

# Live Life Well @ School

**TERM 3 2021**

## **Newsletter Snippets Instructions**

Please see below a suite of newsletter snippets to incorporate into your communications with families.

The newsletter snippets are easy to copy and paste and provide information to families on healthy eating, physical activity and screen time and wellbeing.

*Healthy Eating*  
*Healthy Lunchbox*  
*Healthy Canteen*  
*Crunch and Sip*  
*Physical Activity*  
*Limiting Screen Time*

Thanks! From the Northern Sydney LLW@S team 😊





A healthy lunch fuels a healthy body.



The more they *burn*, the more they *learn*



Screen-free memories = priceless



healthy food helps young minds

## Nutrition Snippet

### Healthy Holidays Guide.

Looking for fun activities for the kids these school holidays?



Check out our free [Healthy Holidays Guide](#) that includes lots of ideas to get cooking, get crafty and get moving!

For more information visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

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## Nutrition Snippet

### AUTUMN FRUIT AND VEG.



Try these delicious recipes!

- [Beetroot hummus](#)
- [Cauliflower nuggets](#)
- [Healthy apple crumble](#)
- For more autumnal recipes visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

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