CONTACT DETAILS
Principal: Mark Whisson
Deputy Principals: Shane Rutter, Marlene Bevan
Manager Corporate Services: Sharon Browning
Telephone:
School: 08 9921 4066
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Canteen: 08 9964 3162
Fax: 08 9921 4467
Email: MountTarcoola.PS@education.wa.edu.au
Website: http://mttarcoola.wa.edu.au

UPCOMING EVENTS
Thursday 7th April
ANZAC Assembly
Friday 8th April
Year 6 Challenge Day
Last Day of Term 1
Monday 11th April to Tuesday 26th April
School Holidays
Wednesday 27th April
Students commence Term 2
Friday 6th May
Girls AFL & Soccer Carnival
Boys Hockey Carnival
Tuesday 10th to Thursday 12th May
NAPLAN Testing Years 3 & 5
Friday 3rd June
School Development Day—Students do not attend
Friday 10th June
Parent Assembly Room 2
Year 6 Cake Stall

SCHOOL WATCH ALERT
Our school is being subjected to increasing vandalism after school and on weekends. Please report any after hours visitors to the police on 9923 4555 or School Watch on 131 444.
Please keep children out of the school grounds after hours.

FROM THE PRINCIPAL:
All members of our school community are invited to our Anzac Day ceremony which will be held this Thursday, 7th April. Our students, with the guidance of Ibu Tiana, Mrs Nardi, Ms Harrop, Mrs Cohen and Mrs Maddren have been practicing for the assembly for some time and they will represent our school admirably. Ms Harrop has created a magnificent backdrop banner for the assembly which will be used over the coming years - thank you Ms Harrop!

The P&C held their disco last Friday night and was well attended. The earlier starting and finishing times were well received by our parents and the disco raised approximately $1200 after all expenses were paid which is a great outcome. A big thank you goes to all our parent and teacher helpers - without you the discos would not happen. Unfortunately Mrs Batty’s smoke machine that is used at the discos has disappeared. If you have any knowledge of its whereabouts please contact the school.

Peta Beutel, our external coach, for our Positive Behaviour in Schools (PBS) program receives the minutes of our meetings and visits our school regularly. In her latest communication she said that she would like to congratulate our staff on the great job we were doing. She also said that she used our school as a model for others who are embarking on the PBS journey and had photographed our mural which she shows to other schools. This indicates that we are progressing well as we implement PBS theory and strategies and our students are heavily involved as well. Our staff will be completing Day 4 of the PBS training on the School Development Day next term which is the 26th April and the first day back for teachers. Students resume on the 27th April.

Students received the necessary information about the PBS “Good Sports” mural competition which will run over the first four weeks of second term with judging of the winning poster to occur in Week 5. The poster will be A3 in size, show the four (4) faction logos, contain the text “At Mount Tarcoola Primary we learn to be good sports” and the four (4) “Bees”. Students can illustrate the poster with anything else that they wish to include given that the poster has a sporting theme. The student who designs the winning poster will receive a $75 voucher to be spent at one of the Sports Retailers in Geraldton.

MARK WHISSON
PRINCIPAL
In the first newsletter for 2016 we requested parents to return a slip if they wished to continue receiving our newsletter by email or hard copy format. As the response was not overwhelming we are requesting parents who have not completed the slip to do so and return it to the office by Thursday 28th April, 2016. If an additional person requires the newsletter to be emailed or mailed please supply their address as well e.g grandparent, split families.

PARENT NEWSLETTER DISTRIBUTION

ELDEST STUDENT’S NAME: _____________________________________  ROOM: _____
CONTACT’S NAME: ____________________________________________
HARD COPY: □ OR □  EMAIL: ____________________________________________
ADDITIONAL CONTACT’S NAME (IF REQUIRED): _________________________
□ EMAIL: ________________________________________________________
□ HARD COPY (mailing address) ________________________________________
Mt Tarcoola Primary School got together as a whole school on World Water Day, Tuesday 22 March to Walk for Water. We walked laps of the school to add up to one day’s walk = 7km. This is the distance many women and children must walk each day to get water for their family to drink. Often their water is unsafe to drink.

The Walk for Water was very successful and many students walked the whole 7 laps in the time we had. There were 3 or 4 students who carried 10L of water for the entire journey and many who tried carrying the heavy load for a lap or two. I would like to thank all the students & staff who participated and their families and friends who kindly donated money to bring clean, safe water to people in the World’s poorest communities. Overall we raised $1 179.50 from students gaining sponsors from their family and friends. That is a fantastic result!

Ms Speed
MTPS Waterwise Co-ordinator

Bicycle safety is very important and not something that we ate all both with. We have the opportunity in term 2 to participate in the Let’s Ride 2nd Gear program which focuses on bike control skills, so that kids are given the techniques to enable them to ride more proficiently in a traffic-free environment (park, backyard, around the block, etc.)

The program is normally aimed at children aged 8-10 but students outside that range can participate. If you want more information please go to www.letsride.com.au, but please don’t register online our sessions will not be on the options list.

The sessions are conducted by a qualified instructor and will be held at school, after school. There is no cost to parents.

So that we can get an indication of numbers for planning can you please complete the attached form and return to me by Thursday 7th April.

If you have any questions please feel free to contact me at school.

Shane Rutter
Deputy Principal

I am interested for my child ________________________ room _____ aged _____ to participate in the Let’s Ride Program.

Signed__________________________________ Parent’s name _______________________________________________
**Slicker Stickers**
The canteen has the Slicker Stickers again this year. Instead of bringing cash you can purchase a sheet of stickers for $32 or half a sheet for $16. Place stickers to the value of your lunch on the order bag and hand into canteen.

**Winter Menu**
Our winter menu is now out (see last page) with a few new items on it. They have all been canteen approved and are a “Green Light” item. Please come and try them next term and give them your tick of approval.

Jodie Rodgers
Canteen Manager

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**KidsMatter and Smiling Mind**

KidsMatter and Smiling Mind share the goal of promoting children’s mental health and wellbeing in schools. Smiling Mind is a free program that provides resources to support the development of mindfulness and meditation skills. These skills help to manage stress, increase awareness of emotions, improve attention and focus, and can prevent difficulties from getting worse. The Smiling Mind website (www.smilingmind.com.au) and smartphone App provide information about mindfulness and action-based tools to guide children (starting from seven years) and adults through Mindfulness Meditation practices. They also offer mindfulness programs for schools, including free resources and tools to teach mindfulness to students. Early childhood educators may find the resources useful for their own purposes or to provide information to parents.

**What is mindfulness?**
Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment and observing life as it unfolds without analysis and judgment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future. Mindfulness Meditation is a clinically proven tool to support wellbeing and mental health. It involves setting aside time in a quiet space to focus on the present moment and what’s happening internally and externally. Practising Mindfulness Meditation helps to develop the state of mindfulness that allows us to reduce stress and experience life more fully.

**How can Mindfulness Meditation benefit student wellbeing and learning?**
International literature and clinical trials reveal that mindfulness can help reduce and prevent depression in adolescents, specifically within school settings. What's more, mindfulness has the two-fold affect of supporting academic pursuits and is demonstrated to aid learning, memory processing and emotion regulation.

In addition, Mindfulness Meditation has been shown to:
- reduce stress
- increase resilience
- increase positive emotions
- boost self-esteem
- improve attention and focus.
How can Smiling Mind support your school to address the KidsMatter Component Target Areas?

During the implementation of KidsMatter, schools make decisions about their goals, strategies and outcomes under each of the four KidsMatter components. How your school implements KidsMatter will depend on the needs of your school community. The Smiling Mind program helps to support children’s mental health at school and has been designed to complement existing mental health and wellbeing programs in a variety of ways.

Smiling Mind has developed a free Education Program which includes Mindfulness Meditation sessions for individuals and groups of students. The program can be facilitated by teachers, educators and other wellbeing staff. Smiling Mind also offers Adult Programs that could be used by school staff and families in your community.

Universities across the world have investigated the positive impacts of Mindfulness Meditation. Smiling Mind has used these published techniques and adapted them to provide free, online preventative mental health tools.

KidsMatter addresses children’s mental health and wellbeing by looking at four key areas known as components. Each KidsMatter Primary school works on the four components and the Smiling Mind smartphone App and Education Program can be used across all components.

Component 1: Positive school community

Component 1 aims to increase awareness of mental health and wellbeing in school communities. It also focuses on developing respectful relationships and a sense of belonging and inclusion within the school community.

The Smiling Mind resources can help your school to address Component 1 Target Area 2: Respectful relationships, belonging and inclusion.

This Target Area encourages school leadership and staff to create opportunities for students, staff, families and the wider community to be involved in a range of school activities and contribute to school planning.

You may meet aspects of Target Area 2 by:

- providing your school community with information about mindfulness and the Smiling Mind resources
- running the Smiling Mind Education Program in your school which involves students, staff and families
- finding out if any members of your school community are familiar with mindfulness techniques
- inviting members of your school community who are familiar with mindfulness techniques or a health and community professional to run a meditation session for staff and families
- facilitating a mindfulness group and inviting everyone in your school community.

“I believe mindfulness offers the potential to transform education so that we are truly educating the whole person.”

Dr Shauna Shapiro, PhD, Associate Professor of Counselling Psychology, Santa Clara University
Component 2: Social and emotional learning for students

Component 2 focuses on supporting the development of social and emotional skills for all students. It promotes four core social and emotional competencies including self-awareness, self-management, social awareness, relationship skills and responsible decision making. KidsMatter schools incorporate these competencies into their curriculum and give students an opportunity to practise and transfer these skills.

The Smiling Mind resources can help your school to address Component 2 Target Area 1: Effective social and emotional learning curriculum for all students.

Social and emotional curriculum:

- covers the core social and emotional competencies (self-awareness, self-management, social awareness, relationship skills and responsible decision making)
- has research evidence of effectiveness or is underpinned by a sound theoretical framework
- is taught effectively, formally and regularly in a co-ordinated and supported way throughout the school.

You may meet aspects of Target Area 1 by:

- having information about Mindfulness Meditation that can be given to students and families
- providing staff with the Smiling Mind resources to develop skills in facilitating Mindfulness Meditation
- offering resources such as the Smiling Mind Program to teach mindfulness as part of your social and emotional curriculum through individual or group sessions
- demonstrating how mindfulness increases self-awareness, self-management, social awareness, relationship skills and responsible decision making
- giving students the opportunity to learn mindfulness practices that can be shared with families and practised at home.

You may integrate mindfulness into your school community by:

- encouraging students to demonstrate situations when they feel mindfulness practices would be helpful
- encouraging students to use the Smiling Mind website or download the smartphone App to practise mindfulness
- using mindfulness to focus in on a particular skill (e.g. self-awareness) and providing information to families to support the skill at home
- inviting families to sit in on a classroom mindfulness session.

Reflective questions

How do you see mindfulness being used in your school community?

How might this help achieve your goals of supporting mental health and wellbeing?

How might you measure the impact of mindfulness practices on your school community?
Component 3: Working with parents and carers

Component 3 looks at how schools and families can work together to support children’s mental health and wellbeing. This can be achieved through developing collaborative relationships with families, providing parenting support and facilitating support networks for families.

The Smiling Mind resources can help your school to address Component 3 Target Area 1: Collaborative working relationships with parents and carers and Target Area 3: Parent and carer support networks.

In Target Area 1, this involves school staff implementing strategies to develop collaborative working relationship with parents and carers.

In Target Area 3, this involves the school providing opportunities for parents and carers to connect with each other and develop support networks, and actively seeking to minimise barriers to participation.

You may meet aspects of Target Area 1 and Target Area 3 by:

- sharing experiences of teaching mindfulness in the classroom with families and looking at how it could be practised at home
- collecting the tools and resources to conduct mindfulness training sessions for families.
- creating spaces and opportunities for families to come together and practise mindfulness.

Component 4: Helping children with mental health difficulties

Component 4 focuses on recognising and responding to children who may be experiencing mental health difficulties. It aims to increase awareness of mental health difficulties and how to seek help.

The Smiling Mind resources can help your school to address Component 4 Target Area 2: Responding to students experiencing mental health difficulties.

This involves school staff having knowledge and skills for recognising and supporting students experiencing mental health difficulties, including how to access support and make referrals.

The school also works together with families and professionals who are involved in caring for their students’ mental health and wellbeing.

You may meet aspects of Target Area 2 by:

- sharing information about Mindfulness Meditation with families and looking at how it supports children and adults who may be experiencing mental health difficulties
- providing students with mindfulness skills to support their ongoing mental health and wellbeing
- supporting children to use Mindfulness Meditation on a needs basis. For example, downtime during class or in a one-on-one setting with a student wellbeing staff member
- encouraging students to practise Mindfulness Meditation outside of school.
Case study: Ferncourt Public School, NSW

Ferncourt Public School teacher Ariana Davis talks about how the KidsMatter Primary school is using the Smiling Mind Education Program to improve students’ wellbeing.

How long has your school been involved with KidsMatter Primary?

We began KidsMatter Primary in mid-2012. A few years prior to that, we had integrated a social and emotional learning program called BounceBack into our whole school. We were keen to expand on this curriculum through the provision of other support in the school, particularly where parents were concerned. We viewed KidsMatter Primary as a framework that could assist us in developing these elements across the school community.

When did you begin to use the Smiling Mind Education Program?

Smiling Mind was discovered by one of our KidsMatter Primary Action Team members in a drive to find other programs to support social and emotional learning at a whole-school level. We recognised that despite having a positive response to BounceBack, students needed more tools to assist them with transitions throughout the day and general anxieties. We could see immediately that Smiling Mind not only supported the core values of KidsMatter Primary, but also facilitated a gentle and practical approach to meditation and relaxation. The fact that the program is free and based on extensive research meant that it was easy to promote the Smiling Mind Education Program to the school community and to gain the approval of all stakeholders.

How does the Smiling Mind program look at your school?

Smiling Mind has been fully integrated into daily use across the whole school to support our student welfare program. It sits neatly under the KidsMatter Primary framework which focuses on the mental health and wellbeing of students. The Smiling Mind Education Program provides an excellent vehicle for children to explore the concept of mindfulness through meditation, which ultimately contributes to their social and emotional wellbeing.

The school decided to engage students in Year K-4 by using the 7-11 age bracket of the Smiling Mind program. We utilise both the age 7-11 and 12-15 Smiling Mind programs with our senior students in Year 5-6. We find that using Smiling Mind straight after lunch is effective as children complete the meditation session and are settled and engaged for the next lesson of the day. Staff have also utilised the Smiling Mind App during out-of-school excursions such as school camp in order to calm students down at bedtime.

How has the Smiling Mind program supported the implementation of KidsMatter Primary at your school?

The Smiling Mind program complements the work Ferncourt Public School is doing throughout the implementation of KidsMatter Primary. Giving students the tools of mindfulness is enabling our students to cope better with day-to-day issues and is assisting in the development of resilient children.

What students and teachers say about Smiling Mind

“It doesn’t stop you thinking about yesterday but it makes you think about what’s happening now.” Archer, age 6

“Meditation helps me clear out my mind and lets new stuff come in.” Taylor, age 6

“Meditation makes me feel calm and have a peaceful day.” Madeleine, age 6

“Most students will find it as a means to simply relax after a busy time on the playground; however, you also find that there are students who will take on board specific outcomes from each session and will apply them elsewhere in their lives.” Viktoria Sen, Year 5/6 teacher

The KidsMatter initiatives have been developed in collaboration with beyondblue, the Australian Psychological Society, the Principals Australia Institute, Early Childhood Australia and, with funding from, the Australian Government Department of Health and beyondblue.

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About BRAVE Self-Help

Introduction to BRAVE Self-Help
BRAVE Self-Help is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. With beyondblue’s support, it is available free of charge to all young Australians aged 8-17 and their parents. The program is based on a world leading, therapist-supported internet treatment (BRAVE-ONLINE; www.brave-online.com) that has been shown to be highly effective in treating youth anxiety. BRAVE Self-Help is a great resource that school-based professionals can help their students work through, or recommend to parents of students that may be experiencing difficulties with anxiety. It can also be used to assist in building anxiety management skills and enhancing emotional wellbeing. BRAVE Self-Help is freely available and can be completed at home or at school, at the young person’s own pace.

BRAVE was developed as a generic anxiety intervention and is suitable for young people experiencing Separation Anxiety, Generalised Anxiety, Social Anxiety and Specific Phobias. It is not suitable for children and adolescents who have been diagnosed with Panic Disorder, Obsessive Compulsive Disorder or Post-Traumatic Stress Disorder. While children suffering from these disorders may find some of the program strategies useful, such anxiety disorders typically require a much more specific treatment approach, or additional treatment strategies to supplement these generic skills.

If you would like to find out more about the research supporting the BRAVE Program, please see the FAQs for Professionals page https://brave4you.psz.uq.edu.au/faq

Program Structure
There are four versions of the BRAVE Program:

- BRAVE for Children 8 – 12 years old;
- BRAVE for Teenagers 12 – 17 years old;
- BRAVE for Parents of Children;
- BRAVE for Parents of Teenagers.

The child program consists of 10 sessions, with six sessions in the parent version, while the teen program has 10 sessions and five for the parents. The parent programs are designed such that parents can participate at the same time the child completes their program, and there is now some research to show that parent participation may increase effectiveness of the program. However, it is not necessary for parents to complete the parent program at the same time. Parents are also able to complete the program, even if their child does not. All versions of the program can be completed independently. All versions have two ‘booster’ sessions, to be completed one month and three months following the completion of the program.
**SUB-JUNIOR GIRLS HOCKEY**
Needs a few more players—Year 3-6
Games are 4pm Thursdays.
Training 3.30pm Wednesdays.
Fees $80 includes shirt hire and coaches gift.
Please email Kyra kim.ingle@bigpond.com or phone 0419 201 206.

**SOCCER**
Girl Rule! Girl
THE FUN GAME FOR ALL!
“SKILLS WITH FRILLS”
FEMALE SOCCER PROGRAM
10 week program
Females 9 – 15 years
Starts Tuesday 7th June 2016
4.30pm – 6.00pm
Wonthella Park
Cost: $100
Includes training fees, team shirt, coach, bag.
Register Today Via Email
Tanya.Janssen@Sportswest.net.au
P. 1900-219 4 M. 041 276 9171

**SOCCER**
THE FUN GAME FOR ALL!
“MINI ROOS”
KICK OFF PROGRAM
8 week program
Boys and Girls 4 years (co-educational)
Starts Monday 2nd June 2016
4.00pm – 4.45pm
Wonthella Park
Cost: $50 (includes Mini Roco Pack)
Register Today www.miniroos.com.au
Contact: Tanya.Janssen@Sportswest.net.au
P. 1900-219 4 M. 041 276 9171

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**Changes in Geraldton Library opening hours**

On behalf of the City of Greater Geraldton, the Geraldton Regional Library wishes to inform you about changes in the Library opening hours.

In a continuous effort to lower its overall operating costs with a view to diverting more money to renewing ageing infrastructure and reducing future rate increases, Council has adopted a long term financial plan based on a new organisational structure and a reviewed range and level of services provided by the City.

The decision was made to reduce the number of library opening hours during the week, closing on Wednesday mornings and Thursday evenings, but to leave the weekend hours of operation unchanged as Saturday and Sunday are two of the busiest days of the week.

The new opening hours will come into effect from Monday 11 April.

- **Monday**: 1.00pm - 5.30pm
- **Tuesday**: 9.00am - 5.30pm
- **Wednesday**: 1.00pm - 5.30pm
- **Thursday**: 9.00am - 5.30pm
- **Friday**: 9.00am - 5.30pm
- **Saturday**: 9.30am - 1.00pm
- **Sunday**: 1.30pm - 4.30pm
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11 12 13 14 15
Mount Tarcoola Primary School
Have ‘A’ Snack Lunchbar Winter Menu
Term 2 2016

ALL PRODUCTS ARE STAR CHOICE REGISTERED ITEMS
Canteen Manageress : Jodie Rodgers Phone:99643162
As Per Canteen Policy, Menu is as stated each day: no changes available

Hats, Satchels, Pencil Cases and Stationary available for sale in canteen.

Lunch bags 20 for 50c

DAILY LUNCH SPECIALS

MONDAY

*Hamburger and Salad $4.50
*Cheeseburger $4.00

TUESDAY

Hot Dog $4.00
Honey Soy Chicken $4.50
Beef StirFry and Noodles $4.50

WEDNESDAY

MEAL DEAL DAY— * $5.00
Choco Crunch -Crispy Chicken & Salad Kebab
Chocolate Muffin & Choc Milk
Strawberry Surprise- Crispy Chicken & Salad
Kebab, Strawberry Pikelets & Strawberry Milk.

THURSDAY

Twista Bolognese $4.50
Satay Chicken &Rice (peanut free) $4.50
*Crumbed Chicken burger $4.50

FRIDAY

Party Pies $1.00
Potato Pie $3.50
Plain Beef Pie $3.50
Sausage Rolls $3.00
Spaghetti Meatballs $4.50

DRINKS

Pauls Milks $2.00
(Chocolate, Strawberry)

Masters Milk $2.50
(Choc, Strawberry, Spearmint)
Plain Milk $2.09
With sipah straw $2.50
Milo To Go $2.00

Harvey Fresh Juice Box $2.00
(Apple, Orange, Apple & BC, Trop)

Spring Water - Large $2.09
Lols $2.50

Available Daily for Recess

Potato Gems (6 for $1) or $0.20
Ham & Cheese Muffins $0.60
Chicken & Cheese Muffins $0.60
Cheeses $1.20
Pizza/Chicken & Cheese Subs $1.50
Pikelets $0.50
Fruit Slinkies / Fruit $1.20
Jelly and custard $1.50
Jelly and Fruit $1.00
Milo Bars $1.60

Available daily after lunch

Fundangles - Choc, Fairy Floss $2.00
Vanilla Buckets $1.60
Quelch Icy Poles $1.00

Available Daily for Lunch

Sandwiches/Toasted 1 filling - $3.50
2 or more fillings - $4.00
Chicken /Ham / Salad Rolls $4.50
Toasted Focaccia Roll $4.50

** FILLINGS **
(Ham, *Chicken, Tuna, Egg, Cheese
Avocado, Beetroot, Pineapple, Spag/BBBeans)

Curried Egg Sandwich $3.50
Vegeemite Sandwich - $2.50
Vegeemite Roll - $2.80
Lebanese Wraps - $4.50

Meat & Salad Platter - Large - $4.50
Small - $3.50
Fruit Salad - Large - $4.00
Small - $3.50

* Hot Chicken/Mayo Rolls - $4.50

Jelly & Custard - $1.50
Jelly & Fruit - $1.00
Yoghurt $2.00
Hot Soup & Bun $2.50
Hot Milo $1.50

White Bread available on request
* is a Halal product
* Steggles Chicken and Nuggets are used only