



IMPORTANT DATES

SOUTH PLYMPTON SEPTEMBER

- Thu 17 SACSA Soccer Year 9/10
Middle & Senior School
Principal Tour (additional)
 - Thu 17 - Year 12 Exams
Tue 22
 - Fri 18 SACSA Soccer Open
 - Mon 21 - Year 5/6 Camp - Wallaroo
Wed 23
 - Mon 21 - Year 9 'The Rite Journey'
Fri 25 Camp
 - Wed 23 - Year 12 Retreat
Thu 24
 - Fri 25 Year 12 Formal
- TERM 3 ENDS**
Normal Finish Time

OCTOBER

- Mon 12 **TERM 4 COMMENCES**
- Mon 12 - Year 7 Camp - Wirraway
Wed 14
- Thu 15 - JS Bookweek Activities
Fri 16
- Fri 16 SACSA Netball Year 3-6

Year 2 Sleepover

BROOKLYN PARK SEPTEMBER

- Fri 25 **TERM 3 ENDS**
Normal Finish Time

OCTOBER

- Mon 12 **TERM 4 COMMENCES**
- Thu 15 - Bookweek Activities
Fri 16

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 Head of Middle School

Dear Families and Friends

MIDDLE SCHOOL WELLBEING DAY

What a joy it was to see our Middle School students enjoying the beautiful Spring weather on Friday for our annual Middle School Wellbeing Day. Each year the Middle School Wellbeing Day is different for our Year 7, 8 and 9 students. This year was our 'off-site' year. We were so thankful to be able to take 250 students to Belair National Park to enjoy a wide range of planned activities.

Students engaged in activities in three zones located in key areas within the park. Zone One involved a Home Group treasure hunt challenge. Traditional games were played at Zone Two, including egg and spoon race, sack race, tug of war, plus ultimate frisbee. Zone Three had students firing catapults, enjoying the adventure playground, and playing basketball and tennis.

The wellbeing of our Middle School students is a high priority. This is why we set aside a full day to allow them to build relationships, have fun, engage in challenges, laugh, and interact with their teachers in a different environment. Many fun moments were had, and memories created during the day. Scripture encourages us to build one another up and lift our gaze. Hebrews 10:24 says, "And let us consider how we may spur one another on toward love and good deeds." Philippians 4:8 encourages us, "...whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things." I hope you enjoy these snapshots of our great day.



Jonathan Carpenter, Head of Middle School

College Employment Opportunity

Bus Driver

Emmas is seeking a Bus Driver for morning and afternoon school runs with potential for extra hours driving for school excursions, to commence immediately.

Further details are available on the [College website](#).

Applications close on Wednesday 23 September 2020.

Junior School - South Plympton

Art In the Junior School

"Every child is an artist. The problem is how to remain an artist once he grows up." – Pablo Picasso

Junior school has been exploring different techniques used by famous artists, self-portraits, and colours in nature with reference to the sea and the Australian bush. Our corridors have come alive with colour. We have budding artists in every class.

Year 2 - I love...

using my imagination to create things. Ruth

colouring and drawing. Elias

colouring and creating to make a realistic look through using my imagination. Emma

art because it is fun, creative and really makes me satisfied and happy. Ava

art because it makes you feel calm and relaxed, in your own world, not worrying about other things. Hayley

Year 4 - I enjoy...

designing a fantasy portrait because I like making fantasy sports items. Zara H

being creative and making something cool. Greg

creating my Australian nature art because at first, I was not feeling confident about what it would look like and then it turned out well. Michael

art because you can express your feelings. Zara Q

Year 6 - In Art...

we learn about different artists, then I have more of an understanding of the purpose of their art. Savannah

we study other peoples' work and then I enjoy making my individual piece. Levi

the activities make me feel creative and they are fun. You put a lot of effort into it and it the work is always special and unique. Sharaim

all pieces are different and unique. Anything can become "Art". Ella

you can express yourself in different ways and show people your creations. They are so many options of expressing yourself and I enjoy experimenting using them. Brie

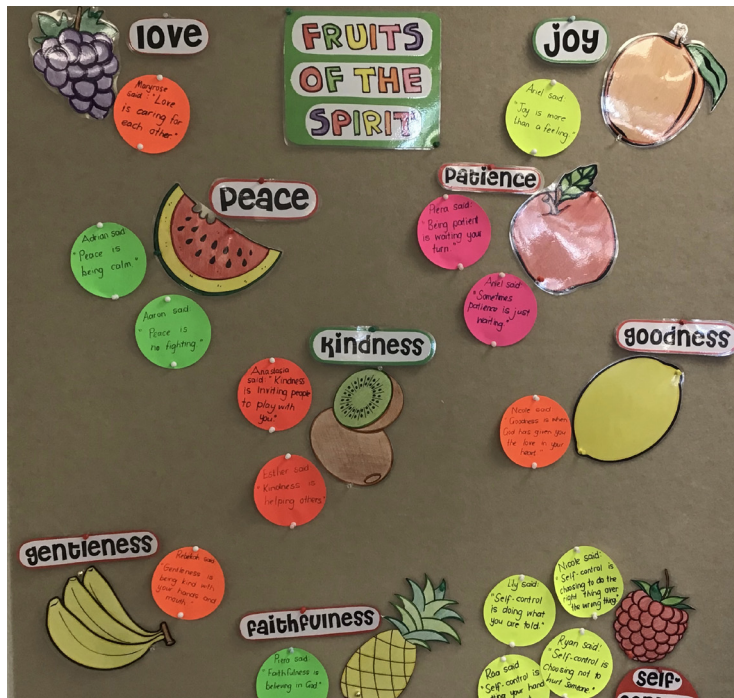


Susanne Milne
Curriculum Coordinator 3 - 6
Launch Coordinator F - 10

Year 1/2 - Brooklyn Park

Fruits of the Spirit

The focus for our Year 1/2 class this term has been learning about the "Fruits of the Spirit". As a class, we are striving to behave in ways that display love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control. We recognise that as we listen to God, read the Bible, and pray, these God-given qualities are manifested in our lives. The students have put a lot of thought into what each fruit of the spirit means and examples of these fruits in action. Their goal for the remainder of the year is to find opportunities to display these actions at school and to build a positive and caring College community.



Kristy Houston
Year 1/2 Teacher
JP Coordinator

College News

Laptop and Chromebook Care

This year has seen an increase in the number of student laptops and Chromebooks coming to the IT Department with water damage.

Unfortunately, liquids are one of the worst things for electronic devices and the cost of repairing liquid damage is significant. Initially there may be no obvious damage to the device. However, liquids will cause the circuits to corrode and stop working over time and this will be clearly visible when the device is opened by the warranty support technician.

Please consider the following points to care for student devices:

- Drinks should not be consumed while using your device. The key electronic components are directly under the keyboard and any drink spilt on the keyboard will likely go through to the electronics causing significant damage.
- If any liquid is spilt on the device, turn the device off immediately and bring it to the IT department as soon as possible. Remove any liquid on the surface of the device but do not try to open the device.
- Water bottles should not be in the same section of the school bag as devices. Water bottles are known to leak at times in school bags. If the water bottle is kept in a different section or on the outside of the bag, any leak is less likely to affect the device.

Josh Brenkley
Director of ICT (F-12)
Maths Coordinator (7-12)

Middle School

Year 8 Camp 2020

God blessed us greatly with a chance for the Year 8s to go on camp. We were all so fortunate to experience the wonderful activities at El Shaddai Camp site near Wellington. The Year 8s had a great time experiencing the outdoors. They pushed themselves to different heights and embraced new challenges. A particular highlight was the Talent Show on Monday night, where students stepped out of their comfort zones and performed in front of their peers. The teachers were so proud of them all for having a go at everything and really challenging themselves. One of their favourite activities was the outdoor laser tag, they loved trying to hide from each other. Overall, it was an excellent camp, which was well worth the wait. It was awesome to see the students flourishing and helping each other.

Philippians 2:4 *"Let each of you look not only to his own interests, but also to the interests of others."* Our students demonstrated this wonderfully by the way they looked out for each other and encouraged each other's successes. Outstanding work, Year 8s, you are an incredible bunch of young people.



9E and 9K

As part of The Rite Journey experience, students in Year 9 can undertake a series of 20+ challenges. By providing the opportunity for our students to be challenged, we are encouraging them to step up and out of their comfort zone, build resilience, push themselves and allow them to acquire the skills, resources and positive mindset necessary to overcome obstacles that stand in their way, both now and in the future.



Year 7 Camp Packing List!

The students in Year 7 are so very excited about their three-day camp to Wirraway, Strathalbyn coming up next term. This camp was originally planned for Term 1, and we are so thankful it's been rescheduled!

A group of students from 7C have formed the ultimate packing list for all the Year 7s as camp approaches. So, listen up, Year 7s! This is what you should be bringing to camp!

Ultimate Camp Packing List

- 2 pairs of trying to stay awake at night
- A warm jumper full of secrets
- A sleeping friend
- A toiletry bag containing good oral hygiene, hand sanitiser and big smiles
- A bag of carrots for the horses
- 3 pairs of helping others
- 2 carefully planned jokes and laughing fits
- A packet of trying new things
- A camera to show parents that we did dishes on camp!
- A suitcase full of fun
- Lollies - just don't tell the teachers how many packets you brought!

With all these essential ingredients, we know that we will have an excellent camp! Bring it on, Wirraway!

Senior School

Year 10 Social Justice Camp

The Year 10 Social Justice Camp (8 – 11 September) ran with a focus on actually understanding and doing social justice first hand! Learning about our responsibility for our brothers and sisters, who are all made in the image of God no matter their circumstances.

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.

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. Moreover, we were reminded that we are stewards of this world and every purchase has an impact on our earth. On Wednesday our the camp was split into two, one group went to Westcare in the city and the other to Spire Community at 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 Bush Dance. We all looked resplendent in our variety of fabulous pre-loved clothes, but better than this, we were all able to give back into the system that supports so many people. The Matildas entertained all of us with bush dancing and a lot of energy was expended – leading to better sleep!

Thursday included visits to different agencies, including a drug rehabilitation centre, for males only and served the Homeless in the city; two groups also attended Brushed with Kindness who helped with a home that had been terribly affected by the fires last summer; and others with Marion Life and The Salvation Army who make a difference in so many peoples' lives. It was an opportunity to put in 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. A new activity for this year was the Slow Fashion Workshop reinventing pre loved clothes into something special. It was very popular and wonderful to see students learn great skills that help the environment. Really interestingly, most of the organisations that provide this help are Church based. It says a lot for Christ's love in the world.

Students embraced the ideas of Social Justice, the environment and worked well together. A lot of fun was had by all, especially the dancing, but even more importantly a bigger view of life, beyond the individual, was explored.



Andrea Grear
Head of Senior School

Year 12 Holiday Workshops

Business and Enterprise	Jenny Wichert	Wednesday 30 September	10am – 2.30pm
English Literary Studies	Andrea Grear	Wednesday 7 October	9.30am – 12.30pm

Dear Year 12 Parents

Workshops in the upcoming October holidays. Above is a summary of the days and times. Please encourage your child to attend as per their arrangements with individual teachers.

Andrea Grear
Head of Senior School

First Aid

Stay well with Asthma this Spring

Spring is the season where the weather warms, flowers begin to bloom and there's an overall sense of new beginning in the air. However, for many people in Australia, Spring (or the dry season in tropical areas) can be a difficult time. This is particularly so for people with asthma and/or allergies as during spring there is often an increased amount of pollen in the air which may trigger hay fever symptoms or an asthma flare-up or attack.

Did you know that approximately 80% of people that have asthma also have allergies?

Good asthma management year-round is the key to ensuring you are ready for spring.

The extract above is taken from the Asthma Australia website. Please take the time to visit the Asthma Australia [website](#) and find out further helpful information about Spring Asthma.

Ros Argent and Maria McIver
First Aid Officers

Canteen Corner

Term 4 canteen menu is attached, please note the changes:

- Mondays only - Asian meals removed and replaced with cold rolls (rice paper roll) BBQ Pork, Teriyaki Chicken, Thai Chicken or Vegetarian
- Wednesdays only - Chicken or beef cold roll salad
- New Vegan burger

Thank you for your support this term and I look forward to your continued support in Term 4. Enjoy your spring break.

Roster

Week 9 T3

Thu 17 No help needed
Fri 18 **HELP NEEDED**

Week 1 T4

Mon 12 October No help needed
Tue 13 No help needed
Wed 14 **HELP NEEDED**
Thu 15 No help needed
Fri 16 **HELP NEEDED**

Week 10 T3

Mon 21 No help needed
Tue 22 No help needed
Wed 23 **HELP NEEDED**
Thu 24 No help needed
Fri 25 **HELP NEEDED**

Week 2 T4

Mon 19 No help needed
Tue 20 No help needed
Wed 21 **HELP NEEDED**
Thu 22 No help needed
Fri 23 **HELP NEEDED**

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.

Blessings

Sharon Hughes
Canteen Manager

Uniform Shop

2020 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

Community News

Gifted & Talented Children's Association of South Australia - Saturday Club Term 4

GTCASA Saturday Club for Term 4 will focus on Bioplastics for Juniors (5-8 years), Biological Coding for Intermediates (8-12 years) and Model Ethics Committee for Seniors (12-16 years).

Sessions commence on Saturday 24 October and run fortnightly. To book please visit [Eventbrite](#) where more details are available on the individual sessions and presenters.

SAPOL Recruiting

South Australia Police (SAPOL) is currently actively recruiting and are seeking fit, healthy, young South Australians who are looking for a rewarding career as a Police Officer or Protective Security Officer.

Joining South Australia Police offers great pay, job diversity, career progression and a supportive team environment - and they can earn as they learn at the Police Academy.

They invite you to join their Recruiting PACE Forum to find out more about the application process and life at the Academy. They are live on Facebook on Thursday 17 September at 7pm. Please [click here](#).

Holiday Activities

Dare to Dream - Little Athletics SA

Little Athletics holiday clinic is on Wednesday 30 September and Wednesday 7 October at SA Athletics Stadium, Mile End. For any 5-17 year olds who wish to learn, have fun, improve their athletic skills and meet an Australian Commonwealth Medalist and Olympian. Registrations close Wednesday 23 September. For further information, visit their [website](#).

'Life. Be in it' Sport for All

Fun filled sessions of drills, skills and game play!

Clinics: Monday 28 September - Netball. Tuesday 29 September - Basketball. Wednesday 30 September - Volleyball. Thursday 1 October - Soccer.

Sessions: 5-7 years (Beginner) 9am - 11am. 7-9 years (Intermediate) 12pm - 2pm. 9-12 years (Experienced) 3pm - 5pm.

Bookings are essential as places are limited. For further information and to book, visit their [website](#).

Australian Sports Camps

High quality sports programs for 6 - 16 year olds, delivered by expert coaches at Westminster School on 29, 30 September and 1 October, 9am - 3pm each day.

Save 30% by using code **ascnewslettersa** at checkout!

For further information and to book call 1300 914 368 or visit their [website](#).

Learning Assistance Program

We need your help!

***Are you** a parent, grandparent, old scholar or community member, of South Plympton and Brooklyn Park Campuses?*

*Do you have **40 minutes a week** to spend with one student? Did you know you can **help a child** to:*

- Develop greater self-esteem and confidence
- Learn more about themselves and others
- Reinforce to them that they are special?

If your answer is YES...

Please contact Carolyn Adams (LAP Coordinator) on 08 8292 3849

The children in this program may:

- *Be aged between 5 and 12 years*
- *Need help and encouragement with class work*
- *Have an interest or talent to be developed*
- *Be experiencing difficulties with learning*
- *Need someone to listen and show they care*

Canteen Menu

Term 4 2020

* 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

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

Canteen Procedures and Rules – 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

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