



## IMPORTANT DATES

### SEPTEMBER

Wed 18	Middle & Senior School Parent Teacher Interviews, 3.30pm - 5.30pm
Fri 20	Whole School Casual Day SACSA Soccer Open Boys & Girls @ West Beach
Mon 23 - Wed 25	Year 5 Camp - Wallaroo
Mon 23 - Fri 27	The Rite Journey Camp
Tue 24 - Fri 27	Year 6 Camp - Canberra
Tue 24	LAP Afternoon Tea, 2pm in E-Centre
<b>Fri 27</b>	<b>Last Day Of Term 3 Normal Finish Time 3.10pm</b>

### OCTOBER

Mon 7 - Mon 21	Cambodia / Vietnam Trip
<b>Mon 14</b>	<b>Term 4 Commences 8.35am</b>
Fri 18	Year 2 Sleepover @ ECC

Weekly Coffee Connect  
Tuesday Morning  
8.45am - 9.45am

Weekly Prayer Connect  
Thursday Morning  
8.45am - 9.15am

## Whole School Casual Day - Friday 20 September 2019

### Gold Coin Donation

With funds supporting 'Children in Families' a Cambodian Kinship and Foster Care organisation and Selpa our Compassion child in Indonesia.

## From the Head of Middle School

### Dear Families and Friends

In recent years you may have heard a lot about 'Wellbeing' in the media. With the rise of mental health awareness and the growing trends in mental illness we see a greater need to be intentional about creating wellbeing for ourselves and our families. So then, what is this wellbeing, where do we get some and can we keep a stash of it on hand for a rainy day?

All Middle School students met in the EPAC on Friday morning of Week 8 to commence our 2019 Middle School Wellbeing Day. Here they encountered 'Emmet' a cheerful Lego character from the first Lego Movie. Emmet's life is predictable and in fact 'everything is awesome' for Emmet. It raises a question for us, is our wellbeing dependent on our circumstances? Do we achieve wellbeing if and when we can everything in our lives to fall into place, avoid conflict, dodge challenges, escape difficulties and ensure everything is planned and executed in a predictable manner just how we want?



As a Middle School we considered the definition for wellbeing: the state of being comfortable, healthy, or happy. The pursuit of comfort and happiness is ultimately a very lonely and unfulfilling venture, like trapping a piece of cloud in your hand in order to use later as shade when travelling through a parched landscape. Wellbeing is far more than comfort, far deeper than a fleeting happy feeling. God's living Word, the Bible tells us that we have been created by a loving heavenly father. We have been made unique, we are forgiven, loved and we are adopted into His family. Perhaps rather than wellbeing, we need to be reminded that we have 'well belonging'. The Middle School students then embarked on a wide range of activities that promoted connection and relationship building across year levels.

I would invite you to read more about this in the Middle School Wellbeing Day article.

Blessings

**Jonathan Carpenter**  
Head of Middle School

## Scholarships at Emmaus Christian College

Applications are now open for two Scholarships offered by Emmaus Christian College for 2021 as follows:

- Academic Scholarship for Year 7 in 2021, applications close Thursday 23 January 2020
- Music Scholarship for Year 7 in 2021, applications close Saturday 1 February 2020

Full details of [Scholarships](#) and application forms are available on the [College Website](#).

Scholarships at Emmaus Christian College are available to students who meet the College's enrolment criteria. Please contact the Registrar on 8292 3834 if you require further information.

## Lost Property

All lost property is currently on a clothes rack outside Student Services and will be there until the last day of Term 3. Please check at Student Services for valuable items.

Any articles not claimed by the end of this term will either be given to the Uniform Shop, First Aid or donated to Charity.

## Middle School Wellbeing Day

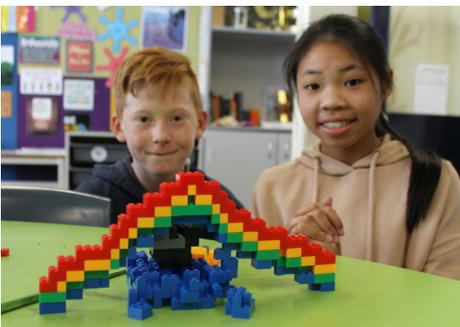
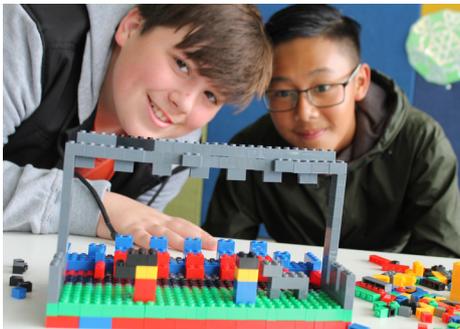
Last Friday, Emmaus Middle School staff put on a great day full of games and activities that encouraged and allowed students to feel not only comfortable but that they belong in this community. The day started off with a 'Lego Masters' competition. This allowed students from different year levels and different genders to connect with each other. The competition consisted of two rounds, the practice round and the final round with each masterpiece displayed in the gym for judging, and voted by students. Congratulations to the three pairs who managed to come first in the three categories:

- Most Creative: Jacob (7L) and Kayla (9K)
- Most Ingenious: Kaitlin (9E) and Trinity (8R)
- People's choice: Mia (9E) and Abby (8S)



After the winners were announced, students received their Subway order that they chose to fill out on a Google Form. Once lunch had finished, everyone went to their two chosen activities from their preferences also on Google Forms. There were a range of activities such as Paulball (ultimate Frisbee with a ball), Futevolei (volleyball without hands), Killer Uno, Bean bags and Hot Chocolate, Bouncy Castle and Mega 4 (Connect Four), Art Therapy, Group Challenges, Just Dance, Gift Making for Foundation Students, Game Show Mania, Cooking and last but not least, Peaceful Plant Potting. These activities demonstrated perseverance, kindness and belonging. Many of the new Year 7s described this day as a great-bonding experience for students across the Middle School and are looking forward to whatever is being planned for next year!

We believe that everyone in this world has a purpose and that they belong. **Ephesians 2:10** tells us, *“For we are God’s masterpiece, created in Christ Jesus to do good works, which God prepared in advance for us to do.”* This verse is very meaningful as it is not only saying that we are unique and special but that we were all put on this earth for a reason and that reason is to live, love, and lead like Jesus.



On behalf of all the Middle School students, we would like to acknowledge all the effort that the teachers and staff put into this day and we cannot wait for next year’s Wellbeing Day!

Blessings

**Panos, William, Jayden and Noah**  
**Middle School Students from 7L**

# Senior School

## Year 10 Social Justice Camp, 10 - 13 September

### Working together and looking beyond ourselves

The Year 10 Social Justice Camp is back larger than life this year – it has progressed from 3 days to 4 days, so the students can experience social justice in a personal way – they have actually had a chance to do social justice first hand!

During the four days, students were confronted with a day of group skill challenges and learning how when they work as a team good things can be achieved with clear communication and a sense of humour. The purpose of this day was to allow students to think outside themselves and work as a 'tribe' through a rotation of five activities, including a water obstacle course, Aslan's chair balancing challenge and a brain twister tournament.

The second part of the camp was set aside for exploring social justice: What it is and what it is not. We were all challenged to develop empathy for those who were down on their luck and to recognise that as an individual you could do something, yet as a group you could do even more. On Wednesday the camp was split into two, one group went to Westcare in the city and the other to Clayton Wesley for an introduction to the many areas that churches speak into the lives of those who struggle in our society. The challenge of finding your way around the city when you were homeless was brought home in a real way for our students as was the reality of life for a refugee.

The day was finished with a bit of shopping – 'Op Shopping' for a special event that evening: the 'Op Shop' Formal. We all looked resplendent in our variety of fabulous clothes, but better than this, we were all able to give back into the system that supports so many people.

Thursday included visits to social justice organisations, including a drug rehabilitation centre, for males only, and Catherine house, for females only, and two groups also attended Brushed with Kindness events and others with packing backpacks. It was an opportunity to put into practice what it feels like to do things for other people. Students were able to listen to peoples' stories and get a sense of how life can change so quickly for a person. More importantly, they learnt what many people are doing to help those who are in that position. Really interestingly, most of the organisations that provide this help are Church based. It says a lot for Christ's love in the world.

Staff were really happy with the level of participation of the students, they embraced the ideas of social justice and worked well together. A lot of fun was had by all, but even more importantly a bigger view of life was explored.



## Holiday Workshops for Stage 2 Subjects at Emmaus CC

### Week 1

PE	Monday 30 September	10am - 2pm
Psychology	Tuesday 1 October	10am - 2pm
Biology	Wednesday 2 October	9am - 12noon
Business	Thursday 3 October	10am - 2pm

### Week 2

English	Tuesday 8 October	9.30am - 12noon
Research Project (JW)	Tuesday 8 October	10am - 2pm
Digital Tech	Wednesday 9 October	9am - 2pm
Chemistry	Thursday 10 October	9.30am - 12noon
Dance	Thursday 10 October	10am - 12noon



Andrea Grear  
Head of Senior School

## College News

### Celebrating 25 Years on Lands Trip - Mosaic Unveiling

Ernabella Anagu School and Emmaus Christian College will celebrate their partnership of 25 years on Saturday 26 October, with an evening that includes the official opening of the commemorative mosaic. The mosaic is a collaborative effort with Pitjantjatjara artist Nami Kulyuru and students from our Year 12 Aboriginal Studies class from both 2018 and this year.

It is a project that has been long in the making and is a significant artefact to celebrate what is a remarkable relationship. The Pitjantjatjara Choir, Iwiri, will be attending to help celebrate the occasion and there will be a barbecue to make the evening complete. The evening coincides with the Adelaide visit from Ernabella School students so it is going to be a very special evening. We are hoping that many old scholars will relive their Lands Trip experience and come along to celebrate.

If you would like to attend, the evening commences at 6pm and concludes at 8pm, please book through the Trybooking link on the [event page](#) as soon as possible for catering purposes.

It will be a wonderful time for Emmaus scholars old and new to reminisce and celebrate the relationship between the two schools.

**Andrea Grear**                      **and**                      **Neil Blenkinsop**  
**Head of Senior School**                      **Senior School Teacher**

### Casual Day - Friday 20 September (Week 9)

A gold coin donation is requested from students and staff who wish to participate. Funds raised will support 'Children in Families' a Cambodian Kinship and Foster Care organisation and Selpa our Compassion child in Indonesia.

Please note: Appropriate dress is ESSENTIAL.

No inappropriate slogans on T-shirts, no low-cut, strappy or midriff tops, no see through clothing, no short shorts and NO THONG type shoes allowed. This is particularly relevant to 'Home Ec' & 'Tech' lessons where this becomes a safety issue.

### LAP Afternoon Tea

We look forward to seeing you at the LAP Afternoon Tea on Tuesday 24 September at 2pm in the E-Centre. RSVP 8292 3849.

---

## Brooklyn Park Campus

### A 'sneak peek' at the new Brooklyn Park Campus

We would like to extend a special invitation to all our Emmaus parents to have a 'sneak peek' at the new Brooklyn Park Campus before we host any public Principal's Tours. The tours will be hosted by Principal, Andrew Linke, exclusively for our South Plympton community. It will be a great opportunity to see the new facilities.

Bus transport will be provided for you and your family from the South Plympton Campus. Pre-school children are welcome and pram storage is available. Of course, if you would prefer to drive, you are welcome to join the tour at Brooklyn Park, 34 Lipsett Terrace. Please park in the Adelaide West Uniting Church car park, accessible via Beverley Avenue (turn off Sir Donald Bradman Drive) or Brooklyn Avenue (turn off Marion Road).

Complimentary morning tea, including coffee supplied by *B3 Coffee* will be provided for you.

#### TOUR DATES

Tuesday, 22 October 2019 at 8.45am

Thursday, 24 October 2019 at 1.00pm

Please book at [Trybooking](#)

### Principal's Tour of Brooklyn Park Campus

Our inaugural Brooklyn Park Campus Principal's Tour will be held on Wednesday 6 November, 9am - 10.30am for families interested in enrolling children into ELC, Foundation, Year 1 or 2 and beyond.

Principal, Andrew Linke and Head of Junior School, Helen Vonow will provide a guided tour of the new Early Learning Centre and Junior School opening in January 2020. To register please visit the College [website](#).

## Sporting News

What a term it has been within the College Sports program. We have had a number of teams and individuals compete in a variety of sports from Basketball, Golf, Swimming and Cross Country Running to name a few. Our weekly and representative sport teams continue to display exemplary sportsmanship, team work and resilience. We place great importance on these aspects as well as others to help our students understand the value of being involved in regular physical activity, having fun with their friends and challenging themselves. This was the focus of our inaugural Cross Country Year 3-9 House event this year. The track at Bonython park was excellent for this event allowing students to run in a safe and secure area, amongst native flora and fauna and along the River Torrens. This event challenged students to complete a set distance for their age group, many feared the challenge, but when they faced it with their friends support they were able to conquer it and do so with ease. This was a great lesson for students as in life there are many challenges they will have to face, but the coping skills and support behind them is what allows them to persevere and conquer life's challenges. In Junior school the winning house was Emerald with 233 points, second place Ruby, 222 points and third place Topaz 216 points. Middle School results were first place Ruby, 270 points, second place Emerald, 250 points and third place Topaz 244 points. Overall Year 3-9 House Champions were Ruby, 492 points, second place Emerald, 483 points and third place Topaz, 460 points. Age group certificates were presented to all winners during assemblies.

We have also had a high number of teams represent the College at SACSA competitions in Basketball, AFL 9-a-Side and Soccer. Results for Basketball were Year 8/9 Boys Team A 5<sup>th</sup> and Team B 10<sup>th</sup> place, 8/9 Girls runners up, Open Girls 3<sup>rd</sup> place and Open Boys Champions. AFL 9-a-Side results were Year 6/7 Boys 7<sup>th</sup>, Year 6/7 Girls 6<sup>th</sup> place, Year 8/9 Girls 4<sup>th</sup> place, Year 8/9 Boys 4<sup>th</sup> place, Open Girls runners up and Open Boys Champions. SACSA Soccer results are still to come.

Our weekly Soccer and Netball seasons have come to an end. These teams started competing Week 2 of Term 2 and have competed each Saturday and Thursday night since. These teams have had regular trainings to develop their team and individual skills, team work, sportsmanship and having fun while being challenged. These teams have developed so much over the months due to the positive attitudes of all players, but also with the excellent guidance and passion that coaches have all had for their teams this year. Our sport coaches have been Susan Van der Merwe, Faith (Year 12 student), Shawn (Old scholar), Nasser Essid and Richard Akkari. Thank you to all parents who have assisted these coaches as team managers, scorers, etc throughout the season.

Looking ahead to Term 4, it is a short but busy term for Middle and Junior School Sport. We will endeavour to have teams involved in SACSA Volleyball, Junior Basketball and Netball. We will also be offering Badminton to Middle School students on Wednesday nights at the College in the Gym. Emails have been sent out to parents and students about this opportunity. Before the end of this year more information about 2020 Sporting options will be made public so that these sporting opportunities can be organised well ahead of time and start as Term 1 begins in 2020.

### Students Achievements:

- Olivia (Year 9) was a member of the State Under 15 Netball squad that were Champions and was also selected in Under 15 National Netball Team (two years in a row).
- Hannah (Year 9) competed at the State Short Course Swimming Championships, where she won 11 medals having competed in 15 individual races across four strokes. She was also offered a place on the Surf Life Saving Australia Team for the 2019 SLSA Pool Rescue Interstate Championships.
- Matthew (Year 11) competed in Australian Cross Country Nationals and achieved impressive results. In the 6km event he came 49<sup>th</sup> out of 120 competitors and was a member of the State 3km relay team that won Silver.
- Anastasia (Year 7) was selected as part of the City South District Girls Soccer Team.
- Petia (Year 4) and Krista (Year 2) have competed in three State dance competitions so far this year, placing 1st in Tap, Jazz, Lyrical, Song & Tap.
- Jackson (Year 5) qualified for SAPSASA Metro Golf Finals.
- Orlanzo (Year 7) won the following 3 awards for Westerns Athletics Club for season 2018/19; Most outstanding U14 male at the South Australian Athletics Championships, winning Gold in Pole Vault, Silver in 200m and Bronze in 100m. He attained the new Club Record for Pole Vault U14's, jumping 3.30m at the Australian National Athletics Championships, where he won Silver. Silver medal in most valuable premiership cup points (getting points for Westerns club, due to going into multiple events).
- Anthony (Year 10) competed in Nationals Table Tennis Tournament held in Victoria this year.
- Patrick (Year 7) was a member of the Edwardstown Under 13 Division 2 Premiership team for 2019.
- Henry (Year 11) was selected in the Torrens University SA Under 16 AFL team that competed in the NAB AFL Under 16 Championships this year.

**Daryl Porter**

**PE, Health and Sports Coordinator (F - Year 12)**

# Launch News

## Debating Quarter-Finals

Well done to both Year 10 teams for being in the top 8 in the State for Debating. Congratulations to the Year 10s in Emmaus Grey Team for winning their quarter-final. Well done to Kaitlin who was awarded Speaker of the Night.

Thank you to Mrs Coppins and Mr Coggins for their coaching and to parents for their continual support. Thank you to the extra teachers who came along to cheer our teams on!

## Tournament of the Minds

We are very proud of the way our three teams (two from Junior school and one from Middle school) conducted themselves at Tournament of Minds on Sunday 8 September at Flinders University.

Students had to compete in a 4-minute short term spontaneous challenge and presented their long term 10-minute solution to the Arts Challenge.

Groups of seven students from mixed year levels, wrote their own scripts, songs and hand made their costumes, props and backdrops. Judges were looking for creativity, originality, adherence to the problem and the way the teams worked as a group.

All teams received positive feedback on their performance skills and their collaboration.

Our students were excellent ambassadors of our school.

Thank you to the wonderful parents who supported the teams enthusiastically throughout the tournament. We appreciate your encouragement.

**Mrs Helen Rance and Mrs Susanne Milne**



## Aurecon Bridge Building Competition

All the best to our Bridge Building team, Jamie, Callum and Ben, who have been working on designing and building a balsa wood bridge over the past 10 weeks, giving up their lunchtimes and working after school on perfecting their project. They are competing against other schools at the Adelaide Art Gallery on Tuesday, 24 September.

**Susanne Milne**  
Launch Coordinator (F - Year 10)

## Canteen Roster

### Week 9 T3

Thu 19                      No help needed  
Fri 20                      **HELP NEEDED**

### Week 10 T3

Mon 23                      No help needed  
Tue 24                      No help needed  
Wed 25                      **HELP NEEDED**  
Thu 26                      No help needed  
Fri 27                      **HELP NEEDED**

**Week 1 T4**

Mon 14 October	No help needed
Tue 15	No help needed
Wed 16	Sam Allison
Thu 17	No help needed
Fri 18	<b>HELP NEEDED</b>

**Week 2 T4**

Mon 21	No help needed
Tue 22	No help needed
Wed 23	<b>HELP NEEDED</b>
Thu 24	No help needed
Fri 25	<b>HELP NEEDED</b>

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 collect 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.

**New Canteen Summer Price List**

I would like to thank you for your support this term.

Please find the Canteen's Summer Menu for Term 4 2019 and Term 1 2020 at the end of this newsletter.

We have a few new items; chicken bound in a spicy Mexican mayo and chicken bound in a caesar mayo fillings for baguettes, wraps and sandwiches; cold rolls on Monday's; a chicken and vegetable pie; vegan summer roasted vegetable pasty, and gluten free Twisted Frozen yoghurt – watermelon and mango flavour.

Please note that the following winter menu items will no longer be available; Monday curries; croissant's; wholemeal pasty; Cornish pasty, and options to toast sandwiches.

I look forward to your continued support next term

**Sharon Hughes**  
Canteen Manager

**Uniform Shop****2019 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
--------	-------------------------------------	----------	--

**Holiday Opening Hours**

The opening hours during the school holidays are:

Week 1	CLOSED
Week 2	Thursday 11.00am - 4.00pm Friday 9.00am - 1.30pm

**Christine Blom-Cursaro**  
Uniform Shop Manager

**Holiday Activities****Holiday Chess Program**

Take part in Holiday Chess Program organised by Chess School SA. You will learn chess openings, middle games, end games, chess strategies and tactics. Your chess knowledge will increase and you will become a better chess player. The program is safe and fun and provides an extra mile for those chess players that wish to improve and win more games. For further information telephone 08 8182 6975 or email [admin@chessschool.com.au](mailto:admin@chessschool.com.au)

You can enter online [here](#).

When: Tuesday 1 October 2019, 10am - 3pm

Venue: Chess Centre of SA, 1st Floor, 10 Ranleigh Street, Adelaide

Cost: \$55

Free Pizza will be provided for lunch.

# Canteen Menu

Term 4 2019 &amp; 1 2020

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

GF Indicates Gluten Free Products

V Indicates Vegetarian

## COLD ROLLS

**MONDAYS ONLY**

2 of the same flavour and dipping sauce	4.50
3 of the same flavour and dipping sauce	5.00
BBQ Pork / Teriyaki Chicken / Thai Chicken / Vegetarian	5.00

## SUSHI GF

**WEDNESDAY ONLY**

Smoked Salmon / Teriyaki Chicken / Cooked Tuna / California Rolls	2.50
Vegetarian V / Pumpkin and Avocado V	2.50
Soy Sauce	.10

### WEDNESDAY ONLY

Butter Chicken with Rice GF contains almond meal	5.00
Malaysian Chicken with Rice GF	5.00

### WEDNESDAY ONLY

Chicken "cold roll" Salad	5.00
Beef "cold roll" Salad	5.00

## ½ VIETNAMESE ROLL

**THURSDAY ONLY**

Please give an alternative on lunch order bag

Thai chicken / Butter Chicken contains almond meal	2.50
Roast Pork / Tofu V	

## BAGUETTES (White or Wholemeal)

New Spicy Mexican chicken bound in mayo, lettuce, carrot	
New Sliced chicken bound in a caesar mayo, lettuce, carrot	3.50

Falafel, tzatziki, carrot, lettuce V	3.50
Chilli chicken strip, carrot, lettuce, mayo	3.50
Chicken schnitzel strip, carrot, lettuce, mayo	3.50
Chicken *, carrot, lettuce, mayo	3.50
Meatballs, tomato sauce, lettuce, grated cheese <b>ORDERS ONLY</b>	3.50
Chicken and salad <b>ORDERS ONLY</b>	4.00

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

## SANDWICHES (Wholemeal Only) – ORDERS ONLY

Add 50c gluten free

GF bread is available. MARK clearly on lunch order.

Buttered	
Vegemite	1.20
Light Cheese* GF	1.60
Salad: lettuce, cucumber, tomato, grated carrot, mayo GF	3.00
Meat: Chicken* GF or Ham GF	3.70
New Spicy Mexican chicken bound in mayo and salad	3.70
New Sliced chicken bound in a caesar mayo, and salad	4.20
Light Cheese and salad* GF	4.20
Meat: Chicken* or Ham and salad GF	4.20

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

## WRAPS - ORDERS ONLY

New Spicy Mexican chicken bound in mayo and salad	4.20
New Sliced chicken bound in a caesar mayo and salad	4.20
Chicken * and salad	4.20
Chilli chicken strips and salad	4.20
Chicken Schnitzel strips and salad	4.20
Falafel, tzatziki and salad V	4.20

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

## SALADS - ORDERS ONLY

Light Cheese and salad* GF	4.50
Meat: Chicken* or Ham and salad GF	4.50
Falafel, tzatziki & salad V	4.50

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

## HOT FOOD

Vegetarian spring roll* <b>ORDERS ONLY</b>	1.00
Garlic Bread (9 inch)	2.00
Pizza: Ham & Pineapple/Cheese & Bacon <b>ORDERS ONLY</b>	2.50
Potato wedges (about 150g)	2.00
Hot dog no sauce <b>ORDERS ONLY</b>	3.50
Hot dog with sauce	3.70
Light pie	3.70
Light potato pie	3.70
Light pizza pie	3.70
Light Sausage roll	3.70
Spinach and cheese roll	3.70
New Square Chicken & Veg Pie <b>ORDERS ONLY</b>	4.50
New VEGAN Summer Roasted Vegetable Pasty <b>ORDERS ONLY</b>	4.50
GLUTEN FREE Sausage Roll <b>ORDERS ONLY</b>	4.50
Tomato sauce*	.20

## BURGERS - ORDERS ONLY

Vegetarian: Vegetarian patty, carrot, tomato, cucumber, lettuce, mayo	4.20
Beef: Beef patty, lettuce e, mayo, tomato sauce*	4.20
Chicken: Crumbed chicken patty, lettuce, mayo*	4.20
GF Chicken Tenders, lettuce, mayo is available in the chicken with GF bread. MARK clearly on lunch order.	4.50

## SNACKS

3 Jatz biscuits*	0.30
Fruit strap*GF	0.50
Grainwaves	1.00
Chips: plain*, honey soy, BBQ veg chips GF	1.00
Fruit in season*	1.20
Light choc muffin	1.70
Gingerbread kids	1.60
Banana bread*	2.00

## ICEBLOCKS OVER THE COUNTER ONLY

Fruit tubes	0.50
Moo - Strawberry/Chocolate*	1.00
Lifesaver Icy Pole*	1.00
Lemonade Icy Pole*	1.00
Frosty Fruit*	1.00
Krazy Krush Slushy small	1.50
Large (middle and senior school only)	2.00
New Twisted Frozen yoghurt – Watermelon & Mango GF	2.00
Frozen yoghurt – strawberry	2.00

## DRINKS

500ml NU Water	1.50
600ml NU Light Sparkling water	1.50
250ml Harvey Fresh (Apple, Apple Blackcurrant, Orange*)	1.50
250ml Up & Go (Chocolate*/Strawberry*/Vanilla*)	2.00
250ml Oak Strawberry*/Chocolate*	2.00
450ml Golden Circle (Apple/Orange/ Apple Blackcurrant)*	2.20

## EXTRAS

Spoon/Fork	.10
Mayo*	.20
Tomato Sauce*	.20
New Sweet Chilli Sauce	.20
Light cheese slice*	.50
Salad item* (lettuce or cucumber or tomato or grated carrot)	.50

# Canteen Procedures and Rules – 2019 & 2020

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

## 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 ice blocks. 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.

## Emergency 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 piece of fruit for recess \$1.20 and baguette for lunch \$3.50). Payment will be required the following day.

### Secondary Students

Report directly to the Canteen Manager. Canteen to supply an emergency lunch (a piece of fruit for recess \$1.20 and baguette for lunch \$3.50).

Payment will be required the following day.

## 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

<b>COLOURS</b>	102, 104, 110, 122, 123, 124, 127, 129, 132, 133, 142, 143, 151, 155 natural colour 160b (annatto)
<b>PRESERVATIVES</b>	<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
<b>SYNTHETIC ANTIOXIDANTS</b>	<i>Gallates:</i> 310, 311, 312 <i>TBHQ, BHA, BHT:</i> 319, 320, 321
<b>FLAVOUR ENHANCERS</b>	<i>Glutamates incl MSG:</i> 620, 621, 622, 623, 624, 625 <i>Ribonucleotides:</i> 627, 631, 635 <i>Hydrolysed Vegetable Protein (TVP)</i>
<b>ARTIFICIAL FLAVOURS</b>	No numbers since they are trade secrets