coordination and practice the skill of catching.

You will need:

- 👤 Different items to catch (e.g. a tennis ball, bean bags, frisbee, soft ball, large ball or a rolled up pair of socks).

How to play:

- 👤 Find a space away from others and hold your throwing object.
- 👤 Throw your object into the air and do a trick before catching it.

You could:

- See how many times you can spin in a circle
- See how many times you can clap
- Try to do a burpee
- Do a dance





Smart school snacks

Helping kids stay energised and focused at school starts with nutritious snacks!

When packing your child's lunchbox, aim for snacks from the five food groups - add wholegrains, fruit, vegetables, dairy and lean proteins.

Try these smart snack ideas:

- Fresh fruit
- Vegetable sticks with hummus
- Wholegrain crackers with cheese
- Yoghurt tubs or pouches
- Boiled eggs
- Mini tuna or salad wraps





First Nations recipe - Kangaroo Spaghetti

Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients:

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



Method:

1. Heat olive oil in a frying pan
2. Brown mince then add onions, mushroom, 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

Source: Flavours of the coast: Koori cookbook



Hunter New England
Local Health District

@HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>

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Healthy screen habits

Screens are part of modern life, but too much screen time can affect sleep, mood, concentration, learning and physical activity.

The Australian Guidelines recommend **no more than 2 hours** of recreational screen time (not including schoolwork) for children aged 5-17.

You can create healthy school habits by:

- Setting clear daily screen limits
- Having screen-free zones, like bedrooms and at mealtimes
- Encouraging outdoor play or hands-on games
- Modelling positive screen behaviour as adults

Let's support our kids to thrive, with a healthy balance of screen time, play, and rest!



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