



A MESSAGE FROM THE PRINCIPAL

WELCOME BACK EVERYONE!

Welcome back to term 3. I hope everyone had a chance to catch up with family and friends. We have a very busy term ahead of us with lots of activities and adventures. As usual our focus remains on Reading, Writing and Numeracy and improving our student outcomes. One of the biggest factors influencing student results is student attendance. Rainy days, birthdays and feeling tired are not suitable reasons for staying home. Please make sure your child attends every day unless sick.



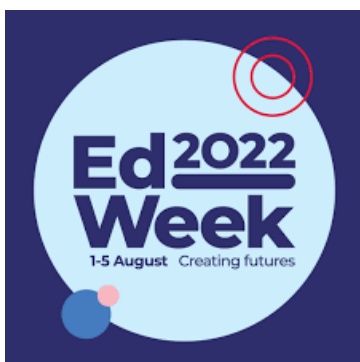
COVID UPDATE!

With COVID-19 and the flu circulating in the community, we will continue to implement COVID smart measures for Term 3 to prioritise student and staff wellbeing. This will include:

- Strongly advising mask wearing
- Rapid antigen testing
- Maximising ventilation
- Increased cleaning and hygiene

Masks are recommended for three days after isolation for students and staff who have recovered from COVID-19 and no longer show symptoms. Rapid antigen tests will remain available for students and staff to take home. Please ensure that you notify the school if your child tests positive to covid. Close contacts are allowed to attend school unless they are in the Mulitcat or Early Intervention class. These students will be supported to learn from home.

EDUCATION WEEK



Education Week will be held from 1-5 August 2022 celebrating the theme: Creating futures-education changes lives. Mount Druit Public School will celebrate Education Day on Thursday August 4th, 2022. We will be having open classrooms, where parents are invited to visit their child's/children's classroom/s, from 9.30am to 10.30am. Parents will have the opportunity to observe their child/children participating in lessons based around this year's theme, 'Creating futures'. As part of the

celebration, students may come to school dressed up as what they aspire to be when they grow up.

Parents are invited to join us in the library, from 10:30am to 11:30am, following open classrooms for a morning tea.

We look forward to your attendance on Education Day.

STAFFING CHANGES

Sadly we say goodbye to Miss Evans who is going overseas to live in the UK. We will all miss her very much. A big welcome to Mrs Thornton who is replacing Mrs McDonald for term 3. During week 2 I will be on extended leave. Mrs Devile will be relieving while I am away.

PARENTS SPEAKING TO STUDENTS

I would like to remind parents and carers not to approach other children to talk about arguments or disagreements that have occurred between students. It can be very confronting and upsetting for children who are approached by a parent who is angry or upset and without having all the facts. Please notify your child's teacher if there is an incident so that they can follow up.

*Kind Regards
Dianne Uthmeyer
Principal*

CALENDAR DATES

WHAT'S ON

Please note: event dates may change



| AUGUST Week 3 | |
|------------------|--|
| Monday 1 | • |
| Tuesday 2 | • Stage 2 Athletics Carnival |
| Wednesday 3 | • Stage 3 Athletics Carnival |
| Thursday 4 | • Ed Week – Open Classrooms |
| Friday 5 | • Stage 3: RHHS 60 th Anniversary |
| AUGUST Week 4 | |
| Monday 8 | • |
| Tuesday 9 | • |
| Wednesday 10 | • Stage 3 Cake Stall |
| Thursday 11 | • |
| Friday 12 | • |

| AUGUST Week 5 | |
|----------------------------|--|
| Monday 15 | • Book Fair in the Library |
| Tuesday 16 | • Book Fair in the Library |
| Wednesday 17 | • Book Fair in the Library |
| Thursday 18 | • Book Fair in the Library |
| Friday 19 | • Book Fair in the Library |
| AUGUST Week 6 | |
| Monday 22 | • |
| Tuesday 23 | • Book Week Picnic |
| Wednesday 24 | • |
| Thursday 25 | • Stage 3 Excursion: Australian Colonies |
| Friday 26 | • |
| AUGUST/SEPTEMBER Week 7 | |
| Monday 29 | • |
| Tuesday 30 | • |
| Wednesday 31 | • |
| Thursday 1 | • |
| Friday 2 | • Stage 2 Excursion: Sydney Zoo |



FROM THE FRONT OFFICE

Medication

Please be advised if you require office staff to give your child prescribed medication for a short-term period we will need the following:

- ✓ A signed and written letter from the parent.
- ✓ The letter must clearly state the amount of medication eg: 5 ml of liquid or 1 tablet.
- ✓ The letter must also state the required time the child is to take the medication.

If your child needs on going medication then we will need a healthcare plan from your GP. Please see office staff if you require more information.

Enroll Now for Term 3



Einstein Kidz Abacus

$35+54-16+17 = ?$ **Your Child Can Do**

$365+456+18 = ?$

$35 \times 7 = ?$

$485 / 7 = ?$

**Just in
Second**



Abacus
Mental Maths
Help Children
Solve the
Question
Quickly

Key Benefit

- Right Brain Development
- Mental Maths Skills
- Focus & Improvement
- Confidence
- Fun Learning
- Visualisation

CONTACT

Book a Free Trial

Einstein Kidz Abacus

1300 75 57 75

✉ info@einsteinkidzabacus.com.au

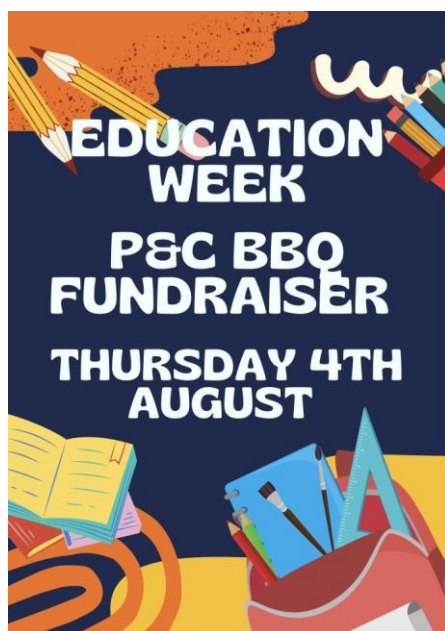
🌐 www.einsteinkidzabacus.com.au

P & C NEWS

On Tuesday 28th June MDPS held a celebration for NAIDOC Week to acknowledge the history and culture of the Aboriginal and Torres Strait Islanders. During the celebration our Parents & Community Committee helped by holding a FREE BBQ for everyone to enjoy for lunch. Thank you to the amazing staff & committee for your help and contribution on the day.



MDPS P&C will be holding a BBQ fundraiser on Thursday 4th August for you to enjoy while visiting your child's classroom during Education Week. Notes will be sent home with your child this week for pre-ordering which needs to be returned back to the school by Monday 1st August. If you would like to be involved and help the P&C out on the day, reach out to one of our committee members.



We would love to invite all the MDPS parents to come along to our next P&C meeting on Wednesday 3rd August at 3:40pm in the library. If you would like to be a member of the P&C there is a small \$2 joining fee. It's a friendly relaxing environment to meet members of the community

WELLBEING @ MDPS

Fortnightly Focus:

TERM 3
WEEK 1 & 2



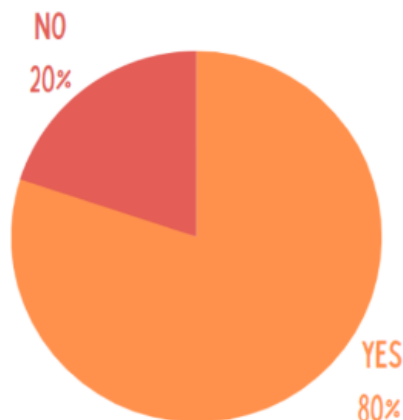
RESPONSIBLE DECISION-MAKING: ETHICAL RESPONSIBILITY

It is your responsibility to make good choices and control your behaviour.



STUDENT VOICE - HERE'S WHAT STUDENTS ARE SAYING:

DO YOU THINK STUDENTS LOOK AFTER OUR SCHOOL?



HOW DO YOU THINK WE CAN LOOK AFTER OUR SCHOOL BETTER?

- Pick up any rubbish you see and put it in the bin.
- Don't litter.
- We need more bins.
- Don't play in the toilets.
- Take care of the school and don't break school property.
- Treat everything nicely.

TERM OVERVIEW - MULTICAT

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|--------------------------------|---|
| ENGLISH | <p>Writing Persuasive Texts- We will be learning to put forward a point of view and persuade the reader. Students will learn how to find arguments to support their opinions and will learn the importance of modality words which add emotion into our writing to make the reader believe our arguments. Students will also learn that we can have different opinions to others and to respect that.</p> |
| MATHEMATICS | <p>We will be learning about the following strands this term for mathematics: Whole numbers, Addition and Subtraction, Patterns and Algebra, Data, Time, Length, Volume and capacity and 3D space.</p> <p>Students will participate in rich tasks that encourage their inquiry skills and problem solving skills.</p> |
| SCIENCE & DIGITAL TECHNOLOGIES | <p>Students are also using iPads regularly during Literacy and Numeracy rotations to consolidate their digital technology skills. We will also be visiting the computer room each week to become familiar with using a computer. This term in the computer room we will also be starting to learn how to use PowerPoint.</p> |
| CREATIVE ARTS | <p>Visual Arts-</p> <p>This term students will explore visual arts through the Integrated unit – ‘Australia’. Students will experiment with a variety of mediums and techniques including paint, newspaper, oil pastels and water colour that reflect creating art for different purposes and using a variety of materials to create an artwork.</p> |
| PDHPE | <p>PDH- Child Protection- The unit will focus on students being able to identify their unique qualities and strengths. Students will learn safe and unsafe situations and how to ask for help for themselves and others. Students will develop an understanding of their bodies and their right to be safe and how to respond to various situations.</p> <p>PE- There is no ‘I’ in TEAM- This term students will develop their movement skills and performance by participating in different games. Students will learn to work within a team and learn that it is okay to win and lose at games. Students will be provided with opportunities to develop personal, self management and interpersonal skills through movement settings.</p> |

Any extra information

- Library is on every Tuesday, don't forget to **bring in your library bag** each week to borrow
- Sport is on Fridays
- Homework and home readers are to be returned every Friday
- We will be visiting the computer room every Friday morning
- Research Project- Historical places in Australia is due on 2nd September (Friday Week 7)

TERM OVERVIEW - EARLY STAGE 1

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|--------------------------------|---|
| ENGLISH | <p>Reading: Each week the class teacher will be reading with your child on 4-5 separate occasions. Students will be put into groups to read with the teacher based upon their ability. We encourage children to read at home and parents/carers to read to children on a regular basis. Our focus will be on teaching students how to use decoding skills when reading and developing their comprehension skills. Students will be engaged with and responding to quality texts while developing their comprehension skills.</p> <p>Writing: Students will be responding to and creating informative and imaginative texts. Teachers will be focusing on building the students' ability to write down their ideas in sentences. A focus will be on rereading written work to ensure student's writing makes sense. Students will be provided opportunities to expand their vocabulary through word of the day and sentence of the day programs.</p> |
| MATHEMATICS | <p>Students will be developing their mathematical thinking and skills in a range of areas:</p> <p>Whole number: Count, order, read and represent numbers to 30.</p> <p>Addition: Adding two amounts together and counting a total.</p> <p>Subtraction: Use concrete materials or fingers to solve subtraction problems.</p> <p>Multiplication + Division: Form groups and share collections equally into groups</p> <p>Fractions and Decimals: Describe and identify two equal parts</p> <p>Patterns and Algebra: Recognise, describe, and repeat a pattern.</p> <p>Volume and Capacity: Compares capacity and volume of a range of objects</p> <p>3D Shape: Sorts and recognises 3D shapes in everyday life</p> <p>Time: Tell time (o'clock) using digital and analog clocks</p> <p>Data: Represent and interpret data.</p> <p>Area: Describes and compares areas using everyday language</p> <p>Length: Describes and compares lengths and distances using everyday language</p> |
| SCIENCE & DIGITAL TECHNOLOGIES | <p>Students will be learning to describe different materials found in their world. They will make observations about the properties of materials and how they affect their use. Students will explore the properties of materials and sort them according to their use. Students have opportunities to interact with technology and will be learning how to follow steps to navigate computers.</p> |
| HISTORY | <p>In History this term, students will be introduced to the concepts 'past', 'present' and 'future'. They will start think about their personal history and the different stages of life. Students will explore their family history and consider who the people in their family are, where they were born and raised and how they are related to each other. Throughout the term, students will learn about how the stories of the past can be communicated including through photographs, artefacts, books, oral histories, digital media and museums.</p> |
| CREATIVE ARTS | <p>This term, students will be learning to use their body movements, facial expressions and voice to create dramatic performances. They will be participating in a range of activities to develop their ability to improvise, take on a character (role), communicate with an audience, and participate in a scripted Readers Theatre. Throughout the term, students are encouraged to reflect on their own performances and appreciate the work of others.</p> |
| PDHPE | <p>Students will develop their knowledge on the importance of building positive and respectful relationships, enhancing personal strengths and exploring personal identity to promote the health, safety and wellbeing of themselves and others. Students will also explore the concept of conflict resolution. Students will build upon their fundamental movement skills and explore possible solutions to movement challenges through participation in a range of activities. Students are also learning how to play as part of a team.</p> |

Home Reading: Students are encouraged to borrow books from our home reading room located in the HUB. Home reading is open every day 8.30am to 8.50am. Parents/carers are encouraged to read with their child daily.

Sight Word Rings: All Kindergarten students received a word ring in Semester 1, please continue to bring your word ring to school every **week** to receive their **new words to practise at home**.

If you have any concerns, please make an appointment to see your child's classroom teacher or Miss O'Kelly (Kindergarten Assistant Principal).

TERM OVERVIEW - STAGE 1

Year 1 are part of the Accelerator Adopter Schools Program and will be teaching Writing and Mathematics units provided by the Department of Education. Year 1 teachers are implementing the new syllabus, teaching provided units and giving regular feedback.

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| ENGLISH | <p>Persuasive Writing Students will be explicitly taught the purpose and structure of a persuasive text. They will build their vocabulary as well as language features used to compose an interesting text.</p> <p>Sentence a Day We will be focusing on:</p> <ul style="list-style-type: none"> • Noun-pronoun agreement • Run on sentences • Compound sentences • Commas • Nouns vs proper nouns • Noun groups • Adverbs and adjectives <p>Phonics and Spelling Students will be engaging in rich activities focusing on a specific phoneme of the week.</p> |
| MATHEMATICS | <ul style="list-style-type: none"> • Representing Whole Numbers • Combining and Separating Quantities • Forming Groups • Data • Position • Length • 3D Objects • Volume |
| SCIENCE & DIGITAL TECHNOLOGIES | <p>Material World Students will investigate the flexibility of different material, what happens when materials are combined, heated, or cooled. Students will explore natural materials, including those that Aboriginal people used for shelter. Students will then design, make, and evaluate a product made of natural materials.</p> <p>Students will be developing their typing skills in the computer room.</p> |
| HISTORY | <p>Students will investigate the differences in family structures and roles today and how these have changed or remained the same over time. Students will have the opportunity to pose questions, analyse sources and communicate their thoughts and findings. They will investigate changes and continuities in family life and identify similarities and differences between their family and others.</p> |
| CREATIVE ARTS | <p>Students will engage in a range of drama activities that involve making, performing, and appreciating. They will be engaging in role, dramatic contexts, elements and form. Students will explore dramatic tension, contrast, symbol, time, space, focus and mood while they take on different drama forms such as improvisation, movement, mime, storytelling, and puppetry. There will be opportunities for students to build their confidence when taking on roles and improving their voice and movement. They will also reflect on their own roles as well as others to appreciate drama.</p> |
| PDHPE | <p>Students will focus on the difference between health and physical activity concepts. Students develop the knowledge, understanding and skills to empower them to make healthy and safe choices and take action to promote the health and wellbeing of their communities. Students engage with a range of health issues and identify strategies to keep them healthy, safe and active.</p> <p>Students will participate safely and fairly through different games. They will develop awareness of why rules are needed. Students will also learn about and participate in culturally diverse physical activities including Aboriginal and Torres Strait Islander games.</p> |

TERM OVERVIEW - STAGE 2

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| ENGLISH | <p>This term, Stage 2 are studying the unit 'Influence and Protection'. This unit will be integrated with Geography and PDHPE throughout the term.</p> <p>Stage 2 are developing their writing skills as they learn to compose informative texts, including procedures, reports, explanations and news articles.</p> <p>Students will be continuing to learn the Seven Steps of Writing techniques to improve their writing. Each week students will participate in guided reading with a focus on comprehension.</p> <p>All students are encouraged to borrow from home reading and the school library. Students are also encouraged to utilise our school subscriptions to Reading Eggs and Essential Assessment.</p> |
| MATHEMATICS | <p>This term Stage 2 will be developing and refining their mathematical thinking and understanding. Students will be learning about the following topics throughout the term:</p> <ul style="list-style-type: none"> - Patterns and Algebra - Addition and Subtraction - Multiplication and Division - Fractions and Decimals - 2D Space - Angles - Area - Position - Chance |
| SCIENCE & DIGITAL TECHNOLOGIES | <p>In Stage 2 this term we will be learning about the Living World. Students will learn about the classification, life cycles and survival of living things. This unit of work focuses on grouping and sorting living things according to their external features and distinguish them from non-living things. Students will explore the similarities and differences between the life cycles of living things and how living things depend on each other and the environment to survive.</p> |
| GEOGRAPHY | <p>In term three, Stage 2 students will be examining natural and human features of Australia and the characteristics of Australia's neighbouring countries by exploring the different climates, settlement patterns and the demographic characteristics of places to imagine how it would be like to live in different places. They will also learn about how people's perceptions influence their actions in protecting places and environments.</p> |
| CREATIVE ARTS | <p>This term for our Creative and Performing Arts unit, students take on and sustain roles in a variety of drama forms to express meaning in a wide range of imagined situations. Students will use movement and voice to build the action and roles of a drama using puppets and mime. They will devise and sequence drama to create meaning and will be able to experience and interpret a range different forms and elements by making, performing and appreciating drama.</p> |
| PDHPE | <p>In PDH during term three, Stage 2 will investigate safe and unsafe features of specific environments and explore actions to enhance their own and others' safety and wellbeing. Through practical application students develop help-seeking skills and adopt strategies to help keep themselves and others safe. Students develop their ability to analyse and gather information to make informed decisions, assess risk and find solutions to promote their own and others' health, safety and wellbeing.</p> <p>In PE, Stage 2 will be developing skills in a range of sports and games in our 'Why are Communication and Feedback Important?' program. Lessons aim to engage students in minor and modified game strategies where there are opportunities to develop both skills and an understanding of the need to work collaboratively with team members using communication skills to solve movement challenges.</p> |

TERM OVERVIEW - STAGE 3

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| ENGLISH | <p>This term, stage 3 students will investigate and explore various types of informative texts across a range of media. Students will develop their understanding of the language and grammar features of informative texts and apply their knowledge of Seven Steps Writing throughout the writing process.</p> <p>Lesson content will touch on other subject areas such as Australian Colonies in History, Material World in Science and transition and change in PDHPE while still remaining focused on the skills and processes of informative texts and writing.</p> |
| MATHEMATICS | <p>This term in Mathematics, stage 3 students will focus heavily on concepts of multiplication and division. Specifically, students will investigate links between multiplication and division, and fractions and decimals.</p> <p>The language of mathematics relating to these topics will be a focus to help students find connections between different areas of Mathematics and the real world.</p> <p>Stage 3 will also consolidate their knowledge and understanding of whole number, addition and subtraction, alongside the math strands of Chance, Area, 2D space, Position and Length.</p> |
| SCIENCE & DIGITAL TECHNOLOGIES | <p>This term, stage 3 will be learning Material World which will focus on the properties of a range of materials and how they are combined, determine their use and inform design solutions. Students will investigate the different properties of solids, liquids, and gases; and consider combining and separating mixtures. This strand will introduce students to fundamental concepts of chemistry and is an introduction to materials technologies. In digital technology, students will learn how digital systems' components connect to form networks, including how components of digital systems interact with each other to transmit data.</p> |
| HISTORY | <p>This term students will continue to explore development of Australian colonies. They will research and learn about the lifestyle of different groups in the colonial period. Students will examine significant events that shaped Australia, and will extend their understanding of people, political and economic developments, social structures and settlement patterns.</p> |
| CREATIVE ARTS | <p>In drama this term, stage 3 will interpret and convey dramatic meaning by using the elements of drama and a range of movement and voice skills. Students will devise, act, and rehearse a drama performance to an audience. Stage 3 will also respond critically to a range of drama works and performance styles.</p> |
| PDHPE | <p>This term's PDH unit is focused on understanding the transitions and changes that the human body experiences. Students will explore how transitions and changes can impact us physically, socially and emotionally. This will be conducted through rich discussions, separate lessons with girls and boys and time for reflection or to ask questions. The focus and success criteria of this unit is for students to develop a deeper understanding of the experiences and challenges that come with transitioning, changing and growing up. Individual reflection activities will occur at the end of each lesson.</p> <p>In PE, students will focus on applying a range of movements in different scenarios to problem solve towards an end goal. They will explore movement concepts, both individually and in teams, in familiar and unfamiliar contexts. Stage 3 students will investigate various movement concepts in different sports through modified games.</p> |

Dear parents, guardians and carers

Re: Nationally Consistent Collection of Data on School Students with Disability (NCCD)

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the Disability Standards for Education 2005, in line with the *NCCD guidelines (2019)*.

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy \(https://www.dese.gov.au/about-us/resources/department-education-skills-and-employment-complete-privacy-policy-0\)](https://www.dese.gov.au/about-us/resources/department-education-skills-and-employment-complete-privacy-policy-0).

Further information about the NCCD can be found on the [NCCD Portal \(https://www.nccd.edu.au\)](https://www.nccd.edu.au).

If you have any questions about the NCCD, please contact the school.

Kind regards

Principal

Dianne Uthmeyer



healthy canteens menu



SANDWICHES & WRAPS

GREAT CHOICE

| | SANDWICH | WRAP |
|---------------------------|----------|--------|
| VEGEMITE OR JAM VEG | \$2.00 | |
| CHEESE VEG | \$2.00 | |
| HAM | \$2.70 | |
| CHEESE & TOMATO VEG | \$3.20 | |
| HAM & CHEESE | \$3.20 | |
| EGG VEG | \$3.20 | |
| CHICKEN WITH MAYO | \$3.80 | |
| EGG & LETTUCE VEG | \$3.80 | \$5.00 |
| CURRIED EGG & LETTUCE VEG | \$3.80 | \$5.00 |
| HAM, CHEESE & TOMATO | \$3.80 | \$5.00 |
| CHICKEN & CHEESE | \$3.80 | \$5.00 |
| SALAD VEG | \$3.80 | \$5.30 |
| SWEET CHILLI CHICKEN | \$4.30 | \$5.30 |
| HAM & SALAD | \$4.30 | \$5.80 |
| CHICKEN, LETTUCE & MAYO | \$4.30 | \$5.80 |
| CHICKEN, CHEESE & TOMATO | \$4.30 | \$5.80 |
| CHICKEN & SALAD | \$4.30 | \$5.80 |
| CHICKEN CAESAR SALAD | | \$5.80 |

SALAD BOWLS

GREAT CHOICE

| | |
|---|-----------|
| GARDEN SALAD VEG | \$4.80 GF |
| LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT | |
| CAESAR SALAD | \$4.80 |
| SWEET CHILLI CHICKEN SALAD | \$5.30 |
| HAM & GARDEN SALAD | \$5.30 GF |
| CHICKEN & GARDEN SALAD | \$5.30 GF |
| CHICKEN CAESAR SALAD | \$5.30 |
| EGG & SALAD | \$5.30 GF |

CHOOSE ANY OF THESE DRESSINGS :
CAESAR, ITALIAN, MAYO, FRENCH

FRESH FRUIT

GREAT CHOICE

| | |
|--|--------|
| FRUIT WATERMELON, APPLE, BANANA, SEASONAL FRUITS | \$1.20 |
| FROZEN ORANGES SNACK PACK | \$2.20 |
| WATERMELON CHUBBS | \$4.70 |
| FRUIT SALAD SEASONAL FRUITS | \$5.20 |

SNACK DEAL \$ 2.70



Choose One

Popper - Water - Plain Milk

Popcorn or Fruit Piece

Add 50c Oak Milk

FOOD CODING

| | |
|------------------|--------------------|
| VEG VEGETARIAN | GF GLUTEN FREE |
| E EVERYDAY RATED | O OCCASIONAL RATED |

ALL ITEMS ARE HALAL (EXCEPT PORK BASED PRODUCTS)

WRITE "GLUTEN FREE" ON YOUR LUNCH BAG
ALL OF OUR GLUTEN FREE ITEMS HAVE "GF" NEXT TO THE PRICE

DRINKS

GREAT CHOICE

| | |
|--------------------------------------|--------|
| POPPER 100% JUICE APPLE, ORANGE, ABC | \$2.00 |
| WATER 600ml | \$2.00 |
| PLAIN MILK 300ml | \$2.00 |
| OAK MILK 300ml CHOCOLATE, STRAWBERRY | \$2.60 |
| GLEE 250ml 100% JUICE | \$2.80 |
| RASPBERRY, GRAPE, WATERMELON SOUR | |
| UP N GO 250ml CHOCOLATE, VANILLA | \$3.20 |
| ICE TEA 500ml PEACH, RASPBERRY | \$3.80 |
| ALOE VERA 500ml GRAPE | \$3.80 |
| HOT CHOCOLATE | \$2.00 |

ICE COLD TREATS

99% JUICE

GREAT CHOICE

| | |
|------------------------------------|-----------|
| FROZEN JUICE CUP ASSORTED FLAVOURS | \$1.50 GF |
| FRUITY ICES ASSORTED FLAVOURS | \$0.60 GF |
| SOUR SNAP APARTS ASSORTED FLAVOURS | \$1.00 GF |

ICE BLOCKS ARE NOT PUT IN YOUR LUNCH ORDER BAG
ASK YOUR CHILD TO GO AND COLLECT IT FROM THE CANTEEN DURING THEIR LUNCH BREAK

YOGHURT

| | |
|------------------------|--------|
| VAALIA YOGHURT VANILLA | \$3.50 |
|------------------------|--------|

SNACKS

| | |
|----------------------------------|-----------|
| PANCAKE | \$1.00 |
| POPCORN GF | \$1.00 |
| BROWNIE OUR FAMOUS SNACK | \$1.50 |
| CHIPS 27g HONEY SOY | \$2.00 |
| PIRANHA RICE SNAPS VEGG CRACKERS | \$2.30 GF |
| JELLY BOWL | \$1.60 GF |
| BANANA BREAD | \$2.60 |
| MUFFIN CHOCOLATE | \$3.70 |



Register For Online Ordering
Flexischools.com.au



SUSHI ROLLS

GLUTEN FREE

GREAT CHOICE

| | |
|------------------|-----------|
| CHICKEN TERIYAKI | \$4.00 GF |
| TUNA | \$4.00 GF |
| VEGETARIAN VEG | \$4.00 GF |

WRITE "SOY SAUCE" ON YOUR LUNCH BAG
IF YOU WOULD LIKE ONE FOR FREE

EXTRAS

| | |
|---|--------|
| SAUCE PORTION - BBQ OR TOMATO SAUCE | \$0.40 |
| TOMATO, BEETROOT, CUCUMBER, CARROT, ONION | \$0.50 |
| CHEESE SAUCE, SHREDDED CHEESE | \$0.50 |
| CHICKEN, HAM, EGG | \$1.00 |

HOT BITES

| | |
|-------------------------------------|------------------|
| CHICKEN NUGGETS 100% BREADED | BAG \$0.85 |
| | 4 PACK \$3.20 |
| | 6 PACK \$4.50 |
| CHICKEN WINGS HOT & SPICY | BAG \$1.50 |
| MINI SPRING ROLL OVEN BAKED VEG | \$1.00 |
| CORN COB VEG | \$1.30 |
| HASH BROWN VEG | \$1.40 GF |
| GARLIC BREAD VEG | \$2.50 |
| CHEESE & BACON ROLL WARM | \$2.90 |
| HOT DOG WITH TOMATO SAUCE (CHICKEN) | \$3.50 |
| GLUTEN FREE CHICKEN NUGGETS | BAG \$0.90 GF |
| | 4 PACK \$3.40 GF |
| | 6 PACK \$4.60 GF |

TOASTED WRAPS

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|-----------------------------------|--------|
| CHEESE TOASTED WRAP VEG | \$2.20 |
| HAM & CHEESE TOASTED WRAP | \$3.30 |
| CHICKEN, CHEESE & BBQ BBQ SAUCE | \$5.20 |
| SWEET CHILLI CHICKEN CHEESE SAUCE | \$5.20 |

PIES & PASTRIES

| | | |
|----------------------|-----------|-----------|
| PARTY PIE LOW FAT | x3 \$4.20 | \$1.50 |
| SAUSAGE ROLL LOW FAT | | \$3.60 |
| MEAT PIE LOW FAT | | \$4.60 |
| POTATO PIE LOW FAT | | \$4.80 |
| BEEF PIE GLUTEN FREE | | \$5.20 GF |

MEXICAN NACHOS

GLUTEN FREE

| | |
|---|-----------|
| BEEF NACHOS HOME MADE ADD CHEESE 50c | \$4.90 GF |
| VEGE NACHOS TOMATO SALSA ADD CHEESE 50c VEG | \$4.90 GF |

CUP OF NOODLES

| | |
|---------------------|--------|
| CHICKEN | \$3.20 |
| BEEF | \$3.20 |
| ORIENTAL VEG | \$3.20 |
| TOM YUM HOT & SPICY | \$3.20 |

NOODLE CUPS ARE NOT PUT IN LUNCH ORDER BAGS
YOUR CHILD MUST GO AND COLLECT IT FROM THE CANTEEN DURING THEIR EATING PERIOD

MEAL DEALS

GREAT CHOICE

MONDAY \$6.5

PASTA OR RICE CHOOSE ANY ONE
GLUTEN FREE LASAGNE OR MAC & CHEESE \$6.50

TUESDAY \$6.5

HOME MADE PIZZA CHOOSE ANY ONE

WEDNESDAY \$6.5

BURGERS CHOOSE ANY ONE

+ POPPER OR WATER + POPCORN
(ADD 50c FOR OAK MILK)

WRITE "MEAL DEAL" ON YOUR LUNCH BAG
+ THE FOOD & DRINK YOU WANT

PASTAS & RICE

GREAT CHOICE

| | |
|----------------------------|-----------|
| BUTTER CHICKEN WITH RICE | \$4.30 GF |
| BOLOGNESE PASTA BEEF SAUCE | \$4.30 |
| CREAMY CHICKEN PASTA | \$4.30 |
| FRIED RICE VEG | \$4.80 |
| MACARONI & CHEESE VEG | \$4.80 |
| LASAGNE BEEF | \$4.80 |

GLUTEN FREE WRITE "GLUTEN FREE" ON BAG

| | |
|-----------------------------------|-----------|
| MACARONI & CHEESE GLUTEN FREE VEG | \$5.30 GF |
| LASAGNE VEG GLUTEN FREE VEG | \$5.30 GF |
| LASAGNE BEEF GLUTEN FREE | \$5.30 GF |

BURGERS

GREAT CHOICE

| | |
|--|--------|
| CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE | \$5.00 |
| AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ | \$5.00 |
| CHICKEN BREAD FILLET, LETTUCE, MAYO | \$5.00 |
| CHICKEN & CHEESE BREAD FILLET, BBQ SAUCE | \$5.00 |
| HOT & SPICY CHICKEN BURGER LETTUCE, MAYO | \$5.00 |

SAUCES : BBQ, TOMATO, PERI PERI, MAYO, SWEET CHILI

HOME MADE PIZZAS

| | |
|--------------------|--------|
| CHEESE VEG | \$3.90 |
| HAM & CHEESE | \$4.70 |
| PEPPERONI & CHEESE | \$4.70 |