



## IMPORTANT DATES

### SOUTH PLYMPTON JANUARY

Thu 28 Student ID Photo Day

### FEBRUARY

Mon 1 F-Yr 2 Parent Information Evening

Mon 1 - JS Swimming Week  
Fri 5

Tue 2 Yr 10 & Yr 11 Parent Information Evening

Wed 3 Foundation Rest Day

Yr 3-Yr 6 Parent Information Day

Fri 5 Yr 10 Orientation Day

Sat 6 ACEP Scholarship

Tue 9 LAP Information Session

MS Parent Information Evening

Wed 10 Foundation Rest Day

### BROOKLYN PARK JANUARY

### FEBRUARY

Mon 1 - JS Swimming Week  
Fri 5

Wed 3 Foundation Rest Day

Tue 9 F-Yr 4 Parent Information Evening

Wed 10 Foundation Rest Day

Thu 11 LAP Information Session

#### Weekly Coffee Connect

South Plympton

Tuesday Morning 8.45am-9.45am

Brooklyn Park

Friday Morning 8.50am-9.45am

#### Weekly Prayer Connect

South Plympton

Thursday Morning 8.45am-9.15am

## From the Principal

### 2 Corinthians 10:4-5

*"The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."*

### Dear Families and Friends

I welcome you back to the 2021 school year with a sense of hope and optimism following a challenging 2020. I extend a special welcome to all the families and staff joining our Emmaus community for the very first time, including our first Year 3 and 4 cohort at Brooklyn Park. It is my prayer that you will all quickly become embraced into our loving Christian community.

Last Monday, 18 January, Adam Wood (College Chaplain) guided the College Leadership team through a time of devotion, reflection, prayer, and Holy Communion using 2 Corinthians 10:4-5 as a core theme (cited above). As I reflect a little further on this passage, I am reminded that behind every careless word, feud, attack or war (stronghold) are 'thoughts'...ungodly thoughts. 'Thoughts' cannot be fought with the traditional weapons of this world hence why military battles ultimately over conflicting 'thoughts', such as in the Middle East, are never resolved. Paul challenges us in 2 Corinthians 10:4-5 that rather than fight these 'thoughts' and their consequences with weapons of the world (hostility, revenge and retribution), we as Christians are equipped to 'fight' with weapons much greater. Ultimately, we are challenged to use the truth of God's word encapsulating the love, grace, forgiveness, and hope brought to humanity through the truth of the Gospel message.

Consistent with 2 Corinthians 10:5, we are ultimately called to *"take captive every thought"* to promote a positive and Christ focused culture that continues to thrive at Emmaus in 2021 and beyond. To reinforce this important principle for 2021, the College leadership team utilized our artistic skills as we collaborated in the construction of the below pictured reminder of this principle that will be displayed in our weekly meetings. As a broader community, I similarly encourage you to also consider *"taking captive every thought"* in your personal faith journey this year.



As we start a new year, it is always important to reflect and celebrate the achievements of our departing Year 12 students, as results were only released subsequent to the final newsletter of 2020. In summary, 100% of all eligible 2020 Emmaus Year 12 students achieved their SACE with 100% of all Stage 2 SACE subjects undertaken receiving a passing grade minimum. 44% of all Stage 2 SACE subjects undertaken by Emmaus students in 2020 were awarded A grades or higher compared with only 30% across the state. 2020 also saw Emmaus students awarded 19 A+ individual SACE subject grades representing the highest possible subject grade. This represents the highest number of A+ Stage 2 SACE subject grades attained in any one year of the 42 year history of the College! Well over half of all Emmaus 2020 student ATAR's are ranked within the top 20% of the state with the highest 2020 ATAR an impressive 98.95.

Although it was hoped that the commencement of 2021 would generally see the COVID-19 struggles of 2020 behind us, this will not be the immediate reality. The delayed, and likely less effective, roll out of the COVID vaccine coupled with newly emerging highly contagious overseas mutant strains will see at least the first part of 2021 under the same school based restrictions we saw when we departed 2020. From today (Wednesday 27 January), the 2021 updated school specific COVID regulations/restrictions provided by the SA Government and the Association of Independent Schools (SA) are summarised below:

- Staff/Students/Parents are NOT to enter the College grounds if experiencing any flu/COVID type symptoms
- High levels of personal hygiene (hand washing etc) is to continue
- Parents are NOT to enter classrooms during drop off/pick up (but may enter the school grounds – minimising duration)
- Social distancing for adults remains at 1.5m/2m<sup>2</sup> which will continue to limit attendance at school gatherings (and parent congregation at drop off and pick up times)
- There is a Government requirement for all 'organisations' to have 'Contact Tracing' protocols in place for all 'visitors' which generally include registering using QR codes or a written log. This requirement also now applies to schools, which will each be provided a unique QR code. All parents/caregivers entering the school grounds for any reason (including drop off/pick up only and not entering any buildings) will need to register using this QR code system at the school gate. Students are not required to check-in as their attendance will be recorded via the normal attendance processes.

- Into 2021, I expect there will continue to be the possibility of either localised or state wide COVID shutdowns of schools when positive cases/clusters are identified (to facilitate contact tracing/cleaning). Unless the circumstances in SA deteriorate significantly, I do not expect this will see any shift to remote learning as was anticipated in Term 2 2020 but a brief 2 or 3 day lock down during which students will simply continue with ongoing project based work at home.

As was the case during 2020, I will continue to keep the Emmaus community informed regarding any COVID related changes/updates. Please continue to monitor the email addresses registered with the College as this will be the means of communication regarding any COVID related school closures.

Blessings

**Andrew Linke**  
Principal

## Senior School

### Memorial for Erin McLennan

The Senior School of Emmaus has organised a plaque in memory of Erin McLennan to commemorate her tragic death in January 2020 and to celebrate a life of someone well loved.

Erin's parents have selected a verse from Proverbs 17:17, "A friend loves at all times", in recognition of Erin's qualities as a young woman. Erin is sadly missed and we hope that this plaque in her memory acknowledges all that she gave to others and how well she lived her life.



### New VET Administrator – Mrs Tracey Medhurst

The Senior School would like to formally acknowledge Tracey Medhurst in the role of VET Administrator for the 2021 VET Program at Emmaus Christian College.

I am pleased that Tracey has accepted the role of VET Administrator and she will be working closely with Mrs Belinda Willcocks, (Director of Teaching and Learning - Secondary), monitoring students in regard to managing their academic studies alongside their VET program.

Please do not hesitate to contact Tracey, via [email](#) or phone 8292 3831 regarding any VET questions or concerns. Tracey will provide support for students throughout their VET course. Students will be able to find her during recess and lunch (excluding Wednesdays) in the VET office located within the library.

We welcome the enthusiasm Tracey will bring to the VET role and her proven commitment to helping our students in Senior School .



**Andrea Gear**  
Head of Senior School

## College News

### SACE Art Show

The 2021 SACE Art Show will showcase an array of high sophisticated art and design works of selected Year 12 Visual Art students from 2020. Congratulations to the three students who were selected from Emmaus Christian College, this is a huge achievement!

- Kate (Visual Art - Art) created an interactive body of work featuring five portraits with oil paint and mixed media exploring 'Flaws in Society'
- Holly (Visual Art - Art) created a series of four large portraits, using charcoal and oil paints, expressing the theme 'Internal Conflict'
- Amelia (Visual Art - Design) created three unique designs inspired by Australian flora following the bush fires which were applied to footwear



The SACE Art Show will be held as a COVID-safe exhibition at the Light Square Gallery, Adelaide College of the Arts.

Tuesday 23 March - Friday 16 April, Monday to Friday 9am - 4pm, Saturday 10am - 4pm.

**Esther Amoy**  
R-12 Visual Art Coordinator

## eSafety Commissioner Free Parent Seminars

Having the knowledge and resources to help create a safe online environment at home for our child/ren is crucial in this age of online connectivity. The Wellbeing Team is excited to share this excellent free webinar resource developed by the education team at eSafety through the Australian Government. It is new free webinar series for parents and carers, to be delivered live in 2021. Each term, eSafety will offer a new topic that will run numerous times. These webinars will provide parents and carers with the knowledge, skills and tools to support their children to have safe, positive online experiences. This is especially important in an era when we are all online more than ever before.

The Term 1 webinar topic is **eSafety's guide to cyber bullying and online drama**. This will be offered five times over the term.

Attached is eSafety's 2021 webinar schedule. We would be grateful if you could note the dates as you start planning the year ahead. This schedule will also be included on the Emmaus Wellbeing website page.

---

## From the Library

### Welcome to 2021 from the Library staff!

#### 2021 in the Library at SP

We want to share some news and information that might help new families and returning students and families with accessing the services that we can offer.

#### Borrowing

All Foundation to Year 6 students will have a weekly borrowing session, and class teachers will let you know when this is scheduled. Books that are borrowed may be returned directly to the Library or via a collection box that will be near the classroom. Books have a two week borrowing time for F-6, but they may be returned early (and we encourage a regular weekly pattern for the younger students.)

#### Library Bags

Foundation – Year 2 students are required to bring a Library Bag (waterproof in preference) as we encourage good care of the library books and regular borrowing practice. Emmaus Library bags are able to be purchased from the Uniform shop. Please ensure the Library bag and all drink bottles are kept far away from each other.

#### Care of Books

All students are encouraged to look after their library books. Damaged books will need to be paid for. Year 3+ students can continue to use a protective bag or transport their books in a 'safe' pocket in their school bags (kept well away from drink bottles).

#### MS Borrowing

English teachers will schedule a borrowing time with their classes for MS students during lesson time, or will direct them to the library for lunchtime borrowing. MS students may borrow their books for 3 weeks. Year 10-12 have a borrowing period of 4 weeks. Extensions may be negotiated.

#### Parent Borrowing

Parents can borrow from our Library. Just approach a Library staff member before or after school to set up your borrowing credentials, and then you can borrow from the Parent Library or the general collection.

#### Lunchtime Library use

The Library is open at lunchtimes (not recess time) for relaxed reading, board games (but not electronic games), some card games, Lego construction and gathering with friends. It is not meant to be silent time, but if there is too much noise students may be asked to find other lunchtime activities. Students from Year 3+ may borrow and return books at lunchtime.

#### After Hours

The library is open after school until 4.30pm on Monday, Wednesday, Thursday and Friday. (NOT Tuesday) Junior School students should be accompanied by a parent/caregiver if they wish to stay after school. Middle and Senior School students may use the Library for personal study purposes until 4.30pm. Borrowing can occur after school.

#### Online Catalogue (OPAC)

All borrowers can access their borrowing record and the Library catalogue outside of school hours by clicking [here](#). Students may login using their normal school computer login. Guests can browse the catalogue without logging in using the appropriate link on the left of the 'landing page'. No student above Year 3 can ever have the excuse that they did not know their book was still in their possession or overdue as they can easily check which books are still on loan. (Students will get a refresher about how to use this system.)

#### Textbooks

All textbooks are borrowed for the entire school year and must be returned in good condition so they may be re-used by other students. (Novels that are class texts may be returned before the end of the year.) We do request payment for books that are damaged or lost, and as textbooks are very expensive we ask that all students take care of the copy they were issued (and not loan it to other students) as the book that is borrowed out is the one we expect back, and that borrower is responsible for its return. If a book is damaged (liquids are never friendly to books!) please approach the Library staff as soon as possible so that a replacement copy can be purchased.

#### From the Library Staff:

**Teacher Librarians - Carolyn Hull (Monday – Tuesday); Alicia Buxton (Thursday – Friday)**

**Library Assistant - Jan Maschmedt (Tuesday – Thursday)**

[library@emmauscc.sa.edu.au](mailto:library@emmauscc.sa.edu.au)

## Sibling Applications for South Plympton and Brooklyn Park

As we begin the interview process for 2023 enrolments please ensure that you have submitted your sibling application for 2023.

Interviews will open up to new families early next week, so it is imperative that you complete your sibling enrolment. Please visit our [website](#) where you will be able to complete a sibling application and pay online.

If you have any questions please do not hesitate to contact:

South Plympton - [Barb Greenslade](#) on 8292 3834

Brooklyn Park - [Sonya Gordon](#) on 8292 3899

**Barb Greenslade**  
**Registrar**

---

## Launch News

### Words are Powerful

Every person will have to make a speech one day whether it be at a birthday party, wedding, leadership, as a CEO or preaching God's word. Learning how to construct and present a speech can be fun, useful and give students the foundation to be set up for life in public speaking. At Emmaus Christian College, the Launch Program provides opportunities for students to participate in:

#### Public Speaking Competitions Year 7 - Year 12

Training is provided during weekly lunchtime meetings.

Students are encouraged to be challenged by entering public speaking competitions such as:

- Legacy Junior Public Speaking Competition Year 7 - Year 9
- Rostrum - Voice of Youth Year 7- Year 12
- PESA - Plain English - Speaking Award Year 10 - Year 12

#### Debating SA Competition Year 5 - Year 10 students

Students work as a team to research debating topics and then practise presenting their arguments clearly and succinctly.

Skills acquired through this program enable students to speak confidently in front of an audience, learn how to construct an argument logically and to work as a team. Students meet either during their lunchtimes or after school during Term 2 and 3.

Interschool competitions are held in the evenings once every 3 weeks for 5 rounds starting in Term 2.

If you would like your child to be involved in these opportunities, please contact Susanne Milne , Launch Coordinator via [email](#).

#### Launch Update

Think Challenge - postponed from November 2020.

Emmaus is sending two teams from Year 9 and 10 to the Interschool Academic Competition on Tuesday 16 February at Temple College, Paralowie.

The students have been practising in Term 4 and during the Summer holidays on different critical thinking questions across 10 disciplines.

We wish them all the best for their all-day competition.

#### Susanne Milne

Launch Coordinator F-10

Curriculum Coordinator Years 3-6

---

## Student Wellbeing

Welcome to a new school year and a special welcome to any new families who have joined the Emmaus family this year.

The Emmaus Wellbeing Team are very excited to introduce you to the newest member of our team, Steph Reedman. Steph will work alongside Kat and Ben as a Student Wellbeing Counsellor and will be working in the Junior School across both campuses. Here is a note from Steph:

*"Hello! I am thrilled to join the team here at Emmaus, and grateful for the incredible support and welcome I have already received. My husband and I have two beautiful children and we love spending time with our family. I am deeply passionate about fostering wellbeing, positive mental health, and social and emotional learning in the early years. I look forward to meeting all the families and children, especially in the Junior School, in the weeks to come."*

We would also like to remind all parents that you can access parenting resources, teaching videos, webinars and more from the renowned parenting expert, Dr. Justin Coulson, from home and for FREE! Every family at Emmaus Christian College now has access to their own Happy Families Premium Membership thanks to the ECC Wellbeing Team. These memberships contain a library of parenting resources to offer calm assurance, vision, direction and solutions you can trust. All you need to do is click [here](#) to sign up.

We are praying that 2021 brings abundant joy to you and your children, and want you to know that we are here to walk alongside you when life does not feel so joyous. You can help your child access support through our team by filling out the online referral form which can be found [here](#).

Blessings

**The Emmaus Wellbeing Team**

**Kat Law, Steph Reedman & Ben Squire**

## First Aid

### Back to school asthma warning

Among pre-school and primary school age children, rates of hospital visits for asthma are highest when children resume school at the start of the year. The increase in hospital and emergency visits during this time of year can be attributed to an increase in exposure to any one of a number of asthma triggers in the school environment, along with increased exposure to respiratory viruses when coming into contact with large groups and stress and anxiety for children returning to or starting a new school. Another factor may include possible changes to asthma management regimes which may have relaxed over the summer holidays. It is therefore important for schools, teachers and parents/carers to be prepared and ensure that effective asthma management is in place. Asthma Care Plans should be reviewed with your doctor every 12 months and whenever there is a change in your child's health and a blue reliever puffer and spacer should be supplied to the school. Please view the attached, '[Back To School](#)' checklist, to see what should be in place for the care needs of your child.

Asthma Australia provide excellent services of information and support for people living with asthma and parents caring for children diagnosed with asthma. I encourage you to take the time to visit their [website](#) or contact Asthma Australia FREE CALL 1800 ASTHMA (1800 278 462).

**Ros Argent and Maria McIver**  
First Aid Officers

## Uniform Shop

### 2021 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
--	---

If you need any uniform, please do not hesitate to email or phone. You can also order and purchase items via phone on 08 8292 3810.

**Christine Blom-Cursaro**  
Uniform Shop Manager

## Canteen Corner

If you have time and would like to volunteer in the canteen, please come in and see me or you can [email](#) me.

If you have any questions regarding the Canteen menu please do not hesitate to [email](#) or telephone 8292 3860.

I look forward to your support this year.

### Roster

#### Week 1 T1

Thu 28

Fri 29

#### Week 3 T1

Mon 8

Tue 9

Wed 10

Thu 11

Fri 12

#### Week 2 T1

Mon 1 February

Tue 2

Lisa Croke

Wed 3

Thu 4

Fri 5

#### Week 4 T1

Mon 15

Tue 16

Wed 17

Thu 18

Fri 19

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.

**Sharon Hughes**  
Canteen Manager

# Online safety webinars for parents and carers

Free, live webinars providing parents and carers with the knowledge, skills and tools to support their children to have safe and positive online experiences.

Limited spaces available!

Visit: [esafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars) to find more information.

Register now: [register.gotowebinar.com/rt/2898435107213971215](https://register.gotowebinar.com/rt/2898435107213971215)

## Term 1

**Topic:** eSafety's guide to cyberbullying and online drama

**Dates:**

**Safer Internet Day**

9 February 7:30 pm – 8:30 pm  
10 February 12:30 pm – 1:30 pm  
10 February 7:30 pm – 8:30 pm  
15 February 12:30 pm – 1:30 pm

**National Day of Action Against Bullying and Violence**

22 March 12:30 pm – 1:30 pm

## Term 2

**Topic:** To be confirmed

**Dates:**

4 May 12:30 pm – 1:30 pm  
5 May 12:30 pm – 1:30 pm  
6 May 7:30 pm – 8:30 pm

## Term 3

**Topic:** To be confirmed

**Dates:**

28 July 12:30 pm – 1:30 pm  
29 July 7:30 pm – 8:30 pm

**Child Protection Week**

7 September 12:30 pm – 1:30 pm  
9 September 12:30 pm – 1:30 pm

## Term 4

**Topic:** To be confirmed

**Dates:**

19 October 7:30 pm – 8:30 pm  
20 October 12:30 pm – 1:30 pm  
21 October 12:30 pm – 1:30 pm

# Canteen Menu

Term 1 2021

\* Indicates items free of certain additives (see over page for list)    **VE** Indicates Vegan    **LF** Indicates Lactose Free  
**GF** Indicates Gluten Free Products    **V** Indicates Vegetarian

<b>Cold Rolls (Rice Paper Rolls) ONLY</b>	<b>MONDAYS</b>		<b>HOT FOOD</b>	
2 of the same flavour and dipping sauce		4.50	Garlic Bread (9 inch)	2.00
3 of the same flavour and dipping sauce		5.50	Pizza: Ham & Pineapple/Cheese & Bacon <b>ORDERS ONLY</b>	2.50
BBQ Pork / Teriyaki Chicken / Thai Chicken / Vegetarian			Potato wedges (about 150g)	2.00
<b>GRILLED CIABATTA ONLY</b>	<b>TUESDAYS</b>		Hot dog <b>NO</b> sauce <b>ORDERS ONLY</b>	3.50
<b>Please give an alternative on lunch order bag</b>			Hot dog WITH sauce	3.70
<b>ORDERS ONLY</b>			Light pie	3.70
Chilli Chicken Strips, Tomato, Baby Spinach, Onion, Cheese, Sweet Chilli Mayo		5.00	Light potato pie	3.70
Chicken Schnitzel Strip, Tomato, Baby Spinach, Onion, Cheese, Mayo		5.00	Light pizza pie	3.70
Chargrilled Peppers, Sundried Tomatoes, Black Olives, Baby Spinach, Cheese, mayo <b>VE</b>		5.00	Light Sausage roll	3.70
	<b>WEDNESDAYS</b>		Spinach and cheese roll	3.70
<b>SUSHI ONLY</b>			VEGAN Summer Roasted Vegetable Pasty <b>VE ORDERS ONLY</b>	4.50
Smoked Salmon <b>GF</b> / Teriyaki Chicken / Cooked Tuna <b>GF</b> /		2.50	<b>GF</b> Sausage Roll <b>ORDERS ONLY MARK GF clearly on lunch order</b>	4.50
California Rolls Vegetarian <b>V GF</b> / Pumpkin and Avocado <b>V GF</b>		2.50	Tomato sauce*	.20
Soy Sauce			Sweet chilli sauce	.20
	<b>WEDNESDAYS ONLY</b>		<b>BURGERS - ORDERS ONLY</b>	
Butter Chicken with Rice <b>GF contains almond meal</b>		5.00	New VEGAN -Vegan patty, carrot, tomato, cucumber, lettuce, mayo	4.50
Malaysian Chicken with Rice <b>GF LF</b>		5.00	Beef: Beef patty, lettuce e, mayo, tomato sauce*	4.20
Dahl <b>VE</b>		5.00	Chicken: Crumbed chicken patty, lettuce, mayo*	4.20
	<b>WEDNESDAYS ONLY</b>		<b>GF Chicken Tender Burger , lettuce, mayo and GF roll</b>	4.50
Chicken "cold roll" Salad			<b>GF Beef Burger , lettuce, mayo and GF roll</b>	4.50
Beef "cold roll" Salad		5.00	<b>MARK GF clearly on lunch order</b>	
½ VIETNAMESE ROLL	<b>THURSDAYS ONLY</b>	5.00	<b>SNACKS</b>	
<b>Please give an alternative on lunch order bag</b>			New 4 Apricot and coconut balls <b>GF</b>	0.50
Thai chicken / Butter Chicken <b>contains almond meal</b>		2.50	Grainwaves	1.00
Roast Pork / Tofu <b>VE</b>		2.50	Chips: plain*, honey soy, BBQ veg chips <b>GF</b>	1.00
<b>BAGUETTES (White or Wholemeal)</b>			Fruit in season*	1.00
New Slaw, Cucumber, Chargrilled Peppers, apple, hummus <b>VE</b>		3.50	Light choc muffin	1.70
Falafel, hummus, carrot, lettuce <b>V</b>		3.50	Banana bread*	2.00
Chilli chicken strip, carrot, lettuce, mayo		3.50	<b>ICEBLOCKS OVER THE COUNTER ONLY</b>	
Chicken schnitzel strip, carrot, lettuce, mayo		3.50	Fruit tubes	0.50
Chicken *, carrot, lettuce, mayo		3.50	Moo - Strawberry/Chocolate*	1.00
Meatballs, tomato sauce, lettuce, cheese <b>ORDERS ONLY</b>		3.50	Lifesaver Icy Pole*	1.00
Chicken and salad <b>ORDERS ONLY</b>		3.50	Lemonade Icy Pole*	1.00
<b>Salad = lettuce, cucumber, tomato, grated carrot, mayo</b>			Frosty Fruit*	1.00
<b>SANDWICHES (Wholemeal Only) - ORDERS ONLY</b>			Krazy Krush Slushy small	1.50
Add 50c gluten free			Large (middle and senior school only)	2.00
<b>GF bread is available. MARK clearly on lunch order.</b>			Twisted Frozen yoghurt – Watermelon & Mango <b>GF</b>	2.00
Buttered		1.20	Frozen yoghurt – strawberry	2.00
Vegemite		1.60	<b>DRINKS</b>	
Light Cheese* <b>GF</b>		3.70	500ml NU Water	1.50
Salad: lettuce, cucumber, tomato, grated carrot, mayo <b>GF</b>		3.70	600ml NU Light Sparkling water	1.50
New Slaw, Cucumber, Chargrilled Peppers, apple, hummus <b>VE</b>		3.70	250ml Golden Circle (Apple, Apple Blackcurrant, Orange*)	2.00
Meat: Chicken* <b>GF</b> or Ham <b>GF</b>		3.70	250ml Up & Go (Chocolate*/Strawberry*/Vanilla*)	2.00
Light Cheese and salad* <b>GF</b>		4.20	250ml Oak Strawberry*/Chocolate*	2.20
Meat: Chicken* or Ham and salad <b>GF</b>		4.20	450ml Golden Circle (Apple/Orange/ Apple Blackcurrant) *	
<b>Salad = lettuce, cucumber, tomato, grated carrot, mayo GF</b>			<b>EXTRAS</b>	
<b>WRAPS - ORDERS ONLY</b>			Spoon/Fork	.10
Chicken * and salad		4.20	Vegan mayo	.20
Chilli chicken strips and salad		4.20	Tomato Sauce*	.20
Chicken Schnitzel strips and salad		4.20	Sweet Chilli Sauce	.20
New Slaw, Cucumber, Chargrilled Peppers, apple, hummus <b>VE</b>		4.20	Light cheese slice*	.50
Falafel, hummus and salad <b>V</b>		4.20	Salad item* (lettuce or cucumber or tomato or grated carrot)	.50
<b>Salad=lettuce, cucumber, tomato, grated carrot, mayo</b>		4.20	Chargrilled Peppers	.50
<b>SALADS - ORDERS ONLY</b>			Sundried Tomatoes	.50
Light Cheese and salad* <b>GF</b>		4.50	Black Olives	.50
Meat: Chicken* or Ham and salad <b>GF</b>		4.50	<b>Extra salad items can be added to salads, wraps, sandwiches and baguettes</b>	
Falafel, hummus & salad <b>V</b>		4.50		
<b>Salad=lettuce, cucumber, tomato, grated carrot, mayo</b>		4.50		

# Canteen Procedures and Rules – 2021

**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