NRL Health and Well Being Program

Last week, we had the Melbourne Storm players Cooper Cronk and Frank Tualau come and visit our students to talk about health and well being. They talked about the importance of being part of a community, maintaining a healthy diet and looking after your body. This was presented to our students in an exciting game show scenario, where the two players chose contestants from the audience.

The students spun the big wheel to choose their category of hydration, sleep, diet and exercise. Students had to answer questions on why drinking water is much healthier than drinking energy drinks that are full of sugar. Then students had to give examples of a healthy breakfast, lunch and dinner.

Cooper Cronk talked about why it is essential for children to have 8 hours of sleep a night to allow the body to function. Not having 8 hours of sleep doesn’t allow the body to charge itself properly for the following day.

The Melbourne Storm have very kindly offered a free ticket to every student at River Gum Primary School. Parents will need to follow this link to redeem their ticket [http://ems.gs/3mPA0dibxHO](http://ems.gs/3mPA0dibxHO).

Dates to Remember

- **Tuesday February 23rd**
  - Pyjama day for Foundation Students
- **Tuesday February 23rd**
  - School Council 6:00pm
- **Monday February 29th**
  - Whole School Assembly at 2:00pm at RPAC
- **February 22nd 23rd 25th 29th**
- **March 3rd**
  - Feeling Safe Together 3/4
- **March 7th 10th 15th 17th**
  - Feeling Safe Together 1/2
- **Friday March 4th**
  - School Athletics Day
- **Friday March 11th**
  - Curriculum Day (No students required)
- **Monday March 14th**
  - Labour Day Public Holiday (No students required)
- **Tuesday March 22nd**
  - School Council 6.00pm
- **Monday March 21st**
  - Whole School Assembly at 2:00pm at RPAC
- **Thursday March 24th**
  - Last day of Term 1.

Congratulations to Tom from Room 8 for winning the Breakfast Club launch raffle.
Dear Parents,

You can visit our school website www.rivergumps.vic.edu.au for further information about our school vision and how we showcase our students owning their learning.

Launch of the Music in Schools Grant: On Monday the Deputy Premier James Merlino and our local Member of Parliament Judith Graley visited River Gum Primary School to launch the Department of Education new Music in Schools grant. During the visit James Merlino and Judith Graley saw our students working in the Discovery Centre and our Junior students working on a mathematics task. Our choir sang “We are Australian” and then the River Gum Primary School and Hampton Park Secondary students showcased their musical talents. A highlight of the visit was James Merlino playing the drums along with Rob Sharp on the guitar.

School Council Election: Our School Council elections for 2016 have now been completed. Congratulations to the newly elected parent members, Vicky Methven, Lynn Fields and Sajeda Saberi and Staff members Philip O’Reilly, Jessica McKnight and Margaret Dolan. The Annual General meeting for 2016 will be held next week on Tuesday 23 February.

Breakfast Club Community Liaison Event: It was great to see our parents and students come along to launch our Breakfast Club on Thursday morning. It was an opportunity to meet your child’s classroom teacher and see our new breakfast club in action.

Roma McKinnon—Principal

“Together we can for every child, every day, in every classroom”
Recipe of the Week - Vegetarian Fried Rice

The Kitchen Garden

We made this dish last year with grades 3 and 4. It’s relatively easy and of course can be altered to suit tastes. Those who prefer meat in their meals could add ham. Most children love rice and are happy to eat it as a meal, or it can be used as a side dish.

Ingredients

2 cups of basmati rice,
2 eggs,
2 tablespoons of olive/vegetable oil,
1 cup of chopped onion,
2 cloves of crushed garlic,
1 large broccoli (roughly chopped),
1 large carrot (thinly sliced),
150g of roughly chopped green beans.

Step 1: Cook basmati rice (set aside). Whisk 2 eggs.

Step 2: Heat a wok and add 1 tablespoon of olive/vegetable oil. Add egg and swirl around the wok to create a thin omelette.

Step 3: Remove omelette and slice into thin pieces.

Step 4: Add another tablespoon of oil, onion and crushed garlic.

Step 5: Stir fry for two minutes then add broccoli, carrot and green beans.

Step 6: Stir fry until heated and tender. Add the egg and heat through. Top with soy sauce if desired.

*recipe base taken from taste.com.au

Reading Tip Of The Week

Point out to your child all the things you read in a day. Read in front of them, emphasize that reading is something you value. Read cereal boxes at breakfast, magazines in the doctor’s waiting room, street signs while you are driving. Make books accessible to your child. Help your child grow up valuing reading as a critical skill and worthy use of their free time.

Helping your child grow to love reading is an amazing gift. Reading opens a world of imagination to your child! Make an effort to keep reading a priority in your home; a family activity that is fun, engaging and something you do together, every day.

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

Happy Reading
POSITIVE POSTCARD COMPETITION 2016

DESIGN A POSTCARD TO SHOW HOW OUR RIVER GUM COMMUNITY HELPS ONE ANOTHER

THINK ABOUT THE FOLLOWING!
- Knowing me, knowing you and getting along too!
- When we care for ourselves and others we feel better!
- Making sure we make responsible choices in challenging situations.
- Building positive relationships with the entire school community makes us all feel like we belong!

COMPETITION CLOSES: 10TH MARCH

PRIZES AWARDED TO WINNING ENTRANTS