

# SCHOOL NEWSLETTER

**Term 4 Week 4 2023**  
**Thursday 3rd November**

Rosary Park Catholic School Station Street, Branxton NSW 2335

P: (02) 4938 1541 E: [admin@branxton.catholic.edu.au](mailto:admin@branxton.catholic.edu.au)  
 Website: [www.branxton.catholic.edu.au](http://www.branxton.catholic.edu.au)

*We acknowledge the Wonnarua people-the first custodians of this land*

Built on Faith, Knowledge, Respect

*The Catholic Diocese of Maitland-Newcastle has an abiding commitment to promote the safety, welfare and wellbeing of children and vulnerable adults - particularly those who participate in the life of the Diocese. All employees are required to undergo a National Police Check and, where legislated, hold a Working with Children Check. Diocesan workers are expected to personally adopt and enact the Diocese's Safeguarding Commitment Statement.*

## IMPORTANT DATES 2023

**Weekly Mass Times: 6pm Saturday Branxton; 8am Sunday Greta.**

NOVEMBER		NOVEMBER	
Fri 3 <sup>rd</sup>	Vocab Dress Up Day followed by Awards assembly	Thur 30 <sup>th</sup>	Parish Mass – Years 1 and 5 at 9
Wed 8 <sup>th</sup>	Years 1 & 2 Tag Gala Day Cessnock	DECEMBER	
Thur 9 <sup>th</sup>	Parish Mass – Years 2 and 4 at 9:20am All Welcome	Mon 4 <sup>th</sup>	Step Up Morning for 2024 Classes
Fri 10 <sup>th</sup>	Year 6 Transition Day at St Joseph's Parents to transport	Wed 6 <sup>th</sup>	Year 6 Farewell Liturgy and Dinner 5pm
Mon 13 <sup>th</sup>	Remembrance Day 10:45am All Welcome	Fri 8 <sup>th</sup>	End of Year Awards 9:45am School Hall
Thur 16 <sup>th</sup>	Parish Mass – Kinder & Year 6 at 9:20am All Welcome	Mon 11 <sup>th</sup>	Swimming Carnival – for swimmers 8 years and over
Thur 16 <sup>th</sup>	School Disco – P&F Event	Fri 15 <sup>th</sup>	<b>LAST DAY OF TERM 4 &amp; 2023</b>
Thur 23 <sup>rd</sup>	Interrelate – Year 6		

## IMPORTANT DATES FOR 2024:

Thursday 1 <sup>st</sup> February 2024	Years 1 – 6 Return
Monday 5 <sup>th</sup> February 2024	Kindergarten students begin.
Wednesday 20 <sup>th</sup> March 2024	School Photos
Wed 13 <sup>th</sup> – Mon 25 <sup>th</sup> March 2024	NAPLAN Years 3 and 5 only

There are **NO** Pupil Free Days for Term 4, 2023

## Principal's Message

**Lord, you correct those who offend, you admonish and remind them of how they have sinned, so that they may abstain from evil and trust in you, Lord.**

*Book of Wisdom 11:22-12:2*

Dear Parents/Carers,

Last week a large group of our primary children participated in a netball gala day with our neighbouring lower Hunter primary schools. Purposely we made teams of mixed abilities with some children having little or no experience playing the game. Whilst the weather was challenging it made me immensely proud to receive such positive feedback about the sportsmanship of our children and the way our parents helped our staff on the day to make it such a smooth and enjoyable day. Even more so, the fact that staff and parents from other schools gave similar positive comments about our children's co-operation, fair play and the spirit of inclusion they showed on the day. We are blessed to be part of such a supportive and welcoming community. Thank you!

### **Leading Learning Collaborative**

In recent days we have participated in a presentation, showcasing our work for 2023 in the Leading Learning Collaborative (LLC) with our colleagues and Dr Lyn Sharratt via Zoom. This is based on the work of Lyn Sharratt and her book 'Clarity'. We shared our work in implementing the Collaborative Inquiry process this year, where staff analyse children's results (strengths and areas for development) devising a plan to assist children in improving their skills.

A key part of this work is children taking autonomy for their learning.

Ask your child *the 5 questions* to see how they are going with their learning:

What are you learning? Why?

How are you going?

How do you know?

How can you improve?

Where do you go for help?

Can your child articulate to you how they can improve their work (for example through accessing the Bump it up wall)?

These are a regular part of the dialogue in our classrooms every day and it is important that parents are also familiar with this so they can discuss their child's learning with them in detail at home.

### **Canteen volunteers**

There have been recent changes enforced by local councils regarding food preparation. This means that all canteen volunteers **MUST** complete a food handling course by 28 January 2024 to volunteer in our canteen. This is a free course and takes approximately 30-60 mins to complete and provides a certificate at the end.

All volunteers wishing to help in canteen in 2024 will have to complete before school returns.

Here's the link to the training-

[Food Handler Basics training](#)

[foodauthority.nsw.gov.au](http://foodauthority.nsw.gov.au)

## **Attendance at school**

### **IT'S NOT OK TO BE AWAY!!**

At Rosary Park, we acknowledge that parents are the first and foremost teachers of their children. We strive to work in partnership with you to best enable you to raise your child. We can only work together **if your child has regular school attendance.**

The Education Act 1990 (NSW) states that 'the child attends the school at all times while the school is open for the child's instruction or participation in school activities.' This means that children are expected to be at school EVERY DAY that it is opened unless they have a specific medical reason not to be there. Where possible a medical certificate should be provided.

It is recognised that COVID cost us the opportunity to go on holidays for a significant period of time, however it is detrimental to your child's education and their social development if you consistently take holidays in the school term. We are working on (or consolidating) new content every day (**even** in kindergarten) and even one day off school is costly for your child. It is not OK, to take holidays in school time!

Please schedule appointments and holidays out of school time so that your child gets the best possible school experience.

### ***Did you know?***

Non-attendance is linked with poorer academic achievement and long-term student outcomes.

- Higher rates of absences have been associated with lower NAPLAN scores (Hancock et al. 2013; Daraganova et al. 2014).
- In NSW, students who report positive attendance behaviours in Year 7 are on average 3 months ahead in their learning by Year 9, compared with students who have poor attendance

In addition to lower academic achievement, international studies have found that non-attendance is linked with other longer-term negative effects including:

- increased likelihood of dropping out of school earlier (Rocque et al. 2016)
- social isolation from the school community and peers (Gottfried 2014)
- poorer mental health and social functioning (Kearney and Graczyk 2014; González et al. 2019)
- increased likelihood of requiring social assistance (Christenson and Thurlow 2004 as cited in Kearney and Graczyk 2014)

A common cut-off point in the international literature is 10% of the school year (Heyne et al. 2018). That is, student attendance rates below 90% are considered as *chronically absent*. In NSW, 10% of the school year is **18.8 full-time** equivalent days. Does your child miss more days than this in a school year?

Remember, every day counts.

**If you are having difficulty getting your child to school every day, PLEASE contact us and we can help you.**

### **Classes 2024**

There will be fourteen classes at Rosary Park in 2024. We will have two classes per grade for kindergarten to year 6.

In coming weeks, teachers will begin the process of allocating students to their 2024 classes. This is a well thought out process based on academic, social, and emotional needs. If you have a specific concern or request to make in relation to your child's class placement for 2024 that is based on your child's specific educational needs, please address this to me in writing (via email: [admin@branxton.catholic.edu.au](mailto:admin@branxton.catholic.edu.au)) by **Friday 10 November**. Every consideration will be given to requests made that are based on student well-being.

Thank you in advance for trusting the staff to make careful, considered decisions and be guided by the expertise and advice of your child's current teacher as to what is best in an educational context for your child. Your child's class and teacher for 2023 will be sent home later in term 4 and these placements will be final.

We will hold a 'step up' morning on Monday 4 December where 2024 staff will meet their classes.

*If you are leaving Rosary Park in 2024, please let us know as we have families who are requesting enrolment places at Rosary Park for 2024.*

### **Parents and Friends Special General Meeting**

Our P & F association will hold a special general meeting to vote on the model for our school's P and F for 2024.

See attached to this newsletter further information about the change in model. This was also sent out via Compass on 24 October.

There will be NO general business items raised at this meeting, this will be the only item for discussion. Our meeting will be held in person at school on **Tuesday 21 November from 6pm**. There will also be Zoom offered.

Kind regards,

Sallyanne Stanbridge (Principal)

## **Assistant Principal's Message**

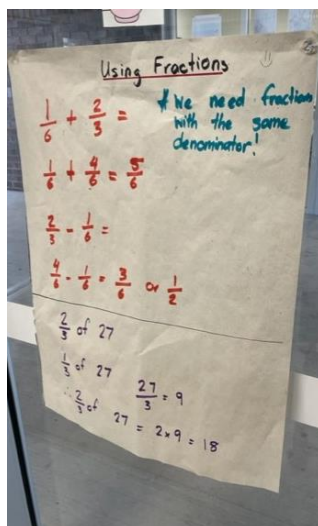
### **Leading Learning Collaborative (LLC)**

As a system, since 2018, the schools of the Maitland Newcastle Diocese have been on a journey of reflection and improvement based on data informed positive teaching practice.

This week we had our next session with Lyn Sharratt where we were able to listen to the journey of other schools and share our own. It was affirming for us to have Lyn comment positively on many parts of our journey, particularly our feedback journals, student led conferences and analysis of data using the collaborative inquiry process.

As a school staff we celebrated last week in our staff meeting by visiting each classroom and listening to our colleagues share successes from their class this year. It was great to share these positives and has allowed staff to learn from each other prompting enthusiasm and new ideas for next steps on the journey.

Some pictures from our class visits.



## Road Safety

A reminder to parents and students to have a discussion about safety near the school crossing during morning drop off and afternoon pick up. Children on buses are expected to walk sensibly towards the crossing. All people using the crossing need to wait for the crossing supervisor to say it is safe to cross the road.

## End of Year Uniform Expectations

A reminder as we draw closer to the end of the year, it is important that children continue to wear their school uniform, including the correct socks. It is not expected that parents buy new shoes at this time of year. If children grow out of shoes or the shoes break, the child must bring in a note stating that the child is not in the correct shoes.

## Religious Education Coordinator's Message

### Month of the Rosary:

The month of October is dedicated to the month of Mary, and hence the prayer of Mary, the Rosary. This is significantly important to us as our school is named after our lady of the Rosary. Each Thursday during the month of October at 1pm the bell rings and all classes stop what they are doing and say the Hail Mary Prayer together as this prayer is a major part of the Rosary.



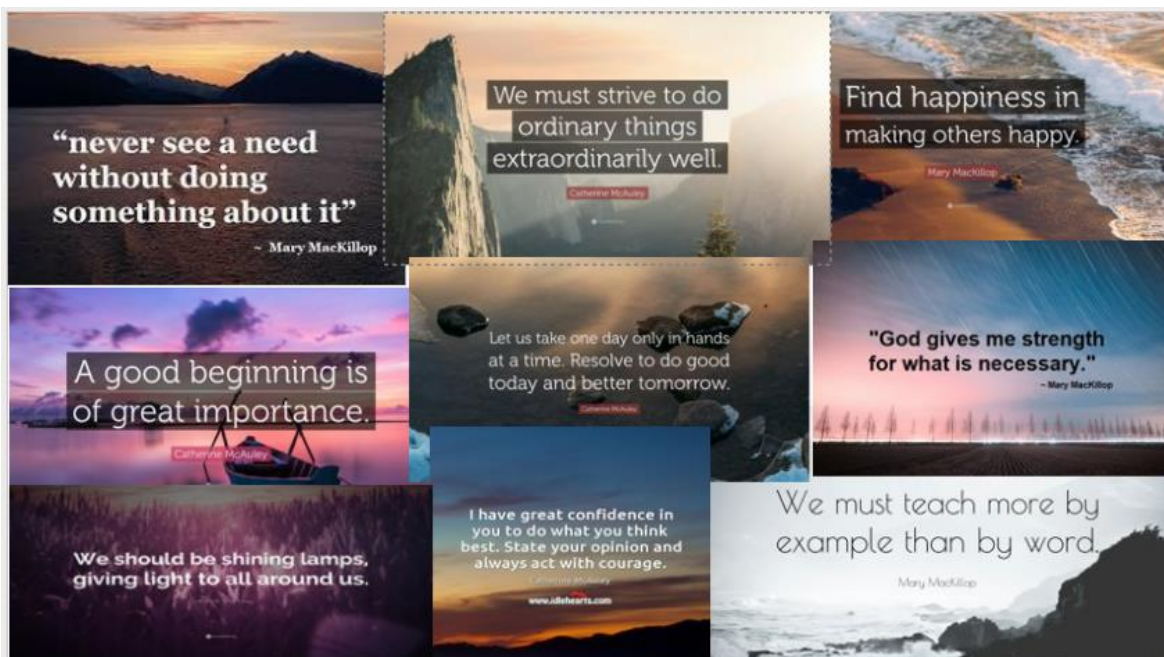
# Hail Mary

Hail Mary, full of grace.  
The Lord is with thee. Blessed art  
thou amongst women, and blessed is  
the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners, now and at the  
hour of our death,  
Amen.



## Year 5 leadership day:

Last Monday Year 5 participated in the Year 5 leadership day. On this day students learnt about the importance of servant leadership, the importance of serving one another. We also looked at the history of Catherine McAuley and the legacy she left behind. There were also lots of activities that involved students working as a team. All students showed great teamwork, encouraging each other. Below is a list of quotes we looked at on the day and students worked in groups to unpack the quote and how it relates to leadership. It was an absolute pleasure working with a wonderful group of students last Monday. They would all make great leaders.





### **Doorways Retreat Phase 1:**

At the start of the term myself, Grace Dever and Emelia Lindus had the privilege of participating in the Doorways Retreat Phase 1. This is a program organised and facilitated by members for the REC department at the Catholic Schools Office. This retreat is an opportunity for teachers to connect with new people and deepen our faith. One the second night we were able to participate in a labyrinth experience. A Labyrinth is a walking meditation. It is a single winding path and is a way to quiet the mind, calm anxieties, recover balance in life and enhance creativity and self-reflection.



**Parish Mass:**

This term all grades except year 3 due to their RFF lessons occurring at this time will be attending our parish Mass on a Thursday at 9.20am.

Parish Mass Thursday's Term 4	
Week and Date	Grade
Thursday 9 <sup>th</sup> November Week 5	Year 2 and 4
Thursday 16 <sup>th</sup> November Week 6	Kinder and Year 6
Thursday 30 <sup>th</sup> November Week 8	Year 1 and Year 5

God Bless,

Mackenzie Gageler



## Aboriginal Education

### Kindergarten

Interpretation of 'When the snake bites the sun' – a Dreaming Story. Lessons in the Yarning Circle about how Aboriginal people use and have used Country to meet their needs.

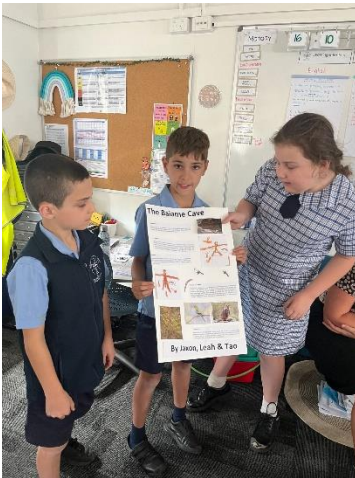
### Year 1

Using computers to type our interpretations of 'The Butterfly' – a Dreaming Story.



### Year 3

Sharing their Informative writing task on Baiame Cave with their peers.



### Miss Easton



On Friday 27<sup>th</sup> of October 94

students from Stage 2 & 3 attended the Maitland Netball Gala Day. I would like to thank the parents and caregivers who helped to manage and cheer on the 10 teams, along with the teachers and support staff who also helped out on the day in many different ways. Days like this cannot go ahead without you all! The students had an AMAZING day, participating in many games in the rain, wind and heat with many compliments on the sportsmanship we displayed throughout the day.

Miss Easton





## Weekly Awards

Congratulation to those children who have received awards over the past fortnight.

### Week ending Friday 13<sup>th</sup> October 2023 (Week 1)

<b>Class</b>	<b>Class Award One</b>	<b>Class Award Two</b>	<b>MJR Award</b>
Kinder Blue	--	--	--
Kinder White	Donnie B	Lylah H	Jett I
Year 1 Blue	Parker G	Stella G	Nic L
Year 1 White	--	--	--
Year 2 Blue	Mason C	Matilda M	Hudson L
Year 2 White	Tayla H	Baxter A	Megan n
Year 3 Blue	Tao D	Hugo S	Noah L
Year 3 White	Jackson A	Luke H	--
Year 4 Blue	Sammy W	Lilly S	Kingsley J
Year 4 White	Sophie C	Sylvester R	Kendra C
Year 5 Blue	Evie M	Louis D	Scarlett T
Year 5 White	Rawson D	Nic L	Logan K
Year 6 Blue	Cade L	Asha M	Cooper T
Year 6 White	Isabelle W	Lawson M	Bailey C

### Week ending Friday 20<sup>th</sup> October 2023 (Week 2)

<b>Class</b>	<b>Class Award One</b>	<b>Class Award Two</b>	<b>MJR Award</b>
Kinder Blue	--	--	--
Kinder White	Zoey A	Winifred C	Tanner H
Year 1 Blue	Josie W-H	Jenson F	Sawyer D
Year 1 White	Maya S	Brooklyn Y	
Year 2 Blue	Ellesse S	Willow J	Jack C
Year 2 White	--	--	--
Year 3 Blue	Hannah C	Hunter I	Hudson W
Year 3 White	Susan P	Emmett C	Anika F
Year 4 Blue	Indi M	Hugh M	Karmichael A
Year 4 White	Jacob L	Darcy H	Mikayla G
Year 5 Blue	Hunter G	Zara L	Aubree C
Year 5 White	Eamon H	Ruby H	Jonah M
Year 6 Blue	Ashton P	Lilah B	Holly W
Year 6 White	Kai M	Shonoa A	Cohan Y

## Principal's Awards

# School Student Travel

## Term 4 2023

### 2024 school travel applications are now open

Students who need a new or replacement School Opal card or travel pass for 2024 can [apply](#) now. A new application will need to be submitted if they are applying for the first time, or if they are requesting an additional travel entitlement because of a new shared parental arrangement (e.g. joint custody).

Students who change address, school, campus location, have repeated a year or received an expiry notification for their school travel entitlement should [renew or update](#) their details **before the end of term 4**. This will ensure that schools can endorse applications, and travel passes remain valid for the start of the 2024 school year. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade (i.e. grade two to grade three), the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), we will send an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2024.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

### Changes to your bus service provider

Within Greater Sydney, a number of bus service providers have changed their names.

Parents intending to lodge an application for a School Opal card will need to visit [transportnsw.info/trip-planner](#) to obtain the correct bus operator name servicing your area prior to lodging an application.

### Travel from Term 1 2024

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.



Applications for 2024 School Student Transport Scheme (SSTS) travel open at the start of Term 4 2023, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a busy period for local transport operators, and students travelling without a valid ticket make service planning and operations difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel with a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Students using School Opal cards are also reminded that they must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).



Further information can be found at [Plan your trip to school | transportnsw.info](#)

Enquiries can be submitted at [Fares, concessions, tickets & top-up feedback | transportnsw.info](#)

# eSafety parent webinar

## Getting started with social media: TikTok, YouTube, Instagram



LEADERSHIP • ADVOCACY • SUPPORT

Join the eSafety Commissioner's expert education and training team for a **FREE** live webinar on **Thursday 9 November from 7.30-8.00pm**

This Term 4 webinar is designed for parents and carers of young people in primary school

**Thursday 9 November  
7.30pm**

This 30-minute webinar will cover:

- creating a positive digital identity
- privacy and sharing online
- managing what you see online
- good practices in group chats
- help-seeking.



## REGISTER NOW:

<https://attendee.gotowebinar.com/rt/3292210919773643020>

## **Family engagement in the Diocese of Maitland-Newcastle May 2023**

The importance of communication between parents and carers and the staff in their children's school cannot be understated.

Our Catholic schools are places that understand, respect and value the dignity of each child and their family. As part of their nature and purpose, Catholic schools in the Diocese of Maitland-Newcastle commit to fostering partnership between parents and staff in the education of their children.

Family groups established within schools offer an opportunity for families, school staff and Clergy to gather, explore, discuss, imagine, implement, support, encourage and journey together as we work in community for the benefit of the children and young people enrolled in our schools.

Accordingly, school communities in the Diocese of Maitland-Newcastle can decide whether they have:

1. A formally constituted Parents and Friends Association (P&F)

OR

2. A Parent Engagement Group (PEG)

Both options allow for parents and carers to gather and work in partnership with their child's school to share the work and decision making in the education of their child.

Other similarities between P & F Associations and the PEG model include, but are not limited to:

- Meetings are to occur at least once per school term and follow an agenda.
- At each meeting, the principal (or their representative) provides a report on important school matters.
- Families are invited to have input into schools' policies and programs, with feedback on these matters often sought in the meetings.
- Families may fundraise for initiatives they identify or would like to support, provided they have approval from the school principal.
- Families may identify and develop events and/ or initiatives important to them, provided they have approval from the school principal.
- The school community is required to put forward a delegate (and ideally a second, alternate delegate) for the Diocese's peak parent body, the Federation of Parents and Friends Association.
- With approval from the school, volunteers can support the canteen, school uniform shop and other similar initiatives in either instance.
- Both P & F Associations and PEGs must NOT hold their own ABN, but with permission both parent groups CAN claim not-for-profit status if applying for grants etc. through their school's ABN.



However, there are of course key differences between P & F Associations and the PEG model.

The major difference between a P & F Association and the PEG model, is that P&F Associations are governed by the Parents & Friends Association Constitution, a 'rule book' which provides direction on how to run a P&F meeting and guidance for members who nominate and are elected to Executive roles. Whereas, in a PEG model the school principal (or their representative) develops the meeting agenda with input from families, and takes responsibility for tabling the finance report, and taking minutes.

Other differences between the P & F Associations and PEG model include, but are not limited to;

- The standing agenda for the PEG model includes a member of staff providing a presentation to parents on a school initiative or area of learning. For example, they may present to families on how wellbeing is taught at the school or, how the school uses NAPLAN data to inform their teaching strategies. Parents are encouraged to table ideas for the types of topics they would like to receive presentations on.
- Funds raised by a schools' P & F Association are deposited into a separate Catholic Community Fund account, whereas funds raised through PEG initiatives are deposited in a school's account. To ensure transparency, at each PEG meeting the school principal will provide a report that accounts for any incomings and outgoings relating to these funds.

**If you would like to learn more about family engagement forums in the Diocese of Maitland-Newcastle, you are invited to review the following documents:**

- [A Guide for Implementing a P&G Association or a PEG in Schools](#)
- [Constitution for P & F Associations](#)
- [Resource Manual for P & F Associations 2022](#)
- [School Canteen Policy](#)
- [Council of Catholic School Parents \(CCSP\)](#)

**If you have further questions regarding family engagement in the Diocese of Maitland-Newcastle, please contact the Diocese of Maitland-Newcastle's Family Engagement Officer, Lizzie Watkin by emailing [lizzie.watkin@mn.catholic.org.au](mailto:lizzie.watkin@mn.catholic.org.au) or, your school principal.**



## REMEMBRANCE DAY *Service*

The Branxton RSL Sub-Branch invites the community to attend our Remembrance Day Service on

**Saturday the 11th of  
November 2023 from  
10:30AM to 11:30AM**

at the  
**Branxton Rotunda,  
John Rose Avenue**

## *Other Events and Activities*

**From 11:30AM to 3:30PM**

Primary School Rotunda

Project Presentation 11:30 AM Approx

Flyover of Historical Aircraft approx. 11AM

Historical Memorabilia Display

Within the RSL Hall

(Gold Coin Donation on Entry)

Kids Jumping Castle - Rear of the Hall

Light Refreshments of Tea, Coffee  
and Water - Rear of Hall

Brass and Pipe Bands  
Performing in the Rotunda

Croquet Demonstration

Some Shaded Areas Will Be Provided





# St Nicholas OOSH Branxton

-  36 Station St, Branxton (Rosary Park Primary School)
-  (02) 4979 1110
-  [contactus@stnicholasmn.org.au](mailto:contactus@stnicholasmn.org.au)
-  [stnicholasoosh.org.au/branxton](http://stnicholasoosh.org.au/branxton)

St Nicholas OOSH Branxton provides before school, after school and vacation care in a fun, safe and inclusive environment, where children between the ages of 5-12 can play, explore, be creative, and use their imagination.

**Enrol Now**



[stnicholasoosh.org.au](http://stnicholasoosh.org.au)



**Before School Care  
After School Care  
Vacation Care**

## St Nicholas OOSH Branxton



is a place where all children can play, grow, and develop together



provides daily structured non-religious activities



caters for the diversity of age and interests of all children



is staffed by a dedicated team of qualified childcare professionals



complies with all national regulations and licensing requirements follows the National Quality Framework



is Child Care Subsidy (CCS) approved



provides a healthy breakfast and afternoon tea, following a healthy and nutritious program similar to Crunch & Sip devised by NSW Health.







International Day of  
**People with Disability**

## **HUNTER #IDPWD COMMUNITY EVENT**

PRESENTED BY LOCAL DISABILITY  
PROVIDERS!

**DATE:** FRIDAY, 1 DECEMBER 2023

**LOCATION:** MAITLAND BASKETBALL STADIUM

**TIME:** 11AM - 2.30PM

**RSVP:** SCAN ME



# Good for kids

good for life



## Term 4 Snippets 2023

Please see below a suggested fortnightly schedule that may assist you in planning your Term 4 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 4 Newsletter Topics
Strengthening bonds through family meals
Keep lunchboxes cool
Seasonal fruit and veg
Summer activities
Keep an eye on screen time

*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.*



Developed by Hunter New England LHD

[HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
<https://goodforkids.nsw.gov.au>







## Strengthening bonds through family meals

**Family meals are a perfect time to catch up, connect and communicate with each other.**

Regularly sharing meals can benefit children in numerous ways, including improvements in mental health, physical wellbeing and academic performance.

Make family meals enjoyable by following these top tips:

- Set regular times to eat together. Try sitting at a table with the television and phones switched off.
- Allow 20-30 minutes for mealtime where the family can relax and chat about their day.
- Involve children in choosing and preparing family meals i.e., washing fruits and vegetables or setting the dining table.
- Be creative! Invite a friend over, have a picnic or set a special dinner theme like “Mexican Monday”.



Source: Making family meals enjoyable: tips (raisingchildren.net.au)



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

Developed by Hunter New England LHD



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## Keep lunchboxes cool

**Did you know that lunchboxes packed without an ice brick reach temperatures of 12 degrees warmer than those with an ice brick?**

With the weather heating up, it is important to ensure your child's lunchbox stays cold at school to protect them from harmful germs.

Follow our top tips:

- Pack an ice brick
- Use insulated lunchboxes or cooler bags
- Freeze water bottles or reduced fat milk poppers to use as ice bricks - as the drink melts, it is also a cold refreshing drink!
- Store the lunchbox in the fridge overnight
- Freeze fruit such as berries and orange wedges to cool the lunchbox and also act as a delicious everyday snack



Source: Tips To Keep Food Safe ([www.swapit.net.au](http://www.swapit.net.au))



[HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
<https://goodforkids.nsw.gov.au>

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## Seasonal fruit and veg

Choosing seasonal fruit and veg for the lunchbox can help keep costs low as these products are often on sale at the supermarket.

In term 4, we see spring and summer! Why not try some of our favourite seasonal fruit and veg options below.

### Spring: September - November

**Fruit:**

Bananas, watermelon,  
navel oranges, pineapple,  
rockmelon

**Veg:**

Avocado, broccoli, carrots,  
cucumber, potato,  
pumpkin, spinach

### Summer: December - February

**Fruit:**

Bananas, berries, grapes,  
watermelon, passionfruit,  
plums, peaches, apricots

**Veg:**

Avocado, beans, beetroot,  
capsicum, celery, corn,  
cucumber, tomatoes, snow  
peas



Source: Seasonal Vegetable & Fruit Guide ([www.swapit.net.au](http://www.swapit.net.au))



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## Summer activities

**Summertime sports are a great way to have fun and play outside in the sunshine.**

Encourage your child to try a new activity to get their body moving. Just don't forget to slip, slop, slap, seek and slide!!

Why not try:

- Basketball
- Beach Volleyball
- Frisbee Golf
- Touch Football
- Hockey
- Tennis
- Swimming
- Bike riding
- Beach or bush walks



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## Keep an eye on screen time

**Screen time and digital technology can be part of a healthy lifestyle when it's balanced with other activities.** This includes physical activity, creative play, reading, socialising and getting enough uninterrupted sleep.

Follow these tips to use technology in a balanced and healthy way:

- Make rules about screen time
- Aim for short screen time sessions, with active breaks
- Encourage outdoor play
- Encourage creative activities
- Encourage play with others
- Avoid screen time before bed
- Avoid digital technology in the bedroom, especially at night



**Source:** Screen time and digital technology use for children 6-11 years: tips for balance (raisingchildren.net.au)



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