**SCHOOL CALENDAR**

**August**
- Fri 14: Grade 6 Hoop Time - Kilsyth
- Tues 18: Tuesday Treats - 2M, 2P & 1P
- Fri 21: Grade 3/4 Hoop Time - Kilsyth
- Thur 27: Interschool Chess Comp-Montrose PS
- Thur 27: Father’s & Special Person’s Day Stall
- Fri 28: Grade 5 Hoop Time - Kilsyth

**September**
- 1-4: Grade 5 Camp, Coonawarra
- Wed 9: Parent/Teacher Interviews - 1-8pm
- Fri 11: Pupil Free Day
- 14-15: Grade 3 Camp- Mt Evelyn

**October**
- Thur 22: Prep Aquarium Excursion

**November**
- 16-20: Prep - 2 School Swimming
- Mon 30: Grade 3 - 6 School Swimming (begins)

**December**
- 1-4: Grade 3 - 6 School Swimming (cont)

**Other**
- Recess: 11.00am to 11.30am
- Lunch hour: 1.30pm to 2.30pm
- Uniform Shop: Wednesdays, 2.45pm to 3.30pm

**2015 Term Dates**
- Term 2 - 13 April to 26 June
- Term 3 - 13 July to 18 September
- Term 4 - 4 October to 18 December

Canteen Lunch orders to be in by 9am Wednesday and Friday

REMEMBER: All newsletter items must be in by Friday night in order to ensure they are included in the following week’s newsletter.

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**Message from the Principal**

Hi Everyone,

**Sister School Visit**
Many thanks to the children and their families who hosted the visitors from China last week. Since Monday the visitors have had the opportunity to spend time in our classrooms participating where possible in our normal routines. Families met at the Chirside bowls after school. It was a great opportunity for the travellers to see the breadth of family sizes and shapes that make up our community, as most are from single child family situations. That time also proved beneficial for the host parents, who compared notes on how each other's dinners and breakfasts were received.

The following days provided the chance to show where we live, focussing on the Melbourne city as well as beyond with a beach visit. Sorrento was bitterly cold to begin with, but a chance meeting up close with an echidna was an added bonus.

As the days passed communication became easier and bonds began to strengthen. Friday was a great finish to the school week with a boomerang throwing demonstration and a 'hands-on' cooking experience baking Anzac biscuits to take home.

Saturday was family time with many opting for a Healesville visit and a special meal that night. Sunday morning pick up was both a celebratory and tinged with sadness as our final goodbyes were offered.

Our sister school program is designed to promote awareness, tolerance and friendship, as well as being a real-life extension of our Chinese language program. It makes the language program all the more richer as our children develop their view of the world we live in.

**Parent – Teacher Interviews**
Parents please add to your diaries the date for our term 3 interviews. These will be held on WEDNESDAY 9th SEPTEMBER from 1.00-8.00pm. Notices for booking times will go home closer to the date.

**Pupil Free Day**
The next pupil free date is set for FRIDAY 11th SEPTEMBER. All staff will be involved in extensive planning for term 4. Parents are asked to make arrangements for your child's care for the day.

Neil Pollard
Thank you Nicky Thomas and Nicole Foster for your help in the canteen on Friday and Emily Watson for helping on Wednesday.

This week's helpers are Caroline Peat for Wednesday 12th August and Rachel Fitchner, Sandra Rowe and Kate Stephen for Friday 14th.

On behalf of myself and all the canteen mums, I would like to say a big thank you to the Parents Club for donating some money to the canteen to help in the purchase of some new equipment. I have a gleaming new sandwich maker already and am looking to purchase a new stick blender (no more lumps in your soup) and a couple of good knives all of which will make our job in the canteen a little easier and your food all the more yummier.

Soup for Wednesday 19th August is Heinz Tomato Soup! Remember to get your order form in by the end of Tuesday.

Thanks.
Alison

Heinz Tomato Soup (& dinner roll) Wed 19 August
Name: ..........................................................................................
Grade: ..........................................................................................
$4.00 encl.
Please return to the office by 3.30pm Tuesday
Workers of the Week

Harrison W  PC  Kaelan B-F  1P  Madison A  3KS  Koby B  5N
Chloe G   PC  Milly K  1P  Henry S  3KS  Reece J  5N
Bethany S  PH  Riley B  1R  Tayyon A  3KS  Will B  5N
Chloe J  PH  Talar A  1R  Gabrielle B  3KS  Ella S  5/6H
Emmanuel G  PH  Isabelle A  1/2G  Aaron K  4B  Ashleigh Mc  5/6H
Noah R  PK  Khang Q  1/2G  Lilly M  4B  Bianca R  6C
Ruby H  PK  Eli T-B  2N  Ellissa W  4VW  Charlotte S  6C
Evie C  PK  Ayla C  2N  Nicky W  4VW  Taj S  6C
Xavier W  PS  Victoria B  2P  Natalie O  4VW  Kayla C  6C
Leila C  PS  Kayla Mc  2P  Chantal W  5C  Johnny F  6C
Finn A  1C  Vincent R  2P  Michael M  5C  Courtney D  6C
Sebastian P  1C  Casey J  2P  Jamie S  5C  William C  6F
Summer H  1C  Bailey K  3GS  Cooper W  5C  Sarah M  6F
Sebastian D  1C  Noah G  3GS  Ivy C  5N

ART: Blayde R PH  WOW: Chloe D PK, Caleb G PK, Grace B PS, Lily C PS, Eleanor S PH, Addison B PC, Heidi Collyer PC
SPORTS STAR: Aliyah B  WOW: Brody A, Max V
MUSIC: Lincoln L, Jennifer B
OSCAR: Grace G 4B
PANDA: George L

Value of the Week
Courage

Nash J  PC  Tyson C  2P
Judah G  PH  Zac T  3GS
Ruby C  PK  Kade K  3KS
Grace B  PS  Millie C  4B
Andre J  1C  Matthew C  4VW
Harrison B  1P  Caitlyn T  5C
Brody A  1R  Tom T  5N
Xander D  1/2G  Charli B  5/6H
Sharmika M  2M  Antonio M  6C
Value of the Week:
Creativity

What is it?
You are a unique being. Nobody has been born who is exactly like you or who has your special combination of talents and gifts.

Creativity is the way you use your gifts to bring new things into being. It is making new music, art, having new ideas, creating inventions, dance, solving problems in new ways; it is a process of discovery.

Creativity is sharing your gifts and talents with others.
CONFIDENCE is this term’s YCD! Key for Success! You can show confidence this term by:

- Trying something new
- Talking with a strong voice
- Answering a difficult question in class
- Asking to play with others
- Volunteering to do a job

Award Winner: Alex G-K 4VW

Why do you think you got the award?
For having a go

My Hero is?
Mum

My favourite things about school are?
Maths

When I grow up I want to be a:
Doctor

Award Winner: Maddie Z Prep H

Why do you think you got the award?
I am able to talk in front of the class

My Hero is?
My dog

My favourite things about school are?
Art

When I grow up I want to be a:
Police officer
COMING SOON!
“Books light up our world”

Children’s Book Week
24–28th August 2015

- Competitions in the library - a guessing competition & a quiz 'Spotlight on books'.

- 'Light up our world with a Book Character' dress-up day, Tuesday 25th August

- Author Glenda Millard, who has one of her books shortlisted for the Children’s Book of the Year Awards, is visiting our school, Friday 28th August.

- Come and see all the Award-winning books - do you agree with the judges?

Let's celebrate Children's Book Week with a bit of fun!

Come dressed as a book character!
Tuesday 25th August 2015

Parade on the basketball courts (parade cancelled if raining)
Hand in an A4 or A3 sheet including:
- Question
- Your name and grade
- All maths working out (diagrams, drawings, calculations)
- Written explanation of how YOU solved the problem.

DUE DATE: 
*Thursday 13th August* by the end of lunchtime.
Place in orange Maths Masterclass box at the office.

REMEMBER: You don’t need to have reached a correct answer to enter. It is all about the learning process, not the answer.

Good luck!

Mr Storr

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**Maths Masterclass- Prep, Grade 1 & 2**

**Question 1: How many lollies were in the bag?**

Max and Lucy were given a bag of lollies. They shared them out evenly between themselves and had one left over.

Just as they finished sharing the lollies their friends Lily, Sam and Harry came along. They decided to share the lollies out again between all the children and they had 2 lollies left over.

*How many lollies were in the bag?*
Dealing with Bullying

Ways to deal with bullying have been the subject of much research. We now know some of the things that work, and some of the things that don’t.

Be aware

Bullying affects about 20 percent of the school population at any one time. While we don’t have accurate measures over many decades, we suspect the incidence of bullying was even higher when most parents were at school. In earlier times we weren’t as aware about bullying as we are today.

This is why some parents may have the incorrect belief that there is little that can be done to stop bullying. Fortunately, in this area we have become much more effective in the last few years.

What doesn’t work in stopping bullying

Strategies that do NOT work with bullying include:

- Fighting back
- Bullying the bully
- Ignoring it and walking away
- Just playing with a different group of students
- Remaining silent about the problem.

What parents can do as a first step

The most powerful ally a parent has in terms of dealing with bullying is their child’s school. Unfortunately, all schools have some bullying incidents. This means that all schools recognise it as a serious problem with negative consequences, and staff receive training on how to deal with it effectively.

Parents’ first step should be to speak to the school. You do not need to ask your child’s permission to speak to their school. Understandably children who are being bullied are often fearful and worry that any action will worsen the problem. They may try to talk you out of speaking to the school. The solution is to make a parental decision to talk to the school. You can always let your child know later what actions you have taken.
Dealing with Bullying

What schools can do to prevent bullying

Most often, bullying takes the form of verbal abuse, particularly comments about physical appearance or sexuality, (see homophobia advice sheet). Increasingly we also see cyberbullying (which is dealt with separately).

Establishing a school culture that is clearly pro-learning, and where all members of the school community receive and communicate clear, coherent messages that 'this is a place of learning where violence is neither accepted or expected' is a powerful step towards preventing bullying. Bullying prevention needs to be an ongoing aspect of a school system.

Be proactive

Cultures of cooperation do not occur by chance. They need to be planned for and created.

Schools should establish key values of the school and live them, coherent messages and deliver them. They should review the structures of the school and look for opportunities to enhance positive relationships between staff, parents and students.

Reduce anonymous space

Bullying thrives where there are no adult eyes. Schools where violence has been a problem improve by reducing the amount of un-owned, anonymous space.

Secondary schools have had success in reverting to a primary school model of classrooms that belong to specific teachers.

Determine the extent of bullying

Encourage people who know about bullying to report it.

Surveys, school maps, random bullying audits and posting on websites are methods of students and parents notifying the school about bullying.

Develop an anti-bullying policy

Generally these should be developed over time with students, parents, and staff members. Policies should include:

- a general statement of intention
- a definition of bullying as well as different types of bullying—for example physical, verbal, sexual, racial, telephone, cyber and exclusion
- details of how to notify a bullying incident as well as people to contact.

One such example of a definition that was written by a student is:

'Bullying is when someone repeatedly uses their power to hurt or scare others. It can be done by an individual or by a group. It can be carried out physically, emotionally or verbally. People bully because they feel bad about themselves or to gain popularity and sometimes even for pleasure.'

Every government school in Victoria has an anti-bullying prevention policy.
Dealing with Bullying

Sensitise and involve the peer group
Most students don’t want bullying to happen but don’t think they can stop it and doubt if their teachers can control it. Make sure the students know that bullying is not accepted and if it is reported it will be acted upon.

Have a good transition program
Schools that have an effective transition program for students joining them have less bullying.

Develop resilience
Students who are resilient are much less likely to bully others or to become victims.

What schools can do to intervene in bullying incidents

The two main research-based methods used for intervening in school bullying are the no blame approach and the method of shared concern.

The no blame approach can be quickly used with groups of students and enlists them in helping students who are the victims of bullies to be empowered and to have a happier time at school.

The method of shared concern involves individual meetings with each student involved in the bullying with follow up until the issue has been resolved.

Both methods have been used successfully in Australia and overseas to intervene in bullying incidents.

What people who have been bullied can do

While the people doing the bullying need to be firmly and clearly assisted to change their behaviours, those who have been bullied also need be re-empowered so they are equipped for the future.

Some people who have been bullied believe the negative messages about them and feel ashamed.

It is important to help de-personalise the bullying. Often we discuss bullying as a primitive, nasty behaviour used to assert dominance at someone else’s expense. Many people bully others because they feel bad about themselves. For this reason we explain bullying to people who have experienced it as ‘nasty monkey’ behaviour.

Immature primates engage in dominating behaviours. When unsupervised and in conditions where there is an opportunity to inflate individual social position, many will be tempted to exploit the vulnerability of others.

This helps people who have been bullied to see that the bullying is not their fault.

This is followed with training in deflection techniques so students are not overly reactive or sensitive to future taunts or negative comments. Students are then helped to refocus on strengthening other social connections and interests.

The other part of dealing with bullying is to create a school culture, which makes bullying uncool and empowers others who witnesses to bullying and to make a stand.
Dealing with Bullying

How parents can support

• Take the bullying incident seriously and also know that your child’s school will.
• Let the school take responsibility for helping students who are bullying to change their ways.
• Take your child’s distress seriously but also convey a message that ‘we are going to fix this’.
• Help them to de-personalise the message given to them by bullies by saying things like;

"That is not true—they are just being mean." or "Just because they say that doesn’t mean it’s true—there are lots of people who know how wonderful you are."
Only 4 weeks to go.

Please keep collecting.

Ask your Grandparents, friends, neighbours. The more stickers we collect, the more resources we get.

Please ensure you are attaching 60 stickers per sheet.

Additional sticker sheets can be collected from the school office, or downloaded from www.woolworths.com.au.
GOODS AND SERVICES

ADVERTISING MATERIAL INCLUDED WITH NEWSLETTER
The Department of Education & Early Childhood Development does not endorse the products or services of any private advertiser. No responsibility is accepted by the Department of Education & Early Childhood Development for accuracy of information contained in the advertisements to claims made by them.

LOOKING FOR SOMETHING TO KEEP YOUR CHILDREN BUSY THAT ISN'T ELECTRONIC?
Then call in to MARBRY Pty Ltd
Specialists in Children's Art and Craft Materials
- Paints and Brushes
- Modelling Materials
- Papers and Boards
- Crayons and Pastels
- Pencils and Markers
- Glue
- Cardmaking and Scrapbooking Supplies for Mum
- Expirienced, friendly stuff.
55 Hawhilry Road, KILSYTH 9725 6377
or visit our website...//www.marbrycraft.com.au

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EXTENSIVE RESEARCH SUGGESTS THAT LEARNING MUSIC

IMPROVES the ABILITY to THINK
YOUR CHILD DESERVES THIS CHANCE

Enrol NOW in
PIANO ON KEYBOARD LESSONS
$14.50 per half hour lesson
* Convenient - in school time
* Inexpensive
* Learn with Friends (max 3 per group)
* All equipment provided
* INDIVIDUAL tuition
ONE FREE LESSON IF YOU ENROL NOW
Phone 9761 9058

PLAYERS WANTED

Is your child interested in playing basketball? Then we want you. We are currently recruiting players for the next SUMMER season beginning in October 2015
- Boys & Girls Age 5 and up, any level of experience or none at all, new players welcome
- Boys play on Saturdays
- Girls Under 10 and below play Tuesdays
- Girls Under 12 to U21's play Wednesdays
Training will commence on Tuesdays at 4.45pm to 5.30pm at Yarra Hills Secondary College Reay Road Mooroolbark starting 4th August to 8th September. Just come down and bring a basketball if you have one. This is an open training to boys and girls of all ages. Contact: Natalie Johnson Mobile 0400 882 273 montrosevikings.org.au

WANTED PLEASE!

We are in desperate need of spare clothes for the sick bay.
If you have any tracksuit pants, leggings, or shorts in small sizes (4, 6 or 8) that you can donate please bring them to the office.
Thank you.
Light the Night – Lilydale

Friday 2 October 2015

5.00pm – Event opens, registrations, lantern collection, food and drinks
5.30pm – Entertainment commences
6.20pm – Official Opening.
6.30pm – Light the Night Walk commences
7.15pm – Event closes

Lilydale Lake Park, 435 Swansea Road, Lilydale

Light the night is a Leukemia Foundation inspiring twilight walk. Bring your families, friends and colleagues to shine a beautiful lantern of hope as we walk around the Lilydale Lake

Payment and sponsorship opportunities at www.lightthenight.org.au

Enter postcode 3140 for Lilydale.

For more information contact Brian Hodgson, mobile: 0419 397 650, email: brianhodgson17@gmail.com or Brian Mier, mobile: 0418 326 670, email: bcm95sm@bigpond.com

Follow us on Facebook on Light the Night Lilydale
(https://www.facebook.com/LilydaleLightTheNight)

2015 Spring Season Competition

Currently recruiting players for all age groups

Juniors: 9/U (2006-2009*)

Seniors: Open (1997+)

* player must turn 8 within the season to be eligible

Season runs from 10th October to 12th December

Registrations close Saturday 15th August 2015

Please contact Mignon Herrington: 9728-1168
or visit our website for further information

www.montrosetennisclub.sportingpulse.net

Mooroolbark Cricket Club

Junior Cricket

FINAL Registration Day

Saturday 22nd August 12pm-3pm

Mooroolbark Heights Reserve, Longfellow Ave

FREE sausage sizzle for the kids
MCC apparel available
Coaches on hand to answer any questions

This is your final opportunity to ensure your child's place in the 2015/16 season

Join our family friendly club!

Join the Mighty Barkers

A fun social environment with a winning attitude & a long proud history as one of the most successful sides in the ROMA

For all enquiries please contact

Lisa Wind 0406 176 562
Dr Marcus Wolf 0400 690 663
Email: mooroolbarksco@bigpond.com

1st Mt Evelyn Scout Group

Montrose & Mt Evelyn Scout Halls

Is your youth looking for something to do?

Have you thought about SCOUTS?

You can join SCOUTS if you are a boy or a girl, aged between 6 and 26 years old.

At SCOUTS we learn new skills, make new friends, play games, challenge ourselves, go camping and HAVE FUN!

We are offering 3 FREE Try Out Sessions

Register your interest today

Be part of one of the most awarded Scout Groups in Victoria

10-14yrs Cub Scouts
6-7yrs Joey Scouts
8-10yrs Venturer Scouts
14-17yrs Scouto Scouts
18-25yrs Rover Scouts

For more information, please contact:

Lisa Grenado – Tel: (03) 9770 4768
Carolyn Murphy – Mob: 0425 726 954

Email: G Lennox mt Evelyn Scout Group@VicScouts.org.au
www.MtEvelynScouts.org.au
www.VicScouts.com.au

Bukido Karate

One Week of Training for FREE

To claim or just check us out, go to www.bukidokarate.com or phone Bella on 97351138 any day after 3pm.
We are at 20A William Street East - Lilydale.
Winter Wednesday's Canteen Menu 2015
Terms 2 & 3

Please place correct money in paper bag/lunch wallet with your child’s name, grade and order on the front.
Please include 20c if you do not have a lunch bag and we will provide one for you.
Snacks and drinks will also be for sale at play times.

<table>
<thead>
<tr>
<th>SOUP</th>
<th>(homemade and served with a dinner roll)</th>
<th>$4.00</th>
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<tbody>
<tr>
<td>Soup flavour of the week will be advertised in the newsletter the week before. All soups need to be pre-ordered. Please fill out an order form and hand into the office by 3.30pm Tuesday. Order forms will come home with your child each Monday night. If extra food is ordered this can be done with the soup order on a paper bag/lunch wallet or include 20c for a bag. All other orders that do not include soup can be handed in as usual on Wednesday morning.</td>
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<tr>
<th>Hot Food</th>
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<tbody>
<tr>
<td>Cruiser Pie</td>
<td>3.50</td>
<td>Sausage Roll</td>
<td>2.80</td>
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<tr>
<td>Mini Meat Pie</td>
<td>1.50</td>
<td>Pizza - Hawaiian</td>
<td>3.00</td>
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<tr>
<td>Macaroni Cheese</td>
<td>3.50</td>
<td>- Margarita</td>
<td>3.00</td>
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<tr>
<td>Fried Rice</td>
<td>3.50</td>
<td>Hot Roast Chicken &amp; gravy Roll (cheese 40c extra)</td>
<td>3.20</td>
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<tr>
<td>Corn Cobbett</td>
<td>1.00</td>
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| Mexican Wrap | (sweet chilli chicken tender wrapped in a tortilla with cheese, avocado, tomato, lettuce) | 3.70 |

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<tr>
<th>Jaffles</th>
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<tbody>
<tr>
<td>Baked bean</td>
<td>3.00</td>
<td>Cheese</td>
<td>2.50</td>
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<tr>
<td>Cheese &amp; Tomato</td>
<td>2.80</td>
<td>Ham &amp; Cheese</td>
<td>3.50</td>
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<tr>
<td>Ham, Cheese &amp; Tomato</td>
<td>3.60</td>
<td>Tuna &amp; Cheese</td>
<td>3.50</td>
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</tr>
<tr>
<td>Chicken &amp; Cheese</td>
<td>3.50</td>
<td>(plain tuna or tomato onion flavour)</td>
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**HOT MILO!!!**

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<table>
<thead>
<tr>
<th>Snacks</th>
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<tbody>
<tr>
<td>Apple slinky</td>
<td>0.80</td>
<td></td>
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<tr>
<td>Apple from home slinky</td>
<td>0.20</td>
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<tr>
<td>Fruit cubes – strawb/apricot</td>
<td>0.20</td>
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<tr>
<td>Dried Fruit – apple – 0.20c or apricot</td>
<td>0.10</td>
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<tr>
<td>Mini Wheats/Wild Berry Bites</td>
<td>0.05</td>
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<tr>
<td>Homemade Anzac</td>
<td>0.20</td>
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<tr>
<td>Piranha Veggie Chips bbq/s&amp;v/honey soy</td>
<td>1.20</td>
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<tr>
<td>Sakatas Rice Crackers bbq/chick</td>
<td>0.70</td>
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<tr>
<td>Popcorn (butter/salt&amp;vin/cheese)</td>
<td>1.20</td>
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<tr>
<td>Raisin Toast (buttered)</td>
<td>0.50</td>
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<tr>
<td>Homemade Fruit Muffins</td>
<td>1.50</td>
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<tr>
<td>Choc Chip Cookie</td>
<td>1.00</td>
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<tr>
<td>Jam Drop/Honey Butterfly (allergy-friendly)</td>
<td>1.50</td>
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<tr>
<td>Fruit and Nut Ball (GF)</td>
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<tr>
<th>Drinks</th>
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<tbody>
<tr>
<td>Just Juice – orange or paradise punch</td>
<td>1.50</td>
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<tr>
<td>Flavoured Milk – choc or strawb</td>
<td>2.00</td>
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<tr>
<th>Frozen Snacks</th>
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<tr>
<td>Golden Circle Fruit tubes</td>
<td>1.00</td>
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<tr>
<td>Moosies Milk Freeze (choc/strawb/blue/ban)</td>
<td>1.50</td>
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<tr>
<td>Bulla Fruit and Yogurt stick</td>
<td>1.30</td>
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<tr>
<td>Frozen Juice cups (apple/orange)</td>
<td>1.00</td>
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<tr>
<td>Frozen Pineapple Rings (counter sale only)</td>
<td>0.40</td>
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<table>
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<tr>
<th>Fresh Fruit Bowl</th>
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<tr>
<td>Fresh fruit in season sold over the counter</td>
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# Friday Canteen Menu 2015

Please place correct money in a paper bag / lunch wallet with your child’s name, grade and order on the front. Please include 20c if you do not have a lunch bag and we will provide one for you.

Snacks and drinks will also be sold over the counter at play times.

## Sandwiches/Rolls
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad (tomato, cucumber, carrot, lettuce)</td>
<td>3.50</td>
</tr>
<tr>
<td>Ham/Chicken (add 20c per salad item)</td>
<td>3.00</td>
</tr>
<tr>
<td>Tuna (plain or tomato, onion flavour)</td>
<td>3.00</td>
</tr>
<tr>
<td>Egg and Lettuce</td>
<td>3.00</td>
</tr>
<tr>
<td>Vegemite / Cheese</td>
<td>2.00</td>
</tr>
<tr>
<td>Vegemite and Cheese</td>
<td>2.40</td>
</tr>
</tbody>
</table>

## Jaffles
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked bean</td>
<td>3.00</td>
</tr>
<tr>
<td>Cheese</td>
<td>2.50</td>
</tr>
<tr>
<td>Cheese and tomato</td>
<td>2.80</td>
</tr>
<tr>
<td>Ham and cheese</td>
<td>3.50</td>
</tr>
<tr>
<td>Ham, cheese and tomato</td>
<td>3.60</td>
</tr>
<tr>
<td>Tuna (plain/tom) and cheese</td>
<td>3.50</td>
</tr>
<tr>
<td>Chicken and cheese</td>
<td>3.50</td>
</tr>
</tbody>
</table>

## Wraps
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ wraps available</td>
<td>2.70</td>
</tr>
<tr>
<td>Tuna, cheese and salad</td>
<td>4.30</td>
</tr>
<tr>
<td>Ham, cheese and salad</td>
<td>4.30</td>
</tr>
<tr>
<td>Chicken, cheese and salad</td>
<td>4.30</td>
</tr>
<tr>
<td>Salad and cheese</td>
<td>3.80</td>
</tr>
</tbody>
</table>

## Salad Box
BYO fork please
- Egg salad (lettuce, tomato, cucumber, carrot) | 3.50 |
- Cheese salad                                 | 3.50 |
- Chicken salad                                | 3.50 |
- Ham salad                                    | 3.50 |
- Tuna salad (plain/tom, onion flavour)        | 3.50 |

## Extras Add:
- Salad item - 20c
- Cheese - 40c
- Avocado - 50c
- Tortilla chips - 1.00
- Tomato sauce & mayo - 20c each

## Sushi Rolls
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teriyaki chicken and cucumber</td>
<td>2.80</td>
</tr>
<tr>
<td>Tuna and avocado</td>
<td>2.80</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>0.10</td>
</tr>
</tbody>
</table>

## Fresh Fruit Salad
(ONLY TERMS 1&4)
- melons, kiwi, strawbs, grapes etc | 4.00 |
- ADD scoop of vanilla yoghurt            | 0.50 |

## Fresh Fruit Bowl
- pieces of fruit in season sold over the counter

## Hot Food
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cruiser Pie (Mrs Macs light)</td>
<td>3.50</td>
</tr>
<tr>
<td>Mini Meat Pie (Mrs Macs good eating)</td>
<td>1.50</td>
</tr>
<tr>
<td>Pizza - Hawaiian</td>
<td>3.00</td>
</tr>
<tr>
<td>- Margarita</td>
<td>3.00</td>
</tr>
<tr>
<td>Sausage Roll (Mrs Macs good eating)</td>
<td>2.80</td>
</tr>
<tr>
<td>Macaroni Cheese</td>
<td>3.50</td>
</tr>
<tr>
<td>Fried Rice</td>
<td>3.50</td>
</tr>
<tr>
<td>Hot roast chicken and gravy roll</td>
<td>3.20</td>
</tr>
<tr>
<td>(long white roll - cheese extra 40c)</td>
<td>1.00</td>
</tr>
<tr>
<td>Corn cobbett</td>
<td>0.20</td>
</tr>
<tr>
<td>Tomato sauce</td>
<td>0.20</td>
</tr>
</tbody>
</table>

## Drinks
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Just Juice (200ml)</td>
<td></td>
</tr>
<tr>
<td>- orange/paradise punch</td>
<td>1.50</td>
</tr>
<tr>
<td>Flavoured Milk (250ml)</td>
<td></td>
</tr>
<tr>
<td>- chocolate/strawberry</td>
<td>2.00</td>
</tr>
</tbody>
</table>

## Snacks
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple slinky</td>
<td>0.80</td>
</tr>
<tr>
<td>Apple from home made into slinky</td>
<td>0.20</td>
</tr>
<tr>
<td>Fruit cubes - strawberry or apricot</td>
<td>0.20</td>
</tr>
<tr>
<td>Mini Weats/Wild Berry Bites</td>
<td>0.05</td>
</tr>
<tr>
<td>Dried fruit - apple - 20c or apricot</td>
<td>0.10</td>
</tr>
<tr>
<td>Piranha Vegie chips - bbq cheese/S&amp;V/honey soy</td>
<td>1.20</td>
</tr>
<tr>
<td>Popcorn - butter, S&amp;V, cheese</td>
<td>1.20</td>
</tr>
<tr>
<td>Sakatas Rice Crackers bbq/chicken</td>
<td>0.70</td>
</tr>
<tr>
<td>Homemade Anzacs</td>
<td>0.20</td>
</tr>
<tr>
<td>Buttered Raisin toast</td>
<td>0.50</td>
</tr>
<tr>
<td>Homemade Fruit Muffin</td>
<td>1.50</td>
</tr>
<tr>
<td>Choc Chip Go Cookie</td>
<td>1.00</td>
</tr>
<tr>
<td>Jam Drop/Honey Butterfly (allergy friendly-GF)</td>
<td>1.50</td>
</tr>
<tr>
<td>Fruit and Nut Balls (GF)</td>
<td>0.50</td>
</tr>
</tbody>
</table>

## Frozen Snacks
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Golden Circle 99% fruit tube</td>
<td>1.00</td>
</tr>
<tr>
<td>Moosies Milk Freeze (all flavours)</td>
<td>1.50</td>
</tr>
<tr>
<td>Bulla Fruit and Yoghurt stick</td>
<td>1.30</td>
</tr>
<tr>
<td>Frozen Juice cups (apple/uj)</td>
<td>1.00</td>
</tr>
<tr>
<td>Frozen pineapple rings (counter sale only)</td>
<td>0.40</td>
</tr>
</tbody>
</table>
The Hopkins-Curry's

In July 2013 my beautiful husband Trenton died suddenly after an undiagnosed blood clot took his life three weeks after simple ankle surgery. He left behind two devastated daughters, his beloved sister and adored parents. Not to mention hundreds of friends that will never forget him. Last year we were chosen by the incredible team at "Feel the Magic" to be treated to an all expenses paid trip to Disneyland to give his beautiful girls, Ruby Tuesday and Poppy Willow something spectacular to look towards. I will forever be grateful to such a phenomenal gesture.... and this fundraising event will send not only my family to the happiest place on earth, but many other families that have suffered such a tragedy. Myself and the girls will be walking the 3km walk, but there are options of a full marathon, a half marathon and also the 10km and 5.7km runs. Any way that you can help would be most appreciated. Be it running or walking with Team Feel the Magic, sponsoring someone who is or just donating what little you might have..... it will all help this fantastic not for profit organisation to keep doing what it does best..... putting smiles back onto the kids faces. (Of course please specify which charity you are donating too!)

My girls and I will be taking part in the 2015 Melbourne Marathon Festival on Sunday the 18th October 2015, and hope to raise much needed funds for this charity.

Thank you for your support and helping to make a difference.
Love from the Hopkins-Curry's. xx

To help out please go to:

Feel the Magic Limited

Feel the Magic provides grief education and support to children who have lost a parent/s, sibling or legal guardian.

FTM's support began by sending successfully nominated families on a 'Magic Journey' to Disneyland. These trips have provided families a valued break from the challenges of everyday life following their loss, to reunite, create new and positive memories in the new family structure and allow them to honour their lost loved one.

Having sent a number of families to Disneyland we observed that a tight knit community was developing and identified an opportunity to extend our support.

Grieving children require ongoing support in developing strategies to cope with and move forward with their lives following a significant loss. In 2015 we will launch our first 'Camp Magic A Place for grieving kids to grow. The camp, for children aged 7-17 years who have lost a parent/s, sibling or legal guardian, will follow a structured program of therapeutic activities, in addition to fun physical activities and resilience building challenges.