

**GO, GROW, GLOW!**

Just like a car needs the right type of petrol, our bodies need the right type of food for it to function to the best of its ability.



Over this term we will look at what types of 'fuel' we need to eat for great health and what foods will help us GO, GROW and GLOW.

**GO, GROW, GLOW!**

Meals and snacks should be based around the four food groups. The first group is **BREADS & CEREALS** which includes rice and pasta.



Every day  
**GO!**  
with 5-6 servings  
of breads &  
cereals

These foods give you the energy to 'GO'



For added benefits, look for ones high in fibre such as wholegrain bread and Weetbix.

**ASSEMBLY AWARDS 12 August 2011**

**Room 1:** Bodie Mechell & Abbey Kanters

**Room 2:** Tom Webbon & Cooper Van Dijk

**Room 3:** Ciara McCullough & Bianca Andersen

**Leaders' Award:** Finn Seavill, Sam Hogan & Josh Hogan

**Principal's Award:**  
Cam Roigard & Georgina Jervis

**Some Current Examples of Written Work From Our Room 2 Students.**

My gumboots are pink. I got my gumboots from Farmlands. They smell like rotten egg. I shovel bark and stones in them. They feel slippery inside.



By Millie Year 2

**My Amazing Gumboots.**

I like my gumboots. They are helpful, handy and good. I'm glad my Mum bought them for me. My gumboots are purple. When I go to the calf shed the calves stand on my gumboots. My gumboots protect my feet from the calves hooves. I think my gumboots are the best.

By McKayla Year 3



My gumboots came from the Warehouse. They are as muddy as cows feet. I wear them a lot.

By Reianne Year 2

**My Muddy Gumboots.**

My gumboots are blue with little grip pads on the bottom of them. They smell like mud and stinky socks. They feel like squeaky rubber when you rub your hands on them. I bought them at the Warehouse. My gumboots are size 13. My favourite thing to do in my gumboots is to jump in gigantic puddles and get muddy. My gumboots have lots of grass on the bottom of them. I love my gumboots.

By Deon Year 3

**My Muddy, Buddy Gumboots.**

My gumboots are as blue as the sky and as black as midnight. The grip pads are as gripping as a bulldozers tracks. I think my gumboots are my muddy buddies because I wear them if they are muddy or not. My gumboots are up to my knees so I call them my muddy buddy kneehighs. I once saw a huge rat in the garden and it had been hurt. Mum shouted "rat, rat!", so I got my gumboot and started hacking it like a knight hacks a dragon. I soon killed it by lobbing a great big chunk of firewood on it. I think my gumboots are great as they have helped me through a lot of times. I love my gumboots.

By Tom Year 3

