

Smiles 4 Miles
is an initiative of
Dental Health
Services
Victoria,
working in
partnership with
Wimmera PCP
to improve the
oral health of
the youngest
children in our
community.

In Season Now - at their
best and cheapest.

Fruit:

- Banana
- Blackberries
- Blueberries
- Grapes
- Nectarine
- Orange
- Peach
- Pear
- Plumb
- Strawberries
- Tomato
- Watermelon

Vegetables:

- Asparagus
- Beans
- Beanshoots
- Beetroot
- Broccoli
- Cabbage
- Capsicum
- Carrot
- Celery
- Cucumber
- Eggplant
- Lettuce
- Mushrooms
- Pumpkin
- Snowpeas
- Sweetcorn
- Turnip
- Zucchini



Newsletter

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It is hoped that you are all settling in nicely to the first term for the school year.

I endeavour to be in touch with the kindergartens and child care centre's engaged in the **S4M** program for 2009 shortly, but will of course consider this as a busy transitional time! In the meantime please be in contact should you have any concerns.

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ABORIGINAL STRATEGIES - STRATEGIES FOR ABORIGINAL CHILDREN AND YOUNG PEOPLE

Features of this website:

- Wannick Dhuna E-News - Subscribe.
- Principals Conference - Wannick Education Strategy for Koorie Students.
- Dardee Boorai: the Victorian Charter of Safety and Wellbeing for Aboriginal Children and Young People.

www.education.vic.gov.au/about/directions/aboriginal/default.htm

DEADLY DANGERS OF LEAVING CHILDREN IN CARS

Kidsafe, Ambulance Victoria and MFB have combined forces to issue a warning to parents over the deadly dangers of leaving children in cars on hot days. For a copy of the fact sheet, please visit:

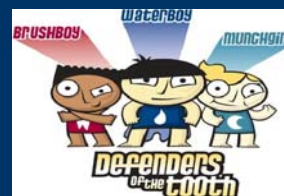
www.kidsafevic.com.au/images/stories/pdfs/hotcars.pdf

2009 Diary Dates

- 12th March - Ride 2 School Day (www.bv.com.au)
- Join Kids 'Go for your life' before Friday 3 April 2009 & "WIN!" Visit www.goforyourlife.vic.gov.au/kids

Useful Websites

Kidspot - www.kidspot.com.au
Vic Health - www.vichealth.vic.gov.au
Go for your life - www.goforyourlife.vic.gov.au
Kids Health & Fitness - www.kidshealthandfitness.org.au
Dental Health Services Victoria - www.dhsv.org.au



Remember to visit the
Defenders of the
Tooth Adventure
Playground @:
www.dhsv.org.au/defenders

Healthy Lunch Boxes for Children

Healthy lunches and snacks are important for active children and help with concentration and learning. Healthy eating changes are not always easy to make. Try to set a good example with your lunches. Encourage children to be involved in their own lunch preparation, and their choices about foods to include. Praise your child when they choose well. There are endless food choices available for lunchboxes. It can sometimes be difficult to decide which foods are healthy choices.

Things to put in a lunch box:

- Fresh fruit
- Crunchy vegetables
- A meat or protein food - slice of lean meat, hard boiled egg or peanut butter
- A dairy food - cheese stick or slice, grated cheese, milk or yoghurt
- Starchy food - bread, roll, pita or flat bread, fruit bread or crackers
- A frozen drink (water or milk), ice pack or freezer

Fruit Wands (see below)



Best choices:

- Fresh or tinned fruit (natural juice);
- Try vegetable sticks with dips or a small container with mixed vegetables such as cherry tomatoes, carrot sticks, peas or cucumber.
- Include a small drink of plain milk (freeze overnight) wrapped in a cloth. Fruit yoghurts should be kept cool in an insulated lunchbox.
- Pre-packaged or your own 'home made' version of cheese and crackers. Children enjoy mini packaged cheeses.
- Remember to include variety in bread and fillings. Also try foccacias, scones, pikelets, muffins, crumpets, crispbreads, rice cakes or corn thins. Fillings could also include vegemite, cheese, tuna, egg, sliced cold meats, baked beans, grated carrot and lettuce.

Best left out:

- Dried fruit is sticky and high in sugar, so eat occasionally.
- Dried fruit bars and 'straps' are very high in sugar, low in fibre and stick to children's teeth causing tooth decay.

Ingredients - *Fruit Wands*

- 1/2 seedless watermelon, peeled, cut into 1cm-thick slices
- 1/2 honeydew melon, seeded, peeled, cut into 1cm-thick slices
- 1/2 rockmelon, seeded, peeled, cut into 1cm-thick slices
- Bamboo skewers

Method

1. Use 3cm and 4cm-diameter flower, heart and star-shaped pastry cutters to cut shapes from watermelon. Repeat with honeydew melon and rockmelon.
2. Thread shapes on to skewers, using one of each melon type per skewer.

Source: www.taste.com.au

HOW MUCH SUGAR IS IN DRINKS?

Many soft drinks provide up to 10 teaspoons of sugar per can! Not only do these drinks contribute to tooth decay but they add a lot of calories to a child's diet especially if they are choosing these drinks regularly. Sweetened and diet soft drinks provide no nutrients needed for growth and development. (Canterbury District Health Board 'How Much Sugar is in Drinks' Healthy Nibbles nutrition & physical activity information for primary schools <http://www.cph.co.nz>).

Drink	Tsp Sugar per 100ml	Tsp Sugar per average size	Drink	Tsp Sugar per 100ml	Tsp Sugar per average size
Ribena	3.5	9 (250ml)	Fanta	3.3	20 (600ml)
Lift Plus	2.9	7 (250ml)	V	2.8	7 (250ml)
Coke	2.6	16 (600ml)	Just Juice	2.6	7 (250ml)
Calci yum	2.3	6 (250ml)	Powerade	1.5	9 (600ml)
Flavoured water	0.5	4 (750ml)			

Drink Well!

- Drink Tap Water—especially if fluoridated
- Limit consumption of sugary drinks
- Milk and flavoured milk is preferable to sugary drinks
- Babies bottles should only contain infant formula, expressed milk or water
- Introduce a cup to an infant at 6-8 months



Source: Dental Health Services Victoria

Activity for Children & Young People

Children and young people aged from 5 to 18 years need to be doing at least 60 minutes of moderate to vigorous physical activity each day for general health and wellbeing and to develop healthy bones, muscles and joints.

It's important to limit the time spent doing things such as playing computer games, surfing the internet or watch TV/DVD's. Set limits of a maximum of two hours each day for screen time - unless it's homework.

- Keep activity gear like bats, balls and Frisbees handy at home.
- Find fun ways of being active as a family.
- Enjoy active outdoor play after school.
- Get involved in organised sports or other group activities.
- Walk or cycle to and from school.
- Challenge your parents to some active competition.
- Use your wheels to get around - skateboard, rollerblade or cycle.
- Check out the activities on offer at your local recreation centre.