

HEALTH CONNECTIONS



IN THIS ISSUE

➔ **SELC Food For Fuel Sessions**

UPCOMING EVENTS

May:

- ➔ 21st - 23rd Goulburn Valley Grammar School presents 'Anything Goes'
- ➔ 22nd - 30th Disco Inferno at Studio 17
- ➔ 26th Sorry Day Commemoration 2026
- ➔ 18th May - 5th June NAIDOC and Reconciliation Art Exhibition

For more information or a more extensive list of upcoming events, please visit <https://sheppardgv.com.au/events/calendar/!/319/page/1>

RECIPE

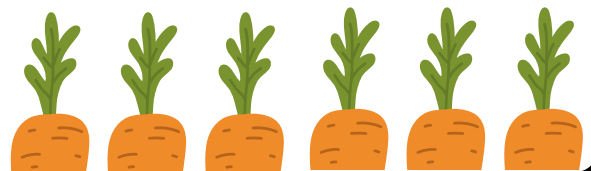


Rainbow Veggie Wraps

ACTIVITY



Winter Veggie Scavenger Hunt



FOOD FOR FUEL SESSIONS

Last month, the Health Promotion team at Primary Care Connect had the opportunity to deliver a series of 'Food for Fuel' sessions at Shepparton English Language Centre.

For those who may not know, the English Language Centre provides an incredible intensive English program supporting newly arrived students, migrants and refugees as they settle into life in Australia. The school plays a vital role in helping students build confidence, develop language skills and eventually transition into mainstream schooling.

Before the sessions, teachers shared with us that many students regularly come to school without food for a variety of reasons. With this in mind, we wanted the sessions to focus less on "healthy eating rules" and more on the importance of nourishment, energy and learning.

Across four sessions, two with primary students and two with secondary students, we explored why food is important and how it is fuel for our bodies and brains. Together, we discussed how eating throughout the day can help improve concentration, energy, mood and learning, especially when students are spending long hours in the classroom and adjusting to a new environment and language.

To make the sessions interactive and engaging, students then had the opportunity to create their own veggie wraps or fruit skewers. The hands-on activities encouraged students to explore different foods, colours and flavours in a fun and supportive environment.

Programs like these are an important reminder that food is about so much more than nutrition alone. Food can support learning, connection, culture and a sense of belonging.

We are incredibly grateful to the teachers and students at the Shepparton English Language Centre for welcoming us into their classrooms and allowing us to be part of such a meaningful experience.





RAINBOW VEGGIE WRAPS



Colourful wraps that fuel our bodies and brains for a big day of learning and play!

WHAT YOU NEED:



1 soft wholemeal wrap



Grated carrot



Baby spinach



Cucumber sticks



Capsicum slices



Cheese



Hummus, cream cheese or mayo



Optional: chicken, tuna or falafel



LET'S MAKE IT!

1



Wash your hands.

2



Lay your wrap flat on a plate.

3



Spread your hummus, cream cheese or mayo across the wrap.

4



Add your colourful veggies and cheese.

5



Roll it up tightly like a burrito.

6



Cut in half and enjoy!



WHY IS THIS A GREAT "FOOD FOR FUEL" SNACK?



Veggies help our bodies grow strong 💪



Wraps give us energy for learning and playing



Cheese and protein help keep us fuller for longer 😊



Eating during the day helps us focus in class 🖋️

TRY THIS!


Can you make a wrap with 3 different colours inside?

How many colours can your class include altogether?



WINTER VEGGIE SCAVENGER HUNT

As the season changes, winter gives us an opportunity to explore a new range of vegetables. They may be seen in gardens, the local shops, or at home. This activity is designed to be printed out for children to work on throughout winter so they can spot, name, and try common winter veggies!

Veggie	Name	I tried it.....
	Eg. Avocado	On toast!
