

West Wimmera Health Service and their Health Promotion Team acknowledge the Traditional Owners of the country on which we do our business. We respectfully acknowledge the Wotjobaluk, Jaadwa, Jadawadjali, Jupagulk and Wergaia peoples, and their elders past, present and emerging.

Wimmera Healthy Schools Newsletter



Welcome to our November Newsletter

We're excited to share information and resources to help you make your school a healthy place to be.

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November 13 is World Kindness Day!

Imagine if every single Australian performed an act of kindness every day. That would be 25 million acts of kindness per day!

Being kind to everyone has been shown to decrease loneliness, improve relationships, and improve your mood.

On November the 13th (and every other day) encourage staff, parents, and students to be kind with one another!



Something to smile about for kids in the Wimmera

If you haven't heard, Smile Squad is coming out to Western Victoria. Smile Squad is a free dental program run by the Victorian Government for Victorian kids in Government schools.

- Students can receive free dental care regularly
- Students learn about the importance of good dental care
- Students will have better oral health.



Find out more by clicking on the link below:

<https://www.health.vic.gov.au/smile-squad/about-smile-squad>

Although Smile Squad are coming to the Wimmera this year, let's help get them here for years to come!

Summer is coming, so let's be sun smart!

We all know how harsh the Australian summer's can be, especially in the Wimmera! This means it's time to be sun smart!

There's no doubt we all know the 5 S's by now, but let's teach our kids to:

SLIP on clothing that covers your shoulders, arms and legs.

SLOP an SPF50+ broad-spectrum, water-resistant sunscreen.

SLAP on a broad-brimmed hat to protect your face, ears and neck.

SEEK shade whenever you can. Shade alone can reduce UV exposure by up to 75%.

SLIDE on sunglasses to reduce UV exposure to your eyes.



Looking after yourself during the silly season



The Christmas and New Year period is fast approaching (unbelievable right?!) which for most is an exciting and joyous time. However, for some kids and families this isn't always the case. Finishing school for the year and celebrating Christmas can be incredible and challenging for everyone. Kids, teachers, and parents thrive on routines which can be disorienting at first.

Here are some ways to look after yourself and the kids over the holiday period:

- Sit down with your kids to discuss plans for the holiday period
- Encourage kids to get out and be active and try and limit screen time, just like when they're at school.
- Teachers and parents, make sure to look after yourself by doing things that help relieve stress and anxiety. The silly season can be a stressful time for all.

Vic Kids Eat Well - let's set up healthy habits

WE'RE PROUD TO SUPPORT HEALTHY FOOD AND DRINK OPTIONS FOR KIDS

VIC KIDS EAT WELL → Join the movement



Vic Kids Eat Well is helping schools take simple steps to make a big impact. Boosting healthy and food and drink options where children spend their time.

How does it work? Once a school registers they select which of the 'bites' they would like to work toward first.

What are the Vic Kids Eat Well 'Bites'? They are clear and simple steps to making healthy food and drink options available for kids. There are four 'Big Bites', each of which broken into achievable 'small bites'. What are the 'Big Bites'?

- Refresh the fridge
- Switch up the snacks
- Change up the menu
- Put the fund into fundraising and marketing

Want to know more? Go to <https://www.vickidseatwell.health.vic.gov.au/> or email the local Vic Kids Eat Well Health Promoters at health.promotion@wwhs.net.au

Healthy Lunch Box Idea - Sugar-free breakfast muffins



Ingredients:

- 2 apples (grated, peeled)
- 150 g butter
- 2 bananas (medium, ripe)
- 1 1/2 cups wholemeal self-raising flour
- 2 eggs
- 2 tsp baking powder

Method:

Step 1:

- Preheat oven to 180°C (160°C fan-forced). Line a muffin tray with paper cases.

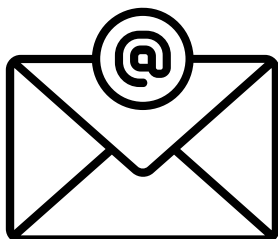
Step 2:

- Put apple and butter in a saucepan and cook for 5 minutes until soft, then peel and mash bananas with the back of a fork (the riper they are, the better).

Step 3:

- Mix all ingredients together in a bowl. Spoon the mixture into the paper cases and bake for 20 minutes. Allow to cool before serving.

We Want to Hear From You!



What does your school do to support the health and wellbeing of its school community? Let us know by emailing health.promotion@wwhs.net.au

[Email](mailto:health.promotion@wwhs.net.au)