

Family meal times are good for your health



Getting the whole family to sit down together at mealtimes is good for your health, relationships and social skills. Family mealtimes can help increase your intake of healthy food and improve your eating habits and mental health. They can benefit children's speech and improve family relationships and social development.

What you can do:

- If you're not already eating together regularly, aim to do so one night a week.
- If sport practice or working late stops everyone eating dinner together, have a special family breakfast once a week.
- Ignore all phones and turn off the TV.
- Get children involved in making meals.

➔ For more information, click [here](#).

Girls kicking goals in rugby league

Parents and their daughters aged 7-11 are invited to join a free 10-week program that aims to bring families closer together through sport and wellness. Beyond the 80 was developed by Western Sydney University and Wests Tigers. It aims to help families learn rugby league skills and gain healthy lifestyle habits.

The program starts with a welcome meeting on Saturday 9 March or Wednesday 13 March, depending on family availability. It then runs every Wednesday from 20 March at the university's Campbelltown campus.



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Parkrun for family fun

Start your Saturday morning with a spring in your step at parkrun. The free community event is on every Saturday at Campbelltown, Chipping Norton and Casula. Join Campbelltown which celebrates its 10th anniversary on 16 March. You can walk, jog, volunteer or be a spectator at the 5km course. It's not a race and nobody finishes last! To find out more, [click here](#).



Healthy Family Bulletin

Every vape is a hit to your health



Vaping use among young people in the community is a growing concern but families can get the facts on the harm e-cigarettes can cause and how they can help a loved one quit the habit to stay healthy.

We are proud to support a NSW Health campaign that reminds young people that 'Every vape is a hit to your health.'

The campaign shows young people that vapes contain many toxic chemicals including nicotine, are highly addictive and can cause lung damage, breathlessness, poisoning and burns.

It includes videos and stories from young people who have quit vaping as well as helpful advice, factsheets and resources for everyone.

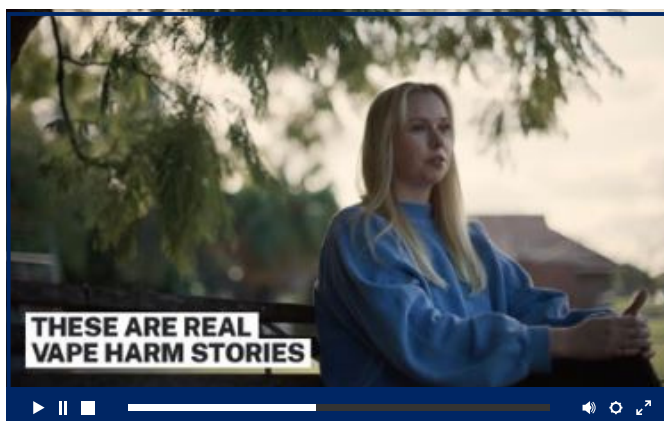
Parents, carers, young people, their friends and teachers are invited to join the campaign and help us spread the word.

For support and advice about quitting vaping young people can also talk to their GP, download a quit vaping app or phone the Quitline on 13 78 48.



Did you know?

About 16.5 per cent of young people aged 16-24 use vapes, up from 4.5 per cent two years ago. (Source: NSW Population Health Survey)



Hear from young people who have quit vaping. Watch the videos [here](#).

A range of information for families is available in languages including Arabic, Dari, Hindi, Vietnamese and Simplified and Traditional Chinese.

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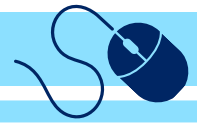
[READ MORE](#)

- Parents, young people and teachers can get more information [here](#).
- Learn more about the 'Every vape is a hit to your health' campaign [here](#).



Healthy Family Bulletin

Balancing your screen time



Screen time and digital technology can be used as part of a healthy lifestyle when balanced with other activities. Here are some tips to help your family enjoy screen time and digital technology in a healthy and balanced way:

- Make rules about where, when and how your children use screens.
- Keep screen time sessions short.
- Get your child moving.
- Encourage play and friendship with others.
- Avoid screen time before bed.
- Keep digital technology out of bedrooms at night.



To find out more, visit the parenting website Raising Children. [CLICK HERE](#)

Walk or ride to school



Get on your bike, feet, scooter or skates for National Ride2 School Day on Friday 22 March.

Australia's biggest celebration of active travel is a fun way to encourage physical activity in children. You can walk, cycle, scooter or skate all or part of the way to and from school instead of driving the distance. Active travel also reduces pollution and helps children learn about road safety.

Your child's school may also be participating in National Ride2School Day.

More than 365,000 students took part last year. Ways to get involved, posters and factsheets are available.

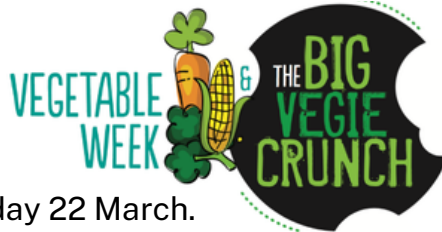
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Get munching and crunching for Vegetable Week

The Big Veggie Crunch record attempt is one of the fun activities planned during Vegetable Week, which runs from Monday 18 March to Friday 22 March. NSW primary school students will attempt to break the record for the highest number of children eating vegetables simultaneously during the Big Veggie Crunch, which will take place at 10am on Thursday 21 March. More than 36,300 students crunched together last year. Vegetable Week aims to make these foods appealing and interesting to children so they enjoy eating them.



Did you know?

Only five per cent of children in NSW eat enough vegetables.

Tempt your tastebuds:

- Read [The Magic Lunchbox](#) at home with your children to increase their positive attitude about eating more fruit and vegetables.
- Plan a cooking experience and choose recipes that feature lots of vegetables. Try zucchini fingers, beetroot pikelets or mini frittatas. Find more recipes [here](#).

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Smile and show your healthy teeth

A Happy Mouth is ... a Happy Body! This is the theme of World Oral Health Day on 20 March.

Oral health is an important part of your overall health and wellbeing. Here's how you can keep your teeth and gums healthy:

- Brush your teeth twice a day.
- Drink water.
- Have regular check-ups with your dentist.
- Eat a variety of fruit and vegetables.
- Limit your sugar consumption.

[LEARN MORE](#)

Healthy mouths for kids under 5

Parents can find information about the NSW Public Dental Service and the Commonwealth Child Dental Benefits Schedule. [CLICK HERE](#)

