

NEWSLETTER

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Important Dates

Date	Event
15/08/19	Early Stage 1 Assembly – 2.15pm
22/08/19	Stage1 Assembly – 1.15pm
23/08/19	Principal's Assembly – 9.30am
26/08/19	Stage 1 Excursion – Powerhouse Museum
27/08/19	Stage 2 Assembly – 2.15pm
28/08/19	Stage 1 Excursion – Powerhouse Museum
29/08/19	Stage 1 Excursion – Powerhouse Museum Early Stage 1 Assembly – 2.15pm
30/08/19	Father's Day Breakfast
02/09/19	Stage 3 – Canberra Camp – Group 1
03/09/19	Stage 3 – Canberra Camp – Group 1
04/09/19	Stage 3 – Canberra Camp – Group 2 ICAS Digital Technologies – 7.45am
05/09/19	Stage 3 – Canberra Camp – Group 2 Stage1 Assembly – 1.15pm
06/09/19	ICAS Science – 7.45am
UNIFORM SHOP MONDAYS – 8.45AM TO 10AM	
UNIFORM SHOP THURSDAYS – 2.30PM TO 3.30PM	
SCHOOL BANKING EACH WEDNESDAY	

FROM THE PRINCIPAL



NAIDOC Day

Our school's NAIDOC Day was celebration of Aboriginal and Torres Strait Islander cultures and a wonderful opportunity to recognize the contributions of Indigenous Australians in various fields. The day was our school's way of recognizing and showing respect to the original custodians of the land. So many wonderful activities were organized throughout the day's celebration including a whole school assembly where the schools Aboriginal dance group performed.

This year's theme 'voice, treaty, truth – Lets work together for a shared future' recognizes the indigenous voice of this country is over 65,000 plus years old.

The 2019 theme acknowledges that Aboriginal and Torres Strait Islander peoples have always wanted an enhanced role in decision making in Australia's democracy.

The theme also highlights our various First Nations' desires for lasting and effective agreements such as Treaties which cannot be achieved unless we have a shared, truthful understanding of the nature of the dispute, of the history, of how we got to where we stand.

"The history of our First Peoples is the history of all of us, of all of Australia, and we need to own it - hearing this history is necessary before we can come to some true reconciliation, some genuine healing for both sides."

"Then we can move forward together"

NAIDOC Day 2019 was simply the most respectful, amazing day celebrating our traditional custodians. The Aboriginal Education committee's organization and management ensured that we held the best NAIDOC Day in recent memory.

Visit the school website for more photographs from the day.

EDUCATION WEEK – Every Student, Every Voice



Last week we celebrated Education Week. The Education Week theme and of course the nine core values were on display during Open day and the WestPoint performances to the highest possible standard. Our students were on show for all to see just why I believe; we believe that the students of Quakers Hill are exceptional individuals and

the best children in NSW. It was also a time to reflect on why public education is quite simply the best educational system available to the children of NSW. Make no mistake, public education delivers powerful teaching and learning opportunities and life experiences. This is the reason my own two children attended a primary public and now a public high school, and I am proud of the experiences and values that they are embedding into the core beliefs.

Our students and teachers have worked tirelessly (practising every week) to provide us with an array of different and wonderfully entertaining performances which included dancing, singing, and band performances.

Our performance groups - the Bollywood dance groups, the senior and junior choir, and band group were also captivating on the day, capturing the attention and imagination of the audience. Education Week showcased the depth and breadth of student learning, the excellent teaching and the wonderful support provided by our school administrative and support staff who work in offices, classrooms, libraries and on school grounds. This year our parents were treated not only to the open classrooms, but also able to view the school's future focused learning environments, the technology and coding embedded in each classroom. Parents were also provided with a series of rotating workshops.



A huge thank you to Mrs Meiring and her team for organising such a wonderful event.

Our students and teachers have worked tirelessly (practising every week) to provide us with an array of different and wonderfully entertaining performances which included dancing, singing, and band performances.



Our amazing Open Day and our performances were a perfect example of the how as a school we imagine-believe-create the possibilities for our students, ensuring that our school is and always will be the outstanding educational place of learning. Always providing wonderful culture of learning and working together so that our children have the very best education possible in the academic, cultural, leadership, sporting and creative arts arena. It is this culture that makes our school so unique, so special and allows us to achieve outstanding results and continue to build on the outstanding reputation that our school has.

Fathers' Day

On Friday 30 August 2019, the school and our P&C are holding a **Father's Day** breakfast commencing at 7am. We are hoping every Dad, Granddad and special friends of our students will come along and enjoy breakfast and take part in some fun activities. Last year's event was a fabulous morning, so I look forward to seeing all of our dad's and carers on the day sharing in a brekky and a cup of coffee.

Staff Changes – Jared Madden



It is with great pleasure that I announce that Mr Jared Madden has been appointed to the position of Assistant Principal of Quakers Hill Public School through the merit selection process. Mr Madden has been acting in the role since 2018.

Mr Madden has been an integral member of our teaching staff for the past 6 years and has worked tirelessly as a classroom teacher, stage coordinator, and as rel. assistant principal, providing wonderful educational instruction for our students and leadership for our teaching staff.

Mr Madden's commitment, strong knowledge of curriculum and welfare will make him a wonderful asset to our school and executive team. Mr Madden has a wonderful rapport with all members of our school community, students, staff and parents.

Mr Madden demonstrates excellent interpersonal and personal skills, strong of educational pedagogy and proven organisational skills.

On behalf of the school community, I congratulate Mr madden on being appointed to the role of Assistant Principal of Quakers Hill Public School.

August's core value is INTEGRITY - Being consistently honest and trustworthy.

Bert Lo Campo – Principal

VOLUNTARY CONTRIBUTION - \$50 per child/family / \$11 Book Pack – INVOICE REMINDER

Within in the next week families will receive a **voluntary contribution** invoice/reminder. Please note that this is a reminder notice only for the voluntary contribution. 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 months and we also provide the children with a complete set of exercise books and book covers at no cost. 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 included a **voluntary** \$11 school pack as part of our voluntary contribution.

Please note that this will be the only **voluntary** fee parents will be asked to pay. However, I encourage all our parents to support this contribution. Thank you so much to those families that have already paid the **voluntary** contribution. My guarantee is that every last dollar of all money raised will go directly back into your child's education, ensuring that our students are provided with the very best learning opportunity and resources. The staff and students of Quakers Hill are always humbled by your generosity and amazing support.

Families have received their 2019 invoice with the above voluntary contributions as well the cost for organised stage activities/excursions in order to help our families plan for payments. Comments from our families were extremely positive and supportive of the advanced notice of excursions and incursions in terms of budget planning for the year. It has been humbling to see so many of our families taking up the option to pay the invoices in full. Thank you so very much.

Payments for planned activities can be made as regular instalments or as individual payments or as an upfront payment. Payments can be made through the school's online payment system (preferred) and now directly from your mobile and tablet devices or by using the envelope system. Parents will receive notes in regards to excursions and incursions closer to the dates of each planned activity and a reminder of payment and due date.

STUDENT ABSENCES

Quakers Hill uses an electronic system to monitor student attendance. As part of this system letters are generated for students who have unexplained absences. These letters are sent home and I ask that you return the note to your child's teacher explaining the reason for your child's absence. On occasions, you will receive an attendance letter asking for an explanation of absence and which you believe you have already explained. If this occurs, please return the letter anyway with an explanation. Sometimes our electronic system has made a mistake and of course there are times when human errors are made. I do apologise for the inconvenience this causes, but I am sure that you'll understand that it is far better to be better safe than sorry and follow up on unexplained absences.

A positive attitude towards punctuality and full attendance at school are most important in ensuring the best possible learning opportunities for all students. Children who attend school regularly are usually more successful and happier than those with frequent full or partial absences. We realise, that on occasion, events occur beyond your control and students are absent from school, however, we ask for your support to ensure that your child is at school by 9.05am each day.

From time to time Department of Education and Training officers audit the school attendance records. In these circumstances children with attendance patterns that are of concern may be identified. If attendance and partial attendance become a concern to the school, then parents will receive an attendance concern and partial attendance concern letter. These letters will need to be signed and returned to the school.

If you have any concerns over your child's attendance please arrange an appointment to speak to your child's teacher.

What is a justified reason for being absent from school?
Justified reasons for absences may include the student:

- having an unavoidable medical or dental appointment (preferably, these should be made after school or during holidays)
- being required to attend a recognised religious holiday
- being required to attend an exceptional or urgent family circumstance (such as attending a funeral)
- being sick, or having an infectious disease.

HOW CAN YOU TELL IF A CHILD IS GIFTED?

All children have talents and gifts, many are clever and quick. But a gifted child is in another league. How can you tell if a child falls under the definition of a *gifted child*? This list of characteristics is a useful tool for identifying if a child is truly gifted.

COGNITIVE

Very observant.
Extremely curious and enjoys learning new things.
Intense interests.
Excellent memory.
Long attention span.
Enjoys intellectual activity.
Excellent reasoning skills.
Critical and sceptical.
Highly-developed powers of abstraction, conceptualisation, and synthesis.
Quickly and easily sees relationships in ideas, objects or facts.
Flexible thinking.
Elaborate and original thinking.
Excellent problem-solving skills.
Learns quickly and with less practice and repetition.
Unusual and/or vivid imagination.
Enjoys books and movies meant for older children

SOCIAL AND EMOTIONAL TRAITS

Interested in philosophical and social issues.
Concerned about fairness and injustice.
A perfectionist.
Energetic.
Well-developed sense of humour.
Usually intrinsically motivated.
Relates well to parents, teachers and other adults.

LANGUAGE

Extensive vocabulary.
May read early.
Reads rapidly and widely.
Asks 'what if' questions.

ASYNCHRONOUS DEVELOPMENT

In average children, intellectual, physical and emotional development progress at about the same rate – that is, in sync. An average three-year-old has similar intellectual emotional and physical maturity to most other three-year-olds. In gifted children, the development of these areas is out of sync. They do not progress at the same rate.

A gifted three-year-old child's developmental profile could look like this:

Intellectual ability - age 6

Physical ability - age 3

Emotional maturity - age 2

Or this:

Intellectual ability - age 7

Physical ability - age 3

Emotional maturity - age 4



Or any other combination of the three, although the intellectual ability is always advanced.

The higher a child's IQ, the more out of sync their development is likely to be.

Acknowledgement: Carol Bainbridge in About Parenting

Kindergarten Enrolments

Enrol now for 2020 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 2020 they can enrol at Quakers Hill Public School for 2020. Please collect an enrolment package from the office and return it as soon as possible. Proof of age and residency status will be required.

School Uniform



Quakers Hill Public School
Imagine - Believe - Create

Uniform Shop Open Dates

Mondays
8.40am - 9.30am

Thursdays
2.30pm - 3.30pm

Follow us on   





Sport Uniform
Summer Uniform
Winter Uniform
School Bags

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 to wear the school winter tunic (with the school microfiber/bomber jacket).

For the winter months the school has the 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 Assembly

Morning assemblies are a time that teachers pass on the day's information and any quick notices. It is also a time to quickly settle our wonderful kiddies and ready them for the mornings teaching and learning sessions. These assemblies happen every morning other than Tuesdays. Our school encourages parent involvement in the school; it is an important philosophy that is embedded within our ethos. However, I ask that mums, dads and caregivers stand quietly at the **back of the assemblies** away from the kiddies, allowing the teacher to leading the assembly. It is also important that once the assembly is dismissed that parents do not follow their child's class to the classroom. Please say goodbye to your child prior to the morning assembly commencing.

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.

MORNING 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 arrange 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.

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.

Social Media



At Quakers, we there are 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 and Twitter 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

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 – School Stream. Download the app from the app or google play store.

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 5/6H and 5/6P 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.

PEANUT ALLERGY (Anaphylaxis) - 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
- Speak to your child about the importance of not sharing their lunch, and if a nut based lunch is consumed, the importin 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 an anaphylactic 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.

Cyberbullying: the new Children's eSafety Commissioner

The Office of the Children's eSafety Commissioner (the Office) was established on 1 July 2015 to handle complaints about cyberbullying material targeted at Australian children.

The Office can investigate complaints about material considered likely to have a seriously threatening, intimidating, harassing or humiliating effect on the child. Where possible, the material should be reported to the social media service first, before it is complained about to the Office. To consider a complaint the Office will need evidence of the cyberbullying material.

Parents, along with schools and the government have a role in ensuring children are protected online. The Office will work with social media services, parents and schools to ensure serious cyberbullying material is removed.

What to do if your child is being cyberbullied

If your child is being cyberbullied advise them to:

- avoid retaliating or responding
- collect the evidence—keep mobile phone messages and print emails or social networking conversations
- block the bully and change their privacy settings
- report the abuse to the social media service

If your child continues to be cyberbullied and you believe it is having a seriously threatening, intimidating, harassing or humiliating effect, we encourage you to assist your child in [making a complaint](#) on the Commissioner's website.

More information on the [role of the Office](#), how to [deal with cyberbullying](#) and how to [lodge a complaint](#) is available on the website.

The [Kids Helpline](#) provides a private and confidential, telephone and online counselling service for young people. Encourage your child to speak to them if they are in need of counselling support. The Kids Helpline also manages [Parentline](#), a confidential telephone counselling service providing counselling and support for parents and care-givers.

If you believe your child is in **immediate danger**, call 000.

CANTEEN MENU 2019



healthy canteens menu

2019 / 2020 CANTEEN MENU

HEALTHY CANTEENS FOOD CODES

GREAT CHOICE LOGO EVERYDAY FOOD

RED BOX OCCASIONAL FOOD



GREAT CHOICE

EVERYDAY CHOICES

SNACK DEAL

\$ 2.50

Choose One
Popper - Water - Plain Milk

+

Choose One
Fruit Piece - Popcorn

Add 40c Oak Flavoured Milk

GREAT CHOICE

EVERYDAY CHOICES SANDWICHES - WRAPS - SALADS - SUSHI ROLLS

SANDWICHES		
VEGETICITE OR JAM OR HONEY VEG	\$ 2.00	
CHEESE VEG	\$ 2.00	
HAM	\$ 2.50	
EGG VEG	\$ 2.80	
EGG & LETTUCE VEG	\$ 3.00	
HAM & CHEESE	\$ 3.00	
CHICKEN	\$ 3.00	
SALAD VEG	\$ 3.20	
TUNA	\$ 3.20	
HAM, CHEESE & TOMATO	\$ 3.20	
HAM & SALAD	\$ 3.50	
CHICKEN & CHEESE	\$ 3.50	
CHICKEN, LETTUCE & MAYO	\$ 3.50	
CHICKEN, CHEESE & TOMATO	\$ 3.50	
HAM, CHEESE & SALAD	\$ 3.80	
CHICKEN & SALAD	\$ 4.00	
SWEET CHILLI CHICKEN TENDERS, LETTUCE, MAYO	\$ 4.00	
TUNA & SALAD	\$ 4.00	
PERI PERI CHICKEN SPICY PERI PERI, LETTUCE	\$ 4.00	
RICE PAPER ROLLS x2		
CHICKEN LETTUCE, CARROT, CUCUMBER	\$ 4.00	
VEGETARIAN ASSORTED FRESH SEASONAL VEGES VEG	\$ 4.00	
SWEET CHILLI CHICKEN, LETTUCE, CARROT, CUCUMBER	\$ 4.00	
EXTRAS		
CHEESE, SOY, CHICKEN	\$ 1.00	
SAUCE PORTION - BBQ OR TOMATO SAUCE	\$ 0.40	
WRAPS LARGE		
SALAD LETTUCE, TOMATO, CUC, BEETROOT, CARROT VEG	\$ 4.00	
CHICKEN, LETTUCE & MAYO	\$ 4.50	
PERI PERI CHICKEN SPICY PERI PERI, LETTUCE	\$ 4.50	
LEO HAM & SALAD	\$ 4.50	
HAM, CHEESE & SALAD	\$ 4.80	
SWEET CHILLI CHICKEN TENDERS, LETTUCE, MAYO	\$ 5.00	
CHICKEN SALAD	\$ 5.00	
CHICKEN CAESAR SALAD	\$ 5.50	
SALAD BOWLS		
GARDEN VEG	\$ 3.00	\$ 4.00
LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT		
SWEET CHILLI CHICKEN	\$ 3.00	\$ 5.00
HAM & GARDEN SALAD	\$ 3.00	\$ 5.00
CHICKEN & GARDEN SALAD	\$ 3.00	\$ 5.00
TUNA & GARDEN SALAD	\$ 3.50	\$ 5.50
CHICKEN CAESAR	\$ 3.50	\$ 5.50
PERI PERI CHICKEN LET, TOM, CUC	\$ 3.50	\$ 5.50
SUSHI THURSDAY ONLY		
CHICKEN CUCUMBER, MAYO	\$ 3.50	
VEGETARIAN ASSORTED FRESH SEASONAL VEGES VEG	\$ 3.50	
SWEET CHILLI CHICKEN SWEET CHILLI MAYO	\$ 3.50	
EXTRAS		
TOMATO, BEETROOT, CUCUMBER, CARROT, ONION	\$ 0.40	
CHEESE SLICE \$ 0.50 SHREDDED CHEESE	\$ 1.00	

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Healthy Canteens Australia

FOR EXCLUSIVE MEAL DEALS, WEEKLY SPECIALS
AND LOTS OF GREAT FOOD IDEAS FOR YOUR KIDS

OCCASIONAL CHOICES HOT FOOD

HOT BITES	
CHICKEN MUGGET 100% BRIGHT	\$ 0.80
4 PACK	\$ 3.00
6 PACK	\$ 4.20
MINI SPRING ROLL VEGE OVEN BAKED VEG	\$ 0.90
HASH BROWN VEG	\$ 1.20
CHEESE & BACON ROLL	\$ 2.50
CUP NOODLES * CHICKEN - BEEF - ORIENTAL VEG	\$ 3.00
HOT DOG WITH SAUCE (CHICKEN)	\$ 3.00
* CUPS OF NOODLES ARE NOT PLACED IN THE LUNCH BASKETS CHILDREN MUST COLLECT NOODLES FROM THE CANTEEN	
PASTRIES	
PARTY PIE LOW FAT	\$ 1.20
SAUSAGE ROLL LOW FAT	\$ 3.00
MEAT PIE LOW FAT	\$ 3.50
POTATO PIE LOW FAT	\$ 4.50
MEXICAN	
BEEF NACHOS HOME MADE ADD CHEESE 50c	\$ 4.50
VEGE NACHOS TOMATO SALSA ADD CHEESE 50c VEG	\$ 4.50
HOME MADE PIZZA	
PEPPERONI CHEESE (OTHER PIZZAS IN EVERYDAY SECTION)	\$ 4.00

GREAT CHOICE

EVERYDAY CHOICES PASTA - RICE - BURGER - PIZZA - HOT BITE - KEBAB

PASTA - RICE - NOODLES		
BUTTER CHICKEN WITH RICE	\$ 4.00	
CHICKEN CARBONARA PASTA	\$ 4.00	
BOLOGNESE PASTA BEEF SAUCE	\$ 4.00	
MEXICAN CHICKEN & RICE	\$ 4.00	
NAPOLETANA PASTA TOMATO & HERB SAUCE VEG	\$ 4.00	
CHINESE FRIED RICE VEGETARIAN AUTHENTIC VEG	\$ 4.00	
VEGETABLE CURRY WITH RICE VEG	\$ 4.00	
MACARONI & CHEESE VEG	\$ 4.20	
LASAGNE BEEF	\$ 4.20	
LASAGNE VEGETABLE GLUTEN FREE VEG	\$ 5.00	
BURGERS		
CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE	\$ 4.50	
VEGE CHICKPEA & LENTIL PATTIE, LETTUCE, MAYO VEG	\$ 4.50	
AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ	\$ 4.50	
CHICKEN BREADED FILLET, LETTUCE, MAYO	\$ 4.50	
PERI PERI CHICKEN SPICY PERI PERI, LETTUCE	\$ 4.50	
CHICKEN & CHEESE BREADED FILLET, BBQ SAUCE	\$ 5.00	
HOME MADE PIZZA		
CHEESE VEG	\$ 3.80	
HAM & CHEESE	\$ 4.00	
MEXICAN		
CHICKEN PAJITA MEXICAN CHICKEN (TOASTED WRAP)	\$ 4.00	
KEBABS		
DONER KESAB & CHEESE BBQ SAUCE	\$ 5.00	
DONER KESAB & SALAD LETTUCE, TOMATO, SAUCE	\$ 5.50	
HOT BITES		
CORN COB VEG	\$ 1.50	
CHICKEN WING HOT & SPICY	\$ 1.20	
5 PACK	\$ 5.00	
GARLIC BREAD VEG	\$ 2.00	
CHEESE TOASTED WRAP VEG	\$ 2.00	
HAM & CHEESE TOASTED WRAP	\$ 2.50	
PIZZA TOASTED WRAP HAM, CHEESE, SAUCE	\$ 3.00	
BBQ MEATLOVERS TOASTED WRAP CHEESE	\$ 3.50	
PRAWN DUMPLINGS x 4 STEAMED	\$ 5.00	

GREAT CHOICE

EVERYDAY CHOICES DRINKS

WATER 500ML	\$ 2.00	CHILLI J 100% JUICE RASPBERRY, GRAPE	\$ 2.50
POPPER 100% JUICE APPLE, ORANGE, ABC	\$ 1.80	UP N GO CHOCOLATE, VANILLA	\$ 3.00
PLAIN MILK	\$ 2.00	ICE TEA PEACH, RASPBERRY	\$ 3.50
ORANGE MILK CHOCOLATE, STRAWBERRY	\$ 2.50	ALOE VERA GRAPE	\$ 3.50
JUICE BOMB 100% JUICE ORANGE, RASPBERRY	\$ 2.50	HOT CHOCOLATE	\$ 1.60

ALL ITEMS ON THE MENU ARE HALAL (EXCLUDING ALL PORK BASED PRODUCTS)

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healthy canteens menu

HEALTHY CANTEENS FOOD CODES

GREAT CHOICE LOGO EVERYDAY FOOD

RED BOX OCCASIONAL FOOD



VEGETARIAN CHOICES

SANDWICHES - WRAPS - SALADS	
VEGETARIAN OR JAM OR HONEY	\$2.00
CHEESE	\$2.00
TOMATO	\$2.00
EGG MAYONNAISE	\$2.80
EGG & LETTUCE MAYONNAISE	\$3.00
SALAD LETTUCE - TOMATO - CUCUMBER - BEETROOT - CARROT	\$3.20
WRAPS - SALADS - RICE PAPER ROLLS	
SALAD WRAP	\$4.00
GARDEN SALAD	\$3.00 \$4.00
RICE PAPER ROLL ASSORTED SEASONAL VEGES	\$4.00
PIZZA - PASTA - RICE - NOODLES	
NAPOLITANA PASTA TOMATO & HERB SAUCE	\$4.00
CHINESE FRIED RICE AUTHENTIC	\$4.00
VEGETABLE CURRY WITH RICE	\$4.00
MACARONI & CHEESE	\$4.20
LASAGNE VEGETABLE 8P	\$5.00
PIZZA CHEESE & FRESH TOMATO SAUCE	\$3.80
HOT BITES	
MINI SPRING ROLL OVEN BAKED	\$0.90
CORN COB	\$1.50
HASH BROWN	\$1.20
GARLIC BREAD	\$2.00
TOASTED CHEESE WRAP	\$2.00
CUP OF NOODLES ORIENTAL	\$3.00
NACHOS WITH TOMATO SALSA ADD CHEESE 50C	\$4.50

GLUTEN FREE

GLUTEN FREE CHOICES

SANDWICHES - WRAPS	
GLUTEN FREE BREAD	\$1.00
YOU CAN ORDER ANY SANDWICH OR WRAP FROM THE REGULAR MENU	
RICE PAPER ROLLS	
CHICKEN LETTUCE, CARROT, CUCUMBER	\$4.00
VEGETARIAN ASSORTED FRESH SEASONAL VEGES VEG	\$4.00
SUSHI THURSDAY ONLY	
CHICKEN FRESH CHICKEN BREAST, CUCUMBER	\$3.50
VEGETARIAN ASSORTED FRESH SEASONAL VEGES VEG	\$3.50
PASTA - RICE	
BUTTER CHICKEN WITH RICE	\$4.00
NAPOLITANA PASTA TOMATO & HERB SAUCE	\$4.00
MACARONI & CHEESE	\$5.00
LASAGNE VEGETABLE	\$5.00
MEXICAN	
BEEF NACHOS HOME MADE ADD CHEESE 50C	\$4.50
VEGE NACHOS TOMATO SALSA ADD CHEESE 50C VEG	\$4.50
HOT BITES	
CHICKEN NUGGETS 100% BREADED 4 PACK	\$3.20
CHICKEN NUGGETS 100% BREADED 6 PACK	\$4.50
HASH BROWN MADE IN A FACTORY THAT PROCESSES GLUTEN	\$1.20
MEAT PIE BEEF	\$5.00
SNACKS	
JELLY BOWL	\$1.50
PIRANHA RICE SNAPS VEGE RICE CRACKERS	\$2.20
CHIPS 27g	\$2.00
ICE COLD TREATS	
SOUP SNAP APARTS	\$1.00
FROZEN JUICE CUP	\$1.20
APPLE - ORANGE - APPLE BLACKCURRANT	
ICE MONY ALL FRUIT BASED ONES	\$1.20
PLEASE WRITE "GLUTEN FREE" ON YOUR LUNCH BAG	

GREAT CHOICE

Crunch & Sip

\$2.50

ONLY AVAILABLE BEFORE 9AM



Bottle Water 600ml



Choose Any Piece Of Seasonal Fruit At The Canteen

GREAT CHOICE

EVERYDAY CHOICES CUSTARD - FRUIT - YOGHURT - MUESLI - WRAPS

HOT BREAKFAST

TOAST ASSORTED SPREADS	\$1.00
TOASTED CHEESE WRAP	\$2.00
TOASTED HAM & CHEESE WRAP	\$2.50
HAM & CHEESE ROLL FRESH OR WARM	\$2.50

YOGHURT - MUESLI - FRUIT

YOGHURT CUP (AT THE COUNTER ONLY)	\$1.00
MUESLI & YOGHURT (AT THE COUNTER ONLY)	\$1.00
FRUIT & YOGHURT (AT THE COUNTER ONLY)	\$1.00
VANILLA YOGHURT TUB 100g	\$3.00

FRESH FRUIT

FRUIT PIECE APPLE - BANANA - MANDARIN	\$1.00
FROZEN GRAPES SNACK PACK	\$2.00
FROZEN ORANGES SNACK PACK	\$2.00
WATERMELON CHUNKS	\$2.00
FRUIT SALAD SEASONAL FRUITS	\$3.00

CUSTARD

CUSTARD BOWL VANILLA	\$2.50
CUSTARD CUP VANILLA (AT THE COUNTER ONLY)	\$1.00

GREAT CHOICE

EVERYDAY CHOICES ICE BLOCKS - SAVOURY SNACKS - VEGE & DAIRY SNACKS

ICE COLD TREATS

FROZEN JUICE CUP	\$1.20
APPLE - ORANGE - APPLE BLACKCURRANT	
FRUIT ICE ASSORTED FLAVOURS	\$0.50
SOUP SNAP APARTS ASSORTED FLAVOURS	\$1.00
ICE MONY	\$1.20
CHOCOLATE - BLUE RASPBERRY - RED BERRY - LEMON	
FRUITSCILE FROZEN FRESH FRUITS (COUNTER ONLY)	\$1.00
ICE CREAM ONE SCOOP (COUNTER ONLY)	\$1.00

ICE BLOCKS ARE 99% JUICE BASED
ICE COLD TREATS ARE NOT PUT IN YOUR LUNCH ORDER BAG
COLLECT THEM FROM THE CANTEN AFTER THE EATING PERIOD

SAVOURY SNACKS

POPCORN	\$1.00
CARROT & CUCUMBER STICKS CUP	\$1.50
CHEESE PACK CHEESE & JATZ CRACKERS	\$1.50
VARIETY PACK CARROT - CUCUMBER - CHEESE - JATZ	\$2.50
CALCIUM PACK CHEESE PACK + PLAIN MILK	\$3.00

THERE ARE MANY MORE FRESHLY MADE ITEMS THAT ARE DISPLAYED FOR SALE OVER THE COUNTER EACH DAY.
THESE INCLUDE A MIX OF FRESH SWEET & SAVOURY FOODS
ALL ITEMS MADE ARE EVERYDAY RATED FOODS

OCCASIONAL CHOICES SNACKS

BROWNIE OUR FAMOUS BITE SIZE SNACK	\$1.00	JELLY BOWL	\$1.50
BANANA BREAD	\$2.00	CUSTARD & JELLY BOWL	\$2.00
CHIPS 27g	\$2.00	PIRANHA RICE SNAPS VEGE CRACKERS GLUTEN FREE	\$2.20

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GREAT CHOICE

EVERYDAY CHOICES HEALTHY SNACKS - ONLY AVAILABLE OVER THE COUNTER

SUSHI BITES	\$1.00	VERMICELLI NOODLES CHICKEN & VEGES	\$2.00
MINI QUICHE CHICKEN - VEGETARIAN	\$1.00	PASTA BOLOGNESE CUP	\$2.00
BOLOGNESE BOAT BEEF BOLOGNESE TOAST CUP	\$1.00	PASTA NAPOLITANA CHICKEN OR VEGETARIAN	\$2.00
MINI MUFFINS HONEY - ASSORTED FRESH FRUIT	\$1.00	CARBONARA PASTA	\$2.00
SAVOURY SCROLLS ASSORTED FILLINGS	\$1.00	VIETNAMESE RICE PAPER ROLL	\$2.00
QUESADILLA TRIANGLES SAVOURY FILLINGS	\$1.00	BUTTER CHICKEN WITH RICE	\$2.00
ZAATAR PIZZA SLICE AUTHENTIC HERBS & CHEESE	\$1.00	CHEESE & SPINACH PASTA NAPOLITANA SAUCE	\$2.00
WATERMELON PIZZA TOPPED WITH OTHER FRUITS	\$1.00	SAVOURY PASTIES FRESH VEGES & MEATS	\$2.00
FRUIT KEBAB SEASONAL FRUITS ON A STICK	\$1.00	SPICY CHICKEN WING & FRIED RICE	\$2.00
PINWHEELS PASTRY WITH SAVOURY FILLINGS	\$1.00	WE ADD LOTS OF NEW HEALTHY COUNTER SNACKS EVERY WEEK SEND US A MESSAGE ON FACEBOOK IF YOU HAVE ANY IDEAS THAT YOU WOULD LIKE TO SEE US MAKE IN THE CANTEN	
SALSA SALAD BOWL BAKED TORTILLA CHIPS	\$1.50		
MEXICAN FAJITAS MEXICAN CHICKEN & CHEESE	\$2.00		

EVERYDAY WE MAKE LOTS OF FRESH, HEALTHY SNACKS IN THE CANTEN FOR YOUR CHILD FOR LESS THAN \$2

We have partnered with Flexischools, to make school lunches even easier.

- Order online at anytime
- Easily monitor special dietary requirements
- Pay with Visa, Mastercard, Paypal or direct deposit



 **flexischools**

SETUP YOUR ACCOUNT

1 Download the Flexischools App

Note: for iPhone and iPad please select 'Allow' notifications.



2 Add your School and Group

Click on the search icon, enter your school name, select your school and year group, or groups relevant to you.

3 Login/Register

Click the 'Order now' button located in the bottom right-hand corner of the app, this will open a login screen.

- **Already a Flexischools user** - Enter your details and login. To save your login details select 'remember me'.
- **New Flexischools user** - Click 'Register', enter your email address and follow the instructions in the email to set up your account. Once your account is set up, add new student; search for their school, enter student details and select their class.

ORDER

1 Place your Order

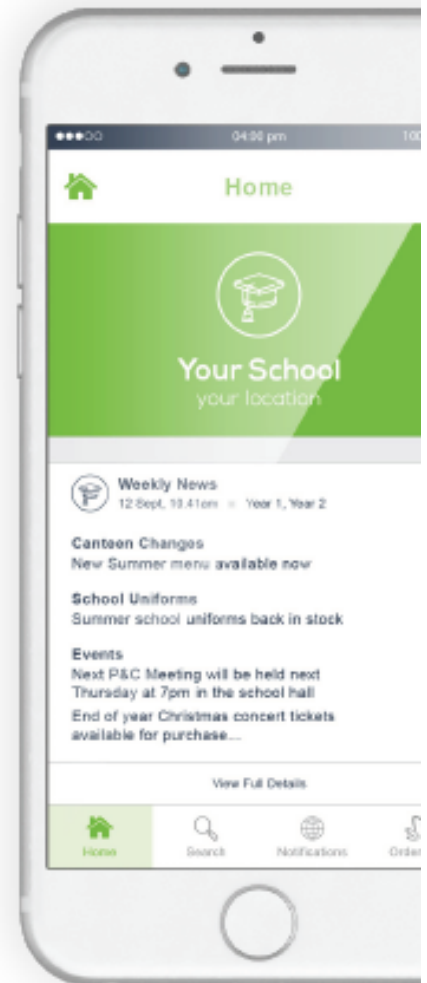
Click the 'Order now' button located in the bottom right-hand corner of the app and select your student.

2 Make your Selection

Select the items you wish to order.

3 Make Payment

Select your payment option and complete payment to place your order.



Alternatively you can sign-up on flexischools.com.au

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the school community



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BE YOUR OWN HERO



START:
28/8/2019

LENGTH:
4 weeks

WHERE:
St Andrews Primary
36 Breakfast Road
Marayong
2148

TIME:
Wednesdays 3.30pm

AGE: 5-12 Years
COST: \$49



Pack items may differ from ones shown



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E: sweatnsway@gmail.com

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- Female Doctor Now Available
- Appointments & Walk Ins Welcome
- Practice Nurse Mon-Fri
- Dietitian
- Open 7 Days
- Pathology Collection Available 7 Days

The School Opal card

The School Opal card gives eligible students free or discounted travel between home and school using metro, train, bus, ferry and light rail services you nominate in your application.



Who can apply?

To be eligible for a School Opal card, students may need to live a minimum distance from their school:

Years K-2 (Infants)

There's no minimum distance.

Years 3-6 (Primary)

More than 1.6km straight line distance or at least 2.3km walking.

Years 7-12 (Secondary)

More than 2.0km straight line distance or at least 2.9km walking.



If you live too close to be eligible for free travel, you may still qualify for a School Term Bus Pass, which offers travel on buses between home and school at a discounted rate for the whole school term.

Who needs to apply

A new application is only required if the student has not had a School Opal card before.

If the student already has a School Opal card and is changing schools, campuses or home address, you will need to update their Opal card for the new school year before mid-December at apps.transport.nsw.gov.au/ssts

How to apply

Applications for next year open at the start of Term 4 this year.

Step 1

Once the new school has confirmed your child's enrolment, complete the application at apps.transport.nsw.gov.au/ssts

Step 2

The school endorses your application.

Step 3

Once Transport for NSW has approved the application, a School Opal card will be sent to the address provided on the application.



A parent or guardian must apply for students 15 years and under. Students 16 years and over can apply for themselves.

Better together

The School Opal card is only for travel to and from school. So it's a good idea to get a Child/Youth Opal card for travel after hours, on weekends or during school holidays.

Child/Youth Opal card benefits

- Concession fares across the Opal network
- Half-price travel after eight paid journeys each week*
- \$1 transfer discount for every transfer between modes (metro/train, ferry, bus or light rail) as part of one journey within 60 minutes from the last tap off†
- Set auto top up and link it to your credit or debit card so there's always enough value on the card to travel.

Find out more at transportnsw.info/opal

or pick one up from an Opal retailer.

To find a retailer in your area visit

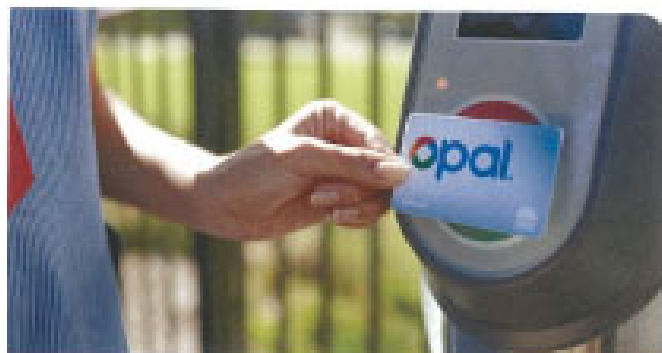
transportnsw.info/opal-retailers



Secondary students aged 16 and over can travel with a Child/Youth Opal card when carrying a NSWACT Senior Secondary Student Concession Card, available from school and TAFE offices.

* Excluding Sydney Airport Station access fee.

† The Opal Transfer Discount doesn't apply when transferring between light rail and Sydney Ferries.



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.**