As kids grow it is important that they are provided with appropriate, healthy and beneficial food. Not only is it essential that children exercise their bodies, it is also extremely important that they exercise their brains. Just like putting in the wrong fuel for your car will make it not work, it’s the same for young people to be fuelling their bodies so they can work to their greatest potential.

As a class we looked at a range of different foods and drinks that we have at home and school and discovered just how much sugar we are eating throughout the day. When our bodies have too much sugar it makes us very energetic for a short time and then we crash, often we become tired or irritable and cannot stay focused on working and learning.

With this in mind Junior B have come up with some Good Fuel Food ideas for school lunch boxes that will keep us energised and able to learn and play while at school. Of course snacks like chocolate can be put in too, but not every day!

**Snack time**

- Dried Fruits
- Low Sugar Yoghurt
- Carrots
- Tomatoes
- Apples
- Bananas
- Watermelon
- Rice Crackers
- Fruit Salad
- Homemade muesli bars

**Lunch Time**

- Salad Sandwiches – Wholemeal Tuna and Salmon Wraps
- Rice Paper Rolls
- Curried Egg and Lettuce sandwiches
- Cucumber, cheese, lettuce, tomato, carrot and capsicum salad
- Chicken and Rice
- Potato salad

**Drinks**

- Water, Blended Fruit Smoothies, Banana and Honey Milkshakes,
- Freshly squeezed Fruit juice
Reading Tip Of The Week

But how do you foster a love of reading in young children?

According to Daniel Willingham, author of *Raising Kids Who Read - What Parents and Teachers Can Do* you should model reading, make reading pleasurable, read aloud to your kid in situations that are warm and create positive associations. But also setting a tone where our family is one where we like to learn new things. We like to learn about the world, and a big part of that is reading. Developing a sense in the child that I am in a family of readers before the child can even read.

Aphrodite Vantarakis, S.W.A.N Foundation &
Juniors Reading Recovery Teacher

Principal’s Report

Dear Parents,
You can visit our school website [www.rivergumps.vic.edu.au](http://www.rivergumps.vic.edu.au) for further information about our school vision and how we showcase our students owning their learning.

Remembrance Day: Student voice students led our Remembrance day service on Wednesday 11th November at 11am.
Every year, on the eleventh hour of the eleventh day of the eleventh month, we pause to remember those men and women who have died or suffered in all wars and peacekeeping operations. - See more at: [http://www.shrine.org.au/Remembrance/Remembrance-Day#sthash.MvHGxN1A.dpuf](http://www.shrine.org.au/Remembrance/Remembrance-Day#sthash.MvHGxN1A.dpuf)

Breakfast Club: I am pleased to inform our school community that we have been selected by the Victorian Government to have a breakfast club operating in term 1 next year. Students will be offered a range of breakfast food when they arrive at school in the morning. It is planned that your child’s classroom teacher will organize breakfast to be served in the classroom at the bell each morning. More information will be available soon.

Planning for 2016: We have commenced our planning for the 2016 school year. Please keep your child’s classroom teacher updated if there are any changes to your family’s circumstances for 2016.

Book fees for 2016: Please see our office staff if you wish to commence a payment plan for Book fees. There is an early bird discount on offer for early payments before the end of 2015 school year.

Student Emergency Contact Details: Parents please ensure that if you change any details you contact the school ASAP to ensure our records are up to date. Thank you in anticipation.

Assembly: Our next whole school assembly will be held on Monday 23rd November at the Performing Arts Centre. At this assembly we will continue to showcase the learning opportunities for our students. Parents please come along and join in the fun!!

STAR: Give your child a head start by enrolling in our School Transition at River Gum (STAR) from Tuesday to Friday morning between 8.45am and 11.30am.

CSEF: If you are unsure whether you have CSEF funding in your account please enquire with the Office. Please note that CSEF moneys can only be used towards Camps, Sports and Excursions and not towards Student Essential Education Items.

Roma McKinnon—Principal

“Together we can for every child, every day, in every classroom”
The Student Voice Nominations have now opened and we will soon be getting ready for the 2016 Student Voice Interviews and School Captaincy Elections. All students interested in Student Voice will be interviewed by the 2015 School Captains and a Student Voice Teacher will be present.

**Grade 5 students:** who are successful in their interview, will need to present a speech at a whole school assembly at the River Gum Performing Arts Center on Tuesday the 1st December from 9am.

The School Captain Election is a community event, parents and members of the community are more than welcome to come along.

**Questions for all Student Voice interviews (Including School Captains)**
- Why do you want to be involved in Student Voice?
- What strengths can you bring to Student Voice?
- If you could improve one thing about River Gum Primary School, what would it be?

**Key Dates for Student Voice Elections and Interviews**

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>20th of November</td>
<td>Students interested in participating in Student Voice will need to get a nomination form, from their teacher and it must be signed by the student and their parent and handed in to Mr. O’Reilly by the 20th of November.</td>
</tr>
<tr>
<td>23rd of November</td>
<td>Potential Student Voice members and School Captains to be interviewed.</td>
</tr>
<tr>
<td>1st of December</td>
<td>Students applying for School Captain Roles and were successful in their interview will present their speech at the PAC.</td>
</tr>
<tr>
<td></td>
<td>During this week, all successful students will be notified.</td>
</tr>
</tbody>
</table>

**Process for interviews and elections**

The top 15, year 5 students who receive the highest score from their interview will need to present a short speech at the PAC on the 1st of December. The 4 students with the highest votes, voted by the River Gum students will be announced as the 2016 School Captains. The students ranked 5, 6, 7 and 8 will be announced as the Year 6 Representatives.
Student Voice Leadership for 2016
NOMINATION FORM

Student’s Name: ________________________________

Current Class
In 2015: ___________________ Male/Female: __________

House: Wattle  Banksia  Correa  Jacaranda

DECLARATION: By signing below, I wish to nominate myself for a leadership role in Student Voice. I have an excellent behavioural record. I understand that my nomination will need to be approved by the selection committee. I understand that I will be required to get my parent/guardian’s approval to be a leader next year. I understand that I will need to write an application that highlights my abilities and develop a speech to present on Election Day. I understand that if I wish to be School Captain or apply for a leadership position, I will need to have an interview with the school principal, Student Voice Leaders and Teachers.

All Year 5 Students applying for Student Voice Roles will be considered for School Captaincy.

Signed (student): _______________________________ Date: ______________

PARENT CONSENT: I understand that my child wishes to apply for a leadership position for 2016. I accept that my child will be removed from their leadership position if they obtain a ‘Step 4’ in class or get sent to ‘Behaviour Management’. I understand that there will be extra tasks my child will be performing, for example coming to school early or staying back later if they are successful in gaining a position.

Name: ________________________________
Signed: _______________________________ Date: ______________