MISSION

Morang South Primary School is a committed and unified partnership of teachers, parents and children. We value diversity and strive for excellence. We are committed to providing a high quality education in a cooperative, caring and safe environment. Children are encouraged and challenged to reach their full potential.

FROM THE PRINCIPAL

Hello Everyone,

The term is coming to a close and this is our last Newsletter for the term. I would like to thank you all for your support once again this term. We have a great school with dedicated teachers and ES staff, a supportive parent community and wonderful children. Without the extensive community involvement schools would not be able to function as well as they do! Enjoy the holidays with your children.

There will be a final Assembly for the term on Friday morning (28th June) at 9.10 am, where the PFA mid-year raffle will be drawn!

At School Council last month we made the difficult decision to CLOSE THE CANTEEN ON MONDAYS FROM THE BEGINNING OF NEXT TERM (July 15th). Unfortunately the patronage on Mondays does not meet our costs. This now means that the CANTEEN IS NOW CLOSED ON BOTH MONDAY AND TUESDAYS. As you would know we do not expect to make a profit from the canteen but we cannot lose money either.

As the policy making body, School Council regularly reviews school policies. The Dress Code Policy is currently being reviewed. I would like to encourage all parents and caregivers to please take the opportunity (provided in the body of the Newsletter email) to follow the links and provide us with some feedback on the policy. Thank you.

It is with great pleasure that today we will email you the first edition of our 2013 Morang South PS Classifieds.

They look fantastic! I would like to thank Sandi

VISION

Our vision for Morang South Primary is to become a vibrant learning community where all members are challenged and empowered to strive for and celebrate personal excellence and continuous growth. The children will become positive, compassionate, able, creative, confident thinkers, and lifelong, socially responsible learners equipped to thrive in and shape the future of our evolving global society.
Young for the huge amount of time and effort she has put into these!

Businesses who have advertised in our classifieds have purchased their advertising spaces as part of the Parents and Friends Fundraising initiative. We encourage you to support these businesses as they have supported us—don’t forget to mention that you saw their advertisement in our classifieds.

No doubt your children have talked about the fact that it has been planning week, this week. Near the end of every term, each team has a day where the children work with the Specialists and the classroom teachers work together to plan for the following term. In recent weeks due to the introduction of AusVels (National Curriculum) the staff have been receiving professional learning and working hard to adjust their units of work to match. We are having another two hour professional learning this evening to do further work on this.

The City of Whittlesea is currently asking for support to develop a Social Marketing campaign to ‘get families walking riding or jogging for better health.’ If you are interested in being involved, please see the flyer included in the Newsletter.

Cancer has touched our school many times. The staff participated in the “Biggest Morning Tea” earlier this term to raise money for Cancer research. We would like to give the children an opportunity to join with us in this fundraiser by offering them a sausage sizzle ‘Biggest Morning Tea’. Sausages will be cooked and served by the teachers. Please see the flyer sent home with the children today.

I have written before about resilience and supporting children to put life’s challenges in perspective. Today I have included an article on Catastrophising by Michael Grose. We use a catastrophe scale extensively as part of our approach to Student Engagement and Well Being to support the children to understand that we can overcome life’s small hiccups! I hope you find the article interesting. If you’d like to know more about the catastrophe scale we use or have one made for your household, you are welcome to talk to your child’s teacher or see Sandi or myself.

We are now taking enrolments for 2014 Preps. Please inform family, friends and neighbours that if they have a pre-schooler who will be starting school next year and would like them to come to our school, to enrol them soon. It is important that children are enrolled by the end of Term 3 so that they can participate in our excellent Transition Program in Term 4. I am currently running tours on Tuesday and Thursday mornings at 9.30 am. Bookings can be made for these by calling the office.

Please remember that we love to have parents helping in the classrooms and if you have any worries or concerns, please let us know straight away.

You are welcome to see me if you wish to discuss the issues I’ve written about today. I would appreciate feedback as to whether you find the information useful.

Keep up that life long learning!

Julie Jones
Principal

Vietnam Veterans
Thank you to the Vietnam Veterans for sharing their knowledge with the grade 5/6 students.
IS THE SITUATION REALLY THAT BAD?

“If I don’t do well in this test my whole year will be messed up!” Do you have a child who automatically assumes the worst case scenario in any risky or new situations? If so, you have catastrophiser on your hands. Catastrophisers exaggerate their worries and place enormous pressure on themselves. The default mechanism in their thinking always goes to the most negative outcome possible. The results won’t just be bad, they’ll be catastrophic! They won’t just mess up if they give a talk to their class at school. They’ll make total fools of themselves and the whole class will laugh at them, or so they say. They won’t just fall over in a game. They’ll break a leg, end up in hospital and miss out on going to school camp, or so they say. They won’t just get a dirty look from their teacher if they arrive late for school. They’ll be kept in at lunch-time, miss out on sport and have all the other kids making fun of them if they are late, or so they say.

Catastrophising makes kids feel miserable. Worse, they often don’t want to do anything because they expect the worst possible outcome. So what to do with a catastrophiser? Your approach will depend to some extent on your child’s age. Under fives generally don’t overtly catastrophise, however even young children can be negative. Make sure you model upbeat, positive thinking as young children take their cues from their parents, particularly the parent they spend most time around. Being a significant adult in the life of a child carries some responsibilities, and presenting the world as an exciting, positive place full of possibility is one of those responsibilities!!! School-aged children need to be encouraged to keep things in perspective. Challenge your child’s propensity to catastrophise. Here are five ways you can use to challenge your child’s catastrophic thinking:

- “What’s the most likely scenario?” Sometimes it’s useful to introduce a dose of old-fashioned rational thinking. “Yep, you could break you leg if you go skiing. But the odds are that you won’t.”
- “Does it really matter?” “You may be right, but is it the end of the world as we know it?” One way of dealing with hard core catastrophisers is to admit that they could be right, but even if they are right and the worst case scenario does happen, the sun will still shine tomorrow. Take kids to the worst possible scenario and they may see it’s not so bad.
- “Where does this fit on the disaster meter?” Catastrophisers get themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves may not be insignificant to kids, however compared to plenty of other events…….. …well, perspective is a good thing. Help them get some perspective by giving their worry a score out of ten, on how important the issue really is.
- “That’s unhelpful thinking.” Sometimes kids’ thinking is so out of whack with reality that they become anxious about minor things. Thinking such as, ‘everyone must like me’, ‘I must never make a mistake’ and ‘bad things always happen to me’ are extreme and need to be replaced by more moderate, realistic thoughts. E.g. “It would be nice if everyone liked me but not everyone will. It’s important to have some good friends.”
- Replace extreme words for feelings with more moderate descriptors: Today’s kids talk in extremes – ‘awesome’, ‘the best' and 'gross' roll off their tongues easily these days. Extreme language leads to extreme thinking. So encourage kids to replace “I’m furious” with “I’m annoyed”, “It’s a disaster” with “It’s a pain”, “I can’t stand it” with “I don’t like it”. Sounds minor but by changing kids’ language you change how they think about events and, more importantly, how they feel.

I suspect that many parents will identify strongly with some of the above. Yep, we all catastrophise from time to time, particularly when we are under stress. It takes a cool customer to moderate their thinking the whole time. So be mindful of your child’s need to jump to the worst from time to time. A bit of reassurance is all that’s needed in these one-off scenarios. But if you, like your child, are a serial catastrophiser, then it will be useful to challenge your unhelpful or extreme thinking when it happens. Not only will you model realistic thinking for your kids, but you will get an insight into what you need to do to change your child’s catastrophising.

Stars of the Week

Grades Prep – 6
Term 2 week 10

Home Group 1  Jayden & Madelyn
Home Group 2  Lily & Nathan
Home Group 3  Jye & Abby
Home Group 4  Sara & Erin
Home Group 7  Kara
Home Group 9  Home Group 9
Home Group 11  Deacon, Zoe & Shaun
Home Group 13  Ramzi & Aaliyah
Home Group 14  Oakley & Jacqueline
Home Group 15  Nicole
Home Group 16  Imogen & Ben
Home Group 23  Ella & Ethan
Home Group 24  Kiara & Fadi
Arts Award Prep—2  Home Group 23
Arts Award Gr 3-6  Home Group 14
P.E Prep  Home Group 2
P.E Gr 1-6  Home Group 3
Bullying Incursion

The Power of One is an incursion that travels from school to school across the state.

Josh and Jenna are a couple that ran the incursion for the school and they try to stop bullying around the world.

They say bulling is terrible and there are different types of bullying like for e.g. Cyber bullying, Physical and Repetitive bullying.

The whole school enjoyed the show and it was very interactive some children got to join in.

We got to ask them questions. Some of their answers were very interesting.

They enjoyed having us watch their show and they hope it makes a big difference at our school.

Haylee – School Reporter
Last Wednesday the grade 5/6 students were lucky enough for 3 Vietnam veterans to come and teach us about the Vietnam War. It was great that they could teach us so much about what it was like when they went to war in Vietnam.

It was even better than learning off the internet or reading books because they could tell us exactly how they felt through all their experiences. They showed us some of their items and things they used and a lot of facts and information.

It was a great way of learning about all the information that they taught us instead of just reading worksheets and answering questions. We could ask them any questions that we had and they answered them really well so we understood.

We were really thankful and glad we could learn all this great information from them.

Haylee, Alanah & Maddy

School Reporters & School Photographer
THE PREPIC students have also been having lots of fun in Music this term – exploring many different kinds of instruments and sounds. The children have been learning new songs each week and are having a great time singing and dancing along.

During Education Week (Week 6), the students learnt about a Chinese Dragon Dance and used ribbon sticks to re-create their own movements of the Chinese Dragon.
Dear Parents and Guardians,

This term P-2 students have been exploring Music during Performing Arts. They have learnt about Beat, Pitch, Tempo and Dynamics. Students have created and performed their own ‘Beat Circles’ voices, body percussions and percussion instruments. They have also done a great job being musical conductors.

We have begun to explore Drama and students have practiced creating ‘5-star’ performances as well as being a part of a ‘5-star’ audience.
HG 14 VISITED THE LIFE ED VAN TO LEARN MORE ABOUT bCyberwise

B ullying is not good to do
C ybercrime is serious
Y ouTube is fun but have parent permission
B logging should not have personal information
E mails—don’t open unknown mail
R eport people that are rude
W ebcam—don’t show yourself to unknown people
I nstagram take care
S kype is fun to talk with
E xtra safe on line

by
Alannah, Chloe L, Michelle, Tafa, Troy

B ullying needs to be stopped
Y ou should never give personal details
B lock people that say mean things
E mails—always ask your parents if you get one from an unknown person
R eport anyone if they are rude
W ebcam—be careful as you may never know who you are talking to
I dentity theft, be careful
S afety first always on line
E verytime on line, be SAFE

by
Indiana, Taylah, Joshua, Matthew

B ullying is not fair
C yber bullying STOP!!
Y ou need to be netsmart
B e safe online always
E mail friends only
R eport any nasty messages
W atch out for a virus
I nternet safety when online
S mart passwords not made easy
E xtra care with personal information

by
Jacqueline, Tonisha, Courtney, Oak-ly, Chase

B ullying isn’t nice
C hatrooms can be safe if you don’t talk to people you don’t know
Y ou must always, block if something’s not right
B e sure to talk to a trusted adult
E mail people you know
R eport to a trusted adult
W ait to you are at least 13 before going on Facebook
I mposters can be bad—take care
S afety first is the right thing
E wise and ignore pop-ups

by
Humna, Alexis, Chloe R, Braden, Djamal

B e safe
C yberbullying is not nice
Y ou need to keep personal information private
B lock inappropriate comments
E mails may be not from who you think they are from
R esponsible behaviour on line is needed
W atch out for annoying pop-ups
I nstant messages could be fake
S afe online
E xtra careful each time

by
Eric, Sienna, Kelsea, Jordyn, Aaron
Sponsorship Program

Thank you

Telstra Store Plenty Valley

Telstra Store Plenty Valley is pleased to invite MSPS to participate in the Affinity Program commencing on 8 May 2013. The program’s aim is to reward the school financially by providing MSPS with a bonus payment if MSPS parents sign up to certain Telstra contracted plans and bundles.

Telstra Store Plenty Valley will give MSPS a generous upfront sponsorship payment which we will use to begin work in revamping the gravel area where the relocatable classrooms 19 & 20 was. We have BIG PLANS for this area, more details coming soon...

The Telstra Store Plenty Valley Affinity Program will pay MSPS a Sponsorship Bonus for each contracted 24 month Mobile Service Plan or Internet and Home Phone Bundle Plan (NBN or Non NBN Bundle).

That is:

- $30 bonus payment per eligible NBN Bundle Sale
- $20 bonus payment per eligible Internet and Home phone Bundle Sale
- $20 bonus payment per eligible Mobility Service.

Eligibility for Bundles and bonus payments:

- Only new Bundles will attract a Bonus Payment. This includes those services where either the Fixed Service or Internet is new.
- An upgrade from a standard bundle to an NBN Bundle will attract a Bonus Payment.
- In relation to Mobiles, No Lock in Plans, Prepaid, Early Recontracts and Casual plans will not attract a bonus.
- If eligible, to redeem a sponsorship bonus payment for our school, the voucher below much be presented to the Telstra Store Plenty Valley. This offer is not available at other Telstra stores.
- ** Sponsorship bonus payments will be made directly to the school once the new plan or bundle has been activated.

Telstra Store Plenty Valley Affinity Program Voucher
Morang South Primary School

Date:
Customer Name:
Contact Number:
Products Sold: Mobile/Bundle/NBN Bundle
Bonus Payment: 
Staff Name:

Telstra Store Plenty Valley: Shop 120, Westfield Plenty Valley (near Aldi) Phone: 94378650
DISCO—“GLOW IN THE DARK”
To be held on Friday 21st June. Cost is $6 per child
(unless you have 3 or more children from the same family at $5)
Money & forms to be returned by Wednesday 19th June
Prep-Grade 2 (5:00pm-6:30pm)
Grade 3-6 (7:30-9:00pm)

ENTERTAINMENT BOOKS
Entertainment books have arrived
Books cost $65.00 with $13.00 from every book going directly to our school

MID YEAR RAFFLE
Tickets sent out - cost $2 each or 3 for $5
Raffle tickets and money to be returned by Thursday 27th June

CLASSIFIEDS
Advertising prices (per month) are:
Business card $15
¼ page $20, ½ page $30
Full page $60
To advertise, contact the school on 9404 1548 for further details

SECOND HAND UNIFORM SHOP
Situated in the Parents & Friends Room (opposite Room 22).
Open Thursday mornings 9:00-9:30am

IF YOU HAVE ANY ITEMS OF CLOTHING THAT YOU NO
LONGER REQUIRE PLEASE SEND THEM TO THE SHOP
DONATIONS ARE GREATLY APPRECIATED—THANK YOU :)

BAKERS DELIGHT – RIVERGUM “Dough Raiser”
Shop at Bakers Delight Rivergum Shopping Village,
mention Morang South Primary School and they will happily
donate a % of the total you spend back to the school

Next Meeting:
Wednesday 17th July, 7:30pm in the staffroom
All welcomed
OSHC NEWS

Hello South Morang Community,

School holidays are creeping up on us very quickly. There are holiday clubs at Mill Park P.S, Plenty Valley Christian College, Mount Ridley P.S and many more!
Jump onto www.campaustralia.com.au and register now for some holiday fun!

- Reannan, Kristin, Anita and Diane

REMINdERS

How to get started before using our programs register online for an account. Registering is quick and easy. Visit our website to begin www.campaustralia.com.au

Once registered you can make bookings and cancellations, view your statements and manage your details anytime of the day online.

Save on Care You can save 50% or more on Before and After School Care fees with the non-means tested Child Care Rebate. Almost all families are eligible. To find out more call our Customer Service Team on 1300 105 343 Monday to Friday.

WHAT’S ON THIS WEEK

<table>
<thead>
<tr>
<th>AFTER SCHOOL CARE Week 11</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Little Miss miff puppets</td>
<td>Hand Puppets</td>
<td>Finger Puppets</td>
<td>Marinette Puppets</td>
<td>Red noses for Red Nose Day</td>
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</tbody>
</table>

AWARDS... Bailey and Ishka

MENU

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice Cakes with a variety of spreads</td>
<td>Saladas with a variety of spreads</td>
<td>RESTAURANTS</td>
<td>Sandwiches with a variety of spreads</td>
<td>Nachos</td>
</tr>
</tbody>
</table>

Program hours

Before School Care
7:00 – 8:45

After School Care
3:30 – 6:00

www.campaustralia.com.au
Our June edition of the MSPS Classifieds will be emailed TODAY!

Please contact the school if you would like your business to be part of our July edition which will be emailed Thursday 25th July.

The MSPS Classifieds are going DIGITAL!

The MSPS Classifieds are a Parents & Friends Association Fundraising initiative that will continue in 2013 with a few changes.

- The MSPS Classifieds will now be emailed* to everyone. That is approximately 300 families and friends of Morang South Primary School.
- The MSPS Classifieds will now be a feature of our school website: "Friends of Morang South PS". http://www.morangsouthps.vic.edu.au/
- We will include a hyperlink on our very successful MSPS Facebook group to the MSPS Classifieds on our school website.
- All advertisements in the MSPS Classifieds will now will be in COLOUR.
- Businesses or groups who already hire our facilities (e.g. Paringa Complex) receive 10% off each advertisement.
- If you choose to advertise for 9 consecutive months GET 1 month for FREE.

We have also updated our prices per month. We have not done this for many years and believe the cost is still reasonable. The MSPS Classifieds aims to provide affordable local advertising.

**Prices per Month**
(as of 1st March 2013)

<table>
<thead>
<tr>
<th>Business Card</th>
<th>¼ Page</th>
<th>½ Page</th>
<th>Full Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>$15</td>
<td>$20</td>
<td>$30</td>
<td>$60</td>
</tr>
</tbody>
</table>

*Hard copies will be available on request.

** Morang South Primary School, the School Council and Parents & Friends Association accept no responsibility for services or special offers advertised.
**Grade** | **Unexplained** | **Explained** | **Total** | **Late Arrivals**
--- | --- | --- | --- | ---
Prep - 2 | 28 | 19 | 47 | 16
3 - 4 | 19 | 25 | 44 | 14
5 - 6 | 14 | 21 | 35 | 6

**Supervision Before School**

Parents are reminded that **teachers are on yard duty from 8.45 am** and that students who arrive at school **prior to** this time are not supervised. Any child who arrives **without an adult before 8:30 am** **MUST go straight to the office**. Children arriving at school earlier than this will be placed in **Out of School Hours Care** and you will be charged accordingly.

**BOOK CLUB NEWS**

If you have placed an order from book club and have not received the items you ordered could you please see Deb Powell in the office. There are still orders that had no name or home group on them.

Deb Powell
Focus Group Discussion
Tuesday 25 June 9 – 10.30am

We need your ideas!
Help Healthy Together Whittlesea develop a social marketing campaign to:
‘get families walking, riding or jogging for better health’

Morning tea provided

Venue: Riverside Community Activity Centre
Meeting Room 1
RSVP: healthytogether@whittlesea.vic.gov.au or 9217 2531
The University of Queensland is conducting research into parenting children with type 1 diabetes. Parenting a child with diabetes presents many challenges (everything from the regular blood glucose monitoring and insulin intake, to more general parenting tasks). The aim of this study is to understand the factors that make the management of childhood diabetes particularly difficult, and to use this information to develop strategies that might assist parents in managing their child’s diabetes.

If you are a parent of a 2 to 10-year-old child with type 1 diabetes, we would love to hear from you!

By sharing your experiences (confidentially), you will be making a valuable contribution to the development of much-needed childhood diabetes management strategies for parents.

To complete the online survey, please log on to: https://exp.psy.uq.edu.au/type1diabetes

For further information about the project or to request a survey to be posted to you, please email Aditi Lohan (aditi.lohan@uqconnect.edu.au) or phone Amy Mitchell (07 3365 7305) at the Parenting and Family Support Centre in the School of Psychology at the University of Queensland, St Lucia QLD 4072 (Fax: 07 3365 6724).

Thank you for your time and participation.
Aditi Lohan, Alina Morawska, and Amy Mitchell
UQ Parenting and Family Support Centre

GRADES 3 – 6 COMPUTER PAYMENT REMINDER

For those families with children in grades 3 to 6 paying for their child’s computer by instalments. The term 2 payment is now due. To enable the children to take the computer home in the holidays, this needs to be paid before the end of the term – June 28th.
# MORANG SOUTH PRIMARY SCHOOL CANTEEN MENU

**Term 3 2013**  
*Closed Mondays & Tuesdays*

- Please write your child’s name and room number on appropriately sized paper bag. Please avoid using envelopes, sticky tape or staples.
- Please add 10c if canteen is to supply a bag if you have run out at home. Lunch Bags - $3.50 for 50 Please order through lunch orders.
- **GREEN FOODS ARE HEALTHY CHOICES (EVERYDAY FOODS)** available Wednesday, Thursday & Friday.
- **AMBER FOODS** are only available Thursday and Friday.

## GREEN FOOD-EVERY DAY FOOD

<table>
<thead>
<tr>
<th>Item</th>
<th>Salad/Sandwich/Roll</th>
<th>Extra Fillings +50c</th>
<th>Toasted Sandwich +20c</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad</td>
<td>$3.30</td>
<td>$3.50</td>
<td></td>
</tr>
<tr>
<td>Salad &amp; Chicken</td>
<td>$3.80</td>
<td>$4.00</td>
<td></td>
</tr>
<tr>
<td>Salad &amp; Ham</td>
<td>$3.80</td>
<td>$4.00</td>
<td></td>
</tr>
<tr>
<td>Salad &amp; Tuna</td>
<td>$3.80</td>
<td>$4.00</td>
<td></td>
</tr>
<tr>
<td>Chicken/Ham/Tuna</td>
<td>$2.70</td>
<td>$2.90</td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>$1.80</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Vegemite</td>
<td>$1.80</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$3.00</td>
<td>$3.20</td>
<td></td>
</tr>
<tr>
<td>Ham, Cheese &amp; Tomato</td>
<td>$3.20</td>
<td>$3.40</td>
<td></td>
</tr>
<tr>
<td>Ham, Cheese &amp; Pineapple</td>
<td>$3.50</td>
<td>$3.70</td>
<td></td>
</tr>
<tr>
<td>Baked Beans</td>
<td>$3.00</td>
<td>$3.20</td>
<td></td>
</tr>
<tr>
<td>Spaghetti</td>
<td>$3.00</td>
<td>$3.20</td>
<td></td>
</tr>
<tr>
<td>Salad Tubs</td>
<td>$4.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salad &amp; Chicken/Tuna/ Ham</td>
<td>$4.50</td>
<td></td>
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</tr>
</tbody>
</table>

## GREEN HOT FOOD

- Macaroni & Cheese 97% Fat free: $3.50
- Spaghetti Bolognaise: $3.50
- Lasagne: $3.50
- Fried Rice Vegetarian: $3.50
- Corn Cobette: $1.20
- *Chicken, Cheese & Lite Mayo Roll: $3.80
- *Sweet Chilli Chicken Wrap: $4.00
- *Beef Burger, Cheese, Tomato, Lettuce, Beetroot & Sauce: $4.00
- Lamb Souvlaki with Garlic Sauce: $4.00

## GREEN DRINKS

- Water: $1.50
- Big M choc/strawberry: $2.00
- Apple Blackcurrant Juice: $2.00
- Apple/Orange Juice: $1.80
- Up & Go Vanilla: $2.00
- LOL Carbonated Juice: $2.00
- Fruit Slusha: Tropical or Mixed Berry: $2.00

## GREEN SNACKS

- Piece of Fruit: $1.00
- Vaalia Yoghurt: $2.00

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**AMBER FOOD-Thursday & Friday ONLY**

- Light Party Pie: $1.20
- Light Sausage Roll: $2.80
- Steamed Dim Sim: $1.00
- Chicken Nugget: $0.80
- Traveller Pie: $3.00
- Hot Dog with Sauce: $3.00
- 6pc Mini Dim Sims: $2.20
- 3pc Chicken Nuggets: $2.20
- *Chicken Schnitzel, Cheese, Tomato, Lettuce & Mayo Roll: $4.00
- Fantastic Noodles: Chicken or Beef: $2.80
- Pizza: Cheese & Bacon or Hawaiian: $2.80

### Meal Deal 1:

- 3 Nuggets, Corn Cobette, Big M: $4.80

### Meal Deal 2:

- 2 Party Pies, Corn Cobette, Big M: $4.80

## AMBER DRINK

- Hot Chocolate: $1.50

## AMBER SNACKS

- Piranha Vege Crackers: $1.20
- Delites salt & vinegar or sweet chilli: $1.20
- Popcorn butter/pizza: $1.20
- Potato Cake: $1.00
- Go Cookie: $1.20
- Monster Noodle Snack: 60c
- Homemade Nachos: $2.00
- *Muffins apple/banana: $1.00
- Moosies blue only: $1.20
- Juices: $1.00
- Paddle Pop: $1.50
- Icy Twist: $1.20
- Callipo: $1.00
- Paddle Pop Thicc-shake: $2.00

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Thank you to all the people who have volunteered in the canteen!  
**More volunteers are needed and greatly appreciated.**  
You don’t have to come in the whole day.  
There are shifts available. You can choose from:  
11:10-11:45am, 12:00-1:30pm or 1:30-2:30pm.  
Helping once a month or once a term is also welcome. 😊

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*CONTAINS EGG*