

The Link

Hillsmeade Primary School Newsletter

Issue No 2—WED 12th FEB

2020



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
10th FEB	11th FEB	12th FEB	13th FEB	14th FEB
Hillsmeade Swimming Trials Gr 4/5/6		Preps do not attend		Whole School Assembly
17th FEB	18th FEB	19th FEB	20th FEB	21st FEB
	Hillsmeade Expo &	Preps do not attend	School Tour @ 10am	Electives
	Twilight Sports 5-6:30	Narre District Carnival		
24th FEB	25th FEB	26th FEB	27th FEB	28th FEB
Adaption for Survival— Year 5 Incursion		Preps do not attend		Whole School Assembly
2nd MAR	3rd MAR	4th MAR	5th MAR	6th MAR
		Preps Attend		Electives

FROM THE PRINCIPAL

Dear Hillsmeade Community,

Happy week three everyone. This term has started well and as a school we are preparing our first community event, the annual Hillsmeade Expo with the inclusion of twilight sports. It would be wonderful to see families in attendance next Tuesday from 5pm to 6:30pm. We hope to see you there.



School Council Elections

There are 3 parent positions vacant and 2 DET Employee positions vacant. These vacancies are for positions to be held for two years. **Timeline below follows the DET guidelines for election process.**

Election oversight will be Assistant Principal Crystal Wells.

Notice of election and call for nominations	Tuesday, 11 th February 2020 shared on Compass
	Advertise in LINK Issue #2 on Wednesday, February 12 th .
Closing date for nominations	4:00pm, Wednesday, 19 th February 2020
Date by which the list of candidates and nominators will be posted	Friday, 21 st February 2020
Date by which ballot papers will be prepared and distributed	On or before Monday, 24 th February 2020
Close of ballot	4:00pm, Monday, 2 nd March 2020
Vote count	Tuesday, 3 rd March 2020
Declaration of poll	Wednesday, 4 th March 2020
Special council meeting to co-opt Community members (the principal will preside)	Tuesday, 10 th March 2020
First council meeting to elect office bearers (the principal will preside)	Tuesday, 10 th March 2020

Upcoming Events

Year Level	Name	Date	Cost	Due Date
Grade 4, 5 & 6	Narre Warren District Swimming	Wednesday 19th FEB	\$10.50	Monday 17th FEB
Selected Students	Carnival			
Grade 5	Adaptations for Survival Incursion	Monday 24th FEB	\$8.00	Thursday 20th FEB
Grade Prep	Responsible Pet Incursion	Tuesday 10th MAR	NIL	Tuesday 3rd MAR
Grade 1	Chicken Hatching	Tuesday 10th—Friday 20th MAR	\$9.00	Wednesday 4th MAR
Grade 5/6	Grand Prix Excursion	ТВА	ТВА	ТВА

FROM THE PRINCIPAL

Hillsmeade Happenings

Hillsmeade Happenings is back in 2020. This is a weekly episode that is shown in all classes at Hillsmeade. This is produced with support of staff and student leaders and is an exciting, innovative way to school connectedness. support our Adjacent are some screen shots of this week's episode. If you are interested in seeing Hillsmeade Happenings please speak to your child's teacher. This is a wonderful part of our school and we are very excited to share it with the parent community.

Hillsmeade Electives Semester 1, 2020

Quick facts -

30 Electives are being offered school wide

70 % of senior students were given their first preference

80 % of junior students were given their first preference

All junior and senior students were given one of their top three preferences

Isaac 2C – "Electives is really fun because
I got to make a paper corner bookmark.
My elective is 3D paper craft. It is really,
really awesome."

Mia A 3B – "I did netball for my electives and I thought it was very, very fun b ecause we played our first ever game. Last year I did electives with Miss Page and now she's my teacher, that's cool!"

Aaron H 6D – "Electives were good. I got into Hoop Time. It was my first preference and I loved it. I liked when we did dribbling as a team and having to work as a team was fun."





Top tips for online safety

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Last Friday afternoon, all students from Year 1 to Year 6 went to their first elective. Students were excited to find out which of their preferences they had been allocated, which friends they were with and met new friends across the school. There were many happy smiling students and teachers.

FROM MR CARDAMONE



Dear Hillsmeade Community,

I hope the week has been a positive one so far

Hillsmeade is very excited to announce our next parent workshop this term.
We are very lucky to have back Beth Johnson presenting What is Autism Spectrum Disorder (ASD) and Attention

Deficit Hyperactivity Disorder (ADHD)?

Beth Johnson presented last year and it was such an amazing presentation and turn out, Beth is very excited about the opportunity and to partner with our community. The parent workshop will be the 19th of March (Thursday) 6:30pm-7:30pm.in the staffroom. There is no cost to attend.

There will be discussion time, opportunities to share successful strategies you use at home and share questions or challenges you may be experiencing.

This was a full house last year!!! Please register for the seminar with your name (and anyone else you are coming with) on Compass or at the front office by March 16th 9704 6313 or hillsmeade.ps@edumail.vic.gov.au.

Please see the brochure in this weeks link—one will go home with each family.

Below is an article from the BeYou website, we know the start of the school year can be an anxious time for both parents and children. This article explains some strategies on how you can support your children through this transition. If you would like to know more information please visit their website. https://beyou.edu.au/resources/news/how-to-support-an-anxious-child

"How to support an anxious child

A particularly stressful situation is when children start kinder or young people begin primary school.

Separation anxiety refers to the fear children and and young people have when being separated from their parents or caregivers. It's very common in early years. The Australian Parenting Website has some great tips for helping a child deal with starting childcare, kinder or school that can be equally useful for educators.

- Help your child adapt to a new setting by spending time at the new place with them before the separation. If you're there when your child is introduced to their teacher or caretaker, they're more likely to develop trust quickly.
- If your child is feeling very upset and showing signs of separation anxiety before you arrive, have a chat to the childcare centre or the school so they're aware of the situation.

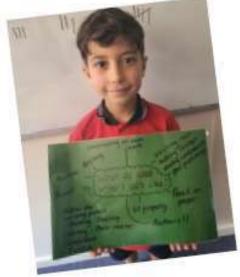
- Tell your child when you're leaving and when you'll be back. Sneaking out can make matters worse. At the same time, don't drag out your goodbye.
- Keep a calm and cheerful manner when leaving. If you look stressed, your child will likely pick up on this and get upset.
- Don't use negative phrases like, "stop being such a baby". Instead, reinforce positive behaviour by complimenting them when they are behaving well. At home, parents can work together with children to develop coping strategies for their anxiety. Here are six tips:
- **Slow down**. This is always the best place to start. Take some slow, deep breaths together. Breathe in for three seconds, hold for three, then out for three. Once they're feeling a bit calmer, you can talk through what's worrying them.
- Think positive. Remind them of times they've dealt with similar issues. "Remember the time your friend Andy didn't play with you at lunch, you played tiggy with Keely and Matt and had a great time."
- Help them to challenge the scary thought with facts. "Sharks can't live in a swimming pool." "Every time Mum goes out for dinner, she comes back.: Make a plan together for what to do if things don't go as they'd like. "If you forget your workbook, it's okay, just borrow a piece of paper to write things down and we can glue it in later when we're home.
- Have a go. Children often worry about making mistakes. This can lead to them avoiding situations or activities. Encourage your kid to give new things a try and let them know that it's about fun, not being perfect.
- Check yourself. Try taking a step back and wait before you jump in to help your child. Figuring things out for themselves, learning to problem-solve, is an important step and will help them to be a resilient adult.

 Over-protective family members can reinforce a child's fears that the world is a dangerous place and that they can't handle it.
- Be the example. Be a model for your child. Kids pick up signals from adults, so by showing calmness in dealing with stressful situations, you are showing them the way." If you have any questions, please let me know. Thank you.

John Cardamone Leading Teacher in Social and Emotional Learning

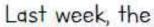
Social and emotional learning...'It's

Learning in Action











Learning Specialists visited classrooms. We were excited to see great teaching and wonderful student engagement. Have a look at the fabulous activities students have been doing as part of the Positive Start and Electives



Programs. What an enthusiastic start

to 2020!







Writing at Hillsmeade

Hello Everyone,

Welcome back to Hillsmeade for another wonderful year of learning and growing together. My name is Nicole Page and I am thrilled to be working in the role of writing learning

I love writing because:

- I can be creative. Writing frees me from distractions and gives me time to think and choose my thoughts and words carefully.
- I can share my ideas with everyone. When I was a child I was very shy (and still am!) Writing is a way of speaking to others and expressing our feelings without being embarrassed. I still write little notes for my family so they know I love them!
- I can read through the eyes of an author. Good writers can be amazing readers. When I read, I look for the words, phrases and messages good authors use to create great stories.



Writing at Hillsmeade is important because:

- Our students are curious about their world. They ask questions and write about what is important to them.
- Our students use writing to share their experiences, feelings and thoughts with their teacher and classmates.
- Our students make strong connections between reading and writing. They engage in quality mentor texts to see how authors craft their writing.
- Our students develop writing strategies to persuade others, giving them the confidence to share their opinions.

This year I am excited for:

- Writer's Workshop. Everyday we get to practise our writing with our class and explore interesting writing seeds.
- Scribe Tribe. Students from Grades 3 to 6 can come and share their writing with their peers at our new lunchtime writing club.
- Authors Chair. We want to place a spotlight on great writing at Hillsmeade. Each week we'll
 celebrate two student authors through Hillsmeade Happenings and the Link.

I look forward to supporting our students in becoming enthusiastic and successful authors in 2020!

FROM THE COMMUNITY

Dear Hillsmeade Community,

students.

Science is both a body of knowledge and a process. It is exciting, useful, ongoing and a global human endeavour. As a STEAM Learning Specialist, I will continue to inspire creativity and innovation to develop passionate lifelong learners who are ready to tackle the world. I look forward to another year of curiosity and wondering at Hillsmeade. Below is the End of Year (2019) Science Reflection from our

What adjectives would you use to describe your science class?

What are the three important things you learned in class?

"Listen carefully and think beyond the believable" - Olivia 6/A

"Mistakes help you learn" - Subeg 2/F

"Be ready for anything because anything can happen in science" - Gurshan 5/B

"Mistakes are proof that you are trying" - Lilly 5/D

"Ask a question if needed and never give up."

- William 6/B

"Take the time and think" - Ruby 5/C

"Science is fun" - Tiger Lilly 5/D

"It might not always be easy but the journey is exciting as you will find the answer eventually."

- Alexandria 6/C

"Have fun and don't doubt yourself." - Nelofar 6/D

"If you have to succeed you have to learn how to proceed." - Ahmad 6/B

"Think like a scientist, outside the box as always." Pavaneer 6/D

"Don't give up science is so much fun" - Hayden 6/B

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What advice would you give to your peers for their 2020 science lessons?



packaging prism



Dimple BhardwajLearning Specialist STEAM
(03) 9704 6313





Reading In Action!

Last week we had our first snapshot professional development session on Reading. At Hillsmeade our staff are passionate about learning and improving their classroom practises. Snapshots are run before school and are optional for staff to attend to learn more about specific areas of the curriculum. We had a fantastic turnout and it is exciting to see the enthusiasm and energy from teachers as they set up their reading workshops. This year we have brand new book boxes which the students and teachers are loving. Students have been busy choosing books for their book boxes and decorating their own bookmarks. I am looking forward to visiting classrooms and hearing about the fantastic stories our students are engaging in. - Miss Carter.





PROGRAM EXPRESSIONS OF INTEREST PROGRAM CRITERIA: Aborl@nal or Torres Strait Islander Male born between 2005 - 2008 FOR MORE INFORMATION: Contact Brad Copeland at brad.copeland@afl.com.au or Jordy Mifsud at Jordan.mifsud@afl.com.au The Under 15 Male Kickstart Program uses Australian Football as a vehicle for participation, education, health/well-being, employment and talent pathways for Indigenous participants state wide

C.S.E.F.

Do you have a health care card?

You may be eligible to apply for the CSEF (Camps Sports Excursion Fund) which gives each student \$125 per year to go towards Camps, Sports, Excursions and Incursions at Hillsmeade Primary School.

Applications must be submitted by Friday 19th of June 2020.

Please see the office staff for further information and application forms.



TO REGISTER PLEASE SCAN ME BEFORE FEBRUARY 19TH

Please visit aflvic.com.au/kickstart-program/ for more information about the program



STEM GEMS



Empowering girls in science, technology, engineering, art and mathematics.





STEM GEMS seeks to ignite girls' interest and spark their enthusiasm in science, technology, engineering, art and mathematics while building core life skills of self-confidence, self-esteem, curiosity, problem solving and risk taking.

Robotics Coding Collabor

Collaborating

Inventing

Creating Reflecting Designing Experimenting















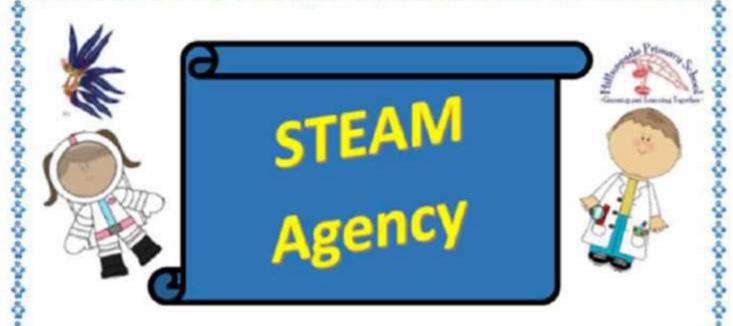
Inviting Expression of Interest



We are inviting Expression of Interest (Grade 4 girls) for STEM GEMS. This will require participating in activities every Wednesday lunch. Should we receive a large number of Expression of Interests, we will go through the selection process.

For The Student: Name:	Class:
What do you enjoy most about Science, Technol	logy and Maths?

Why would you like to join STEM GEMS?	
For The Parent: I give permission to my daughter t	to participate in STEM GEMS.
EOI are due by <u>Friday, 14th February</u> . If you would regarding STEM GEMS, please contact Mrs Dimple	THE RESERVE OF THE PROPERTY OF
Parent Signature:	



STEAM education is the learning of science, technology, engineering, art and mathematics in an interdisciplinary or integrated approach.

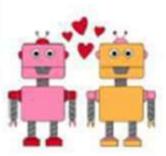


I can:

- Research
- Plan
- Design
- Create
- Reflect
- Collaborate
- Think creatively
- Team work
- Observe
- Wonder
- Ask questions
- Problem solve
- Improve
- Discover
- Challenge myself
- Persevere















Inviting Expression of Interest

We are inviting Expression of Interest (Grade 4 boys and Grade 5/6 students) for STEAM Agency. This will require participating in activities every Monday lunch. Should we receive a large number of Expression of Interests, we will go through the selection process.

For The Student: Name:	Class:
What do you enjoy most about Science, Technolo	gy and Maths?

Why would you like to join the STEAM AGENCY?	

For The Parent: I give permission to my daughter/so	on to participate in STEAM
Agency.	
Parent Signature:	
EOI are due by <u>Friday</u> , 14 th February. If you would li	ike any further information
regarding the STEAM Agency, please contact Mrs	Bhardwaj.

RFADING IN ACTION

What a wonderful start to the year our grade 5 Excellence in Reading students have had.

Together, we have taken on challenges allowing us to practise skills of perseverance, resilience, critical and creative thinking as well as growth mindset.

I have enjoyed getting to know the students in my groups as learners and as readers. This week we shared our favourite books and made recommendations for other amazing books our peers could read.

We explored '6 Word Stories' – made famous by Ernest Hemmingway. We combined our collective prior knowledge with clues from to the text to infer what Hemmingway meant by 'For sale: Baby shoes. Never worn.' The conversation, analysis and debate around this story was both thoughtful and meaningful. We then created our very own 6 Word Stories which students based upon a summary of their favourite book.

I'm looking forward to going on many more exciting reading adventures with this incredible group of kids as the year progresses.

- Meg Yates



BYOD PROGRAM

Thank you to all of the families who attended our BYOD information session at the end of 2019. We will be holding another information night later this term. In the meantime, if you have already purchased a device, we ask that you please keep them at home. As discussed at the information evening, term 1 is a time for setting up our systems, building staff knowledge of the device management software and ensuring everything is in place to ensure a successful BYOD program. We will notify the community, via the LINK and COMPASS posts, when we are ready for the students to bring in their own devices to be set up with the management system. Thank you for your patience and support as we roll out the BYOD program.



PROJECT MAGNET

PARENT WORKSHOP



'What is Autism and ADHD?'

Hillsmeade Primary School is excited to announce our next parent workshop, What is Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD)? presented by Dr. Beth Johnson and Ms. Rachael Knott

What: This workshop will explore what Autism and ADHD are, how they are diagnosed, support and treatments available, and current research.

When: 19th of March 6:30pm – 7:30pm (seated by 6:20pm)

Where: Hillsmeade Primary School staffroom

About the MAGNET Project: The MAGNET Project is a federally funded research program aiming to reduce time to diagnosis for autism and ADHD. They need 1000 families from across Victoria who have a typically developing child, or a child with ASD and/or ADHD to take part in this important research. The MAGNET project team will be working with Hillsmeade Primary School throughout 2020. All families will receive a clinical report once they have participated.

You can find out more about the MAGNET Project at https://www.monash.edu/turner-institute/research/ project-magnet for more information or register at https://tinyurl.com/monashmagnet/

Why: Hillsmeade Primary School is partnering with the Turner Institute of Brain and Mental Health, Monash University and Monash Children's Hospital to support the Monash Autism/ADHD Genetics and Neurodevelopment (MAGNET) Project. In exchange, the MAGNET team are giving back to Hillsmeade and the City of Casey community through workshops for families with information about the latest scientific research.

Through these workshops, we hope to not only strengthen our partnership with families but also the connections between the families and Hillsmeade. There will be discussion time, opportunities to share successful strategies you use at home and share questions or challenges you may be experiencing.

Please register for the seminar with your name (and anyone else you are coming with) on Compass or at the front office by March 16th 9704 6313 or hillsmeade.ps@edumail.vic.gov.au.

Cost: NO COST



5:00pm - 5:30pm

Visit our classrooms, new library, our grounds and facilities and teaching and learning corridor displays

5:30pm - 6:30pm

Twilight Sports





BBQ

Sausages \$2.00

Cans of Drink \$2.00



FROM THE COMMUNITY



Give Santa a break, and give the Gift of Entertainment, guaranteed to please. The New Digital Gift Membership is instantly available, valid for 12 months from activation and helps support our fundraiser. Everyone wins, especially Santa! Check out the new 12 month digital memberships at our payment page here

https:// www.entertainmentbook.com.au/ orderbooks/189q056

Sport
Fitness
Confidence
Self Defence
Discipline
Fun
Friendship

Karate Classes

*Free Uniform, 4 Trial Classes for \$36!!

Fridays:

Hillsmeade Primary School
The Promenade, Narre Warren South

Juniors, 7 to 13 years, 6:30pm to 7:45pm Teenagers & Adults, 6:30pm to 8:30pm



inkol now

LOK 5050

10 Intrepid Street, Berwick

View our class timetable at

PERFORMING ARTS

DAN(E (LASS

info@acpa-dance.com

LION BUSHIDO KARATE ACADEMY

*Free Uniform with Annual Membership Fee

www.lionbushido.com

LBKA Centers:

Forest Hill – Wantirna – Rowville – Glen Waverley – Mount Waverley Dandenong - Doncaster East Fountain Gate – Narre Warren South – Patterson Lakes

FREE Trial Class - Phone 9887 4098



Your invited to come a long for a free tennis trial

Where:

Narre Warren South Tennis Club School Court off Ormond Rd (Behind Amberly Park SC and NWS P12 college)

When:

Monday 10th & 17th February Thursday 13th & 20th February Friday 14th & 21st February

Ages/Times:

Red Stage (5 to 7ys) 4pm to 4.45pm Orange Stage (7 to 9yrs) 4.45pm to 5.30pm Green Stage (9 to 12yrs) 5.30 to 6.15pm

OUR SPECIAL OFFER TO YOU

When you book for our 5 week program starting from Monday 17th February

you will receive a

FREE TENNIS RACQUET AND HOT SHOTS T-SHIRT YOUR INVESTMENT IS

Tell your friends, bring a friend and you will have a BLAST

To register, please call/text/email Adrian on 0417 591 911 | info@mtennis.com.au | www.mtennis.com.au

FREE KIDS DENTAL

(Medicare Bulk Bill for eligible children under the Child Dental Benefits Scheme)



Contact us on: (03) 8768 8466



Berwick Springs Football Netball Club are seeking players who are interested in playing football in

U8 Born 2012 up to 30th April 2013

U10 Born 2010

U11 Born 2009

U12 Born 2008

U14 Born 2006

U15 Born 2005

U18 Born 2002

Girls

U10 Born 2010 & 2011

U12 Born 2008 & 2009

U14 Born 2006 & 2007

Born 2004 & 2005

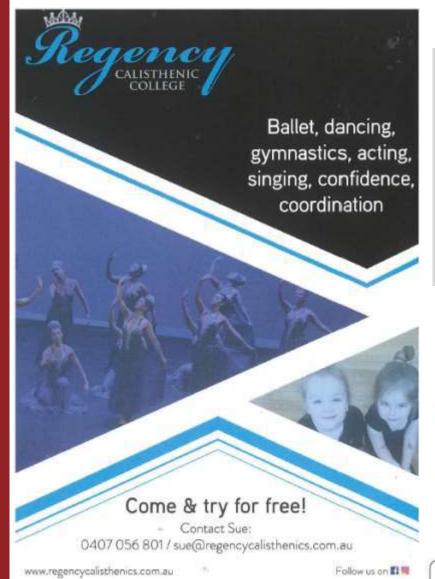
Contact our registrar egistrar@berwickspringsjfc.com.au

Please the office

team if you would

like to place an ad

in the newsletter.



A Note from the Sick **Bay**

A reminder that all asthma action plans and medication request forms need to be updated for 2020. Forms can be collected from the front office.







School Banking newsletter.

Term 1 update.

CommBank Bushfire Support

In light of the recent devastating buchfires, we want to share how we can help. Applications are now open for Bushfire Recovery Grants to help rebuild community facilities, schools, fire brigades and replace lost or demaged equipment. Please encourage your local community groups to apply by 31 March 2020, for grants of up to \$50,000. If you're a Commission customer and you've been effected, we can also give you a head with your finances: commissink.com.au/bushfirerecevery

2020 Treetop Savers Adventure.

This year, the Dollammes (Pn.), Addy, Spen, Lucas, and Plat) are ready to belie children on a Treatop. Severs adventure to the enchanted Treatouse of Sevengi, Here they't discover lots of fun financial. activities and rewards for saving.

Mony surveyed perents think it's important to make learning about money engaging and to reward good saving bahaviour", And this year, with distingting our School Banking rewards for the better. We're introducing new aco-friently and revisible rewards, alongside other rewards that encourage creativity. as well as indoor and outdoor play.

Activity 1: Add up Addy's pocket money

Addy gets \$2 packet money every time she does a job in the Treehouse of Sevings. If she does 9 jobs, how much will she have earned?

Activity 2: Find and count how many frogs and butterfiles you can see

A: ____ Frogs and ____ Buttleffies.



Term 1 Treetop Savers rewards

When your child makes 10 deposits with School Banking they can redeem one of our Treatop Savers rewards. Salm Trewards are available now, while stocks last.





Can

Any questions about the School Banking program? Adv your School Banking Co-ordinator for a power's pack or visit committents, com, au/school banking

"Furnits of Sustains primary school midden, School Residing Research, conducted by Pillyshed, May June 2008 Commonwealth Bank of Austrials ASM 45 CS CD CN



Hillsmeade Primary school Canteen Menu

Term 1 2020

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bestrant:				Cocumber, carrot, beenmark	Targe: \$6.00
Chicken & Maye	14.00	30.00	96%	Coexar Solari	V 55.50
Chicken, Selad & Maye:	\$6.4m	84.00	MIN	Corner Selvel Wings	13.50
Plant & Salad	25.00	21.99	160		
Salami & Cheese	\$4.50	31-00	\$6.56	Add One	
Ham & Cheese	\$4.50	20.00	\$4.90	Dressing Pol (Mays, Issue, Iraco)	30c
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figg. Lettuce & Mayo	\$4.50	25.00	NEX	fee	\$1.00
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		or 3 for \$2.50		Proper fruit (besone)	50c
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Mrs Macs Light Party Fix		1.00es	20	Mammer Chaten Souths	15.00
Mins Diver Sires		\$1.50 for 3		Mammat Contro Cleans of \$500	W 51.00
		11.50			
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				Figure	
Mini Hosolog	- 5	2.00ez		Red Back Deli Chips [Saft, Honey Car]	51.00
Glutes Free Ovision Tender	2 1	\$2.50es		Grainwaves Sour Cream & Chives	\$1.00
Cup of Needles (Chicken or Beef)	1	\$5.00		Jefly in a cup (bery or time)	\$1.00
Mics Macs Light Sansage Rod.	- 3	\$8.00		Gingerbreud Kids	\$1.50
Four in Twenty Light Pie		55.50		Califor Popporti set, i west or Commit	GF 51.50
Hotzing		\$3.50			
Warrend Spice Court Door	A CONTRACTOR OF THE CONTRACTOR	\$4.00		FROZEN THEATS	
Picco (Ham & Presupple, Margherita)		25.50		Zinger Songer	51.00
Parts (Mac n Cherue, Lacagne)		05:50		Zing Freem Veghart Six (Creams or	91.00
		55.50		Social (Dange, seconds, Berry, Total)	11.00
Cluren Free Vegeturus Fried Rice	1.67	55.50		Peter Log Pole Despisors of services	\$1.00
Chicken Strip Wrap Demos Torons, Donn.		\$4.00		Peter's Billioning (bullion or Oscillator	51.50
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				Channe	52.00
				WHOW	\$3.00
DRINKS					
Station (per pass based from africa)		3.00		Healthy Option	
Water (lift or typeling)	-	3.30		Select carefully	
Specialing Water Associates Practicage	- 1	2.00			
Special Control Services (Nathern Control	1				
	_	220		The state of the s	

His Market

GF: Gluten Free

or ennelope. Please remember an extra 10x with your order if you do not have a at recess and lanch. Ice creams and snack foods will be available during this time.

Qkrl Is our preferred method of payment.

NOT LIKE BUILDING TO STORE SHOW