

Banksia Bulletin

Banksia Road Primary School

65 Banksia Road, Greenacre NSW 2190

Tel 9707 3423 Fax 9790 5607 Email banksiaroad-p.school@det.nsw.edu.au

Caring, creative, challenging and achieving



Wednesday, 23 November 2022

CALENDAR

Week 7 Term 4 2022

November

Monday 21 st	Uniform Shop 8.45 -9.15am P & C meeting 9.30am
Tuesday 22 nd	Captain/Prefect speeches.
Wednesday 23 rd	Kindergarten 2023interviews
Thursday 24 th	Kindergarten 2023interviews Year 3-6 Assembly 3/4VL item
Friday 25 th	Uniform Shop 8.45 -9.15am Summer PSSA Gala Day #3

Week 8 Term 4 2022

November/December

Monday 28 th	Uniform Shop 8.45 -9.15am
Tuesday 29 th	Merit Award cut off Year 6 lunch provided by Marissa Playgroup end of year morning tea 9.30 – 11am
Wednesday 30 th	Good as Gold Day
Thursday 1 st	Kindergarten interviews Year 3-6 Assembly 6IT item
Friday 2 nd	Uniform Shop 8.45 -9.15am

Week 9 Term 4 2022

December

Monday 5 th	Uniform Shop 8.45 -9.15am
Tuesday 6 th	Presentation Day
Wednesday 7 th	Sports assembly
Thursday 8 th	Year 3 to 6 Good as Gold luncheon
Friday 9 th	Uniform Shop 8.45 -9.15am K to 2 Good as Gold luncheon

Future Dates:

Tuesday 13th December – Year 6 Farewell
Thursday 15th December – Reports go home
Friday 16th December – Last day for students
School Development Day Friday 27th January
School Development Day Monday 30th January
Year 1 to 6 return Tuesday 31st January
Kindergarten start Wednesday 1st February at 9:30am

UNIFORM SHOP

We are in need of volunteers, please call the office if you can help Monday or Friday (8:45 till 9:15am).

I would like to thank Mrs El Helou for her voluntary service in the Uniform Shop over the last 10+ years.

As the year draws to a close, the Uniform Shop opening hours will be:

Wednesday 23rd November – all day
Thursday 24th November – all day
Friday 25th November (8:45 – 9:15am)
Monday 28th November (8:45 – 9:15am)

Thursday 1st December – all day
Friday 2nd December (8:45 – 9:15am)
Monday 5th December (8:45 – 9:15am)
Friday 9th December (8:45 – 9:15am)
Monday 12th December (8:45 – 9:15am) – FINAL DAY

UNIFORM SHOP INTO 2023

Opening times pending parent volunteers:

Friday 27th January 8:45 till 9:15am
Monday 30th January 8:45 till 9:15am
Tuesday 31st January 8:45 till 9:15am
Wednesday 1st February 8:45 till 9:15am
Thursday 2nd February 8:45 till 9:15am
Friday 3rd February 8:45 till 9:15am

PRESENTATION DAY – TUESDAY 6TH DEC

All parents are welcome to attend our Annual Presentation Day assembly on Tuesday 6th December. Parents will receive a letter if their child is receiving an award.

UNSW PARENT ENGAGEMENT SURVEY

Thank you to the parents who participated in the interviews. We will get a report which may guide our future directions.

INAUGURAL SPORTS ASSEMBLY

All parents are welcome to attend our inaugural sports assembly on Wednesday 7th December. Parents will receive a letter if their child is receiving an award.

CAPTAINS/ PREFECTS 2023

There were no less than 23 students who put their hand up for captain/prefect in 2023. Congratulations to you all.

We have culled that number down to 8 students through our voting process. If you would like to see our voting policy, please ask. I shared it at yesterday's P & C meeting.

Students in Year 2 to 5 will hear the 8 speeches, along with all staff on Tuesday 22nd November.

This activity is managed very transparently by the Year 5 teachers and the Assistant Principal, with my support. The policy was amended a few years ago in consultation with the P & C to ensure voting does not become a popularity contest.

I will announce the captains/prefects at the Presentation Day assembly.

THANK-YOU MORNING TEA

On Tuesday 6th December we will host a morning tea in our old staffroom (straight after our Presentation Day) to thank all the parent volunteers throughout 2022. This includes members of the P & C, scripture teachers and parents who have helped in the classroom and or at school events such as, the Colour Run Explosion.

CYBER AWARE

Today through technology, the students have access to the entire world. Whilst this can be amazing and open so many opportunities, there are also dangers lurking behind the screen.

We cannot stress strongly enough the importance of monitoring and ensuring you know what your children are accessing on the Internet. Many games these days have opportunities for people to create chats within the game and we have no way of knowing who is actually conducting that chat - the students may assume it's another 10-year-old child but in fact it may not be.

Please ensure you are aware of what your child is accessing on a daily basis. Attached to this newsletter is a fact sheet from eSafety Commissioner supporting safe online behaviour.



GOLD AWARDS

Congratulations and well done to the following students who have achieved a gold award:

K/1T – Sophia, Jibreel; KB – Chadi, Jamal; KF – Aizah; 1E – Lucy; 2A – Abdallah; 2B – Sami, Sarah; 2L – Ali, Subhan; 3/4L – Elijah, Idris; 3N – Kareem; 3V – Gabriel, Omar A; 4A – Yasin; 5/6M - Luqman

SILVER AWARDS

Congratulations and well done to the following students who have achieved a silver award:

K/1T – Anaya; KB - Adam C, KC – Izaiah; KF – Amara; 1E – Alanna; 2A – Hayssam; 2B – Ayanah; 2L – Serena, Batoul, Mariam S, Youssef F; 3/4L – Khadija, Malek, Souheil; 3N – Laylah, Selena; 3T – Rouya; 3V – Christina, Mousa, Rayan, Aisha D, Luqmaan; 4/5N – Ayaan, Bakr, Jasmine; 4A – Baasim; 5/6M – Yasmin; 5A – Adam E, Ahmad E, Ayah A, Judy, Saffiyah; 5H – Jibril, Joumana, Marwan; 6F – Adam S; 6N – Khaled, Mohamad S, Aaliyah, Layla T

BRONZE AWARDS

Congratulations and well done to the following students who have achieved a bronze award:

KB – Liyana; KC – Syed Atif; 2L – Amir, Esiya; 3N – Hamza, Isaac, Muhammad Sabeeh; 5/6M – Amal; 5H – Amir, Cila, Rabih

ENROLMENTS

It is most important that we have accurate enrolment numbers for 2023 as we wish to provide all students with a thorough and positive transition. We also need to have accurate enrolment numbers for class formation at the beginning of the year.

If you have a child coming into Kindergarten in 2023 and you have not yet completed the application, please complete it as soon as possible. If your child will not be returning to Banksia Road PS in 2023, please let the office know immediately, or email the school on banksiard-p.school@det.nsw.edu.au.

LIBRARY NEWS

It is a requirement by the Department of Education that school libraries stocktake their resources annually. Hence our library will be closed from Friday 25th November until end of the year.

Please return all borrowed library books back to the library returns shelf or the library return tub in the office foyer by Friday 2nd December. Notices of unreturned books have been sent home with students today.

Mr Hamish Woudsma
Principal

THANK YOU – FUNDAY A HUGE SUCCESS!

On behalf of the school we would like to thank all our sponsors, families, students and staff for supporting Year 6 Funday. Thank you to the following:

- Flip Out Villawood for the gift vouchers
- Sausages donated by the Jabakhanji family and El Reda Butchery
- Bread rolls donated by the El Helou family
- Sheikh family and Unique Wedding Cars Sydney
- Canterbury-Bankstown Bulldogs
- Toy Master Australia
- Raging Waters Sydney

Thank you to families, including Rawa for sourcing the donations and the P&C who helped out at our stalls. The total amount raised was \$5 000.



REMEMBRANCE DAY – FRIDAY 11/11/22

At 11am on the 11th day of the 11th month (November) is the day and time when Australians pause to remember the men and woman who fought and died in wars.

As a sign of respect and a time of reflection the students and staff of Banksia Rd Public School paused, and a minutes' silence was observed at school and at PSSA and dedicated to those soldiers who died fighting to protect the nation.

Lest we forget.



READY SET GO – STAR – ONE ON ONE INTERVIEWS

Over the coming weeks, children starting Kindergarten in 2023 will be invited to take part in a one-on-one interview. During this interview we will collect observations to assist with the transition into Kindergarten, 2023.

NON- LOCAL PANEL

This panel has met to discuss non-local enrolments. Non-local enrolments will only be considered if there are extenuating circumstances.

SPECIAL RELIGIOUS EDUCATION

Last week was the last Scripture session for students. We would like to thank all the scripture teachers for your commitment to the students at Banksia Rd Public School.

Scripture teachers will be invited to our Parent Helpers Morning Tea which will be held on Tuesday 6/12/22, following the K-6 Presentation Day Assembly. Invitations will be posted shortly.

YEAR 5 AND YEAR 6 EXCURSIONS

Over the last couple of weeks, our Year 5 and Year 6 cohorts have attended excursions. All students who attended these events should be congratulated on their behaviour and conduct.

NAPLAN ADJUSTMENTS FOR 2023

NAPLAN adjustment's paperwork has been completed in preparation for 2023.

PUBLIC SPEAKING

Congratulations to Omar T in Year 1 for his outstanding performance at the Public School's Public Speaking Competition. Omar is the Chullora Network Stage 1 Finalist.

YEAR 2 TO YEAR 3 TRANSITION

Last week we held our first of three transition days for our Year 2 to Year 3 Transition. Students will experience different teachers and different learning, while leaders and teachers observe social interactions and social groupings.

CHILD SAFETY HANDBOOK

An updated Child Safety Digital Handbook is now available.

https://issuu.com/associatedmediagroup/docs/cshb_2021_edition2_final?fr=sMTViNjQ2NzA0MjU

NATIONAL SCHOOL COUNSELLOR AND SCHOOL PSYCHOLOGIST RECOGNITION DAY

Thursday 10/11/22 was National School Counsellor and School Psychologist Recognition Day. Thank you, Miss Witchard. Thank you also to Mrs Pamela Davidson.



ICAS RESULTS

Congratulations to all the students who competed in the ICAS Assessments, 37 participants across 6 subjects: Digital Technologies, English, Mathematics, Science, Spelling Bee and Writing. The school received 2 merit awards and 1 credit in the Spelling Bee and 2 merit awards and 1 distinction for Writing.

BREAKFAST CLUB

We have launched our Breakfast Club this week. Many students have accessed this club. Thank you to the teachers who are making this possible.



PROMOTING SAFE AND RESPECTFUL PLAY

Jenga - A new addition to the K-2 Playground teaching turning talking while working collaboratively.





COMMUNITY ENGAGEMENT ACTIVITIES

Every Wednesday Banksia Road Inclusive Classes engage in community engagement activities. This week, all students engaged in a cooking lesson. All students are learning turn taking, fine motor control, active listening and trying new foods. Inclusive classes made fruit skewers. We all had a great time learning different skills.



Mrs Janice Azzopardi
Deputy Principal

TUNING INTO KIDS

FREE SESSIONS IN ARABIC
CHILD MINDING PROVIDED

Tuning into Kids is an evidence-based program for parents of children aged 2-12 years old. In this program, you will learn how support the development of your child's social and emotional intelligence.

Mondays
21st Nov 2022-
19th Dec 2022

LMA Level-3
71-75 Wangee Road,
Lakemba, 2195

Time
10:00am to 12:00pm

To register please contact Natalie on
ndergham@lma.org.au or 0452 372 260
Scan QR code to register

Strong Safe Families



LMA
Community, the Place

TUNING INTO KIDS

دروس مجانية في اللغة العربية
يوجد لدينا من يربي أطفالكم أثناء
مشاركتم في البرنامج

Tuning into Kids بالعبارة برنامج للأهالي الذين لديهم أطفال من العمر 2-12 عاما.
في هذا البرنامج ، سوف تتعلم كيفية مساعدة طفلك على تنمية ذكائهم
الاجتماعي والعاطفي.

الوقت
10.00 صباحاً-
12.00 ظهراً

**الجمعة البنائية الإسلامية
(LMA) الطابق الثالث**
71-75 Wangee Road,
Lakemba, 2195

الانئين
٢١ نوفمبر ٢٠٢٢-
١٩ ديسمبر ٢٠٢٢

للتسجيل الرجاء التواصل مع نثالي عبر
ndergham@lma.org.au أو
0452 372 260

امسح هنا للتسجيل

Strong Safe Families



LMA
Community, the Place

HUB NEWS

English Classes will return to the hub in 2023. If you are interested in attending classes in 2023, please follow the below link to complete a quick survey in order to help us plan.

https://docs.google.com/forms/d/1feYjFQnP2pp8o1VEzDSY4wLoH9c7QB_g2-5yE1Eamew/edit

You can also contact Sheenagh Mackenzie-Smith for more information.
sheenagh.mackenziesmith@det.nsw.edu.au or 9707 3423.

PLAYGROUP

Playgroup will be running on Tuesdays until 29th November (end of year morning tea) from 9:30am to 11am in the Community Hub.



اخبار المدرسة مواعيد مهمة

أيام الاثنين و الجمعة يمكن شراء الزي المدرسي في الصباح الباكر

الاسبوع ٧

الثلاثاء كلمة قواد المدرسة
الاربعاء مقابلة الحضانة ٢٣
الخميس مقابلة الحضانة ٢٣
الجمعة اليوم الرياضي رقم ٣

الاسبوع ٨

الثلاثاء آخر موعد للشهادات
غذاء الصف ٦ من الكانتين
نهاية برنامج اللعب
حفلة شاي من الساعة ٣٠، ٩ الى الصباح. نشكر كل المتبرعين للمساعدة
الاربعاء يوم المهذبين
الخميس مقابلات الحضانة
الاجتماع العام الصف ٦ ا ت

الاسبوع ٩

الثلاثاء يوم تقديم الشهادات. نرحب بالأهالي
الاربعاء إجتماع الرياضة. نرحب بالاهالي
الخميس حفلة غذاء المتفوقين مع المدير من الصف ٣-٦
الجمعة حفلة غذاء المتفوقين مع المدير من صف الحضانة الى ٢

مواعيد اخرى

- ١٣ / ١٢ حفلة توديع الصف ٦
١٥ / ١٢ التقارير الى المنزل
الجمعة ١٦ / ١٢ اخر يوم للتلاميذ
٢٧ / ١ عودة المعلمين
٣٠ / ١ اجتماعات المعلمين
٣١ / ١ عودة التلاميذ من الصف ١-٦
١ / ٢ عودة تلاميذ صف الحضنة

شكر

نود ان نشكر السيدة/ الحلو علي مجهوداتها الكبيرة و التبرع لبيع الزي المدرسي.
نرجو من الاهالي التبرع ببعض من وقتهم لتسهيل بيع الزي المدرسي

الحرص على اطفالكم و الكمبيوتر

الرجاء ملاحظة أطفالكم عند استخدام الكمبيوتر و التعرف على من يشاركونهم المحادثة

التقديم للعام الدراسي الجديد

يمكن ملا البطاقة للتقديم و اعطاها للادارة

اخبار المكتبة

الرجاء اعادة كل الكتب الى المكتبة لرصد كل الكتب
و لذلك المكتبة مغلقة من يوم الجمعة ٢٥ / ١١

شكر ليوم التبرع

نشكر كل المتبرعين و المساهمين. تم جمع مبلغ ٥ الاف دولار.

اخبار للغة الانجليزية

يمكن الاتصال بالسيدة ماكينزي لحجز موعد للعام القادم

5 tips to keep your family safe online



Parents and carers can use a combination of strategies to help young people build their digital technology skills and have safer experiences online.

1. Start the chat

Get into the habit of talking about online safety as a family, so your child feels comfortable coming to you if they ever need help working out an issue. It's never too early to introduce [good online habits](#) such as respect, empathy, critical thinking, responsible behaviour and resilience. As your child grows older, eSafety's advice about [hard to have conversations](#) will help with some of the tricky topics like sending nudes, online pornography and contact from sexual predators.

2. Create a family technology agreement

Creating a Family Technology Agreement can help you and your kids decide together when and how digital technology will be used at home. As a family, brainstorm easy-to-follow rules and display them where everyone will see them. Your agreement could cover things like: time limits, apps your kids are allowed to use and online behaviour. Families with younger children can [download](#) a template to guide the conversation.

3. Set up parental controls

Parental controls let you monitor and limit what your child sees and does online. It's best to use them in combination with the other online safety strategies listed here. [Taming the technology](#) can help you understand your options. Grab a device and get started with our guides to setting up parental controls on [devices and accounts](#) or in [social media, games and apps](#).

4. Choose games and other apps carefully

Use eSafety's [App checklist for parents](#) to think about the positives and negatives when your child asks to download a new game or other app. The checklist covers things like age ratings, managing privacy settings and reporting abuse in-app. You can also use [The eSafety guide](#) to check and set up safety features with your child.

5. Use digital technology together

Exploring or playing on devices or online with your child can be a positive experience that promotes learning and development. Ask questions, be curious and get involved. To learn more, read our blogpost [How to encourage good screen practices for your child](#).

We're hiring School Crossing Supervisors



Help protect our vibrant school communities.



Be a road safety hero for school kids, caregivers, and school staff.



Be a second set of eyes for local motorists at busy times.



Earn an income and still have time to live your life to the fullest.



Casual roles available

Canterbury Bankstown Local Government Area - 79770

Does this sound like you?

- Willing to work outdoors in all weather conditions.
- Able to communicate with different groups and give clear instructions.
- Community-minded.
- Friendly and positive manner.

Days and hours

- Shifts will fall between 8:00 am - 9:30 am and 2:30 pm - 4:00 pm, Monday to Friday during school terms with a minimum of one hour shift as required

Apply today

Applications close Sunday 4th December 2022

Visit jobs.transport.nsw.gov.au and search for **Reference Number: 79770** or search 'School Crossing Supervisors' for a full list or vacancies or scan the QR code to apply.

For further information, contact Manisha Bains

E: manisha.bains@transport.nsw.gov.au

P: 0435 649 967

jobs.transport.nsw.gov.au



COVID-smart measures for schools

Information for parents, carers and students



We know that being together in the classroom is the best thing for our students' learning, growth and welfare. This term we will continue to implement several measures to allow us to prioritise both the wellbeing of our students and a consistent and productive learning environment.



Stay home if unwell

- If your child is unwell, you must keep them at home. If they are displaying COVID-19 symptoms, they should take a COVID-19 test (PCR or RAT) and follow the advice from the NSW Government on [managing COVID-19 safely at home](#).
- Your child should only return to school when they are symptom free.



Vaccinations

- Vaccinations for COVID-19 and other viral illnesses are one of the best ways of protecting yourself, your family and the community. Vaccination is a safe and effective way to give your immune system a helping hand against many illnesses.
- All eligible students and staff are strongly encouraged to keep up to date with their vaccinations to protect their health.
- All staff working in schools for specific purposes (SSPs) are required to be double vaccinated against COVID-19 or hold a valid medical contraindication.



Rapid antigen testing

- Rapid antigen tests (RATs) should be used if your child is displaying COVID-19 symptoms.
- Students who test positive to COVID-19 are encouraged to notify their school and register their positive test results with [Service NSW](#) to have access to timely advice and support from NSW Health.
- Schools will maintain a reserve stock of rapid antigen tests onsite for surveillance testing purposes in the event of an outbreak.



Hygiene and cleaning

- Students are encouraged to regularly wash their hands with soap and warm water, and to use personal protective equipment as required.
- Boosted day cleaning of schools will continue on high-touch areas and other hard surfaces, door handles, lockers, light switches and handrails in stairways.



Ventilation

- Fresh air is the most effective form of ventilation to minimise the risk of transmission.
- During the warmer months, cooling will be used together with ventilation methods to balance thermal comfort.
- All learning spaces in government schools have been checked to ensure appropriate levels of ventilation and air purifiers have been provided where needed.
- Using outdoor spaces will continue to be encouraged where possible.



Masks

- Mask-wearing is strongly encouraged where possible for all students, staff and visitors, particularly indoors and/or when physical distancing is not possible, and if they have been exposed to COVID-19.
- Mask-wearing is required at all times for staff, volunteers and other workers who support our students who are at greater risk of serious illness should they contract COVID-19, whether they be in schools for specific purposes (SSPs), support units or mainstream classrooms.



Visitors

- Visitors can attend school sites regardless of their vaccination status.
- Visitors who are engaging directly with students in certain higher-risk settings for school operations and curriculum delivery and allied health partners for the wellbeing of students, may be required to wear masks.



Activities

- Health and safety risk assessments will be integrated when planning activities, including excursions and overnight camps.
- Parents and carers will be made aware of the risk of exposure and will need to give permission for certain activities.



Responding to local situations

- Schools will work with the department's Health, Safety and Staff Wellbeing case management team to respond appropriately to local situations, including outbreaks of viral illness.
- In some cases, schools may temporarily introduce additional measures as a 'circuit breaker', including requiring mask-wearing, postponing or limiting non-essential activities and directing cohorts to learn remotely.



Learning remotely

- Schools continue to have access to digital, guided and printed learning resources to support students who need to learn remotely.

For more info, visit education.nsw.gov.au/covid-19/advice-for-families

Telephone interpreter service

If you need further information please call your school principal. If you need an interpreter to assist you with your enquiry please call the Telephone Interpreter Service on 131 450 and ask for an interpreter in your language. Tell the operator the phone number you want to call, and the operator will get an interpreter on the line to assist you with the conversation. You will not be charged for this service.

The NSW Government is committed to ensuring school operations continue while prioritising the safety and wellbeing of students and school staff.



Banksia Road Primary School Canteen

"Christmas Special"



Wednesday 7th of December (Lunch only)

"Party Pack Special"

mini pie (1), mini sausage roll (1)
hashbrown and chicken nugget (3)



(with Juice and FREE pinkfrosting)

\$7.00



*Please complete the slip below and return to the School Canteen
by Tuesday 6th of December to ensure you don't miss out*

"Christmas Special"

NAME:

APPLE JUICE

CLASS:

ORANGE JUICE

Sauce: Barbecue

Tomato

Please advise of any allergies which relate to the special.

Banksia Rd Public School P & C UNIFORM ORDER/SALES INVOICE



Name _____ Class _____ Date _____

DESCRIPTION	UNIT PRICE	4	6	8	10	12	14	S	M	L	TOTAL COUNT	TOTAL PRICE
GIRLS UNIFORM												
Girls Dress <small>Short Sleeve</small>	\$45.00											
Girls Dress <small>Long Sleeve</small>	\$50.00											
White polo Top <small>Short Sleeve</small>	\$22.00											
White Polo Top <small>Long Sleeve</small>	\$25.00											
BOYS SUMMER UNIFORM												
Green Polo Top <small>Short Sleeve</small>	\$22.00											
Green Polo Top <small>Long Sleeve</small>	\$25.00											
UNISEX Winter Uniform												
Tracksuit Set	\$55.00											
Long Pants	\$20.00											
Jacket	\$40.00											
Bomber Jacket	\$40.00											
Fleecy Track Pants	\$20.00											
UNISEX SPORT UNIFORM												
Sports Polo Top	\$30.00											
Sports Short	\$20.00											
Sport Socks	\$12.00											
MISCELLANEOUS ITEMS												
Bucket Hat	\$15.00		55/Sml	57/Med	59/Lge							
Library bag	\$10.00											
Excursion bag	\$10.00											
School Bag	\$45.00											
Winter Neck Scarf	\$10.00											
TOTAL SALE												

ONLINE PAYMENT RECEIPT NUMBER: _____

Completed by: _____ Goods taken: _____

***Please note that prices are subject to change*



Banksia Rd. Primary School Canteen Menu



Sandwiches

Honey, Jam or Vegemite	\$2.00 E
Cheese	\$2.50 E
Cheese w/ tomato	\$3.00 E
Leg Ham with tomato	\$3.50 O
Leg Ham with Cheese	\$3.50 O
Egg, lite mayo and lettuce	\$3.50 E
Egg, salad sandwich	\$4.00 E
Tuna, lite mayo and lettuce	\$3.50 E
Tuna salad sandwich	\$4.00 E
Chicken, lite mayo and lettuce	\$4.00 E
Chicken, salad sand	\$4.50 E
Salad w/ cheese	\$4.00 E



Hot Food

Vegetable fried rice	\$4.00 E
Baked chicken breast nuggets	\$4.00 O
Macaroni cheese	\$4.50 E
Noodle cup	\$3.00 O
Baked chicken fillet burger	\$4.50 E
Fish fingers w/ sauce	\$4.00 O
Fish burger	\$4.00 O
Beef Hotdog w/ sauce	\$3.50 O
Vegetable spring roll	\$4.00 O
Vegetable stir fry noodles	\$4.50 E

Wraps

Cheese salad wrap (tomato, cucumber, lettuce, beetroot and carrot)	\$4.50 E
Vegetable tortilla wrap (tomato, cucumber, carrot, lettuce, cheese)	\$5.00 E
Hummus and vegetable wrap (tomato, cucumber, carrot, lettuce)	\$4.50 E
Falafel wrap (tomato, cucumber lettuce and tahini)	\$4.50 E
Chicken wrap (lettuce and lite mayo)	\$4.50 E
Chicken wrap (salad and lite mayo)	\$5.00 E
Chicken schnitzel wrap (lettuce and lite mayo)	\$5.50 E
Chicken schnitzel wrap (salad and lite mayo)	\$6.00 E
Leg ham with cheese wrap (lettuce and tomato)	\$5.00 O
Egg wrap (lettuce and lite mayo)	\$4.00 E
Tuna wrap (lettuce and lite mayo)	\$4.00 E



Fresh Salad Box

Green salad (tomato, cucumber, lettuce, carrot, french dressing)	\$4.50 E
Tabouleh (parsley, tomato, onion, lemon, crushed wheat) (THURSDAY ONLY)	\$4.50 E
Chicken salad (tomato, cucumber, lettuce, carrot, french dressing)	\$5.50 E
Egg salad (tomato, cucumber, lettuce, carrot, french dressing)	\$5.00 E
Tuna salad (tomato, cucumber, lettuce, carrot, french dressing)	\$5.00 E
Greek salad (feta cheese, olive, lett, tom, cucum, carrot, onion, dressing)	\$5.50 E



Snacks

Plain popcorn	\$1.00 O
Corntos chips	\$1.00 O
Fruit salad	\$3.00 E
Light Custard cups	\$1.00 O
Seasonal fruits	\$1.50 E
Mini pie	\$1.00 O
Hashbrown	\$1.00 O
Carrot sticks w/ hummus	\$1.00 E
Cucumber sticks w/ hummus	\$1.00 E
Corn cobs	0.50c E
Light vanilla muffins	0.50c O
Corn kernel cup	\$1.00 E
Fruit skewers	\$1.00 E
Orange wedges	\$1.00 E



Drinks

Plain water (Big)	\$2.00 E
Plain water (small)	\$1.00 E
Light Oak Milk (chocolate, strawberry)	\$2.50 E
99% Juice (Apple/Orange)	\$1.50 E

As per NSW Healthy Canteen, ¾ of menu is everyday foods and ¼ is occasional foods.

Please note that tomato sauce portion costs 0.50 cents

All food is grilled and oven baked.
Also HALAL meat



E – Everyday foods
O – Occasional foods

Our food is freshly prepared daily on premises.

Frozen Treats (summer only)

99% Fruit Slurpee	\$2.00 E
Ice blocks	\$1.00 O

DAILY SPECIALS

Monday ~ Spaghetti Bolognese E ~ \$ 6.00

(Homemade spaghetti served with bolognese sauce made from lean minced meat, succulent tomatoes and herbs to taste served with garlic bread)

Tuesday ~ Cheeseburger E ~ \$ 5.50

(Lean beef patties with cheese and sauce in a bun)

Wednesday ~ Chicken Kebab E ~ \$ 6.00

(Marinated chicken pieces served with garlic bread, corn cob and a flavoured juice)

Thursday ~ Kebeh Wrap E ~ \$ 6.00

(Lean minced meat and crushed wheat patties filled with tabouli and spices to taste wrapped with lebanese bread)

Friday ~ Beef Lasagna E ~ \$ 6.00

(Lean beef cooked into a tomato sauce and then baked in between layers of pasta sheets and topped w/ low fat shredded cheese served with garlic bread)

** Please note that prices are subject to change