

Muswellbrook South Public School Newsletter



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"Muswellbrook South Public School Official"

TERM 4 WEEK 5

Wednesday 13 November 2019

PRINCIPAL'S MESSAGE

It's been a tough week for many families across the state. Many of those families owe much to the volunteers who put out fires, provided food and shelter and generally supported them through perhaps some of the most difficult moments in their lives. While the people that were helped certainly benefited greatly from the volunteers, volunteering has its own benefits for the volunteers. At Muswellbrook South we encourage participation as a volunteer for the many benefits it provides to the community and to individuals. Here are five reasons to volunteer.

1. You'll feel happier

People who "give" – either money or their time – have been reported to be happier and healthier than those who don't. A 2007 study led by Arthur Brooks of Syracuse University found that givers were 42 percent more likely than non-givers to say they were "very happy".

2. It'll make you feel healthier

Helping others is also related to improved physical health, including weight control, lower blood pressure and relief from depression and chronic pain.

When we're helping others we're more likely to feel good about ourselves which is, not surprisingly, a positive contributor to mental health. Mental and physical health are highly correlated so when we're psychologically well, we're also more likely to be physically well.

3. You'll get a 'helpers high'

Helping others triggers the reward pathway in the brain known as the mesolimbic system. It releases "feel-good" neurotransmitters such as oxytocin and vasopressin.

The buzz you get from these neurotransmitters is sometimes known as "the helpers high".

4. Feel a sense of belonging

Volunteering is a great way to promote strong social networks. This is because of what's called "prosocial behaviour", which means that what we're

doing benefits other people – this can be seen in helping, sharing, donating and volunteering. Research suggests this is a beneficial way to connect with your community and build positive relationships through creating social capital, building bonds of trust, cooperation and respect for diversity.

5. You can catch feel-good emotions

Ever heard of something called the 'emotional contagion'? We hadn't either. But as the name suggests, it's contagious. When two people catch it, they tend to "match-up" emotionally. If a person is feeling positive and enjoying the process of giving, then this spreads across to other people nearby who become significantly more likely to give as well.

Glen Kite

Principal

Primary Assembly – Week 5

Friday 15th November is a Whole School assembly that will start a little earlier than normal at 10.45am in the school hall.

KGREEN will be presenting a class item.

Platinum PBL awards will be presented.

All parents & carers are warmly invited to attend.

Please note entry is via the front gate only.

SCHOOL COMMENCEMENT JANUARY 2020

If any student will be on holidays and not attending school at the beginning of Term 1 2020, please provide written documentation addressed to Mr Kite and hand in at the school office before the end of Term 4, 2019. Thank you.

In planning for 2020 classes, we ask that any families who won't be returning in 2020 please notify the office as soon as possible. If you know of any new families who may be considering MSPS in 2020, please ask them to contact the office on 02 6543 1896 to provide student details.

Attendance Hero

Each week we like to acknowledge those students who come to school each day, ready to learn, by awarding students as 'Attendance Heroes'. These lucky students receive a lunch order to the value of \$5 to be used during the week.

To be an Attendance Hero and get your name in the draw, you must be

Here
Every day
Ready
On-time!



(Please note if your child is sick, please do not send your child to school, as it may cause others to be unwell).

Congratulations to the Term 4 Week 4 Attendance Heroes pictured below.

Infants –

Elsie F of 1BLUE, Ryan R of 1RED, Edward M of 1GREEN and Tylor A of 1YELLOW.



Primary –

Bracken S of 3/4YELLOW, Siena P of 3BLUE, Jaylah C of 5BLUE and Ryan B of 5BLUE.



WEEK 4 PBL AWARDS

Congratulations to the following students who received PBL awards at last week's Primary Assembly. MSPS are proud of your efforts!

Bronze Award (25 Pebbles) – Lachlan K, Natalie W, Maddison N, Reese S, Lochlan H, Ryan B, Trey J, Jaycee F, Cate H, Samara L, Melina R, Lochlan N, Rylee K, Cheyenne C, Matika R, Bella D, Kade P, Alicia R, Hope C, Drewcilla S, Colin G, Corey G and William F.

Silver Award (50 Pebbles) – Aylah P, Mia H, Teegan E, Hayden E, Charlotte B, Cadence C, Aurora S, Jensen N, Maddison S, Cassidy S, Ryan B, Claudia S, Letisha J, Jaylah C, Ella L, Netise W, Koia R, Marcus P, Jaxson M and Tom N.

Gold Award (75 Pebbles) – Wayne D, Dorrie O, Kayla R, Chanel S, Koia R and Marcus P.

YEAR 6 FAREWELL

The Year 6 Farewell is being held on Tuesday 10th December from 6pm to 8.30pm at Muswellbrook RSL Club.

Cost is \$30.00 per person and must be paid to the office by Tuesday 26th November. Late payments will not be accepted as numbers need to be given to the RSL Club next week.

Dress code is smart casual.

This is an event for Year 6 students only. Parents are invited to arrive at 8pm to watch the Presentation section of the evening. The Farewell is scheduled to finish by 8.30pm.



CLOTHING DONATIONS

If you have any old school uniforms, socks or shoes at home that no longer fit your child would you please consider donating them to the school.



SPORTS REPORT

Last week was the last week of the AUSKICK Indigenous program where we had a group of MSPS students participate in AFL skills and activities over the past 4 weeks. Thank you to AUSKICK and AFL NSW for coming and delivering the program for our Indigenous students.



On the weekend I attended the Australian Matildas vs Chile Soccer match in Sydney. It is fantastic that the Matildas have been granted the same pay scheme as our Socceroos. Women's sport throughout Australia is flourishing and the talent we have in Australia is abundant. The Matildas played an exciting brand of soccer and along with the record crowd made for it to be an amazing match. I encourage all students of MSPS and in particular the girls to train hard and who knows, one day that might be you out there playing for your country in a sport you are passionate about.

Our K-2 Cricket Mascot challenge which focuses on catching, throwing and bouncing skills has been a massive success. Students seem to have been enjoying the activities and teachers have mentioned how great it is to see the gradual development of students' skills from the beginning of the term to now.

The Learn to Swim Program is still humming along this term. Please take note that the program will finish at the end of Week 9 and will not run in Week 10. If you have any questions or concerns please contact the school.



Mr Adams - PE Teacher



PJ says . . .

"Mistakes help me learn better".

REMEMBRANCE DAY CEREMONY 11.11.2019

On Monday 11 November 2019, MSPS held a special Remembrance Day Ceremony to honour the fallen soldiers and those who have served our country. The students learnt about the significance of this day through videos and songs. Thank you to our school leaders for conducting the ceremony and Mrs Thomson for reading the poem "In Flanders Fields". A minute's silence was held following the Last Post. Thank you to the students for your respectful manners at the assembly and Mrs Winning for organising



Student details & emergency contacts

It is important that you notify the school office of changes that occur to student's contact details e.g. new phone numbers, change of address etc. It is important to have details up-to-date as this information is sometimes needed by teachers, to approve transport applications and in the event of an emergency.

Please contact the school office to make any updates.

Thank you for your cooperation.

****Spare Change Challenge****

Continuing in Term 4, the SRC will be collecting spare change to raise money for the whole school's End-of-Year Celebration of Learning. Each class have their own jar to collect spare change donations from both students and teachers. The funds will be collected regularly and the Spare Change Challenge poster will be updated so we can track our progress. The fundraiser will finish in Week 8 of Term 4 and our goal for 2019 is to raise at least \$3000. Please get behind the Spare Change Challenge so the SRC can make our End-of-Year Celebration of Learning Day the best day yet.

Technology tips for parents

Over the last few weeks we've looked at **Are they old enough - for an online social media account?** You've been given insights into whether your child can withstand negative online experiences, the importance of protecting their personal information, understanding how privacy settings for social media work, understanding what is safe to share online, how to report cyberbullying and other kinds of abusive content and establishing clear rules and supervising their social media activity.

Help your children safely navigate their digital world and educate them to avoid harmful online experiences. Explore websites, games, apps and social media together and set some rules. Your support and guidance can give your children the confidence to make sound decisions online — and ask for help when they need it.

This week's topic is **Online Safety Basics - 3 Key Strategies**.

1. Be engaged, open and supportive

- Get involved. Share online time with your children as part of family life. Play games together. Talk about favourite apps, games or websites.
- Keep lines of communication open. Ask about their online experiences, who they are talking to and whether they are having any issues.
- Reassure your child they can always come to you, no matter what. Let them know you will not cut off internet access if they report feeling uncomfortable or unsafe when online — this is a real concern that may stop your child from communicating with you openly.
- If you notice a change in behaviour or mood, talk to your child about it. If you are concerned, consider seeking professional help — from your GP, a psychologist or school counsellor.

2. Set some rules

- Set age-appropriate rules for devices and online access, with consequences for breaking them.
- Seek your child's input — this will help them understand risks. As they get older you can review your rules.
- Consider creating a family online safety contract as a way to help you agree on the rules, and renegotiate it as required.
- The contract could cover the type of websites that can be visited, time spent online and acceptable online behaviour.
- The consequences for breaking the rules should be clear and should mean something to your child.
- Consider making some 'rules for parents' too — and stick to them! Model behaviour that you would like to see.

3. Use the available technology

- Get to know the devices you and your children use and set them up for privacy and online safety. Take advantage of parental controls to monitor and control screen time and access to content in ways appropriate to your child's age and experience.
- Choose apps and games carefully, taking age ratings and consumer advice into account.

These tips and advice come directly from the Australian Government eSafety Commissioner website (<https://www.esafety.gov.au/>).

MSPS Band

We currently have several positions available in the school band for 2020. Music lessons are run during school time by the Upper Hunter Conservatorium of Music. Band is held before school on Thursday mornings each week as well as some Thursday afternoons during the afternoon session. We have Trumpets, Clarinets, Saxophones and flutes for hire \$35 per term plus a one-off bond fee. We have places for Trumpet, Saxophone, Flute, and Clarinet.

Some lesson scholarships are available. If your child is interested in joining please return the slip below to Mrs Tonon and a pack will be sent home.

Name: _____

Class: _____

Preferred Instrument: _____

Parent Name: _____

Parent contact phone number: _____

Parent email: _____



Kindergarten Green are detailed
Writers

Kyedon: I will take a red dingo to the shop and a blue snake on my broom. I will take a red lizard and an octopus.

Sadie: I will take a purple snake on my broom.

Brydon: I will take a brown horse and a dingo and 3 snakes and a fire breathing dragon and a black funnel web spider.

Ella: I will take a little turtle on my broomstick and a little pink fairy and a little frog.



Charlotte: My Gruffalo has a long tongue and he has long ears. He has twelve eyes and blue prickles.

Emily: My Gruffalo has three horns and purple prickles and orange eyes and turned out toes.



Declan: My Gruffalo has a red moustache and has claws. He has purple prickles all over his back and has a poisonous wart on the end of his nose.

Chelsea: My Gruffalo has a scooter to ride on and a rainbow friend. His horns are very stripy and his claws are very long.

Zack: My Gruffalo has a red mask and is wearing a Spiderman outfit.





Muswellbrook South Public School

"Building Solid Foundations for Life"

57 Maitland Street Muswellbrook NSW 2333 Ph: 02 6543 1896

Email: muswellbrs-p.school@det.nsw.edu.au

6/11/19

SRC NEWS

2019 has been another successful year for fundraising at Muswellbrook South Public School and on behalf of myself, our SRC leaders Mia, Riley, Aiden and Koia, as well as all classroom representatives, we would like to thank the Muswellbrook South school community for their generosity and support. Here is a snapshot of our fundraising efforts this year.

Term 1 - Fun Run for Fibro: \$311.80 donated to the Fibromyalgia Australia Support and Knowledge Fund

Term 2 - Pyjama Day: \$377.75 donated to Stewart House

Term 3 - Sporting Colours Day: \$505.80 donated to the Fight Cancer Foundation

Our major fundraiser this year is the "Spare Change Challenge" which will continue right through until Friday 29th November. All funds raised contribute to the cost of our End of Year Celebration of Learning Day, which this year is said to be a real SPLASH.

Term 4 - School Disco (see details below): All funds raised also contribute to the cost of our End of Year Celebration of Learning Day

Term 4 School Disco

Date: Wednesday 27th November

Cost: Gold coin donation

Dress: Come dressed as your favourite SUPERHERO

Time: School Hours

The SRC will also be selling glow products on the day for \$1

Once again, thank you so much for the support you give to Muswellbrook South. We really do pride ourselves on being a school community that gives back to others.

Renae Felan

Year 6 Classroom Teacher

SRC Coordinator

ABCDEFGHIJKLMNOPQRSTUVWXYZ

On the down low with Mrs Dowdell

This week, I'm sharing some tips for keeping your children safe online:

- Remind them never to share their usernames and passwords with anyone;
- Check the privacy settings of social networking sites with them to make sure they are only sharing their personal information with their friends;
- Educate them about the security risks of sharing too much detail online and to remember 'stranger danger';
- Get them thinking about the long term effects of their online behaviour – the cost to their reputation with friends, family, and even potential future employers;
- Encourage them to THINK before they post; a digital footprint can last forever.



ABCDEFGHIJKLMNOPQRSTUVWXYZ

Visible Wellbeing and Positive Behaviour for Learning

In our Visible Wellbeing and Positive Behaviour for Learning lessons, we are looking at shark vs. dolphin thoughts. What does this mean? A 'shark' thought is a negative way of looking at something, whereas a 'dolphin' thought is an optimistic (or positive) way of looking at something. There are times when things are awful or sad, but other times we can challenge our thinking. There are health benefits of DOLPHIN thinking which is known as OPTIMISTIC thinking. When we think like a dolphin our Wise Owl receives clearer information and feelings from our calm Guard Dog and therefore works better.



MSPS Dates for the Diary – Term 4 2019

weeks	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov Wk5	11	12	13 Kinder Transition	14	15 Whole School Assembly
Nov Wk6	18 Stage 3 cyberbullying talk	19 Year 3 Blackbutt Excursion	20 Kinder Transition graduation	21 Leadership speeches - Hall	22 Primary Assembly
Nov Wk7	25	26	27 Whole School Disco	28	29 Colour your threads for PosED Colour Run Sports captain speeches Infants Assembly
Dec Wk8	2	3 Yr6 Orientation Day/Night	4	5	6 Sports Presentation 9.45am
Dec Wk9	9	10 Year 6 Farewell	11	12	13 Presentation Day K-2 9.45am 3-6 11am
Dec Wk10	16 End of Year Celebration	17 Honour Award lunch	18 Last day for students	19 SDD	20 SDD

2K19

#teamsouth

Getting to know...**Name:** Sarah Watson**Age:** 30**School Position:** Classroom teacher**Star sign:** Capricorn**Home town:** Newcastle**Lives:** Cameron Park**Favourite Food:** Chinese**Favourite Movie:** The Greatest Showman**Favourite Music:** Backstreet Boys**Interests:** Reading and craft**If you were stuck on an Island, and had to take only 2 things with you, what would they be?**

Netflix and chocolate



Nutrition Snippet

The simplest way

... to swap to healthy snacks

Foods packed in the lunch box contribute significantly to a child's overall diet. It is important to try and keep unhealthy treat foods out of the lunch box. Try these healthy swaps:

Swap this	For this
Chips	Plain popcorn
Chocolate bar	Homemade bliss balls
Sweet biscuits	Raisin bread
Fruit roll ups/sticks	Tub of canned fruit
Lollies	Dried fruit
Flavoured biscuit	Crackers with cheese
Commercial muffins	Homemade fruit muffins

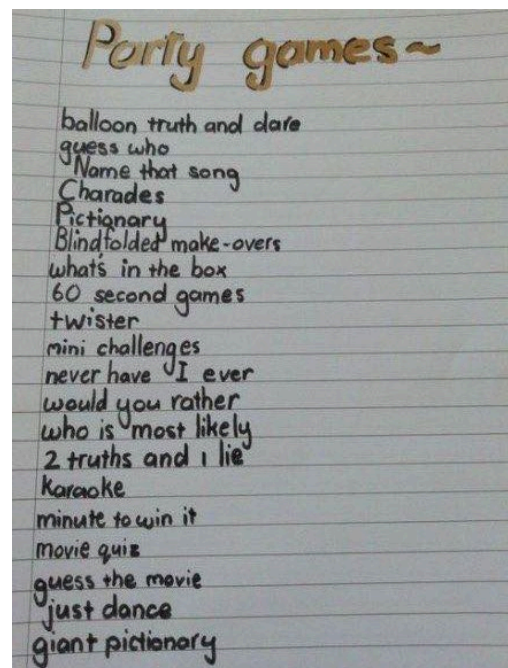
For snack ideas visit healthylunchbox.com.au

healthylunchbox.com.au



Wellbeing Challenge #5

Connect with yourself, a friend or with your family. Play a game this week and benefit from fun, unplugging from the digital world and have organic, face to face connection.



Good for Kids good for life

WAYS TO BE PHYSICALLY ACTIVE

Why not try these ideas?

There are many ways for children to be physically active and to limit sedentary behaviour every day.



ACTIVE AND FUN

- Encourage children to play active games like obstacle courses, tag, skipping or throwing a ball or frisbee.
- Visit playgrounds, parks, nature reserves, ovals or beaches.
- Get children involved in a variety of different sports and activities.



ACTIVE TRAVEL

- For short trips, walk or ride safely.
- For longer trips, park the car some distance away and walk with children for the rest of the trip.



ACTIVE AT HOME

- Limit time for watching TV and using electronic games.
- Store portable electronic devices out of sight.
- Enjoy a walk with children around your local area.
- Children can help with gardening activities like digging, sweeping or raking.



ACTIVE AND SAFE

- Start slowly and build up the amount and intensity of physical activity.
- Protect children from the sun – ensure children wear sun-protective clothing, including a hat, and apply sunscreen regularly.
- Always supervise children appropriately when in and around water.
- Speak with your doctor or other health professional if your child has a medical condition.

Image source: Department of Health



Health
Hunter New England
Local Health District

HNEHLD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

YOUNG ARCHIE COMPETITION – REGIONAL TOUR

Budding artists aged 5 to 18, residents of the Muswellbrook, Singleton and Upper Hunter Shires are invited to submit a

portrait for the Young Archie competition, as part of Muswellbrook Regional Arts Centre's public programs for the 2019 Archibald Prize regional tour.

The portrait should be of a person who is special to you - someone who is known to you and plays a significant role in your life. If you would like more information or an entry form, please see our school front office.



the Carly Ryan foundation. APP FACTS

FORTNITE

Age Rating in the App Store:
FORTNITE 12+

Fortnite is a video game for PlayStation 4, Xbox One, Windows, Mac and mobile allowing up to 100 users per game onto an island/map to build structures, hunt for weapons and equipment. Players are dropped onto the game map and must compete to be the last one standing. There are three modes of play in Battle Royale: Solo, Duo and Squad.

Challenges

Micro transactions

There are opportunities for players to spend real money on items in the game. Fortnite encourages a membership upgrade called a Battlepass, as well as in-game currency called V-Bucks to buy bonus items. You can buy things like new looks and new dances. Most platforms allow you to block in-app purchases via parental controls, so be sure to set up yours if you don't want your kids maxing out the credit card. CRF recommends using a pre paid credit card or gift card for in-app purchases.

The game's online chat feature (especially in Battle Royale) can expose younger players to offensive language, mature content and contact from strangers. CRF doesn't recommend games with open chat for kids under 13.

How do I turn off voice chat?

Open the Settings menu in the top right of the Fortnite home page by selecting the three bars, then the cog icon. Choose the audio tab at the top of the screen. From there, you can adjust several audio features, including voice chat. Turn the setting from on to off by tapping the arrows. You will need to take steps to make sure your child isn't exposed to the inappropriate language of other players by keeping them in solo mode or ensuring that they're teaming up with friends.

To report

Users can report other users for harassment, inappropriate language, bullying and hacking. Just click 'Email Us' and fill out the required fields. After selecting the Product and Game Mode, select Report Player as the Issue Type. This will make sure these reports are directed to the correct team.

If a user wants to delete a 'friend' within the game they can simply go to the icon on the top right of the screen with the three figures and select the user and click 'unfriend'. There is no way to block a user in the game. If a user is harassing another user they should follow the appropriate steps above to report them.

Like any online game, Fortnite can be a positive social activity that keeps kids connected to their friends (not to mention a great potential bonding experience if you choose to play with your child). Just be mindful of screen time and monitor that chat. We always encourage open conversations around privacy and personal safety.

App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com

carlyryanfoundation.com

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the Carly Ryan foundation. APP FACTS

FACEBOOK

Age Rating in the App Store:
f 13+

Facebook is a social networking service where millions of people go to interact with others. Facebook has over one billion active users, more than half of them use Facebook on a mobile device. The user can create a personal profile with photos, lists of personal interests, contact information, and other personal information which is shared among their chosen friends.

Facebook users have the ability to interact with a wide range of individuals. Through Facebook's news feed, users have the ability to interact in public conversations with people who are not within their friends list.

How to make your Facebook profile private

Step 1

- 1 Click on the three parallel lines at the bottom right corner of the screen.
- 2 Scroll to the bottom and click the 'Settings & Privacy' tab and click 'Settings'.
- 3 Click on the 'Timeline and Tagging' option. You can control everything with regards to who gets to post and tag on your Timeline and also who can see it. Go through all seven options and customise it for you. Activating Timeline review is also recommended. Once you've done this your Timeline will only be viewable to the people you choose to look at it.

Under the 'Who can see my stuff?' section, users can manage who is able to access their timeline and profile. Next to 'Who can see your future posts?', click on 'Edit' to ensure that 'Friends' is selected.

How can I report a fake profile?

- If you have a Facebook account and want to report someone that's pretending to be you or someone you know:
- Go to the profile of the impersonating account.
 - Click on the cover photo and select Report.
 - Follow the on-screen instructions for impersonation to file a report.

How do I block another user on Facebook?

- Click at the top right of any Facebook page.
- Click Privacy Shortcuts.
- Click 'How do I stop someone from bothering me?'
- Enter the name of the person you want to block and click Block.
- Select the specific person you want to block from the list that appears and click Block again.

App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com

Go to the 'Privacy' tab in the settings page. Facebook offers you several different options so you can adjust exactly how private you want to be. Check your privacy settings regularly. Often when Facebook updates the settings may go back to public by default.

Other Privacy Settings

To manage your privacy on Facebook (on a computer), access the privacy settings by clicking on the downward facing arrow in the upper right-hand side of the page and select 'Settings'. In the left hand column, click on 'Privacy'.

To access these settings on a mobile device select the three lines on the bottom right of your screen. Scroll down to 'Settings & Privacy'. Here you can change a number of settings: Restricting who can see the users profile and timeline.

carlyryanfoundation.com

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Upper Hunter AECG Meeting

Please come along and join us for the next Upper Hunter AECG meeting.

Where:- Aberdeen Public School

Afternoon tea will be provided

When:- Thursday 15th November, 2019

Time:- 4:30pm

Our AECG's focus is on communities having input into Aboriginal Education.

We strive to empower our communities to become involved in all levels of Education and Training for the positive effect this can have on our students.

Please note: Memberships are up for renewal at this meeting. (\$2 membership fee)

If you would like an item placed on the agenda for discussion please email the Secretary.

To find out further information or to RSVP to our meeting please contact.

Raylene Price – President of UHAECG
raylene.price@aes.org.au
 0499 112 669 or 0407 216 648

Renee Coward
renee.coward2@det.nsw.edu.au
 04350 100 883



LOWES

Shop & save for Christmas

EXCLUSIVE TO ZERO & REWARDS
CARD HOLDERS

20% OFF
SCHOOLWEAR
AND EVERYTHING ELSE!



INSTORE & ONLINE THURSDAY 14TH NOVEMBER.

* Excludes gift cards, all suit packages & Schoolwear layby's. Cannot be combined with other offers or discounts. Floor stock only.

Styles and colours may vary from store to store.
 No rain checks. Please choose carefully, exchanges and refunds only with docket. Includes existing 3% discount.
 Offer ends midnight (AEST) 14/11/19. Must use Zero or Rewards card to receive discount.

Muswellbrook South Public School

2019 Menu

Wraps	1/2	Full
Ham	\$2.00	\$3.00
Ham & Cheese	\$2.30	\$3.30
Ham & Tomato	\$2.30	\$3.30
Ham, Cheese & Tomato	\$2.50	\$3.50
Ham & Salad	\$3.50	\$4.50
Chicken	\$2.00	\$3.00
Chicken & Cheese	\$2.30	\$3.30
Chicken, Lettuce & Mayo	\$2.50	\$3.50
Chicken & Salad	\$3.50	\$4.50

Sandwiches	
Vegemite / Jam	\$1.00
Cheese	\$1.20
Chicken	\$2.00
Chicken, Lettuce & Mayo	\$3.00
Chicken & Salad	\$4.50
Ham	\$1.50
Ham & Cheese	\$1.70
Ham & Tomato	\$1.70
Ham, Cheese & Tomato	\$2.00
Ham & Salad	\$4.50
Ham & Salad Roll	\$5.00
Chicken & Salad Roll	\$5.00



Fruit available - 80c #
 Fruit prices are subject to change #
 Additional fillings 20c each

Hot Food	
Lite Sausage Roll	\$2.20
Lite Pie	\$3.00
Snack Pie	\$2.00
Noodles (Beef / Chicken)	\$2.20
Dino Nuggets (6)	\$2.50
Fried Rice	\$3.50
Lasagne	\$3.50
Spaghetti Bolognaise	\$3.50
Garlic Bread	\$1.20
Cheese & Bacon Roll	\$1.50

Burgers	
Chicken Burger Plain	\$3.40
Chicken Burger with sauce or mayo	\$3.60
Chicken Burger with lettuce & mayo	\$3.80
Chicken Burger with Salad	\$4.80

Salads	
Salad Bowl	\$4.20
Ham Salad	\$5.50
Chicken Salad	\$6.00
Fruit Salad (Small)	\$1.00
Fruit Salad (Medium)	\$2.50
Fruit Salad (Large)	\$4.50



Extras	
Tomato / BBQ Sauce Reduced Salt	50c
Toasted	50c
Bread Roll	50c
Spoons/forks purchased separately to lunch order	10c ea



Snacks	
Red Rock Deli Chips	\$1.50
Grainwaves Chips	\$1.50
Popcorn (air popped)	20c
Mousse Small	60c
Mousse Medium	80c
Finger Bun	\$1.60
Pikelet	\$0.20



Drinks	
Water 350ml	\$1.00
Water 600ml	\$2.00
Milk (Plain)	\$1.20
Plain milk + Sippah Straw	\$1.50
Milk (Chocolate / Strawberry / Banana)	\$2.20
Fruit Juice Popper	\$1.60
Slush Puppie	\$2.50
Harvey Fresh Juice Pop Top	\$1.70



Frozen Treats	
Large frozen juice cup	\$1.00
Lite Vanilla Ice Cream	\$1.20
Quelch Icy pole	\$0.50
Moosie (Chocolate)	\$1.20
Yogurt TNT	\$0.80
Juicie	\$1.00
Bulla frozen yoghurt	\$1.70

