

spring
2016

kids first

issue 33

first credit union

If you're not a First Credit Union member, ask your parents if you can open a Kids Account today! Just pick up a School Banking pack from your school office, or visit one of our branches.

first credit union's newsletter just for kids!

Let's get active!

Hey guys!

Welcome back to Term 4! I hope you had an awesome spring holiday! I've had a great time lately watching both the Olympic and Paralympic games and I've been inspired to get out there and get active every day.

I've been learning about why it is so important to be active every day - it doesn't have to be a chore - even riding my skateboard is helping me stay fit and healthy. Now that Spring is here and the weather is getting warmer, it's easy to get outside and do something active every day. Why don't you enter our competition over the page - you could win \$50 for your savings!

Stay cool super savers
and get out there and
get active!

Jimmy
Jimmy Jumper



BEING ACTIVE IS NOT JUST ABOUT PLAYING SPORTS! IT IS AS SIMPLE AS SCOOTERING TO SCHOOL, RUNNING AND JUMPING AND EVEN PLAYING TAG. IT IS IMPORTANT TO HAVE AT LEAST 60 MINUTES OF MODERATE TO VIGOROUS PHYSICAL ACTIVITY EVERY DAY TO HELP WITH YOUR LEARNING AND DEVELOPMENT.

what's moderate to vigorous?

Moderate activities make you breathe harder and your heart beat faster. This is things like walking the dog, biking to school, ballet or dance, skateboarding or kapa haka.
Vigorous activities make you puffed (so you can't say more than a few words without pausing for breath). This could be running, a game of tag, skipping, bouncing on the trampoline or sports like rugby, karate or netball.

why is it good to stay active?

- 60 minutes of physical activity will help you:**
- develop strong muscles, bones and joints
 - move with balance and flexibility
 - develop and maintain a healthy heart and lungs
 - maintain a healthy weight

Make sure you put sunscreen on outside on a sunny day, wear safety gear when needed and keep safe on and around the road. Eating healthy food will give you the energy you need to keep active!

So come on...
**get
active!**

DID YOU KNOW?

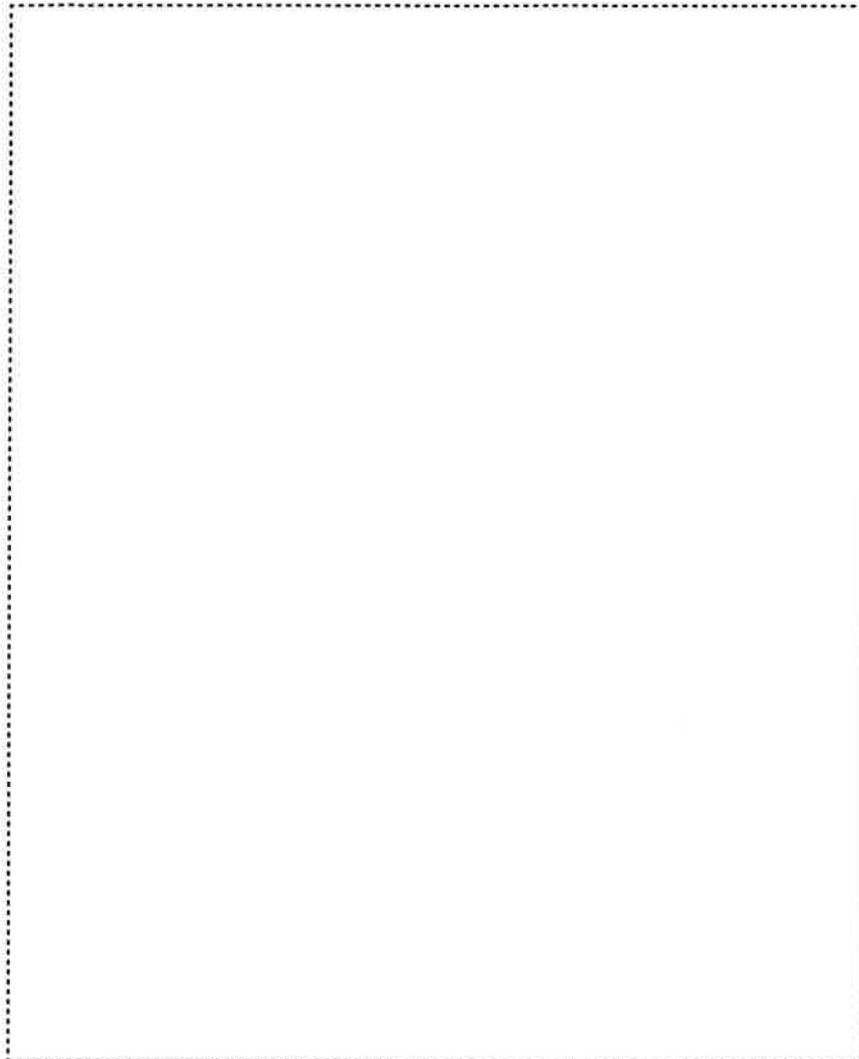
Nearly half of children aged 5-14 years usually watch 2 or more hours of TV every day!

DID YOU KNOW?

Nearly half of children aged 5-14 years usually walk cycle, scooter or skate to get to and from school. Join them!

**DON'T
FORGET!**
Keep yourself
hydrated by drinking
plenty of water!





HEY MUM! HEY DAD!

Did you know
we have two
bank accounts
for kids?

Jimmy Jumper account

Their first savings account

A great first savings account that
pays interest and has NO fees!
This account is for 0-11 year olds.

BUZZ account

Our teen account

This is a transactional account
where the children are able to
have an eftpos card attached
to their account. This enables
children to make choices and take

responsibility for their
money. This account is for
12-17 year olds.



Visit our website for
more information.



**win
\$50**

How do you keep active?

Draw a picture of yourself above doing an activity
to keep active and you could win \$50 for your
savings! Return your completed picture with your school
banking passbook, bring it in to a First Credit Union branch,
or post it before **Friday 2nd DECEMBER 2016** to
PO Box 585, Waikato Mail Centre, Hamilton

name

age

address

school

phone

CONGRATULATIONS TO
THE WINNERS OF OUR

OLYMPIC

WORD FIND

Congrats to Mansimar Singh from Otakiri School
and Sam Stanley from Frankton Primary School.
You both did a great job spotting all the hidden
sports in the Olympic word find. **You've both
won \$50 for your savings!**



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*Normal lending criteria and Terms and conditions apply. Proud to be a registered Credit Union. Not a registered bank. First Credit Union deposits are shares secured by a first ranking registered trust deed. A current investment statement and prospectus are available.