



NEWSLETTER

GIRRAWEEEN PUBLIC SCHOOL

Principal: Mr. G Walker
Phone: 9631 3650

9 Bando Road
GIRRAWEEEN NSW 2145

27th June 2013

Tuesday 16th July—Students return

Principal's Message

School Website:

<http://www.girraween-p.schools.nsw.edu.au/>

This week we have held our parent/teacher interviews to review students' progress during the first half of the school year. Parents have been able to discuss areas of achievement and areas for development in the remaining two terms this year. I have been very impressed with the high number of families that have taken the opportunity to attend these interviews. This is a clear demonstration of the value parents place on their children's education and support for their learning.

The new online booking system for P/T interviews has been well received by both parents and staff. We will continue with this system in future.

As this is the last newsletter for the term I would like to thank all parents, especially those involved in our P&C and uniform shop, for the excellent support our school enjoys from the community. This has been a very busy and productive term for our whole school.

In this newsletter there is an advertisement for a uniform shop co-ordinator to manage the operation of our uniform shop. Our school will continue to require volunteer assistance in the uniform shop throughout the school year. With the large number of orders for both summer and winter uniforms the P&C uniform shop is a significant responsibility requiring management of ordering, stocktake, finance and organisation of volunteer workers. The P&C have agreed that the responsibility for management of the uniform shop requires more than can be expected of parent volunteers. The P&C will fund the cost of the uniform shop manager on trial until the end of this year.

Our senior students had a fantastic trip to Canberra and the snow. There are some great photos included in this newsletter. Next term we have another busy schedule with our school athletics carnival in Week 2 and Education Week in Week 3.

Have a good holiday everyone. I look forward to seeing our students and staff return refreshed for the third term of our school year.

Regards,

G. Walker

DATES FOR YOUR DIARY

Friday 29th June

Last day of Term 2

Term 2

Monday 15th July

SDD

Wednesday, 24 July

K-6 Athletics Carnival, OC

Tuesday 16th July

Students return

Tuesday, 30 July

Open Day

Friday 19th July

Regional Cross Country

Wednesday, 31 July

Performing Arts Night



KJ have been very busy learning. We are very clever at reading and writing, but our favourite time of the week is when our 5A buddies visit to help. Here are some photos of the fantastic physical activities the students of 5A planned and ran for us. KJ loved it and 5A students should be very proud of themselves.



Stage 3 Excursion to Canberra/Snowy Mountains

On Wednesday the 12th of June I woke up at 6:30am to get ready for CAMP! I got ready and packed the suitcase into the car and my parents and I loaded ourselves in and we went to school. We chatted with our friends, took pictures and got our names marked off. We loaded our suitcases and ourselves in and farewelled our parents and families and we went. We went in a coach.

We went to the Parliament House and Questacon, the best! In Parliament House I saw the 2 different chambers named THE HOUSE OF REPRESENTATIVES and THE SENATE. In Questacon I went to the earthquake house. We played the cloth catch.

On Thursday we went to the Snowy Mountains. Aifa and I had put our pants on the wrong way so they kept falling down, luckily we had an extra pants underneath. We came back and had a bath and got ready to go to the disco. My friends and I went in our pyjamas. When we came back we were puffed out and fell flat on our faces.

On Friday we went to the old Parliament House and got to act as Labour and Liberal members of Parliament. I was a minister. We then departed to come home.

At 7pm we got back to school and I was excited. I loved the camp tour!

Abbiraa 5A





Thanuskan 5A

Camp

On Wednesday, at 6:30 am I placed my luggage in the coach, then I went on the minibus. My travel buddy was Haran. The minibus was leaving, I said bye to my family. At 10:30 am we had arrived at the 'War Memorial'. We first looked at the gallery. I saw an old camera, soldier uniforms and special badges. After that, we went to the D-Zone (Discovery Zone). There was four rides, the water, land, air and weapons.

After that, we went to the Parliament House. Unfortunately, we didn't see Julia Gillard. We went inside the House of Representatives and the Senate. We had lunch outside the Parliament House. At 2:00 pm we departed for Gwestacon. At 2:30 pm we arrived at Gwestacon. I saw the Grawitrium, Mr Ward taught us last year about Gwestacon. I went inside the 'Earthquake House'. It was really scary. There was a ride called 'The Drop' but I didn't go because it was too scary. There was so many rides but I can't name them all.

At 4:30 pm we departed to our accommodation. At 6:30 pm we arrived at our accommodation. We had dinner in the restaurant. The owner of the motel at our accommodation, we had a dog called 'Holly'. My cabin mates were Pranay, Haran, Sahithyan, Andrew, Piraveen, Kishaan and Rityu. It was 9:00 pm. I put on my West Tigers pyjamas. All of us slept only at 12:00 am because Andrew was making us laugh.



Girraween Public School

Bando Road, Girraween, NSW, 2145.

0631 3650 - 9631 9632 (Ph); 9896 3392 (Fax); girraween-p.school@det.nsw.edu.au

26th June 2013

Dear families,

This year we are creating a Girraween Public School cook book.

We have had some responses from families but would like many more.

Recipes can come from anywhere.

When you are cooking your favourite meal during the holidays, write it down and send it back to school at the beginning of next term. If you would like to email your recipe then feel free to email the school at girraween-p.school@det.nsw.edu.au.

If you have already submitted a recipe and would like to submit more, then please do so.

On the back of this note we have created an example of what your child's page might look like in the recipe book. (I have to confess this is not my recipe or my cooking, but I did enjoy eating it!)

The GPS Recipe Book will be ready for distribution in term 4.

Miss Webster,
Deputy Principal.

GPS Recipe Book

Name of student: _____ Class: _____

Permission for photo of student to be included: Yes No

Food country of origin (if applicable): _____

Type of food:

Snack	breakfast	main meal	dessert
other: _____			

Served (if applicable): hot cold other: _____

Preparation time: _____

Serves: 1 2 3 4 _____

Special notes:

dairy free	gluten free	nut free	egg free
other: _____			

[illegible]



Feta and Vegetable Loaf

By (your child's name)



Preparation Time: 5 mins (plus 30 mins cooling)

Cooking Time: 45 mins

Serves: 6-8

Ingredients

Cooking oil spray, for greasing
3/4 cup extra virgin olive oil
1 white onion, thinly sliced
2 cloves of garlic, thinly sliced
3 cups baby spinach, washed
1/2 cup semi-dried tomatoes, drained, chopped
Sea-salt flakes and freshly ground black pepper, to season
2 cups of self-raising flour
1 1/2 tsp fine salt
150g sour cream
4 eggs, beaten
Softened butter, to serve

1. **Preheat oven** to 180C. Grease a medium (21.5 X 11.5cm) loaf tin with cooking oil spray, then line base and sides with baking paper. Heat 2 Tbsp of the oil in a large frying pan over a medium heat. Add onion and garlic. Cook, stirring for 5 minutes or until softened. Remove from heat. Stir in spinach and set aside until wilted. Stir in feta and tomato. Season with sea-salt flakes and pepper.
2. **Sift flour** and fine salt into a large bowl. Stir in sour cream, egg and remaining oil until smooth. Add onion mixture to flour mixture and beat gently to combine. Spoon into prepared tin and smooth surfaces. Bake for 35-40 minutes or until cooked when tested with a skewer.
3. **Cool in tin** for 30 minutes then transfer to a wire rack to cool completely. Use a serrated knife to cut into slices with softened butter.



Turn off the TV or computer and get active

- ✓ Set a limit on the amount of time children watch television or spend on the computer. Two hours a day is the maximum. Too much screen time limits physical activity.
- ✓ On the weekend, live life instead of watching it on TV. Find a new place to hike, bike or run. When you hear "I'm bored" – think of something active to do.
- ✓ During the winter months, avoid allowing children to watch too much TV or play video games. Encourage active play, which builds social, mental and physical motor skills.

Why reduce television time?

- studies have shown we use less energy watching TV than sitting still
- TV influences the food choice of kids – Australia has a high rate of food advertising during children's viewing hours
- TV replaces time a child can be active and enjoy physical activity
- there is an association between TV watching and being overweight
- 40% of children 5 – 12 years report watching an average of two hours or more of television or videos a day.

Screen-free things to do

Limit your child's screen time to no more than one to two hours a day. This includes television, electronic games and computer games. Offer alternatives to watching TV, until new, healthy habits are created. Some alternatives are:

- listen to music
- go to the park
- draw a picture
- play cards
- ride a bike
- read a book
- make a scrap book
- hula hoop
- jump rope
- play with your pet
- do a crossword
- learn a magic trick
- learn to juggle
- plant some seedlings
- play hopscotch
- learn to knit or crochet
- play a board game
- create sidewalk art with chalk
- build a cubby house.



Woolworths Earn & Learn

49640 Stickers

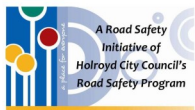
That's what we have collected so far.

The program has now finished for this year, so a big thanks to everyone who supported our school.

We're now at the important stage of the program where point sheets are collected and lodged. You have until this Friday to bring your stickers in.

We will then be able to get new educational equipment for our school. The more we collect, the more we can redeem. So this week please send in your Woolworths Earn & Learn Points Sheets and any loose Earn & Learn Points Stickers you may have. Remember to check your handbag, the car glove box or they may be stuck on the fridge. Every little bit helps.

Thank you again for all your support!
Miss Khoury



ROAD SAFETY FACT SHEET

School Zones

This fact sheet provides an overview of some of the penalties that apply to School Zones.



You must not stop your vehicle on a length of road or in an area in which a NO STOPPING sign applies.

No Stopping includes when the vehicle is not moving but the engine is still running.

Penalty \$298 + 2 Demerit Points



You are allowed to stop your vehicle only to set down or pick passengers, or goods.

Your vehicle must not stop for more than 2 minutes. The driver must not be more than 3 meters from the vehicle.

Penalty \$165 + 2 Demerit Points



You must not stop or park your vehicle in a bus zone for any reason.

This includes when the vehicle is not moving but the engine is still running.

Penalty \$298 + 2 Demerit Points



You must not stop your vehicle or park in the middle of the road to drop people Off or pick them up.

Always stop or park legally and safely at the edge of the road or in a parking area.

Penalty \$298 + 2 Demerit Points



You must not stop or park your vehicle on or near a pedestrian crossing to drop people off or pick them up.

Penalty \$397 + 2 Demerit Points



You must not make a U-turn without giving way to pedestrians or vehicles in a school zone.

Penalty \$397 + 4 Demerit Points



You must not use a mobile phone whilst driving. Using your mobile phone whilst driving is distracting and dangerous, and is putting lives at risk.

Penalty \$397 + 4 Demerit Points

Parking and driving unsafely can put children's lives at risk.

Take care when in School Zones

For more information visit www.rta.nsw.gov.au

Or Contact Holroyd City Council's Road Safety Officer on Ph: 9840 9880



5 facts about strawberries

1. Strawberries aren't actually berries, they are known as 'accessory fruits'
2. On average, strawberries have about 200 seeds
3. They're the only fruit with their seeds on the outside
4. They are a good source of Vitamin C
5. Most children love them!

Why not pack strawberries for Crunch&Sip® this week?



Dear Parents/Carers

Our school has registered to participate in the **2013 NSW Premier's Primary School Sport Challenge**.

The purpose of the Challenge is to encourage students to participate in sport, games and physical activity -and to have *more students, more active, more often!*

Over a ten week period, our school will be monitoring physical activity we do during class time, at recess and lunch as well as during sport. What we do outside school hours will also count towards the Challenge award for our school.

Each student will be issued with a Challenge log book to record their physical activity.

Your support in encouraging your child to be physically active before and after school as well as on weekends will encourage him/her to develop healthy lifestyle habits. You may like to join us in this venture by organising family activities such as walking, swimming and cycling.

Each student completing the Challenge will receive a personalised certificate from the Premier of New South Wales.

Physical activity is valued for its physical, social and emotional benefits. It also helps young people to develop communication skills, confidence and resilience while having fun with family and friends.

If you would like to discuss any aspect of the Challenge or make suggestions, please contact Mr Ward who will be pleased to talk further with you. For more information on the *NSW Premier's Sporting Challenge* please visit www.schools.nsw.edu.au/psc

I know our students are really looking forward to participating in the Challenge and having fun along the way!

Yours sincerely

Mr Ward

Value of the Month: Respect

Having regard for yourself and others, lawful and just authority and diversity within Australian society and accepting the rights of others to hold different or opposing views.

In school communities, evidence of this value includes:

- regarding as important the opinions of parents
- implementing government education policy

In classrooms, evidence of this value includes:

- accepting the rights of other to hold different views to your own
- listening to others without interrupting
- obeying school rules
- acknowledging the strengths and abilities of students
- affirming cultural diversity within the school community.

50th@greystanes-h.schools.nsw.edu.au

Greystanes High School

1963-2013
GREYSTANES
GS
H
S
1963-2013

Saturday
17th August 2013
Open Day 10am to 2pm
and
50th Anniversary Dinner
at
Parramatta Leagues Club

from 6.30pm
cost: \$75-
RSVP:
Monday 29th July 2013
ph: 9631 9144

All enquiries: 50th@greystanes-h.schools.nsw.edu.au

FREE fun program for kids to become fitter, healthier & happier




REGISTER NOW FOR NEXT TERM . . . DON'T MISS OUT!

Go4Fun

1800 780 900
www.mendcentral.org/go4fun

Do you have a child 7 to 13 years old?
Are you worried about their weight?
Go4Fun can help & runs after school in school terms

NSW **Health**
Western Sydney
Local Health District




SOCCKER CLINICS
Boys and Girls - Ages 4 to 15
1st—15th July 2013 / 9am to 3pm

Book 4 & the 5th is FREE

Camp Features:

- * Group, weekly, daily & half day rates
- * Individual skills & modified games
- * Aftercare available until 4pm
- * Awards on last day of each camp
- * Registered child care provider
- * Strict safety & supervision policies

Ph: 1300 752 977
www.starsportscamps.com



PLAY SOFTBALL



Jumping Castle

Showbags

Games

BBQ

Competition

COME & TRY!

Saturday 22nd June 2013
International Peace Park, Seven Hills
Jean Street Seven Hills
9:30am to 1:30pm

Saturday 13th July 2013
Stanhope Gardens Softball Field
Stanhope Parkway, Stanhope Gardens
10:00am to 2:00pm

School Holiday Activities



Are you looking for something for the kids to do these School Holidays???

Bounce Gymnastics is running school holiday gymnastics class for children of all ages and skill levels. Gymnastics is a great way to burn energy and gain fitness while having heaps of fun.

Where: Unit 1 136/140 Magowar Rd, Girraween
When: Thursday 4th & Friday 5th July
Times: 9am – 3pm each day
Cost: \$25 for 1 day or \$45 for 2 days
Bookings are essential please call 0425235901



Parentingideas Magazine
 Issue 8

<http://www.>

[.com.au/Home](http://www.com.au/Home)



TOONGABBIE
 ANGLICAN CHURCH

(Stick me to
 your fridge)

Kids Holiday Club 2013

Wednesday 10th July, Thursday 11th July, Friday 12th July
 9:30am registration, 12:30pm finish. Morning Tea Included

Sunday 14th July 10am for Celebration Service and BBQ lunch
 School Age Children— Kindergarten to Year 5

Cost - \$20 (all days) or \$7 a day per child. Includes morning tea, craft, and any resources or materials used during the week. Cash payments only please.

At - Toongabbie Anglican Church, Cnr Binalong Rd and Burrabogee Rd

What to bring

- Please wear closed in shoes, label jumpers
- Any medication in a container labelled on the outside with Child's name and dosage instructions including time given.

More information: Kat Harris (0422 150 392) or Church Office (9631 8761)

Registration closes Monday 8th July 2013. Give form to **Church Office**;

Mail (46 Binalong Rd, Pendle Hill, NSW 2145);

or **Register Online** www.toongabbieanglican.org.au

Other Activities at Toongabbie Anglican Church

Sunday Church: 8am, 9:15am (family), 10:45am (family) and 6pm.

Children's and Youth Activities

- ☺ Kids Church – Sundays at the 9:15am and 10:45am services
- ☺ Kids@Play (playgroups) – Tuesdays and Fridays 9:30-11:30am
- ☺ COG Kids Club (Kindy – Yr 5) – Tuesdays 4:30-6pm
- ☺ One80 Youth Group – Juniors (Yrs 6-8) Fridays 5:30-7:30pm
 Seniors (Yrs 9-12) Fridays 7:30-9:30pm



Kids Holiday Club 2013 Registration Form

Parent / Guardian Name:

Name: _____

Phone: (H) _____ (W) _____ (M) _____

Email: _____

Child's Details (separate form for each child please)

Name: _____

D.O.B: ____/____/____ Male / Female (circle one)

School: _____ 2013 School Year: _____

Address: _____

Suburb: _____ P/code: _____

Days Attending (Please circle) Wednesday Thursday Friday Sunday

Child's Health Information

Emergency Contact: _____ Phone: _____

Does this child suffer from any serious illnesses? _____

Describe any allergies in FULL (drugs, food, environment): _____

(If the child requires an epipen for an allergic reaction, please provide one & hand in at registration)

Is there anything else the leaders should know (Behavioural, anyone legally restricted from seeing this child?): _____

Permission

(Parents/guardians are required to read, sign and date the following indemnity)

I understand that my child will be participating in the Toongabbie Anglican Church Kids Holiday Club and will need to be picked up promptly at 12:30pm. I understand that whilst every precaution will be made to ensure the health and safety of my child, accidents do happen and I will not hold Toongabbie Anglican Church liable. In case of an emergency I understand that every effort will be made to contact me, and I agree to pay all such doctor, ambulance and hospitals fees incurred on behalf of my child.
 I also give permission for Toongabbie Anglican Church to photograph my child during the program for use in the Celebration Service on Sunday 14th July.

I hereby agree and accept these conditions

Parent/Guardian Name: _____

Signature: _____ Date: _____

Girraween Public School Winter Uniforms

Girls' Winter Uniform

Option 1

- Yellow polo shirt with school crest and striped collar (short or long sleeved)
- Bottle green slacks
- White school socks (not low-cut)
- Black shoes
- Girraween PS hat or cap

Option 2

- Yellow polo shirt with school crest and striped collar (short or long sleeved)
- GPS green and gold tracksuit
- White school socks (not low-cut)
- Black shoes
- Girraween PS hat or cap

Option 3

- Yellow polo shirt with school crest and striped collar (short or long sleeved)
- Bottle green pinafore
- Bottle green tights
- Black shoes
- Girraween PS hat or cap



Boys' Winter Uniform



Option 1

- Green polo shirt with school crest and gold collar with green stripes (short or long sleeved)
- Grey trousers
- Grey socks
- Black shoes
- Girraween PS hat or cap

Option 2

- Green polo shirt with school crest and gold collar with green stripes (short or long sleeved)
- GPS green and gold tracksuit
- Grey socks
- Black shoes
- Girraween PS hat or cap

UNIFORM SHOP

2013

Now open every Tuesday & Wednesday morning
From 8.45am to 10am

UNIFORM SHOP ORDER FORM - 2013

To assist you with purchasing uniforms, please fill in the form below and with the money/cheque, place in an envelope and leave at the School Office. The prices and sizes are noted below.

Uniform items	\$	size	No.		\$	size	No.
Yellow Polos	\$21	<input type="text"/>	<input type="text"/>	Fleecy jumper	\$21	<input type="text"/>	<input type="text"/>
Green Polos	\$21	<input type="text"/>	<input type="text"/>	Fleecy zip jacket	\$26	<input type="text"/>	<input type="text"/>
Grey shorts (boys)	\$16	<input type="text"/>	<input type="text"/>	Wind jacket	\$35	<input type="text"/>	<input type="text"/>
Summer dresses	\$32	<input type="text"/>	<input type="text"/>	L/S Polo shirts (Yellow)	\$25	<input type="text"/>	<input type="text"/>
Green culottes (girls)	\$16	<input type="text"/>	<input type="text"/>	L/S Polo shirts (Green)	\$25	<input type="text"/>	<input type="text"/>
Sports Skorts (girls)	\$16	<input type="text"/>	<input type="text"/>	Green slacks (girls)	\$21	<input type="text"/>	<input type="text"/>
Green sports shorts (boys)	\$16	<input type="text"/>	<input type="text"/>	Fleecy track pants	\$21	<input type="text"/>	<input type="text"/>
Pinafores	\$35	<input type="text"/>	<input type="text"/>	Long grey trousers (boys)	\$21	<input type="text"/>	<input type="text"/>
Green Tights S/M/L	\$4	<input type="text"/>	<input type="text"/>	Backpacks Small	\$22	<input type="text"/>	<input type="text"/>
Library bag	\$12	<input type="text"/>	<input type="text"/>	Large	\$25	<input type="text"/>	\$12
Flap hats	\$9	<input type="text"/>	<input type="text"/>	Scrunchies	\$3	<input type="text"/>	<input type="text"/>
Sunhats	\$11	<input type="text"/>	<input type="text"/>	White school socks	\$2.50	<input type="text"/>	<input type="text"/>
Bucket hats (seniors)	\$9	<input type="text"/>	<input type="text"/>	Grey school socks	\$2.50	<input type="text"/>	<input type="text"/>
Caps	\$7	<input type="text"/>	<input type="text"/>				

Variable sizes

Summer dresses	size	Track pants	size	Grey trousers	size
	4-18		4-16		4-16
Polo shirts	4-18	Fleecy jumpers	6-16	L/S Polo shirts (long sleeve)	6-18
Culottes	4-16	Fleecy zip jackets	4-18	Sun hats	55cm/57cm
Green slacks	4-16	Wind jackets	6-16	Bucket hats (seniors only)	S/S S/M M/L & L/XL
Skorts	6-18	Sport shorts	4-18	white school socks	5-8yrs 9-12yrs 13-3yrs
Grey shorts	4-18			grey school socks	5-8yrs 9-12yrs 13-3yrs (small) (med) (large)

Total enclosed in this envelope is \$_____ money/cheque (All cheques made out to Girraween P&C Association. Please add your address & licence number on the back)

My name is: _____ phone no: _____

give the order to my child whose name is: _____
in class: _____ .

SCHOOL UNIFORM SHOP COORDINATOR

POSITION TITLE: Uniform Shop Coordinator

ROLE STATEMENT: The Uniform Shop Coordinator is responsible for the trading operations of the School Uniform Shop.

The role involves liaising with uniform suppliers, school administration, and the P&C to ensure that the school uniform shop continues to operate at a high standard.

DUTIES: The following are key responsibility areas for the position:

- Ordering of stock
- Display of stock
- Pricing of stock
- Selling of stock
- Rostering parent volunteers

All these areas are under the supervision of the school Principal.

- Provide customer service assistance to all members of the community who visit the shop.
- Undertake the basic financial responsibilities of the shop including Point of Sale transaction, till reconciliation, bank deposit preparation, purchases and general cash book extras.
- Report each month to the P&C on stock, income and expenditure.
- Liaise with the Principal, P&C treasurer and School Administrative Manager on the financial operations of the Uniform Shop.
- Provide advice to the P&C on possible operational changes and/or initiatives for the Uniform Shop.
- Prepare notices and other materials promoting activities of the shop, under the guidance of the P&C and Principal.
- Undertake regular stocktakes.
- Liaise regularly with the Principal and P&C regarding uniform styles
- Any other duties as directed by the Principal or delegate.

The Uniform Shop Coordinator reports to the Principal through the P&C.

Hours of Duty: 8.30am – 12.30pm Tuesdays and Wednesdays

Uniform Shop hours: 8.45am-10.30am Tuesdays and Wednesdays

Pay rate is \$29.80 per hour.

Additional hours will be required at the beginning of the school year as well as the beginning of winter and during Kindergarten enrolment.

'A Working with Children Check' is required to work in NSW public schools.

Applications are invited for the above position. All applications can be emailed to;

girraween-p.school@det.nsw.edu.au

or mailed to

The Principal, Girraween P.S. Bando Road. Girraween. NSW 2145

Applications close 4.00pm Friday 19 July 2013



CANTEEN MENU

HOT FAVOURITES

Hot Dog - 100% Chicken Halal With Sauce	\$ 2.20
Chicken Nuggets	\$ 0.60
Hash Brown	\$ 1.00
Potato Wedges	\$ 1.50
Garlic Bread	\$ 1.50

BURGERS

Chicken Burger - 100% Halal Chicken !	\$ 3.50
Hamburger - Tomato Lettuce, BBQ Sauce	\$ 3.50
Cheeseburger - Cheese, Tomato Sauce	\$ 3.50
Vege Burger	\$ 3.50

PIE & SAUSAGE ROLL

Party Pie	\$ 1.00
Meat Pie	\$ 3.20
Potato Pie	\$ 3.80
Sausage Roll	\$ 2.50

PIZZA & PASTA

Pizzas - Bacon & Cheese or Hawaii	\$ 2.50
Pizzas Large Slab - BBQ Chicken or Margharita	\$ 3.50
Lasagna or Spaghetti Bolognese - Beef	\$ 3.50
Macaroni & Cheese	\$ 3.00

OTHER HOT STUFF

Chicken Crackles	\$ 0.70
Yummy Drumsticks	\$ 1.20
Fish Fingers	\$ 0.60
Corn Cob	\$ 0.80
Cup of Noodles - Chicken, Beef	\$ 2.50
Mini Hot Dog	\$ 1.20
Toasted Cheese Sandwich	\$ 1.60

WRAPS - LARGE

Salad Wrap	\$ 3.50
Chicken Salad Wrap	\$ 4.50
Hawaiian Wrap - Chicken, Lettuce, Pineapple, Mayo	\$ 4.50
Sweet Chilli Wrap - Chicken Tender, Lettuce, Mayo	\$ 4.50

SANDWICH & SALADS

Vegemite, Jam or Honey	\$ 1.50
Devon	\$ 1.60
Cheese	\$ 1.50
Egg	\$ 2.00
Salad	\$ 2.80
Ham or Tuna - Salad add \$1.00	\$ 2.50
Chicken	\$ 3.00
Extras - Mayo 20c, Cheese, Tomato, Beetroot, Cucumber Carrot Pineapple 40c Sauce Portions 30c Lunch Bags 10c	
Salad Bowl - Light Tasty Cheese	\$ 3.50
Salad Bowl - Chicken, Tandoori Chicken, Ham, Egg, Tuna	\$ 4.80
Caesar Salad	\$ 4.20
Caesar Salad - With Chicken	\$ 4.80



SNACKS

Red Rock Chips - Honey Soy	\$ 1.20
Jumpys	\$ 1.00
Mamee Noodles	\$ 1.00
JJ's Chicken Crackers	\$ 1.20
Popcorn	\$ 1.00
Choc Chip Cookies	\$ 1.00
Ovalteenies	\$ 1.20
Eucalyptus Drops	\$ 0.70
Yoghurt - Various Flavours	\$ 2.00

HOMEMADE CAKES

Homemade Muffins - Various	From \$ 1.00
Brownies	\$ 1.00
Banana Bread	\$ 2.00
All Homemade Items are "Light"	

MILK DRINKS

Moove 300ml - Chocolate or Strawberry	\$ 1.80
Moove 500ml - Chocolate or Strawberry	\$ 2.80
Hot Chocolate	\$ 2.00
Up & Go Breakfast Drink	\$ 2.00
Dare Iced Coffee - (Teachers & Parents Only)	\$ 3.60

COLD DRINKS

Poppers 100% Juice	\$ 1.20
Berri Pure Fresh Juice	\$ 2.00
Sprite Zero	\$ 2.00
Diet Coke - Caffeine Free	\$ 2.00
Aroona Mineral Water	\$ 2.00
Water - 355ml	\$ 1.20
Water - 600ml	\$ 1.60
Jelly Cup	\$ 1.00

SLUSHIES

Small Slushie	\$ 1.50
Large Slushie	\$ 2.00

ICE CREAMS

Jelly Joys	\$ 0.20
Fruitee Ice	\$ 0.40
Sour Snap Aparts	\$ 1.00
Sunny Boys	\$ 1.00
Ice Mony	\$ 1.00
Zooper Dooper	\$ 0.70
Mini Calippo	\$ 1.20
Paddle Pops	\$ 1.60
Frozen Yoghurt	\$ 2.20

FRESH FRUITS

Apple, Orange, Banana, Watermelon	\$ 1.00
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Regular \$1.50 OR Large \$2.00

\$4 Lunch Meal Deal

Available Every Day
 1 x Hot Dog (100% Chicken)
 1 x Drink of Your Choice*
 1 x Packet of Chips



* Bottle of Water, Popper or Soft Drink Only

