



St Michael's Primary School

Blacktown South

NEWSLETTER

UPCOMING EVENTS:

JULY

Mon 31st	123 Magic Parenting Course—9.30am
-------------	-----------------------------------

AUGUST

Tues 1st	ICAS—English—7.30am
-------------	---------------------

Wed 2nd	Stage 2 boys/girls Soccer Gala Day
------------	------------------------------------

Mon 7th	123 Magic Parenting Course—9.30am
------------	-----------------------------------

Tues 8th	Mary MacKillop Liturgy—9.30am
-------------	-------------------------------

Wed 9th	Voice of Youth
------------	----------------

Thurs 10th	Blacktown Dental Health Program—K, 2, 4, 6
---------------	--

Fri 11th	Year 4 excursion to Old Government House and Elizabeth Farm
-------------	---

Mon 14th	STAFF DEVELOPMENT DAY Pupil Free Day
-------------	---

Tues 15th	ICAS—Maths—7.30am Blacktown Zone Athletics
--------------	---

Church of St Michael's
58 Orwell Street
Blacktown South

Weekend Masses:

Sunday: 8.00am, 9.30am, 6.00pm
4th Sunday 10.45am Filipino Mass

Weekday Masses:

Mon, Tues, Thurs, Fri: 8.00am
Wed: 7.30pm

First Friday: 7.30pm

Sacrament of Reconciliation:

Wed: 7.00pm—7.25pm

Holy Hour of Adoration:

Wednesdays 6.30pm—7.30pm

Phone: 9622 9149

Website: mqofblacktown.org.au

St Michael's Primary School
155 Reservoir Road
Blacktown South 2148
Ph: 9622 9910

Website:

www.stmichaelsblacktown.catholic.edu.au

Email:

stmichaelsbktn@parra.catholic.edu.au

2017 - ISSUE 11

25th June 2017

From the Principal

¾ time means Core Team time. A time when through your leadership, analysis of data will be supported by precision and action.



Dear Parents and Friends,

Do you think Nano and the Saints would have had a laugh watching our children's teachers *meditate* in our onesies? Sincere thanks to one and all for the laughter; these are the moments that our children cherish and remember.

Creating Positive School Climate

Tomorrow we meet with all teachers and their teachers' aides. At this meeting, we will welcome Mrs Grainger our 'Instructional Coach,' Behaviour. Mrs Grainger's position and increased TA time are a result of our work with CEDP in sharing our students' needs (our Data) and in responding to our QCS data around **student behaviours**.



Tomorrow we will consider a recent study where Hunt suggests, "that **school climate** has four domains and to achieve positive school climate we must have these following characteristics:

- **Physical Safety:** The physical environment must be safe and welcoming and must support learning.
- **Social Relationships:** The school must encourage positive communication and interaction among students, teachers and the wider community.
- **Emotional Environment:** Students must feel emotionally supported to ensure high self-esteem and a sense of belonging.
- **Academic Support:** The academic environment must be conducive to learning and achievement for all."

So, parents and friends how are we doing? What do we need to do differently? Have we any children who are not on a BP or PP for behaviour and should be? Have a great week.

In Week 5 (Monday, 14th August) we are having a Staff Professional Development Day concentrating on Welfare and Wellbeing. We will examine the Effects of trauma on our students. We will discuss the different forms of emotional support language and the importance of active supervision in and outside the classroom.

Have a great week,
"Love One Another"

John Laffan
PRINCIPAL

Assistant Principal

It is going to be a busy and exciting term. It will be important that you read the newsletters we send so you can be kept well informed of events.

Woolworths Earn and Learn

It's that time of year where you get stickers for every \$1 you spend at Woolworths. These stickers give us valuable resources for our students. Please collect as many stickers as you can and drop them into the school office or Woolworths at Prospect will have a box for our school.



Walk-a-thon

Our school Walk-a-thon is fast approaching. It will be on Friday 1st September at Nurragingy Reserve. The children will be involved in some walking and games/activities. We will need parent helpers, so I encourage you to help on this day.



Sponsorship cards have been sent home and we encourage you to get as many sponsors as you can. No donation is too small.

Major fundraiser in the school will win: Family Pass (2 adults & 2 children) to Roar & Snore
 Second Highest Fundraiser: Announced this Friday
 Top Fundraiser in each class: Movie Ticket

Every \$5 a child raises they will go into the raffle for lots of great prizes. Some prizes include: a printer, Lions League voucher, Karate lessons, Photography voucher, Travel voucher, Vagabond Cruise lunch, Cronulla Sharks signed ball and much more!!

NAPLAN Online

In 2019, it is expected that NAPLAN will be going online. All schools in NSW this year will need to use the NAPLAN site to see how it works and if all schools can cope with the amount of technology needed and internet use. Years 3 & 5 will participate in Week 6 of this term. There will be NO results given to students or schools as the purpose is testing the program not the students. More information will be available to Years 3 & 5 shortly.

Attendance

There are so many children who are at school every day and they and their parents are to be congratulated. 240 children received awards last term for 100% attendance. Amazing!

Unfortunately, there are some children who have attendance between 50% and 80% which is very concerning.

Please plan holidays in school holiday time and children need to be at school unless they are sick. If you are having problems getting your child to school please speak to the class teacher or myself. We are here to help!

Looking forward to working with you this term.

Katherine McKay

ASSISTANT PRINCIPAL



RE News

The teaching of Jesus is grounded firmly in the Jewish world of the 1st Century. For most of his listeners, that world was an agricultural one and so the stories Jesus told were about the everyday realities of peoples' lives. He told stories about vineyards, wheat fields, building houses, planting seeds and reaping harvests. The imagery he used was drawn from the lived experience of those he taught. Jesus used a style of storytelling that was popular at the time: parable. A parable is a story with a moral or a lesson. A parable usually involves an extended metaphor and, at its heart, is teaching the listener about how to live or how to behave.

Another feature of parables is that they can be understood at different levels. At one level, there is the literal meaning of a parable – what it says is what it is about. In last Sunday's gospel, the parable of the sower can be read or heard as a literal story about sowing seed and the lesson one might take from it is to be careful where you throw the seed when sowing. At another level, parables have a metaphoric meaning. In this instance, Jesus actually explains the symbolism of the parable to his disciples. There is a further, interpretive level of a parable where a modern reader asks, 'What has that story got to say to me here and now?'

In his conversation with the disciples, Jesus makes clear that only some people are open to understanding the depth of the message contained within his parables. Some people will only ever hear the story and never hear the message. Mind you, he still has to explain the parable to the disciples! Are we as Presentation People open to understanding and living the message?

Anne Easton

ACTING ASSISTANT PRINCIPAL and RELIGIOUS EDUCATION COORDINATOR

Sports News

2017 Blacktown Zone Athletics Carnival

We will be sending a very strong representative team to the Blacktown Zone Athletics Carnival on Tuesday 15th August (**Term 3, week 5**) permission notes will come home this week. If you know that your child is unable to attend the zone carnival on this date, please send a message to Mrs Budd ASAP.

St Michael's is responsible for an event on the day and we will be requiring 2 parent helpers to assist. Please indicate on the permission note if you are able to assist.

The first 2 place getters in each event will form our representative team in 2017, with the only exception being the **DISCUS; ALL students were given the opportunity to compete in the discus during PE time. This event has minimum qualifying distances for an athlete to compete at zone and ALL students were advised if they placed at school in top 2 it did not automatically qualify them for zone in discus.** Mrs Budd will speak to all the discus place getters and advise them if they have qualified or not.

At a date and time to be advised this term all field event place getters, Age Champions and Runners –Up awards and ribbons will be presented.

NOTE: Parramatta Diocesan Athletics carnival is on Friday 25th August (week 6) at Blacktown Sports Park.

Stage 3 Boys Soccer Gala Day

Today we have sent 2 boys soccer teams to represent St Michael's at the Parramatta Diocesan Soccer Gala day at Jamison Park in Penrith. We wish both teams the best of luck and look forward to sharing some photos in the next newsletter.

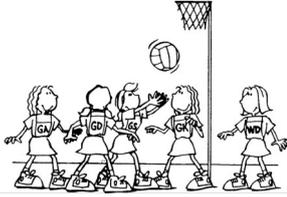


Stage 2 Boys and Girls Soccer Gala Day, Wednesday 2nd August (week 3).

This gala day was washed out in Term 2 and is being held next week. All students have received new permission notes and we need these returned ASAP.



2017 NETBALL GALA DAY, TUESDAY 22ND AUGUST (TERM 3, WEEK 6).



This week the children will have the opportunity to trial for teams for the above-mentioned gala day, during recess or lunch times. St Michael's will be sending girls 8, 9, 10, 11 and 12 years team along with a junior and senior boys team. Once teams are finalised we will be requiring a parent helper (team manager) on the day for each team.

TOUCH FOOTBALL GALA DAYS TERM 3

The Stage 3 touch football gala day that was postponed in Term One has been re-scheduled for **FRIDAY 8TH SEPTEMBER (WEEK 8)**, teams will recommence training at school closer to the date. The Stage 2 boys and girls touch gala day will be held on **FRIDAY 15TH SEPTEMBER (WEEK 9)**. Students in years 3 and 4 will have the opportunity to trial for those teams later this term. These events are held at The Kingsway, home of Penrith Touch Association, approximately 8.15am – 2.30pm. With parents being responsible for getting their child to and from the venue.



Lost Property

We have been experiencing some beautiful weather during the days of late, however it is winter and the mornings are cold and children have been wearing their tracksuit jackets to school. As the sun shines and the day warms up lots of children have been removing jackets during PE time. We continue to pick up items of clothing with NO NAMES on them. We desperately want ALL items of clothing to be returned to the rightful owner, it makes it very hard when there is no name on the items of clothing or hats. Please check your child's belonging regularly to ensure it is labelled, so we can return it to them safely.

Yours in Sport

Mrs Cristy Budd/ Mr Joe Ng

PE Teachers

From the Library

Term 3 is always exciting at St Michaels Library as we celebrate **Book Week** with schools all across Australia. This special week is led by the Childrens' Book Council of Australia to promote reading and Australian authors by giving awards to some of the best books published through the year. Teachers will be reading the short-listed books to their classes, and students will vote for their favourites before the winners are announced in week 6.

In the Library we will be organising competitions for each grade. Parents will be welcome to view the entries when they are finished and on display.

Book Fair : As usual, we will hold our annual Book Fair in Book Week with books provided by Central Book Suppliers. There is always a great range of books at very affordable prices. More information will be in the next Newsletter.

Book Covering : At this time, there are quite a lot of books in the Library that need to be covered. If you are able to help, please call in to the Library to collect some books before or after school from Wednesday to Friday. All plastic covering is supplied. There is contact for paperbacks books, and non-stick plastic for hard covers. You can choose what you prefer. A bonus is that your children get to read our new books before the other students.

Mrs Buhagiar
TEACHER/LIBRARIAN

Mel's Tasty Bites

CANTEEN NEWS

All lunch orders are to be dropped off to the canteen by 9.15am the latest. Any lunch orders that come in after this time cannot be guaranteed to have the lunch they specifically ordered.

With a number of schools now having their lunch at 11am instead of 1pm, this becomes quite difficult when lunch orders are still arriving at 10.30am.

As we are a healthy canteen and everything is made fresh on the premises, we make to order. Those schools, that we have introduced the Online Ordering System – Flexi Schools, we suggest to avoid disappointment that you order online.

To order online, please visit www.flexischools.com.au, you will need to register your details. As this is a third party to our company, we do not have access to your account.

We ask if all staff can make sure the lunch basket is dropped in to the canteen at 9am each morning.

Hot Noodles, drinks, slushies, milkshakes and ice blocks that are ordered with your lunch order are only placed in lunch baskets for the kindergarten students but all other students in year 1-6 will need to come back to the canteen with their lunch bag that is placed in the lunch basket to pick up these items. This is due to OH&S health and safety regulations as hot and cold cannot be placed together.

Just to fill you in a little about what we have on offer for you;

- We are starting a new competition at all our canteens called "Lucky Lunch Bag". A child will be randomly selected each day and they will receive a second lunch bag which will contain a Mel's Tasty Bites Surprise. It can vary from stickers, skipping ropes, books, and other cool school and sport stuff.
- We also have an account system, where it runs on credit, you can leave minimum \$25 or more on your own personal account at the canteen, that way your child will never have to miss out on recess or a treat at lunch time. You can also let us know if there are certain items you do not wish your child to purchase. This is a separate account to Flexi Schools.
- We have a Loyalty Card System, every time your child places a lunch order at the canteen over \$4.00, they will receive a stamp on their card, once they reach 10 stamps, they will receive a **FREE** lunch to the value of \$5.00... How cool is that? So be sure to pick up your loyalty card with your first lunch order at the canteen. Just note that the card is the parent's responsibility as they are not recorded at each canteen as it is impossible for us to do.
- If your child has an allergy, you will find on our website home page, a link at the bottom of the page where you can download a copy of the foods we have on offer if your child has a certain allergy.

Not sure what to do for your child's upcoming birthday?

- We make fresh and homemade cupcakes for your special birthday girl or boy to share their special day with their friends at school. Place your order within 72 hours and a gorgeous tray of cupcakes will be ready for pick up for your little ones special day.
- In summer, we also have a birthday bucket filled with '99% Fruit Juice Ice sticks' for a Student to share with their class on their special day...

We offer many more services, and have specials throughout the week so be sure to stay tuned by Liking our Facebook Page and visiting our website often.

Mel

Premier's Reading Challenge

CONGRATULATIONS to the following children who have completed the Premier's Reading Challenge.



Kinder

Ava Mckeough	Olivia Layous	Kiara Kothari	
Tejas Kaur			
Alicia Gunawardhana	Shimmer Ghodke	Estelle Fong	Bronte Said
Callum Dixon	Antonio Capeski	Eesha Lal	Rayansh Patil
Jeremy Mashreky			

Year 1

Jade Thompson	Delinda Thompson	Samara Fong	Eva Sutton
Archie Farrugia	Tia El-Khoury	Isabella Dabit	Eesa Mir
Sienna Cataldo	Christian Barrs	Noah Bajada	Alyssa Arevalo
Alan Castelino	Julianna Mashreky	Adhiraaj Shrestha	Madison Rendon
Olivia Cousens			

Year 2

Elizabeth Attard	Allison Attard	Willow Atila	Eamon Dizon
Darcy Said	Isabella Palmer	Sidhi Oruganti	Charlotte Jemison
Vanshil Krishnan	Demiana Hinien	Doree Chung	Nayomi Mouawad
Sophie Burr	Aiden O'Conner	Sabrina Dutong	Rey Pila
Keanu Freitag-Finau	Peyton Regner	Josiah Jackson	Bhavrit Sidhu

Year 3

Francesco Tabone	Christine Nogueiro	Joseph Ghattas	
------------------	--------------------	----------------	--

Year 4

Caitlin Dixon	Hayley Andrews	Camilla Aquino	Isabella Fitzroy
Cassandra Aquino	Gabrielle Bautista	Christy Michael	Jan Lopez
Athalie Nepomuceno			

Year 5

Esha Varma	Jia Chung	Jenille Calingao	
Donna Dimmy	Zahra Mir	Eklavya Saini	

Year 6

Marina Ibrahim	Aiden Galea	Jav Callingao	Prem Mondeddu
Ashleigh Southam	Brooklyn Stack	Gabriella Serra	Emily Borg
Emma Santa Maria			

There isn't much longer until the Premier's Reading Challenge closes for 2017. You must complete your online Student Reading Record by 25 August 2017 (11:59 pm) to complete the Challenge.

Please ensure the student reading record says 'complete'

A certain number of books need to be read to complete the Challenge:

Challenge	Number of books you must read	Minimum number of PRC books	Maximum number of Personal Choice books	PRC booklists you can read from
K-2	30	25	5	K-2, 3-4, 5-6, 7-9
3-4	20	15	5	3-4, 5-6, 7-9
5-6	20	15	5	5-6, 7-9
7-9	20	15	5	5-6, 7-9

Once you finish, please inform Miss Galea (year 3-6) and Miss Rodriguez (Kinder-2) that you have completed the reading challenge.

Miss Galea and Miss Rodriguez

Term 3 School Fees

Term Three school fee invoices have been issued and payment is due by 21st August.

If you have not received your invoice please contact the school office.

If you have any concerns regarding payment of school fees please contact Robyn Hoogenest to make an arrangement.

Seminar—Understanding Family Law—Two Sessions

Solo Parent Services are running two sessions for our Annual Seminar on "Understanding Family Law".

The sessions are presented by an Accredited Family Law Specialist and will cover the following topics on the dates below:

Tuesday, 8th August—Understanding the Family Law Act—Focus on Divorce/Separation and Children's needs.

Tuesday, 22nd August—Understanding the Family Law Act—Focus on Property Settlements.

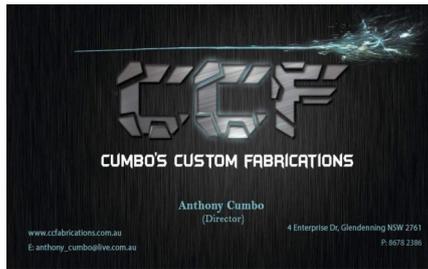
Venue for both Sessions: 38 Prince Street, Blacktown

Time: 7pm-9pm

Cost: \$7.00 per session

Registration Essential: Contact Rita at Solo Parent Service—Ph: 8822 2222 or email: soloparentservices@ccss.org.au

THANK YOU to our wonderful SPONSORS of our 2017 WALK-A-THON



SAVE EVERY TIME
WITH CARTRIDGE WORLD BRAND

QUALITY & SERVICE
SWITCH & SAVE
WE GUARANTEE IT



Kevin Pagaddinnimath Director
KPT Education Group Pty Ltd
REGIONAL AREA PARTNER
3/94 Main Street, Blacktown NSW 2148 Australia
Mobile: 0452 401 956
Office Phone: 1300 002 634
Email: kevin.p@fevtutor.com

CENTRAL BOOK SUPPLI-



Trevor Coutinho
PRINCIPAL

PHONE (02) 9621 7333 FAX (02) 9621 7322
EMAIL: tcoutinho@firstnationalblacktown.com.au
WEB: firstnationalblacktown.com.au



YARDIN DESIGN
Karen Yardin | 0411 489 432
yardin.design@inet.net.au

graphic design • advertising
marketing • print • signage
social media • web



WHERE YOUR JOURNEY BEGINS
For your personalised service, come visit us at
Shop 2075, Level 2 (in front of Leo Nails)
Westpoint Shopping Centre, Blacktown NSW 2148

- Airfares
- Hotels & Accommodation
- Travel Insurance
- Tours
- Cruises
- Car Hire
- Rail Tickets
- Money Remittance

Hazel Briones-Urqueza
Owner/Director
M: 0466 158 717

For enquiries, please email: enquires@goldenglobetravel.com.au
or Call on 02 8834 1182
E: hazel@goldenglobetravel.com.au
W: www.goldenglobetravel.com.au



True Art PHOTOGRAPHY
Maternity • Newborn • Child • Portrait
Studio located in Blacktown, Western Sydney
Book online: www.trueartphotography.com.au
trueartphotography@live.com.au



2017

SCHOOL CANTEEN

ST MICHAEL'S PRIMARY SCHOOL

WINTER MENU

SANDWICH BAR (Fresh or Toasted)**Breads (G) White, Wholemeal or Multigrain**

Vegemite, Jam or Honey	\$2.20 A
Curried Egg	\$3.50 G
Egg, lettuce & mayo	\$3.50 G
Ham, cheese & tomato	\$3.60 G
Ham & Cheese	\$3.60 G
Ham & Tomato	\$3.60 G
Ham & Salad	\$4.00 G
Chicken & mayo	\$3.60 G
Chicken, lettuce & mayo	\$4.00 G
Salad	\$3.50 G

(Beetroot, lettuce, carrot, tomato & cucumber)

Tuna & sweet Chilli	\$3.50 G
Tuna, lettuce & mayo	\$3.50 G
Tuna & Salad	\$4.00 G

SUPER SALAD BOXES

Greek	\$5.00 G
<i>Tomato, Cucumber, Spanish onion, Pitted Olives, Greek Feta</i>	
Chicken Caesar Pleazer	\$5.00 G
<i>Grilled Chicken, Cos Lettuce, Egg, Cheese, Croutons</i>	
Chicken Buster	\$5.00 G
<i>Grilled Chicken, Tabouli & Hummus</i>	
Secret Garden	\$5.00 G
<i>Lettuce, Tomato, Carrot, Beetroot, Cucumber, Spanish onion</i>	
Finding Nemo	\$5.00 G
<i>Lettuce, Tomato, Spanish onion, Tuna</i>	

WRAP BAR**Sweet Chilli Chicken, Salad & Cheese – G**

Single \$2.50 --- Double \$4.50

Chicken Caesar, croutons, bacon cheese & Caesar dressing - G

Single \$2.50 --- Double \$4.50

Chicken Schnitzel, lettuce & mayo - G

Single \$2.50 --- Double \$4.50

Ham & Salad - G

Single \$2.50 --- Double \$4.50

Cheese & Salad - G

Single \$2.00 --- Double \$4.00

TURKISH BREADS - GH**Chicken Schnitzel** \$5.50*Chicken Schnitzel, roast capsicum & cheese***Roast Chicken** \$5.50*Roast chicken, avocado, sundried tomato & cheese***Mediterranean** \$5.50*artichokes, roast capsicum, olives & feta cheese***Vegetarian** \$5.50*Eggplant, roast capsicum, olives, artichokes, tomato***Rolls & Wraps** Extra \$0.50**Gluten Free Sliced** Extra \$1.00

www.melstastybites.com

MEL'S TASTY BITES
HEALTHY CANTEEN
OPERATORS**EXTRAS**

Avocado	\$1.00 G
Boiled Egg	\$0.80 G
Tabouli	\$1.00 G
Hummus	\$1.00 G
Lite Ham	\$1.00 G
Grilled Chicken	\$1.00 G
Lunch Bag	\$0.20
Spoon/Fork	\$0.20
Sauce Portions	\$0.30

HOME MADE BURGERS - G

Chicken Fillet Burger	\$4.50
Chicken Schnitzel Roll	\$4.50
Cheeseburger	\$4.50
Vegetarian Burger	\$4.00
Fish Burger	\$4.00

HOT BAR

Spaghetti Nachos	Small \$2.70 / Large \$3.70 G
Baked Bean Nachos	Small \$2.70 / Large \$3.70 G
Beef & Bean Nachos	Small \$3.00 / Large \$4.50 G
5 x Baked Fish Fingers	\$2.50 G
Garlic Bread Roll	\$2.50 G
Baked Fish & Wedges	\$4.50 G
3 x Yummy Drummys	\$3.60 A
Yummy Drummy Roll	\$4.50 A
Curry Chicken & Rice	\$4.50 G

NOODLES - A

Beef	\$3.20
Chicken	\$3.20

Hot Noodles & all
Ice creams, Jelly's
& Drinks ordered
for lunch are given
out when the
lunch bag is
returned to the
canteen..

HOME MADE PIZZA – G

Margarita	\$4.00
BBQ Chicken	\$4.00
Vegetarian	\$4.00
Cheesy Garlic	\$4.00

WEEKLY SPECIALS**MONDAY**Chicken Fried Rice \$4.50 **G****TUESDAY**Creamy Chicken Mushroom Pasta \$4.50 **G****WEDNESDAY**Chicken Schnitzel, Mash & Gravy \$4.80 **G**Gourmet Beef Pie \$3.50 **A**Gourmet Sausage Roll \$3.50 **A****THURSDAY**Macaroni Cheese Bake \$4.30 **G**Lasagne \$4.50 **G****FRIDAY**Hot Dog w/ Sauce (Tom/bbq) \$3.70 **A**Chicken Breast Nugget (5) \$4.00 **A**3 x Beef Party Pies \$3.60 **A**Spaghetti Bolognese \$4.50 **G****HEALTHY FOOD GUIDELINES****G – Green** **A – Amber**

2017

SCHOOL CANTEEN

ST MICHAEL'S PRIMARY SCHOOL

BREAKFAST

Bacon & Egg Muffins	\$2.50 A
Yoghurt & Muesli	\$2.50 G
Cereal in a Bowl	\$2.50 G
Toasted Cheese Jaffle ¼	\$1.00 G
Fresh Seasonal Fruit Pieces	\$1.00 G

DRINKS

99% Juice Popper	\$2.00 G
<i>Apple, Orange, Apple & Blackcurrant</i>	
Spring Water 350ml	\$1.50 G
Spring Water 600ml	\$2.00 G
Oak Flavoured Milk 300ml	\$2.50 G
<i>Chocolate, Strawberry, Vanilla Malt</i>	
Quench Mineral Water 350ml	\$2.50 G
<i>Apple Raspberry, Lemon Lime, Orange, Lemonade</i>	

FRESH FRUIT & TASTY BITES

Fresh Seasonal Fruit	\$1.00 G
<i>Apple, Orange, Banana</i>	
Watermelon Cup	\$1.50 G
Mixed Fruit Cup	\$2.00 G
Yoghurt & Fruit Bowl	\$1.50 G
Custard Bowl	\$1.50 G
Grapes & Custard Bowl	\$2.00 G
Jelly Bowl	\$1.20 A
Jelly & Custard Bowl	\$2.00 A
Red Rock Deli Chips & Smiths	\$2.00 A
<i>Honey & Soy, Sea Salt, Salt & Vinegar</i>	
Mamee Corntos & Rice Sticks	\$2.00 A

BIRTHDAYS - CUPCAKES OR ICE-BLOCK BUCKETS
ENQUIRE WITHIN CANTEEN

LUNCH ORDERS MUST BE IN BY 8.45AM

CRUNCH & SIP



*Available Before 9am **\$2.00**

Bottle of Water 350ml plus a choice of a Apple, Banana or Orange



Mel's Tasty Bites

Healthy Canteen Operators & Catering Services

FROZEN TREATS

Frozen Yoghurt	\$1.50 G
Zooper Dooper	\$1.00 A
Bulla Ice-Cream	\$1.50 A
Juice Cups	\$1.50 G

(Apple, Orange, Apple & Blackcurrant)

HOME-MADE TREATS

Mel's Fruit Low Fat Muffins	Small \$1.50 / Large \$3.00 A
Mel's Banana Bread	Half \$1.50 / Full \$2.50
Warm Banana & Custard Bowl	\$2.50

EXCURSION LUNCH PACK - \$4.50

(Ready at 8am)

- Sandwich (Cheese, Jam or Vegemite)
- Piece of Fruit (Apple, Banana or Pear)
 - Spring Water 350ml

Note: Order 1 Day before

WEEKLY MEAL DEAL

Choice of;

- Sandwich, Piece of Fruit & 350ml Spring Water - \$5.00
- Burger, Piece of Fruit & 350ml Spring Water - \$6.00
 - Lasagna & 600ml Spring Water - \$6.00