Dear Parents / Caregivers,

Dates to Remember

Term 2  Week 6  Newsletter Week
26/05/15  P&C Meeting, Student Banking
27/05/15  S3D UWS Lecturer Visit
28/05/15  S3T & S3F Excursion to Casula Powerhouse
29/05/15  Scripture/Ethics Classes, Whole School Assembly

Term 2  Week 7
01/06/15  S3D Visit to Penrith High School
02/06/15  Student Banking
03/06/15  ICAS – Science Test
04/06/15  Debating
05/06/15  SRC Salvation Army Fundraising Day – Wear Red/Gold Coin Donation, Scripture/Ethics Classes, Stage Assemblies

Term 2  Week 8  Newsletter Week
08/06/15  Queen’s Birthday Public Holiday
09/06/15  Student Banking
10/06/15  Fire Brigade Visit, P&C Sausage Sizzle, Maths Olympiad, S3D UWS Lecturer Visit
11/06/15  School Athletics Carnival
12/06/15  Scripture/Ethics Classes, Stage Assemblies
13/06/15  Kingswood Beautification Committee Working Bee

Important Information for Parents
Parents will shortly receive their child/children’s contact and medical details printout. Please make any changes to the sheet provided in red pen and return it to your child’s teacher by the specified date. This is to ensure we have the most up to date information in case of any emergency.

Staff News
Mr Karl Brown, our fabulous General Assistant, has accepted a full time GA position at Claremont Meadows Public School commencing in Week 9 this term. Mr Brown has worked at the school for many years and he will be missed by the students, staff and school community. He has been a fantastic member of our staff ensuring that the grounds have been well kept and he has always been willing to assist staff and has been very generous with his time. We shall miss him immensely and wish him all the very best for the future. Mr Frank Bright, our other wonderful General Assistant, will now work in the position until further notice.
Kingswood Learning Community will be hosting Interrelate again this year. It will be held at Claremont Meadows Public School and families with students in Years 3 to 6 from Kingswood PS are invited to attend. The Interrelate sessions will be held on the evening of **Tuesday 16 June 2015**. The following sessions are being offered:

Session 1: Where did I come from? 1 hour session Years 3 – 6
Session 2: Preparing for puberty. 1 hour session Years 5 – 6 (Years 3 – 4 can attend at a parent’s discretion)

Cost: 1 session $25 per family 2 sessions $30 per family

More information is available on the flyer attached. If you would like to attend please complete the form attached with the correct money in an envelope with your child’s name and class to the school office money slot by Friday 12 June.

**New Attendance Policy**
The Department of Education and Communities has released a new Attendance Policy. This policy highlights the importance of students attending each school day. Students who are frequently absent or are late for school miss vital learning experiences that may affect their educational, social and emotional wellbeing.

All parents have a responsibility to ensure that children attend school each day and to notify the school as soon as possible if their child is away. If your child is absent parents are required to provide the school with an absence note explaining why they were away. If your child is absent for 2 days or more (without notification from parents) the school will contact you to find out why they are absent and why the school was not notified. If your child is absent due to illness the school can request a medical certificate from the doctor. Please ensure that a written letter or notification through the Skoolbag app is provided upon your child’s return to school.

Schools have a legal requirement to record student attendance. A significant change to the policy is the expectation that students who travel within Australia or overseas for a holiday do so during school holidays. If students are going on holidays during school time an Application for Extended Leave – Travel must be completed by parents before travelling with copies of the itinerary attached. This absence will now be counted towards a student’s total absence and be recorded on your child’s Semester reports. Please consider the impact on your child’s learning before taking leave during school time. The Application for Extended Leave – Travel is available from the office. A Certificate of Extended Leave – Travel will be issued if the leave is approved.

Parents are responsible for supervision of children whilst on extended leave. Letters are being issued to students who have been arriving early to school. **Please note that supervision of students does not commence before 8:30am in the morning.** Out of hours care is now available in our New Hall. If you require this service please contact Cubbyhouse on 1300 553 583.

**Keeping Our Students Safe – Road Safety**
Flashing lights have now been installed at the front of the school to remind drivers to slow down to 40km in the school zone during school days. We are also very fortunate to have two Crossing ladies who assist in getting our students across the road safely.

Second Avenue is a very busy road. The traffic has increased substantially due to university and TAFE students returning. The road is also currently being used as a detour for Caddens Road which is closed.

Please take extra care when dropping off and picking up your child/children at the start and end of the day. It only takes a split second for a tragedy to occur. Please obey the traffic rules when parking and use the crossing.
Please also teach your child/children the importance of using the crossing and not walking through the staff car park which is out of bounds to all students at all times. We need to lead by example and work together to keep our students safe.

General Permission to Publish
A note has been sent home in regards to general permission to publish. Please read the note and return it completed and signed to your class teacher if you have not already done so.

Skoolbag App
The app is free and is available to iPhone, iPad and Android users. Some of the key features of the Skoolbag app include push notifications, email, newsletters and GPS Directional Mapping. As the newsletter is now available on the app, we will no longer be sending hard copies home. A limited number of hard copies will be available at the office and the newsletter can also be accessed on the schools website.

There has been a recent software upgrade so please check if you have the latest version of Skoolbag App.

Cubbyhouse Out of School Hours Care Service
Cubbyhouse offers an out of hours school care service in the New Hall each school day. Please contact Cubbyhouse directly for more information and to enrol your child/children on 1300 553 583.

Communicating with Staff
If you have any issues or concerns in regards to your child’s schooling and wish to speak to your child’s class teacher or the Assistant Principals supervising the Stage or myself, please contact the office to make an appointment time. Please speak to the class teacher before speaking to the Assistant Principal or myself as we will refer you to the class teacher if you have not already spoken to them.

Please be aware that teachers are extremely busy during the school day and may be attending meetings before or after school. It is really difficult to get a class settled in the morning if there are parents trying to speak to the teacher.

Excursion Notes
Please note we do not accept hand written notes or verbal permission for excursion or other school events. A school permission note for each child must be completed for every excursion and or special event.

Early Arrivals
Please be aware the morning duty begins at 8:30am. Students are not supervised before this time. Please do not send your children to school before this time. If children need to be dropped off early, please organise before school care. Cubbyhouse OSHC can be contacted on 1300 553 583.

Running Late?
Please pick up your children promptly at 3pm if you collect them from school. If you are running late or have been delayed, please notify the school as soon as possible. Many children become distressed when parents are not there to pick them up at the end of the day. Children can be picked up from the office.

Are Your Contact Details Current?
Please let the office know in person or in writing if your contact details have changed including emergency contact details. If your child is sick or we need to contact you for any reason, it can be really difficult if the numbers are not current.
Out of Hours After School Care Services off the School Site
If your child attends an After Care Service off the school site please contact the Centre directly if your child is not attending on the day. Some parents decide to pick their children up or vary their after school arrangements without notifying the After School Care Centre or our office. Executive staff are then required to spend a lot of time trying to find these ‘missing’ students. Your support in this matter would be greatly appreciated.

Lost Property/Clothing Pool
Each term we have lots of lost property. Please label your child’s hats, bags, jumpers, lunch boxes and drink bottles. Lost property is located in the brick building closest to the entrance and exit gate. Due to hygiene issues, lost lunch boxes and drink bottles without names will be disposed of.

The P&C operates the Clothing Pool each Tuesday from 8:45am until just after 9:00am in the brick building located nearest to the front entrance of the school. Items can be purchased for a gold coin donation.

Medical Conditions
If your child/children have any medical conditions that the school should be made aware of such as Anaphylaxis or Asthma please contact the school office immediately and provide them with their health care plan if you have not already done so.

Anaphylaxis
An increasing number of our students are being diagnosed with Anaphylaxis. Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

Anaphylaxis is a generalised allergic reaction, which often involves more than one body system (eg. skin, respiratory, gastro-intestinal, cardio vascular). A severe allergic reaction usually occurs within 20 minutes of exposure to the trigger and can rapidly become life threatening.

Common triggers include food such as peanuts, tree nuts, sesame, milk, eggs, fish, crustaceans and soy are the most common food triggers, which cause 90% of allergic reactions. It is important to understand that even trace amounts of foods can cause a life-threatening reaction. Other triggers include insect stings, medication or such things as latex.

We ask for your support and request that all students do not bring to school any nut products or foods that contain traces of nuts. This includes birthday cakes, cupcakes, doughnuts and lollies.

If you would like more information about Anaphylaxis or have a child who has this condition and you have not notified the school, please contact the office immediately.

Early Stage 1 & Stage 1 Students – Change of Clothes
If your child is in Early Stage 1 or Stage 1 could you please ensure that you have a change of underpants and shorts in your child’s bag in case of a toileting accident or wet weather. We have a very limited supply available at school and we would appreciate your support in this matter.

Voluntary Contribution
Each year families are asked to pay a voluntary contribution. The voluntary contribution is $40 per child or $70 per family. Thank you to those families who have already paid their contribution. Your support is appreciated.

Mobile Phones and Electronic Devices
We discourage students from bringing mobile phones to school unless they are in the Opportunity Classes and they are travelling from another area to the school. Mobile phones
must be handed in to the office each morning turned off and picked up at the end of the day. If you need to get a message to your child/children please contact the office.

Electronic devices are not to be brought to school. Please note that the school takes no responsibility if a student brings an electronic device to school and if an electronic device is lost or stolen.

**Bikes and Scooters**
Students are able to ride their bikes and scooters to school. These must be chained to the bike rack during the school day. A helmet must be worn at all times that the student is riding his or her bike or scooter to and from school. The school takes no responsibility for bikes or scooters brought to school.

**Keeping Our Students Safe**
Help us to keep our students safe by not walking your children through the car park or driving into the car park. The car park is for staff parking and deliveries only. The car park is out of bounds to all students at all times.

Please be aware that Traffic Rangers will be patrolling outside the school both in the mornings and afternoons issuing infringement notices for traffic violations.

**Dogs in the School Grounds**
The Companion Animals Act 1998 – Sect 14 states that dogs are prohibited from school grounds. Please do not bring your dogs into the school grounds as many students are frightened of dogs and we are trying to keep all students safe.

**School Website**
The school has a fabulous website that parents can access for further information about the school including permission notes and the school newsletter. Thank you to Mrs Fox who maintains the website. The website address is [http://www.kingswood-p.schools.nsw.edu.au](http://www.kingswood-p.schools.nsw.edu.au)

**P&C - Making a Vital Contribution to Our School**
The next P&C Meeting will be held on **Tuesday 23 June 2015** at 2:00 in the staffroom. All parents and carers are most welcome to attend.

Norma Petrocco  
Principal

**Canteen – Drink Item Deleted From Menu**
Healthy Canteens Australia (our canteen operator) has advised that they have removed the following product from our canteen menu with the following announcement:

- **Diet Lemonade 350ml Bottle (No artificial colours. No artificial flavours)**

  “In the event that students still order the drink, our canteen staff will replace the item with a 100% Juice Popper (Apple or Orange) as they are the same price.

This item has been removed because (although it is an Amber rated product with only 7 calories) we feel that it is ideal not to offer children the diet version of the drink as when they are out at the shops, this creates a habit of them ordering soft drinks. And although we are a responsible canteen, the temptation for the students to order full sugar drinks at the shops is too tempting if they get used to drinking soft drink in general”.

Mrs Clarke  
Assistant Principal
Premier's Reading Challenge
The following students have completed the Premier's Reading Challenge for 2014: Navroop ES1D, Sehrish S1J, Jenna S1J, Fatima S1O, Madison S1O, Riyon S1P, Nawal S1P, Kaarunya S1P, Christian S1S2AE, Zara-Lily S2H, Risith S2H, Isaac S2H, Jacob S2K, Mikayla S3B, Ann S3D, Natasha S3D, Annabel S3D, Jasmeen S3F, Rifah S3F, Charli S3J, Lily S3J, Ritish S3J, Yuvraj S3J, Alex S3T, Grace S3T and Nancy S3T. Congratulations!

Mrs Young
Teacher Librarian

Wear Red Day
On Friday 5 June all students are invited to wear something red to school in exchange for a gold coin donation. The money collected will be donated to the Salvation Army. This charity was voted for by the Student Representative Council (SRC).

"The Salvation Army helps more than one million disadvantaged Australians each year without discrimination, including people who are hungry, homeless, abandoned or abused. That's one person every 30 seconds. The need is growing all the time. We have many heart-warming stories that owe their success to caring individuals like you. In fact, there are people out there right now whose lives could be changed because of you. Please keep up the great work and help us to continue supporting people in need all year round."

Students are required to wear closed in shoes, have their shoulders covered and wear their school broad brimmed hats. Thank you for your support of this worthy cause.

Mrs Hall

Voluntary Contributions 2015
Child's Name/Names: ______________________________________________

Class/es: ______

Enclosed (please tick):

- $40 per child (one child in family)
- $70 per family (2 or more children)

Signed: _________________________    Date: _____________
ABEL SCHOOLWEAR

Abel Schoolwear has advised that they are experiencing ongoing problems with their telephone and fax lines since their relocation to Unit 1, 5 Coombes Drive Penrith due to problems with the NBNCo.

Calls are currently being diverted to mobile phones and they are trying their best to answer all calls. Please contact Abel Schoolwear via email: abelschoolwear@bigpond.com.au

Abel Schoolwear apologises for any inconvenience as it may be mid to late June before the problems can be fixed by Telstra.

UNIVERSITY OF WESTERN SYDNEY
SCHOOL OF COMPUTING, ENGINEERING AND MATHEMATICS

PENRITH OBSERVATORY

June
Saturday 6
7pm – 9pm

Astronomy Night
OUR COSMIC NEIGHBOURHOOD
An exciting tour of our own galaxy and its neighbours suitable for all ages, including a glimpse at the possible future of our galaxy. The evening will also include a 3D astronomy movie, a tour of the dome area and an opportunity to view the night sky through the observatory’s telescopes.

Saturday 20
7pm – 9pm

Astronomy Night
The evening will include a presentation, a 3D astronomy movie, a tour of the dome area and an opportunity to view the night sky through the observatory’s telescopes.

Cost:
Bookings are essential:
Contact:

$19 adult, $12 child/concession and $50 family

Book and pay online: www.uws.edu.au/observatory, What’s On
Tel: (02)4736 0135 Email: penriothobservatory@uws.edu.au
www.uws.edu.au/observatory
www.twitter.com/UWSobservatory
www.facebook.com/UWSObservatory
Boys and Girls, 7 – 13 years are invited to join Penrith City Children’s Choir for its next project Songs of the Sea directed by Lucy McAlary applications close 17 June!

If you love to sing, please join us. No auditions.

For further information, contact the Administrator:
Liz Strasser
0418 202 849
pccc@penrithcitychoir.com.au

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Penrith Dental Clinic

Under the Medicare Child Benefit Scheme
Child dental treatment Bulk Billed
Up to $1400 over a 2 year period

***Special Persons Only Offer at Penrith Dental Clinic***
Each Child would make one parent eligible for a FREE Check UP and 2 X-rays (conditions apply)

Ask Penrith Dental Clinic!
PENRITH MEDICAL CENTRE
SUITE 4A, 61-79 Henry Street
Penrith NSW 2750
02 4721 7771
www.penrithdentalclinic.com.au
Open Monday - Saturday!

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** NEW TO PENRITH - PAEDIATRIC PHYSIOTHERAPY **

Specialised physiotherapy for children of all ages to improve and optimise physical development and movement dysfunction.
The latest assessments tools and personalised programs for children that are FUN!

Early intervention is key. Examples of how we can help include:
- Gross motor developmental concerns
  - Delayed development
  - Developmental Coordination Disorder (uncoordinated children)
- In utero positioning problems
  - Flat spots (plagiocephaly) or head turn preferences
  - Torticollis
  - Positional talipes
  - Developmental Dysplasia of the Hip (DDH)
- Gait or postural concerns
  - Too Walkers
  - Pigeon Feet or in- toeing
  - Duck feet or out- toeing
  - Knock knees
  - Bowed legs
- Cystic Fibrosis and other respiratory conditions
- Weight management for children and adolescents
- Rehabilitation after surgery
- Children with disabilities or complex needs
- Growing pains and sporting injuries
- Paediatric incontinence

Contact: Emily Healy: Penrith Physiotherapy Sports Centre: 119-121 Lethbridge Street, Penrith PH: 4721 5567
Parenting Seminar
Mamre Anglican School is hosting a parenting seminar on the important issue of anxiety in children. We welcome all families from our community to come along to this important seminar. Cost is $5 and supper will be provided.

Dealing with Anxiety will be presented by Malcolm Crowe on the 20th May at 7.00pm. Malcolm is a highly experienced family counsellor and teacher. A good deal of coverage in the media recently has been given over to the discussion of the mental health challenges facing young people. We hear so often of the shortage of services for those struggling with depression, anxiety and other issues that we can feel powerless ourselves about what to do as our own children face the inevitable difficulties of growing up.

This talk will attempt to focus on the positive question of what we as parents, carers and teachers can do in the face of anxiety. We will explore the question about whether or not we have inadvertently labelled our kids as 'anxious' when indeed they might just be responding to an increasingly anxious culture. We will not be so much concerned with finding a 'recipe' about how to 'fix' children and young people as focusing on how we can recover and model our own adult resources for coping in a world where anxiety is part of the challenge of growing toward healthy, positive maturity.
When kids ask "the" questions...

Interrelate has the answers!

Interrelate's high-quality Sexuality and Relationship Education program is coming to your school! With over 85 years' experience in this field, Interrelate has a reputation for providing excellence in sexuality and relationship education. Today, over 41,000 students and family members participate in Interrelate School and Family programs each year.

Many parents find it hard to discuss questions relating to sexuality education. We know how to help break the ice. Interrelate programs are interactive and family focused, and are conducted by highly trained and experienced educators, who adhere to a strict code of ethics.

Session 1: Where did I come from? (1-hour session, years 3-6)
This session educates children more about how their bodies work and the differences between males and females, including their understanding of conception, fertilisation, foetal development and the birth process.

Session 2: Preparing for puberty (1-hour session, years 5-6; years 3-4 at parent's discretion)
This session prepares children and parents/caregivers for the physical, social and emotional changes associated with puberty, and addresses changing emotions and relationships with families and peers.

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Interrelate School Services Presents

a Special Evening Program

Family cost*: 1 session $25 per family | 2 sessions $30 per family

*GST inclusive – GST is payable/claimable by the school or organising body

Where: CLAREMONT MEADOWS PUBLIC SCHOOL
When: Tuesday, 16th June 2015
Time: Where did I come from? – 6:00pm sharp | Preparing for puberty – 7:15pm sharp

Speciality books are available for purchase on the night!

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Please complete and return to the school office, with payment in an envelope labeled with child's name and class

A Special Evening Program

Name of family: ____________________________
No. attending: ____________________________

Session 1: Where did I come from?  Session 2: Preparing for puberty

Amount enclosed: $ ________

Cash  Cheque (payable to school)

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Tel: (02) 8882 7875 | Fax: (02) 8882 7890

schoolservices@interrelate.org.au
www.interrelate.org.au
14th May 2015

SUBJECT World's Largest Swimming Lesson
Guinness World Record attempt

For the first time Springwood Aquatic & Fitness Centre has registered to be a part of the world wide World's largest Swimming Lesson Guinness World Record attempt. But we need your help!

Hop on the 18th June at 10am worldwide we need participants for the swimming lesson. The lesson is 1 hour and is aimed at a basic skill level. We would encourage everyone to arrive at 9:30am to register.

The 2015 event will mark Team WLLG’s 6th Guinness World Record attempt for the largest swimming lesson ever completed. The International team, made up of primary or older, works together to prevent childhood drowning by participating in a global swim lesson to spread the vital message Swimming Lessons Save Lives.

Team WLLG set its 5th Guinness World Record on June 20, 2014 with 26,964 participants from 22 countries. Since its inception more than 130,000 people have participated in WLLG lessons generating more than 150 million media impressions.

Tragically, drowning remains the leading cause of unintentional injury related death for children ages 1-5, and the second leading cause for children under 14. Research shows participation in formal swimming lessons can reduce the risk of drowning by 88% among children aged 1 to 4, yet many children do not receive formal swimming or water safety training.

Please contact our Centre Coordinator Julie Colborn on 0417235111 if you would like to find out more about the event and participating to increase awareness of the importance of swimming lessons in preventing drowning.

Yours faithfully,

Julie Colborn
Centre Coordinator

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**ST CLAIR CROWS**
Play AFL on Sundays with the Crows in 2015!
Boys & Girls aged 4 - 17
Call NOW! SOPHIE MCKIBBEN – 8867 7403
COOK PARK (BILL BALL OVAL), ST MARYS
or sophie.mckiben@afinswact.com.au

**EMU PLAINS/GLENMORE PARK LIONS**
Play AFL on Sundays with the Lions in 2015!
Boys & Girls aged 4 - 17
Call NOW! SOPHIE MCKIBBEN – 8867 7403
DUKES OVAL, EMU PLAINS
or sophie.mckiben@afinswact.com.au

**PENRITH GIANTS**
Play AFL on Sundays with the GIANTS in 2015!
Boys & Girls aged 4 – 17
Greygums Oval, Crabeck
Call NOW! SOPHIE MCKIBBEN – 8867 7403
or sophie.mckiben@afinswact.com.au
**SANDWICHES**
- Egg or Egg & Lettuce (G, V, H) $2.00
- Ham or Devon or Chicken Salad add RICE (G, H) $2.70
- Tuna Salad add RICE (G, H) $2.70
- Salad (G, H) $2.80
- Vegemite or Jam or Honey or Cheese $1.70

**WRAPS**
- Cheese Rocket - Melted Cheese (G) $2.00
- Pizza Rocket - Ham or Chicken, Cheese & Pizza Sauce (G) $2.80
- Kids Chicken Schnitzel & Lettuce Wrap (G, H) $2.80
- Caesar Wrap with Lettuce & Mayo + Add Chicken 50G (G) $3.20
- Salad Wrap Add Chicken 50G (G, H) $3.40
- Chicken Breast Schnitzel Wrap Lettuce & Mayo (G, H) $4.00
- Hawaiian Wrap Chicken, Lett, P/salt, Mayo (G, H) $4.20
- Sweet Chili Wrap Chicken, Lett, Mayo (A, H) $4.00

**SALAD BOWLS**
- Caesar or Garden or Greek Salad Add Chicken 50G (G, V) $3.50
- Salad Bowl Chicken, Ham, Egg, Tuna or Cheese (G, V) $4.50

**BURGERS**
- Fish Fillet Burger Lettuce, Mayo (G, H) $3.60
- Chicken Burger 100% Beef, Lettuce, Mayo (A, H) $3.60
- Hamburger Gourmet Beef, Tomato, Lettuce, BBQ Sauce (G, H) $3.60
- Vegie Burger (G, H) $3.80
- Kids Cheeseburger Cheese, Tomato Sauce (A) $2.00
- Cheeseburger Cheese, Tomato Sauce (A, H) $3.60

**HOT FAVOURITES**
- Garlic Bread Large Roll (G, V) $2.00
- Fish Finger (G, H) $0.70
- Corn Cob (G, H, V) $1.00
- Cup of Noodles Chicken OR Beef (G, H) $2.60
- Hot Dog With Sauce (All Chicken Meat - Not Pork) (A, H) $2.60
- Chicken Nuggets Premium Bread (A, H) $0.70
- Popcorn Chicken Premium Bread (A, H) $3.00
- Hash Brown (A, H, V) $1.00
- Potato Wedges With Cheese (A, H, V) $2.00
- Cheese & Bacon Roll (A) $2.00
- Mini Spring Rolls Vegetarian (A, V) $0.70
- Nachos Cheese Sauce & Cheese (A, H, V) $3.50
- Hot Cakes x2 with Maple Syrup (A, H, V) $3.00

**PIZZA & PASTA**
- Lasagna (Beef or Vegetarian) (G, H) $3.50
- Spaghetti Bolognese (G, H) $3.50
- Macaroni & Cheese (G, H) $3.80
- Butter Chicken & Rice (G, H) $3.50
- Fried Rice (G, H, V) $3.50
- Pizza Hawaiian OR Bacon & Cheese (A) $2.60
- Pizza slab Margherita (A) $3.80

**RECESS SNACKS OVER THE COUNTER ONLY**
- Potato Skins - Mashed Cheese or Salsa (G, H, V) $1.20
- Mini Muffins - Homemade with Berries (G, H) $1.20

**FRESH FRUITS**
- Apple, Orange, Banana, Watermelon (G, V) $0.90
- Fruit Salad Cup (G, V) $1.50
- Grapes in a Cup (G, V) $1.60
- Fruit Salad Bowl Large (G, V) $3.80

**SNACKS**
- Fruit Nuggets 80% Fruit, Gluten Free (V) $0.60
- Jelly Cup Add Fruit 50G (G, H) $1.00
- Popcorn Fresh & Hot (G, H) $1.00
- Yoghurt Vanilla (G, H) $2.00
- Breadsticks Pizza Flavour (A) $0.20
- Yoghurt Filled Strawberry Bars (A) $0.30
- J&J's Chicken Crackers (A) $1.00
- Brownie (A, H) $1.00
- Mummy Noodles (A, H) $1.00
- Jumpy (A, H) $1.20
- Red Rock Chips Honey Soy (A, H) $1.50

**MILK DRINKS**
- 300ml Choc / Strawb / Vanilla Oak Fresh (G, H) $2.20
- 600ml Choc / Strawb / Vanilla Oak Fresh (G, H) $2.50
- Up & Go Choc / Strawb / Vanilla Breakfast Drink (G, H) $2.50
- Hot Chocolate (A, H) $1.50

**COLD DRINKS**
- Poppers 330ml Juice 200ml (G, H) $1.50
- Water 350ml (G, H) $1.20
- Water 600ml (G, H) $1.60
- Orchy 350ml Fresh Juice Apple or Orange (G, H) $2.20
- Apple Fizz 250ml Sparkling Apple Juice 99% (G, H) $2.20
- Diet Lemonade Zero Artificial Colours or Flavours 300ml (A, H) $1.50
- Quench Flavoured Mineral Water 350ml (A, H) $2.20
- Slurpee 200ml (A, H) $1.50
- Slushie 250ml (A, H) $2.00
- Glee 250ml Assorted Flavours Sparkling Juice (A) $2.20

**ICE BLOCKS**
- Frozen Fruit Yoghurt (G, H) $2.50
- Jelly Sticks (A) $0.20
- Fruitee Ice (A) $0.50
- Zooper Dooper (A, H) $0.80
- Sour Snap Apart (A) $1.00
- Ice Money (A) $1.20
- Paddle Pops (A, H) $1.60

**PIE & SAUSAGE ROLL Low Fat**
- Party Pie (A, H) $1.00
- Sausage Roll (A, H) $2.70
- Meat Pie Traveller (A, H) $3.60
- Potato Pie (A, H) $3.80

**CRUNCH & SIP SPECIAL ORDER BEFORE SCHOOL**
- Apple, Orange or Banana + Bottled Water 350ml (G, V) $1.80

**EXTRAS**
- 20c Cheese Tomato Beetroot Cucumber Carrot 40c Pineapple

**MONDAY**
**STEAMED DUMPLINGS**
PRawn (A Per Serve) **$4.00**

**TUESDAY**
**SUSHI ROLLS**
TUNA OR CHICKEN OR VEGETARIAN **$3 Regular, $5 Large**

**WEDNESDAY**
**HOKKIEN NOODLES**
CHICKEN & CARROT **$3.60**

**G** GREEN - **(A)** AMBER - **(V)** VEGETARIAN - **(H)** HALAL