

Term 3 2025 Staff E-Newsletter

Welcome to the Good for Kids Term 3 2025 e-Newsletter

Please share this newsletter with all school staff including teachers, Aboriginal liaison/education officers, school admin and canteen managers. You could also print a copy to put up on your staff noticeboard.



© Lara Went – “The heart of a child”

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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.

Kinder Orientation

Resource ordering + presentations

Good for Kids is offering **FREE** Kinder Orientation resources, available now for all primary schools to order. Resources include:

- Crunch&Sip Flyers
- SWAP IT Booklets (for registered SWAP IT schools)
- Healthy Habits for Thriving Kids Flyer



**Check your school's
inbox for your
individual link to
order!**

The Good for Kids website has a video presentation for parent information sessions that can be shared to your new families online! The presentation contains information about health and wellbeing practices in primary school, and what to pack for things like Crunch & Sip!

[Kinder Orientation | Good for Kids, Good for Life](#)



Canteen Workshops

2 & 9 December 2025 / 27 & 29 January 2026

Good for Kids is hosting FREE, in-person workshops for canteen managers, P&C staff or school executives.

What to expect on the day:

- An introduction to the NSW Healthy School Canteen Strategy
- Addressing common barriers in canteens
- Guidance through resources such as the Healthy Food Finder and menu checks
- Provide menu feedback and tools to ensure your menu meets the strategy
- Lucky door prizes

Term 4, 2025:

- Newcastle*- 02.12.25, 9am-12pm
- Tamworth*- 09.12.25, 9am-12pm

Term 1, 2026:

- Newcastle*-27.01.26, 9am-12pm
- Tamworth*-29.01.26, 9am-12pm

*Location TBC

PACE Workshops

16 December 2025 / 28 & 29 January 2026

The PACE program supports classroom teachers and schools to schedule and deliver the weekly recommendation of 150 mins of physical activity. This is supported through active PE, sport, cross curricular links and daily classroom energisers across the school week.

Program includes free:

- One day professional learning
- Access to a local support officer
- Access to an online portal with a range of resources
- Online option available also

Term 4, 2025:

- Newcastle* - 16.12.25

Term 1, 2026:

- Newcastle*-28.01.26
- Online -29.01.26

*Location TBC



*Express your
interest in any of the
workshops here!*

Sport Specific and FMS Workshops

Netball, AFL & Touch Football

Fundamental Movement Skills are the building blocks to sport. Have you got FMS embedded throughout your scope and sequence? Do you feel confident translating these skills into specific sports? Choose from a selection of after-school, sport specific workshops designed to help you build on your existing FMS programming and build confidence in Physical Education and Sport.

Dates/Locations:

- Netball - Week 8, Term 4 (date TBC) @ Charlestown Netball Courts
- AFL - 25.11.25 @ Feighan Oval, Warners Bay
- Touch Football - 09.12.25 @ Wallsend Touch Football Fields



Health
Hunter New England
Local Health District

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

Energiser of the term

Animal Roundup

Grade level: Stage 1 - Stage 3

Formation: Open space in classroom

Equipment: None



Rules/directions:

1. Tell students to silently think of their favourite animal.
2. Then tell students that without talking, they need to arrange themselves from largest to smallest animals.
3. Students can only make gestures and the noise of their animal.
4. After they have finished, have students go around and say the animal they were supposed to be and see if it was accurate.

National Health and Physical Education Day

Wednesday, 3 September

- National HPE Day highlights the important role of Health and Physical Education in the Australian Curriculum, how it teaches essential life skills: movement, resilience, teamwork, respect, and wellbeing.
- **Register your school** to be part of the movement. Registered schools will receive resources, updates and a certificate of participation.

How your school can get involved:

- Organise a fun run, walkathon, or dance-off
- Create a circuit of physical activities or
- 'play stations' for students to enjoy.
- Host a healthy cooking class or lunchbox challenge

Physical Activity Resource

Play AFL Teacher Training (Professional Learning)

- AFL Australia has developed professional learning sessions for school teachers who want to incorporate AFL into their classrooms.
- There are online interactive modules plus short professional learning videos. All professional learning options are aligned with Australian Professional Standards for teachers and come with accreditation in the form of a certificate of completion.
- **Click HERE** and create a free account on the Learn AFL platform to access all the online modules.

Nutrition Resources

Fresh Fruit Fridays

Every Friday, FREE OF CHARGE, The Healthy Kids Project provides access to fresh fruit and vegetables for primary school children, thanks to the kindness and generosity of community-minded supermarkets.

To join the Fresh Fruit Friday revolution, simply complete the registration form. The team will then contact supermarkets near your school, and connect you with a weekly box of fresh fruit and vegetables.

Check out the website for more info, and/or to express your school's interest: **HERE**



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FEAST - OzHarvest

FEAST (Food Education and Sustainability Training) is a free, 10-week, curriculum-aligned education program for Stage 3, that can also be adapted for younger years. The program focuses on food waste, its impact on the environment, making positive food choices, and includes simple classroom cooking activities.



Funding is available for schools with ICSEA score <1000, and for regional and remote schools to support purchasing cooking equipment and ingredients.

R U OK? Day

Thursday, 11 September



R U OK? Day is a National Day of Action. This year, R U OK? Day has partnered with LifeEd to create a bunch of resources such as colouring in sheets and posters, classroom lesson plans, presentations and activities for primary school students to learn and spread awareness about R U OK? Day.

Gotcha4Life

Expressions of Interest are now open for 2026

Gotcha4Life's Mentally Fit Primary Schools program is a fully funded, three-year partnership that builds mental fitness across the whole school community.

The Mentally Fit Primary Schools program is a prevention-first, whole-school initiative that builds mental fitness and wellbeing not just for students, but also for teachers, staff, and families. The program is delivered with ongoing support from a dedicated Mental Fitness Educator and is already transforming the wellbeing culture in schools around Australia.

Learn more: [Why mental fitness matters in primary schools](#)

Apply now*: Complete [this short form](#) by the end of Term 3. The team will be in touch to answer your questions and discuss the program.

**Places are limited and offered on a first-come, first-served basis. Eligibility criteria apply.*

Funding Opportunities

The Real School Grant

The Real School Grant is a one-off \$5,000 grant awarded to one school each year to support public schools and school groups across Australia by funding projects that aim to improve health, learning, technology access, or community infrastructure.

To find out more, or how to apply, see [HERE!](#)

Grant applications are open until Friday 31 October, 2025.



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