

Short snippets of information about food, nutrition and activity that can be utilised by schools in their newsletters. The snippets can be copied and pasted into school newsletters when space permits.

Turn off the TV or computer and get active

- ✓ Set a limit on the amount of time children watch television or spend on the computer. Two hours a day is the maximum. Too much screen time limits physical activity.
 - ✓ On the weekend, live life instead of watching it on TV. Find a new place to hike, bike or run. When you hear “I’m bored” – think of something active to do.
 - ✓ During the winter months, avoid allowing children to watch too much TV or play video games. Encourage active play, which builds social, mental and physical motor skills.
-

Why reduce television time?

- studies have shown we use less energy watching TV than sitting still
 - TV influences the food choice of kids – Australia has a high rate of food advertising during children’s viewing hours
 - TV replaces time a child can be active and enjoy physical activity
 - there is an association between TV watching and being overweight
 - 40% of children 5 – 12 years report watching an average of two hours or more of television or videos a day.
-

Screen-free things to do

Limit your child's screen time to no more than one to two hours a day. This includes television, electronic games and computer games. Offer alternatives to watching TV, until new, healthy habits are created. Some alternatives are:

- listen to music
- go to the park
- draw a picture
- play cards
- ride a bike
- read a book
- make a scrap book
- hula hoop
- jump rope
- play with your pet
- do a crossword
- learn a magic trick
- learn to juggle
- plant some seedlings
- play hopscotch
- learn to knit or crochet
- play a board game
- create sidewalk art with chalk
- build a cubby house.

