



Berowra

Public School

The Crest

Wednesday 12th November 2014
Term 4 Week 6

Phone 9456 1319

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

School Fair

A beautiful day dawned last Saturday and continued for the day. The school was a hive of activity from sunrise and continued until Saturday evening. This was an amazing day.

This was one huge feat – **congratulations to Lisa and her committee** for their amazing organisation. I know this just didn't happen and many, many parents have been working tirelessly for at least eighteen months to put this together. The feeling during the day was so positive and I am so proud to be part of this community. Our community works so well together – students, teachers, parents, extended family and our BOOSH 'family'. It was so good to see so many grandparents working in the stalls. Some were even here all day.

Many of our teachers gave up their time to attend the fete; many helping on stalls and teachers even being used as target practise!

Thank you also to Peter Mudie who set up the sound equipment for the day; he also donates his time on these days, so we are very fortunate to have such a talented and generous ex-BPS student.

To all parents who organised stalls, set up or packed up, worked all day or organised entertainment – we thank you all. Thank you also to the organisation of the silent auction and the amazing artworks by our students.

I know we were supported by many of the local businesses and I also thank them for their support and kind donations.

'Relieving GA'

Fred Kitchener, our GA (General Assistant) is on leave this term after knee surgery. He is making a speedy recovery and is getting about slowly. We are looking forward to his return but until then we are fortunate to have Stuart Brown filling in for him. Get better soon, Fred.

Overnight Excursions

This week and next week, on various days, our Years 3-6 teachers will be going on overnight excursions with our students. I would like to thank all these teachers who give of their time to ensure that our BPS students receive the best possible education and experiences in their time at primary school. Many schools have stopped overnight excursions due to lack of commitment by the teachers who do not want to leave their families and be on duty 24 hours a day.

As a parent, I always loved waving goodbye to my child when they were away for a few days, but loved having them back when they were so exhausted from all their activities. I loved hearing about the great experiences they had lived through during their excursions. As a teacher, I was able to empathise and appreciate all the efforts of their teachers. Unfortunately, sometimes I forgot to thank them.

I would again like to thank all our great teachers who give of themselves and their time so willingly to ensure the best experiences are shared by our students.

P & C AGM

The next meeting of the P&C is set in the calendar as Wednesday, 19th November.

Unfortunately, we have to change this meeting to the following Wednesday, 26th November.

This is the AGM and will commence at 7pm.

I have to be at this meeting and unfortunately I am not able to attend as I will be at the Stage 3 Camp at Broken Bay during next week.

Congratulations

On behalf of the BPS staff, students and community I would like to wish Miss Griffin all the best for her future married life. Miss Griffin was married the other week and has been on leave to enjoy her honeymoon. I know that the children missed her during this time but, as always happens, the casual teacher continued the class program during her absence.

Also congratulations to Zac G (5/6J) who achieved a B+ in his Grade 2 AMEB Drum exam which is CREDIT with an explanation of ... "Meritorious achievement".

Calendar Reminders

I am considering sending out 'calendar' reminders via email for activities at school. This would mean that I could send a reminder that would attach to your 'smartphone' calendar if you 'accept' the invitation to the event; eg Kindergarten parents for the Teddy Bears' Picnic Excursion. I find this is a fantastic reminder for me when I have to attend meetings. If you don't have a smartphone or don't want to add the event to your calendar you would just have to delete the email.

If you do not want this to be sent to you, please let the office know.

School Partnership Survey results

Thank you to every person who completed this survey. Every other year when I send out a paper copy of the survey I am very lucky to get 20 responses.

This year I received 96 responses. Thank you so much. It is rather a long document and I haven't edited it. I thought you may be interested in all the responses, rather than me 'summarising' it.

So if you have a spare half an hour, I have attached the PDF version of the responses.

As a school and a community of schools we will now analyse these responses and look to forming our three year strategic plan for BPS and the wider community of schools.

Classes for 2015

The projected number of children at Berowra PS for 2015 will be less than 2014 and I have worked the 'equation' for classes and I am sure, unless we get an influx of enrolments, that we will be going back to 16 classes. This will mean one of our demountable classrooms will be removed.

If you know of anyone (or any 12 children) moving into our 'catchment' area, please let the office know.

Safely commuting to and from school

I have had a few phone calls in the last two weeks about our students' behaviour both on the way to school and on the way home. Boys on bikes and scooters have been riding dangerously amongst the traffic and a boy on a scooter as almost knocked over by a car one afternoon. Students have also been seen swinging on poles and running up and down the aisles on the schools buses.

This behaviour is unacceptable and extremely unsafe; if these children are caught they will not be permitted to ride or catch the bus to and from school.

WOW Day

Today was WOW Day (**W**ear **O**range **W**ednesday) to support NSW SES volunteers.

Students came dressed in orange and the school was decorated in orange to visibly thank our SES volunteers for the dedication they show looking after the community and how much we appreciate them. Thank you State Emergency Service.



Di Bower

Principal

LIBRARY NEWS - Book borrowing is finishing up for the year. ALL books are to be returned to the library by Thursday 27th November. There will be no more borrowing after this date due to stocktake.

Thankyou
Jennie Smith
Librarian

PERFORMING ARTS - **Entertaining the masses!**

Congratulations and thanks to members of both our Junior and Senior Choirs who performed at the BPS fair last Saturday. Whilst each choir sang their own item, it was brilliant to have them combining to sing 'Thank you for being a Friend'. I had so many positive comments on the enthusiasm and obvious enjoyment of the choir children. Thanks children for giving up precious ride time to come and perform!

Our school band, recorder and dance groups also performed at the fair, fitting these commitments around what was

a fun-filled day for everyone. Later in the day our school rock band **Amped Up** well and truly rocked the fair! These talented children, under the expert guidance of Mike and Vanessa Gordon, have come so far in the past few years, producing a very professional sound and entertaining the crowd. (There may have even been spontaneous dancing, but Mrs Bower and I know nothing about that!) A highlight of the afternoon was the flash-mob outside the hall where our dancers emerged and soon built quite a crowd cheering them on.

Overall it was brilliant to see the talent at BPS on show yet again. Our children played an integral part in the entertainment of the fair, showing great responsibility in getting to where they were meant to be on time. The day wouldn't have been the same without you all! Well done!!

Rising Stars at BPS

Once again some of our very talented students are hitting the stage! Niahm, Andrew, Eddie, Connor, Bella, Ava and Bella C. are performing in Berowra Musical Society's upcoming production of **Alice in Wonderland**. BMSI have a long tradition of fun, family-oriented pantos every year. Make sure you get a chance to catch this one! With added modern hits, as well as some well-loved Disney tunes, there's something for everyone to enjoy and, in true pantomime style, there will be lots of audience interaction.

Performances are at 2pm on Saturday 6th and 13th and Sunday 7th and 14th December, at the Berowra Community Centre, The Gully Rd.

Tickets are sold at the door - \$10 each or \$1 per year of age for under 9s.

Break a leg guys!

Liz Sheldon

Performing Arts Co-ordinator

DANCE NEWS - We saw some fabulous dance performances last Saturday at the School Fair. Kindergarten was gorgeous dancing on the hall stage. They performed three of the dances they have been learning this term during their weekly dance lessons with Mrs Lukic. They will be performing again on Thursday 4th December at 2:30pm along with 3/4B, 4G and 4P in their end of term dance concert in the school hall.

The dance groups also performed at the School Fair on Saturday, presenting 'Inspector Gadget' and 'Get'cha Head in the Game'. Along with a surprise flash mob dance right beside the Chocolate Wheel! The dance groups are currently working on a new dance for Presentation Day.

At the end of last term we enjoyed some fabulous dance performances from 1A, 1C, 1S and 2P. Look out for their photos in the newsletter.



Diary Dates	
November	
Thurs 13	Kindy 2015 Orientation Day
Fri 14	BPS Disco
17-19	Year 4 Gibberagong camp
17-21	Stage 3 Broken Bay camp
Thurs 20	Stage 2 Water Catchment program
Tues 25	Science Show
Wed 26	Kindy Teddy Bears Picnic at Gibberagong P&C AGM 7pm in staffroom
Fri 28	Year 6 Mini Fete
December	
Wed 3	Christmas church service BPS Helpers morning Tea Y7 2015 High School Orientation Day
Thurs 4	End of term Dance Concert 2:30pm
Tues 9	K-2 Christmas Concert 10am & 12pm
Thurs 11	BPS Presentation Day
Mon 15	Celebration of Learning Assembly Year 6 Farewell
Wed 17	Last day of term
18-19	Staff Development Days
Jan 28	Students return for 2015

BOOSH COTTAGE - Pink Ribbon Morning Tea



I would like to thank everyone who supported the Pink Ribbon Fundraiser held at BOOSH Cottage on Thursday 30th October. This is one of my favourite things to do each year.

I sincerely thank Jenny at J & T Gourmet Quiches for her continuous support for supplying delicious quiches for the morning tea plus vouchers for our Lucky door prizes and raffle prizes.

I would also like to thank Phil from Wellsprings Café for his continuous support and vouchers toward our raffle prizes and thank you to BOOSH and Cindy Hatch and Jodi Ludlow who donated many of the items that made up some of our raffle prizes.

Many thanks go to the parents, teachers, BOOSH Kids and community members who attend the morning tea, bought raffle tickets, had a guess on the lolly jars or just simply made a donation and everyone who generously provided some wonderful food for the day.

I wish to thank the BOOSH Management Committee and Di Bower for supporting me and this worthwhile cause. Together we raised \$790.00

BOOSH'S Ice Cream Parlour at the School Fair - Saturday was all abuzz at the school fair and what a grand day it was. Weather was perfect, entertainment great, atmosphere awesome, Ice Cream Parlour – Amazing :) Unfortunately I did not get to see much, but everyone said they had a great time. Congratulations to the team in getting this mammoth event underway and creating a magnificent day. This has been the first time that I have gotten involved with the fair committee and while I was aware that it was a big undertaking I was oblivious to its extent. Hats off to Lisa Jewkes for taking on such a immense job in coordinating, to Cindy Hatch for the suggestion of the Silent Art Auction, a brilliant idea, a lot of fun and a spectacular sight on the day and, I believe, you are the hardest working lady in town. Also a special thanks to Dave Hatch for his generous wood work endeavours that brought the art work to life and for our fantastic Juke Box – You are a legend.

For the fair BOOSH held the Ice Cream Parlour once again. I wish to sincerely thank all the mums and dads who kindly lent their patio table & chairs – This brings a special ambience and authentic feel to the Ice Cream Parlour. Many thanks also to parents and BOOSH staff who came to help. The Ice Cream Parlour is always labour intensive and it would not work well without your dedicated help. I hope you all had fun, amidst the chaos. Thanks also to our wonderful customers and for your praised on how much you enjoyed our ice cream creations. Hope to see you all next time. The Ice Cream Parlour raised around \$900.00. Thanks to all

Michelle
BOOSH Cottage Coordinator

Class Awards 27 Oct - 7 Nov

KB	Hannah C, Edward G, Caleb F, Brayden J, Cooper L, Taye C, Lily P, Amelia N, Marcus Z, Baylin G
KP	Harvey B, Preston B, Joshua R, Madeleine T, Zane D, Eloise S
KR	Chloe L, Ethan P
1A	Finn B, Caroline B, Pranay G, Anneliese K, Taliah S, Jed W
1C	Chloe C, Eric H, Annaliese S, Ava A, Finn F, Jarvis L
1S	Jasmine B, Kaiya H, Zach C, Araliya K, Finn L
2C	Natalia G, Rowan S, Eveline C, Nathaniel T, Max D, Eveline C
2P	Jaylah B, Mitchell G, Ellora M, Kamden H, Luke M, Liam C, Jessica Y
2R	Tim C, Caitlan F, Corey S, Liam C, Nathan G, Caitlin J, Liam N, Evie P
3P	Abbie C, Samantha S, Patrick H
4G	Lani B, Penny H, Eliza O
4P	Mirabel J, Cody D, Nene H
5K	Amy S, Andrew S, Amelia H, Alex G, Luke S, Ty W
5W	Matthew L, Tamara W, Sophia H, Hayley S, Amy H, Nia D
5/6J	Samuel P, Connor A, Dylan W
6B	Isabella S, Alice C, Aaron M, Jessie F

NOTES YOU MAY HAVE MISSED

Sent Out	Subject	Distribution	Response before
22/10	K-2 Christmas Concert donation	K—2	ASAP
22/10	The Surfing Scientist	K—6	13/11
29/10	BPS Disco	K—6	13/11
12/11	Teddy Bears Picnic (date & location change)	Kindergarten	20/11

Most notes are on the BPS website under 'Our School' tab—'Missed a Note?'

UNIFORM SHOP - EFTPOS is here!!! The uniform shop now has their own EFTPOS machine for purchases over \$20.

2015 Starter Packs - for those starting kindy next year we will again be doing starter packs. Also to try and stop the huge line and cramped conditions in our little shop we will also be trying to arrange appointments for fittings. Order forms will be available from the uniform shop or drop us a message on our facebook page www.facebook.com/berowrapublicuniform and, if we can work it out, we will email you a copy.

Girls Summer Uniforms - unfortunately we are still waiting for these to come in from our supplier. Sorry for any inconvenience.

Opening Hours - Monday 9-10am & Thursday 3-3.45pm

Roster

Mon 10/11	S Chambers, J Clayton
Thurs 13/11	N Steele
Mon 17/11	J greenwood, A Dawson
Thurs 20/11	S Lindsay, T Hogarth

CANTEEN - Canteen Roster

Wed 12/11	L Plumridge, R Baker
Thurs 13/11	K Carter, C Stone
Fri 14/11	C Jones
Wed 19/11	R Walton, C Cook
Thurs 20/11	F Minto
Fri 21/11	T Pearce

COMMUNITY NEWS

Found at the Fair - A 6cm Spiderman, located near the Lolly Stall.

Temporary home at the Meli residence but hoping to locate original owner.

Please call Leanne 0411 653 935



BPS String Ensemble 2015

The BPS String Ensemble is looking for new members for 2015.



Students who are learning violin, viola, cello or double bass are encouraged to join us.

In 2015 the string ensemble will cater for players from beginners to more advanced students. A highlight for 2015 will be the chance to play on the stage of the Sydney Opera House in The Festival of Instrumental Music. For more details or to register please contact me at sue.thorv@gmail.com. Please register by 1st December, 2014 if you wish your child to be involved in the Festival of Instrumental Music.

Sue Thorvaldson
BPS String Ensemble Director

Beginner Recorder Ensemble 2015

Registrations are now open for the beginner recorder classes for 2015. Sign up now to reserve a place for your child.

For more details please refer to the note available from the school office or contact me at sue.thorv@gmail.com

Please register by 1st December, 2014.

Sue Thorvaldson
Recorder Ensemble Director



MOBILE PHONES AT SCHOOL

Parents and students are reminded that mobile phones are not to be brought to school except in exceptional circumstances.

Then the mobile phone must be left at the school office before school and collected at the end of the school day.

ENROL NOW FOR KINDERGARTEN 2015

Enrolments for Kindergarten are well underway.

If your child or you know of a child ready to start school next year make sure they are enrolled.

Our orientation programs began this term with the Kindy Fun Day.

Berowra Beginners Program commenced Week 2 Term 4 and Orientation Day 13th November.

For more information contact the school office on 9456 1319.



To all the **parents, grandparents, canteen and uniform shop volunteers, scripture teachers and all other helpers** who have helped out both inside and outside the classroom, the staff and students of Berowra Public School would like to say.....

Thankyou! Thankyou! Thankyou!

and invite you to

The Helpers' Morning Tea
Wednesday 3rd December 2014
11.00am

Looking forward to seeing you outside the canteen!



To help with our class planning for 2015, please indicate below if your child / children will not be returning to Berowra Public School next year, and return this slip to the office or class teacher as soon as possible.

Alternately, phone the school office on 9456 1319 or email to berowra-p.school@det.nsw.edu.au

Student Name/s

2014 class :

Parents Name :



BEROWRA PUBLIC SCHOOL



K-2 Staff and Children



Invite you to join us for our
2014 Christmas Extravaganza

Christmas With The Aliens



Berowra P. S. Hall

Tuesday 9th December

10:00 and 12:00

Dear K-2 Parents / Caregivers,

Whilst we are very conscious of keeping the cost to families to a minimum, especially at this time of year, we would ask that each child brings in \$5.00 in order to help support the production costs of the K-2 Christmas concert.

There will be no further costs attached to the concert, such as admission. Please complete the slip below and return with the money to your class teacher.

Thanking you, K-2 Staff



Childs name: _____ Class _____

Amount enclosed: _____ being for support of producing K-2 Christmas Concert.

Passionate about creativity, talent, beauty & taste?
It's all here!

Arcadia Markets

Saturday 15 November 2014 8am - 3pm

Arcadia Public School

140 Arcadia Road, Arcadia

www.arcadiamarket.com.au



The Uniform Shop

(02) 9449 3070

kuringgaihighschool@alinto.com.au

2015

**New Students at Ku-Ring-Gai
Creative Arts High School**

We highly recommend you book a half
hour time slot so your child can be
professionally fitted for their new school
uniform.

This will ensure you avoid the queues!

Bookings open online from 1/9/14

Fitting appointment commence 1/10/14

**Saturday's are available but
bookings are essential**

Please visit our website to make your
fitting appointment

Uniform price list & online shopping
available at:

www.alintaapparel.com.au

Berowra Christmas Night Market

FRIDAY 21ST NOVEMBER, 5PM-9PM

**BEROWRA COMMUNITY CENTRE,
THE GULLY ROAD BEROWRA**

**MARKETS STALLS,
COFFEE, FOOD, RAFFLE,
ENTERTAINMENT AND MORE**

There will be a non-perishable food and personal items
collection on the night to assist with those most in need.

Run jointly by the Girl Guides and Scouts.



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*CONDITIONS APPLY

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Information in the advertisement is entirely the responsibility of the advertiser.

TURRAMURRA HIGH SCHOOL

TWILIGHT CHRISTMAS MARKET

When?
THURSDAY DECEMBER 4TH 5:30-8:30pm

Where?
**TURRAMURRA HIGH SCHOOL
MAXWELL STREET, TURRAMURRA**

Stunning jewellery, handmade cards and gift wrapping, delicious christmas delicacies, french homewares, unique gifts, Arcadian Artists stalls and many more!

ALL PROFITS GO TO THE THS "INSIDE OUT" PROJECT

ENTRY: GOLD COIN DONATION
turramurrahighschool.com.au

THE ATHLETE'S FOOT HORNSBY

REWARDS PROGRAM IS A PROUD SUPPORTER OF BEROWRA PS

The School Rewards Program is a great fundraising opportunity with \$5 from every pair of shoes purchased being donated back to your school. This applies to the whole family across our fantastic range of school, sports, work and casual shoes. Ask one of our friendly staff in store for more details.

\$5 FROM EVERY PAIR OF SHOES PURCHASED IS DONATED BACK TO YOUR SCHOOL

SCHOOL REWARDS PROGRAM
The Athlete's Foot

LOWER GROUND FLOOR
WESTFIELD SHOPPINGTOWN



Health
Northern Sydney
Local Health District

Health Promoting Schools Newsletter Summer 2014

Hornsby Ku-ring-gai Child and Family Health Service

Welcome to a new season full of excitement, fun and challenges! Some students will be transitioning to new sections in the same school or different schools. Following are some tips for general health, wellbeing and plans for the holidays.

Getting Out of the Door on Time!!

For many families, the morning rush hour is the most stressful time of the day. But with a good routine in place, you can get yourself and the kids out the door on time.



Make sure you leave yourself enough time to get ready in the morning.

A good rule is to get yourself ready before the kids. You can prepare some things like lunches the night before to avoid the last minute rush.

Let your children know what the routine is ahead of time. Tell them exactly what they will need to do

Kids can help out by learning to do things for themselves like getting dressed and brushing their teeth. This gives them the chance to practice these skills and it teaches them how to be organised. Plus it saves you time!

You may even like to try the "beat the clock" game. Your child's goal is to be ready before the alarm goes off. If they win, they earn a small treat such as a favourite snack in their lunchbox. Clearly tell them what they need to do to win and set a reasonable amount of time. Avoid repeating instructions or nagging them to hurry up.

It often takes only 2 weeks before the game has worked and can be phased out.

See <http://www.triplep-parenting.net/glo-en/home/> for more handy tips on parenting challenges.

<http://www.nslhd.health.nsw.gov.au/services/CAP> provide parenting classes every term of the school year. Watch this space for next term's dates and courses.

Preparing for high school

Entering high school is an exciting time for students. They are moving into what is often a larger school environment. This can lead to anxiety or periods of unease. Here are some steps parents and caregivers can take to help students start high school on a positive note.

Be interested and enthusiastic about their move to high school.

Your encouragement will help your child to make a successful transition to High School. Listen to their experiences and expectations. Don't dwell on your own experiences of school.

Attend the High School Orientation Day



If your child will be entering high school then keep a look out for the orientation days which high schools hold in Term 3 and 4. These days

are designed to help parents and their children prepare for starting high school. Some children, because of pressure from their peers, will try to discourage their parents from attending orientation days. Being there will help you understand your child's experiences better.

Make sure travel arrangements to and from school are organised.

Organise travel passes. This will help settle some of the concern about independent travel. Talk about back-up travel arrangements, for example, what to do if a bus or train doesn't come.

Discuss the changes every student will experience.

Emphasise that many people feel apprehensive about changing from a small primary school to a

larger high school, and that there will be people to help them adjust.

Organise your child's uniform well before the first day of school.

Having the new uniform will help your child start to feel a sense of belonging to the school.

Learn about school routines and timetables.

Talking to student already enrolled at the school can be useful in finding out information about things such as sporting venues used by the school and school finishing times. The school will provide information before it's needed.

Help your child to develop good study habits.

Try to provide them with somewhere private and quiet to study. Help your child to set aside a particular time to study. Work out a daily timetable that incorporates all your child's needs and interests. Regularly viewed TV programs, club activities and sport should all be part of the timetable. Ultimately they will need to manage their own study and they can guide you in what is helpful for them.

Practise organisational skills.

In the first few weeks of high school you might want to check with your child that they have the right books for the following day. You will quickly encourage a good habit.

Discuss emergency and safety issues.

Talk about these issues - including crossing roads or taking essential medication - simply and without emotion. Allow your child to contribute their views. Find out who the staff are at the school who can help them if they need it on issues such as medication.

Let your child know that you trust them and that they can trust you.

Keep communication open about all your child's experiences, and make sure they know you're available if things go wrong.

<http://www.schools.nsw.edu.au/gotoschool/highschool/tipsforparents.php>

Hornsby Council Christmas Celebrations:



When: 6 December @ 5-9:30pm

Where: Rofe Park, Galston Rd Hornsby Heights

<http://www.hornsby.nsw.gov.au/my-lifestyle/events/christmas-spectacular-2014>



Australia Day Events

**2015 Australia Day
Celebrations @ Ku-Ring-
Gai**

Citizenship and Awards Ceremony

A special ceremony will be held to welcome our newest citizens and present some of our most deserving residents with Australia Day Awards.

When: 26 January 2015, 3pm - 5pm

Where: [Bicentennial Park](#), West Pymble

Wet weather: The ceremony will take place undercover and proceed if a few showers occur on the day.

In the case of extremely wet weather prior to the event or dangerous weather conditions on the day, the event may be moved to the wet weather location at the Council Chambers (Level 3, 818 Pacific Hwy) Call 9424 0722 for an update if you are unsure.

Evening Concert

Celebrate everything that makes Australia great this Australia Day at our free evening concert.

The packed entertainment program will include acclaimed Aboriginal performers [Decendance](#), children's act [Lah Lah's Big Live Band](#), [Simply Bushed](#), [Stephanie Jansen Band](#) and [The Dave White Australian Anthem's Experience](#) followed by a spectacular fireworks finale by [Foti Fireworks](#).

There will be something for the whole family with multicultural food stalls and plenty of fun activities for the kids including face painting and amusement rides.

When: 26 January, 5.30pm - 9pm

Where: [Bicentennial Park](#), West Pymble

2015 Australia Day Celebrations @ Hornsby

Live Entertainment in Hornsby Park 11-2pm

Gold Coin donation for Sausage Sizzle by Hornsby Lions Club fundraising for the Women's Community Shelter

Hornsby Ku-ring-gai Child & Family Health Service thanks these organisations for their contribution to this fact sheet and invites you to visit their websites for more information

Hornsby Ku-ring-gai School Health Service

***Berowra/Brooklyn: 9456 2877 *Lindfield: 9416 2111**

***Galston/Pennant Hills: 9483 7955 *St Ives: 9988 4999**

Berowra Public School Canteen

Open Wednesday, Thursday and Friday

You can now order at www.flexischools.com.au or at the canteen

Summer menu Terms 4 and 1

Breakfast Menu 8.50am-9.10am	
Option 1: Weetbix x 2 and Milk	\$2.00
Option 2: Raisin Toast x2	\$2.00
NEW	
Pita Pockets	
Salad filled with mayo, carrot, lettuce,	
Cucumber and tomato	\$4.00
Cheese and salad	\$4.50
Chicken and salad	\$4.50
Ham and salad	\$4.50
Hawaiian Pita-ham, pineapple & cheese	
toasted	\$4.50
Cheese toasted Pita	\$2.20
NACHOS is BACK	
Beef	\$3.00
Vegetarian	\$2.50
Sour cream	\$0.50
Sandwiches	
Wholemeal bread	
Gluten free add \$1.00	
Add 50c to toast sandwich	
Vegemite	\$2.00
Cheese	\$2.00
Ham	\$3.00
Chicken	\$3.00
Egg	\$3.00
Salad - lettuce, tomato, cucumber and	
beetroot	\$3.00
Extras lettuce, cheese or tomato	\$0.50
Toasted Jaffles	
Cheese	\$2.50
Cheese and pineapple	\$3.50
Ham, cheese and pineapple	\$3.50
Ham, cheese and tomato	\$3.50
Baked beans and cheese	\$3.50
Spaghetti and cheese	\$3.50
Hot Food	
Chicken Burger - with lettuce and mayo	\$3.50
Beef Burger – with cheese and either BBQ	
or tomato sauce	\$3.50
The lot - with tomato, beetroot and cheese	\$4.50
Snack Pie 85gm	\$2.00
Garlic Bread	\$0.70
Nuggets (4)	\$2.50
Tomato sauce / BBQ sauce / chilli sauce	\$0.30
Salad Bowl	
4 carrot sticks, 4 cucumber sticks, 4 cherry	
tomatoes	\$1.50
Add diced Chicken or Ham	\$2.50
Morning Tea	
Bread stick	\$0.10
Frozen fruit - portioned frozen	
seasonal fruit	\$0.30
Garlic bread	\$0.70
Fun bun (like finger bun)	\$1.40
Choc and oat biscuits	\$0.70
Assorted cakes and biscuits	\$0.70
Small jelly cup (max 3)	\$0.20
Sausage roll	\$1.00
Pizza muffin	\$0.70
Drinks	
LOL juice varieties	\$2.20
Popper - Apple or Apple Blackcurrant	\$1.00
Plain milk 300ml	\$1.50
Flavoured milk - low fat chocolate or	
strawberry 300ml	\$1.50
Water	\$1.00
Slushie (varieties)	\$1.50
Chips	
Red Rock - Honey Soy or Plain	\$1.20
Jumpies BBQ or Chicken	\$1.00
JJ's Chicken	\$1.20
Ice Creams	
Icy Pole - Lemonade	\$1.00
Ice Monies	\$0.80
Zingers	\$0.50
Assorted ice creams from	\$1.00

**All items on the menu meet
the healthy kids guidelines.**

If you have any questions or comments or are able to volunteer, please call Teresa 9456 1483