

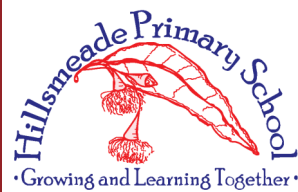


# The Link

Hillsmeade Primary School Newsletter

Issue No 2—WED 13th FEB

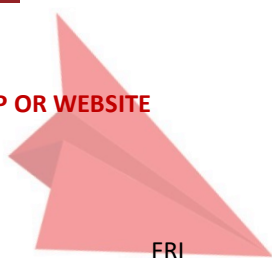
TERM I  
**2019**



THE FULL CALENDAR AND DETAILED EVENT INFORMATION IS AVAILABLE TO VIEW VIA THE COMPASS APP OR WEBSITE

## WHO? WHAT? WHEN?

MON	TUES	WED	THUR	FRI
11th FEB	12th FEB	13th FEB Prep Assessments <b>(PREPS DO NOT ATTEND CLASS)</b>	14th FEB 11:00-3:00 School Swimming Trials Grades 4/5/6	15th FEB <b>BOOK CLUB #1 DUE</b>
18th FEB	19th FEB <b>'Getting to Know Hillsmeade Expo'</b> 5:00—6:30PM <b>Somers Camp</b> 10:00AM depart	20th FEB Prep Assessments <b>(PREPS DO NOT ATTEND CLASS)</b>	21st FEB <b>School Tour</b> <b>Prospective Families 10AM @ Front Office</b>	22nd FEB





Tuesday 19th February

# HILLSMEADE

Come along for a fun and informative evening, showcasing our school's vision & values, teaching & learning and community events.

5:00pm – 5:30pm

Viewing corridor displays

5:30pm – 6:30pm

Expo displays in the hall

# EXPO



A welcome from our Principal

Hillsmeade Vision & Values

Informative Displays

Chat to our friendly staff and Student Leadership Team



BBQ



# FROM THE PRINCIPAL

Dear Parents / Guardians

Happy February. How quick this year has flown by already. I would like to say a big thank you to the staff and students who have made a wonderful start to the new 2019 year. The classrooms are looking amazing, supportive, excited and full of positive energy.

It is that time of the year when we conduct School Council Elections. I would like to take this opportunity to publicly thank our school councillors whose terms have concluded: Brooke Gniel, Karen Hounsome, Megan Shields, Brooke Bryer, Natalie Hale, Kelly Suhr, Erica Zboril and Angela Nixon.

## School Council Elections

We are holding School Council Elections for the 2019 school year. Please see the school council election timeline below. **The call for nominations is open as of yesterday, Tuesday the 13<sup>th</sup> of February.** Forms can be collected from the Administration Office from today. We have 8 parent member vacancies and 1 DET member vacancy for the next two years, as well as 2 community member vacancies.

### 2019 School Council Elections Timeline

There are 8 parent positions vacant.

Timeline below follows the DET guidelines for election process.

Notice of election and call for nominations	Tuesday, 12 February 2019 <ul style="list-style-type: none"> <li>Advertise in Link Issue #2 on Wednesday February 13.</li> </ul>
Closing date for nominations	Tuesday, 19 February 2019
Date by which the list of candidates and nominators will be posted	Wednesday, 20 February 2019
Date by which ballot papers will be prepared and distributed	On or before Monday, 25 February 2019
Close of ballot	Monday, 4 March 2019
Vote count	Tuesday, 5 March 2019
Declaration of poll	Tuesday, 5 March 2019
Special council meeting to co-opt Community members (the principal will preside)	Tuesday, 12 March 2019
First council meeting to elect office bearers (the principal will preside)	Tuesday, 12 March 2019

Election oversight will be **Crystal Wells**.



If you would like to nominate to be on School Council, please collect a notice from the office. Should we receive more nominations than the vacant positions, an election will be required. I am looking forward to working with the newly formed School Council after the election of office bearers on Tuesday 13<sup>th</sup> of March.

**If you would like to find out more about the roles and functions of school council, please visit:**

<http://www.education.vic.gov.au/school/teachers/management/community/Pages/schoolcouncils.aspx>



# VOTE

## FROM THE PRINCIPAL

### 2019 Year 6 Student Leaders

Our Year 6 Student Leadership Team have been meeting twice a week to become more familiar with each other and the roles in which they lead for this year. This week's student leader learning focussed on the values leaders display and model in their roles. We had a wonderful discussion as a group about what we believe makes a good student leader, below is a record of some of our ideas.



### What do we think makes a good student leader?

Insightful Gratitude  
 Respectful  
 Encouraging Belief  
 Integrity Responsible  
 Honest Listen Empathy  
 Growth Mindset Trustworthy  
 Enthusiastic  
 Self-Esteem Patient  
 Independent  
 Teamwork Self-Talk

### School Captains

Hi, we are Keely O (6C) and Keshav S (6D) and we are your 2019 School Captains. Our mission is to make sure Hillsmeade can become an even better place, and a great learning environment for everyone. We will make sure events and clubs at Hillsmeade become bigger and better than ever before. We would like to continue the fame Hillsmeade has had and make sure that everyone has an amazing 2019.



### Sports Captains

Hi, we are Jaylen F (6A) and Tash K (6D) and we are the 2019 Sports Captains. This year we are going to try to attend every event, such as athletics, swimming, interschool sports, hoop time and many other events. We will support Mr Chazbek and Ms Pollock with events. We will also encourage all students to participate in all sports events throughout 2019.

### Arts Captains

Hi, we are Eszter S (6C) and Erin A (6B) and we are our 2019 Arts Captains. We are passionate about everything "the Arts" related. We care and respect our peers throughout all of the year levels. We will encourage everyone to be themselves and to do what they love. We plan to have new clubs and activities for everyone to enjoy. We plan to have a dance routine club, where anyone, from any year level will get to enjoy singing, dancing and putting together a dance routine. We also plan to have an Art competition for all year levels. Keep persisting and stay Artsy!



## FROM THE PRINCIPAL



### **Mandarin Captain**

Hi, I'm the Mandarin Captain and my name is Mikayla R (6C). My mission is to help all students, to keep the school clean and to support the visiting students to our school. I will be supporting Mrs Liu throughout the year also. Sincerely, your 2019 Mandarin Captain.



### **Mackillop Captain**

Hi, we are the Mackillop Captains and our names are Will (6B) and Chantelle (6D). We wish for everyone to want to come to school. We also want everyone to be persistent in all school activities and events. We will clean up the school. It would be amazing if everyone came to school with a smile.



### **Dunlop Captains**

Hi, our names are Nyah (6A) and Stefan (6B) and we are your 2019 Dunlop Captains. Part of our captaincy roles are to run school events, uphold the I RESPECT values, attend and run school assemblies, show new parents and students around the school, guide those in need and support others throughout the year. Sincerely your 2019 Dunlop Captains Nyah and Stefan.



### **Barak Captains**

Hi, our names are Sanah (6B) and Suliman (6B) and we are the 2019 Barak Captains. Being captains of the school we will always show our I RESPECT values. We will always show respect by attending school events and helping people in need.



### **Monash Captains**

Hello, my name is Tushar C (6A) and my name is Abigail K (6A) and we are the Monash Captains for 2019. We are really pumped to help our peers, fellow leaders and elders throughout the year. We, as the Monash Captains are hoping to make competitive events during lunchtime to help keep people active. We won't let you down as the Monash Captains. Thank you for choosing us, have a great year.

## FROM THE PRINCIPAL



### Social and Emotional Learning Captain

Hi, my name is Alannah D from 6D and I will be your Social and Emotional Learning Captain. My job is to make sure everyone follows the I RESPECT values. I will also be working with Mr Cardamone and support handing out the I RESPECT wrist bands at assembly.



### SRC Captains

Hi, our names are Elizabeth M (6D) and Kiarah T (6A). We are your SRC Captains for 2019. We encourage our peers to follow the I RESPECT values and make sure students feel safe. You will always see us at school events and helping out the teachers and staff. We are both very excited to meet the new 2019 SRC representatives.



### STEAM Captains

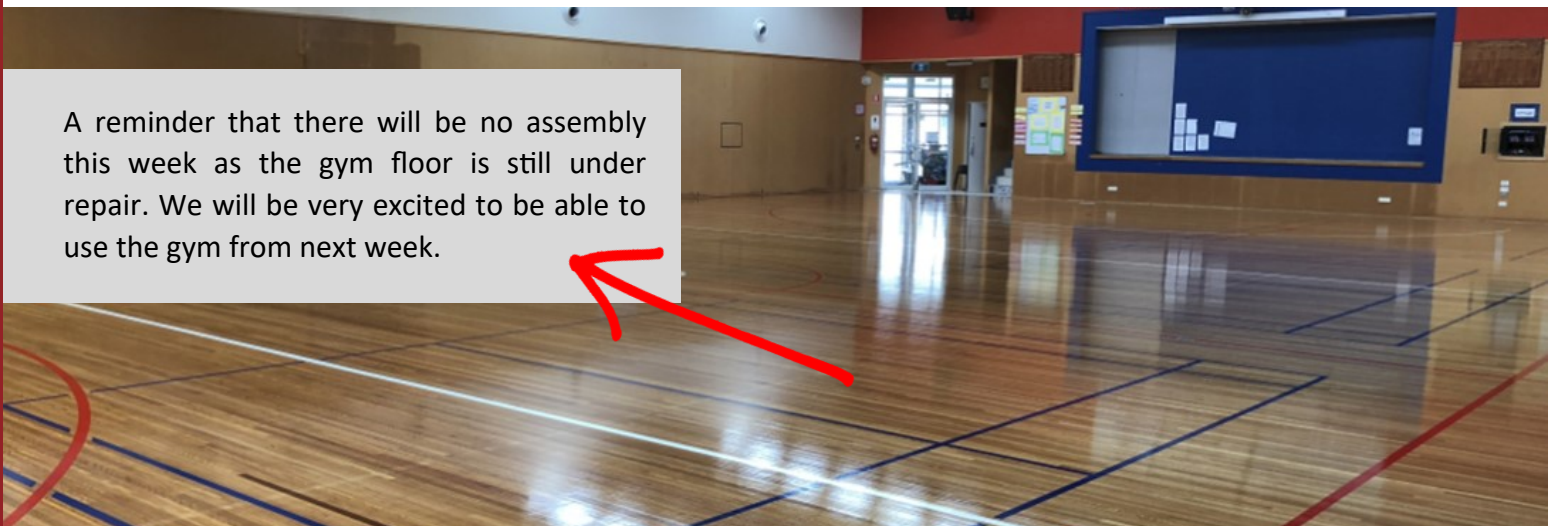
Hello everyone, our names are Cody O (6A) and Rony X (6C) and we are the STEAM Captains for 2019. Our job is to help organise STEAM related activities and help with the STEAM Agency. We hope to have more STEAM related activities for students and teachers to be engaged with.



### Environmental Captains

Hey there! We are the 2019 Environmental Captains. Our names are Jordan H (6C) and Tavleen K (6A). This year we are going to be helping keep the I RESPECT garden clean, we will be cleaning up the school with the Clean Up Crew and we will also be making some bird feeders.

A reminder that there will be no assembly this week as the gym floor is still under repair. We will be very excited to be able to use the gym from next week.



## FROM THE PRINCIPAL

### Attendance

The attendance of students at Primary School is of high importance. There is a very strong correlation between attendance and achievement. We encourage all students to attend school every day. Of course, unfortunately, from time to time we experience illness. It is important that if your child is unwell then they do not attend school. It is also important that the school is notified of absence my phone call, or note on return to school.

### Every Day Counts

Going to school every day is the single most important part of your child's education. Students learn new things at school every day – missing school puts them behind.

School is better when your child is there

Why it's important

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

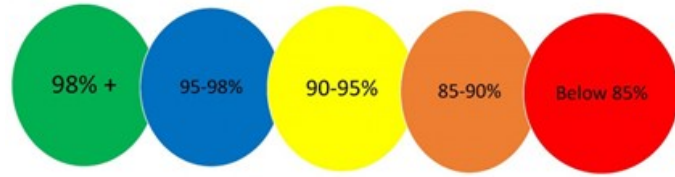
Each missed day is associated with progressively lower achievement in numeracy, writing and reading.

### Getting in early

Attendance patterns are established early – a child regularly missing days in kindergarten or in the early years of school will often continue to miss classes in the later years, and receive lower test scores than their classmates.

It's vital that students go to school every day – even in the early years of primary school.

In Victoria school is compulsory for children and young people aged 6 -17 years



What Zone Are You In?

### Student Absences

The main reasons for absence are:

**Sickness** – There are always times when students need to miss school, such as when they're ill. It's vital that they're only away on the days they are genuinely sick, and developing good sleep patterns, eating well and exercising regularly can make a big difference.

**Family holidays** - It's vital that holidays are planned during school holidays where possible, and not during the term. If you are planning to go on holiday during term time, make sure that you talk to your child's school in advance, and work with them to develop an absence learning plan.

**"Day off"** – Think twice before letting your child have a "day off" as they could fall behind their classmates – every day counts.

**Truancy** – This is when students choose not to go to school without their parent's permission. There can be many reasons for truancy. The best way to address this is for schools and parents to work together.

**School refusal** - School refusing children will experience significant emotional distress not only when going to school but also at the thought of going to school; they may be absent from school for weeks or even months at a time. School refusal differs from truancy as children generally stay home with the knowledge of the parents and despite their best efforts to encourage their child to go to school. See: [My child or teenager has anxiety](#)

## FROM THE PRINCIPAL

“Being away from school for one day a fortnight equals missing 1.5 years over 13 years of school”

### If Your Child is Away

If for any reason your child must miss school, there are things you can do with your school to ensure they don't fall behind:

Inform the school:

- Speak with your child's classroom teacher and find out what work they need to do to keep up.
- Develop an absence learning plan with your teacher and ensure your child completes the plan.

Remember, **every day counts**. If your child must miss school, speak with your classroom teacher as early as possible.

Openly communicating with your child's school about all absences is a good way to prevent attendance issues being escalated to a School Attendance Officer. A School Attendance Officer is a Department of Education and Training Regional Director who has authority to follow up attendance issues. Chronic or ongoing attendance issues that are escalated can lead to an Infringement Notice being issued to parent/s.

If you're having attendance issues with your child, please let your classroom teacher know so we can work together to get your child to school every day.

Top attendance tips for parents:

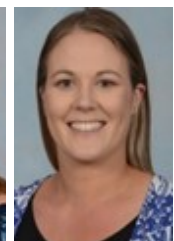
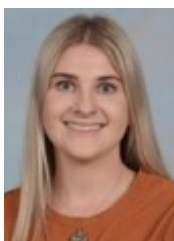
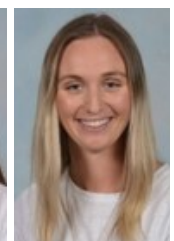
- Schools want to work in partnership with parents – act early if you have any concerns by contacting your child's school and asking for advice and support
- Remember that every day counts
- There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes and their social connectedness
- Talk positively about school and the importance of attending every day
- Open and prompt communication with your child's school about all absences is a good idea
- Avoid making routine medical and dental appointments during the school day or planning family holidays during the term
- Seek help from your school if you are concerned about your child's attendance and wellbeing. Schools want to work in partnership with parents to support student attendance and wellbeing.



### Welcome to new staff

I would like to take this opportunity to say a big welcome to our new staff joining Hillsmeade Primary School in 2019. We hope that our community make you feel very welcome.

**From left to right:** Katie Higginbotham, Michael Davies, Ash Voutier, Abbie Sheers, Kristie Jenner, Ashleigh Bell, Catherine Daire, Sarah McGrath, Matthew Bentvelzen





## FROM THE PRINCIPAL

### Electives at Hillsmeade

This year we will again be running our whole school elective program. The elective program is a great initiative at Hillsmeade that involves students from Prep – Year 2, and Year 3 – Year 6 learning and working together in common interest electives. Every alternate Friday afternoon to assembly, students will participate in electives of their choosing with peers from various year levels. We have received some wonderful student feedback about how much they enjoy electives, and we are excited to continue to build on this in 2019.

This year our elective coordinators are P-2 Lisa Crowe and 3 – 6 Carmen Collins. We look forward to beginning our electives on Friday 1<sup>st</sup> of March.

**Jodie Bray**

## FROM MS WELLS

### Supporting Students' Learning and Wellbeing at Hillsmeade

As we are all settling into the new school year, I thought it may be helpful to quickly explain some of the student support procedures here at Hillsmeade beginning to be implemented as your child's classroom teacher gets to know the students better.

Students who may need additional support for any reason; academic or behavioural, are supported at Hillsmeade PS in a number of ways. We have many whole school, small group and individual strategies in place to ensure all students have the best opportunities for success.

At an individual level, classroom teachers will develop Individualised Learning Plans (ILP) for any students who are achieving 12 or more months below or above the expected level. Teachers may also develop Behaviour Support Plans (BSP) for

1. To improve student connectedness to school and peers.
2. To improve student engagement (Connectedness to Peers, Student Motivation, Social Skills, School Connectedness).
3. To provide opportunities for children to develop their Personal & Social Capability with elective programs linked to this area of the Victorian Curriculum (Development of resilience, Relationships and diversity & Collaboration).
4. To provide opportunities for teachers and students across the year levels to develop relationships with students other than those in their class.
5. To link electives with the Bounce Back Program.

students who have an identified need for support in developing social skills, minimising conflict or regulating their emotions.

An Individual Learning Plan is created to specifically target priority learning goals and to outline strategies to support students in achieving these. Classroom teachers will hold a meeting with students' families to share a draft of the learning plan and seek feedback from the family. This is also an opportunity to share any additional information that may help us best support the students.

Depending on the individual student and their needs, this meeting may also involve the Year Level PLT Leader and/or myself or John Cardamone (our Leading Teacher of Social & Emotional Learning). When appropriate, we may also invite any external professionals, such as speech therapists, to attend these meetings. These are referred to as Student Support Groups (SSG).

## FROM MS WELLS

The learning plans (ILP's) are reviewed at the end of the term. This is an opportunity to celebrate student progress as well as an opportunity to set new goals and reflect on the effectiveness of support strategies currently in place.

We aim to have these ILP's and meetings within the first 4 weeks of school but also allow time for the students to settle in and for teachers to get to know them. This helps them better identify what strategies may be most effective in supporting individual students.

Your child's teacher will be in touch with you in the coming weeks to organise this if this if applicable.

Please also let me know if you have any questions.

### Crystal Wells

#### Assistant Principal Welfare and Wellbeing



## FROM MR CARDAMONE

Good afternoon Hillsmeade community,

It has been great to see all classrooms settled and working hard through the Positive Start Program. This has been a great opportunity for all students and teachers to build positive relationships and set a foundation for a strong learning and social and emotional learning culture.

**Breakfast Club New location!!!!** As of next week, breakfast Club will be at the canteen. You may have noticed our beautiful new tables next to the basketball courts. Students will sit here to enjoy breakfast together after getting their breakfast from the canteen.

**Same start and finish time of 8:15am-8:40am.**



On Monday, Crystal Wells and I presented professional learning to staff about implementing the **Zones of Regulations** in all classes. This will help us create a consistent language around emotional literacy. We believe this will also help students to learn more about how to self-regulate.

### What is self-regulation?

"Self-regulation is the ability to understand and manage your behaviour and your reactions to feelings and the things happening around you." Raising Children Network.

### What are the Zones of Regulations?

There are four zones that we use to describe how our brain and body feel:

**The Green Zone**- The Green Zone is like a green stoplight. When you are in this zone you are "ready to go"/"ready to learn". In this Zone you may feel happy, calm, focused and relaxed.

**The Blue Zone**- "Your looking a little blue today". When you are in the Blue Zone you may feel sad, tired, sick or bored

**The Yellow Zone**- The Yellow Zone is like a yellow stoplight, it is a caution/warning sign not only for you but also for those around you.

## FROM MR WELLS

It is telling us and yourself that you are starting to lose focus or may be losing control and we need to implement some strategies to help you get back to being focused. In the Yellow Zone you may feel frustrated, overwhelmed, silly, wiggly, excited, worried or anxious.

**The Red Zone-** The Red Zone is like a red stoplight, it is telling us and yourself that you need to stop and get yourself back in control. When you are in the zone you may be out of control or feel mad, angry or elated.

Students learn that there is no "bad" zone and that it is okay and completely normal to be in all four Zones. Everyone experiences feelings in each of the zones at some point.

No one can ever tell you how to feel but it is how you act while you are in each Zone and the situation. For example: It is okay to be mad but it is never okay to hit someone because you are mad. It also okay to feel silly but there is a time and a place to feel silly, like at recess. We emphasise how we can use strategies to help us either stay in the green zone, or get back to it if we are in another zone at an inappropriate time.

If you would like any more information you can visit their website <http://www.zonesofregulation.com/index.html> or please see Crystal Wells or myself.

Thank you

John Cardamone

Leading Teacher in Social and Emotional Learning



# ENGLISH FOR PARENTS

- Learn to speak, read and write English and have fun in our new class
- Join in with other parents from the school

MONDAY 1.00PM TO 3.00PM

Class dates: 4th February to 2nd December

Hillsmeade Early Learning Centre

82 The Promenade

Narre Warren South



Full fees: \$178.80  
Concession fees: \$110.00  
For bookings and enquiries  
call Clea on 9704 7388



PROUDLY BROUGHT  
TO YOU BY



Narre Community  
Learning Centre  
*developing community through learning & support*

WWW.NARRECLC.NET.AU



## PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents & carers  
of children aged 3 - 13 years



Join us in an interactive program to share experiences and ideas, and learn strategies to support your child

**ARE YOU TIRED OF YELLING?**

How to get kids to listen, without having to yell

**DEALING WITH ANGER**

Helping parents, and kids, deal with anger and frustration

**RESPONDING TO BEHAVIOUR**

Better understand why children behave the way they do

**STRATEGIES THAT WORK**

How can parenting be easier and more fun!

**DATES:** Tuesday mornings  
19<sup>th</sup> February to 26<sup>th</sup> March  
(6 weeks)

**TIME:** 9.30am - 11.45am

**WHERE:** Rangebank Primary School  
14-36 Lesdon Avenue  
Cranbourne

**COST:** FREE - Bookings Essential  
Refreshments provided

**BOOKINGS AND ENQUIRIES:**  
Sandra Phillips at ParentZone  
03 5945 2000 or call/text 0447 500 355  
sandra.phillips@anglicarevic.org.au



03 5945 2000  
anglicarevic.org.au

BETTER  
TOMORROWS

## FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

### CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

### MORE INFORMATION

For more information about the CSEF visit [www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef)

### HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from [www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef)

If you applied for the CSEF at your child's school in 2018, you do not need to complete an application form in 2019 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- new student enrolments; your child has started or changed schools in 2019 or you did not apply in 2018.
- changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2019.

Check with the school office if you are unsure.



The cut off date for application is:

**FRIDAY JUNE 14th 2019**

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>



DO YOU HAVE A HEALTH CARE CARD?

Orders to be in NO later than 9:20am

OPEN WEDNESDAY, THURSDAY, FRIDAY

Clearly write Name and Grade with your order on your bag or envelope, Alternatively you can view and order everything on our Qkr! App.

Please remember an extra 10c in your order if you DON'T have a brown paper bag

Preferred Payment Method



<u>Snacks</u>	
Frozen Fruit / Juice Cubes	50c
Frozen Apple/Orange Juice Cup	\$1.00
Mamee Noodles (Chicken)	\$1.00
Mamee Cornitos (Tangy Cheese or Zesty BBQ)	\$1.00
JJ's Snacks	\$1.00
Red Rock Deli Chips (Plain / Honey Soy)	\$1.00
Grainwaves Sour cream & Chive	\$1.00
Jelly in a cup (berry, Lime, Pineapple)	\$1.00
Zooper Dooper	\$1.00
Zing Frozen Yoghurt Stix	\$1.00
Gingerbread Man	\$1.50
Popcorn	\$1.50
Frozen Yoghurt	\$2.00

<u>Hot Food</u>	
*Free sauce Available - Tomato, Mustard, BBQ, Mayo, Sweet Chilli & Soy (Separate pot of sauce 20c Extra)	
Chicken Strip wrap (Lettuce, Tomato, Cheese & Mayo)	\$5.50
Four n Twenty Meat Pie 175g	\$3.50
Four n Twenty Sausage Roll	\$3.00
Mrs Mac's Party Pies	\$1.00ea
Mini Hot Dog (cocktail frank in mini roll)	\$2.00
Hot Dog	\$3.50
3 Mini Dim Sims	\$1.50
Steamed Dim Sims	(3 for \$2.50 or \$1 Each)
Air Fried Dim Sims	(3 for \$2.50 or \$1 Each)
Chicken Breast Nuggets	(3 for \$2.50 or \$1 Each)
Cup of Noodles (chicken or Beef)	\$3.00
Warm Spiced Couscous Salad	\$4.00
Pizza (Supreme, Ham & Pineapple or Margarita)	\$5.50
Pasta (Mac & Cheese or Lasagne)	\$5.50

<u>Toasted Sandwiches</u>	
Cheese	\$3.00
Baked Beans	\$3.50
Spaghetti	\$3.50
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Salami & Cheese	\$4.50

<u>Sandwiches / Rolls</u>		
(all Sandwiches will be made on wholemeal bread/roll)		
	Sandwich	Roll/Wrap
Salad (lettuce, Tomato, Carrot, Cucumber and Beetroot)	\$4.50	\$5.00
Chicken & Mayo	\$4.50	\$5.00
Chicken, Salad & Mayo	\$5.00	\$5.50
Ham & Salad	\$5.00	\$5.50
Salami & Cheese	\$4.50	\$5.00
Ham & Cheese	\$4.50	\$5.00
Ham, Cheese & Tomato	\$4.70	\$5.20
Ham and Tomato	\$4.20	\$4.70
Egg, Lettuce & Mayo	\$4.50	\$5.00
Tuna, lettuce & Mayo	\$4.50	\$5.00
Cheese	\$3.00	\$3.00
Vegemite	\$1.50	\$2.00
** Extra Meat \$1.50/ Cheese 50c		
** Sauce - Tomato, BBQ, Mayo, Sweet Chilli, Chutney, Mustard		
** Avocado now available on any order \$1.50		

<u>Salads</u>	
Salad Plate (Salad plates include Lettuce, Carrot, Cucumber, Tomato & Beetroot)	
<b>Reg \$4.50</b>	<b>Large \$6.00</b>
** Add Egg, Cold Roast Chicken, Ham or tuna**	\$1.50
** Add Mayo Pot**	20c
Caesar Salad (cos lettuce, Bacon, Crotons, Parmesan, egg, dressing)	\$5.50
**Add Chicken**	\$1.50
Caesar Salad wrap (cos lettuce, Bacon, Parmesan, egg, dressing)	\$5.50
**Add Chicken**	\$1.50

<u>Peters Ice Cream</u>	
Icy Pole (lemonade or Raspberry)	\$1.00
Billabong (Choc & Rainbow)	\$1.50
Frosty Fruits Watermelon	\$2.00
Lifesavers	\$2.00
Milo Cup	\$3.00

<u>Drinks</u>	
Slushies (Pear juice based) 250ml (see canteen for flavours)	\$1.00
Water (still or Sparkling)	\$1.50
Flavoured Sparkling Water (lemon/lime, pine/orange, Raspberry/blackcurrant)	\$2.00
Flavoured Lite Milk 300ml (chocolate or Strawberry)	\$2.00
100% Fruit Juice 300ml (Orange or Apple)	\$2.50
Remedy Sparkling Kombutcha (Apple, Cherry plum, Raspberry lemonade)	\$2.50

Glee Carbonated Fruit Juice \$2.00  
(Apple, Blackcurrant, Raspberry, Tropical, Bubblegum Grape)

- Healthy option and can be eaten every day
- Halal Friendly
- Cold roast Chicken

Counter sales will be available throughout recess & lunch. Ice-creams and snack foods will be available at the counter during this time

FROM THE COMMUNITY



If you would like to place an advertisement in the newsletter please see the friendly office team.

# Start saving for Polar Savers rewards.

Here's how you redeem the rewards below:

1. Make 10 School Banking deposits – you'll receive one silver Dollarmites token each time you make a deposit (maximum one token per week).
2. Choose one of the rewards below and fill in the coupon that goes with it.
3. Put your chosen reward coupon and your 10 tokens in your Dollarmites deposit wallet and take it to school on your next School Banking Day.

Some simple rules:

- To reward individual saving, Dollarmites tokens can't be combined with other students' or siblings' tokens.
- Rewards can be redeemed during the specified school term, while stocks last.

School Banking rewards are not suitable for children 3 years and under. For safety reasons, remove any tags, labels and packaging before use and refer to the usage instructions.

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