Dear Parents/Carers,

This week we celebrated Reconciliation Week. National Reconciliation Week (NRW) is celebrated across Australia each year between 27 May and 3 June. The dates commemorate two significant milestones in the reconciliation journey—the anniversaries of the successful 1967 referendum and the High Court Mabo decision. The week is a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can join the national reconciliation effort.

May 27 - Marks the anniversary of Australia’s most successful referendum and a defining event in our nation’s history. The 1967 referendum saw over 90 per cent of Australians vote to give the Commonwealth the power to make laws for Aboriginal and Torres Strait Islander peoples and recognise them in the national census.

3 June, 1992 - The High Court of Australia delivered its landmark Mabo decision which legally recognised that Aboriginal and Torres Strait Islander peoples have a special relationship to the land—that existed prior to colonalisation and still exists today. This recognition paved the way for land rights called Native Title.

Years 1 and 2 enjoyed Aboriginal stories and face painting on Monday. These activities help all students and teachers better understand Aboriginal culture and traditions.

I would like to join the whole school community in congratulating Mr Gosbell on his appointment to the Principal position at Karonga School. Mr Gosbell has made a significant contribution to the school community at Girraween P.S. especially the Support Unit students, staff and parents. We have until June 19 to prepare for Mr Gosbell’s last day at Girraween P.S. There will be a special farewell assembly on Thursday, 18 June to say our school farewell.

Congratulations to the Greater Western Sydney Giants fans. Your team is showing older clubs how they should play Australian Rules. For us Parramatta fans ……….. We struggle on!

Have a great weekend everyone,

G. Walker

DATES FOR YOUR DIARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 June</td>
<td>ICAS Science</td>
</tr>
<tr>
<td>8 June</td>
<td>Public Holiday</td>
</tr>
<tr>
<td>10 June</td>
<td>Zone Cross Country</td>
</tr>
</tbody>
</table>

Our school Vision

Girraween P.S. will create 21st century learners through innovative, culturally sensitive teaching practice with a focus on project based learning.
VALUE OF THE MONTH: Excellence

Striving for the highest personal achievement in all aspects of schooling and individual and community action, work and life-long learning.

In school communities, evidence of this value includes:
- giving recognition to students achieving high standards
- frequently encouraging and acknowledging individual improvement
- celebrating school community achievements
- encouraging students’ awareness of broader life opportunities

In classrooms, evidence of this value includes:
- reaching personal best performance
- maintaining high learning expectations
- setting and meeting high standards
- persisting through challenges and difficulties in learning

Library News

As of Friday 28th May 2015 a trolley will be left in the Hall for students attending OSHClub to place their returning library books in. This trolley will be collected after 8.30 each day for the returns to be processed.

Please note that if you wish to place the library books in this trolley, that your child is responsible for this book until it is scanned back into Library circulation.

OSHClub take no responsibility for lost or misplaced books.

Mrs Propst
Librarian

Parents and Citizens Association

At the last P&C meeting it was decided that a review of the boys and girls uniforms for both winter and summer was required. This will confirm the requirements for both season uniforms.

Uniform Review

Date: 16 June  
Time: 11.30am -12.30pm  
Place: School Hall

There will be a display of the current uniforms. There will be time for discussion and decisions on correct uniform for boys and girls in both summer and winter months.

All parents are most welcome to attend and be involved in the decision making.

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5C Wheelchair Basketball

I think wheelchair basketball was such a fun experience and I highly recommend it. It was a once in a lifetime experience. **Jazmine Curmi**

The wheelchair basketball program was exciting and a great experience. It taught me what it would be like to be in a wheelchair. **Nishad Modi**

The wheelchair basketball program visits schools to educate students about disabilities and the benefits and disadvantages of living with a disability. It was an amazing experience and it was exciting to be in a wheelchair. **Ansh Patel**

The program taught us what it feels like to be in a wheelchair. It was worth the money! **Abishek Sudharshan**

This program was very helpful for us because we learnt that people in wheelchairs can forget every other trouble in life and actually have fun. **Nyah Marajas**

The program was very special. I loved playing basketball in a wheelchair. I rate it 10/10 **Joella Alvare**

The wheelchair program was a really fun activity. My favourite part was when I got to ride on a wheelchair. I appreciate what the presenters taught us. **Dhanvi Patel**

Wheelchair basketball was an interactive and education incursion. Wheelchair basketball was a campaign to spread the word that people in wheelchairs are just like the rest of us. We learnt what it feels like to be in a wheelchair and also the ups and down of being in a wheelchair. **Tharun Yogenthra**

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Stage 2 Observatory Excursion

On Monday 18th and Tuesday 19th May, 2015, the students and teachers of Year 3 and Year 4 went on an excursion to The Sydney Observatory.

We travelled by bus in two groups and one group went to The Sydney Observatory first, while the other group went to Luna Park.

At The Sydney Observatory, the students rotated through four activities: peering through the telescope, looking at the exhibits, watching documentaries in the 3D theatre and gazing at the stars in the planetarium.

At Luna Park, the students and teachers enjoyed recess and lunch overlooking the beautiful Sydney Harbour.

We all learnt so much and had a wonderful day!

Our school Vision
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2K have been learning about Length in Mathematics. We have learnt how to measure using cm, m and using informal units.

Here we are with lolly wrapper and paper snakes that we made by tearing around the sides. We tried not to rip them, but it was hard. We then used metre rulers and tape measures to measure and compare them with the snakes our friends made.
We also used trundle wheels to measure how many metres our boomerangs flew through the air. The furthest distance was 13 metres. We even got some of the boomerangs to come back to us.
Preschool is a necessary stepping-stone to ‘big school’ and an important stage in a child’s development. At First Academy Preschool Childcare, we pride ourselves on providing a safe and nurturing environment in order for your child to reach their full potential.

Our centre caters for children from 0-6 years of age, operating between 7:00 am and 6:00 pm and offering:

- Quality supervised, learning and development programs integrated with playtime
- School readiness and transition programs for preschool children
- Fun and enriching activities
- All meals, including hot lunches, fruit and milk

For enrolments or any enquiries, please call 9863 2361 or visit the centre at 35 Carinya Rd. Girraween and meet our qualified and friendly staff.

First Academy Preschool Childcare
The Kids Paradise.

### Why is breakfast important?

- Children who miss breakfast are often reported as having poor behaviour and poor concentration
- Children who miss breakfast are often unable to meet their daily nutrient requirements
- Children who miss breakfast are more likely to have a greater risk of being overweight or obese
- Eating breakfast helps children learn and establish healthy eating habits early in life.

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## Our school Vision

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### PSSA Term 2

#### Round 2  29/05/15

<table>
<thead>
<tr>
<th>Soccer</th>
<th>Ruby League Tag</th>
<th>Netball</th>
<th>Girls Soccer</th>
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</thead>
<tbody>
<tr>
<td>Westmead V Wentworthville</td>
<td>Wentworthville V Toony East</td>
<td>Warriors V Westmead</td>
<td>Toony West V Westmead</td>
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<td>Bathurst St</td>
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<td>Beresford Rd V Toony West</td>
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#### Round 3  05/06/2015

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<tr>
<td>Wentworthville V Toony West</td>
<td>Beresford Rd V Metella Gold</td>
<td>Beresford Rd V Girra Yellow</td>
<td>Toony West V Toongabbie WIN FOR TOONY WEST</td>
</tr>
<tr>
<td>Girraween Oval</td>
<td>Darling St</td>
<td>Girra Yellow Girraween PS</td>
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<tr>
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<td>Darcy Rd V Girra Green</td>
<td>Darcy Rd V Wanderers</td>
<td>Westmead V Metella Blue</td>
</tr>
<tr>
<td>WIN FOR WESTMEAD</td>
<td>Binalong Oval</td>
<td>Binalong Oval</td>
<td>Girraween Oval</td>
</tr>
<tr>
<td>Beresford Rd V Pendle Hill</td>
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<td>Toony Red V Toony White</td>
<td>Beresford Rd V Metella Gold</td>
</tr>
<tr>
<td>Bathurst St</td>
<td>Binalong Oval</td>
<td>DRAW</td>
<td>Bathurst St</td>
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<td>Metella Blue V Wentworthville</td>
<td>Girra Green V Warriors</td>
<td>Darcy Rd V Girra Green</td>
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<td>Binalong Oval</td>
<td>Pendle Hill PS</td>
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</tbody>
</table>

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![Soccer Ball](image1.png)  ![Basketball](image2.png)

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**Note:** The game results are listed with the winning team's name bolded.
### NEW UNIFORM PRICE LIST
(AS EFFECTIVE FROM TERM 3, WEEK 1)

<table>
<thead>
<tr>
<th></th>
<th>Summer</th>
<th>Winter</th>
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</thead>
<tbody>
<tr>
<td><strong>Girls Dresses</strong></td>
<td>Size 4-18</td>
<td>$34</td>
</tr>
<tr>
<td><strong>Girls Sports Skorts</strong></td>
<td>Size 4-18</td>
<td>$18</td>
</tr>
<tr>
<td><strong>Boys Sports Shorts</strong></td>
<td>Size 4-18</td>
<td>$18</td>
</tr>
<tr>
<td><strong>Boys Grey Shorts</strong></td>
<td>Size 4-18</td>
<td>$18</td>
</tr>
<tr>
<td><strong>Polo Shirts (short sleeve)</strong></td>
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<td>$23</td>
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<tr>
<td><strong>Scrunchies</strong></td>
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<td>$2</td>
</tr>
<tr>
<td><strong>Socks (White or Grey)</strong></td>
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<td>$2.50</td>
</tr>
<tr>
<td><strong>Bags</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Backpack small</strong></td>
<td></td>
<td>$25</td>
</tr>
<tr>
<td><strong>Backpack large</strong></td>
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<td>$30</td>
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<tr>
<td><strong>Library bags</strong></td>
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<td>$14</td>
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<tr>
<td><strong>Hats</strong></td>
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<td></td>
</tr>
<tr>
<td><strong>Flap hats</strong></td>
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<td>$11</td>
</tr>
<tr>
<td><strong>Sunhat</strong></td>
<td></td>
<td>$13</td>
</tr>
<tr>
<td><strong>Caps</strong></td>
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<td>$9</td>
</tr>
</tbody>
</table>

**A limited selection of pre-loved clothing. Cost $2 each.**

**No exchange without the Receipt and within 4 weeks.**

**Must still have the tag and be unwashed.**

**No exchange for Socks, Hats and Bags. No Refunds**

---

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OSHClub Update

We are half way through the term already, and it has been a great few weeks! Carrying on from community week we completed our mural and it is displayed in the hall. The mural is a gathering of flowers made by the thumb prints of people of our community (children, staff, parents, grandparents, teachers). There is still time to add your stamp to our mural, so come see us in before or after school care!

It is National Reconciliation Week this week and throughout the week we have been raising our awareness and understanding of Aboriginal culture. The children have investigated different Aboriginal artists and painting styles. We are learning some Dharug (our local Aboriginal nation) words like “Warami” which means “Welcome”.

THANK YOU

♦ A big thank you to Shabu (Mridul & Amal’s dad) for coming in to do a paper folding work shop with the children.

♦ A huge thank you also to Dhwanil (Pari’s mum) who prepared a wonderful printing experience using carrots and acrylic paint.

We all appreciate the time and care you took to come in and teach the children!

~~~

If you have a contribution or suggestion to our program we would love to hear about it!

IMPORTANT REMINDER

We have had a few close calls in the teachers’ carpark this term. Please do not park inside the school when dropping off or picking up from OSHClub at any point. ~

Thank you for your cooperation!
15 healthy ways to manage emotions

Here are 15 healthy ways to manage your emotions that you can pass on to your children.

1. **Breathe deeply**
   - The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) and count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little headache, which indicates deep (and low) breathing.

2. **Use positive, REALISTIC self-talk**
   - Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like, “I’ll never be able to do this.” This will stress you out big time. “I’m not good at...” “I know I have...” You talk yourself into feeling stressed out.
   - Next time you catch yourself talking yourself or something down replace the negative with something realistic and more positive.

3. **Use a positive reappraisal**
   - Sometimes known as positive re-framing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event.
   - A wedding speech to someone is a chance to strut your stuff (or you feel excited), while someone else may see it as a nightmare (or they feel anxious). Change the way you view something and you’ll be better able to manage your emotional response. This is the challenge, not the problem! It’s a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4. **Find a favourite relaxation exercise**
   - There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you won’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax. Choose one or two and use them.

5. **Acting out (also abusing alcohol and other drugs)**
   - “Come here you! I’ll show you!” And they pass the same ineffective methods on to their children. Anxiety is legitimate feeling; anger (also legitimate) and apathy (not recommended) are now at epidemic proportions among children and young people, even though we live in affluent times.

6. **Self-labeling**
   - “What do you expect? I’m a loser!”

7. **Blaming others**
   - “She makes me feel so mad!”

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### Longer term strategies

7. **Have constructive habits and hobbies**
   - one of the tenets of good emotional health is that a person needs hobbies and interests that lift them up, making life enjoyable. Single-tracked lives—work and no play—are recipes for emotional problems. If you can relate to this, then I suggest you take the time to find a hobby or interest that fulfills you up.

8. **Make physical activity a habit**
   - how much do we move during the day? 10,000 steps a day is related to good physical and mental health. It was relatively easy to do before modern transport made walking largely redundant as a mode of transport. Now we have to purposefully exercise if we’re going anywhere near close to the amount we need for optimum mental and physical health. Daily walks, regular swims, playing team and individual sports are all great mood shifters. We need to incorporate into our lives.

9. **Meditate to stop those thoughts**
   - if you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting, robbing you of huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. ParentingIdeas recommends meditation as a life skill that will help you balance your emotional state.

10. **Let me entertain you!**
    - fun is an antidote to poor mental health. People who have no fun in their lives have no mechanism for pushing their moods into a positive direction. Music, television, and video games are all great forms of entertainment that help change moods. It’s unhealthy to use entertainment as a permanent escape from the situation that caused unpleasant feelings in the first place.

11. **Find spirituality or something bigger than you**
    - it’s no coincidence that most sustainable cultures have an aspect of spirituality present—that is, there is something or someone bigger than us present. As Western cultures have become more polarised in the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we’ve become isolated as individuals. If religion were organised and unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

12. **Modify the situation**
    - ever lay in bed staring over a problem situation and worried yourself into a real knot. Suddenly you feel overwhelmed. I’ve done this often. The best solution is to get to work on the problem rather than stew over it. Plan that call, make that difficult phone call, have that difficult conversation. Action is the great antidote to worry.

13. **Change your goal**
    - sometimes our emotional state is giving us a message that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then it may be time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

14. **Get support from others**
    - asking for help takes many forms. It may be simply having someone at work you can offload your worries to when needed through to joining a specific support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or anxiety you may be experiencing.

15. **Seek professional counselling**
    - we all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can help us take the steps needed to become unstuck. A well-known song by US singer Kenny Rogers went, “You’ve got to know when to fold ‘em, know when to hold ‘em and know when to walk away.” I’d like to add another line, “You’ve got to know when to get some help.” Seeking help is something we are getting better at as a community, but we still have a long way to go until we are accepted and normalised.

   - Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren’t aware that they are emotional management techniques.

### What would you like your kids to say?

There are plenty of healthy ways to regulate our emotional states but often we simply default to unhealthy, unhelpful ways out of habit because we know no other ways.

If someone asked your children in thirty years time to sum up the lessons they learned from you, hopefully they’d be able to recount some of the right way outlined above rather than pull out strategies from the 7 wrong ways list.
Our school Vision
Girraween P.S. will create 21st century learners through innovative, culturally sensitive teaching practice with a focus on project based learning.

## Canteen Menu 2015

**SANDWICHES**
- Egg or Egg & Lettuce \( (G, V, H) \) - $2.00
- Ham or Devon or Chicken Salad add 80c \( (G, H) \) - $2.70
- Tuna Salad add 80c \( (G, H) \) - $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 $1 \( (G, H) \) - $3.20
- Salad Wrap Add Chicken $1 \( (G, H) \) - $3.40
- Chicken Breast Schnitzel Wrap Lettuce & Mayo \( (G, H) \) - $4.00
- Hawaiian Wrap Chicken, Lett, P/apple, Mayo \( (G, H) \) - $4.20
- Sweet Chilli Wrap Chicken Tenders, Lett, Mayo \( (A, H) \) - $4.00

**SALAD BOWLS**
- Caesar or Garden or Greek Salad Add Chicken $1 \( (G, V) \) - $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% Breast, Lettuce, Mayo \( (A, H) \) - $3.60
- Hamburger Gourmet Beef, Tomato, Lettuce, BBQ Sauce \( (G, H) \) - $3.60
- Vege Burger \( (G, H, V) \) - $3.80
- Kids Cheeseburger Cheese, Tomato Sauce \( (A) \) - $2.00
- Cheeseburger Cheese, Tomato Sauce \( (A, H) \) - $3.60

**HOT FAVOURITES**
- Garlic Bread Large Roll \( (G, H, V) \) - $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 Breast \( (A, H) \) - $0.70
- Popcorn Chicken Premium Breast \( (A, H) \) - $3.00
- Hash Brown \( (A, H, V) \) - $1.00
- Potato Wedges With Sauce \( (A, H, V) \) - $2.00
- Cheese & Bacon Roll \( (A) \) - $2.00
- Mini Spring Rolls Vegetarian \( (A, H, V) \) - $0.70
- Nachos Beef Sauce & Cheese \( (A, H, V) \) - $3.50
- Hot Cakes \( x2 \) with Maple Syrup \( (A, H, V) \) - $3.00

**PIZZA & PASTA**
- Lasagne (Beef or Vegetarian) \( (G, H) \) - $3.50
- Spaghetti Bolognaise \( (G, H) \) - $3.50
- Macaroni & Cheese \( (G, H, V) \) - $3.80
- Butter Chicken & Rice \( (G, H, V) \) - $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 Melted 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 66% Fruit Gluten Free \( (V) \) - $0.60
- Jelly Cup Add Fruit 50c \( (G, H) \) - $1.10
- Popcorn Fresh & Hot \( (G, H) \) - $1.00
- Yoghurt Vanilla \( (G, H) \) - $2.00
- Bread Sticks Pizza Flavour \( (A) \) - $0.20
- Yoghurt Filled Strawberry Bars \( (A) \) - $0.30
- JJ's Chicken Crackers \( (A) \) - $1.00
- Brownie \( (A, H) \) - $1.00
- Mamee Noodles \( (A, H) \) - $1.00
- Jumpy's \( (A, H) \) - $1.20
- Red Rock Chips Honey Soy \( (A, H) \) - $1.50

**MILK DRINKS**
- 300ml Choc / Strawberry / Vanilla Oak Fresh \( (G, H) \) - $2.20
- 600ml Choc / Strawberry / Vanilla Oak Fresh \( (G, H) \) - $3.50
- Up & Go Choc / Strawberry / Vanilla Breakfast Drink \( (G, H) \) - $2.50
- Hot Chocolate \( (A, H) \) - $1.50

**COLD DRINKS**
- Poppers 100% Juice 200ml \( (G, H) \) - $1.50
- Water 350ml \( (G, H) \) - $1.20
- Water 500ml \( (G, H) \) - $1.60
- Orchy 350ml Fresh Juice Apple or Orange \( (G, H) \) - $2.20
- Appletiser 250ml Sparkling Apple Juice 99% \( (G, H) \) - $2.20
- Diet Lemonade No Artificial Colours or Flavours \( 300ml \) \( (A, H) \) - $1.50
- Quench Flavoured Mineral Water \( 350ml \) \( (A, H) \) - $2.20
- Slushie 200ml \( (A, H) \) - $1.50
- Slushie 285ml \( (A, H) \) - $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 Momy \( (A) \) - $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 \( 350ml \) \( (G, H, V) \) - $1.80

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

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**MONDAY**

**STEAMED DUMPLINGS**
- PRAWN (4 PER SERVE) - $4.00

**TUESDAY**

**SUSHI ROLLS**
- TUNA OR CHICKEN OR VEGE
- $3 REGULAR $5 LARGE

**WEDNESDAY**

**HOKKIEN NOODLES**
- CHICKEN & CARROT - $3.80

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