



# NEWSLETTER

## Inside this Issue

Page	Article
No. 1	From the Principal
No. 3	Future Focused Classrooms
No. 4	Paper Levy, Dealing with Scary TV News
No. 5	School Canteen, Student Reports, Athletics Carnival Report
No. 6	PSSA Sport, PSSA Uniforms, Lost Property
No. 7	Kindergarten Enrolments 2019, Webpage, Social Media
No. 8	QHPS Website, Twitter, Instagram, Facebook & Smartphone App, Blacktown Learning Community, Staff Development Days, Bikes & Scooters
No. 9	School Uniform, Morning Arrival Times & Afternoon Late Pick Up, Peanut Allergy
No. 11	Canteen Menu
No. 12	Commonwealth Bank Request for Volunteers
No. 13	School Banking - CBA Youth App
No. 14	Healthy Snacks

## Important Dates

Date	Event
05/07/18	Reports Issued
06/07/18	Final Day for Camp Deposits
23/07/18	Pupil Free Day
24/07/18	Term 3 Commences
25/07/18	Maths Olympiad 3
27/07/18	Stage 3 Camp – 2 <sup>nd</sup> Instalment Payment Due
30/07/18	Stage 3 Incursion – Planetarium
31/07/18	ICAS English, Stage 3 Incursion – Planetarium, Stage 2 Assembly
01/08/18	Opportunity Class Test Day
02/08/18	Stage 1 Assembly

**UNIFORM SHOP EACH MONDAY (8:45AM TO 10AM)**  
**SCHOOL BANKING EACH WEDNESDAY**

## FROM THE PRINCIPAL

Quakers Hill public School is at the forefront of education, our philosophy is to **imagine, believe and create.**



- To imagine the possibilities, imagine what we can provide our students, imagine where we can take our students, and imagine what our students can experience.
- To believe in what we are able to provide our students, believe in what we are able to achieve, believe in where we can take our students and believe in the possibilities.
- To create a wonderful, rich, future focussed educational environment for each one of our students.
- To create engaging, challenging, stimulating learning environment for our students.

Our staff believe and embrace the philosophy that making/creating and being creative is a way of viewing the world with the personal confidence and competence necessary to overcome any obstacle that are encountered each and every day, even if only to discover that you have more to learn. In future focussed education, the best thing schools can do is to prepare its students to solve problems their teachers never anticipated.

Children in schools where making is embraced report that their ability to navigate the world improves. They look at themselves, challenges they confront, and their potential through an enhanced pair of epistemic lenses. When the same materials, technologies, tools, and practices are found in the physics lab, art studio, and auto shop, schools can stop sorting children into winners and losers, and start engaging and preparing students for an amazing future filled with lifelong learning.

The mantra, 'Imagine, Believe and Create,' is our guiding principle for learning, our aspiration for teaching, and I'd like to think something that permeates the corridors, classrooms and keen young minds of all our students.

Today, more than ever, this philosophy has technology at its core.

In a world where communication is key, we have recognised that the combination of improved literacy rates and technology skills will ensure that our students are prepared for the future. To achieve our goals around improved literacy across the board, we introduced Office 365 into the curriculum a few years ago, and since then, we have not looked back.

To date, we've seen a significant improvement in student literacy, and looking at data from last year's NAPLAN assessment, our Year 3 and 5 students delivered our best ever results for reading and writing. Compared to the NSW state average, there was a dramatic increase in those scoring in the top bands for reading and writing – something we are extremely proud of.

Today, as I move from room to room, I am astounded at how collaborative our students have become simply by using Office 365. They are working together in real-time on documents hosted in OneDrive, using OneNote Class Notebook creator for lessons, and providing feedback on work directly through Word. The power of collaboration means our students are no longer just learning from teachers but also from each other.

In a school of 39 classes, it is hard for everybody to come together and meet face-to-face to develop skills, share experiences and discuss issues. By using Office 365, our staff can effectively and efficiently collaborate with all year groups.

Since Office 365 is device-agnostic, we can cater for a range of student and staff devices and still ensure everyone has a consistent experience. This was key to the success of our BYOD implementation as it allows our

students to choose from a huge range of devices across various budget brackets.

We believe that each one of our students is unique in his or her strengths and challenges, and it is our job to tailor learning to their needs. An innovative example of this was when one of our teachers recognised kindergarten students were too young to sort through emails and find documents, so she introduced QR codes to help.

By printing barcodes and placing them on the classroom walls, students can scan using their devices and be directed straight into an application – whether it is Word, PowerPoint, Sway or OneNote.

Giving students the ability to immediately access these apps, means we maximise the time spent on learning. This inspiration from one teacher has now meant that QR codes are used across the school, and we're placing these throughout the corridors so that students can access the appropriate Office tools instantaneously and retrieve the information they need on demand. It is a great feeling also to know that our kids know more about QR codes than the average adult!

At Quakers Hill we're continuing to innovate when it comes to collaboration by connecting our teachers and students through Skype. Using Office 365 as the glue, students can now share their stories, celebrate birthdays, and most importantly develop critical language skills through video conferencing and then collate their feedback on OneDrive.

Looking to the future, we're also considering how we can introduce other apps, like SharePoint, Teams for Education and Yammer to take collaboration one step further.

Like most other schools, we're committed to continuous self-improvement and evaluation so our students remain at the cutting edge of education and learning. There will no doubt be challenges along the way, especially with the budget constraints of a public school, but all of us at Quakers Hill have our eyes set firmly on the horizon to ensure that our students are getting the most out of their learning environment.

We're excited by what's next in e-learning, but even more so excited by the spontaneity and innovation our students are already demonstrating.

**Future Focused Classrooms**



We now have the vast majority of our classes designed and fitted out with modern, transformational furniture characteristic of what current research describes as essential in order for schools to remain relevant and purposeful in our modern, but ever changing society. All the research states that if we engage students through modern, future focused learning environments underpinned by exceptional teaching practiced delivered by outstanding classroom practitioners who continually challenge and refine their practice, then student-learning outcomes will improve exponentially. Our school results, across all measures indicate this to be true.

As is the case with our newest additions, each of our future focused environments, the students engage with the technology for most of their school week while still maintaining table space to complete tasks requiring work in exercise books. These rooms are supported by a high computer/student ratio, students can move from one digital experience to the next enhancing the speed of their learning whilst promoting deep understanding, creative and critical thinking through group cooperation.

Within all rooms, and regardless of the future focused design and experience, all students are exposed to whole class modelling, teacher guidance and instruction via the Interactive Panels. Students then complete lessons digitally at their desks utilising their future focused environments.

Fundamental to our core belief is that the most vital aspect of our future focused rooms are the outstanding

and very talented teachers who embed technology in their teaching and learning programs. It is the expertise of our staff and their integration of the technology available to our students, which makes the real difference.

Make no mistake Quakers Hill, we are at the forefront of modern educational practice, and we continue to lead and be a lighthouse school. This is a path that we have been travelling for the past 7 years. A lot of staff and community professional learning and research has taken place to get us to this point. We continue to evolve and we will continue to change as the technologies and as society changes.

Quakers Hill is a centre of excellence in future focused learning providing our students with powerful learning opportunities mirroring society as it changes. Future focused learning is so much more than flexible learning spaces, so much more than the technologies, so much more than coding, robotics, drones, sferos, and so on. It is a philosophy that combines future focussed learning environments and future focused technologies. It is and has to be very unique to Quakers Hill, owned by our community and provided by our talented staff. It is in every way our way providing excellence in education and ensuring that our students are provided the tools to become lifelong learners able to adapt, change, and be flexible as our world continually changes. It is about preparing our students for a future that will continually change and for careers that have yet to be designed and created.



Our staff are committed to this philosophy, continually evolving and refining their skills. I would encourage you to follow our twitter feed where you will see our staff using our future focussed tools so that they can best utilise these with your children. Follow this link and enjoy <https://twitter.com/QuakersHPS>.

To get a real sense of our philosophy around future focused learning and the amazing array of wonderful technologies that our students have access to, please follow this link to our website – [http://www.quakershill.p.schools.nsw.edu.au/future\\_focused](http://www.quakershill.p.schools.nsw.edu.au/future_focused)

### **PAPER LEVY - \$50 per child/family / \$11 Book Pack – REMINDER**

The provision of quality education relies, not only on the quality of the teaching staff, but also on the quality of the resources, which we use to educate the children. We are fortunate to have an enthusiastic, talented and committed office and teaching staff at Quakers Hill and, while they are keen to use the best resources available, they are well aware of the current economic climate and the hardships many families are experiencing.

We do not ask our parents to purchase textbooks rather; we are using duplicated copyright-free material, stencils, interactive whiteboard lessons and overheads prepared by the teachers. This, of course, takes far more time and preparation, but also increases the amount of paper usage. We use approximately 70, 000 copies per month. Whilst we are always careful with the amount of paper used, we do not limit the amount requested by each teacher, as is often the case in some schools. Added to the expense of the paper usage we must also carefully maintain the machines we use and buy the necessary inks and toners used in them.

This year the school introduced a **voluntary** \$11 school book pack as part of our voluntary contribution.

**Bert Lo Campo – Principal**  
**PARENT TIPS**

### **DEALING WITH SCARY TV NEWS**

Many families sit down and watch the evening news together and much of it is very graphic. Violence is vividly described and often shown. Children often need help to understand what is happening and how it might affect them. Our 24/7 news culture — in conjunction with easily accessible iPads, cell phones and televisions — provides a window to events that both children and adults can struggle to understand. And when bad things happen on the world's stage, it is very natural and healthy for children to bring up questions at home or in the classroom. Decisions about what to say, and what not to say, are best guided by a child's developmental age.

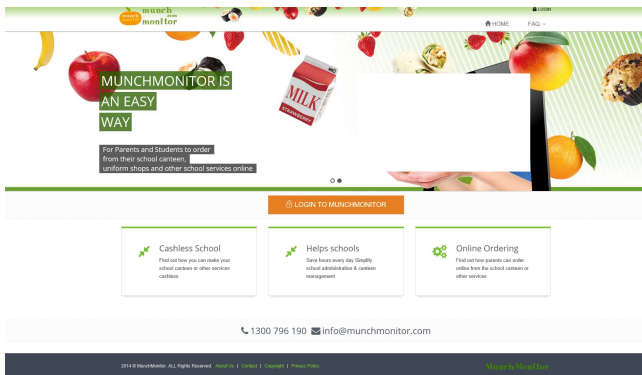
### **Tips for parents and teachers**

- 1 Listen to children to understand how *they* understand the trauma. What you're scared about, as an adult, may not be what they're scared about and this is likely to be different for children at different ages.
- 2 Answer the *why* questions that will inevitably come. Children are inclined to ask, for example, "Why did the bombers do this?" The answer should be tailored to a child's age. To a 7-year-old, you might say, "There are bad people in the world, but there are lots of people who are protecting us from bad people". A good piece of advice: When I was a boy and I saw scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping." There are still so many caring people in this world.
- 3 Protect your child from seeing traumatic visual images over and over again.
- 4 Develop a safety plan with your child. If a child is scared about being in crowds or being in the city centre, try to think about how a child might be safe. Talk about safety in groups, or provide a phone number to call should they need encouragement when facing a situation that triggers fears.
- 5 Self-soothing techniques can be helpful. If children are feeling upset, deep breathing, exercise, listening to music and other strategies for calming down and managing anxiety can help.
- 6 Modelling how you manage through tough times also helps to build resilience in children. Your children watch how you respond to scary events and they take cues from you. Often events that are scary for kids are scary for adults, too, but when they see you calmly going about your normal activities they feel more secure.

- 7 The guiding principle is to talk to children in ways they understand, while being careful to not provide too much detail to a younger child. Think about how to talk to your children in a way that will help them understand and make sense of events that may otherwise feel unpredictable and overwhelming.

Acknowledgement: Richard Weissbourd in Usable Knowledge Harvard Graduate School of Education

**SCHOOL CANTEEN**



A reminder that lunchtime orders through the school canteen must **placed by 9.10am** each morning. Munch Monitor – an online ordering system is available for our families to make the ordering of school lunches an easier process. Ordering lunches through MunchMonitor is the preferred process for Neat Eats.

The link to MunchMonitor is <https://www.munchmonitor.com/>. This link can be located on the school’s website and School App.

**STUDENT REPORTS**

Student reports will be sent home during the last week of Term 2 (Thursday 5 July). Semester 1 reports are an indication of your child’s achievements during the past 6 months. Our teachers have been assessing students according to the Board of Studies outcomes, which generally allow 2 years for students to progress through each stage. Learning is continuous and children learn at different rates. We have included an explanation at the beginning of the report.

All children need encouragement and praise to be confident, happy learners. Some children try very hard and find learning difficult. They deserve your praise and encouragement. Some children find learning easy and often do not try as hard as they could. Your

encouragement here is critical as well. For those students who have no difficulty learning and put a lot of effort into their work, they need continued acknowledgement and praise to keep this level of enthusiasm and commitment. For those students whose effort is minimal, closer home/school partnerships are the key to improvement.

**QUAKERS HILL PRIMARY  
ATHLETICS CHAMPIONSHIPS REPORT 2018**

The School Athletics Carnival was held at Blacktown on Tuesday 26th June, 2018. The carnival was won by Babbilla House.

**Points Score**

Babbilla	710
Warrimoo	677
Derriwong	645
Kerribee	533

**Age Champions**

Junior Girl	Skye Riley
Junior Boy	Kushal Mariguddi
11 Years Girl	Danielle Seckold
11 Years Boy	Zach Seckold
Senior Girl	Anastasia Prokhorov
Senior Boy	Khoi Nguyen



Children who have met Blacktown PSSA qualifying times and distances will represent our school at the Blacktown PSSA Athletics Championships to be held on Tuesday 4th September 2018 at Blacktown Athletics Centre.

Thank you to Mrs Johnson and Mr Farlow, who helped with shotput at the championships. We are also appreciative of the Quakers Hill High School students who helped out as officials as well.

### ***Rob Pugh – Sports Coordinator***

#### **PSSA SPORT**

Winter PSSA sport has commenced and The Primary School Sports Association and the school welcome parents to all games to support their children and school.

The role of the spectator is to enhance the player's enjoyment. (R. Coggan, NSW Public Schools Sports Council)

- Remember that students play organised sport for their own enjoyment. They are not there to entertain you, and they are NOT miniature professional athletes
- Respect the officials' decisions
- Be on your best behaviour. Do not indulge in physical or verbal abuse of players, coaches, officials or other spectators
- Applaud good play by your own team and the opposing team
- Show respect for your opponents. Without them there would be no game
- Never ridicule a player for making a mistake or losing a competition
- Do not encourage or condone the use of violence in any form
- Encourage players always to play according to the rules

Please note that students representing the school in PSSA must at all times be in sports uniform appropriate to their PSSA team.

#### **PSSA Uniforms**

Representing Quakers Hill Public School in a PSSA team is a privilege and students are to be reminded that they are to wear **full** sports uniform when participating. The expectations for each sport are listed below;

**Soccer** - Yellow school sports shirt / representative shirt, blue sports short with the QHPS emblem, soccer socks which can be purchased from the clothing pool for \$10. Children will change in to soccer jerseys on match days.

**Oz-Tag** - Yellow school sports shirt / representative shirt, blue sports short with the QHPS. The school will provide Oz Tag playing jerseys on match days.

**Netball** - Yellow school sports shirt, blue sports shorts with the QHPS emblem.

**AFL** - AFL jerseys, blue sports shorts with the QHPS emblem and sports socks (purchased from the uniform shop for \$10).

**Rugby League** - Rugby League jerseys, blue sports short with the QHPS emblem and socks (purchased from the uniform shop for \$10).

#### ***Mr Hynes - PSSA Coordinator***

#### **Lost Property**

Lost uniform items that are left in the playground are sent to lost property. Where an item is clearly labelled, the item can be returned to the owner. Unfortunately, many items are either unlabelled or the name is unable to be read.

We would appreciate it if all items of clothing are labelled with your child's class and first and last name, particularly jackets, jumpers and hats.

The lost property bin is located outside the 5H and 4HD classrooms (rooms 7 and 8) at lunchtime, for children to look for their items. Any items not claimed after a period of time are donated to the Clothing Pool or to Stewart House.

**Kindergarten Enrolments**

**Enrol now for 2019 don't miss your opportunity to enrol in our great school.**

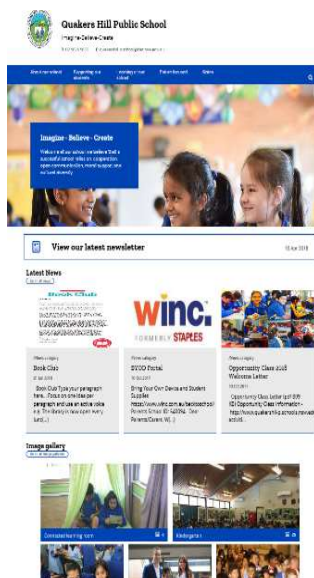


Quakers Hill Public School prides itself in delivering quality programs to students in a warm, caring learning environment. Our teachers are professional, caring and committed to teaching students a broad and balanced curriculum across the key learning areas (KLAs). We pride ourselves on catering for the individual learning needs of all children.

**If your child is turning 5 before 31 July 2019 they can enrol at Quakers Hill Public School for 2019.** Please collect an enrolment package from the office and return it as soon as possible. Proof of age and residency status will be required.

**WebPage**

As of Thursday 17 May, the school web page will undergo some major design changes as part of the Department of Education's move towards a more secure, modern, next generation website.



This dynamic new platform will offer more flexibility and customisation so schools can personalise the 'look and feel' of their websites to suit the local needs of their school communities. NSW public schools are invited to become part of this exciting digital future.

The school's new website will have a new web address [www.quakershil-p.schools.nsw.gov.au](http://www.quakershil-p.schools.nsw.gov.au). The current web

address will redirect for the next few years as the DoE transition to the new service. I would encourage our school community to add the new address to their favourites tab.

Please take the time to navigate the new website, as there are design differences and information has been updated and moved into different locations as per the DoE's style guide.

One example is that the school calendar and notes are now located in the 'about our school' tab.

**Social Media**

At Quakers, we have four modes of social media used to communicate with our community and specifically our parents. These include the following – Website, Quakers Hill school app, Twitter and Facebook.

Community Communication - the key to a successful relationship between our school and our community is strong communication, especially important for a school the size of Quakers Hill PS – 950+ students. The school's newsletter and website provides an abundant supply of information about our school. The newsletter provides information on a fortnightly basis, whilst the website is a more static communication tool, providing general information about our school. The website is updated periodically.



For up to the minute notifications, our smartphone app is a great tool, available on both Apple and Android phones. The Smartphone app provides current and instantly updated information, reminders and notifications. The App provides our school community with the following; a calendar of events, photos, and notifications, the newsletter, policies, school notes, P&C information, canteen news (and link to munch monitor – online ordering), videos, links, and forms. The forms section provides an avenue for our parents to provide change of details, request a meeting with a teacher and an absentee note.

Our other social media avenues are Twitter and Facebook. The School's Twitter account celebrates the wonderful achievements of our school, of the staff and its amazing students. Twitter is the way we as a school celebrate all things Quakers Hill. These are short, instant tweets highlighting the way we imagine, believe and create the amazing opportunities and success for our students.

The school's Facebook page takes the wonderful aspects of the twitter account and combines features of the school app and webpage. It is a tool also used to celebrate the amazing achievements of our school community and a tool to disseminate information.

Both accounts are linked to the Blacktown Learning Community's Facebook page/twitter accounts (a very powerful learning community established by Quakers Hill in 1994. The very first of its kind in Australia). Many activities and events our school participate in are organised through the Blacktown Learning Community. If you are a Facebook / twitter user, keep up-to-date with what is going on.

[www.facebook.com/blacktownlearningcommunity](http://www.facebook.com/blacktownlearningcommunity) and Twitter [https://twitter.com/BLC\\_Schools](https://twitter.com/BLC_Schools).

I encourage our school community to engage with our social media and have these on their phones. **Follow us on twitter and like us on Facebook. The school app is a must have on your smartphones** (free for our community). Remember all forms of our social media accounts serve different, but important roles in communicating and celebrating the wonderful events and achievements of our school, our students, our staff and of course our amazingly supportive community. The school app, twitter and Facebook are available straight from the website.

Our webpage - [www.quakershil-p.school.nsw.edu.au](http://www.quakershil-p.school.nsw.edu.au)

Our Twitter - <https://twitter.com/QuakersHPS>

Our Instagram -

<https://www.instagram.com/quakershilp.school/>

Our Facebook Page - <https://www.facebook.com/Quakers-Hill-Public-School-254166201373045/>

Our school app -

<http://quakershilps.myauschools.com/authentication/login>

OR download the app from the app or google play store.

**(Username: quakershil / Password: community)**

### Blacktown Learning Community



Quakers Hill Public School is a proud, founding member of the Blacktown Learning Community (BLC). Our students are fortunate to be part of this wonderful learning community, drawing on the many varied and wonderful experiences that it offers.

During the past twenty years the Blacktown Learning Community has been, and continues to be, a proactive, empowering group of twenty-five schools in the Blacktown area of Western Sydney. It provides its students, its staff and its communities with programs, initiatives and educational learning opportunities that have been innovative and often at the forefront of education.

### Staff Development Day Term 3

Please note that Term 2 finishes on Friday 6 July. **Students return to school on Tuesday 24 July.** Monday 23 July is a staff development day. Families will need to make alternate arrangements for their children on this day as school staff will be involved in professional learning activities. Before and after school can provide support to families if needed.

### Staff Development Days Term 4

As was the case in 2017, the Term 4 2018 Staff Development Days for Quakers Hill staff has been varied. This means that the last day for students is Wednesday 19 December. Quakers Hill staff will take part in 12 hours of professional learning during the course of Term 3, between 3.30-5.30pm each Tuesday afternoon for a 6-week period. Staff will be taking part in technology based training, led by our school-based facilitators.

Families will need to make alternate arrangements during this time. Before and After School facilities will be operational on both the Thursday 20 and Friday 21 December.

### Bikes and Scooters

It is wonderful to see so many children riding their bikes and scooters to school. Please remember that all children who ride their bikes or scooters to and from school must wear a bike helmet.



## School Uniform



Boy's school uniform consists of the royal blue shirt and grey pants with white socks and black shoes. Girls have the choice of wearing either the school dress (preferred option) or the royal blue shirt with skorts and white socks and black shoes.

The yellow polo shirt is now the school's Friday sports shirt and is worn with royal blue shorts for boys and royal blue skort for girls (with the school's emblem) and sneakers with white socks.

During the winter months our students also have our wonderful micro-fibre track top and pants. Our girls can choose to wear the school dress (with the school microfibre/bomber jacket). In 2014, the school has added long grey pants for boys and blue slacks for girls for the winter months.

For the winter months the school has added new bomber style jackets, these are replacing the older fleecy jackets. The bomber jackets are extremely warm and a great look. QHPS beanies are also available from the uniform shop. These have been added to the list of school uniform after many parent requests. Please note, that only QHPS crested beanies are to be worn at school.

We have an amazing school array of school uniform for our amazing students. Only school branded clothing, purchased from the uniform shop is to be worn to school. Please ensure that your child is always in our school uniform.

Please note that yellow polo shirts are to be worn on Friday sports day only and school hats are also to be worn at all times. Our uniform can be purchased from the P&C uniform shop located in school grounds, at the old hall.

### MORNING STUDENT ARRIVAL TIMES

The school's supervision roster starts from 8.40am. Teaching staff is not available to ensure the safety of children in the playground prior to that time.

We well understand that many parents have commitments at work which require them to leave before 8.40am. However, there is available within the

school a Before and After School Care service which operates from 6.30am every school morning. Alternatively, you may be able to make arrangements with friends or neighbours for the supervision of your children. Some families in the school with working parents take turns to take each other's children to school. As well, many employers will be sympathetic to parents with responsibilities for caring for children and will allow some flexibility in parents' working hours. By law, employers are restricted from treating an employee detrimentally on the grounds of their status as a carer.

Whatever arrangements you make, please understand that you remain legally responsible for your child prior to 8.40am when supervision begins. I would therefore ask that you ensure that your child is not left unsupervised at the school before 8.40am anymore.

### AFTERNOON LATE PICK UP

School concludes at 3.15pm. Whilst we understand that from time to time parents are running late to pick their children up from school, we do ask that students are collected in the afternoon on time. If you know that you are running late on a particular day, we do ask that the school is notified.

Parents will be contacted for children who are not collected by the time the final school bus leaves the school. If parents are unable to be contacted, students will be admitted to before and after school care. Please note that this will incur a cost from the before and after school care providers.

### PEANUT ALLERGY - Please help

Peanut allergy is an increasingly common food allergy, especially in children. The allergy is seen in about one in 50 children and one in 200 adults and it is the allergy most likely to cause anaphylaxis (severe allergic reaction) and death.

Signs of the allergy usually appear in the first few years of a child's life. Children can become highly sensitive or reactive to peanuts through a number of ways apart from simply eating peanuts. These include:

- Through close contact with a person who often eats peanuts or peanut products
- Inform your child about the importance of not sharing their lunch, and if a nut based lunch is consumed, the impoirtin massaged with peanut-based oils

If the child does become sensitive or reactive to peanuts, and subsequently eats the food, it can cause a serious allergic reaction. Highly allergic individuals can have a reaction even to the smallest amount of peanut.

Ingested peanuts can cause the most life-threatening reactions. However these can also be triggered by skin or eye contact with the food or even inhalation of food particles containing peanut.

For this reason, I would ask that you avoid sending your child to school with recess or lunch with peanuts or nut-based products. Please talk to your child about the importance of washing their hands.

## CANTEEN MENU

### Quakers Hill Public School



#### ~ FOOD CODING ~

- G Green - fill the menu 🍃
- A Amber - select carefully 🍌
- R Red - only occasionally 🍔
- GF - Gluten Free

#### HEALTHY START

Fresh Yoghurt (G) (GF) 🍃	
Seasonal Fruit & Yoghurt	\$4.00
Yoghurt & Berries (G) (GF)	\$3.50
<b>Fruit (G) 🍃</b>	
Fruit available daily	\$1.00
Fresh Fruit Salad	\$3.50
<b>Toasted Sandwiches (G) 🍃</b>	
Cheese	\$3.50
Ham & cheese	\$3.80
Ham, cheese & tomato	\$4.00
<b>Toast (A) 🍌</b>	
Jam or Honey - 1 Slice	\$1.00

#### SNACKS

Orchy juice cup (G) 🍃	\$1.50
Custard (G) Low Fat	\$2.50
Jumpy's (A) 🍌	\$1.50
Ice blocks & ice creams (A) 🍌	\$1.00 - \$2.50
Banana Bread (A) 🍌	Half \$2.50 Full \$4.00

#### COLD BAR

##### ~ SANDWICH BAR ~ 🍃

Vegetemite (G)	\$2.00
Egg, lettuce & mayo (G)	\$3.80
Cheese & tomato (G)	\$3.80
Smoked Ham, cheese & tomato (G)	\$4.00
Smoked Ham & cheese (G)	\$3.80
Smoked Ham & Tomato (G)	\$3.80
Smoked Ham & salad (G)	\$4.20
Roast chicken (G)	\$3.60
Roast chicken, lettuce & mayo (G)	\$4.00
Roast chicken & salad (G)	\$4.20
Salad (G)	\$4.00
Beetroot, lettuce, carrot, tomato & cucumber	
Tuna (G)	\$3.60
Tuna, lettuce & mayo (G)	\$4.00
Tuna & salad (G)	\$4.20

#### COLD BAR

Breads (G) White, wholemeal 🍃	
Wrap	\$1.00
White roll	\$1.00
Turkish/Focaccia	\$1.00

##### ~ WRAPS BAR (G) ~ 🍃

Sweet chilli chicken, salad & cheese (G)	
Double \$5.00 - Single \$3.00	
Chicken Caesar, bacon, cheese (G)	
Double \$5.00 - Single \$3.00	
Grilled Chicken Schnitzel, lettuce & mayo (G)	
Double \$5.00 - Single \$3.00	
Ham & salad (G)	Double \$5.00 - Single \$3.00
Cheese & salad (G)	Double \$4.50 - Single \$2.50

##### ~ SUSHI (G) (GF) ~ 🍃

Chicken Teriyaki (G)	\$3.50
Tuna (GF) (G)	\$3.50

##### ~ SALAD BOX (G) ~ 🍃

With chicken or tuna	Small \$3.50 - Large \$4.50
Chicken Caesar	Small \$4.50 - Large \$5.50
Garden Salad	Small \$3.00 - Large \$4.00

#### HOT BAR

##### ~ HOT MEALS ~ 🍌

Chicken Nuggets or Goujons (A)	
x 4	\$3.00
x 5	\$3.60
x 6	\$4.20
Chicken wingettes (A) Each	\$2.50
<b>Jaffle (G)</b>	
Cheese	\$3.50
Cheese & Tomato	\$3.80
Low fat hot dog (A)	
No tomato sauce	\$3.30
With tomato sauce	\$3.50
With tomato sauce & cheese	\$4.00
Fish burger (A) With lettuce & mayo	\$4.50
Lean beef burger (G)	
With tomato, lettuce, beetroot & bbq sauce	\$4.80
Lean chicken burger (A) With lettuce & mayo	\$4.50
Garlic bread (A)	\$2.00
Nachos (A) With salsa & cheese	\$4.00
Chicken nuggets with mash potato (A)	\$5.00
With 5 nuggets	
Oven baked potato wedges (A)	\$4.00

##### ~ PASTA ~ 🍃

Lasagna (G)	
Homemade beef / Homemade vegetarian	\$4.50
Spaghetti Bolognese (G)	\$4.50
Homemade Bolognese	

#### HOT BAR

Vegetarian Fried Rice (G) 🍃	Sml \$4.00 - Lg \$4.50
Butter Chicken (A) With rice	\$4.80
Honey Soy Chicken (A) with fried rice	\$4.80

##### ~ HOME MADE PIZZA SLAB ~ 🍃

Margarita (G) Cheese & Tomato	\$3.50
Vegetarian (G) Olives & roast capsicum	\$4.00
Hawaiian (G) Ham & Pineapple	\$4.00
Chicken (G) Lean roast chicken & bbq sauce	\$4.00

##### ~ TURKISH BREADS ~

Chicken Schnitzel Delight (A)	\$5.50
Chicken schnitzel, roast capsicums & cheese	
Chicken Delight (G) 🍃	\$5.50
Roast chicken, avocado, tomatoes & cheese	
Mediterranean Delight (G) 🍃	\$5.50
Olives, artichokes, roast capsicum & fetta cheese	
Vegetarian Delight (G) 🍃	\$5.50
Eggplant, sundried tomatoes, roast capsicum & cheese	
Ham Delight (A)	\$5.50
Smoked ham, sundried tomatoes, olives & cheese	

#### HOT FOOD

##### ~ PIES ~ 🍌

Lean Beef Pie (A)	\$3.60
Lean Sausage Rolls (A)	\$3.40
Lean Potato Pie (A)	\$3.80
Spinach & Ricotta Roll (A)	\$3.80

#### BEVERAGES

##### ~ COLD DRINKS ~

Water (G) 🍃	
Spring water 600ml	\$2.50
Sports water	\$3.00
Milks - Low Fat - 300ml (G) 🍃	
Plain	\$1.20
Chocolate, strawberry	\$2.50
Flavoured Milkshakes (A)	\$4.00
Chocolate, strawberry, vanilla, caramel	
Flavoured Mineral Water (A)	
Lemon lime, apple & raspberry	\$3.00
Juice Poppers (A) 99% 🍌	\$1.50

## Calling for volunteers – we need your help!



Our students really enjoy participating in the Commonwealth Bank School Banking program and to keep this program running we need your help.

The program requires a volunteer School Banking Co-ordinators to facilitate the banking and distribution of School Banking rewards. This only takes a small amount of your time one day a week and the Commonwealth Bank will provide support in how to run the program. Your help with the program will greatly benefit students as they develop vital saving skills and also help our school with fundraising.

Currently, School Banking day is **WEDNESDAYS**, and processing is done **12:30pm-3:00pm**.

If you are interested in volunteering for this great program, please fill in the tear off section below and return it to the **Office, attention School Banking**.

---

### Yes, I would like to help with School Banking!

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Availability: \_\_\_\_\_

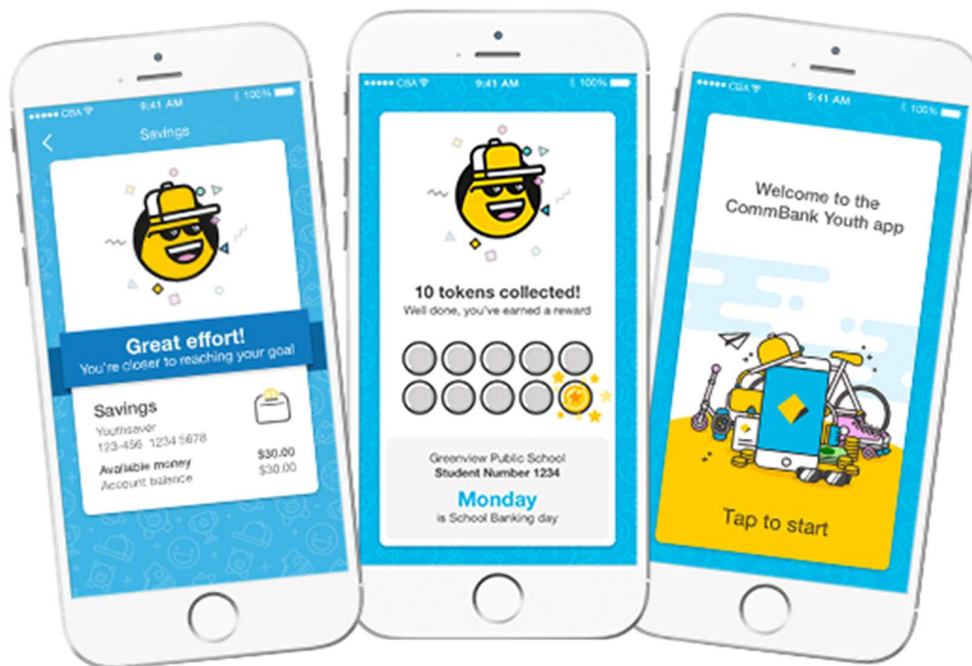
## Enhance the School Banking experience with the CommBank Youth app

The CommBank Youth app provides a hands-on experience, teaching your child to earn, save and spend their money responsibly. With the CommBank Youth app, your child can:

- Check the balance of their Youthsaver account
- View School Banking deposits in their transaction history
- Track the number of Dollarmites tokens they collect
- Set up savings goals and track progress
- Create a list of chores/jobs they can do to earn pocket money.

### Get Started:

1. Download the CommBank Youth app on any iOS 9+ device.
2. Your child can securely log on to the CommBank Youth app using their NetBank client number. If your child hasn't got a NetBank client number, you can set this up by visiting your nearest CommBank branch with your driver licence and child's birth certificate.





**Choose your mentality...**

**Step up to nourishing vitality!**

# choose **HEALTHY SNACKS**

Healthy snacks are important to help meet children's nutrition needs. Choose snacks based on vegetables, fruit, milk, cheese, yoghurt and wholegrain breads, crackers and cereals.

## WHAT IS A HEALTHY SNACK?



**INCLUDE FRESH FOODS & WHOLEGRAIN VARIETIES AS SNACKS**



**MAKE  
HEALTHY  
NORMAL**

This resource has been developed by  
Western Sydney Local Health District,  
published October 2017

## EFTPOS FACILITIES

The school office has an Eftpos machine and can take credit and debit card payments.

**Eftpos payments can only be made between the hours of 8.30am to 2.00pm** as we need to balance the money at the end of the day.

You can also pay by **cash** and by the **online payment** option on our school website. Please remember when paying online that you need to pay before 5pm for the school to see the payment the next day.



## DID YOU KNOW YOU CAN PAY ONLINE?

Many families are now using the school's online payment option linked to our school website to pay for school related expenses. This is a secure payment page hosted by Westpac.

### **What expenses can be paid online?**

- Voluntary Contributions
- Excursions
- Sport
- Creative and Practical Arts
- Sales to Students
- Other (any items not listed above)

**UNFORTUNATELY, PAYMENTS TO THE UNIFORM SHOP AND P&C CANNOT BE ACCEPTED VIA THIS SYSTEM.**

### **How do I make a payment?**

Go to the school website.

Click on make a payment, found on the front page of the school website.

1. In the student and payer details, fill in all the **green asterix** items. (These are compulsory)
2. Choose a payment option.
3. Enter the amount you are paying and the payment description (Eg: the name of the excursion)
4. Enter credit card details.
5. Confirm payment details.
6. Receive online payment receipt.

**Pay before 6pm for the school to receive your payment the next working day.**

### **How do I let the school know I paid online?**

Please write the receipt number on the permission note and return to the school.

**Making an online payment does not constitute permission.  
Please return all signed permission notes as per normal.**











## TAPERED THE BARBERSHOP



Tue-Wed: 9am - 5.30pm, Thurs: 9am - 8pm, Fri: 9am - 5.30pm  
 Sat: 9am - 4pm, Sun: 10am - 3pm

### PRICE LIST

	<b>THE GENTLEMAN DELUXE</b> \$40 (HAIR CUT, ALL FACIAL TRIM & RAZOR WORK)
	<b>THE GENTLEMAN</b> ..... \$25
	<b>THE CREW</b> ..... \$20
	<b>THE YOUNG MAN</b> ..... \$22
	<b>THE YOUNG BOY</b> ..... \$18
	<b>THE SENIOR</b> ..... \$20
	<b>THE PENSIONER</b> ..... \$18
	<b>THE BEARD FROM</b> ..... \$5

OTHER SERVICES AVAILABLE, CONSULT WITH YOUR BARBER  
 EXTRA CHARGES MAY APPLY

02 9837 1399

Shop 15, 216 Farnham Road, Quakers Hill