Marrickville West Primary School

newsletter

NSW DEPARTMENT OF EDUCATION AND TRAINING

TERM 2 · WEEK 6 2013

Marrickville West
Cross Country
Lastly, we will be sending home invoices in the next few weeks.

We endeavoured to return all lost property when we have a chance but there appears to be a growing mountain of unclaimed jackets.

We are in need of some helpers in the office.

We are expecting our Navy Tights to arrive very soon.

We are adding to our points to ‘purchase’ more equipment for classrooms at Marrickville West.

If you shop at Woolworths, remember to ask for your stickers and bring them into school as soon as your sticker sheet is full.

Abraham Haydar

My fishing trip ... by Haydar

Once we went fishing at the Cooks River. At home I packed everything, I packed four fishing rods, tackle boxes, rod holders and chicken for bait. We went to the river. We got everything out of the car. We walked to the river and cast my rod. Nothing nibbled so I thought of catching a little fish and I put more bait on. I cast and cast. I saw a school of fish so reeled in my line. Just then, boom! The line pulled. I wound and wound my line. I finally got it in, it was a baby flathead. My brother Abraham didn’t catch any fish, I caught a fish and it was a baby flathead.

From the Office

We are expecting our Navy Tights to arrive very soon. Cotton Blend $9. They will be a great addition to our beautiful Dress or Skorts for the colder months.

Calling on Helpers

We are in need of some helpers in the office. We know in these busy times there is not much time to spare but we need you!

If you have any time to spare please come and see us.

Lost Property

We endeavour to return all lost property when we have a chance but there appears to be a growing mountain of unclaimed jackets in the back of the Hall, lunch boxes and other items in the bin outside the front office. If you are missing items please take a minute to go through these two places for your property.

Invoices

Lastly, we will be sending home invoices in the next few weeks. Please contact us if you have queries.

The Hero Award

Every day we come to school and do hard work. Some people are smart, some people are not. I try to be smart like my family and friends. I don’t care if I’m not smart but I should care.

I am giving my hero award to my school because school is the best and teachers do help you. That’s why I’m giving it to them. School is the best. That’s why I have it to the school. Marrickville West is the best. It teaches you well. Teachers give you good advice every day. Miss Ling, she’s the best teacher in the school.

by Michael Williams

From the Principals’ desk...

Marrickville West began its tradition in 1886 with the motto “Laboramus et una”. This Latin saying translates literally to “Work as one” and is the philosophical foundation on which our school continues to be based. I believe that our children benefit most from the combination of our collective talent, skill and experience. In my mind, it is this approach to learning and building community that makes Marrickville West a bit special.

Marrickville West is the site for our local SaCC (School as Community Centre). Connect is the name of the community centre run by Vivi Martin and a growing team of local volunteers and professional partners. Most people would know the work of Connect through their attendance at play groups, TAFE Outreach courses or the Marrickville Children’s Festival.

I was fortunate to chair a meeting last week at Connect that brought together the facilitators, principals, P&C’s and management committees from SaCCs at Marrickville West, Glebe and Alexandria Park Community Schools. The meeting explored ways in which we could all work together to learn and enhance our practice in supporting families, children and early learning across the inner western suburbs of Sydney.

What many people may not realise is that while Connect Marrickville is based at our school, it actually serves all of the south Marrickville area. It was therefore with great pleasure that we welcomed representatives from the P&C of Ferncourt PS to this meeting for the first time. Together we will almost certainly achieve more for our children and wider local community.

In the spirit of working together, thank you to the many groups of parents and supporters of Marrickville West who are currently busy meeting, planning and working hard behind the scenes towards an even better future for our school.

Our P&C “Grants Committee” has been up late this past week finding and writing submissions for grants to enhance our school environmental management planning and support future programs in the creative arts.

Thank you!

If you have ever been frustrated by the challenge of arranging your own children into a decent photograph you will certainly appreciate the challenge taken on by Esther (mother of Katie and Anna), Kathy B (mother of Jesse, Chloe and Kaitlyn) and Kathy P (mother of Noah and Lois) who spent a gruelling day on Wednesday ensuring our school photographs were as special as possible. These volunteer mums managed to clean faces, comb hair, arrange clothes and encourage 280 smiles on behalf of all parents. We will enjoy the fabulous results of this 6 hour ordeal when the photos are printed and delivered in early Term 3.

Thank you!

On a more personal note, I must sincerely thank the community of Marrickville West for their kindness and support since returning from leave. In the spirit of working together, thank you to the many groups of parents and supporters of Marrickville West who are currently busy meeting, planning and working hard behind the scenes towards an even better future for our school.

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Thank you!
Deadly kids at MWPS

Recently Adam Goodes was called an ape by a thirteen year old girl and he felt heartbroken so he had to quit the match. Also, Adam couldn’t celebrate his victory with his team but days later the girl was on the phone to apologise. Then, Eddie McGuire said that Adam Goodes should be the king Kong. Later Eddie McGuire apologised. Clearly, this is not a good situation. Racism hurts – and people need to think before they speak. By Harry

Would you like to get some more skills with computer technology? It can be tricky to keep up with the latest developments in technology and frustrating to know exactly what your children are doing when they are sitting in front of a computer screen.

Join us for a series of workshops led by the teachers here at school. We are friendly and happy to share our knowledge. Meet in the library just before the starting time of the workshop and we’ll direct you.

Week 6
Wednesday 5th June
8:30am – 9:15am OR 2:40 – 3:35pm

Social Networking including Twitter
Kenneth Giblin

Interactive White Boards
Cameron Goozeff

Using Paint including editing a photo found on the Internet (such as erasing out part of the photo not wanted) and inserting into a word document or PowerPoint presentation
Voren O’Brien

Week 8
Wednesday 19th June
8:30am – 9:15am OR 2:40 – 3:35pm

Microsoft PowerPoint including features like custom animation
Cathy Criniti

Using Cloud services, Google docs etc...
Kenneth Giblin

Interactive White Boards
Cameron Goozeff

Keep Our Children Safe:
Do not drive into or walk your children through staff carparks.

by Evie

2G have been having fun writing reports about animals and making animal masks!

by Max

Check out 2G’s class website at www.2g2013.weebly.com

by Joey

Cheetah
I am a cheetah.
I live in Africa.
I eat meat.
I am the FASTEST runner in the WORLD!!!!!
School sport report

Last week in School Sport we played dodgeball.

Rule: If the ball hits your leg you're out.

How to play:
You make a line in the middle of playing area.
Make two teams.
Each team gets six balls.
Each team takes a side and wait until the teacher says, “Throw the ball.”
Then if you hit the goal, your side wins.
My side were the winners.

By Haydar

Maths Problem

Welcome to this newsletter’s maths problems.
Here is one for you to solve:
Sally’s oven wasn’t working correctly. She had it set for 180°C and it reached that temperature. However in the next hour there was a drop of 3°C, a rise of 1°C, a drop of 10°C, a rise of 2°C and a drop of 6°C. What will the temperature be at the end of the hour?

I’ll tell you the answer in the next newsletter.
Also, the answer from last newsletter’s maths problem was: 1/12

By Rafid

Water report

This graphs shows water use for 26th of May, during school time. We have been saving lots of water at lunch, class time and recess. Sadly there is a slight movement of water at 9:15. Please turn off the tap if you see it running.

By Jefferson

Spanish report

Last week in Spanish we talked about Australian beaches. We used Spanish compass to find the direction of beaches around Sydney. We also learned what the different parts of the beach are called in Spanish. We also watched a movie, ‘Continental Drift’ in Spanish.

By Maharshi

Sports Monitors report

The Sport Monitors are still not receiving equipment from many children at the end of lunch. If we don’t receive the equipment you won’t have anything to play with. If you see any equipment on the playground please put it in the red barrel.

By Maharshi

Website of the Week:

CSIRO

COOKS 49  
WOLLI 37  
GEORGEs 36

By Maharshi
Stage 1 have been having fun at Friday Sport doing lots of activities like catching, throwing, sprints, balancing and stretching!

Data - In a recent maths lesson students displayed data using concrete materials - they even used themselves to create a life sized graph of how many boys and girls are in the classroom.

Spirits were not dampened by the heavy rain in Week 4. Indoor lunch play gave students an opportunity to practice being workers in the community. Abraham used play money to buy items from Charmaine's shop.

Probability: Students enjoyed using the language of probability to consider the likelihood of certain events proposed to them: What are the chances that:
- Ms Ling will ride a motorbike to school?
- It will snow before tomorrow?
- The school bell will ring at home time (fingers crossed!)

Scorpions - Insect puzzle

The scorpion does not have a good relationship. It is a male as it becomes the female's free meal after mating. Scorpions also tend to eat their babies when they get too hungry and haven't found food.

Scorpions are a lot like spiders in behaviour and mating.

Death stalker scorpions are one of the most deadly scorpions in the world. There are only around 25 species of scorpion that has venom that can kill a human.

Most scorpions live in the desert. They have many young at one time. The mother Scorpion carries its young on her back.

Science Day

3/4K 'Angry Verbs'

Insect task

Iggy & his stick insects
Touch football report

In the second week of Touch Football we played against Campsie Public School. The Seniors won by 6 points and the score was 7-1. The Juniors lost by 1 point and the score was 2-1. Thank you Hailie for being the juniors’ coach for the day.

By Onyi

Music News

What’s on this term?… well, for some mighty fine singing, there’s Junior and Senior Choir every Wednesday. The Recorders are busy with a calypso Mango Walk and Rocky Hammond, a cool detective story, as there’s not many weeks left to get ready for the Opera House Concert.

West Winds, our Beginner Band, learn at lunchtime – there are saxes, trumpet, clarinets, flutes, keyboard and delightful recorder beginners playing together to try some well known tunes. New members welcome and watch for their first performance soon.

Check out the updated Music Noticeboard near the Library too. Music classes are starting to sing and listen to “secret” items for next term’s WHOLE SCHOOL MUSICAL. Only 70 more sleeps – can’t wait!

Stage 2 IMAX Excursion

On Tuesday the 21st May Stage 2 went to the IMAX Theatre to watch Australia Land Beyond Time. We went on a Double Decker bus for a 30 minute trip through the city. When we got to the IMAX we had some morning tea after that everyone went to the toilet. Then we went inside the IMAX building and waited for 20 minutes until they let us into the cinema. It was a 2 hour movie. When the land was getting filmed from an airplane camera it felt like we were in the plane turning (but we were in the cinema). It was a MASSIVE SCREEN!!!!!! (It was the biggest screen in the world). It was in 2D and after the movie we had lunch. Then people got to go buy something from Maccas (McDonalds). After that we got to play on the playground and then we went back to school. By Nick

PDHPE

For PDHPE we are learning how to be assertive and stand up for ourselves without being aggressive. We are also learning safety rules and how to plan safety strategies.

Science

For Science we have been studying Antarctic animals and how they survive in the cold. We are also investigating the effects of climate change on penguins. We conducted an experiment to see how long we could keep our bare hands in -2o water and how long with a blubber bag. This was to learn about the effectiveness of blubber to keep a whale warm. We also conducted an experiment using ice to find out if melting icebergs will cause sea rise. Guess what? They don’t. But it is the calving glaciers that we have to worry about.

Maths

We constructed models of Antarctic research stations based on Halley 6. We used a range of 3D shapes and positioned them in a diorama. Then we made a short film to explain how we made the model and its suitability for the Antarctic environment.

HSIE

For HSIE we went to the IMAX to learn about Antarctica and its facts and also the Maritime Museum to look at Antarctica paintings, pictures. While we were at the museum we toured a warship called the “Vampire”.

Art

We went to Dulwich Hill High School to learn participate in an art workshop. We had a range of activities including photography and wire construction. We also had fun.

by Jefferson

Survey: What do you think of racism?

Did you watch the AFL last Sunday? If you have, then you must’ve seen the horrible name calling to Adam Goodes. He was really hurt to hear the racist name calling. We have surveyed some teachers and children around the school about what they think of racism. These are the answers we got.

“It’s disgraceful.”

“In this century it shouldn’t even exist, it should be abolished.”

“Racism hurts innocent people.”

“It’s unnecessary.”

“It’s not good at all.”

“Racism is the worst thing I can think of and causes so many huge problems.”

“It is ignorant and basically abusing their race.”

“I have a dream that one day little black boys and girls will be holding hands with little white boys and girls.”

Martin Luther King Jr.

Luckily, our school has smart kids and awesome teachers and that’s probably why they know that racism is unacceptable. Also, if you say something racist as a joke then it will still be unacceptable.

Maisha, Sandra and Ozge
**UPCOMING DATES:**

**Stage 1 - Local Community Walk**
Tuesday 4 June

**Assembly by KM & KB**
2.45pm Wednesday 5 June

**Zone Cross Country**
Thursday 6 June

**Queen's Birthday Public Holiday**
Monday 10 June

**Assembly**
2.45pm Wednesday 19 June

**School Reports home**
Monday 24 June

**Parent Teacher Interviews**
25–27 June

**Last Day of Term 2**
Friday 28 June

Phone: 02 9558 1137
Beauchamp St, Marrickville, NSW 2204
www.marrickviw-p.schools.nsw.edu.au

Many Families, One Community
Diary of a Radical Recycler

11:25am The bell rings and I make my way into a Year 3/4 class. I walk over to the recycling bin and freeze. The paper in the bin is rustling—something alive.

11:30am I am now in the playground thinking of rats and snakes. I was going to get a teacher but instead go and get a friend of mine who likes this sort of stuff. I must be brave.

11:35am We enter the classroom and approach the bin. I prod it with a metre ruler. Nothing moves. I prod it again…

11:36am I am now running out of the classroom screaming. I can feel pigeon lice crawling through my hair and hear the demented bird's flapping wings at my ears.

11:40am My friend comes down the stairs, with the bird in hand so to say. It's wrapped up in her school jumper. I wish her good luck as she goes to set it free on Henson.

11:40am I am now recovering at the canteen with a carton of chocolate milk.

School Captains' report

We hope that all students do well in the public speaking competition. Best of luck to the finalists. Ms Ling said during morning lines that some students were being disruptive in the playground. Remember to follow the R.A.P rules: Respect yourself and others; Always try your best; Play safely

By Onyi and Mitchell

Sign Writing report

This week’s sign says “I can’t change the direction of the wind but I can adjust the sails.” This inspirational quote was written by Jimmy Dean.

This quote is telling us that there are some things we can’t change but we can also decide upon our attitude. For example, if we have a good attitude towards we can tackle most situations.

By Mia and Anna

Soccer report

In the second week of PSSA soccer Marrickville West played Wiley Park Public School. The juniors played first and won with a massive score of 6–0. Later the seniors also won with a score of 2–1. Everyone was happy at the end especially the seniors because it was their first win of the season. We hope to keep up our hard work and win next week too. Don’t forget that the PSSA soccer team has to come to training on Tuesday, 8:30 to improve their skills.

By Rafid and Youcef

A big thanks to Kathy, Esther and Kathy for helping out on photo day to make sure all our kids’ hair was smoothed down and everyone had correct uniform shirts on. We appreciate your help!
Term 2 · Week 6 2013

P&C Update

Election Day planning
Great news...to coincide with the Federal Election in September, the P&C will be holding a Trash & Treasure to raise money for our children. This will include amazing rides, a White Elephant (a stall selling second hand items), a BBQ, a cake stall and a craft stall.
A working group has been formed comprising Tamesin Elliott, Rachael Ottaway, Thomasin Litchfield, Carmen Coulter, Softly Dunstan, Karen Locke and Richard Spencer. Please contact any of these people if you are able to help with the organisation of the day (helping out on even the smallest task is very much appreciated).

Father’s Day Stall
The Father’s Day Stall will be held in late August and given we had such a huge success with the Mother’s Day Stall, we are again calling on all the “Crafties” in the school! If you are able to donate your time or a craft item to sell at the stall please contact Maria Lombardo through the office or simply grab her for a chat in the playground.

Grants Update
The Grants team have been working very hard over the last couple of weeks applying for government and private sector grants. We will find out if we have been successful or not in August and September. Please contact Michael Locke if you are interested in assisting the small team submitting grants.

School Campout
Mark your diaries folks: Saturday 26 October we will be hosting the school campout again. Last year’s was a huge success, make sure you make it this time! Held in Henson and the hall, kids and their families are invited to camp overnight complete with campfires and shared meals.

P&C Funding Allocation
Every year the P&C works very hard raising money for the children in our school. Last year we raised $9000 and have allocated the money to the following activities and items...
- A new BBQ & aprons
- New kitchenware & a new fridge
- Citizenship Award
- Community Garden contribution
- Teachers day brunch
- Transition to school bags
- Piano tuning
- Entertainment at an evening function
- Swimming lessons
- Year 6 camp contribution

Next P&C Meeting
The next P&C Meeting will be held on Thursday 20 June at 7pm. Everyone is welcome and we encourage you to participate.

Cafe West
We are continuing to look for volunteers to help at recess from 2:15pm to 2:40pm on Monday and Thursdays. Please contact Rachael Ottaway, Wendy in the canteen or Stav in the office if you are able to lend a hand.

CALLOUT! we need your:
- spare jars (with METAL lids)
- clean aluminium cans
- old gift bags
Please dropoff to the canteen
Thank you!

Next P&C Meeting: 7pm Thursday 20 June
facebook.com/MWPandC bigtent bigtent.com/groups/mwpandc

HEARTS INSIDE

Professional development training on supporting children of prisoners
- Free training for professionals in Metro South West Region (MSWR)
- Hearts Inside training is designed to assist community workers to better support children / young people of offenders by understanding the impacts on children when they have a loved one incarcerated and the ways in which we as workers can engage with them and their families to encourage greater resilience and positive life outcomes.
- Families of prisoners and particularly the children are a commonly overlooked and stigmatised group.
- Children often suffer significant trauma and according to recent studies 43% of children in NSW Juvenile Justice System custody have had a maladaptive behaviour than their peers.
- We as workers can engage with them and their families to encourage greater resilience and positive life outcomes.

Hearts Inside Training Schedule

<table>
<thead>
<tr>
<th>Town</th>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campbelltown</td>
<td>Campbelltown Minsur Centre for Sustainability, Macarthur</td>
<td>Monday 21 February</td>
<td>8:45am to 4:15pm</td>
</tr>
<tr>
<td>Gympie</td>
<td>Gympie Community Centre</td>
<td>Monday 11 March</td>
<td>8:45am to 4:15pm</td>
</tr>
<tr>
<td>Wollongong</td>
<td>Wollongong Community Centre</td>
<td>Monday 11 March</td>
<td>8:45am to 4:15pm</td>
</tr>
<tr>
<td>Liverpool</td>
<td>Liverpool Community Centre</td>
<td>Monday 11 March</td>
<td>8:45am to 4:15pm</td>
</tr>
<tr>
<td>Picton</td>
<td>Picton Bowling Club</td>
<td>Tuesday 19 June</td>
<td>9am to 4:15pm</td>
</tr>
<tr>
<td>Campbelltown</td>
<td>Campbelltown Minsur Centre for Sustainability, Macarthur</td>
<td>Thursday 21 November</td>
<td>9am to 4:15pm</td>
</tr>
</tbody>
</table>

This training is free to HPEX Registered P&C members.

Hearts Inside Registration form
You must use the Hearts Inside Registration form to register.

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CALLOUT! we need your:
- spare jars (with METAL lids)
- clean aluminium cans
- old gift bags
Please dropoff to the canteen
Thank you!
FREE fun program for kids to become healthier, fitter and happier!

The Go4Fun Program is an established healthy lifestyle program to improve health, fitness, self esteem and confidence in children above their ideal weight.

What happens in the Go4Fun Program?

The program runs over one school term. There are 20 sessions (2 sessions/week, 2hrs/session). All sessions run after school. Sessions include:

- Games, activities and swimming for kids
- Easy, effective ways to improve your child’s self esteem and confidence
- Demonstrations, games and tips on healthy foods, label reading and portion sizes
- A fun supermarket tour and a chance to try delicious new foods!

There are currently places available for programs in School Term 3, 2013 in the following locations: Bankstown, Camden, Campbelltown, Canterbury, Canada Bay, Fairfield, Liverpool, Marrickville, Minto, Strathfield, Villawood, Wollondilly. The program is offered FREE to eligible families.

Places on the Program are being given away on a first come, first served basis. Children need to be 7-13 years old and above their ideal weight to qualify for the program. For more information, or to register a child for the program, FreeCall 1800 780 900 or visit www.slhd.nsw.gov.au/Go4Fun

*Please note a parent or carer must accompany each child to every session*
Do you need help filling a form? Someone to sit with you?

General Forms
Disability Support Pension Forms
Housing Registration Forms
Centrelink Forms
Superannuation

Call Helen to make an appointment 02 9564 7333

PLEASE NOTE: Our volunteers are not experts but are able to help you answer simple questions needed on the form.

“A just community that includes and acts”

IT CAN GET OVERWHELMING

Do you need help filling a form? Someone to sit with you?

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Disability Support Pension Forms
Housing Registration Forms
Centrelink Forms
Superannuation

Call Helen to make an appointment 02 9564 7333

PLEASE NOTE: Our volunteers are not experts but are able to help you answer simple questions needed on the form.

Why Is Play Important?

Play is important to early brain development:
Play stimulates children’s brains by providing them the opportunity to explore, think, and solve problems. It is through play that young children can understand the world around them and develop thinking skills.

Play is vital to children’s social and emotional development:
Social play like games and making something together allows children to interact with others, and help them develop both verbal and nonverbal communication skills. Play also enables children to learn how to cope with feelings.

Play is a crucial foundation for developing creativity:
Creative play, such as drawing, painting, and playing with playdough and blocks, allows young children to explore, imagine, invent and create new things.

Active play has an important role in children’s healthy physical development:
Physical activities, such as running, jumping and dancing, promote the development of a healthy body and movement skills in young children, as it allows them to use their energy and muscles.

Play paves the way for success in school and life:
Play enables children to naturally gain necessary knowledge and skills for successful schooling and life, such as literacy, numeracy, and physical and social skills.

Home-made Mango Chicken Curry
available to order for lunch each Tuesday

$3 or $4.50 with the meal deal

For inquiry on available playgroups and other activities at the Centre,
Intro to Community Services

in the Marrickville community with child care

Petersham TAFE Outreach and Marrickville Connect are running a FREE course for people wishing to gain entry to study and employment in the community services sector.

This course will be held on Thursdays 10 to 1 from late July to November 2013
Certificate II Skills for Work and Training in the community Sector 10444 (National code:10090NAT)

Learn how to work in a team.

Find out about community services in your local area.

Prepare for working in the community sector

Explore your employment and study options.

Pathway into the Certificate III in Community Services

Receive help with English and writing.

Gain valuable work experience.

Information Session
10am Thursday 18 July 2013

Connect Community Room
Marrickville West Public School
Cnr of Livingstone Rd and Beauchamp St Marrickville
phone: Tricia 9335 2548 or Vivi 9558 4036
email: patricia.kenny@tafensw.edu.au

All courses delivered subject to demand and available resources.
# MARRICKVILLE WEST MUNCHIES
## CANTILEN MENU TERM 2, 2013

### Before School – Fuel Up!

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Up &amp; Go</td>
<td>$2.00</td>
</tr>
<tr>
<td>200ml 100% Juice (box)</td>
<td>$1.20</td>
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<tr>
<td>200ml 100% Juice (bottle)</td>
<td>$1.80</td>
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<tr>
<td>Plain milk</td>
<td>$1.10</td>
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<tr>
<td>Yoghurt</td>
<td>$1.20</td>
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<tr>
<td>Muesli with yoghurt or milk</td>
<td>$2.00</td>
</tr>
<tr>
<td>Cheerios</td>
<td>40c</td>
</tr>
<tr>
<td>Sultanas &amp; apricot pack</td>
<td>40c+</td>
</tr>
<tr>
<td>Seasonal Fresh fruit from</td>
<td>50c+</td>
</tr>
</tbody>
</table>

*(No snack foods will be sold to students before school)*

### Super Sandwiches, Toasties & Salad

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Buttered</td>
<td>$1.20</td>
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<tr>
<td>Vegemite</td>
<td>$1.50</td>
</tr>
<tr>
<td>Either Baked beans/cheese/ tuna/chicken slice/ham</td>
<td>$2.40</td>
</tr>
<tr>
<td>Cheese &amp; tomato</td>
<td>$2.60</td>
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<tr>
<td>Egg &amp; lettuce</td>
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<tr>
<td>Chicken, lettuce &amp; mayo</td>
<td>$3.00</td>
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<tr>
<td>Tuna &amp; mayo</td>
<td>$2.80</td>
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<tr>
<td>Tuna &amp; salad</td>
<td>$3.50</td>
</tr>
<tr>
<td>Ham &amp; cheese</td>
<td>$2.60</td>
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<tr>
<td>Ham &amp; tomato</td>
<td>$2.60</td>
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<tr>
<td>Cheese &amp; tomato</td>
<td>$2.60</td>
</tr>
<tr>
<td>Ham, cheese &amp; tomato</td>
<td>$3.00</td>
</tr>
<tr>
<td>Salad</td>
<td>$3.20</td>
</tr>
</tbody>
</table>

#### extras

- Filling (each)                          | 50c   |
- Roll or wrap                            | 60c   |
- Mayo/tomato sauce                       | 20c   |
- Sweet chilli/BBQ/or soy sachets         | 30c   |
- Salad plate/box (lettuce, tomato, cucumber, celery, carrot) | $4.00 |
- Add - Tuna/egg/ham                      | $4.50 |
- Plastic Spoons                          | 5c    |

### Drinks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>750ml Pump</td>
<td>$2.30</td>
</tr>
<tr>
<td>600ml Mt Franklin</td>
<td>$2.00</td>
</tr>
<tr>
<td>400ml Pump</td>
<td>$1.50</td>
</tr>
<tr>
<td>450ml Sparkling water</td>
<td>$2.00</td>
</tr>
<tr>
<td>Flavoured Milk</td>
<td>$1.70</td>
</tr>
</tbody>
</table>

### Frozen Treats

Sold after the second lunch bell

- Frozen fruit piece: 20c
- 99% fruit juice ice sticks: 60c
- Juicy: 80c
- Streets Paddlepop: 1.40
- Frozen yoghurt: 1.60
- Slushy (99% fruit) Small: 1.00
- Slushy (99% fruit) Large: 2.00
- Gelato cups – 2 flavours: 2.00

### Something New!

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steamed Vegetarian Gyoze (V)</td>
<td>60c</td>
</tr>
<tr>
<td>Cheese &amp; Spinach Triangle (V)</td>
<td>$1.20</td>
</tr>
<tr>
<td>Vegetarian Rice Paper Rolls (V)</td>
<td>$1.50</td>
</tr>
<tr>
<td>Vegetable Sticks with Humous</td>
<td>50c</td>
</tr>
<tr>
<td>Mini Quiche (V)</td>
<td>$1.20</td>
</tr>
<tr>
<td>Hot Spinach &amp; Ricotta Roll (V)</td>
<td>$2.40</td>
</tr>
<tr>
<td>Mini Potato Top Beef Pie</td>
<td>$1.20</td>
</tr>
<tr>
<td>Singapore Noodles</td>
<td>$3.00</td>
</tr>
<tr>
<td>Vegetarian Fried Rice (gluten free)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Authentic Chinese Fried Rice (ham/egg/veg) $3.00</td>
<td></td>
</tr>
<tr>
<td>Traditional Potato Bake</td>
<td>$3.00</td>
</tr>
<tr>
<td>Hot Corn Cob</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

### Snacks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato Chips (28g)</td>
<td>$1.20</td>
</tr>
<tr>
<td>Popcorn</td>
<td>$1.00</td>
</tr>
<tr>
<td>Roasted Seaweed</td>
<td>$1.00</td>
</tr>
<tr>
<td>Rice/Grain snacks</td>
<td>$1.20</td>
</tr>
<tr>
<td>Gingerbread Folk</td>
<td>$1.30</td>
</tr>
</tbody>
</table>

### DAILY MEAL DEALS

**MONDAY: CHOOK CHOOK**

5 Chicken wedges (Halal) or Chicken Burger $3.00
**MEAL DEAL w/ oak milk/ water & pieces of Fruit** $4.50

**TUESDAY: PASTA & CURRY**

Homemade Bolognese Pasta or Lasagne $3.00
Mild (mango or butter) chicken curry with rice $3.00
**Meal Deal w/ fabulous fruit salad cup** $4.50

**WEDNESDAY: SUSHI & SOUP**

Sweet corn and chicken soup $2.00
**with bread roll** $2.50
Sushi (pre-order Tuesday) from $2.95

**THURSDAY: CHOOK CHOOK**

5 Chicken wedges (Halal) or Chicken Burger $3.00
**MEAL DEAL w/ oak milk/ water & pieces of Fruit** $4.50

**FRIDAY: PIZZA & PIES**

Chicken / Beef / HALAL Beef Pie $3.00
Juicy Pizza Slice – Ham & Pineapple $2.00
Vegetarian Pizza $3.00
**MEAL DEAL w/ oak milk/ water & pieces of Fruit** $4.50

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Foods coloured GREEN are approved by The Healthy Kids Association for eating everyday. The other foods are recommended as occasional treats.

Vegetarian (V) & Halal food options available everyday. Please ask Wendy in the canteen.