


# Is your child starting school?

## Here are some resources to help ...

They are also available at [www.tinyurl.com/healthystart2school](http://www.tinyurl.com/healthystart2school)

Starting primary school is an exciting time for children and their families. As you establish a new routine and continue to support your child's growth and development through this time of change, there is lots of support available to help make the transition to school easier. Click on the images  below to access online resources with practical tips about lunchboxes, physical activity, limiting screen use and sleep.

## Healthy lunchbox ideas & tips

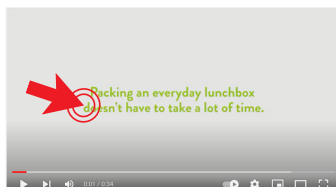
### Short videos:



'Healthy lunchboxes made easy' is a 13 minute video presentation delivered by a dietitian with tips on how to pack a healthy lunchbox.



A short clip with a week of healthy lunchbox ideas. (produced by HNE LHD)



A short clip on packing a healthy lunchbox doesn't have to take a lot of time (produced by HNE LHD)

### More tips:



The simple steps to label reading & pocket guide can help make healthy choices while shopping.



For lots of great ideas to make packing a lunchbox easy, subscribe here for NNSWLHD's e-newsletter 'lets look at lunchboxes'.

### Factsheets:



Include a variety of types of foods for a healthy lunchbox.



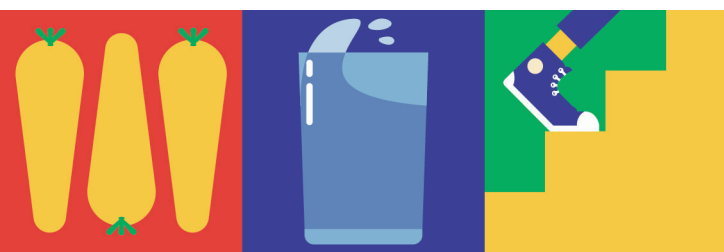
Translations available: Arabic, Chinese, Dari, Hindi, Korean, Nepalese, Persian and Tamil



What snacks to pack and what snacks not to pack!



Answers to frequently asked questions about what to pack in the lunchbox.



HEALTHY EATING  
ACTIVE LIVING

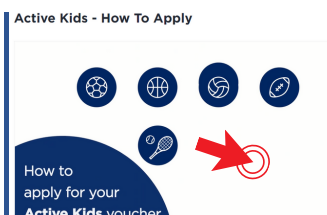
# Being active, getting enough sleep and limiting screen use, helps a child concentrate & participate.

## Physical activity

### Short videos:



A short video explaining what physical literacy is and how it can help your child at school.



The NSW Government is helping kids get active with the Active Kids program. For more information watch the clip and to apply for Active Kids vouchers, [here](#).

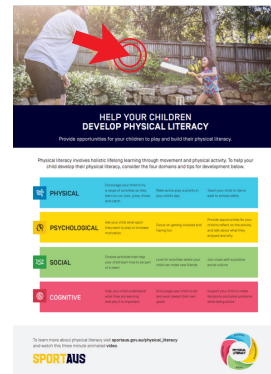
### More tips:

Many sporting organisations share ideas that can help the whole family get active together at home.

### Factsheets:



Translations: [Arabic](#), [Chinese](#), [Dari](#), [Hindi](#), [Korean](#), [Nepalese](#), [Persian](#) and [Tamil](#)



Tips to help your child develop physical literacy

## Limiting screen use

### Short video:



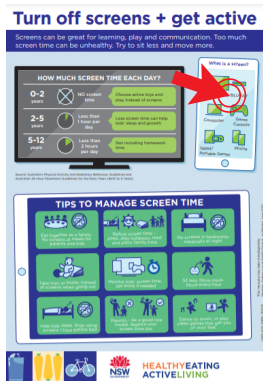
A short video on tips for healthy screen use

### More tips:



Information on managing your family's screen time

### Factsheet:



Translations available: [Arabic](#), [Chinese](#), [Dari](#), [Hindi](#), [Korean](#), [Nepalese](#), [Persian](#) and [Tamil](#)

## Sleep

### Short video:



Listen to Dr Chris Seton share tips to help parents make sure their children get a good night's sleep in this short video clip.

### More tips:



Information to help your child get more sleep



Translated healthy lifestyle factsheets are available: [Arabic](#) العربية [Chinese](#) 中文 [Dari](#) دری [Hindi](#) हिंदी [Korean](#) 한국어 [Nepalese](#) नेपाली [Persian](#) فارسی and [Tamil](#) தமிழ்



HEALTHYEATING  
ACTIVE LIVING