



# Our Lady Queen of Peace Primary School

## NEWSLETTER TERM 3 WEEK 5 2014

### AUGUST

#### WEDNESDAY 13 AUGUST

⇒ P&F Meeting @ 7:30pm

#### THURSDAY 14 AUGUST

⇒ Year 6 Canberra Camp

⇒ Penrith Eisteddfod

#### FRIDAY 15 AUGUST

⇒ Year 6 Canberra Camp

#### TUESDAY 19 AUGUST

⇒ Netball Gala Day

#### FRIDAY 22 AUGUST

⇒ Diocesan Athletics Carnival  
@ Blacktown Olympic Park

⇒ Tony Bones show in the  
Library

#### MONDAY 25 AUGUST

⇒ Numeracy & Literacy  
week

⇒ "Voice of Youth" Cluster  
final

#### FRIDAY 29 AUGUST

⇒ Mufti Day— Basket  
collection for Fete

### SEPTEMBER

#### MONDAY 1 SEPTEMBER

⇒ Staff Development Day

#### TUESDAY 2 SEPTEMBER

⇒ Book Fair commences in  
the library



### UPCOMING EVENTS



### PRINCIPAL'S MESSAGE

Dear Students, Parents and Teachers,

Our **Staff Development Day** for Term 3 will be held on **Monday 1<sup>st</sup> September**. This will be a **pupil-free day** and the teachers will be involved in professional development that is focused on the new Syllabus documents.

Last week many of our students participated in the **Zone Athletics Carnival** at **Blacktown**. OLQP hosted the day, which was a great success, thanks to the work of Mrs Gray and the teachers who provided help on the day. Congratulations to all our athletes, especially those who have progressed to the next round.

Last week I was privileged to be a judge for the finalists of the **Voice of Youth** competition. Mrs Grella and I were very impressed with the level of ability demonstrated by the students. Speaking to an audience requires particular skills that were very evident in the children's performances. Congratulations to the winners, who will now represent our school at the cluster final.

This week we will celebrate the **Feast of the Assumption** with a **special Mass** on **Friday at 10.15am**. Parents are most welcome as we have the opportunity to pray together as a community.

**Year 6** are travelling to **Canberra** this week. This excursion is a great experience for the children who are engaged in learning about how their country is governed. I will be meeting them in Canberra and staying overnight with the group. I know they are all looking forward to the experience.

On **Monday 8<sup>th</sup> September** we will be having a **special Mass** for **Mary** on the **feast of her birthday**. The Mass will involve our whole community – parishioners, OLQP Primary students, St. Paul's College students and OLQP Pre-School children. It will be held on the oval at St. Paul's College and all parents are welcome. We will send home more details very soon.

Preparation for our **school fete (Saturday 13<sup>th</sup> September)** has begun and we are looking for as much support as possible to help on the day. Now that we have a grant for the softfall area near the hall we are looking to resurface our basketball/netball court and funds raised on the day will be committed to this project. There are lots of jobs, including helping with stalls, setting up and packing up at the end of the fete day. If you can give some time to help with these jobs, please contact **Mrs Melissa Cini** on **0413 676 700**.

Our year is moving forward rapidly and I believe it is important to take stock of how far we have travelled. 2014 has seen lots of new possibilities. Many teachers have started in new grades bringing lots of experience and new opportunities to bear. We have a new Assistant Principal who has taken on the enormous task of administering our school with great enthusiasm and passion for learning. Our children have grown and learnt new skills and have taken part in physical as well as academic activities. Changes continue to occur and we continue to look at the enormous possibilities for learning. I hope to discuss these possibilities with you in the future, particularly in our **P&F** meetings next term.

Have a great week

*Michael Hopley*  
**Principal**

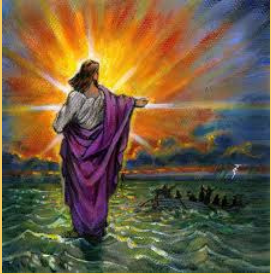
## RELIGION NEWS:

### *IS YOUR FAITH STRONG ENOUGH FOR YOU TO WALK ON WATER?*

*"Courage! It is I!"*

*"Do not be afraid."*

*Matthew 14:22-23*



The story of Jesus walking on water in the midst of a heavy storm, threatening to sink the boat of the disciples, is a classic story of how we as mankind are often faced with difficulties in our lives and how God will definitely, not ever, abandon us!

*Life is never easy;*

*it is, and always will be,*

*filled with challenges and difficulties.*

As Peter took his first step out of the boat he was actively seeking Jesus' help. He did not merely sit there and wait for Jesus to come to him. Faith is an invitation that Jesus offers to us every day. God has given us Jesus to rescue us and strengthen our faith but we must be willing and open enough to accept Him into our lives.

This boat that is our life will always be rocked by strong winds and waves. Is our faith in God truly genuine and strong? Do we doubt God and His love for us just because He may not always seem to be around whenever we say we need Him?

This Gospel story is a reminder to us as disciples to keep our eyes firmly fixed on Jesus, the source of all our hope, in times of struggle and uncertainty. Let us try to be courageous enough this week in our lives that our faith may be solid and strong enough for us to walk on water!

*Blessings for a wonderful week,*

**Rebecca Lloyd REC**

Our next Children's Mass will be celebrated on **Sunday 7<sup>th</sup> September at 10am**. Please join us for this beautiful celebration and encourage your children to be actively involved by signing up for one of the special jobs in the Mass.

A note will be sent home shortly.



## AP NEWS:

### **The Importance of being on time!**



On the odd occasion all of us might be running a bit late, but it is important to ensure that your child(ren) are on time for school every day, as well as remaining until the very end of the day, for a number of reasons:

1. Being on time will ensure that your child does not miss out on the important learning activities scheduled early in the day when they are most alert (**and that the teacher does not need to stop working with other children to catch up latecomers**). Teaching continues to the very end of the day, so early collection causes similar problems.
2. Being organised and arriving on time will help your child to learn the importance of punctuality and routine.
3. It will also give your child time to greet their friends before class and therefore reduce the opportunity for classroom distraction.

Lateness is recorded as a partial absence and must be explained to the school the same way as other forms of absence. Please help support your child in their learning by ensuring that they arrive at school before 8:55 am and remain until the end of the day when the 3:05 bell goes. We will also be encouraging your children to be ready for school on time!



**Congratulations to Mr & Mrs Saliba, together with Lauren (2S) on the birth of their new baby girl, "Grace".**

### \*\*\* URGENT: FACES Data – Update of Family Details

As we migrate to this new administration system it will be a good opportunity to update Parent details with regards to mobile phones, email addresses, medicare details, etc., as well as seeking confirmation of student travel arrangements. Could you please go to:

<http://tinyurl.com/p8ybu8n> to update your details. Thank you to all those parents who have already provided this information.

## National Literacy and Numeracy Week – 25-31 August 2014

During W7 of this term we will be celebrating National Literacy and Numeracy Week. Below are some thoughts taken from the NLNW site:

- *When parents are engaged in their children's education ... students tend to do better.*
- *Coupled with quality teaching, parental engagement is a key ingredient in helping students succeed.*
- *Some ideas for getting engaged with your child's education are:*
  - ◇ *Sharing the value of education with your children.*
  - ◇ *Encouraging and supporting your children to do and learn about what they are interested in.*
  - ◇ *Discuss with your children what they are learning at school and what happens in their day.*
  - ◇ *Helping your children take responsibility for their study and learning.*
  - ◇ *Encourage and set up good study habits, problem solving and research skills.*
  - ◇ *Reading with your children – talk about books and stories to help children develop language skills.*
  - ◇ *Spending quality time together and talking about a range of topics.*
  - ◇ *Challenging your children to relate these topics to what they learn at school.*
  - ◇ *Encouraging a range of interests, friendships, a healthy diet and good sleep patterns.*
  - ◇ *Praising your children for all their achievements whether they are big or small.*
- *Parents can have hopes for their children's future, and these hopes can assist in creating the right environment for their children to have a positive school experience.*



The following part of this site includes a number of engaging and educational activities for children:

<http://www.nlnw.nsw.edu.au/kids.htm>

### Audiobooks

Below are links to some audiobooks you might like to check out.

- [www.storynory.com](http://www.storynory.com)
- <http://www.meegenius.com/store/books/free>
- [www.storylineonline.net](http://www.storylineonline.net)
- <http://www.magickeys.com/books/>
- <http://www.booksshouldbefree.com/>
- <http://resources.woodlands-junior.kent.sch.uk/interactive/onlinestory.htm>

### *Audiobooks can be used to:*

- Introduce students to books above their reading level
- Model good interpretive reading
- Teach critical listening
- Highlight the humour in books
- Introduce new genres
- Introduce new vocabulary or difficult names
- Provide a read-aloud model
- Provide a bridge to important topics of discussion for parents and children who can listen together while commuting to sporting events, music lessons, or on vacations
- Recapture "the essence and the delights of hearing stories beautifully told by extraordinarily talented storytellers" (Baskin & Harris, 1995, p. 376)

## Book Fair reminder – Week 8



# NANZAN VISIT...

On **July 25**, it was a rainy day but the dismal weather could not take away the anticipation and joy of the annual **Nanzan** visit. Like the past three years, three teachers and twenty students from **Nanzan Girls' High School**, Nagoya, Japan were warmly welcomed by all staff and students. They were extremely impressed by the warmth and friendliness they felt during the visit. Owing to the rain, our special assembly for the visitors had to be held in the library, which meant only **Year 5** and **Year 6** were lucky enough to attend.

The assembly kicked off with a warm welcoming speech by our principal, **Mr. Hopley**, followed by our student representative, **Ella Barker**. Ella, who was wearing a gorgeous **yukata**, which is like a kimono, delivered a short but impressive speech in Japanese to our visitors. Then it was the Years 6 girls who entertained the audience with a wonderful dance they put together based on two Japanese tunes. This was followed by a special and entertaining interview in Japanese of a **Nanzan** student by two of our Year 6 students, **James Makris** and **Nora-Lee Doueihi**. Then it was Year 5 who treated the audience with three songs they learnt in class. This was followed by a special appearance by our school choir, conducted by **Mrs Grella**. They performed a most beautiful Japanese song called "**Springtime has come**". Last but not least, the audience was treated to a Japanese children's song, sung by four most gorgeous students from Year 2. They were **Sasha Louis**, **Celine Fares**, **Sienna Nour** and **Vanessa Nasr**. They even taught everyone there to sing along with them!

Finally, the **Nanzan** girls treated us all to some beautiful songs and invited some of the audience to dance along. There might not be that much room in the library, but a good time was definitely had by all.

Now, with the Nanzan visit over, we have to look forward to next year. In the meantime, we can say we are all blessed to be exposed to another culture, which has left us with some great memories.

**Sensei** would like to thank everyone at school for making this visit a great success.



# “Voice of Youth” School Final

Last Thursday 12 Year Six students competed in the Voice of Youth Competition School Final. The 12 students presented an array of topical and some personal topics that they had researched and presented to their peers as part of the competition.

It is with great pride we congratulate the following school finalists: **Thomas Nguyen** (Behind the World Cup); **Sarah Vella** (No one should be left alone on the streets); **Antonia Ostojic** (Nutella); Katerina Bonovas (I’m not the star, my dad is!); **Maddison Sherry** (A cruel, cruel world); **Annie Azzi** (Duchene Muscular Dystrophy); **Massimo Orlando** (Should Brazil have hosted the World Cup?); **Erica Hadchiti** (Cyber Bullying); **Jack Hansen** (Literacy around the World); **Riti Ramanujachari** (Care Flight); **Lachlan Galea** (Poaching); **Olivia Pratt** (Child Soldiers)

After careful deliberation **three winners** were chosen to represent **OLQP** at the **Cluster Final** on the **25<sup>th</sup> August** at St Paul’s Hall.

The three cluster finalists are: **Olivia Pratt**, **Lachlan Galea** and **Annie Azzi**.

***Congratulations and best wishes to the children who have made it through to the Cluster Final.***

## SPORTS NEWS:

### ***CUMBERLAND ZONE ATHLETICS TEAM***



I would like to congratulate the **43 students** that represented **OLQP** last week at the **Cumberland Zone Athletic Carnival** at the **Blacktown Olympic Park**. They were all really well behaved and demonstrated wonderful sportsmanship to other competitors. I would also like to acknowledge the children’s dedication to their team, with many of the students training during lunchtimes and out of school hours.

Thank you to all the parents and family members that came to support our team on the day. Its always wonderful to have extra supporters cheering on our team. A particular thank you to **Mrs Misfud** and **Mr Castelino**, who generously gave up their time, and to our staff, **Miss Basso**, **Mrs Maunder**, **Miss O’Brien**, **Mr Harris** and **Mr Hopley**, that also attended the day to assist with the running of the carnival. Special congratulations goes to the following children who were **Zone Champions** and Runners-up on the day:

Name	Age Division	Champion/ Runner- Up
Nicholas Bilokapic	Senior	Runner-up Age Champion
James Carr	11 Years	Runne r-up Age Champion
Trisha Castelino	Junior	Age Champion

A team of over **20 children** will now go on to **represent our school** and zone at the **Diocesan Carnival** on **Friday 22<sup>nd</sup> August**. We would like to wish them all the best for this day.

### ***CPS Southern Golf Tournament***



**CONGRATULATIONS** to.....**Chris Rutherford** in **6M**, the winner of the **9-hole event** at the **CPS Southern Golf Tournament** held on Monday 28 July 2014.

## IN THE KNOW:

### **ACTIVE KIDS ARE HEALTHY KIDS....**

#### **Did you know?**

Around 1 in 5 young people in NSW report eating potato crisps or other salty snacks at least 4 times per week

Over a quarter of young people in NSW eat confectionary at least 4 times per week

Most young children eat enough fruit every day, but only about half of children aged 9-15 years have the recommended daily amount.

#### **Healthy snacks help kids and teens refuel**

Healthy snacks in between main meals help kids and teens meet their daily nutritional needs.

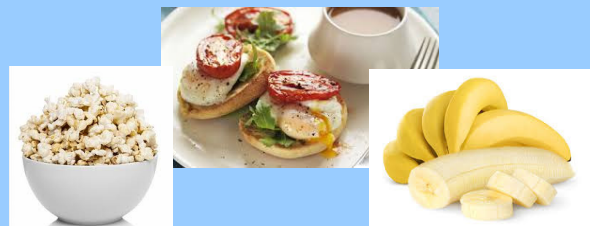
Young children have smaller stomachs than adults, so they need to eat every few hours to keep up their energy levels and get the right amount of nutrients. Teens get particularly hungry during periods of fast development and snacks are important. Snacks based on fruit and vegies, reduced fat dairy products and whole grains are the healthiest choices.

It is important to limit snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight. These 'extra foods' should only be offered occasionally.

#### **What makes a healthy snack?**

Here are some simple ideas for healthy snacks that you can make at home or add to lunchboxes:

- Fruit muffins or slices, baked using monounsaturated or polyunsaturated oils and margarine instead of butter
- Fresh, frozen, canned (in natural or unsweetened juice) or dried fruit
- Raisin or fruit toast\*
- Toasted English muffins, preferably wholemeal or wholegrain\*
- Reduced fat custard with fruit
- Rice crackers or corn cakes
- Plain popcorn (unbuttered and without sugar coating)
- Scones or pikelets (plain, fruit or savoury)\*
- Plain breakfast cereals, such as wheat breakfast biscuits, topped with sliced banana with a drizzle of honey
- Snack-sized tub of reduced fat yoghurt (plain or fruit flavoured)
- Cubes, slices, shapes or wedges of reduced fat cheese with wholegrain crackers or crispbread
- Potatoes, topped with reduced fat cheese and baked in the microwave or oven.
- Corn on the cob
- A boiled egg





## OFFICE NEWS :



Term 3 School fees have been printed and posted and will be **due** on **Tuesday 19th August**.

If you have not received your statement please contact the school office on **9631 1500**.

## P&F NEWS:



**TONIGHT Wednesday 13 August @ 7:30pm in the Library**



### Helpers Needed – Positions Vacant For The Big Fete Friday Set Up & Fete Day Saturday 13<sup>th</sup> Sept 2014

Dear families,

**WE ARE ASKING FOR YOUR HELP!** Please volunteer and help out !










































Mums, Dad's Aunties, Uncles and Grandparents, everybody is welcome to join in and volunteer.

Even just an hour or so of your time.

Please fill in the commitment form below, send it into the school office **URGENTLY** and help make the day a success.

+++++ ALSO WE NEED HELPERS FOR THE FRIDAY SET UP – 9AM TO 3PM 12/9/14 +++++

*All monies raised from the fete go back to the school to purchase educational material for your children.*

POSTIONS VACANT Saturday 13th			
STALL/TEAM	10am – 12:30pm	12:30pm – 3pm	Helpers Required
Drinks & Ice-Creams	   3	   3	6
Hoopla & Games	   3	   3	6
Hampers /Baskets & kids Clothes	   6	   6	12
Toys & Books	   6	   6	12
Grounds Maintenance	  2	  2	4
All day Ride Passes	  2	 1	3
Sand Art	   3	   3	6
Tiny Town	  2	  2	4
Friday 12 <sup>th</sup> Set Up day	As many people as possible 9am to 3 pm		
Total Helpers still required 65			

☐ Yes, I can commit to help out with the \_\_\_\_\_ During the times of \_\_\_\_\_

☐ Yes, I can commit to help out with the \_\_\_\_\_ During the times of \_\_\_\_\_

☐ I can commit to help out on **Friday for set up** between 9am and 3 pm. Time I can help \_\_\_\_\_

Name: \_\_\_\_\_ Phone No: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Child's Class: \_\_\_\_\_

Thank you in advance for your assistance,

Melissa Cini P & F President



## Clothes, Books and Toys Drop Off

The Big Fete 2014

Dear families,

The OLQP Big Fete is almost here.

This year for the Big Fete we're requesting donations of Clothes, Books, DVD's, Games & Toys. Please drop off items in bags or boxes outside of the School Office from:

**Wednesday 20<sup>th</sup> August until Wednesday 27<sup>th</sup> August 2014**



1. Good quality clothes your child has grown out of to sell at the 2<sup>nd</sup> hand kids clothing stall. (a request of NO socks or underwear)



2. Books & DVD's for the book stall



3. Toys & games for the Toy Stall

The Clothes, Books, DVD's, Games & Toys will be sold at the fete which will help raise money for our school. Be sure to visit the Stalls in Year 5 Rooms

We thank you in advance for supporting our school. Please remember to wear sensible footwear for Mufti.

The next P & F meetings will be held in the Library at 7:30pm on 13<sup>th</sup> August & Wednesday 10<sup>th</sup> September to finalise all details of the Big Fete. All parents are welcomed to be part of the P&F and attend P&F meetings.

Thank you in advance for your contributions,  
**Melissa Cini**  
P & F President

O.L.Q.P School P&F "All parents are welcomed to be part of the P&F"





## Basket Mufti Day

The Big Fete Saturday 13<sup>th</sup> Sept 2014



Dear families,

The OLQP Big Fete is almost here & Basket Mufti day is on Friday 29<sup>th</sup> August & works as follows:

- Each family is supplied with one basket
- Choose a theme and create a basket (some ideas are below)
- Wrap the created basket with **clear cellophane & tie with a ribbon or string on top**
- Return the basket on mufti day Friday 29/8/14 and in return for your family basket all the children get to wear Mufti on this day

The hamper baskets will be sold at the Basket Stall at the fete which will help raise money for our school.

Some ideas for basket themes are listed below or you could choose anything you think others would like to purchase. Each year we have more and more wonderful ideas.

- |                    |              |                    |
|--------------------|--------------|--------------------|
| - Girl's Stuff     | - Kitchen    | - Sauces           |
| - Boy's Stuff      | - Bathroom   | - Ladies           |
| - Pet accessories  | - Christmas  | - Men's            |
| - Hair accessories | - Toys       | - Craft            |
| - Stationary       | - Tea/Coffee | - Gift Wraps/Cards |

Please ensure items have not been used and any food products are not out of date before Dec 2014.

We thank you in advance for supporting our school. Please remember to wear sensible footwear for Mufti.

The next P & F meeting will be held in the Library at 7:30pm on Wednesday 10<sup>th</sup> September to finalise all details of the Big Fete. All parents are welcomed to be part of the P&F and attend P&F meetings.

Thank you in advance for your contributions,  
**Melissa Cini**  
P & F President

O.L.Q.P School P&F "All parents are welcomed to be part of the P&F"

# OLQP Mum's Shopping Night is coming soon.....

## Friday 7 November

### Calling all Stall Holders!!!!

The P&F is launching our "first" OLQP Mum's Shopping Night on Friday 7 November 2014.

This is a **Ladies Only** night and will be a fun night of shopping, bubbles and nibbles held in the School Library. We would like to encourage anyone in our School community who has a business and is interested in participating as a stall holder at this inaugural event to contact us.

***As a stall holder you will benefit from:***

- ◆ your business advertised on our Facebook page
- ◆ selling & promoting your products to your local community
- ◆ being the only stallholder in your category of products
- ◆ supporting your school in fund raising

***You will need to:***

- ◆ pay \$50 for a stall and bring your own table
- ◆ have public liability insurance
- ◆ make a donation of your product to raffle on the night

Expressions of interest can be directed to **Liz Scott** on either 0412 412 181 or [liz@elysiancollection.com.au](mailto:liz@elysiancollection.com.au). **We will only be accepting one stall per category and selection will be at the discretion of the P&F.**

We hope that you will join us in making this event a success for all !!!

**Liz Scott**  
**Elysian Collection**  
**Stylish Fashion Jewellery**

M: 0412 412 181  
E: [liz@elysiancollection.com.au](mailto:liz@elysiancollection.com.au)  
W: [www.elysiancollection.com.au](http://www.elysiancollection.com.au)



# CANTEEN NEWS:

## CANTEEN ROSTER TERM 3 2014—**UPDATED**

MONDAY 11 AUGUST	TUESDAY 12 AUGUST	WEDNESDAY 13 AUGUST	THURSDAY 14 AUGUST	FRIDAY 15 AUGUST
		Anne Cilia Julia Wahba Sandra Wilson	Rebecca Simari Sarah Barden Teresa Rota Cara Pedavoli	Mary Sarafoglou Kristine Mercuri Allison Sigmund Allison Sorensen
MONDAY 18 AUGUST	TUESDAY 19 AUGUST	WEDNESDAY 20 AUGUST	THURSDAY 21 AUGUST	FRIDAY 22 AUGUST
Sandra Merrick Rebecca Bezzina Sonia Amus	Maree Callaghan Dian e Galea Anne David	Cynthia La Rosa Anita Meredith Elizabeth Banks	Deborah Terracciano Miriam Gibson Melissa D'Angola Lisa Gladdish	Carol Sioufi Effie Bonovas Maggie Sabbagh Amy Hill Liz Scott
MONDAY 25 AUGUST	TUESDAY 26 AUGUST	WEDNESDAY 27 AUGUST	THURSDAY 28 AUGUST	FRIDAY 29 AUGUST
Belinda Carr Dianne Sherry Lisa Barker	Margurite O'Connor Kim Nuner	Sandra Wilson Alison Tsalikis	Cathy Grew Christina Borthwick Elenora Gambacorta	Felicia Papadatos Nej Henein Kylie Yaako Tracey Carpenter Anne Nott

## TERM 3 CANTEEN UPDATE...

Due to lack of interest, Pizza will no longer be available as a regular Menu item. Watch this space for upcoming **MEAL DEAL** specials during the year!!!

**MEAL DEALS**- this week are for **KINDER** and the **PRE-SCHOOL** are having a turn next week.

**NACHO DIPPERS** will be offered to all grades from **YR 1** to **YR 6** at a cost of **\$6.50** (including a drink) from **MONDAY 25th August**. Please look out for flyers coming home for your child's turn each week.





# BIRTHDAY BUCKETS STILL AVAILABLE !!!

**WINTER BUCKET OPTIONS** are now available. These winter options must be **pre-ordered 1 week in advance**. Birthday Buckets are a great alternative to cupcakes. They are great for children with allergies and they are fuss free—just pre order from the canteen and **Kim** will deliver them to your child's classroom where they can hand them out to their classmates.

**WINTER** options available:

- ⇒ **Jelly Cups with a treat**
- ⇒ **Chocolate Crackles in a basket**

The baskets/Buckets will have a special birthday message for the Birthday Girl or Boy but the baskets/buckets must be returned to the canteen.

If you would like to order a Birthday Basket/Bucket for your child/children please see **Kim** in the canteen.



FULL MENU IS AVAILABLE ON THE SCHOOL WEBSITE

## LUNCH MENU - FRESH

	Sandwiches	Roll/Wrap
Baked Beans or Spaghetti	\$ 3.00	\$ 3.30
Cheese	\$ 2.20	\$ 2.50
Cheese & Tomato	\$ 2.70	\$ 3.00
Egg or Curried Egg	\$ 3.00	\$ 3.30
Egg & Lettuce	\$ 3.50	\$ 4.00
Salad (Lettuce, tomato, Cheese, beetroot)	\$ 3.50	\$ 4.00
Extra's - Carrot or Cucumber or Onion (per item)	\$ .50	\$ .50
Chicken	\$ 3.50	\$ 4.00
Chicken & Salad	\$ 4.00	\$ 4.50
Tuna or Salmon	\$ 3.50	\$ 4.00
Tuna & Salad or Salmon & Salad	\$ 4.00	\$ 4.50
Ham & Cheese & Tomato	\$ 4.50	\$ 5.00
Ham Salad	\$ 4.00	\$ 4.50

WHOLEMEAL AVAILABLE IF REQUESTED

\* Sandwiches & Wraps can be toasted for an extra 30c

Ham	\$ 3.50	\$ 4.00
Ham & Cheese	\$ 4.00	\$ 4.50
Vegetarian	\$ 2.20	\$ 2.50
Fresh Garden Salad Box (lettuce, tomato, cheese, beetroot, cuc)		\$ 4.00
Salad - with Chicken or Tuna or Ham or Salmon or Egg		\$ 5.00
*SUSHI* (MONDAY & FRIDAY ONLY) orders by 9am		
Tuna with Cucumber or Avocado		\$ 3.00
Teryaki Chicken with Cucumber or Avocado		\$ 3.00
Teryaki Beef with Cucumber		\$ 3.00
Smoked Salmon with Avocado		\$ 3.00

## LUNCH MENU - COOKED

Corn Cob	\$ 1.20
Macaroni Cheese	\$ 4.00
Lasagne - Beef	\$ 4.00
Twista Bolognaise	\$ 4.00
Fried Rice (GLUTEN FREE)	\$ 4.00
Potato Bake (GLUTEN FREE)	\$ 4.00
Sweet & Sour Chicken with Fried rice	\$ 4.00
Hashbrown	\$ 1.20
Sausage Rolls	\$ 2.30
Meat Pies	\$ 3.00
5 x Chicken Nuggets - no Variations	\$ 3.00
Chicken Burger - Pattie with Cheese & Sauce	\$ 4.50
Chicken Burger - Pattie with Mayo & Lettuce	\$ 4.50
Beef Burger - Pattie with Cheese & Sauce	\$ 4.50
Beef Burger - Pattie with Sauce & Salad	\$ 4.50
Chicken Noodle Cup	\$ 3.00
Hotdog	\$ 2.70
Puppy Dog (1/2 Hotdog)	\$ 1.40
Tomato, BBQ or Sweet & Sour Sauce portions cost an extra	.30
*LEB PIZZA DEAL* (TUES & WED ONLY) orders by 9am	
Manoush (Oregano) + Juice (Orange or Apple)	\$ 4.00
Cheese + Juice (Orange or Apple)	\$ 5.00

FULL MENU IS AVAILABLE ON THE SCHOOL WEBSITE

## SNACKS

<b>Crunch &amp; Sip Pack</b> (piece fruit or Veg & Small water)	<b>\$2.00</b>
Apple Slinky (apple supplied from home)	\$ .20
Frozen Orange Quarter	\$ .40
Frozen Pineapple Rings	\$ .50
Carrot Sticks	\$ .50
Cheese Melts	\$ 1.00
Fresh Fruit - Apple or Orange or Banana (seasonal fruits)	\$ 1.00

Garlic Toast	\$ 1.00
Garlic Bread	\$ 1.00
Mamee Rice Sticks (GLUTEN FREE)	\$ .80
JJ's Snacks - Chicken, Salt & Vinegar or Pizza	\$ 1.00
Koala Popcorn - Bbq, Chicken or Plain (GLUTEN FREE)	\$ 1.20
Red Rock Deli Chips - Honey Soy or Plain	\$ 1.20

## DRINKS

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