



NEWSLETTER

GIRRAWEEEN PUBLIC SCHOOL

Principal: Mr. G Walker
Phone: 9631 3650

9 Bando Road
GIRRAWEEEN NSW 2145

24th July 2014

Open Day Morning Tea—Monday 28 July, 10.50—11.10am

Athletics Carnival—Thursday 31 July, Pendle Hill High School

Dear Parents,

Our students have returned to the third term of the year full of energy and focused on their learning. I'm sure all families enjoyed the time together during the winter holiday.

Our school continues to perform at a high academic standard. We have 32 students with offers to selective high schools in 2015 and another 11 students with reserve offers. The high performance of our students is the result of lots of hard work by students and teachers in each year as they progress from Kindergarten to Year 6. The support provided by students, parents and teachers ensures student reach their potential. While these results are impressive there are many other pathways to a successful education other than selective high schools. Our Year 6 students and families are finalising their school placements for high school over the next few weeks.

Next Monday we invite all parents to visit their children's classroom for our annual Open Day as part of Education Week. This is an opportunity for parents to see the organisation and activities student are involved in each week in classes. We will have morning tea for parents outside the hall to conclude the morning activities.

Students held house group meetings last week to prepare for our athletics carnival. The carnival has been rescheduled due to the wet weather. Hopefully we have sunshine next Thursday!

Our Out of School Hours care centre, OOSH, started operation last week. This has been a service many parents have requested for our school. The OOSH is now operating each morning and afternoon in our school hall. The staff of Osh Club, the operators, are very impressed with the cooperation of our students and their parents as they establish the program in our school.

Have a great weekend everyone.

G. Walker

DATES FOR YOUR DIARY

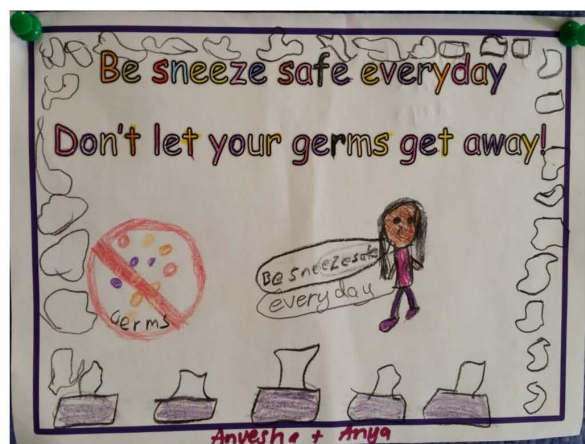
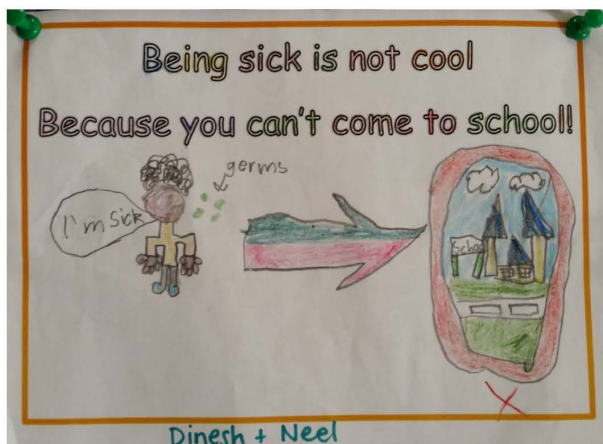
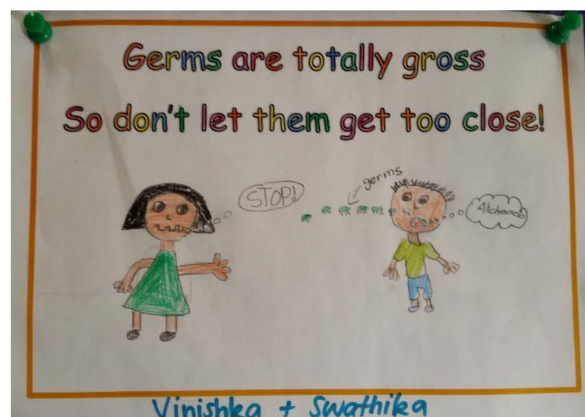
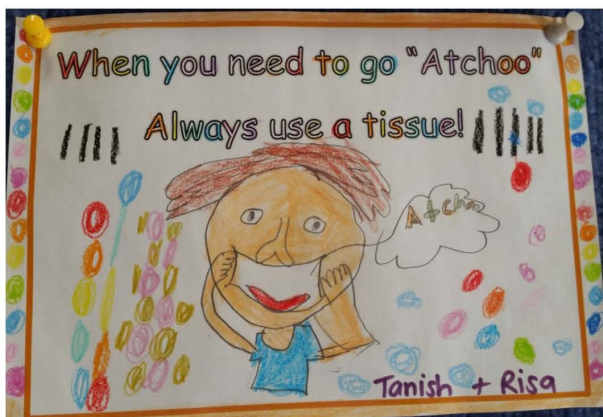
28 July	Education Week—Open classroom K-2 9.50-10.20 / Y3-6 10.20-10.50
29 July	Kindergarten excursion—Calmsley Farm ICAS English Competition
30 July	Year 4 excursion—Elizabeth Farm
31 July	Athletics Carnival
4 August	Year 3 excursion—Elizabeth Farm

Our school Vision

Girraween P.S. will create 21st century learners through innovative, culturally sensitive teaching practice with a focus on project based learning.

2H have been learning how to be "Sneeze Safe" and stop their colds and germs from spreading to others!

Here are some of the posters that 2H students designed to remind others about how to sneeze and cough safely without spreading their germs.



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3C's hard work in class...

3C have been learning to publish their work. We are very proud of published poetry pieces!

I like my poem because it is colourful, and decorative. I also like how I wrote the heading.



What I like about my picture is that you could see through the window.



I love my foil art piece of a lotus. Yellow and pink go so well. A lovely flower floating on the pond.



What I love about my foil art is the bright colours and patterns.



I like my foil art because it has my favourite colours. It also looks like an unfinished web.



The thing I like about my foil art is, it is colourful and I have used my favourite colours.



Last term 3C learnt about foil art. We spent three lessons to make it. We have made our pieces using cereal boxes, twine, aluminum foil and permanent markers.

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Library News



BOOK CHARACTER PARADE

As part of our Children's Book Week 2014 celebrations Girraween Public school is having a **Book Character Parade** on Wednesday 13th August between 2.10pm and 3pm on the asphalt area in front of the canteen.

Your child should come dressed as their favourite book character. To help identify their character he/she is encouraged to parade with the book their character is from.

There are prizes for the best dressed.

Parents/caregivers and family are welcome to attend the parade. You are also invited back to the Library between 3.00pm and 4.00pm to purchase books at the *Scholastic Book Fair*.

PREMIER'S READING CHALLENGE for Year 3 to 6 STUDENTS Only

The 2014 Premier's Reading Challenge is coming to a close. All completed reading records must be entered online and a copy **printed** and **returned** to the Library no later than **Friday 22nd August**.

So if you have a few books to go, get into the Library and **READ, READ, READ!!**

Following on is a reminder of how to log onto the Premier's Reading Challenge.

Mrs K. Propst.



Keep brains ticking

If your child is working on a personal project or a school assignment or you want to do a little revision, don't forget www.SchoolAtoZ.com.au has lots of information and fact sheets to help with homework.

For students polishing their spelling skills, the free Spelling Bee mobile app also allows them to record a list of their own words and then test themselves. You might even want to challenge them with a list you create. Here's where you'll find the free app to download: <http://bit.ly/Q9ez0G>

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The Book Fair arrives on Friday and it is a very busy time in the Library. Borrowing will, therefore, be **limited** to Premier's Reading Challenge books **ONLY** to give students who haven't completed the Challenge time to do so.

Below is a reminder of how to log onto the Premier's Reading Challenge.

You can either:

Enter each book as you read it or;

Use the reading log to record the books read and enter all 20 books at once.

1. Google - *DET Student Portal* (**You can only log on to the Premier's Reading Challenge through your Student Portal page.**)
2. Log on to the Student Portal page using the User name and password used **at school to log onto the school computers.**
If you have **problems** with the **user name** or **password** please see your **class teacher** and he/she can organise to have it reset.
3. On the *Learning* link click on the + then on the word *More...*
4. *Premier's Reading Challenge* will appear on the list. Click on it.
5. A box comes up with questions that you are required to answer before moving ahead. (This only happens the first time you log on each year)
6. Click on *Student Reading Records* (Left hand column of page).
7. Select the *Book title* box.
8. Begin typing in the title of the book read and a drop box will appear below where you can click on the book title and the ID number as well as other relevant information will automatically scroll into the information boxes.
Alternately you may click on *Booklists* (Left hand column of page) and you can select the book you have read from the appropriate Challenge Level list.
9. Click on *Add* to add the book to your list.
10. A new line will appear for the next entry.

Happy Reading!
Mrs Propst
Teacher Librarian

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The Scholastic Book Fair



Dear Parents/ Caregivers,

You are invited to attend a special reading event at our school; *the Scholastic Book Fair!* Please review the attached Scholastic Book Fair Invitation Book List. It highlights some of the newest and most popular books available in children's literature.

Remember, the book list represents only a sample of the books available. Please accept our invitation to visit the fair and view the complete selection of quality children's books.

Books inspire young minds and give children educational advantages. A successful book fair will not only benefit our school, but it will also help your child discover the rich rewards of reading.

You may wish to donate a book from the fair to our school library. Your child's name and class will be written on a plaque and placed in the front cover of the donated book.

The book fair will be held in the Library and open from Wednesday 13th August after the Book Character parade at 3.00pm to 4.00pm. From Thursday 14th August until Tuesday 19th August between 8.30 am and 3.30pm and on Wednesday 20th August between 8.30am 1.00pm. You are also invited to meet your child during class library time to purchase books. Class times are listed below.

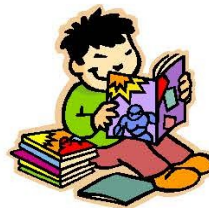
Thursday -14/8		Friday – 15/8		Monday – 18/8		Tuesday – 19/8		Wednesday -20/8	
9.00	3L & 3B	9.00	KC & 2K	9.00	1R	9.00	4R & 4M	9.00	3C & KV
10.00	HR12	10.00	KO & 2A	10.00	2S	10.00	5P & 5T	10.00	HR13 & 4J
				10.20	6T			11.10	3J & 6C
		12.10	KJ			12.10	1P	12.10	3P & 5C
				12.20	HR 14				
		12.50	1C	12.50	KG	12.50	2D		
1.10	4S & 5/6S (Pr. Lunch)								
				1.50-3.00	6W				
2.10	KH	2.10	1K	2.10-3.00	1W	2.10	2H		

ONE FOR BOOKS

The One For Books Program is about collecting loose change and pooling the money together to purchase books off our Book Fair for our kids. Every cent counts! Can you spare some change? There will be a container on the desk in the library where you can drop the spare change.

Thank you

K. Propst and N. Heffernan
Teacher Librarians
22 / 7 /2014



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LIMITED VACANCIES!

Preschool is a necessary stepping-stone to 'big school' and an important stage in a child's development. At First Academy Preschool Childcare, we pride ourselves on providing a safe and nurturing environment in order for your child to reach their full potential.

Our centre caters for children from 0- 6 years of age, operating between 7:00 am and 6:00 pm and offering:

- Quality supervised, learning and development programs integrated with play time
- School readiness and transition programs for preschool children
- Fun and enriching activities
- All meals, including hot lunches, fruit and milk

For enrolments or any enquiries, please call **9863 2361** or visit the centre at 35 Carinya Rd. Girraween and meet our qualified and friendly staff.

First Academy Preschool Childcare
The Kids Paradise.



EDUCATION WEEK OPEN DAY AT GPS Monday 28th July 2014

As part of our Education Week celebrations, we will be having 'open classrooms' for families to enjoy the work that their children have been completing in class.

Kindergarten, Year 1 and Year 2 9.50am to 10.20am.

Year 3,4,5 and 6 10.20am to 10.50am.

Morning tea for all parents will be from 10.50am to 11.10am.

We look forward to seeing you on this day.



CHANGE OF DATE ATHLETICS CARNIVAL

Due to wet weather last week our athletics carnival has now been rescheduled for
Thursday 31st July at Pendle Hill High School.

HELP REQUIRED

Father's Day Stall—Wednesday 3rd September

The P&C are organising our annual Father's Day Stall and are asking for volunteers to help with wrapping before the stall and also serving on the day. If you have some spare time, the P&C would appreciate some assistance.

Please complete the slip below and return to the office as soon as possible.

Parent/s name: _____

Child/s name: _____ Class: _____

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Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Lakshmi Singh

Understanding separation anxiety

Although the average age range for developing an anxiety disorder is between six and 11 years, the typical age of onset varies between different disorders. Parentingideas writer Lakshmi Singh looks at one of the more common disorders that may start at any time: separation anxiety.

A collection of fears and worries about being separated from loved ones can manifest anytime: in a child from as young as a few months old right through to a fully grown adult. It can happen after a traumatic event or seemingly for no apparent reason.

To understand why your child is clingy, appears worried or obsesses with thoughts depicting doom, a lesson in identifying the important factors at play is in order.

THE UNDERLYING FEAR:

"Children with separation anxiety disorder feel constantly worried or fearful about separation," says Rebecca Swinbourne, a child and adolescent psychologist at Sydney South Child Psychology. She describes a chain of thoughts that involves one or more of the following:

- Fear that something terrible will happen to a loved one.
- Worry that an unpredicted event will lead to permanent separation.
- Nightmares about separation.

Cindy Russell, a life skills educator who coaches children and adults to manage their anxiety, suffered from separation anxiety herself while in primary school.

"I used to describe separation anxiety as the most intense fear you can imagine. Like hearing over a loud speaker the world will be ending in 60 seconds," she says.

Over the years, Russell recognised that her fear was brought on by the unconscious mind feeding on irrational thoughts – thoughts that in fact posed no real threat. But her mind would react with severe panic, as if there was a detrimental threat, including symptoms such as a lack of oxygen.

DEVELOPMENTALLY APPROPRIATE

Although only about three to four per cent of children will be diagnosed with separation anxiety, it is not uncommon for a child to feel anxious at the thought of being physically separated from a primary caregiver, says Swinbourne.

"It is developmentally appropriate for 'stranger anxiety' to appear between eight and 10 months of age, and separation anxiety between 14 and 18 months. Usually stranger anxiety tapers off around age two. Separation anxiety tapers off more slowly and may last until the child is five years old."

Though less commonly seen in adolescents, Swinbourne explains that anxiety around separation may be 'carried' into the later years and may manifest as other disorders, particularly if there has been no intervention.

THE TRIGGERS

Like any other type of anxiety, separation anxiety is caused by the interplay of biological, cognitive, genetic, environmental, temperament and behavioural factors, says Swinbourne.

Stressful or traumatic events like a stay in hospital, the death of a loved one or a change in environment could all trigger the condition.

Russell believes that her curious nature and habit of questioning as well as analysing life and death contributed to her developing a "fear of the unknown".

"I would get thoughts about bad things happening to my parents. I felt safe when I was with them," she says.

She also believes that her anxiety played a part in her own daughter displaying signs and symptoms of the condition.

This link is not uncommon, says Swinbourne.

"In fact, it may not necessarily be a disease of the child but a manifestation of parental separation anxiety as well – parent and child can feed each other's anxiety. In addition, the fact that children with separation anxiety often have family members with anxiety or other mental disorders suggests that a vulnerability to the disorder may be inherited."

more on page 2



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



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parentingideas.com.au



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Parenting*ideas*

INSIGHTS

... understanding
separation anxiety ...

2

Building parent-school partnerships

MANAGING IT

It is important for parents to remember that many fears are a normal part of development, says Swinbourne.

"But children and adolescents who develop anxiety disorders do not seem to have the resources and coping mechanisms available to them at the time (internally and externally) to overcome these fears, hence they manifest into disorders," she explains.

Swinbourne advises parents to help their children understand the 'fight or flight' state that their body and brain can go into as a result by offering a two-step management process.

"First parents can help their children to recognise when they begin to feel the physical signs of anxiety and teach them to relax their body and slow their breathing and heart rate down."

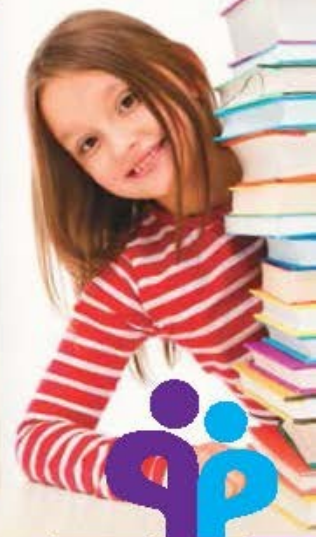
"Secondly, once the body is relaxed, it gives the brain the opportunity to rationally assess the situation and challenge their default response (the anxious behaviour)."

For younger children, it is more appropriate to calm them down by holding them, distracting them or engaging in a fun activity and then reassuring them that they are safe in the company of their caregiver, she says.

Lakshmi Singh

» Experts' tips to minimise a child's anxiety «

- Talk to the child about what they are feeling. Bringing awareness to their thoughts will not make it worse.
- Ask the child how they would like to feel in the same situation and if they can think of a time they have felt that way. This gives them an example of where they are already doing this.
- With your child, think up some steps that the child can take to get them one step closer to the way they want to feel when separating from you.
- Talk everyday about how they applied one of these steps, what worked and what didn't.
- Celebrate their successes, no matter how small.
- Be patient and be a role model by showing them how you successfully cope with your own anxieties.
- Do not stop when things are okay: continue to focus on helping the child be clear about what they want and what steps they can take to get it.



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parentingideas.com.au

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THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA

New South Wales Branch Inc.

Presents

DESIGN A POSTER to celebrate Book Week!

This year's Book Week theme is **Connect to Reading**. To celebrate, we're looking for the best A4 posters that convey this theme.

There are 5 prizes to be won!

Years 3 - 10: There are four packs to be won comprising a STAEDTLER Teen pack worth \$50 and \$350 worth of Penguin Random House books. Years K-2: There is one pack to be won comprising a STAEDTLER Noris Club prize pack worth \$50 and \$350 worth of Penguin Random House books.



To enter, simply create a poster on an A4 piece of paper and send it to:

CBCA Poster Comp, PO Box 765, Rozelle NSW 2039

with your name, school year, phone number and email. School entries are welcome.

See nsw.cbca.org.au/pages/design-a-poster.html for terms and conditions.

Hurry! Entries close **Thursday 21 August 2014**. Winners will be contacted via email and announced at the event below . . .

BIG BOOK DAY OUT

FREE FOR ALL THE FAMILY!

Sunday 31 August 10-2.30pm

NSW Writers' Centre, Callan Park, Rozelle

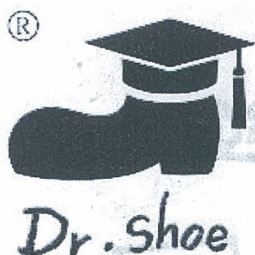


Penguin
Random House
RANDOM HOUSE BOOKS

STAEDTLER®

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Girls School Shoes



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Style W09

Size 9-1.5 \$48; 2-3.5 \$52

Style L09

Girls School Shoes



Style B26

Size 13-1.5 \$62; 2-6.5 \$72

Unisex School Shoes



Style B28

Size 13-1.5 \$62; 2-6.5 \$72; 7-12 \$82

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Style L10

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Style W10

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**Girraween
Public School**

At the COLA Onsite School Sales

Term 3

Wednesday 8:30-9:30am

30 Jul & 3 Sep

Find the Date at www.drshoe.com.au



Buy @ Shops

Shops

Carlingford: Golden Leaf
Castle Hill: U-Talent
Eastwood: Little Yoyo Style
Mona Vale: Mona Vale Village
Shoe Repair
Mugee: Grace's Uniform
Richmond: Brynorm's

Please visit www.drshoe.com.au for details.
Prices would NOT be the same.
It would NOT have all the styles.

Helper Wanted

- * Selling Shoes at Different Schools
- * Orientation Days in Term 4
(Mostly between 8:30-11:30am)
- * Training would be Provided
- * Paid Job
- * Call Max for Details: 0414 912 838

HELP!

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Pedestrian Refuge Islands

Here are some helpful tips on how to stay safe when using the pedestrian refuge island on Gilba Road, Girraween.

It is important to remember that a Pedestrian refuge island is not a pedestrian crossing; they are installed on busy or wide roads to help pedestrians cross in two stages, therefore vehicles have right of way.



When using a pedestrian refuge island:

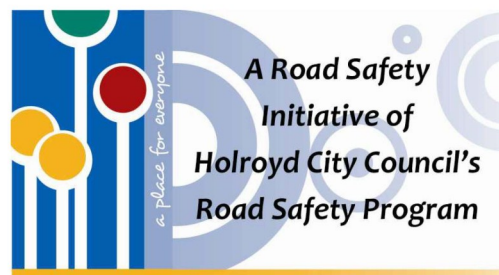
- Always give way to vehicles
- Always Stop, Look, Listen and Think
- If you can't get all the way across, use the island and stop half way
- Always hold hands with your child

For more information contact

Holroyd City Councils

Road Safety Officer

Ph: 9840 9880



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Brand New Before & After School Care at Girraween PS



From Term 3, 2014 there will be a brand new on-site Before and After School Care and Holiday Program at Girraween PS run by OSHClub. OSHClub programs are great fun programs as there is so much to do, heaps of things to play with and they are staffed with wonderful, experienced and trained people. We will be running the program in the hall.

Check out our mega toy boxes full of brand new fun stuff.

- > Loads of toys and cars
- > Board games
- > Art and craft materials
- > Dress ups
- > Games
- > Sports gear

Join in our exciting activities:

- > Science
- > Drama
- > Cooking
- > Art/Craft
- > Sports

Both permanent and casual or last minute bookings available.*
Book as much or a little as you need, whenever you need it

The program will be open as follows:

	Fee **	Opening Hours
Before School Care	\$1.86 to \$10.50	7:00am – 9:00am
After School Care	\$2.67 to \$15.50	3:00pm – 6:00pm
Holiday Program/Pupil Free Days	\$3.86 to \$45.00	7:00am – 6:00pm

* A late booking fee of \$3.30 applies to all BSC/ASC bookings made within 24 hours of the session. Fees subject to change

**** Families can apply for Child Care Benefit and the 50% Child Care Rebate so the actual fee payable will vary between these amounts depending on individual families' circumstances. The CCR is not means tested which means just about all working or studying parents are eligible to receive it. Call 13 61 50 to register.**

Please enrol and book at www.oshclub.com.au to secure your place from Monday March 17th, 2014.

www.oshclub.com.au



03 8564 9000

Phone: 1800 460 870

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CANTEEN MENU

Pricelist 2014



HOT FAVOURITES

Hot Dog With Sauce (Chicken Meat - Not Pork) (H)	\$ 2.50
Chicken Nuggets (H)	\$ 0.60
Hash Brown (H) (V)	\$ 1.00
Potato Wedges (H) (V)	\$ 2.00
Garlic Bread (H) (V)	\$ 1.80
Cheese & Bacon Roll	\$ 2.00
Fish Finger (H)	\$ 0.60
Corn Cob (H) (V)	\$ 1.00
Mini Spring Rolls - Vegetarian (H) (V)	\$ 0.60
Nachos	\$ 3.20
Cup of Noodles Chicken OR Beef (H)	\$ 2.50
Popcorn Chicken Cup (H)	\$ 3.00

BURGERS

Kids Cheeseburger Cheese, Tomato Sauce	\$ 2.00
Chicken Burger 100% Breast Schnitzel (H)	\$ 3.60
Hamburger Tomato, Lettuce, BBQ Sauce (H)	\$ 3.60
Cheeseburger Cheese, Tomato Sauce (H)	\$ 3.60
Vege Burger (H) (V)	\$ 3.80

PIZZA & PASTA

Pizzas Bacon & Cheese or Hawaiian	\$ 2.50
Pizzas Slab Margherita (H) (V)	\$ 3.50
Lasagna or Spaghetti Bolognese (H)	\$ 3.50
Macaroni & Cheese (H) (V)	\$ 3.50
Butter Chicken & Rice	\$ 3.50
Fried Rice (H) (V)	\$ 3.50

WRAPS

Kids Chicken Schnitzel & Lettuce Wrap (H)	\$ 2.80
Pizza Wrap Ham, Cheese & Pizza Sauce	\$ 2.50
Salad Wrap Add Fresh Shredded Chicken \$1 (H) (V)	\$ 3.40
Caesar Wrap With Lettuce & Mayo - Add Chicken \$1	\$ 3.20
Chicken Schnitzel Wrap With Lettuce & Mayo (H)	\$ 4.00
Hawaiian Wrap Chicken Schnitzel, Lett, P/apple, Mayo (H)	\$ 4.00
Sweet Chilli Wrap 2x Chicken Tenders, Lett, Mayo (H)	\$ 4.00
BBQ Wrap Ham Toasted Chicken, Cheese, Bacon & Sauce	\$ 3.80

PIE & SAUSAGE ROLL

Party Pie	\$ 1.00
Sausage Roll (H)	\$ 2.50
Meat Pie (H)	\$ 3.40
Potato Pie (H)	\$ 3.60

SANDWICHES

Vegemite, Jam, Honey, Devon OR Cheese	\$ 1.70
Egg or Egg & Lettuce (V)	\$ 2.00
Ham or Tuna Salad add 80c	\$ 2.70
Salad	\$ 2.80
Chicken	\$ 3.00

EXTRAS

20c Mayo Cheese Tom Beet Cuc Carrot 40c Pineapple 10c Lunch Bag	
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SALAD BOWLS

Caesar Salad Add Chicken \$1	\$ 3.50
Salad Bowl Chicken, Ham, Egg, Tuna, Cheese	\$ 4.50

FRESH FRUITS

Apple, Orange, Banana	\$ 0.80
Watermelon	\$ 1.00
Fruit Salad Cup	\$ 1.50
Grapes in a Cup	\$ 1.50
Fruit Salad Bowl Add Tub Yoghurt \$1	\$ 3.80

SNACKS

Red Rock Chips Honey Soy	\$ 1.30
Jumpys	\$ 1.10
Mamee Noodles	\$ 1.00
JJ's Chicken Crackers	\$ 1.20
Popcorn	\$ 1.00
Eucalyptus Drops	\$ 0.90
Yoghurt Vanilla	\$ 2.00
Jelly Cup	\$ 1.00

MILK DRINKS FLAVOURED

300ml Choc / Strwbry / Vanilla	\$ 2.00
600ml Choc / Strwbry / Vanilla / Choc Mint	\$ 3.20
Hot Chocolate	\$ 1.50
Up & Go Breakfast Drink	\$ 2.20

COLD DRINKS

Poppers 100% Juice 200ml	\$ 1.50
Pop Top Berri Pure Fresh Juice 250ml	\$ 2.00
Aroona Mineral Water 350ml	\$ 2.00
Water 350ml	\$ 1.20
Water 600ml	\$ 1.60
Appletiser 250ml Sparkling Apple Juice 99%	\$ 2.20
LOL 250ml Assorted Flavours Sparkling 100% Juice	\$ 2.20
Glee 250ml Assorted Flavours Sparkling 60% Juice	\$ 2.20
Lido Diet Lemonade No Artificial Colours / Flavours *	\$ 1.50
Slushie Small	\$ 1.50
Slushie Large	\$ 2.00

ICE BLOCKS

Jelly Sticks	\$ 0.20
Fruitee Ice	\$ 0.50
Zooper Dooper	\$ 0.80
Sour Snap Apart	\$ 1.00
Ice Mony	\$ 1.00
Mini Calippo	\$ 1.30
Sunny Boys	\$ 1.50
Paddle Pops	\$ 1.60
Fruit Stack	\$ 0.80
Frozen Yoghurt	\$ 2.20

CRUNCH & SIP SPECIAL ORDER BEFORE SCHOOL

Apple, Orange, Banana + Bottle of Water	\$ 1.50
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