

SEA BREEZE



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Thursday, 3rd May, 2018

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**School
Photo
Day
tomorrow**

2018 TERRIGAL PRIMARY SCHOOL CALENDAR

TERM 2

| MONTH /Week | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------|--|--|--|---|--|
| APRIL/MAY 1 | 30 School Development Day | 1 Student return for Term 2 | 2 Tennis Gala Day | 3 Syd Nth Soccer Trials Girls | 4 SCHOOL PHOTO DAY <i>Zone Touch Football trials</i> |
| MAY 2 | 7 Yr 6 Canberra Excursion | 8 Yr 6 ACT Excur. <i>ICAS Digital Tech test</i> Starstruck Rehearsal Syd Nth Netball trials | 9 Yr 6 Canberra Excursion | 10 Mothers Day stall Prep Dayin Mezz | 11 Mother's Day Stall <i>Mothers Day Breakfast</i> Building Info Booth |
| MAY 3 | 14 P&C Meeting 7pm | 15 NAPLAN Yrs 3 & 5 <i>ICAS Spelling Test</i> S1 Excursion | 16 NAPLAN Yrs 3 & 5 <i>Starstruck Rehearsal</i> S1 Excursion | 17 NAPLAN Yrs 3 & 5 <i>S1 Excursion</i> | 18 |
| MAY 4 | 21 Syd Nth Rugby Trials | 22 Syd Nth Netball Trials <i>NSW PSSA AFL Debating</i> | 23 NSW PSSA AFL | 24 NSW PSSA AFL | 25 <i>Zone X Country</i> |
| MAY/JUNE 5 | 28 AEGG meeting 5pm Bateau Bay Com. Centre | 29 ICAS Science test | 30 ES1 Public Speaking <i>Starstruck Major Rehearsal</i> | 31 U12 Rugby League | 1 Yr 5/6 Netball Gala day |
| JUNE 6 | 4 CCDF – Dress Rehearsals <i>Syd Nth Golf Trials</i> | 5 AFL Paul Kelly Cup Gala Day <i>CCDF- Dress Rehearsals</i> Building Info Booth | 6 PSSA Netball Gala Day <i>S1 Public Speaking</i> CCDF – Dress Rehearsals <i>Under 10 RL</i> | 7 CCDF – Dress Rehearsals | 8 TPS Athletics Carnival |
| JUNE 7 | 11 Queen's Birthday Holiday | 12 Paul Kelly AFL Cup | 13 Starstruck Movement Rehearsal | 14 ICAS Writing Test <i>Starstruck Tech Rehearsal</i> | 15 Starstruck Matinee and Evening Performance |
| JUNE 8 | 18 P&C 7pm | 19 | 20 Forensic Science Show S2 & S3 | 21 Forensic Science Show S2 & S3 | 22 Syd Nth Cross Country |
| JUNE/JULY 9 | 25 CC Dance Performances | 26 CC Dance Performances | 27 CC Dance Performances | 28 CC Dance Performances | 29 CC Dance Performances |
| JULY 10 | 2 CC Dance Performances <i>Parent Interviews</i> | 3 CC Dance Performances <i>Parent Interviews</i> Building Info Booth <i>K-1 Dog Safety talks</i> | 4 CC Dance Performances <i>Parent Interviews</i> K-1 Dog Safety talks | 5 CC Dance Performances <i>Parent Interviews</i> | 6 CC Dance Performances <i>Parent Interviews</i> |

WHAT'S ON WEEK 2 OF TERM 2

| Monday 7 th May | Tuesday 8 th MAY | Wednesday 9 th | Thursday 10 th | Friday 11 th |
|----------------------------|--|---------------------------|--|--|
| Yr 6 Canberra Excursion | Yr 6 Canberra Excursion <i>ICAS Digital Tech Test</i> <i>Starstruck Rehearsal</i> <i>Syd Nth Netball trials</i> | Yr 6 Canberra Excursion | Mother's Day stall PREP in the MEZZ | Mother's Day stall Mothers's Day Breakfast |

PRINCIPAL'S REPORT

Welcome to term 2

Over the holidays the first steps towards the construction of our new building commenced with the movement of three demountables into new positions to free up the construction area.

Thank you to Mrs Doolan, Mr Lenson and Mrs Walkaden and their students for their flexibility in preparing for and adjusting to the move.

ANZAC Day – Thank You



Our student parliament leaders and a number of other students represented our school community at the ANZAC Day dawn service at Terrigal on Wednesday. The students marched to the cenotaph and attended the commemoration.

On the last day of last term our school held our own ANZAC service. Thanks to our representatives from the Terrigal/Wamberal Returned and Services League for their presence and speech. Well done to Hugh on playing the Last Post for the service. Thank you to our Student parliament leaders for conducting the service and to Mr

Low for organising the commemoration.

School Photos – Tomorrow



School photos will be taken tomorrow (Friday 4th May).

- Students need to be in correct SUMMER uniform. If it is cooler on Friday students wear their jumper and take it off for their photo.
- Please ensure all accessories (hair bands etc) are in school colours also. Please **no** black tights.
- Correct uniform is either the summer school dress with white socks and black school shoes or grey school shorts, blue school polo shirt, grey socks and black school shoes.

Each student received a photo envelope with a “shoot key” on the front of the envelope. There are two options for ordering – either place cash in the envelope and return the envelope to school on Friday **or** go online to the photographer's website and enter the shoot key to order and pay.

The website is <http://www.msp.com.au/>

If you don't have the shoot key you can contact the photography company on 02 4966 8292 to arrange your order and payment **or** you can pick up a blank envelope from the school office and complete all of your child's details and include payment.

Safety for All

As preparation for construction builds up it is important that everyone is aware of and actively managing their safety.

If you are visiting the school please take care. Observe all signs and safety fencing. Stay out of areas that are being worked on or have been disturbed.

Celebrating Mums and Carers



Our mums/carers are very important to us all. Next Friday, 11th May, we will take a moment to say thanks for all that our mums/carers do to support us in our lives. This year's NAIDOC Week theme is '*Because of Her, We Can*' recognising the past and current contribution of women to culture and our nation. So this year is a great time for us to say thank you.

So, next Friday morning our mums (and those filling that role) are welcome to come up to school for a muffin and cuppa. We will be serving from 7.30am to 8.45am. A variety of muffins will be available but get in early for the best choice. A gold coin donation will help us cover costs.

Students are welcome to come with their mums/carers and will remain under the supervision of their parent until school time.

Terrigal Drive – Willoughby Rd intersection

At the end of last term there was an accident involving one of our students at the traffic lights on Terrigal Drive. Fortunately the student is fine.

I have been in contact with Central Coast Council and the Roads and Maritime Service (as they manage the traffic lights) to discuss ways to make this intersection safer.

Council have been in touch and we are discussing possibilities. I am waiting for a more detailed response from RMS. We can all contribute to road safety around the school by taking extra care and following the road rules.

Visit by New Executive Director

The Department of Education has once again undertaken a restructure of the Directorship for our area. We moved into the new structure at the beginning of this term.

Our new Executive Director, Tim McCallam, has heard about the great things happening at Terrigal PS and will visit our school tomorrow to see first-hand. Mr McCallam will be accompanied by our Director, Karen Jones.

Arrival at School Prior to 8.30am

As a courtesy to parents we provide supervision from 8.30am to reduce traffic congestion around the school. Students are not to arrive at school prior to 8.30am. No supervision is provided prior to this time.

If students happen to arrive before 8.30 they are to move directly to the seats outside the school office and sit and wait for the teacher to be on duty at 8.30am.

Please ensure your child is not arriving prior to 8.30am.

Year 6 Visit to Canberra



We wish our Year 6 students well as they head off to Canberra next Monday, Tuesday and Wednesday. Students will spend their time exploring our nation's capital as part of their studies around democracy, history and geography.

There will be updates through the school App on Wednesday regarding the return time of the excursion. If you don't have our App please download it from your App store. Simply search for Terrigal Public School.

Staffing Update

Mrs Dalton (Miss Clulow) will relieve as Assistant Principal for Kindergarten this term.

Mrs Cinead Webb will teach 3S on Monday and Tuesdays.

Mr Foster will teach 3N this term whilst Ms Neale is on leave.

National Assessment Program – Literacy and Numeracy (NAPLAN)

NAPLAN Assessments will occur for Year 3 and 5 students in week 3. Students will sit tests in reading, literacy and numeracy on the Tuesday, Wednesday and Thursday.

P & C AGM

The Parents and Citizens association will hold their Annual General Meeting at 7pm on Monday 14th May in the school staffroom. All parents/Carers are welcome to attend.

The AGM will be followed by a general meeting.

Active, Involved Students

We currently have students involved in a range of activities including rugby sevens, StarStruck rehearsals, preparations for debating, soccer and basketball trials and many more. We wish them all well.

Michael Burgess

Principal

Mothers' Day Breakfast & Stall



Next Friday 11th May all mums (and all those that fill the role of mum) are welcome to come up to school to share a muffin and a cuppa with their child. Muffins will be served from 7.30am outside the school hall for a *gold coin donation*. The breakfast will conclude at 8.55am.

There will not be a school assembly.

The P & C will also hold their Mothers' Day stall on this day. Students are to bring in a gift by next Wednesday and then on Friday they are able to buy a gift at the stall.

ADMINISTRATION

Hire of Instruments

If your child is borrowing an instrument from the school to play in the school band, **a fee of \$ 35 per term** is payable to the school to **cover hire fees from the Creative Arts Resource Loans Department**. The fee also covers **continual maintenance** on the instruments. This charge is in addition to the fees charged by the Conservatorium of Music.

Money Due - *Parent Online Payments is the school's preferred payment option*

Support Unit

- Book Pack - \$15
- RDA Term 1 - \$ 84
- RDA Term 2 - \$ 66

Early Stage 1 (Kindergarten)

- Book Pack - \$ 45

Stage 1 (Years 1 & 2)

- Book Pack - \$ 45
 - Newcastle Museum Excursion - \$ 30
- Full payment due Wednesday 9th May**



Stage 2 (Years 3 & 4)

- SAKG - \$ 20 (**for the whole year**)
Your are more than welcome to pay \$5 per term
- Book Pack - \$ 45

Stage 3 (Years 5 & 6)

- Book Pack - \$ 45
- Yr 6 Jumper - \$ 42
- Canberra - \$ 340 - **Full Payment due by Monday, 9th April 2018**

Ulrike Myers
Admin Manager

say cheese

School Photo Day is

4 May 2018

Have your child's school memories captured forever

Please take time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:

- Don't seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day
- Family envelopes are available at the school office upon request
- Please enclose correct money as no change is given. Cash and money orders only (sorry no credit card accepted)

For any enquiries, please feel free to contact us

e admin.nlvcc@msp.com.au
p +61 2 4966 8292
f +61 2 4966 8293
www.msp.com.au



Issue 3 – Scholastic Bookclub

All orders to be in by Friday 11th May

ALL orders must be placed on-line.

Season for Growth at Terrigal Public School

Change happens to each and every one of us.

We all have a story to tell.

Sometimes the change is completely unexpected and leaves us feeling lost, empty, angry unable to explain how we feel but thinking, “no-one understands”.

Seasons for Growth (SFG) is an educational, peer-support, grief and loss program, that aims at increasing our kids resilience to cope when unexpected change happens, and the people we love are just not there anymore.

SFG focuses on the health and wellbeing of those who choose to participate, and the effects that ‘change’, associated with death, divorce and/ or separation, can have on the child.

The program is an early intervention program offering continued support.

Information for Parents of Catholic SRE Students

CONFIRMATION – AT OUR LADY STAR OF THE SEA, TERRIGAL

SATURDAY 9th JUNE 2018

OFFERED TO BAPTISED CHILDREN 7 YEARS AND OVER, YEAR 2 AND OLDER

ENROLMENT WEEKENDS

Enrolment will take place after the Masses on the following weekends:

Saturday 21 April after 5pm, Sunday 22 April after 8.30am & 10am

Saturday 28 April after 5pm, Sunday 29 April after 8.30am & 10am

Saturday 5th May after 5pm, Sunday 6 May after 8.30am & 10am

Input session for parents 7pm Wed 9 May 2018

For more information and enrolment forms

http://www.ourladystarsea.org.au/_literature_209955/Sacramental_Programme_2018.mp3

or from Parish office: 43674610 or Janette: 0421416555



Mother's Day Stall - Friday 11th May

(Term 2 Week 2) (Please see attached note)

The TPS P&C is holding the annual Mother's Day Stall again this year. All money raised goes directly back to programs, equipment and improvements to our school.

Step 1

Please donate a gift (wrapped in cellophane) to classroom teachers by Wednesday 9th May.

Step 2

On Friday 11th May children will visit the Mother's Day stall to purchase a gift. Provide your child with \$2, \$5 or \$10 to buy a suitable gift to bring home.

Please note if your child intends to purchase more than one gift we ask that they donate additional gifts.

Step 3

Volunteers are needed for wrapping, sorting and supporting children at the stall in the mezzanine.

If you are able to assist on Thursday 10th or Friday 11th May, during school hours please contact Amber Cameron at markandambercameron@gmail.com

P&C Meeting & AGM, Monday 14th May 2018, 7pm – 9pm. School staff room all welcome. (Term 2 Week 3)

There are several different ways parents can assist and contribute directly to the P&C.

1. Attend P&C meetings as a non-financial member (no voting rights).
2. Become a financial member (\$1 annually) and make your vote count.
P&C meetings are held every 3rd and 8th Monday during school term.
3. Attend and nominate for a position on the committee. (President, Secretary, Vice President, Treasurer)
4. Volunteer at one of our many events, canteen, uniform shop or take on a project. For further information or questions please contact the P&C Secretary on trisha.payne@me.com

For more information on P&C committee and positions please visit
www.pandc.org.au

The school office also has a folder providing membership forms and detailed information regarding TPS P&C.

UNIFORM SHOP

OPEN EVERY WEDNESDAY (During school terms)
8:30am – 9:15am

Important Dates

Friday 4th April
School Photo Day (Summer Uniform)

WINTER UNIFORM (Tuesday June 12th) **Change over Term 2 Week 7**

GIRLS

Black Shoes
Black Stockings
Light blue Peter Pan Blouse
Dark Blue Winter Tunic
Logo

BOYS

Black shoes
Grey Socks
Grey long pants
Blue Polo – Terrigal
Logo

The P&C has been very busy fitting out some of our school sports teams.

Cricket Teams -New Shirts and shorts
Netball Team- New Dresses
Swim Team- New Terrigal printed swim caps
Football – School Football socks \$12 available in store only

Remember all uniform options are available on Flexi schools. Order and pay online we will deliver to your child's classroom. www.flexischools.com.au

2nd hand uniforms available from facebook page
[tps-pre-loved uniforms \(for sale or free\)](#)

Contact: Nicole Hilder
Nicole.McDonald@lendlease.com

CANTEEN

Helpers needed
Mon-Fri (8:30am -9:30am)
All canteen orders can be made via

www.flexischools.com.au

Facebook page
[TPS~~Canteen ~~](#)

Contact: Lyn & Mandy
0403 835 790

**The Athlete's Foot**
SCHOOL REWARDS PROGRAM

PROUDLY SUPPORTING
YOUR SCHOOL.

**\$5 IS DONATED BACK
TO YOUR SCHOOL**
FROM EVERY PAIR OF SHOES PURCHASED*

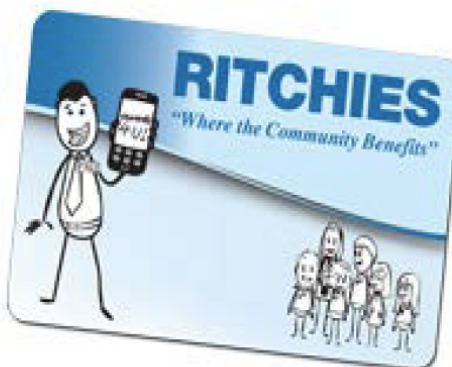
The School Rewards Program is a great fundraising opportunity with \$5 from every pair of shoes purchased being donated back to your school.

This applies to the whole family across our fantastic range of school, sports, work and casual shoes. Ask one of our friendly staff in store for more details!

*See theathletesfoot.com.au/school-rewards for more details.

 **The Athlete's Foot** ERINA (02) 4365 4616

IGA Ritchies – Stores (Erina Heights & Erina)
Sign up for a Community Benefit Card –
Nominate Terrigal Primary School as your
school and we will receive 0.5% of your
purchases in a donation to the P&C.





Education

TERRIGAL PUBLIC SCHOOL

*"Preparing our Children for the future
in a Positive and Caring Environment."*

Havenview Road,
TERRIGAL 2260

Telephone: 02 43844599
Fax: 02 43852470



Mother's Day Stall – Friday 11th May 2018

The Mother's Day stall is an annual fundraiser organised by the P&C for children to buy a gift for Mother's Day. All money raised goes back to help improve our school.

How does it work?

A Mother's Day stall will be held at the school on Friday 11th May 2018. Each class will visit the stall (in the mezzanine) in turn to purchase their gifts. If you want your child to purchase a gift from the stall you need to first donate a gift. If your child is buying one present, you need to donate one present. If you want your child to buy two presents, you need to donate two presents etc.

When do I need to bring the donations in by?

Your child needs to bring in their donated gift, **wrapped in clear cellophane**, to their classroom teacher by no later than **Wednesday 9th May 2018**. Ideas for donations include: chocolates, mugs, key rings, photo frames, keepsakes etc.

How much will a gift cost?

Gifts will be priced at \$2, \$5 & \$10. Please ensure that your child brings their money with them on the day of the stall.

How else can you help?

If you are able to volunteer your time to help with the wrapping and sorting of the donations, or to help at the stall, helpers are needed on both **Thursday 10th May and Friday 11th May (from 8.30am)** in the mezzanine. Please contact Amber Cameron via email at markandambercameron@gmail.com if you can assist either day, even if it is just for an hour or two.

Thank you

Terrigal Public School's P&C



Canteen Roster

| Term 2 | Week 2 |
|----------|-------------------------|
| Mon 7 | Fiona |
| Tues 8 | Kerrie |
| Wed 9 | Chun |
| Thurs 10 | Erin |
| Fri 11 | Priya, Samara F, Alison |
| Week 3 | |
| Mon 14 | Kristy R |
| Tues 15 | Kate C |
| Wed 16 | Judy |
| Thurs 17 | Helper needed! |
| Fri 18 | Simone, Candice, Leigh |
| Week 4 | |
| Mon 21 | Raelene |
| Tues 22 | Louise |
| Wed 23 | Mel P, Rebecca C |
| Thurs 24 | Jenni |
| Fri 25 | Naomi, Narelle, Tina |

Did you know...?

Most of our daily specials are made from scratch in our canteen!

From our Bolognese sauce, to our fried rice; nacho mince to our fresh fruit muffins, we do a lot of chopping, prepping and cooking in our canteen.

This means that many of our menu items are full of delicious fresh meat and produce – no preservatives or numbers to worry about!

We use fresh fruit and veggies, fresh meat and chicken breast, spices and herbs.

We like it better this way, and we're pretty sure you do, too. The kids seem to love it, too!

Winter Menu has landed!

Welcome back everyone! Hope you had a lovely and relaxing break. 😊

We've been warming up this week with our new Winter menu. Lots of tasty hot treats available for recess and lunch to warm little bodies up from the inside!

Pies (including a gluten free pie) and sausage rolls are available again every day, and we have a range of daily specials including our delicious canteen made pastas, nachos, fried rice as well as Enrico's lasagne.

Check out the new menu and try something new!

Gluten Free / Dairy Free

Our canteen has a huge range of gluten and/or dairy free options available every day.

Our pasta's can be made with a delicious gluten free pasta, we have a gluten free pie, and many of our daily specials are naturally gluten free (eg. Fried rice made with gluten free soy sauce).

Several options can be made dairy free, also, or are naturally dairy free.

We have tried to comprehensively list everything on our menu, however if you would like to discuss ingredients or specific dietary requirements, please feel free to contact me anytime. We love having a canteen that everyone can enjoy!

Helping in your school canteen

Have you ever considered helping out in your child's school canteen? If you would like to give it a try, please let me know!

We always need people to help out, whether once a month, once a term, or just on an ad-hoc basis when you're available. We know not everyone is available for a regular 'shift' – we appreciate any help you can give!

We advertise our roster on this page each week, so if you're available on a day with **Helper Needed** listed – we'd really love to hear from you!

Any questions, or to discuss helping out, you can contact me at the canteen from 8am-2pm Monday to Friday, or on my mobile **0414 855 629**. Thanks, Lyn

Intention to apply for Year 5 entry to an opportunity class in 2019

Dear Parent/Carer

Opportunity classes cater for highly achieving academically gifted students who may otherwise be without sufficient classmates at their own academic and social level. These classes help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

Applications for opportunity class placement are considered mainly on the combined results of the Opportunity Class Placement Test and school assessments. The Opportunity Class Placement Test will be held on **Wednesday 1 August 2018**.

If you would like to have your child considered for Year 5 opportunity class entry in 2019, you need to apply soon. You will need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online will be available from **Tuesday 1 May 2018** at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>. The application website opens on **Tuesday 1 May 2018** and closes on **Friday 18 May 2018**. No late applications will be accepted.

There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Unit for assistance after **1 May 2018**.

You must submit only ONE application for each student.

Remember: The tear-off strip below is not an application and the school cannot apply on your behalf.

Yours sincerely

Principal

Cut along the dotted line and return the completed slip below to this school by next Friday.

Note: THIS IS NOT AN APPLICATION FOR ENTRY TO AN OPPORTUNITY CLASS. This is a notice to your primary school only that you intend to apply.
TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS APPLICATION WEBSITE.

Intention to apply for Year 5 entry to an opportunity class in 2019

Student's name: _____ Class: _____

I am interested in applying for opportunity class placement in 2019

Yes ☐ No ☐

If Yes, either:

I have internet access and will be applying online

☐

OR

I do not have internet access and will use a public library to complete the application

☐

Signature of parent/carers: _____ Date: _____

Note: THIS IS NOT AN APPLICATION FOR ENTRY TO AN OPPORTUNITY CLASS. This is a notice to your primary school only that you intend to apply.
TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS APPLICATION WEBSITE.



Terrigal Public School Hunger Haven Menu

Winter Warmer Menu

Term 2 & 3, 2018

Open Monday to Friday from 8.30am

For information, please contact Lyn at the canteen

Have you seen our Facebook page? Search for TPS~~Canteen~~ and 'like' our page for details of specials, pictures of our menu items and to stay up to date with what's happening in the canteen!

Breakfast - Served 8.30 - 8.55am daily

Cheese & bacon roll - half \$1.00
Anything from the fridge (prices as listed) - including Up & Go, Oak milk, fresh yogurt cups, fruit etc

RECESS - Everyday

Fresh fruit **GF, DF** (apple, banana & seasonal) \$1.00
Fresh Fruit Cup **GF, DF** \$1.00
Rice crackers only with hummus * **GF, DF** \$1.00
Veggie Sticks * **GF, DF** (carrot, cucumber, celery) \$0.70
Rice crackers * **GF** (with cheese & carrot sticks) \$1.20
- Add hummus **GF, DF** (to above 2 options) \$0.30
Vanilla or Fruit Yogurt Cup **GF, LF** \$1.00
Fresh fruit & custard cup * **GF, LF** \$1.00
Custard Cup **GF, LF** \$1.00
Cheese & bacon roll - half \$1.00
Popcorn **GF, DF** \$1.00
Red Rock Sea Salt chips 28g **GF, DF** \$1.40
Small hot cheese roll * \$1.00
Small hot cheese & ham roll * \$1.50

**** Tomato or BBQ sauce squeeze pack** \$0.30**

GF = Gluten free options
LF = Low fat variety of this option
DF = Dairy free options
*** = orders only**

**** Students must collect their own recess orders from the canteen ****

Daily Recess Specials

Monday
Cheese & ham pasta cup \$1.50
Garlic bread (2 slices of long roll) \$0.50

Tuesday
Fairy Bread 1/4 slice (max. 4) \$0.10
Fresh fruit muffins **GF available** \$1.00
Quesadilla wedges (cheese with choice of ham, tomato, salsa, chicken or plain - each wedge is 1/6) \$0.50

Wednesday
Pikelet - plain or fruit \$0.50
Pizza Muffin Melts (half english muffin w/ ham, cheese & tomato or BBQ sauce) \$1.20

Thursday
Cheese & ham pasta cup \$1.50
Garlic bread (2 slices of long roll) \$0.50

Friday
Yummy Drumsticks \$1.20
Pikelet - plain or fruit \$0.50
Fairy Bread 1/4 slice (max. 4) \$0.10

Drinks

Water 350ml \$1.00 600ml \$1.50
Plain low fat milk \$1.00
Oak flavoured milk (light) \$2.00
(chocolate, strawberry, banana)
Up & Go \$2.00
(chocolate, vanilla, banana)
Small juice cup (orange or apple, blackcurrant) \$1.00
Juice pop-top \$2.00
(apple, orange, blackcurrant)

Frozen Treats - all available at lunchtime

Frozen orange slice **GF, DF** \$0.10
Frozen grapes - 4 (when available) **GF, DF** \$0.20
Quelch sticks **GF, DF** half \$0.30 whole \$0.60
Icy cups **GF, DF** (blackcurrant, or apple or orange) \$1.00
Moose (banana, blue moon, chocolate or strawb.) \$1.30
Juicies - fruit juice ice block **GF, DF** \$1.30
(Wildberry, Orange, Lemonade or Tropical - all juice)
Vanilla light ice cream dixy cup **GF, LF** \$1.50
Frozen yoghurt - all natural **GF, LF** \$2.00
(strawberry & vanilla, chocolate & vanilla or mango & watermelon)

All profits from the canteen are returned to the P&C to benefit our students.



Please ensure **students name and class** are written on the bottom of the bag, and that recess and lunch orders have separate bags (10c each if canteen supplies these).

Online ordering is available at www.flexischools.com.au - you can register anytime.

All orders must be received by 9am please, and must be paid for on the day.

Serving our school community healthy food is not the only duty of the canteen - teaching children about value for money in a safe environment is also important.

LUNCH - Everyday

Sandwiches / Wraps / Rolls / Toasties

Choose your own adventure!!

** Start with your choice of bread; **

Buttered wholemeal bread, white roll or wrap (please note if you don't want butter)

Gluten Free bread

** then add what you want from the following; **

Toasting / Warming in oven

Vegemite

Cheese **GF**

Ham, tuna or egg **GF** (egg is mixed w/mayo)

Poached chicken breast **GF** (canteen made)

Full salad **GF**

(tomato, carrot, cucumber, lettuce, beetroot)

Any one salad item from above

Pineapple **GF**

Baked Beans (**GF**) or Spaghetti

Sauce - tomato/ BBQ/ mayo/ Sweet chilli

Salad box **GF**

Salad of lettuce, tomato, cucumber, celery, carrot, beetroot, pineapple and cheese

Add egg, tuna, ham or poached chicken

Add GF chicken tender

Class lunch order boxes are picked up by delegated students & taken back to the classroom or to designated eating areas.

Daily Lunch Specials

Monday

Tomato, veg & cheese pasta **GF available** \$3.50

Tomato passata, seasonal veg & cheese. *GF pasta \$1 extra*

Canteen made pizza

Choose tomato or BBQ sauce, chicken, ham, pineapple, capsicum

Tuesday

'Toastie Tuesday'

Choose any fillings, on wholemeal bread only (no wraps etc)

Bolognese Pasta

GF available

Canteen made beef mince in tomato based sauce with five

veggies and cheese *GF pasta \$1 extra*

Wednesday

Canteen Made Fried Rice **GF**

with carrot, celery, peas, corn, ham, egg & gluten free soy sauce

Hot chicken Sub

Our canteen poached chicken, cheese & choice of sauce - tomato, BBQ, mayo, or sweet chilli - hot from the oven

Thursday

Nachos **GF**

Canteen made Mexican spiced beef mince with kidney beans, onions & tomato, served with salsa & cheese on a bed of corn chips

Friday

Lasagne

Individual serves of Enrico's lasagne

LUNCH - Everyday

Hot Food

Corn cob **GF, DF**

Hot Garlic roll

Hot Cheese roll

Yummy Drumsticks (each)

Gluten Free Chicken Tenders **GF, DF**

Ham & Pineapple pizza

Sausage Roll (120g)

Meat Pie (200g)

Gluten Free Meat Pie **GF**

**** Tomato or BBQ sauce squeeze pack ****

Burgers

Cheeseburger

Buttered roll with cheese, choice of sauce, and either beef, chicken or veggie pattie

'Stacks on' burger

Buttered roll with full salad, cheese, choice of sauce and either beef, chicken or veggie pattie

Chicken burger

Chicken pattie, lettuce & mayo

*** Make yours a Chargrilled Chicken breast on any burger for \$1.00 extra ***

***** Lunch order drinks and frozen items are not placed in lunch bags. Children must return their stamped lunch bag to the canteen to collect these items *****



Stepping Stones Triple P



FREE PARENTING SEMINAR WORKSHOP

Does your child have a disability?

Is this you?

You want to create the happiest home life you can. You may have a few concerns about your child's behaviour or you simply want to know how to encourage your child's development and potential. Whatever it is, you're very interested to learn more about positive parenting and how you can apply it to your family.

If you are parenting children with a disability aged 2 to 12, Central Coast Family Support Services Inc. can support you to learn new skills and techniques through Stepping Stones Triple P.

You are invited to attend the following **FREE** Parenting Workshop:

Venue: Phillip House, 21 Old Mount Penang Rd, Kariong

When: Two SATURDAY Sessions in Term 2
12th and 19th May 2018

Time: 10:00am – 12:30pm

BOOKINGS AND FURTHER INFORMATION CAN BE MADE BY CALLING CENTRAL COAST FAMILY SUPPORT SERVICES INC.

To register for this group please call (02) 43401585 or
email ccfss@ccfss.com.au

SORRY, NO CHILDCARE

BOOKINGS ESSENTIAL!



Learn to swim!

Skills for life

**25m indoor
heated pool**

ENSURE YOUR CHILD LEARNS TO SWIM



**We conduct classes for
all ages including:**

- Baby aqua classes
- Private tuition
- Learn to swim group classes
- Stroke correction
- Squads – Mini-Junior-Advanced
- Morning surf squad – great for Nipper training
- Adult squads
- Adult learn to swim and stroke correction
- New gym & Be Fit memberships
- Aquaerobics
- Lap swimming (includes spa)
- Hydrotherapy
- Enjoy coffee and cake at the café

155 Serpentine Rd, Erina Heights

4365 3748

www.desjohns.com.au

SUPPORTING OUR COMMUNITY



Property Central will donate **\$110**
to Terrigal Primary when you sell
through us.

*Money will be given on settlement when you
sell your home through Property Central.

