Mothers Day stall
We know that emotional resilience (the ability to “bounce back” from adversity) is a necessary skill for long term psychological well-being. I have found that as a teacher, but even more so as a mum, helping children cope with situations that cause them emotional pain is one of the most difficult challenges we face.

How do we know what is reasonable and what is too much for a child to deal with? At what point does our instinct to protect our children become counter-productive to their developing the strength they will need to overcome adversity in the future?

Some children are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. They move on easily from disappointment and involve themselves in activities regardless of the likelihood they will “win”. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when the adults are resilient and actively foster it in their children.

According to Michael Grose, parenting educator and author, resilient kids share four basic sets of skills that provide them with:

1. Independence
2. Problem-solving
3. Optimism
4. Social connection

How do we build resilience in children? Parents and teachers need to coach children through some of their more challenging moments and review what they may have learned to assist them to understand the situation better next time. We need to avoid solving all their problems for them.

You can promote a lasting sense of resilience in your children by:

1. **Having a positive attitude.** Our attitude as a parent impacts on our child’s ability to bounce back from some of the difficulties they may face. We need to model a ‘you can do it’ attitude for our children.

2. **Look for teachable moments.** Many learning opportunities are disguised as problems. Make the most of these opportunities so that children can be supported to grow and learn from some of the challenges they face.

3. **Help children to be active and responsible participants in the family.** Active participation in family life and household activities develops the self-help, problem-solving and independence skills that are necessary for building resilience.

4. **Build coping skills.** There are plenty of strategies you can pass on to children to help them cope when life doesn’t go their way, including acceptance, calming strategies, looking for the positive, knowing when (and how) to seek help and changing our perspective or the way we think about a particular event.

Promoting resilience in children is not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires us as parents and teachers to have an understanding of resilience so we can have faith in ourselves, and in our child’s ability to cope.

Remember it is normal for children to have big reactions to events that impact seriously and significantly on their world. Sometimes children (and adults) will need extra time, support and/or protection in order to feel safe. The challenge is in keeping the balance between providing support and encouraging coping skills. If you are concerned about your child’s well-being, or their ability to cope when things go wrong or move on after events are dealt with, please talk to their teacher or seek advice from our school counsellor.

**From the Principals’ desk...**

Ruth Bradfield-Ling
Principal

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**From the Office**

**Uniforms**

Due to supplier price rises it has been necessary to increase the price of some items on our list. We have kept all prices as low as possible.

**Hats**

Please remember to bring a hat every day, and put your name in your hat.

**Medicine**

Any medicine that needs to be taken at school must come down to the office. A form has to be filled in by the parent or guardian before we can administer any medication.

**Health Plan**

There has been an increased amount of children bringing Ventolin to school. Please ensure that the office is aware and that a Health Plan is in place for your child.

Anne & Stav

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**Calendar Dates**

**Homework Club has resumed on**

**Mondays & Wednesdays**

**Every Wednesday – Enrichment**

**Every Friday – Yr3–6 Sport**

**Monday 15th June**

**Engadine Band Festival**

**Thursday 11th June**

2:45pm 2/3S Assembly

**Tuesday 16th June - 9:45 am**

**Kindy 2016 Information Session**

**Thurs 25th June**

**Honour Assembly**

**Mon 22nd – Fri 26th June**

**Student/Parent/Teacher Interviews**

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**Walk a Mile In My Shoes – an intergenerational project**

This term, a group of students have been walking down to visit the “Thomas Roseby Lodge” Aged Care Facility on Illawarra Rd, on Thursday afternoons to participate in an Intergenerational Project. The students have been interviewing the residents, collecting stories about their elders’ past, their favourite games as children the different jobs or careers they had when younger and have learnt some valuable words of wisdom along the way. These visits always end in shared songs.

Our students are gathering information, thoughts and feelings. With the support and guidance of Kelly Guilfoyle we are hoping to develop a musical performance shared and presented by both generations. This project has definitely got off to a great start as I can proudly report that all our participating students bring sensitivity, respect and great enthusiasm to our project. (....being offered ice cream may have helped!)

Stacey Caponos, Music Teacher

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School website contains news, class overviews for the term, useful information from DEC and a school calendar with links to permission notes. Go to: www.marrickviw-p.schools.nsw.edu.au

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Ruth Bradfield-Ling
Principal
Holiday Club Roster

Start the weekend early and visit Connect on Friday afternoons for a bit of fun for the grown ups. There’s always something new and interesting happening or just drop by for a coffee and chat with other parents. Bring the little ones too! There’s no cost and no need to book ahead. Just pop in. So why wait around in the playground when you could be at Holiday Club??!!

Upcoming “Holiday Club” Activities

<table>
<thead>
<tr>
<th>Date</th>
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<th>Time</th>
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<tbody>
<tr>
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<td>Baking</td>
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</tr>
<tr>
<td>12 June</td>
<td>Knitting/Sewing</td>
<td>2:00-3:00 PM</td>
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<tr>
<td>19 June</td>
<td>Cooking</td>
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</tr>
<tr>
<td>26 June</td>
<td>Afternoon Tea</td>
<td>2:00-3:00 PM</td>
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Our New Adventure Playground

The new playground is made of wood, ropes and natural products. It also has hose wrapped around chains, for climbing on. It is held together with nails, screws and bolts. There is a wooden walkway with a bridge that leads to a little tree house. Soon there will be a gate from the main playground behind the canteen that children will be able to walk through to get there safely.

The best thing about this adventure playground is it is really stable and it is lots of fun. I think it looks nice and natural.

Thank you to the parents and our P&C for making this area possible. I can’t wait to play there with my friends.

By Evan 5A

Public Speaking Showcase results 2015

Stage Two:
1. Wavey
2. Victoria
3. Fabiha
4. Asma

Stage Three:
1. Haillie
2. Nick
3. Peri
4. Katie
5. Meg
6. Amarachi
7. Iggy

Stars of the Future

These 4 MWPS students were filmed for Playschool last week.

MWPS at the Zone Cross Country

Mothers Day stall

Vietnamese lunch order.

Making pizza.

Glee Club!
Parent-teacher interviews
Have you got a parent teacher interview coming up? Here are some tips for getting the most out of these important meetings.
Prepare a few questions to ask, and walk away with a plan.

School calendar
What's on when? Stay on top of school holiday, term and state examination dates across NSW.
Find out more: http://www.schools.nsw.edu.au/calendar/?do=setViewPeriod&categoryid=2&viewType=yearView

Assignment starters A-Z
What projects or essays does your child have that are due by the end of term? One of them could be among the School A-Z website's assignment starters – resources designed to point you in the right direction.

Class of the Week: 2/3S
This week the class we have chosen to interview is 2/3S. Mr Sinclair is 2/3S’s class teacher; he is also one of MWPS’ sports coordinators.

I talked to Mr Sinclair and asked him what his class has been learning. Mr Sinclair said that in computers they have been using a website called “makebeliefscomix.com”. This website allows students to create their own comic strip which practises their creative and literate skills whilst they have fun. This website also provides six languages other than English options.

Last week Asma from their class participated in the 3-6 public speaking showcase where she presented a very well put together speech. Almost all students in 2/3S presented a speech in class using different topics.

In Library lessons, for Reconciliation Week, they have been learning about all of Australia’s different indigenous cultures; they have been colouring in maps of Australia – which feature all of Australia’s indigenous sites – in different colours.

We interviewed four different students from this class: Brishti (year 2), Abraham (year 3), Eloise (year 2), and Mollie (year three).

Brishti stated that she liked the homework she was given, and Abraham said that they have been writing stories and learning about maths.

Eloise also said that they have been learning about times tables and length in maths. Mollie said that her favourite part of class was “Reading time”. When I asked her to describe her class in one word, she said “Fun”.

I believe that the students in this class are surrounded by a fun and educational atmosphere, and that this will help develop their learning abilities. By Mailie

ATYP with Caleb Lewis
MWPS students have been fortunate this term to be working with Caleb Lewis, a multi-award winning writer for the stage and skilled facilitator from the Australian Theatre for Young People (ATYP). ATYP was established in 1963 and is Australia’s oldest and largest youth theatre company continuing to make a difference through the arts.

According to ATYP’s Education Manager, Caleb captures the imagination and attention of young people with his welcoming personality and enthusiasm for his craft – the craft of storytelling. Caleb has been collaborating with MWPS students, empowering them as writers to unlock their stories. He develops practical skills designed to give students confidence in their own voice, a solid grounding in the fundamentals of classical narrative while also delving into new strategies for storytelling.
Stage 3: Source 2 Sea Excursion

On the 26th of May Stage 3 (Years 5 & 6), went on the ‘Source 2 Sea’ Cooks River excursion.

At 10:00am we departed school on the bus, we drove for about 20 minutes until we finally made it to Graf Park, Yagoona, said to be the source of the Cooks River. At Graf Park, we broke up into 6 groups and we learned about the area, the natural plants, and how the Rain Garden filters the water.

After we had finished at Graf Park we got back into the bus and drove to Strathfield Golf Club. We were introduced to some of the Strathfield council workers, who spoke to us about their jobs at the park. They told us how they stopped the water getting polluted by catching litter. They also spoke to us about how the water gets filtered in the Wetlands.

Following that, we got in the bus and drove for 23 minutes according to Mrs Austin’s phone. After the drive we were dropped off at Gough Whitlam Park, in Tempe. There we had lunch and walked to the Salt Marsh there. We learned about the special Aboriginal Mosaic as well.

Duct tape bows

Thuong, Ivy, Victoria, Zaynab, and Amelie from 3E are making a Duct Tape Bow stall. The Duct tape bows are made for many different uses. We are donating the money to Nepal. We will be selling them on the 4th, 5th and 8th of June. The big ones will be $1 each, and the miniature bows which will be 50c. We have many fun colours and designs. The store will be outside the library.

By Thuong, Ivy, Victoria, Zaynab and Amelie

School banking is Wednesday 9-9.20am in the LIBRARY

STAGE ONE page

early

Wednesday the 27th of May was National Simultaneous Storytime, where libraries and schools around Australia hosted a simultaneous story at 11am.

This year the story was ‘The Brothers Quibble’ by Aaron Blabey. All of Kindergarten assembled in Miss Morrison’s room to listen to the Author read the story. Kindergarten really enjoyed the story and gave it 10/10.

In library time Kindy classes made buntings, drawing pictures of people they love, like their family and friends.

by Nick 6C
**TERM 2 · WEEK 6 2015**

**MARRICKVILLE WEST PRIMARY SCHOOL NEWSLETTER**

**SPONSOR LIST**

<table>
<thead>
<tr>
<th>Name</th>
<th>amount per lap</th>
<th>laps completed</th>
<th>amount raised</th>
</tr>
</thead>
</table>

**GRAND TOTAL:**

**Note to SPONSORS**

- Each child will be encouraged to try and complete at least 10 laps and maximum 20 laps.

**The 2015 MWP S Walkathon**

- Make sure you get your card stamped every time you do a lap!
- Maximum of 20 laps.

**Parents & Citizens’ Association**

**MARRICKVILLE WEST PRIMARY SCHOOL**

**ThursDAY 30 april**
## WEEK 6 T2: MWPS CALENDAR

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>31</td>
<td><strong>Jun 1</strong></td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
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<tr>
<td>Public Speaking Showcase K-2</td>
<td>UNSW Science Test</td>
<td>Restorative Practice Workshop 7-8:15pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kindy excursion to Ewen Park</td>
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</tbody>
</table>

| **Week 8** | | | | | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | Kindy 2016 Information Session | Enrichment sharing assembly | UNSW Writing Test | School Assembly item by 2/3S P&C Meeting | Kindergarten Mini-assembly Reports go home | |

| **Week 9** | | | | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | Kindy 2016 Information Session | UNSW Spelling Test | | | Kindergarten Mini-assembly Reports go home | |

| **Week 10** | | | | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Parent-Student Teacher Conferences | Yr3-6 Rehearsal | Recorder Group Activities Day Honor Assembly | Last day of term | | | |

| | 28 | 29 | 30 | Jul 1 | 2 | 3 | 4 |
| | | | | | | | |

| | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | | | | | | | |
Stage one loves Drama! 2C is having great fun learning drama with the Australian Theatre for Young People. We are getting really good at telling stories with mime.

Students in 1A are loving the drama workshops run by the Australia Theatre for Young People. Here, the children are performing some mime and improvisation activities.

STAGE 2

Page 15

Top Trumps

The students of 3E have been working to develop their own version of the famous British card game ‘Top Trumps’. Given a simple storyline as a stimulus, the students had to draw a character that they imagined they could find in a school. They then had to write a brief description of the character and rate aspects of their life out of 10. This was a great task that incorporated the English, Maths and Art skills they have developed.

When complete, the game will be made available in the library!
Source 2 Sea

a Cooks River excursion

On Tuesday the 26th of May, all of stage three attended an excursion which taught us about the heritage of the river, and what we can do to help reduce pollution and restore the river to its natural state. They took us from school to the location of the start of the Cooks River, to where it merged into the ocean.

First off, we drove to Graf Park. This drive took about forty minutes, but was quite enjoyable. We were split into three groups and each group was assigned a River expert. We were situated at Yarrowee Rain Garden where we were told to sketch trees, shrubs, groundcover plants, and any evidence of animals we saw i.e. droppings, webs, or footprints.

We walked down to where the river was a small trickle of water. We talked momentarily about where our rubbish we drop on the street travels to.

After we finished sketching and taking photographs, we again boarded our bus and drove to Chain of Ponds Nature Reserve. Here we explored the wetlands, where the natural habitat had been restored. There were frogs in reed ponds, red belly black snakes lurking around and of course many insects.

Unfortunately though, we were running behind time, and not all of us were able to go into the wetlands. Also as a result of this schedule, we were unable to view and walk around Cup and Saucer creek wetlands.

So, the next stop was Gough Whitlam reserve where we ate lunch and sat down. Our lunch time was short lived as we were still running behind schedule. We walked around the reserve and learnt about a mural which showed the Aboriginal people of the Nguurra nation. We also spotted some animals which we were told to sketch in our booklets. I, myself sketch a school of fish, a mud crab and a bird which we spotted near the river.

After we left Gough Whitlam Reserve, we packed it in for the long haul and drove to Botany Bay, where the Cooks River merged with the sea.

To avoid rush hour and being late to school, we skipped paddling in the beach and went straight back to school. We arrived back at 3 o’clock and played in Henson until the bell.

I believe that this excursion was an educational and fun one. I really enjoyed it!

By Hailie, 6C

(photos by Iggy, 5A)
5A are learning about the ice desert, Antarctica this term. To summarise what students have learned so far, we all designed ‘wordclouds’ using tagxedo. We chose to make our ‘wordclouds’ in shapes such as snowmen and snowflakes to represent the freezing cold conditions in Antarctica. Did you know the coldest recorded temperature in Antarctica was 70 degrees!

We have also been writing information reports about the Emperor Penguin. Check out our chalk pastel Art!

By Jacob 5A
By Kiwan 5A
By Hector 5A

5A have been working hard during music lessons with Mrs Caponas. Students are learning how to play the recorder and work together as a group.

Did you know there is now a school song band? Every fortnight at the whole school assembly the band help Mrs Caponas provide the music for the school song. The members of the band are chosen fortnightly.

School Song Band Week 6: Steven, Sunny, Kiwan, Declan, Katie and Sharni – 5A

Second Hand Uniforms
Thanks to Ann Calloway for running a second hand uniform stall a couple of weeks ago. It’s great to see the unnamed jumpers that have lain in the Lost Property box for over two months, get a second life. We also appreciate all those who hand in donations of clothes to the Office. There will be another stall next term.

Canteen
Many thanks to Wendy for all her hard work in the canteen. She is the P&C’s only employee and she works very hard to make up to 60 lunches each morning. All in only two hours since we have such a early lunch! We love to get feedback and ideas about the canteen, but if you have suggestions please write them on a piece of paper and drop it in to the School Office to save Wendy time while she works to make all the lunches.

Reminder: There’s no credit at the canteen. If your child discovers they don’t have a lunch the teachers have a stash of sandwiches and ingredients in the Staff Room they can make your child a lunch with. Please remind your child if they forget their lunch (or as happens to the best of us, you forget to make it) that they can ask their teacher for a lunch from the Staff Room.

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West Walk
Many thanks to all those people who have returned their Walkathon money. So far we have raised $6000, but we haven’t yet matched last year’s record of $8000. If your child hasn’t brought in their money yet, please send it back as soon as possible. Every contribution counts. There will be a prize for the class that has all students contribute. Currently Georges is in the running to win the Disco for highest earning House.

Next P&C Meeting: Thursday 7pm 11th June

in the Staff Room. All parents are welcome to come along and learn more about the school and give their ideas on how to make it a better place.
Would you like to work from home?

Are you passionate about education and quality outcomes for children?

Do you have a Certificate III or above in Children Services?

If yes, then Marrickville Council Family Day Care would like to meet you.

For more information about becoming a Family Day Care Educator, please contact the Coordination Unit:

- Call 9335 2235 or 9335 2236

Become part of the Marrickville Family Day Care team, a professional service that has been providing high quality education and care to local families in our community for the past 40 years.

Fit4Free Marrickville

We are excited to confirm that our next FREE 4 week transformation challenge at Fit4Free Marrickville starts on Tuesday 26th May at Marrickville West Public School. Registration will be open for 10am-12pm on Sunday 24th and 5-7pm on the 26th, the first Tuesday of classes. All session and rego take place at the school on Livingstone Rd in Marrickville. More information at www.fit4freemarrickville.info

We now offer 3 x 60 minute sessions per week focussing on cardio fitness and core strength and including a one hour DanceFit class! Each session concludes with 5 handy healthy living tips and interactive small group Masterclass Nutrition sessions are delivered fortnightly. Each participant receives a FREE 30 minute body analysis with the option of further 1:1 support to achieve your goals from one of our wellness coaches. We would love you to join us! What can you achieve in 30 days? Fit4Free Marrickville Team 0437804038

Interested in art? Want to expand your creative skills and learn about the art world?

If you are aged between 16-25 years, the ‘Artefacts!’ program at Creative Youth Initiative (CYI) may be for you!

Artefacts! is a FREE course offered once a year (February and July) and runs for 3 days a week. You will have the opportunity to display your artworks at the annual CYI art exhibition as well as work on your own projects and further develop your skills in the workshops.

The course is run by experienced art tutors and you will also receive support from the Student Support Coordinator. If this sounds like something you would be interested in, please contact the staff at CYI on (02) 9356 8897 or email the Student Support Coordinator on mahoneyj@missionaustralia.com.au

CYI is located at Mission Australia Centre, Lower Ground Floor, 19 Denham Street, Surry Hills, NSW

Information Sessions for Kindergarten 2016

Morning Session 9.45am-10.45am Tuesday 16th June 2015
Evening Session 6.00pm-7.00pm Tuesday 18th August 2015

Please RSVP your attendance for the Evening Information Session by calling the Marrickville West Primary School office on 9558 1137.

Areas That We Will Be Covering

- Welcome and introduction by the Principal
- What makes MWPS unique?
- P&C - A brief introduction
- What is Connect Marrickville?
- What can I do to ensure a happy transition to school for my child?
- Starting Big School (SBS) - Transition to School Program – 2015/16
- Tour of school (Morning Session) –Virtual Tour (Evening Session)
- Light Refreshments in the Library

Dates for your diary:

‘Starting Big School’ (SBS) transition sessions begin on Tuesday 27th October and continue every Tuesday for five weeks (27th October, 3rd November, 10th November, 17th November and then 24th November 2015).

We look forward to seeing you at our ‘Starting Big School’ (SBS) transition sessions.
BOYS & GIRLS UNIFORM PRICE LIST

SUMMER

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OTHER

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Please be aware that there has been a price increase on some uniform items.

Paint a T Shirt @the Library

TShirt painting

Come along to Balmain Library and join in the fun.

Now you are a fashion designer as you create your very own TShirt design. Children will be encouraged to draw a detailed design & then to paint the design with special fabric paints. The TShirt is then ready to wear. The workshop will run for 2 hours.

Balmain Library
Wednesday 8 July 2015 2pm Ages 5-12
Bookings essential Book Online or Contact 93679266

KU Crusader Preschool
Enrolling Now

KU Crusader Preschool provides a high quality, not for profit early childhood program for children aged 3 years to 6 years.

We offer:

- An educational, play-based curriculum
- A full school readiness program
- Safe, natural learning environments designed to encourage skills in all areas of development, while enabling children to explore and learn about the world around them
- Qualified, experienced staff including University Qualified Teachers
- National Early Years Learning Framework

For more information on enrolling your child, contact the centre at:

KU Crusader Preschool
53 Mapkoff Street
T 02 9569 1940
ku.crusader@ku.com.au

KU is proudly a not for profit organisation.

Marrickville Represents

Opening Night Celebration
Friday 19 June 6-8pm

All Welcome!

What’s important to you about your culture?

Local residents give voice to cultural diversity of Marrickville & a collection of artistic self portraits celebrate this unique multicultural people & their way of life.
# Marrickville West Munchies

## Canteen Menu

### Before School – Fuel Up!
- Cheerios ........................................ 50c
- Sultanas ........................................ 50c
- Seasonal Fresh fruit from ..................... 70c+
(No snack foods will be sold to students before school)

### Super Sandwiches, Toasties & Salad

#### Buttered
- $1.30

#### Vegemite
- $1.60

#### Baked Beans
- $2.60

#### Vegemite & Cheese
- $2.60

#### Egg/Cheddar tuna/chicken slice/ham
- $2.60

#### Cheese & tomato
- $3.00

#### Egg & lettuce
- $3.00

#### Chicken, lettuce & mayo
- $3.40

#### Tuna & mayo
- $3.00

#### Tuna or Ham or Cheese with Salad
- $3.80

#### Ham & cheese
- $3.00

#### Ham & tomato
- $3.00

#### Cheese & tomato
- $3.00

#### Ham, cheese & tomato
- $3.40

#### Salad
- $3.30

### extras

#### Filling (each)
- $0.60

#### Roll or wrap
- $0.60

#### Mayo/tomato sauce
- $0.30

#### Sweet chilli/BBQ/soy sachets
- $0.30

#### Salad plate/box
- $4.00

(lettuce, tomato, cucumber, celery, carrot)

#### Add – Tuna/egg/ham
- $0.60 ea

#### Plastic Spoons
- 5c

### Drinks

- Up & Go ........................................... $2.10
- 200ml 100% Juice (box) ....................... $1.30
- 200ml 100% Juice (bottle) .................... $2.00
- Plain milk ....................................... $1.30
- Yoghurt ......................................... $1.30
- Flavoured Milk (lite) ......................... $2.00

### Frozen Treats Sold after the second lunch bell

- Frozen fruit pieces (bag) ...................... 20c
- 99% fruit juice ice sticks ....................... 60c
- Juicyices .......................................... 80c
- Peters Fandangles .............................. $1.50
- Frozen yoghurt .................................. $2.00
- Slushy (99% fruit) Small ...................... $1.00
- Slushy (99% fruit) Large ..................... $2.00
- Gelato cups – 2 flavours ...................... $1.50

### Something New!

- Steamed Vegetarian Gyoza (V) ............... 70c
- Cheese & Spinach Triangle (V) ............. $1.20
- Vegetarian Rice Paper Rolls (V) .......... $1.50
- Mini Cheese & Spinach Quiche (V) ....... $1.20
- Mini Spinach & Ricotta Roll (V) .......... $1.00
- Fried Rice (gluten free) (V) ................. $3.50
- Traditional Potato Bake .................... $3.50
- Vegetarian Lasagne ......................... $3.50
- Fruit Salad Cup ................................ $2.00
- Hot Corn Cob ................................... $1.00

### Snacks

- Potato Chips (28g) .............................. $1.20
- Popcorn ........................................... $1.00
- Roasted Seaweed ................................ $1.00
- Rice/Grape snacks ............................. $1.20
- Gingerbread Folk ................................ $1.60
- Vege Crackers ................................... $1.20
- Flavoured Rice Crackers ...................... $1.20
- Hard-boiled egg ................................. $1.00
- vegetable Sticks ................................ $0.30
- Sultanas (box) ................................. $0.80

### Daily Meal Deals

**Monday: Chook Chook**

- 5 Chicken wedges or Chicken Burger (Halal) .................. $3.50
- MEAL DEAL w/ oat milk & pieces of fruit .................. $5.00

**Tuesday: Pasta & Curry & Pizza**

- Homemade Bolognese Pasta .................. $3.50
- Lasagne ........................................ $3.50
- Juicy Pizza Slice – Ham & Pineapple ........ $2.50
- Vegetarian Pizza ............................... $3.00
- Mild Butter Chicken Curry with rice. ....... $3.50
- MEAL DEAL w/ oat milk & pieces of fruit ........ $5.00

**Wednesday: Sushi & Soup**

- Sweet corn and chicken soup ................. $2.50
- with bread roll .................................. $3.00
- Sushi (pre-order Tuesday) ................... $3.00
- MEAL DEAL oat milk & pieces of fruit ........ $5.00

**Thursday: Chook Chook**

- 5 Chicken wedges or Chicken Burger (Halal) .................. $3.50
- MEAL DEAL w/ oat milk & pieces of fruit ........ $5.00

**Friday: Pies**

- Chicken Pie ..................................... $3.50
- Halal Beef Pie .................................. $3.00
- MEAL DEAL w/ oat milk & pieces of fruit ........ $5.00

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

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