

Next College Newsletter: Wed 9th August 2017

Please email your articles to: newsletter@emmauscc.sa.edu.au

Important Dates

July

Wed 26th - Fri 28th

MS/SS Musical Performances

Fri 28th

'Let there be Coffee' Coffee Van in JS area 2.30pm - 3.30pm

August

Mon 1st

ICAS English

Fri 4th

'Let there be Coffee' Coffee Van in JS area 2.30pm - 3.30pm

Tue 8th

Tuesday on Flinders Concert

Wed 9th

Extra Curricular Photo Day

Fri 11th

Yr 10-12 Vaccination

'Let there be Coffee' Coffee Van in JS area 2.30pm - 3.30pm

Mon 14th

SACSA Yr 4-7 Table Tennis @ Tyndale

Tue 15th

ICAS Mathematics

Senior Pathway Planning Day

SACSA Yr 8/9/Open Table Tennis @ Tyndale

2017 Term Dates

Term 3

Wed 26 Jul - Fri 29 Sep

Term 4

Mon 16 Oct - Wed 6 Dec

(Term dates subject to change)

2018 Term Dates

Term 1

Mon 29 Jan - Fri 13 Apr

Term 2

Tue 1 May - Fri 6 Jul

Term 3

Tue 24 Jul - Fri 28 Sep

Term 4

Mon 15 Oct - Wed 5 Dec

(Term dates subject to change)

Weekly Coffee Connect

Tuesday Morning

9.00am - 10.00am



Weekly Prayer Connect

Thursday Morning

8.30am - 9.00am



From the Principal

Matthew 25:21 21 "His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!'"

Dear Families and Friends

I welcome you back to Term 3 by sharing some important news. During staff devotions this morning, Mrs Annette Craven, Head of Junior School, shared that she will be retiring at the end of 2017.

Annette commenced her service at Emmaus Christian College 19 years ago primarily in the areas of Special Education and supporting Gifted and Talented students. Her exceptional strategic, organisational, and interpersonal skills resulted in Annette taking up the position of Head of Junior School in 2010. At the end of 2017 Annette will have served in this role with distinction for 8 years.

Although Annette's approaching change of season will see the College miss her many gifts and abilities, I have no doubt God already has a plan in place for both Emmaus and Annette. I know Annette is looking forward to spending more quality time in retirement with her husband Geoff, 3 children and 5 grandchildren. For those of you who know Annette and Geoff well, it will be no surprise that Annette's retirement will not be what we regard as 'conventional'. No doubt Annette and Geoff's season ahead will include activities such as backpacking through developing countries; attending concerts of every travelling international music group; serving in her Church/community; and attending even more football games (following both the Crows and Melbourne – in that order I hope Annette!).

During her time at Emmaus, Annette has served on the College Board, overseen the transition of the Parents and Friends Association to the ECG (Emmaus Connect Group), and too many school and community special events to list. Annette has created a special legacy at Emmaus including undertaking an extensive amount of work planning for the establishment of a new ELC and school at Brooklyn Park in 2019. It is anticipated that Annette's contributions and support towards the establishment of our new campus will continue past the end of 2017, something I am very appreciative of.

Annette is well regarded across the school community as a woman of deep faith, passion, vision, and grace who draws people together into meaningful community. Her willingness to go the extra mile with staff, parents, and students has resulted in many instances of great outcomes from sometimes challenging circumstances.

As I reflect on the many acts of service Annette has extended towards the College over the years, I am reminded of the promise given to us in **Matthew 25:21** "His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!'" It is my prayer that as Annette enters the next exciting season God has planned for her, she continues to be guided by Christ's love and "share in her master's happiness".

Later this week the College will commence an advertising and recruitment process to fill this important senior leadership role from the beginning of 2018. Please keep this process in your prayers and share news of this exciting opportunity with suitably qualified and experienced Christian individuals through your Church and family networks. Full details are available on the College website.

Blessings,

Andrew Linke
Principal

Junior School News

Welcome back! We hope all families had a refreshing break and we look forward to another busy Term with many special activities for our students and families.

Identity Day

What an amazing and hugely successful day! The Junior School was a buzz with excitement all day, especially in the EPAC! The day was the launch of the Junior School's third Identity Day. It was a wonderful way to celebrate the end of Term 2. All students had the opportunity to share something special about themselves with the whole of Junior School. We are blessed with many creative, confident and clever students. Every student from Year 1 to 6 created a display that told a story about a passion, hobby or something unique about them. Thank you to Mrs Susanne Milne who did a magnificent job organising this special day. Thank you also to our parents and grandparents who helped and supported the children make their displays and also came along on the day. We propose to have another Identity Day in 2019.



Father's Day Breakfast

All Junior School fathers and students are warmly invited to the 2017 Father's Day Breakfast on Friday 1st September starting at 7:30am. Please put this date in your diaries. The breakfast will include bacon and eggs, pancakes and muffins cooked by parent volunteers. There will be a coffee van in attendance for you to purchase coffee, tea or hot chocolate. Please bring a gold coin donation on the morning. An invitation will be sent home with an RSVP in the next week.

Year 2 Sleepover

Thirty-five super excited Year 2 students enjoyed their first sleepover on Friday, Week 9. They travelled to Marion Bowland where amongst much fun and excitement, pins fell and bowling balls clumped. Some students actually managed to obtain 'strikes' and 'spares'! After 2 games and a meal students arrived back to school to enjoy a movie, supper and then to bed. Awake at 6:30am, our wonderful parent helpers cooked pancakes for breakfast. Thank you to our amazing Junior Primary teachers and parent helpers – Katherine, Leah and Magdalene for ensuring our Year 2 students have some special memories of their first school camp.

Junior School Theme for Term 3 2017

God is Good all the Time. God's Glory/His shining face. Week 2 Bible Verse - *"The Lord make His face shine upon you and be gracious to you."* Numbers 6:25

Annette Craven

Head of Junior School

First Aid

Medications on Camps

We have several camps coming up late in Term 3 and we would like to take this opportunity to remind parents of our school policy regarding medications on camp.

"Medication (prescription, non-prescription and alternative) can only be administered to students on camp when it is accompanied by a Medication Plan completed by a doctor. It is NOT sufficient to send medication with a note from a parent. This includes medicated skin creams, eye drops, paracetamol, hay-fever and allergy medications, travel sickness tablets and other over the counter preparations and alternative medicines (vitamins and nutritional supplements). During camp all medication will be kept secure by staff (including Senior School camps). It is for the safety of every student that campers ARE NOT permitted to keep medication in their luggage. Medication must be provided in its original packaging with a label from the pharmacy attached."

If your son/daughter will be attending a camp in Term 3 and may need to take medication on camp and the school does not have a current Medication Plan, Asthma Care Plan or other Health Care Plan on record, please visit your GP and get a Medication Plan filled in. If you require a blank Medication Plan or Asthma Care Plan, these can be collected from the Front Office at school or downloaded from the school website. When it has been completed by a DOCTOR please return it to Front Office as soon as possible. Please note that Asthma Care Plans must include details of reliever AND preventer medication if your child is on a preventer.

We would encourage you to plan ahead for your child, particularly considering that the hay fever season begins in September and this may affect some students. Without a current Medication Plan, staff are UNABLE to administer the medication and there is no student self-medication allowed on camps. Please note that Medication Plans must be renewed every 12 months or whenever there is a change in the care needs of your child.

We would greatly appreciate it if Medication Plans could be arranged several weeks prior to camp.

Thank you for your support in this matter.

Ros Argent and Maria McIver
First Aid Officers

Senior School News

Casual Day in Term 2

In keeping with tradition, the last Friday of Term 2 was a Casual Day and fundraiser for two designated areas of support. The students were able to wear their casual clothes instead of their uniform and donate money to support projects in both Indonesia and Cambodia. The money raised went to our Indonesian sponsor child and towards [TEAR](#) projects in Cambodia. (Click on 'TEAR' for further information). Thank you to everyone who participated and helped the lives of others by dressing a little differently!

Andrea Grear
Head of Senior School

College News

Debating News

Congratulations to the Year 7 team who won their debate at Pulteney Grammar school defeating Glen Osmond Primary School on 27th July. The topic for their debate was 'That we should give Homework the Heave Ho'. The two Year 5/6 teams did a fantastic job and provided an entertaining evening debating the pros and cons of homework.

Debating Teams Progress up date, with 2 more rounds to go...

Year 8 Blue team is 4th and Year 8 Red team is 5th on the ladder with 46 teams competing. Year 7 team is 10th with 91 teams competing. Both Year 5/6 teams are 46th and 56th with 91 teams competing. These two teams are competing against Year 7's and for the majority of the students it is their first season. Well done to all students. We acknowledge their time and hard work in preparing for each debate. Thank you to Mr Jeremy Coggins, Ms Maria Zucco, Miss Sarah Burrow and Mrs Carolyn Hull for their coaching expertise.

Junior Legacy Speaking Competition

Congratulations to Kaitlin on winning her heat in the Junior Legacy speaking competition. Her prepared 5 minute speech was on 'Sacrifice' and her impromptu 2 minute topic was on 'Australia is the Lucky Country'. We wish her all the best for the finals to be held at Legacy House on Friday 25th August.

Aurecon Bridge Building Competition

On Tuesday 1st August, two Year 8 teams will be taking their bridges they have constructed from balsa wood and a cardboard packing tube to the Adelaide Art Gallery for the annual competition. Their bridges will be judged on strength, functionality and design. We wish Hannah, Joelle, Erica, Sam, Byron and Ricardo all the best for the competition.

Susanne Milne

Redgum Bookclub Ordering

From this Term, the school will be offering the Redgum Bookclub instead of Scholastic. The selection of books offered by Redgum is very wide and includes many Australian titles. There will be one catalogue each Term. This is a service to families offered by the College; we have no control over the titles offered, nor over the choices made by families. Families will do their own ordering on-line with payment by credit card. If you order by the due date, your child's order will be sent to the school. If you wish to order after the due date, your order can be delivered to your home, at a cost of \$6.50. We will no longer take cash for Bookclub orders; Redgum will handle all transactions, with the school distributing the orders only.

Jan Maschmedt

Emmaus Music Showcase

Congratulations to all Music Students who performed in the Middle & Senior School Music Showcase last Term. The audience thoroughly enjoyed the evening and was entertained by a variety of musical styles. It was exciting to hear the Junior Concert Band and Drum Corp, two new ensembles. The Year 12 Food & Hospitality class provided delicious refreshments during the evening. What a memorable evening and we look forward to many more!



From the Library

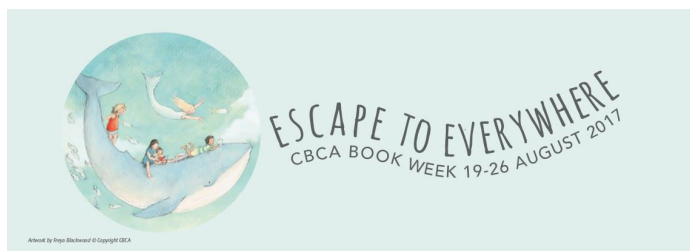
Overdue Books

Just a reminder to check at home to see whether you have any stray Library books that have escaped our shelves. If you have, we would like them returned as soon as possible.

Bookweek is coming - 'Escape to Everywhere'

As part of the Library program for Junior School students, Library lessons this Term will focus on books that have been short listed for the annual CBCA (Children's Book Council of Australia) Book of the Year awards. An announcement of winners of these awards coincides with Bookweek in Week 5.

The Bookweek theme in 2017 is 'Escape to Everywhere'. Books give our imaginations a chance to escape the mundane and the normal routines of life and escape into other places, times and circumstances. The joy of this escape is that we can learn interesting or difficult things...without leaving the comfort of our favourite place to read!



In the lead up to Bookweek, and in Bookweek itself, there are some **special activities** planned:

- On Monday in Week 4 (14th August) at assembly, a special performance troupe will present a dramatic performance for Junior School students.
- On Friday in Week 4 (18th August) the Bookweek Launch will incorporate a DRESS-UP Day - with a gold coin donation. Money raised will go towards Bible Translation work in Aboriginal communities in the APY Lands. (MS & SS students may donate via a donation box in the Library.)

Bookweek Launch - Dress-up day - 'Escape to Everywhere'

Easy Suggestions for families:

- **Wear prison stripes** – Read between the lines...be an escapee! (Default costume that anyone can wear – vertical or horizontal stripes. *Where's Wally* can even make a reappearance!)
- Wear a **national costume** from somewhere else in the world.
- Dress as an **identifiable book character** that has escaped from the pages of a book. (Do not hire a costume, but rather use your creativity! If this is too difficult...escape to the default stripes, any colour is possible!)

Bookweek - Lunchtime activities

JS and MS/SS lunchtimes will have special activities either in the Library or the activities may escape the Library and will 'Pop-up' in a mystery location.

Escape into another Library

Do not forget to explore your local community Library in Bookweek. They too will have some exciting activities planned.

Bookweek Competition: All the school community can get involved

Submit your entry into the Bookweek Creative Competition:

JS competition

Draw/write a story using one of the following ideas:

- Where is the Hippopotamus eating cake now?
- The pigeon is not driving the bus...where has he escaped to?
- Where will Billie B Brown, Hey Jack, Geronimo Stilton, Wimpy Kid, WeirDo, Judy Moody or Tom Gates escape to in their next story?

Hand in to Library by the end of Week 4 (18th August 2017).

MS Competition

Create a Theme Meme - a picture with a quote that relates to the Bookweek theme – 'Escape to Everywhere'. Utilise book covers or the theme itself to create a humorous/thoughtful exploration of the theme.

To be submitted via email to library@emmauscc.sa.edu.au with subject 'MS Competition' **by end of Week 4.**

SS Competition

Write an intriguing Book Review that includes the word 'Escape'. Reviews that are of books from our school library can be submitted via Accessit Book reviews (see Library staff for explanation)...or can be submitted via email to library@emmauscc.sa.edu.au with subject heading 'SS Competition' **by end of Week 4.**

Staff/Parent Competition

Write a poem titled: 'Escape to Everywhere' to be submitted via email to library@emmauscc.sa.edu.au with subject heading 'Staff/Parent Competition' **by end of Week 4.**

Note: All work may be displayed or published...so must be your own work.

Carolyn Hull, Alicia Buxton, Janet Maschmedt

Music

Performing Arts Calendar 2017

Term 3	Week 1	Wednesday 26 th - Friday 28 th July	MS/SS Musical
	Week 3	Tuesday 8 th August	Tuesday on Flinders Concert
	Week 7	Thursday 7 th September	Spring Instrumental Evening @ 7.00pm in EPAC
Term 4	Week 6	Tuesday 28 th November	Year 5/6 Battle of the Bands Concert

Andrew Verco

Music Coordinator (Rec - Year 12)

Sporting News

Last Term the SACSAs Primary Athletics team won Division 2 overall. We had numerous students finish in the top half of their age groups for the SACSAs Cross Country and we had eleven students selected to compete in National Christian School Games and all our students came back with a medal. The Open Boys Netball team won the inaugural SACSAs Fast Fives tournament, Open Girls Netball team finished runners up. The Year 8/9 Boys finished third and the Year 8/9 Girls Netball team finished fourth. Under 10 and 16 Basketball teams are doing well with their results and team development. Under 12 Soccer team are undefeated. Under 8, 10 and 11 Soccer teams are progressing well, our Year 8/9 Boys Soccer and 8/9 Girls AFL teams have only lost one match for the season and our Year 3/4 and Year 5/6 Netball teams have finished the Term undefeated. These results are not only impressive, but just highlight the potential that the Colleges student cohorts possess.

This Term we will have SACSAs Table Tennis for Year 5-9 male and female students as well as Year 4-12 AFL 9-a-Side and Soccer. Many of these teams have started trials and there will be training for chosen students in these teams during and after school hours. It is important that selected students attend these training sessions as we have shown that with regular practice our students can achieve success.

Thank you to all the parent volunteers for supervising, coaching, scoring and transporting students to their matches through out their seasons. Without parental assistance many of these events would not be possible and it is important to acknowledge the sacrifice that they have made for their respective teams.

If you have any questions or queries about any of our sporting teams for after school and representative competitions please contact me dporter@emmauscc.sa.edu.au

Daryl Porter

PE, Health and Sports Coordinator (Rec Year 12)

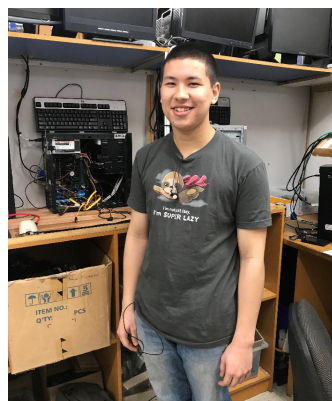
Careers Corner

VET students have been very busy over the holidays undertaking work placements as part of their VET course.

They have worked incredibly hard and received exceptional reports from their host employers. As I visited the work sites, employers comments were very complimentary towards our students. The industries where our students completed their work experience included, Aged Care, Electrical, Child Care, Carpentry, IT, Automotive, Interior Design and Automation.

The students commitment to give up their school holidays to undertake work experience is to be commended. Congratulations to Victor, Don, Andrew, Josh, Sam, Chris, Zac, Ben P, Ben G and Georgia. Great job guys!

I was also privileged to visit non VET students who were using their school holidays for work experience, well done to Ben, Jordan, Hayley, Abraham, Zakary, Joyel, Armin and Abraham.



Cathy Torjul

VET Coordinator

Canteen Roster

Week 1 T3

Thu 29th **HELP NEEDED**
Fri 28th Mandy Nield

Week 3 T3

Mon 7th No help needed
Tue 8th No help needed
Wed 9th Alisa Wenzel
Thu 10th **HELP NEEDED**
Fri 11th Nancy Pantelis

Week 2 T3

Mon 31st No help needed
Tue 1st August No help needed
Wed 2nd Sam Allison
Thu 3rd **HELP NEEDED**
Fri 4th Paula Griffiths

Week 4 T3

Mon 14th Helen Talbot
Tue 15th No help needed
Wed 16th Blake Watson
Thu 17th **HELP NEEDED**
Fri 18th Aleks Darwin

Thank you for the time you volunteer in the canteen, it is very much appreciated. The hours are from 9.30am to approximately 1.30pm. Due to Occupational Health and Safety, please wear enclosed shoes and ensure long hair is tied back. Please also remember to sign in at the Front Office and wear a visitors badge before you commence in the canteen. This is a legal requirement in case of fire evacuation/lock down. Thank you for your assistance with this important matter.

Christine Blom-Cursaro and Sharon Hughes

Student Wellbeing Coordinator

Family Rituals

Family rituals are something I have written about before in the College newsletter as I believe that they play an important part in family life. I read an excellent article during the holidays from Australian Educator, Linda Staude, which reminded me that not only are rituals important for providing routines for children, but they also provide safe environments.

"The beauty of rituals is the safe space they provide for people. They are the times when decisions don't have to be made, anxious feelings are quietened and there is a sense that you belong to something bigger than yourself. You are connected and safe. Rituals keep you centered, even in uncertain times."

At a time when the world must seem very uncertain for many children, rituals play an important role and it is never too late to start some family rituals of your own!

To read this whole article go to <http://lindastade.com/rituals-that-protect-our-children/>

For parents interested in connecting their children with professional support, Developing Minds has created 'Calm Kid Central'. This resource provides short videos for children to watch to help them understand frustrations and worries, and also videos for parents with tips about how to help 'tricky kids' with their particular concerns.

This service usually has a cost, but psychologist Kirrilie Smout has given us a code for parents to use to access this service for 12 months. If you are interested, go to www.calmkidscentral.com scroll down to the 12 month coupon code and enter PARENTWEST this will give you access to the service for a year. For more information on this service, there are brochures in the front office.

Also I would like to thank Kirrilie for donating 2 copies of her books for our Emmaus Parent Library. 'When life sucks for kids' and 'When life sucks for Teenagers' are both available for parents to borrow.

Sue Chapman

Uniform Shop

2017 Normal Opening Hours

Monday 8.30am - 10.00am
 3.00pm - 5.00pm

Thursday 8.30am - 10.00am
 1.00pm - 1.30pm
 3.00pm - 5.00pm

Christine Blom-Cursaro
Uniform Shop Manager

Community News

Promise Adelaide Presents - Love to Sing?

The Adelaide Rock Choir is a new contemporary choir for school aged children in South Australia. Sing the songs you want to sing from radio, films and musicals. Contemporary music and simple choreography. The Adelaide Rock Choir provides school students with the opportunity to make friends, have fun, and develop their musicality. No music reading ability or prior experience necessary. All levels welcome.

They offer weekly 90 minute sessions to include physical and vocal warm ups, development of musical skills, experience with rehearsal/ performance situations, good vocal habits and listening skills, unison and harmony singing. Learning materials are included. Classes will be held in Aberfoyle Park. No audition required. For more information or to register www.promiseadelaide.com

Music Development Masterclass Series

Are you aged 12 to 25 years, in a band, a soloist, Emcee or compose with Beats n Loops? These workshops can help you take it to the next level!

Program 1 - Music Tech \$20.00 per person. Two workshops on 9th and 16th August.

Program 2 - Song Writing \$30.00 per person. Two sessions on either 23rd or 30th August and 6th September.

Program 3 - Band Development \$40 per band. Three sessions on 13th, 20th and 27th September.

Register your interest in being part of a live music event at the Marion Cultural Centre on Friday 6th October. For more information or to book your spot in one or all of the programmes mcc@marion.sa.gov.au or 8375 6855.

Keep Your Kids Smiling

The School Dental Service is a Child Dental Benefits Schedule provider. Dental care is FREE for ALL babies, preschool and most children under 18 years at School Dental Service clinics. To make an appointment, please call Marion GP Plus Dental Clinic on 7425 8400.



The largest concentration of expertise in the southern hemisphere

Waite Campus, Australia's leading research, education and commercialisation precinct has the largest concentration of expertise in the southern hemisphere in the areas of plant biotechnology, cereal breeding, sustainable agriculture, wine, food, horticulture and land management. The Waite Campus hosts a number of Australia's leading agriculture, food, wine and environmental research organisations

These workshops are most suitable for 9-12 year olds.

Saturday 5th August 2-4pm

Soil of Fun! - Soil pH test: what is pH, what does this mean for the plant? Soil filtration: are all soils the same? Soils are comprised of multiple elements that affect its physical and chemical properties. Why are these factors important and how do scientists measure soil quality?

Saturday 19th August 2-4pm

DNA: Cracking the Code—Extract DNA from strawberries, Take home kit: DIY terrariums, the DNA in that seed tells it to become a plant! Compare plants at next session, are there differences (yes) ...this is because of DNA!!

What is DNA? How can four letters, A T C and G, be the code for everything. Let's explore how scientists use these letters in biotechnology to improve food quality

*Saturday 2nd September 2-4pm: ***

Goo to make you poo! Making "goo bags" to feel what dietary fibre does when you eat it . Using USB microscopes to look at dietary fibre, Viscosity experiment to see the different amounts of fibre in common breakfast cereals.

Imagine a weed that you just step on because it's so small and insignificant. Now imagine that weed has the power to prevent colon cancer... Bet you don't want to step on it now! We'll show you how it unlocks its secret potential using microscopy and tactile senses.

Saturday 16th September 2-4pm **CAUTION: any food allergies and/or dietary restrictions?**

Flavour & Aroma! Aroma experiment: trying to pick different common kitchen ingredients from just the smell, Flavour experiment: try to guess the flavour of different lollies with your nose blocked How do we define flavour and aroma? What makes some things we eat delicious and others...well, yucky? Get your taste buds and nose warmed up as you learn how to tell the differences in a world of food and drink sensory.

**** Please note session 3 will run concurrently with the AGM of GTCASA so members are urged to attend**

Ages:	9—12 years old (but open to others close to this particularly interested in the topic)
Dates:	Saturday 5th and 19th August ; September 2 and 16th, 2017
Time:	2pm—4pm
Location:	Glenunga International High School, 99 L'Estrange St, Glenunga, SA 5064
Cost:	Enrol in all four sessions \$85 members / \$110 for non members GTCASA members \$25 per session; non members \$30.
Students are strongly encouraged to attend all four sessions to gain maximum benefit and to ensure a discount	
Payment:	EFT, cheque or money order in advance to confirm places. Details about how to pay are on the website.
How to book:	Register online at www.gtcasa.asn.au

**CANTEEN PRICE LIST**

Updated 1/06/17

* Indicates items free of certain additives(see over page for list)

GF indicate Gluten Free Products

SUSHI**WEDNESDAY ONLY**

Smoked Salmon GF /Teriyaki Chicken/Cooked Tuna GF/	2.50
Vegetarian GF/California Rolls GF	2.50
Soy Sauce	.10

Chicken "cold roll" Salad	WEDNESDAY ONLY	5.00
Beef "cold roll" Salad	WEDNESDAY ONLY	5.00

Butter Chicken with Rice	WEDNESDAY ONLY GF	5.00
Malaysian Chicken with Rice	WEDNESDAY ONLY GF	5.00

BAGUETTES - White or Wholemeal

Meatballs, tomato sauce, lettuce, grated cheese	ORDERS ONLY	3.50
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Chicken, carrot, lettuce, mayo*	3.50
Chilli chicken strip, carrot, lettuce, mayo	3.50
Chicken strip, carrot, lettuce, mayo*	3.50
Chicken and salad *	4.50

*Salad=lettuce, cucumber, tomato, grated carrot, mayo

SANDWICHES - Wholemeal Only - ORDERS ONLY

Buttered	1.20
Vegemite	1.60
Light Cheese*	3.00
Salad: Lettuce, carrot, tomato, cucumber, grated carrot & mayo	3.50

Meat: Chicken* or Ham	3.50
Light Cheese and salad*	4.00
Meat: Chicken* or Ham and salad	4.00

*Salad=lettuce, cucumber, tomato, grated carrot, mayo

GF bread is available. MARK clearly on lunch order.

WRAPS - ORDERS ONLY

Chicken & salad*	4.00
Chilli chicken strips, lettuce, carrot, mayo	4.00
Chicken strips, carrot, lettuce, mayo*	4.00

*Salad=lettuce, cucumber, tomato, grated carrot, mayo

EXTRAS

Spoon/Fork	.10
Mayo*	.20
Tomato Sauce*	.20
Light cheese slice*	.50
Salad item*	.50

SALADS TERM 1 & 4 ONLY - ORDERS ONLY

Ham & salad	4.00
Cheese & salad* Gluten Free	4.00
Chicken & salad* Gluten Free	4.00

*Salad=lettuce, cucumber, tomato, grated carrot, mayo

HOT FOOD - TERM 2 & 3 ONLY - ORDERS ONLY

Spaghetti Bolognese with fork	4.50
Vegetarian Lasagna	4.50

HOT FOOD

Vegetarian spring roll*	1.00
Garlic Bread	2.00
Pizza: Ham & Pineapple/Cheese & Bacon	2.00
Potato wedges	2.00
Hot dog NO sauce	3.30
Hot dog WITH sauce	3.50
Light pie or pasty	3.50
Light potato pie	3.50
Light pizza pie	3.50
Spinach and cheese roll	3.50
Light sausage roll	3.50
Meatballs Baguette, tomato sauce, lettuce, grated cheese*	ORDERS ONLY 3.50
Whole meal vegetarian pasty	ORDERS ONLY 3.50
Sausage Roll Gluten Free	ORDERS ONLY 4.50
Nachos Mild * Gluten Free	ORDERS ONLY 5.00
Tomato sauce*	.20

ORDERS ONLY - BURGERS

Vegetarian:Vegetarian patty, carrot, tomato, cucumber, lettuce, mayo	4.00
Beef: Beef patty, lettuce, mayo, tomato sauce*	4.00
Chicken: Crumbed chicken patty, lettuce, mayo*	4.00

GF is available in the chicken with GF bread.

MARK clearly on lunch order.

SNACKS

3 Jatz biscuits*	0.30
Fruit strap*GF	0.50
Go cookie*	1.00
Grainwaves	1.00
Chips: plain*, honey soy, veg chips GF	1.00
Fruit in season*	1.20
Light choc muffin	1.50
Gingerbread kids	1.60
Banana bread*	2.00

ICEBLOCKS (over the counter ONLY)

Fruit tubes	0.50
Juicies*	1.00
Moo - Strawberry/Chocolate*	1.00
Lifesaver Icy Pole*	1.00
Lemonade Icy Pole*	1.00
Frosty Fruit*	1.00
Frozen yoghurt - strawberry	2.00

DRINKS

500ml Thank You Water*	1.50
250ml Just Juice*	1.50
250ml Up & Go (Chocolate*/Strawberry*/Vanilla*)	2.00
250ml Oak Strawberry*/Chocolate*	2.00
350ml Golden Circle:Apple/Orange	2.20
Apple Blackcurrant*	

CANTEEN PROCEDURES & RULES – 2017

ALL STUDENTS please print your name, class and year level CLEARLY on your lunch order bag so we can read it easily.

1. ORDERING

Junior Student Orders

Please place your lunch order in the class Canteen lunch box. The class Canteen box will be taken to the Canteen by the class monitors.

Junior Recess Orders

Junior students must place an order for recess and collect it from the Canteen at recess time. Place the recess order in the Canteen lunch box. Mark items required for recess clearly on your order. The Canteen window is not open for sales at Junior School recess. Junior students are not to come to the Canteen window at recess unless collecting a recess order.

Secondary Student Orders

Please place your orders by 9.30am in the blue Canteen box outside Reception. Secondary lunches can be collected from the Canteen in the first 10 minutes of lunchtime.

All Students Late For School

Lunch orders can be left at Student Services or Reception before 9.30am. If students arrive after 9.30am, they are required to take their orders direct to the Canteen.

Teachers

Please order lunches before 9.30am and place in the blue Canteen box outside Reception.

NOTE:

- There will be **no** orders taken at recess time unless a student is late to school.
- Please do not order iceblocks. They can be purchased direct at lunchtime.
- Should orders miss the deadline, not all items are available.
- There are some foods that can only be purchased if ordered, e.g. sandwiches, rolls, chicken burgers and spaghetti.

2. CREDIT/FORGOTTEN LUNCHES

Junior Students

The Canteen **does not provide** credit. Junior students forgetting their lunch or money should report this to their teacher as soon as possible. They should go to Student Services or Reception by 9.30am, where arrangements will be made with the Canteen to supply an emergency lunch (a cheese or Vegemite sandwich and a piece of fruit or a baguette) for the cost of \$3.00. Payment will be required the following day.

Secondary Students

Report directly to the Canteen Manager.

3. LUNCH BAGS

Please ensure a supply of lunch bags is kept at home. Lunch bags can be collected from the Canteen or at Student Services.

* Indicates items free of the below additives

AVOID THESE ADDITIVES

COLOURS	102, 104, 110, 122, 123, 124, 127, 129, 132, 133, 142, 143, 151, 155 natural colour 160b (annatto)
PRESERVATIVES	<i>Sorbates:</i> 200, 201, 202, 203 <i>Benzoates:</i> 210, 211, 212, 213 <i>Sulphites:</i> 220, 221, 222, 223, 224, 225, 226, 227, 228 <i>Nitrates, nitrites:</i> 249, 250, 251, 252, <i>Propionates:</i> 280, 281, 282, 283
SYNTHETIC ANTIOXIDANTS	<i>Gallates:</i> 310, 311, 312 <i>TBHQ, BHA, BHT:</i> 319, 320, 321
FLAVOUR ENHANCERS	<i>Glutamates incl MSG:</i> 620, 621, 622, 623, 624, 625 <i>Ribonucleotides:</i> 627, 631, 635 <i>Hydrolysed Vegetable Protein (TVP)</i>
ARTIFICIAL FLAVOURS	No numbers since they are trade secrets

Thank you for your cooperation.