

# CROYDON PARK PUBLIC SCHOOL NEO ORA



## TERM 4 WEEK 2

### MONDAY 19th

- \* SISA: Stage 1 & 2
- \* Book Week
- \* Great Book swap

### TUESDAY 20th

- \* Scripture 3-6
- \* Book Character parade
- \* Stage 3 NIDA

### WEDNESDAY 21st

- \* Stage 3 NIDA

### THURSDAY 22nd

### FRIDAY 23rd



## Principal Update

Dear Parents and Carers,

### Welcome back!

I hope you have had a relaxing break and enjoyed some time with family and friends. This term will see the completion of 2020 teaching and learning programs, end of year celebrations and preparation for the new school year. I commend our students, teachers, parents and carers for their resilience, commitment and dedication to our teaching and learning despite the challenging year of changes that we have had to endure.

### Updated COVID-19 Guidelines

This term various restrictions have been relaxed and we are now able to conduct the following activities provided we follow strict guidelines.

- Band rehearsals face to face (please see separate music update)
- Kindergarten Orientation (for students only, no parents)
- Year 6 Graduation - onsite (students only, no parents)
- Excursions where sites have an approved COVID Safety Plan
- Year 7 transition program

The following remains the same:

- Parents and Carers are not permitted at assemblies or events
- Assemblies are limited to 15 minutes
- All visitors must sign the Visitor Acknowledgement Form every time they visit the school
- Only adults to curriculum delivery may attend school
- Students and Staff must be well and not have any flu-like symptoms
- Students and Staff may not attend school if they have had a COVID test until we sight the negative test result
- Adult physical distancing including during drop off and pick up
- Students remain in their class or stage groups, not mixed groups

For a full description of the new guidelines please go to this link for Advice to Families:

<https://education.nsw.gov.au/covid-19/advice-for-families>



# CROYDON PARK PUBLIC SCHOOL NEO ORA



## TERM 4 WEEK 3

### MONDAY 26th

\* SISA: ES1 & Stage 3

### TUESDAY 27th

\* Scripture K-2

\* Stage 3 NIDA

### WEDNESDAY 28th

\* Stage 3 NIDA

### THURSDAY 29th

\* Kindergarten 2021 enrolment interviews

### FRIDAY 30th

\* Kindergarten 2021 enrolment interviews

## Welcome to Pre-service Staff

This term we have the pleasure of welcoming Mrs Nasrin Jaelouk, Ms Hanadi Asfour and Miss Ataahua Fielding to our school. Both Nasrin and Hanadi are in their final year of teaching studies at the University of Western Sydney. Hanadi is working alongside Mr Brayovic and students in 3/4B. Nasrin is working alongside Mrs Webeck and students in 5/6 W. Ataahua is completing her final year of teaching studies with the University of Sydney. She will be working alongside Mrs Thuell and Miss Giuffre and students in KGT.

This term, Mr Adam Terry continues to work alongside our school counsellor Mr Wayne Gillies. Adam is in his final year of social work studies. He has developed a social skills, resilience and self-regulation program that he will implement with targeted students this term. We are very grateful to have Adam and his expertise at our school this term.



Ms Hanadi Asfour



Mrs Nasrin Jaelouk



Miss Ataahua Fielding



Mr Adam Terry



# CROYDON PARK PUBLIC SCHOOL NEO ORA



## TERM 4 WEEK 4

### MONDAY 2nd

- \* SISA: Stage 1 & 2
- \* Kindergarten 2021 enrolment interviews

### TUESDAY 3rd

- \* Scripture 3-6
- \* Stage 3 NIDA
- \* Kindergarten 2021 enrolment interviews

### WEDNESDAY 4th

- \* Kindergarten 2021 enrolment interviews
- \* Stage 3 NIDA

### THURSDAY 5th

- \* Kindergarten 2021 Orientation

### FRIDAY 6th

- \* Year 6 Fun Day



## Planning for 2021- Are you leaving us?

As we begin the process of planning for 2021 it is vitally important that I have accurate numbers of students returning in 2021. If you know that your child will be attending another school next year, please complete the 'Planning for 2021' form that was sent home today and return it to the school office as soon as possible. Thank you for your cooperation as our numbers determine our class and staffing structure.

## Kindergarten Orientation

We are pleased to announce that Kindergarten Orientation can now resume. Our Kindergarten 2021 students will attend three sessions, commencing on Thursday 5<sup>th</sup> November. Unfortunately, the strict COVID guidelines state that parents are unable to stay on school grounds during this time. Please note *that only students with a completed enrolment form, which has been reviewed by the school, will be able to attend.* All attendees including students and parents need to be well and free of any flu-like symptoms. We look forward to welcoming our new students in a few weeks' time. Further correspondence has been sent home to all 2021 enrolled kindergarten families today.

## Croydon Park Public School



*Learning together in 2021*

Welcome to  
Kindergarten 2021

Ph: 02 9797 9753

E: [croydonpk-p.school@det.nsw.edu.au](mailto:croydonpk-p.school@det.nsw.edu.au)

W: <https://croydonpk-p.schools.nsw.gov.au>



Facebook: Croydon Park Public School Official

### Kindergarten Orientation Dates:

Thursday 5th November, 9:30am - 10:30am

Thursday 12th November, 9:30am - 10:30am

Thursday 19th November, 9:30am - 10:30am



# CROYDON PARK PUBLIC SCHOOL NEO ORA



## TERM 4 WEEK 5

### MONDAY 9th

- \* SISA: ES1 & Stage 3

### TUESDAY 10th

- \* Scripture K-2
- \* Stage 3 NIDA
- \* Kindergarten 2021 enrolment interviews

### WEDNESDAY 11th

- \* PRC Super Star Celebration
- \* Stage 3 NIDA

### \* THURSDAY 12th

- \* Kindergarten 2021 Orientation

### FRIDAY 13th

## Opportunity Class Placement Test -Year 5

To maintain the health, safety and wellbeing of student, the 2020 Opportunity Class Placement Test has been rescheduled to Wednesday, 18 November 2020. Please note, only students whose parents or carers have received a confirmation email from the DoE High Performing Students Team are eligible to sit the test on the new date of 18 November. Please refer to further information within this newsletter.

## Application for Year 7 2022 Selective High School Placement

If your child is currently in Year 5 and you are thinking of applying for a placement in a selective high schools for Year 7 entry in 2022, **please apply before Monday 16 November**. There are no longer paper application forms. **Parents must apply online at: <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7/application-process>**. For frequently asked questions, please click onto the link [here](#).

## The 'Tell Them From Me'(TTFM) Parent Survey -thank you

Thank you to all our parents and carers who have completed the parent survey. Your valuable feedback will help guide decisions around the future directions for our school. We look forward to sharing our TTFM results with our parent community later this term.

## Book Week Celebration next week.

Next week, we look forward to spending time celebrating books, and Australian authors and illustrators. **Next Tuesday, 20 October students and staff are dressing up as their favourite book character and together participate in our Book Parade.**

Students may wear their **favourite book character** costume on the day to school. We strongly encourage students to be creative in their costume design, no TV or movie character. Students may also like to bring their favourite book from home for the parade. Although parents are unable to attend, we will be sharing our book parade via digital media with our parent community.

Kindest Regards,

Anastasia Galanos, Principal.



# Placement in selective high schools for Year 7 entry

# in 2022

## Information for applicants

Thinking of applying for  
a government selective  
high school for Year 7  
in 2022?

You must apply online at:

[https://education.nsw.gov.au/  
public-schools/selective-high-  
schools-and-opportunity-  
classes/year-7](https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7)



### Key Dates

Application website opens:  
**13 October 2020**

Application website closes:  
**16 November 2020**  
You must apply before this date.

Test centre and test authority advice  
released:  
**25 February 2021**

Selective High School placement test:  
**11 March 2021**

Placement outcome information released:  
**2 July 2021**

**Please read this booklet carefully before  
applying.**

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**From this year, you will be able to log  
into your application to send and  
receive messages and notices.**

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There may be changes to the procedures  
in this document. Check the website at  
[education.nsw.gov.au/shs-oc](https://education.nsw.gov.au/shs-oc) regularly for  
updates throughout the application and  
placement process.

Please check the website for information  
before you contact the Team.

The Selective High Schools placement process for Year 7 entry is administered by the High Performing Students Team. It is referred to as 'the Team' in this document.

#### Contact Details:

High Performing Students Team, NSW Department of Education  
Email: [ssu@det.nsw.edu.au](mailto:ssu@det.nsw.edu.au)  
Telephone: 1300 880 367  
Postal Address: GPO BOX 33, SYDNEY NSW 2001

Facebook:  
[https://www.facebook.com/groups/  
772251106301086/](https://www.facebook.com/groups/772251106301086/)

# Updates to the Opportunity Class placement process for Year 5 entry in 2021

## Information for parents/carers and students

To maintain the health, safety and wellbeing of students, the 2020 Opportunity Class Placement Test has been rescheduled to **Wednesday, 18 November 2020**.

To continue minimising the risk of COVID-19 transmission, students attending government primary schools will be tested at their own schools. All other students will be tested in designated external test centres.

Only students whose parents have received a confirmation email from the High Performing Students Team are eligible to sit the test on the new date of 18 November 2020. The application portal will not be re-opened for new applications. These changes have been made to the placement process for this year only.

The revised application and placement process will ensure students are placed in Year 5 opportunity classes as early in 2021 as possible. The Department remains committed to supporting the continuity of learning and transitions for each child.

The Department continues to work closely with NSW Health to keep our students, staff and schools safe.

Parents/carers are encouraged to keep up to date with the Department's COVID-19 advice for families page, to ensure they are up to date with the latest advice.

A visual timeline showing the key dates is provided on the next page. Parents/carers are advised to note carefully the rescheduled dates.



### Contact

For further information or assistance contact:

High Performing Students Team

Email:  
[ssu@det.nsw.edu.au](mailto:ssu@det.nsw.edu.au)

Phone:  
1300 880 367

Follow us online for updates on the opportunity class placement process at:

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

# CROYDON PARK PUBLIC SCHOOL NEO ORA



## TERM 4 WEEK 6

**MONDAY 16th**

\* SISA: Stage 1 & 2

**TUESDAY 17th**

\* Scripture 3-6

\* Stage 3 NIDA

**WEDNESDAY 18th**

\* Stage 3 NIDA

\* ES1 & S1 Hockey

\* **THURSDAY 19th**

\* Kindergarten 2021  
Orientation

**FRIDAY 20th**

## Music Update

### Band update

It has certainly been a tumultuous year for artists across the world, with the effects of COVID-19 being experienced all the way from the musicians playing professionally right down to the students learning in our schools. Our fabulous and ever-flexible music students have weathered this storm bravely as they have moved from face to face rehearsals, to online, back to face to face, back to online, and now.....(drum roll please)..... back to FACE TO FACE!

Starting from week 2 band rehearsals will be held on site.

#### **Senior band details:**

**Time: 3pm - 4.10pm Wednesday**

#### **Junior Band**

**Time: 3pm-4.10pm Friday afternoon**

**Where:** Rehearsals will take place in the new hall, with the roller door open. Please make sure your child is dressed appropriately for the weather.

**What to bring:** Each child must bring their own instrument and their own music. Students will not be able to share music stands, so they must have music to follow.

**Pick up:** Parents are advised to please collect your child up from the Beresford St gate at 4.10pm. Ms Brown will lead the students down and then dismiss them. Please be prompt. Students with heavier instruments will need to transport them from the hall to the gate on their own. Please make provisions for your child if they struggle to handle their instrument (ie, rolling trolley)

### Other music programs

All of the music programs within our school have also been deeply affected by the COVID-19 restrictions this year. As it stands, some programs are still not running on-site.

**Recorder lessons with Ms Crossley:** Lessons continue to be filmed and placed on Seesaw each week. Please encourage your child to access this video and watch it so that they know what they need to practice and keep up with the curriculum content that is being delivered.

**Band tutoring with individual tutors:** Continuation of online sessions until further notice. Please liaise directly with your child's tutor to confirm lesson times, etc.

**Violin lessons with Henry:** Continuation of on-site lessons each week, as they have been throughout Term 3.

**Keyboard lessons:** continue on-site every Tuesday mornings.

Thank you to all our families for their incredible flexibility and support through these unprecedented times. We must also thank the resilience of the staff involved in these programs who probably have whiplash from being thrown back and forth between online and face to face learning throughout the year. As a community, we are so lucky to have such professional and capable staff who keep our students' wellbeing and achievement at the heart of all their decisions.

It's safe to say that we are all looking forward to when music can take place in our schools as it has previously.

If you have any questions please contact Mrs Isaac through the front office.



# CROYDON PARK PUBLIC SCHOOL NEO ORA



## K-2 Athletics Carnival

On Wednesday 14th October, students from Kindergarten to Year 2 walked down to Lees Park for our K-2 Athletics Carnival. The weather was perfect and we enjoyed engaging in a range of activities with team work and smiling faces. A big thank you to all teachers involved and the Sport in Schools Australia program for organising our tabloid activities on the day. It was wonderful to see the degree of sportsmanship between students as they encouraged friends and praised each other's efforts, especially when cheering during our running heats and finals. Overall, our Athletics Carnival was a great success, full of school spirit, participation and fun all while being active!





# CROYDON PARK PUBLIC SCHOOL NEO ORA



## Library Update

### A few reminders

Term 4, and there's lots happening in and around the library.

Week 2 is Book Week and on Tuesday 20th October we will be having our book character parades. Remember to dress your child/ren up as a book character.

Week 2 is also the week for our Great Book Swap. Remember to send a gold coin (or equivalent) with your child/ren on their library day.

Monday: 1H, 1/2R, 4/5V, 5/6S

Tuesday: 3/4HI, 5/6M, 5/6W

Wednesday: KG, KN, KT, K/1B, 1J

Thursday: 2J, 3/4B, 3/4M, 3/4W

Friday: 2A, 2SH



We've got a long way to go

only **35%**  
of Indigenous kids in  
NT remote communities  
can read in year 5.

**95%**  
of non-Indigenous kids  
in major cities can read  
in year 5.

Week 4 is when author Deb Abela will be visiting, we have started to look at some of her wonderful books.

In Week 5 the students in Years 3-4 who completed the Premier's Reading Challenge will get to celebrate.

Ms D. Ratcliffe  
Teacher librarian



# What We Do

Our programs focus on creating a special relationship with reading from an early age

## BOOK BUZZ

Aims to develop pre-literacy skills and familiarity with books for babies and toddlers under five, through a regular daily story-time session.

Parents and carers are supported and are given the tools to talk about, read and share books with their children, in local languages and in English.

Research shows that children learn best in their own language and addition to translating some of the popular classics (such as *A Very Hungry Caterpillar*), we have also published a series of board books and an eBook of *Where's Spot?* in language.



## BOOK SUPPLY

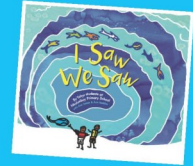
Gifts great, new books that aim to interest and engage the community in reading and sharing books together. The books are carefully chosen so they are culturally appropriate, and many are created by Indigenous authors or illustrators.

The books are distributed by road, air or sea to crèches, playgroups, schools, women's centres, and health centres who use them in different ways.

We have gifted over 350,000 books to over 280 remote communities.



## COMMUNITY LITERACY PROJECTS



Our publishing program produces stories written by Indigenous people for Indigenous people. We work with our ambassadors to run writing workshops far and wide – from the Tiwi Islands and Arnhem Land, to the APY Lands and Spinifex Country in WA.

These books are important in building literacy because they represent Indigenous people, culture and community life, and often, Aboriginal languages.

Where books have been produced in home language, children are experiencing a story in the language they are most fluent in.



We have funded or published 88 books in our lifetime.



[ilf.org.au](http://ilf.org.au)

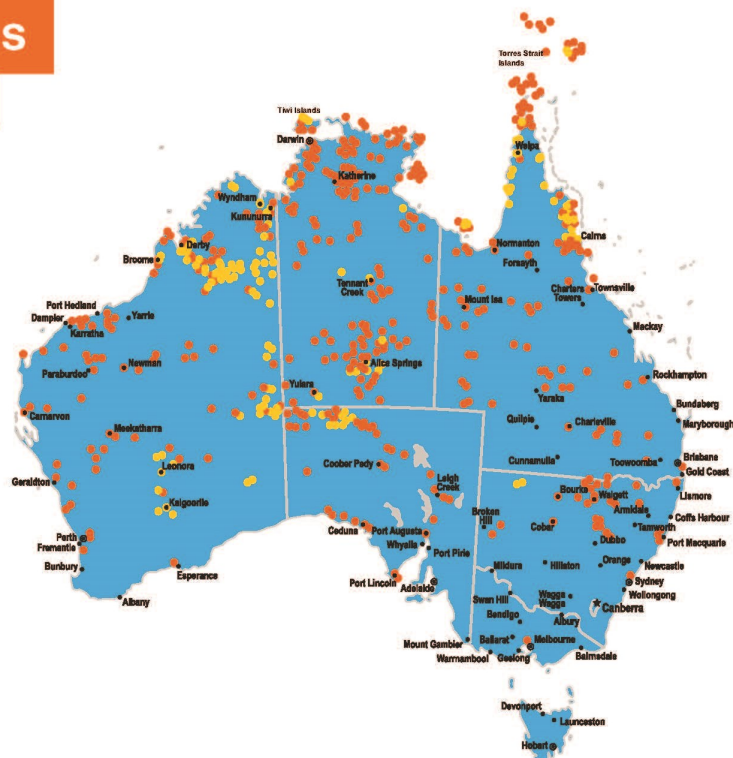
(02) 9280 0644

[info@ilf.org.au](mailto:info@ilf.org.au)

PO Box 663

Broadway NSW 2007

## Communities we work in



● Book Supply

● Book Buzz

\*This map indicates only the general location of communities



# Indigenous Literacy Foundation Fact Sheet

## VISION: Equity of Opportunity

### KEY MESSAGES:

**Illiteracy is a major issue facing remote Indigenous communities. Being unable to read and write is a significant barrier to education, employment, health and wellbeing.**

**The Foundation works to address this through providing books and literacy resources (some in first languages) to families, schools and service organisations in remote communities; and publishing stories by Indigenous people that are reflective of community life and culture.**

**Everyone can help! Make a donation or hold a *Great Book Swap* on Indigenous Literacy Day (2 September 2020) or contact the ILF office to discuss your partnership ideas.**

**In 2020 the ILF aims to raise over \$3m to support its programs. It receives no Government support.**

## BACKGROUND:

Low literacy levels is a major issue affecting Indigenous communities today. Being unable to read and write is a significant barrier to education, employment, health and wellbeing. Remote Indigenous communities are the most disadvantaged.

According to the Closing the Gap Report released in February 2020, only two of seven targets are on track. Indigenous literacy and numeracy targets are still outstanding and there has been little to no improvement since 2008.

2019 NAPLAN results show only 36% of Indigenous Year 5 students in very remote NT communities meet the minimum standard for reading, compared to 96% for non-Indigenous students in major cities.

ILF was founded by former teacher and Queensland bookseller Suzy Wilson (2018 Lloyd O'Neil Award and 2018 ABA Life Member) and is an initiative of the Australian Book Industry. In 2005 Suzy took action after becoming aware that four out of five children in remote NT communities could not read or write to the basic minimum level.

The Foundation is community driven. All funds raised go to the ILF's three programs:

- 1. Book Buzz** aims to develop pre-literacy skills and familiarity with books for babies and toddlers, through a regular story-time session. Parents and carers are supported and are given the tools to talk about, read and share books with their children, in local languages and in English.
- 2. Book Supply** gifts great, new books that aim to interest and engage the community in reading and sharing books together. The books are carefully chosen so they are culturally appropriate, and 40% are by Indigenous authors or illustrators. The books are distributed by road, air or sea to crèches, playgroups, schools, women's centres, and health centres who use them in different ways.
- 3. Community Literacy Projects** publishes or funds stories written by Indigenous people for Indigenous people. ILF works with ambassadors to run writing workshops far and wide – from the Tiwi Islands and Arnhem Land, to the APY Lands and Spinifex Country. These books are important in building literacy because they represent Indigenous people, culture and community life, and often, Aboriginal languages.

In its lifetime, ILF has gifted over 440,000 books to more than 400 remote communities, implemented an early literacy program in over 30 playgroups and health care centres that have seen the first board books and an eBook in first languages, and published 90 stories written by community reflecting up to 18 Aboriginal languages.

Indigenous Literacy Day on Wednesday 2 September 2020, is the Foundation's major fundraising and advocacy national event. New community publications are launched amidst much celebration, while schools and organisations host *Great Book Swaps* and other fundraising activities in their local community.



# CROYDON PARK PUBLIC SCHOOL NEO ORA



## Croydon Park Crest Awards



**We are Safe, We are Learners, We are Respectful**

**Who's responsible? We are!**

Each fortnight this term, the students and teachers are focusing on one of our school's expectations in a shared space of the school. Teachers will be on the lookout for students following our school expectations to be awarded 'Do It Right' tokens and Croydon Park Crests. Remember

## PBL Expectation for Weeks 1 & 2

### We are LEARNERS during class time

- Be mindful of the learning of others
- Participate in activities
- Follow teacher instructions
- Ask for help when needed

Blue Level- All students begin here

5 Croydon Park Crests = 1 Bronze Award

1 Bronze Award + 5 more Croydon Park Crests = 1 Silver award

1 Silver award + 5 Croydon Park Crests = 1 Gold Award



# CROYDON PARK PUBLIC

## CANTEEN MENU 2020 DMS CATERING

### LEGEND:

**O- Occasional**    **E- Everyday**

### Breakfast

(E) Toast with butter or jam	\$1.20
(E) Cheese Jaffle	\$2.50
(E) Cheese & Ham Jaffle	\$3.00
(E) Low Fat Yogurt	\$2.00
(O) Gluten Free Baked Hash Browns	\$1.00
(E) Pikelet with butter	\$1.00
(E) Plain Pancake	\$2.00
(E) Pancake with Maple Syrup	\$2.50

### Fruit and Snacks

(E) Fresh Fruit Salad	\$3.50
(E) Fresh Fruit Salad with Yogurt	\$4.50
(E) Whole fruit	\$1.20
(E) Frozen (seasonal) fruit bag	\$1.50
(E) Orange Quarter Frozen	\$0.20
(E) Frozen Fruit Sticks	\$1.00
(E) Plain Crackers	\$1.00
(E) Celery & Carrot Sticks with Hommus	\$3.00
(O) Banana Bread	\$3.00
(E) Carrot & Cucumber Sticks	\$1.50
(O) Koala Salted Popcorn 25g	\$2.00
(E) Sultanas	\$1.00

**Halal and Gluten Free options available**

### Salad Boxes

<b>(E) Tuna Salad</b> Lettuce, Tomato, Cucumber and Carrot	\$5.50
<b>(E) Egg Salad</b> Lettuce, Tomato, Cucumber and Carrot	\$5.50
<b>(E) Chicken Salad</b> Lettuce, Tomato, Cucumber and Carrot	\$5.50
<b>(E) Greek Salad</b> Lettuce, Feta, Cucumber, Capsicum, Olives, Tomato and Onion	\$6.00
<b>(E) Salad Box</b> Lettuce, Tomato, Cucumber and Carrot	\$4.50

### Sushi

Available Wednesday, Thursday and Friday

(E) Chicken Teriyaki	\$4.00
(E) Chicken Teriyaki & Cucumber	\$4.00
(E) Tuna & Cucumber	\$4.00
(E) Tuna & Avocado	\$4.00
(E) Crab & Avocado	\$4.50
(E) Smoked Salmon & Avocado	\$4.50
(E) Chicken Schnitzel, Cucumber & Mayo	\$4.50

**Sushi orders must be placed the day before with cut off time at 2pm. Thank You**



**WRAPS & ROLLS AVAILABLE  
60c EXTRA**

**Sandwiches**

**White/Wholemeal/Multi-Grain/Gluten Free options available**

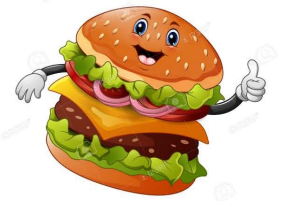
(E) Ham	\$2.50
(E) Cheese	\$2.50
(E) Egg	\$2.80
(E) Egg, Lettuce, Mayo	\$3.50
(E) Ham & Cheese	\$3.00
(E) Ham, Cheese, Tomato	\$3.50
(E) Tuna & Mayo	\$3.00
(E) Lean Chicken	\$3.00
(E) Lean Chicken, Lettuce, Mayo	\$3.50
(E) Ham & Salad Lettuce, Tomato, Cucumber, Carrot	\$5.00
(E) Tuna & Salad Lettuce, Tomato, Cucumber, Carrot	\$5.00
(E) Chicken & Salad Lettuce, Tomato, Cucumber, Carrot	\$5.50
(E) Vegemite	\$2.50
(E) Vegemite & Cheese	\$3.50

**Toasted Focaccia's**

(E) <b>Deliziosa Focaccia</b> Ham, Cheese, Tomato	\$5.00
(E) <b>D.M.S Focaccia</b> Ham, Cheese, Tomato, Olives	\$5.50
(E) <b>Chicken Focaccia</b> Lean Chicken ,Avo, Lettuce, Cheese, Mayo	\$6.00
(O) <b>Schnitzel Focaccia</b> Schnitzel, Cheese, Lettuce, Mayo	\$6.00

**Hot Foods**

(E) Homemade Lasagna	\$5.50
(E) Homemade Bolognese <b>-Gluten Free available</b>	\$5.00
(E) Homemade Napoletana <b>-Gluten Free available</b>	\$4.60



(E) Beef Ravioli	\$5.50
(E) Homemade Fried Rice with veg	\$5.00
Add Chicken	\$6.00
(E) Corn Cob	\$1.50
(E) Lean Beef Burger Lettuce, Tomato, Sauce	\$5.50
(O) Oven Baked Chicken Burger with Lettuce & Mayo	\$5.50
(O) 5 Chicken Goujons with Mash	\$5.50
<b>Available Monday/Tuesday/Thursday</b>	
(O) Baked Chicken Goujon	\$0.80
(O) Lean Sausage Roll <b>(Friday Only)</b>	\$4.00
(O) Lean Beef Pie <b>(Friday Only)</b>	\$4.00
(O) Homemade Chicken & Corn Soup with Bread Roll <b>(Term 3 Only)</b>	\$5.00
(E) Honey Soy Wingettes with boiled rice	\$6.00
(E) 5 Pork & Chive Dumplings with Soy Sauce	\$5.50
(O) GF Grilled Beef Sausage with Mash	\$5.50
<b>(Wednesday Only)</b>	
(E) Canteen Made Pizza Cheese	\$4.00
Ham & Cheese	\$5.00
Ham, Cheese & Pineapple	\$5.50

**Vegetarian**

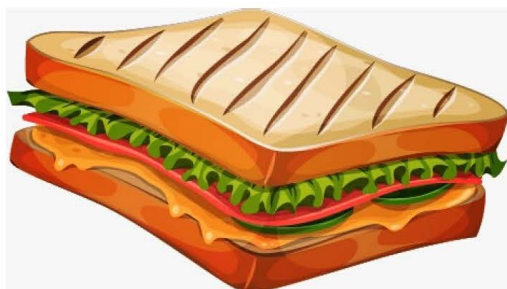
(E) Avocado Sushi	\$4.00
(E) Cucumber Sushi	\$4.00
(E) Vegetarian Sushi	\$4.00
(E) Vegetarian Lasagna Zucchini, Sweet Potato, Pumpkin Carrot, Spinach & Cheese	\$5.50
(E) Veg-O-Rama Burger Tomato, Lettuce & Sauce	\$5.50
(E) Salad Sandwich Cheese, Lettuce, Tomato, Cucumber & Carrot	\$5.00

## Drinks

(E) Hot Chocolate	\$3.00
(E) Smoothies Strawberry/Mango/Banana	\$3.50
(E) Oak Flavoured Milk 300mL Chocolate/Strawberry	\$2.20
(E) Juice Poppers 200mL	\$2.00
(E) Up & Go 250mL	\$2.50
(E) Water 600mL	\$2.20
(E) Chill J Flavoured Water 250mL Grape/Blackcurrant/Raspberry	\$2.50
(E) Freshly Squeezed OJ 250mL	\$2.80

## Extra

Tomato or BBQ Sauce	\$0.50
Forks & Spoons	\$0.20



## Frozen

(O) Twisted Frozen Yogurt Chocolate/Vanilla Mango/Strawberry	\$2.70
(E) Quelch Ice Block	\$1.00
(E) Frozen Juice Cup	\$2.00
(E) Ice Mony Chocolate, Blue Raspberry	\$1.00
(O) Moosie Chocolate/Bluemoon	\$1.50

**This menu follows the Healthy School Canteen Strategy of NSW. The menu has  $\frac{3}{4}$  of everyday foods and  $\frac{1}{4}$  of occasional foods.**

