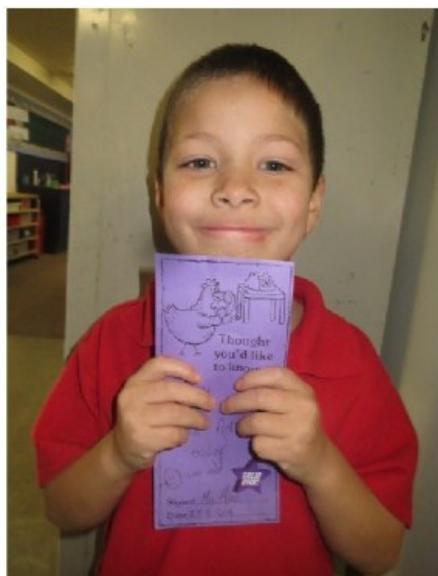


## What's happening at GSPS.

### ARTIST OF THE WEEK—WEEK 10



This week in Art students in years Prep—4 finished their clown art work. Students learnt how to weave with paper strips and coloured their clown in using bright oil pastels or pencils.

They also worked as a team during pack up time.

Well done Max, a great effort during the session. Max was on task, focused and helped everyone on his table during pack up time.

Great effort Max.



**George Street**  
Primary School  
HAMILTON

Here is a recipe you may like to cook with your children over the holidays. It comes from the Healthy Active Kids book.

#### Fried Rice

450g long grain white rice

2 eggs lightly beaten

120g carrot, thinly sliced

200g red capsicum, sliced

150g baby corn

70g sliced button mushrooms

3 green onions, sliced

150g reduced fat ham, chopped

120g frozen peas

60ml soy sauce

2tbsp sweet chilli sauce

Spray oil for cooking

1. Cook rice according to packet directions; drain; run under cold water to cool; spread evenly onto a baking tray and place in the freezer while preparing remaining ingredients.
1. Heat a non stick frying pan or wok over medium heat. Spray with oil; pour in eggs, swirl so the egg evenly covers the base; cook until just set, roll up and slice thinly; set aside.
2. Reheat frying pan or wok over high heat; spray with oil; cook carrot, capsicum, corn and mushrooms for 3 minutes. Add green onions, ham, rice and peas; cook 4 minutes or until rice heats through.
3. Add egg, soy sauce and sweet chilli sauce; toss until well combined. And enjoy.

Serves; 6

Prep time; 15 mins

Cooking time; 12 mins

Dairy foods are a great source of important nutrients and offer real health benefits, but most kids and adults don't get enough.

And there's no need to feel guilty about having enough dairy foods. The latest Australian Dietary Guidelines have set the record straight - milk, cheese and yogurt as part of a healthy diet don't cause weight gain.

**Here are just some of the benefits of dairy products like milk, cheese, and yogurt:**

- They are a good source of calcium - a key nutrient for building bones and strong teeth in kids.
- In addition to calcium, dairy foods offer a bunch of other bone-building nutrients like protein, and phosphorus.
- Studies show that kids who eat around 3 serves per day of dairy foods have a reduced risk of high blood pressure.
- Kids who eat adequate amounts of dairy products are less likely to have tooth decay.
- Dairy foods as part of a balanced diet are not linked to weight gain in kids or adults.

Kids who don't drink milk have been shown to have poorer bone health, are shorter and heavier and break more bones than children who do.

Getting kids to have more dairy products

Here are some tips to encourage kids to eat more dairy:

- Opt for cereal with milk for breakfast rather than toast
- Make porridge with milk instead of water
- Blend fresh fruit and milk to make healthy smoothies
- Swap soft drinks for sugar-sweetened beverages with flavoured milk for a more nutritious option
- Put it in their lunchbox with a freezer pack—if it's there, they'll be more likely to drink it
- Add grated cheese to your favourite pasta dish
- Replace a muffin/biscuit with a tub of yogurt
- Include cheese and crackers in the lunchbox as a snack
- Be a milk role model—kids will be more likely to drink it if they see you drinking it
- Freeze flavoured milk in ice trays for a tasty cool treat.

## Don't forget exercise

Being healthy isn't just about eating right. It also involves physical activity. In fact the two go hand-in-hand. The National Physical Activity Guidelines for Australians developed by the Department of Health offer specific recommendations on physical activity for children aged 5 to 12 years.

A combination of moderate and vigorous activities for at least 60 minutes a day is recommended. It doesn't have to be 60 minutes at a time, but can be broken into several shorter bouts. What does moderate mean? Well, it could be a brisk walk, a bike ride, or any sort of active play. More vigorous activities will make kids "huff and puff" and include sports such as football, netball, running and swimming.

To keep healthy, kids between the ages of 5 and 12 years should do some sort of physical activity for at least an hour a day! So get out there and get active.

### **HEALTHY EATING FOR ACTIVE KIDS**

Breakfast is important—it can be 12 hours since their last meal, so we need to refuel for the school day

Water works—get kids into the habit of drinking water to keep them hydrated

Get cooking—transform them into young cooks. Get them to design their own healthy pizza

Balance—variety & balance are the keys. Aim to eat a variety of healthy foods e.g. fruit, vegies, cereals etc.