Athletics Carnival!
From the Principal’s desk...

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the Tell Them From Me student feedback survey.

The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.


The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help improve how they do things at school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 17 August and 16 October. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you do not want your child or children to participate, please return the form to school by 28 August.

Copies of the form and FAQs are available from the website above.

The Partners in Learning parent feedback survey

Our school will also be participating in the Partners in Learning parent survey, another part of the Tell Them From Me suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents’ and carers’ perspectives on their child’s experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school’s support of learning and behaviour.

This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online at home or on public computers. The survey will typically take 15 minutes or less to complete and is completely confidential.

The parent survey will be conducted between 17 August and 16 October. Participating in the survey is entirely voluntary, however, your responses are very much appreciated.


Ruth Bradfield-Ling
Principal

A generous donation to our Music Program

A big thank you to Phu Quang (grandfather of Mya in KM) who donated a drum kit to our school music program last week. Mya’s mother, Vanessa and uncle Chris (Cuong) also attended Marrickville West. Cuong Hang is acknowledged on the largest of the wooden plaques outside Ms Ling’s office as a result of receiving the award for Academic Excellence (Dux of the school) in 1991.

The “Drumming Club” that is enjoyed by a small group of boys on Tuesdays at lunch time, will now have a traditional drum kit to accompany the electronic drum machines they currently use.

Thank you also to Thomasin Litchfield the multi-talented president of our P&C for collecting the drum kit and delivering it safely to school.

Calendar Dates

- Homework Club: Every Monday & Wednesday
- Enrichment Classes: Every Wednesday 2:40pm
- Tuesday 4th August – Zone Athletics Day 1
- Wednesday 5th August – Jacaranda Concert – Opera House 7pm
- Thursday 6th August – Stg1 – Local Community Walk
- Thursday 6th August – Assembly by 4M
- Tuesday 11th August – Zone Athletics Day 2
- Thursday 13th August – GP Visit
- Tuesday 18th August – Assembly by 4S
- Tuesday 20th August – Cooks River Assembly – 2:40pm

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
Conversations With Kids

A group of dedicated parents at Marrickville West have been trained to run “Conversations with Kids”. This involves leading groups of 4 children having a conversation around topics of interest to the children. Today the children in Carole’s and Susan’s group were discussing “dogs”. What’s your favourite dog? Where do you take a dog? Where would you never take a dog?

Children take turns of talking, helped by holding an object, such as a ball. They also need to listen, and remember what the other children have been talking about. The sessions run for 20 minutes once a week, with Carole and Susan on Mondays, and Poppy and Jess on Wednesdays.

What difference do these sessions make to the children? Jonah, one of the more confident speakers, said “I like it so much”. “The children who have been coming during Term 3 are now much more focused into the conversation”, said Susan. “You really see them light up when the topic keys into their interests and imagination, like Erdem with Dinosaurs. It really builds their confidence” said Carole.

Mrs Barnett from KB said “It provides an opportunity where reluctant speakers can really come out of themselves in the smaller group setting and relate to other children they would not normally gravitate towards.”

At the beginning of Term, year 2-6 attended Canterbury Boys High School to try out all the different sports available to community.

One of the more interesting was Bowls, which was a lot of fun!

CARNIVAL OF THE CODES

At the beginning of Term, year 2-6 attended Canterbury Boys High School to try out all the different sports available to community.

We all Stand on Sacred Ground:
Learn, Respect & Celebrate

5 – 12 JULY 2015

NAIDOC week assembly

Aunty Linda, Ms Ling & Ms Mulligan were fortunate enough to be invited to a special NAIDOC event hosted by Christian Brothers High School Lewisham starring our very own Izaya.

Izaya is a very valuable member of our MWPS community who is completing a traineeship through the Djinngi Program, gaining qualifications in a Certificate III in Educational Support. He assists and supports teachers and students in the classroom.

It was a fantastic event and we are very proud of Izaya!

NAIDOC Day at MWPS...

Isaya is a very valuable member of our MWPS community who is completing a traineeship through the Djinngi Program, gaining qualifications in a Certificate III in Educational Support. He assists and supports teachers and students in the classroom.

It was a fantastic event and we are very proud of Izaya!

Our fabulous GA and Cleaner Michele Napoli has retired after almost 20 years of services. Marrickville West wish him all the best in the next phase of his life. We welcome Leo to our Marrickville Community, who will be permanently stationed at Marrickville West to work alongside with Angela.

Leo comes with many years of experience working in schools.
Nationally Consistent Collection of Data on School Students with Disability

Marrickville West Primary School is currently gathering information to support the National Consistent Collection of Data on School Students with a Disability.

In May 2013, all Education Ministers from the Commonwealth, State and Territory governments endorsed the implementation of a nationally consistent collection of data on school students with a disability in all Australian schools.

The nationally consistent approach to data collection will provide all Australian schools, education authorities and the community with a clear picture of the number of students in schools with a disability and the adjustments they are provided to enable them to participate in education on the same basis as other students.

Marrickville West participated in the trial of NCCD that occurred in 2014. All Australian schools will participate in the first comprehensive collection occurring in August 2015.

The information that must be given to the department includes:

- the student’s level of education (i.e. primary or secondary)
- the student’s category of disability (i.e. physical, cognitive, sensory or social/emotional)
- the student’s level of adjustment (i.e. the level of support provided within or in addition to the differentiated, classroom program).

The information provided allows us to measure the adjustments and additional support required by students at each school. The data will not identify individual students.

---

**LOTE news**

Chinese and English LOTE students combined to make a yummy fruit salad.

Chinese LOTE students showing off their best work.
Kindergarten have Fitness every Tuesday. This term we are lucky to have a special guest Gerome (Hawaiiki’s Dad) who is teaching the children some traditional New Zealand Dancing. They are enjoying learning some new words and some great new dance moves. In this week’s session they learnt a song about a duck and a lizard. Who knew fitness could be so much fun!

Stage one has been learning about Built Environments in Science. We have read Jeannie Baker’s Window and Belonging, and noticed the way the built environment changes in the book.

Like Jeannie Baker, we have made artwork based on our observations of the built environment around us. Year Two have taken inspiration from Jeannie Baker’s books and imagined the view of a built environment out a window.

Year one have made a collage of skyscrapers and discussed materials used to build skyscrapers.
STAGE 2

Last Week Stage 2 farewelled our good friends Jaafar, Joelle and Alim.

On Friday, the 24th of July, Marrickville West went to visit the local gross pollutant trap in Marrickville that was just around the corner.

Each class, one by one, walked with their teacher to the gross pollutant trap to see rubbish being hauled out of the trap and into a truck. Some rubbish was scooped out by a net and put on display to students and teachers to show how polluted the stormwater can get.

Mostly leaves were pulled out in balls of soggy, natural mess. But along with that, many man-made items were found. Bottles, cans, tennis balls, food and even games were seen. Not to mention that many students agreed the site was very smelly.

Each class got to look inside the trap and see how much more rubbish was inside.

All pollutants were transferred into the truck using the 'Clamshell Grab'; the giant claw that scooped up waste while letting water back into the gross pollutant trap. The company which was removing rubbish from the trap also had different sized suction hoses to remove waste.

Every month the trap is cleaned out. This process is said to usually take 40 minutes to an hour to complete. After the gross pollutant trap is cleaned, all rubbish is disposed of in a tip.

Hopefully this excursion will make children and adults think twice about where they dispose of their waste.

by Tilly Georges 6C
## WEEK 3 T3: MWPS CALENDAR

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 4</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Zone Athletics Carnival</td>
<td>Recorder Group performing at the Opera House</td>
<td>Stage 1 Excursion around local community Assembly: item by 4M</td>
<td>8</td>
</tr>
<tr>
<td>Week 5</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Zone Athletics Carnival</td>
<td>UNSW Maths Test</td>
<td>Assembly: Cooks River projects</td>
<td>15</td>
</tr>
<tr>
<td>Week 6</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Kindy 2016 Information Evening</td>
<td></td>
<td>Assembly: Cafe and Beanie Day</td>
<td>22</td>
</tr>
<tr>
<td>Week 7</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Book Week Parade</td>
<td></td>
<td>Daffodil and Beanie Day</td>
<td>29</td>
</tr>
<tr>
<td>Week 8</td>
<td>30</td>
<td>31</td>
<td>1 Sep</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Intensive Swimming Program</td>
<td>Kids and blokes playzone</td>
<td>Father's Day Stall Assembly: item by K P&amp;C Meeting</td>
<td>5</td>
</tr>
<tr>
<td>Week 9</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Enrichment Sharing Assembly Pt1</td>
<td>Enrichment Sharing Assembly Pt2</td>
<td></td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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](http://www.marrickviw-p.schools.nsw.edu.au)
**Book Bonus Read-A-Thon**

So far $129.38 has been raised for Marrickville West Public School, by Year 2 student, Theo participating in the 2015 Book Bonus Read-A-Thon.

Theo will receive a book of his choice to the value of $20 at the end of the PRC when he raises over $200!

Don't forget, Marrickville West Public School can be in the running for an extra $1,000 worth of books on top of the amount raised by students as one of the top 5 fundraising Book Bonus schools!

The 2015 Book Bonus Read-A-Thon is open until the end of the PRC (August 28), so there's still time to significantly grow our school's available literacy resources. Simply encourage more students to read, register and ask their family and friends for support. Our school will then receive the books of our choice to the total value of the amount raised (PLUS any prizes!)

If you have any questions about Book Bonus or Dymocks Children’s Charities, please don't hesitate to contact us or go to bookbonus.org.au.

---

**Excursions to Canterbury Girls High School**

For the last two weeks on Monday and Tuesday 5 girls have travelled to Canterbury Girls to experience what it is like being in high school. Some of the things we did were…

- **Maths:** Making dodecahedrons, seeing that triangles were the strongest shape for building and trying jobs that involved maths.
- **English:** Making puppet animals out of socks, creating speeches for people who have been accused of doing something wrong (when they haven’t), and my favourite…
- **DRAMA:**
- **Science:** Making fossils out of plaster of Paris, playing with safe electricity and chromatography. Oh yeah, and we dissected a lamb’s brain!
- **Physical movement:** Relays, REALLY, really fun dancing treasure hunt for paper bones for bob (a skeleton) and charades.

I learned so much from this experience and I made great new friends! I really recommend this to anyone who is interested.

I am no longer worried about High School.

By Peri 5A

---

**Athletics Carnival**

---

**Multiplication**

Whenever you multiply a number by zero, the answer is always zero, for example, 0x6=0. When you multiply a one digit number by 11, you put the number twice, for example, 11x5=55. Whenever you multiply a two digit number by 11, you just add them and put the sum in between them, for example, 11x44=484. When you multiply by nine, you put the sum in between them, for example, 9x4=36. When you multiply a number and you decrease the units by one each time, you increase the tens by one each time, for example, 11x44=484.

---

**TOP 10 WAYS TO ESCAPE CLASS**

1. Pretend to be sick.
2. Pretend to have something else on.
3. Pretend to need to go home because your mum’s sister is in town.
4. Pretend need to do a science project.
5. Pretend that you have to go to a family convention.
6. Pretend that you got a baby bro.
7. Pretend that your mum is in hospital.
8. Pretend that your house got robbed.
9. Pretend that you are moving.
10. And last but not least pretend to go to the pool.

By Kiwan 5A

---

**Information Session for Kindergarten 2016**

**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).
SATURDAY 12 SEPTEMBER is Marrickville West’s TRIVIA NIGHT with a TWIST of BOLLYWOOD

The School Hall will be transformed for a night of fun and games. Please save the date... a note will be coming home soon. Tables of parents and friends will compete each other for fabulous prizes, there will be dinner provided, and a whole lot of fun.

If you want to help behind the scenes, please email Thomasin at thomasin.litchfield@gmail.com. We are especially keen to hear from any parents who have a Responsible Sale of Alcohol Certificate (RSA) and may be able to help on the night.

FATHERS’ DAY is coming up...
MWPS will once again be running a stall for students to purchase gifts for their father. Prices range between $1 - $10. This year the stall will be held on Thursday 3rd September.

Dates for your diaries:
- Mon 31st August- Wed 2nd Sep: drop off donations of second-hand items in good condition that are suitable for a dad at the school office.
- Wednesday 2nd September (after school): volunteers required to assist in setting up the stall.
- Thursday 3 September (from 9.30am): volunteers required to assist in selling items to students and gift wrapping.

P&C MEETINGS
We always love to see new faces at our meetings. They are held twice each term and it is a great opportunity to hear what is happening around the school, ask questions, put forward ideas and feel part of our community. Come along on Thursday 3rd September 2015.

MUSIC NEWS
The P&C music committee has just received a second grant of $6600 from Canterbury Hurstle Park RSL Club. Thanks to Stephanie Wilson for her work. This is fantastic news and means we can offer more scholarships to budding musicians next year who wouldn’t otherwise be able to afford to join the school band. It will also buy more instruments and help to keep the tuition fees super low for everybody.

In Term 4, we will offer lessons for students in Years 2 and up who are interested in joining the band in 2016. Stay tuned...

The Friday morning ukelele group has started – every Friday at 8.45am in the Art Room, kids are enjoying playing their ukes with Tom. If you’re keen to join, please email Thomasin at thomasin.litchfield@gmail.com.

THANK YOU...
to the parents who gave up some of their weekend at the beginning of the holidays to clean out our storeroom and install more shelves. There is now actually room to move in there!

SATURDAY 12 SEPTEMBER is Marrickville West’s TRIVIA NIGHT with a TWIST of BOLLYWOOD

The School Hall will be transformed for a night of fun and games. Please save the date... a note will be coming home soon. Tables of parents and friends will compete each other for fabulous prizes, there will be dinner provided, and a whole lot of fun.

If you want to help behind the scenes, please email Thomasin at thomasin.litchfield@gmail.com. We are especially keen to hear from any parents who have a Responsible Sale of Alcohol Certificate (RSA) and may be able to help on the night.

FATHERS’ DAY is coming up...
MWPS will once again be running a stall for students to purchase gifts for their father. Prices range between $1 - $10. This year the stall will be held on Thursday 3rd September.

Dates for your diaries:
- Mon 31st August- Wed 2nd Sep: drop off donations of second-hand items in good condition that are suitable for a dad at the school office.
- Wednesday 2nd September (after school): volunteers required to assist in setting up the stall.
- Thursday 3 September (from 9.30am): volunteers required to assist in selling items to students and gift wrapping.

P&C MEETINGS
We always love to see new faces at our meetings. They are held twice each term and it is a great opportunity to hear what is happening around the school, ask questions, put forward ideas and feel part of our community. Come along on Thursday 3rd September 2015.

MUSIC NEWS
The P&C music committee has just received a second grant of $6600 from Canterbury Hurstle Park RSL Club. Thanks to Stephanie Wilson for her work. This is fantastic news and means we can offer more scholarships to budding musicians next year who wouldn’t otherwise be able to afford to join the school band. It will also buy more instruments and help to keep the tuition fees super low for everybody.

In Term 4, we will offer lessons for students in Years 2 and up who are interested in joining the band in 2016. Stay tuned...

The Friday morning ukelele group has started – every Friday at 8.45am in the Art Room, kids are enjoying playing their ukes with Tom. If you’re keen to join, please email Thomasin at thomasin.litchfield@gmail.com.

THANK YOU...
to the parents who gave up some of their weekend at the beginning of the holidays to clean out our storeroom and install more shelves. There is now actually room to move in there!

NEXT P&C MEETING: Thursday 7pm 3 Sept
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.

Facebook.com/MWPandC
BigTent
BigTent.com/groups/mwpandc
Connect news

Do you have neighbours or friends with young children?

Are they connected in with friends and the community?

If you feel that your neighbours would benefit from Connect Marrickville
Show them our timetable and invite them along. All our programs are free.

Our English classes are for parents and grandparents, whether their children are at school or younger Helen and Nimfa run an awesome creche right next door.

There are always interesting things going on at connect and we are open to all families in the community.

What’s on Fridays in TERM 3

24th July - Eid Celebration
31st July - Marrickville South with Nicole
21st August - Family Photos with Jamie
Other dates: Gardening or Cooking depending on the weather
2pm-3pm at Connect Community Room

If you would like to attend, please contact Alicia at The Infants Home on 9799-4844
### Eco Therapy

*Garden for better health*

A course for community volunteers

- Mendable and un-mendable injuries
- Eco Therapy involves using planting growing and gardening activities to improve the body, mind and spirit of people of all ages, backgrounds and abilities
- Learn about Aboriginal seasons and land and bush regeneration techniques
- Develop interpersonal communication skills for working with a diverse range of people
- Facilitate participation in tending gardens and sensory activities
- Support people to grow food and flowers
- Learn how to create and maintain gardens to support health and wellbeing in a range of situations, both indoors and outdoors
- Support people in good food and flowers
- Understand and develop sustainable gardening practices

**Rundown**

- **TUESDAY**
  - 10:00am - 12:00pm: SiMPLEX Lessons
  - 1:00pm - 3:00pm: SiMPLEX Lessons
  - 3:30pm - 5:30pm: SiMPLEX Lessons
  - 6:00pm - 8:00pm: SiMPLEX Lessons
  - 8:00pm - 10:00pm: SiMPLEX Lessons

**WEDNESDAY**

- 9:30am - 9:45am: Entry to Excellence
- 10:00am - 12:00pm: SiMPLEX Lessons
- 1:00pm - 5:30pm: SiMPLEX Lessons
- 6:00pm - 8:00pm: SiMPLEX Lessons
- 8:00pm - 10:00pm: SiMPLEX Lessons

**THURSDAY**

- 10:00am - 12:00pm: SiMPLEX Lessons
- 1:00pm - 5:30pm: SiMPLEX Lessons
- 6:00pm - 8:00pm: SiMPLEX Lessons
- 8:00pm - 10:00pm: SiMPLEX Lessons

**FRIDAY**

- 10:00am - 12:00pm: SiMPLEX Lessons
- 1:00pm - 5:30pm: SiMPLEX Lessons
- 6:00pm - 8:00pm: SiMPLEX Lessons
- 8:00pm - 10:00pm: SiMPLEX Lessons

**SATURDAY**

- 10:00am - 12:00pm: SiMPLEX Lessons
- 1:00pm - 5:30pm: SiMPLEX Lessons
- 6:00pm - 8:00pm: SiMPLEX Lessons
- 8:00pm - 10:00pm: SiMPLEX Lessons

Please contact Tricia at TAFE Outreach. Bring your USI to TAFE (if you have one).

---

### Marrickville West Primary School Hall and Room Activities (out of school hours)

**CLASSROOM**

- **TUESDAY**
  - 7:00pm - 8:00pm: CobraFit Classes
  - 7:00pm - 8:00pm: Spanish Classes
  - 7:00pm - 8:00pm: Turkish Classes

- **WEDNESDAY**
  - 7:00pm - 8:00pm: Philippine Dance
  - 7:00pm - 8:00pm: Spanish Classes

- **THURSDAY**
  - 7:00pm - 8:00pm: Romanoid Violin & Piano
  - 7:00pm - 8:00pm: Spanish Classes

- **FRIDAY**
  - 7:00pm - 8:00pm: CobraFit Classes
  - 7:00pm - 8:00pm: Spanish Classes

- **SATURDAY**
  - 7:00pm - 8:00pm: CobraFit Classes
  - 7:00pm - 8:00pm: Spanish Classes

- **SUNDAY**
  - 7:00pm - 8:00pm: CobraFit Classes
  - 7:00pm - 8:00pm: Spanish Classes

### Marrickville West Primary School Hall and Room Activities (out of school hours)

**TUESDAY**

- 7:00pm - 8:00pm: CobraFit Classes
- 7:00pm - 8:00pm: Spanish Classes
- 7:00pm - 8:00pm: Turkish Classes

**WEDNESDAY**

- 7:00pm - 8:00pm: Philippine Dance
- 7:00pm - 8:00pm: Spanish Classes

**THURSDAY**

- 7:00pm - 8:00pm: Romanoid Violin & Piano
- 7:00pm - 8:00pm: Spanish Classes

**FRIDAY**

- 7:00pm - 8:00pm: CobraFit Classes
- 7:00pm - 8:00pm: Spanish Classes

**SATURDAY**

- 7:00pm - 8:00pm: CobraFit Classes
- 7:00pm - 8:00pm: Spanish Classes

**SUNDAY**

- 7:00pm - 8:00pm: CobraFit Classes
- 7:00pm - 8:00pm: Spanish Classes

---

### TAFE Statement of Attainment

**Certificate II Skills for Work and Training 10697 (National Code 10089NAT)**

- **Pathway to a Certificate III in Aged Care, Community Services or Disability Support**
- Learn how to create and maintain gardens to support health and wellbeing in a range of situations, both indoors and outdoors
- Support people in good food and flowers
- Understand and develop sustainable gardening practices

---

### Marrickville West Primary School Hall and Room Activities (out of school hours)

**Term 3, 2015**

**MONDAY**

- 9:30am - 3:30pm: Science & Craft Lessons
- 3:30pm - 7:30pm: Science & Craft Lessons

**TUESDAY**

- 9:30am - 2:15pm: CobraFit Classes
- 3:30pm - 8:30pm: CobraFit Classes

**WEDNESDAY**

- 9:30am - 2:15pm: CobraFit Classes
- 3:30pm - 8:30pm: CobraFit Classes

**THURSDAY**

- 9:30am - 2:15pm: CobraFit Classes
- 3:30pm - 8:30pm: CobraFit Classes

---

**Contact details:**

Tricia Kenny phone: 9335 2790
email: patricia.kenny@nsweducation.gov.au

Building A, Level 1, Room 1
West Street Campus of Petersham TAFE

All courses run subject to demand and available resources.

Please note that there are intermittent events throughout the year, the above activities are subject to changes.
You must wear:

- Headgear
- Workboots
- Gloves
- Long sleeves
- Long pants
- High visibility vest
- Hearing protection
- Safety spectacles
- Hard hat
- Face mask
- Overalls

Information regarding the training course is available at the TAFE West Street Campus.

Please contact Tricia at TAFE Outreach. Bring your USI to TAFE if you have one.

Contact details:
Tricia Kenny phone: 9335 2790
email: patricia.kenny@tafensw.edu.au
Building A, Level 1, Room 18
West Street Campus of Petersham TAFE

For more information, call 9335 2173.

All courses delivered subject to demand and available resources.

Please be aware that there has been a price increase on some uniform items.
**Before School – Fuel Up!**

<table>
<thead>
<tr>
<th>Snack</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheerios</td>
<td>$0.50</td>
</tr>
<tr>
<td>Sultanas</td>
<td>$0.50</td>
</tr>
<tr>
<td>Seasonal Fresh fruit</td>
<td>$0.70+</td>
</tr>
</tbody>
</table>

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

**Super Sandwiches, Toasties & Salad**

<table>
<thead>
<tr>
<th>Sandwich/Toastie</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buttered Vegemite</td>
<td>$1.30</td>
</tr>
<tr>
<td>Vegemite</td>
<td>$1.60</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>$2.60</td>
</tr>
<tr>
<td>Vegemite &amp; Cheese</td>
<td>$2.60</td>
</tr>
<tr>
<td>Egg/Chesse/tuna/chicken slice/ham</td>
<td>$2.60</td>
</tr>
<tr>
<td>Cheese &amp; tomato</td>
<td>$3.00</td>
</tr>
<tr>
<td>Egg &amp; lettuce</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chicken, lettuce &amp; mayo</td>
<td>$3.40</td>
</tr>
<tr>
<td>Tuna &amp; mayo</td>
<td>$3.00</td>
</tr>
<tr>
<td>Tuna or Ham or Cheese with Salad</td>
<td>$3.80</td>
</tr>
<tr>
<td>Ham &amp; cheese</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ham &amp; tomato</td>
<td>$3.00</td>
</tr>
<tr>
<td>Cheese &amp; tomato</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ham, cheese &amp; tomato</td>
<td>$3.40</td>
</tr>
<tr>
<td>Salad</td>
<td>$3.30</td>
</tr>
</tbody>
</table>

**extras**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Filling (each)</td>
<td>60c</td>
</tr>
<tr>
<td>Roll or wrap</td>
<td>60c</td>
</tr>
<tr>
<td>Mayo/tomato sauce</td>
<td>30c</td>
</tr>
<tr>
<td>Sweet chilli/BBQ/soy sachets</td>
<td>30c</td>
</tr>
<tr>
<td>Salad plate/ box</td>
<td>$4.00</td>
</tr>
</tbody>
</table>

*lettuce, tomato, cucumber, celery, carrot*

- **Add – Tuna/egg/ham** | +60c ea
- **EXTRA 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
  - **Juices** | 90c
  - **Peters Fandangles** | $1.60
  - **Slushy (99% fruit) Small** | $1.00
  - **Slushy (99% fruit) Large** | $2.00
  - **Gelato cups – 2 flavours** | $1.60

**Something New!**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steamed Vegetarian Gyoza (V)</td>
<td>70c</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>Mini Cheese &amp; Spinach Quiche (V)</td>
<td>$1.20</td>
</tr>
<tr>
<td>Mini Spinach &amp; Ricotta Roll (V)</td>
<td>80c</td>
</tr>
<tr>
<td>Mini Potato Top Beef Pie.</td>
<td>$1.50</td>
</tr>
<tr>
<td>Fried Rice (gluten free)(V)</td>
<td>$3.50</td>
</tr>
<tr>
<td>Vegetarian Lasagne</td>
<td>$3.50</td>
</tr>
<tr>
<td>Fruit Salad Cup.</td>
<td>$2.00</td>
</tr>
<tr>
<td>Hot Corn Cob.</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

**Snacks**

- **Popcorn** | $1.00
- **Roasted Seaweed** | $1.00
- **Potato Chips (28g)** | $1.20
- **Grainwaves** | $1.20
- **Gingerbread Folk.** | $1.60
- **Hard-boiled egg** | $1.00
- **Vegetable Sticks (bag)** | 30c
- **Sultanas (box)** | 80c

**DAILY MEAL DEALS**

**MONDAY**: **CHOOK CHOOK**

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

**WEDNESDAY**: **SUSHI & SOUP** *(soup T2 & T3 only)*

- Sweet corn and chicken soup with bread roll | $2.50
- **Sushi (pre-order Tuesday)** | $2.00
- **MEAL DEAL oak milk & pieces of fruit** | $5.00

**THURSDAY**: **CHOOK CHOOK**

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

**FRIDAY**: **PIES**

- **Chicken Pie** | $3.50
- **Halal Beef Pie.** | $3.00
- **Traveller Beef Pie.** | $3.00
- **MEAL DEAL w/ oak 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.**