



This Issue

- P1 Principal Report
- P3 DP's Report
- P4 Careers
- P9 CAPA
- P11 Prefects Report
- P12 Debating
- P14 D & T Accelerated
- P20 Social Science
- P21 Important dates
- P21 Uniform Shop message
- P22 Canteen Summer Menu
- P23 Uniform Shop Pricelist

As the 2017 school year draws to a close, I would like to take the opportunity, on behalf of the staff of Merewether High, to thank everyone for an outstanding year and wish our students and parents a very restful and safe holiday and a merry Christmas. To each and every one of you, who makes up our school community, thank you for your continued support throughout the year.

To those families who leave us, thank you for the years of involvement and support, stay in touch and let us know of the continued successes of our students.

Congratulations to Matthew Humby who on Friday 24<sup>th</sup> November was awarded a NSWCHS Blue for his efforts in the pool as a member of the NSWCHS Water Polo team. This is an outstanding effort from a student in Year 10. Matthew along with Mitch Robinson have been selected in the Australian Schoolboy's Water Polo team to compete in the tri-nation tournament to be held in Canberra at the end of December.

Dates to Remember

- 11/12 - Year 10 Assembly
- Year 9 Assembly
- 12/12 - Year 8 Assembly
- Year 7 Assembly
- 14/12 - HSC Results Released
- Presentation Assembly 10.30am
- 15/12 - Year 12 BBQ 11am
- 30/1/18 - T1 Years 7, 11 & 12
- 31/1/18 - T1 Years 8, 9 & 10



Hunter Secondary Schools' Sporting Blues Presentation – our students received ten awards at this year's Hunter Secondary Schools' Sports Awards. Matthew Humby Water Polo, Mitch Robinson Water Polo and Eloise Petersen AFL received Hunter Region Sporting Blues, Kaiya King Trampolining, Charlie Walker Swimming, Louis Stibbard Mountain Biking, Milly Stephenson Athletics, Sarah Pickering Athletics received Sports Awards, and Angel Barber received a Special Mention Award and the Merv Cotterill award for leadership, sportsmanship, and academic pursuits.



Congratulations to Dharam Arora who with Georgia Vaughan (HSPA), Caleb Watts (Toronto), and Josephine Muggleton (Lambton) represented the Hunter region at the NSW Premier's Debating Challenge. The team, were stellar advocates for the region and their schools. They won their regional pool and narrowly lost the NSW State Semi Finals to North Sydney.

Our Years 8 and 9 students participated in Board Meetings and Inquiry Based Learning Presentations where they have discussed the learning process and outcomes they have experienced while completing their studies. This process provides students practice in an interview process but the main purpose is to provide students with the opportunity to reflect on the way they learn, the areas that work well and the areas they need to develop.

All My Own Work – all students commencing Year 10 in 2018 have completed the NESA mandatory course. The program ensures students understand their responsibilities in relation to plagiarism before they commence their studies for the Preliminary Higher School Certificate Course.

Prefects' Investiture – our Captains and Prefects for 2018 were inducted into their roles on 17<sup>th</sup> November. The prefects and their parents joined Mrs Gilbertson, Mr Southward, Mrs Harvey and I for lunch, to celebrate their induction. Our School Captains and Prefects also attended the annual leadership conference held in Sydney. The conference was attended by 3 500 students where future leaders have the opportunity to hear inspirational speakers from across Australia, about their experiences in leadership. This was an opportunity for our leaders to reflect on their own leadership styles.

2018 will bring some changes with a number of staff moving on to retirement, taking up new positions or moving on in their career. Mrs Harvey has commenced her role as Principal of Whitebridge High School and will be sorely missed. Mrs Horan and Ms Raby from Languages move to retirement, along with Mr Gavin, Mr Glover and Mr Kelty who after some extended leave, officially retire.



Mr Hindmarsh and Mr Warnock have accepted positions external to the Department and will not return in 2018. I would like to take this opportunity to thank Mrs Harvey, Mr Kelty, Mr Glover, Mr Gavin, Mrs Horan, Ms Raby, Mr Warnock and Mr Hindmarsh for their service to Merewether High and the efforts they have made to provide a quality-learning environment for our students. I will take up a temporary position with the Department for 2018 and will be based at the Bull Street offices in Newcastle. While I take on the twelve-month project Mr Southward will relieve as Principal.

Throughout next week we will take the time to celebrate the many successes of our students this year, commencing with Years 10 and 9 on Monday, Years 8 and 7 on Tuesday and our celebrations culminate on Thursday 14<sup>th</sup> December with our Annual Presentation Day Assembly commencing at 10:30am. The P&C will provide morning tea after the assembly in the Learning Centre. Please come along and join us in celebrating the outstanding efforts of our students.

Year 12 BBQ – this will be held on Friday 15<sup>th</sup> December at 11.00am. All 2017 Year 12 students are invited to attend. Our Prefects and Captains 2018 will be providing the BBQ.

Christine Rippon

What a fantastic year 2018 has been at Merewether High with a host of fantastic achievements in the academic, community, cultural and sporting realms. Our HSC students from both Year 12 and the accelerated group wait with anticipation for what I am confident will be outstanding results. Students from our junior years have recently completed their end of year assessments and have been encouraged to take time to reflect on their examination and task performance. The strongest practice after an assessment period is for learners to identify areas they need to build on and to work with teaching staff to understand how to address issues that have arisen.

We build in a process of reflection on learning in Year 7 and 8 through formalised Learning Reflection meetings where students look back on their growth in learning. Through IBL and across our transition to the HSC courses, students are guided to focus on learning strengths and build on areas for improvement. The most effective time to examine our own performance is as close as we can to completing the task. This is a very mature habit to instil in our young learners and one which will serve them well in later life.

I would like to wish all families a safe and happy holiday period and look forward to an exciting 2018. Week 1 for 2018 begins for staff on Monday 29<sup>th</sup> January, with Year 7, 11 and 12 returning on Tuesday 30<sup>th</sup> January. The remaining students from Years 8, 9 and 10 return on Wednesday 31<sup>st</sup> of January. As we transition to a new school year, many families will need to purchase new uniform items. Our school Uniform Shop will be open over the school holidays on Thursday 18<sup>th</sup> January from 1-5pm, Monday 22<sup>nd</sup> January from 8-12 noon and Monday 29<sup>th</sup> January from 8-12 noon. We would like to remind all families of our school uniform expectations as they purchase items of footwear which are fully enclosed black leather shoes as indicated in student diaries and on our website.

Tony Southward





## Careers

### Australian Defence Force Flight Simulator Visits MHS

On Friday 17<sup>th</sup> November the ADF Airforce delivered a magnificent "hands on" display to many of our students. 30 very fortunate students from Years 10 and 11 were offered the incredible opportunity to participate in a fully instructed lesson in the flight simulator. The simulator arrived on the back of a truck and students were guided by trained instructors on the finer points of operating the simulator. A further 120 students were captivated and entertained by ADF officers in relation to how many aspects of the airforce operate, highlighting career pathways that many were not aware existed. Students and teachers were drawn to the display and activities from all over the school and it has been indicated that the ADF may return with the Supercars next year, so if you missed out make sure you attend next year!

### Congratulations

Three of our past students have been awarded prestigious New Colombo Plan scholarships for 2018. Zac Groth, Olivia Gallimore and Georgia Fardell, all attending Newcastle University have been awarded the scholarship enabling them to study in Asia for 3 months in their current field of study. The process of selection for this scholarship involves the students demonstrating outstanding academic results, a strong written capacity, excellent supporting references and finally an interview process. The scholarship is Australia wide and to date I am aware of up to 7 other ex-students also successfully receiving the scholarship and undertaking placements in countries including Japan, Indonesia, Singapore, China and Thailand.

New Colombo Plan Scholarship <http://dfat.gov.au/people-to-people/new-colombo-plan/scholarship-program/pages/scholarship-program.aspx>

### Upcoming Excursion

On Tuesday 5<sup>th</sup> December students from Years 9 -11 will be visiting the new University of Newcastle City Campus to undertake a tour and some activities relating to business and law.

On Wednesday 13<sup>th</sup> December a bus load of Years 10 and 11 students will be heading to UNSW to undertake a campus tour including taking a look inside the on campus accommodation. In addition this year we will be visiting the Natural Science Museum.

In 2018 there will once again be a visit to ANU, University of Western Sydney and ADFA. This usually runs over 2 days in early Term 2. Year 12 will be offered first places followed by Year 11.

Student Survey: In the next week I will be surveying students (via a link in their email) in Years 9 - 12 to gain insight into the types of excursions they would like to participate in for 2018. This will help me to determine the areas of interest for the current cohorts and provide relevant activities that will benefit students in making decision about their future pathways.

### Work Experience

I would once again like to remind students and parents that all the information regarding work experience can be found on the MHS Moodle. Here you will find the procedures and documents required and step by step instructions on how to go about organising a placement. Work experience provides valuable insight into career pathways and should be considered where possible.

Levina Abbo



December  
2017

# Merewether High School Bulletin





December  
2017

# Merewether High School Bulletin





December  
2017

# Merewether High School Bulletin





**Antarctica Fly-Over 2017**

On Saturday the 25<sup>th</sup> of November, Mr Bell and Ms March accompanied a group of 10 students on a flight over Antarctica. The flight provided a full day of Antarctic experience; students spent approximately 3 hours flying directly over the Antarctic mainland, met Antarctic explorers onboard and experienced live crosses to Antarctic research stations. The day was enjoyed by all.





### **MHS Chess team at the State Finals**

If you've been following the bulletin updates you would already know the school chess team made up of Daniel Jaeger and Coel Mulready in Year 8 and Ruby Dempsey and Dunnill Yohannes of Year 12 has had an incredible year in 2017.

Over 5 knockout rounds they played 20 games between them losing only 2 throughout the year to secure the top position in the Hunter region and an invite to play for the state title. After an incredibly early 5:30am train to start the day, we headed down to the state finals held at the Sydney Academy of Chess and took on the strongest teams from all over the state. After another gruelling 16 rounds of competition having beaten every team they faced and only lost 3 games all day the team managed to secure an incredibly tight 2nd place overall. Finishing only one and a half points behind the first place getters was an impressive final position and a new record for MHS.

The 2018 crew will have some big shoes to fill but we are always looking for new and talented players from any grade. If you think you have what it takes come talk to Mr Gibb in the Humanities staff room.

### **CAPA FACULTY**

#### **MUSIC**

#### **Excursion to Beautiful: The Carole King Musical**

As part of their study on Musical Theatre, the Year 9 music class took a train to Sydney on Wednesday in Week 8 to see Beautiful: The Carole King Musical. The musical follows the life of accomplished songwriter Carole King, beginning with her first published song and ending with her performance of the chart-topping album Tapestry at Carnegie Hall. The play is interspersed with her music and the music of her collaborators, with hits such as Locomotion, A Natural Woman, and Will You Love Me Tomorrow.

The class enjoyed the show enormously, taking home badges and leaflets about the show and future shows at the Lyric. After stopping in for some snacks (or in Jeremy Groh's case a litre of soy milk), the class headed back home. The trip back was very eventful, beginning with a very packed tram trip and the group almost missing the train. Like the tram, the train was crowded, and several students resorted to crawling in between the backs of seats to have a nap. Others sat or stood in the aisles. About an hour into the trip, the train stopped at Ourimbah, where the driver announced that the train would be stopped "indefinitely." Nevertheless, the group remained in high spirits, despite there being no vending machine on the platform. The group eventually arrived back at Broadmeadow at 8pm, two hours after being scheduled. Overall, this was a very memorable and fun experience.

Many thanks to Ms Sutherland for organising the excursion, and to Mrs Tenorio for taking us for the day. We are forever grateful for everything that this class has given us.

Ella Simons, Year 9.



December  
2017

# Merewether High School Bulletin







### **Year 10 Elective Music Performance Night**

A wonderful evening showcasing Year 10 talent was held on Thursday 30th November. There were outstanding performances from all members of the class as soloists and ensemble members. The evening included the playing of one of the class member's compositions. It was a fabulous evening with an extremely appreciative audience.

### **Prefects 2018**

Whilst the school year has been winding down the prefect body of 2018 has continued to meet and work away at planning exciting events for the 2018 school year and partaking in activities around MHS. On the 17th of November, we were officially inducted as prefects of 2018 at the Prefect Investiture. We heard from former Merewether Captain, Jode Roach about our new role as leaders representing the school body and the core values that are intrinsic and unchanging over the years between us. Within the ceremony we took our prefect pledge towards sustaining quality leadership and serving MHS to the best of our ability and with our school values always at the forefront of our minds.

In the spirit of Christmas and in conjunction with the SRC, we contributed to the Salvation Army Christmas Food Drive, which provides food hampers to families in need during the Christmas holidays. As a result of the overwhelming donations from the generous students throughout the school, we were able to provide a sizeable amount of hampers to the wonderful initiative.

A big event in the school calendar for Captains and Vice Captains is the White Ribbon Day Ceremony at Wests, New Lambton that we attended on the 24th of November. At this event, we heard from brave women about their harrowing stories and the alarming statistics about violence against women. We brought this message back to MHS and by taking a modified White Ribbon Day Oath against domestic violence we as a school body stand as leaders in the community to end what is such a prevalent and abhorrent crime.

To add some excitement to our last weeks of school we also met the incoming year sevens of 2018 for their orientation day on the 5th of December. The group met us with both a vibrant enthusiasm and a little nerves, and it was our pleasure to pass on a warm welcome to them on behalf of the school as we welcome them for the coming year.

This year the prefect body will finish by hosting a pyjama themed ATAR BBQ for outgoing Year 12 students where they will gather and celebrate on the last day of term keeping us busy right up until the last day of term.

We wish everyone a happy and safe holidays and hope all students enjoy a well deserved study break.

Lucy Witherdin and Isaac Smart

Throughout 2017, our Year 7 and Year 8 Debating Teams competed in the Premier's Challenge Debating Challenge. All students represented our school admirably and it was an enjoyable and educationally valuable experience for those students involved.

Amongst our Year 7 we had many core team members enthusiastic to debate. Our core team members were Chanchal Viju, Elisha English, Elizabeth Wood, Erin Hartley and Lennox Hepple.

The Year 7 team represented us against Lambton High School and won their round early in the competition. In the next round they were unfortunately defeated by our Year 8 Merewether High team.

I hope that this first year of debating in Merewether High School has provided them with experience which will assist them next year when they will have the opportunity to compete again.

Our Year 8 Team members were Thomas York, Charlotte Paterson, George McNamara, Sarah Hayes and Coel Mulready as our reserve. They continued on in the competition and had success in consequent rounds right through to the finals. They competed at home and away and defeated Lambton High, Kotara High, Dungog High and Toronto High. They were finally beaten by Gosford High School in the recent month. Though disappointed with their loss they received feedback from the adjudicators which will assist them in developing their skills in future competition next year.

I would also like to thank a small group of ancillary students Chanchal Viju, Lennox Hepple, Elizabeth Wood, Sophia Jeffries and Jackson Yan who assisted me in running the debates, acting as a chairperson or timekeeper. All students were a pleasure to work with.

Year 7 and Year 8 Co-ordinator

Ann Carmen

English Department



**Ms Ann Carman and our Year 8 debating team; Charlotte Paterson, Sarah Hayes, George McNamara and Thomas York**





### Share the Dignity

Throughout Term 4 a group of dedicated Year 11/12 girls have been collecting donations for the Share the Dignity “It’s in the Bag” campaign to assist homeless women and women at risk this holiday season. Each year group was asked to donate unused handbags, essential products such as soap, shampoo and conditioner, deodorants etc, along with any other items which women or girls would appreciate.

On the afternoon of Wednesday 29<sup>th</sup> November, I had the great privilege of accompanying some of the girls to deliver 74 filled handbags to Kotara Bunnings store which is one of the collection points in Newcastle. These bags were bursting at the seams with your generous donations. The group and I were informed that our handbags would be delivered to Soul Café.

Wendy Rosser

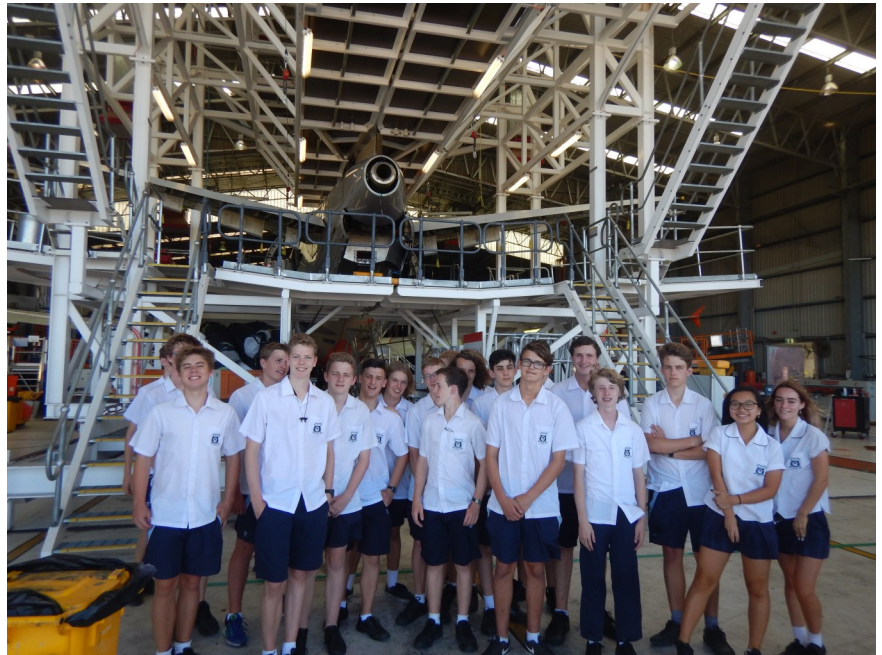






**Design & Technology Accelerated**

This term our class enjoyed an excursion to Newcastle Airport and went behind the scenes and into the field of commercial air operations. Our class has undertaken a case study on the new technology within the Airbus A380. This excursion gave our students first hand experience being able to be in the cockpit of the A320 Airbus. They enjoyed a tour led by two engineers responsible for avionics and engine systems. Students enjoyed the class room of the cabin and later were up close to the turbo fan engine. The one hour excursion had students asking many technical questions that allowed the team at Jetstar to highlight their expertise. The knowledge and enthusiasm imparted, left students with a new appreciation for the airline industry and the various career options available.





### Aboriginal Cultural Day Excursion

On Wednesday the 22nd of November, we travelled to the Lake Macquarie area where we were hosted by the Bahtabah Local Aboriginal Land Council and two of their guides as we learnt about the history of Awabakal people, environment, flora and fauna in and surrounding the Caves Beach, Belmont and Swansea area.

Our two guides were fantastic in talking to us about the nature and environment of the area whilst utilising the natural resources such as the sandpaper fig tree leaves and ginger pulled fresh from the ground for the students to have a munch on.

Our day began by first visiting the Bahtabah Land Council where we took the snake trail and explored the different flora which were kept untouched by the guides and workers.

Then we took a trip to Caves Beach where we were educated about the traditional custodians of the land and their lifestyle choices. We were given an insight on the native food and even got to try a specific type of berry as part of this cultural experience although it was rather bitter and hard to palette.

Then we explored the rock pool and had lunch near the beach whilst learning about the general geography and native customs as well as discussing the exterior shell structure of the native sea anemone

Lastly we took a drive back to the Bahtabah Aboriginal Land Council and we were enlightened by the weapons and facts that we were provided with about Aboriginal people.

The Aboriginal cultural day excursion was an awesome and extremely interesting experience which enabled us to truly experience parts of Aboriginal culture and we recommend every student to take part in this throughout the following years, as this is a great opportunity to learn more about the Awabakal culture of our land and the traditional custodians of the area.

By Ezekiel Britt and Bianka Arunraj





December  
2017

# Merewether High School Bulletin





December  
2017

# Merewether High School Bulletin





December  
2017

# Merewether High School Bulletin





December  
2017

# Merewether High School Bulletin





**Social Science**

In Week 6 this term our aspiring geographers participated in the regional WeSSTA Junior Geography School Challenge. Three teams travelled to Teralba and engaged in the challenges on the day achieving outstanding results. I am very pleased to recognise the following students for winning the completion on the day and taking out the trophy. Additionally our other two teams came 3rd and 6<sup>th</sup>. Congratulations to all of these students.

**First Prize** - Aditya Ratheesh, Coel Mulready, Jeremy Thomas, Cameron Upton, Dominic Picton

**Third Prize** - Daniel Whelan, Teia Bradbury, Abbie Barr, Elijah Gibson, Alyssa Wharton

**Sixth Prize** - Eve Oxenham, Alison Colins, Lara Flint, Smiti Alapatt, Eliot Taylor

**Walk a Mile Koori Style© (WAMKS)** is an Australian version of Walk a Mile in her shoes®. It is an Aboriginal and Torres Strait Islander male youth lead event and men and boys from all nations and cultures are encouraged to participate. This walk is for all men to say NO to domestic violence and advocate for an end to violence in their community. A small group of MHS students participated in Walk a Mile Koori Style 2017.







# THE UNIFORM SHOP

## New Uniforms for 2018



It is recommended that all current students requiring new uniforms for 2018, make an appointment to come in for a Uniform Fitting before the end of Term 4.

We recommend this, so that the wait times over the January period are reduced, making the shopping experience more pleasant.

Lay-by Options are available.

Price lists, Contact Details, Opening hours and Booking information are available online by logging into [www.alintaapparel.com.au](http://www.alintaapparel.com.au)

Thank You

Uniform Shop

[www.alintaapparel.com.au](http://www.alintaapparel.com.au)

	DECEMBER
11/12	Year 10 Assembly 9.15am Year 9 Assembly 11.00am
12/12	Year 8 Assembly 9.15am Year 7 Assembly 11.00am
14/12	HSC Results 6:00am Presentation Assembly - 10.30am
15/12	Year 12 BBQ - 11.00am End Of Term 4
	JANUARY 2018
30/01/2018	Term 1 commences for Years 7, 11 and 12
31/01/2018	Term 1 commences for Years 8, 9 and 10



## Merewether High School Uniform Shop



### Shop Hours

Monday 8.00-12.00pm

Thursday 1.00-3.30pm

### Contact Details

0401 725 885

[merewetherhigh@alinta.com.au](mailto:merewetherhigh@alinta.com.au)

130 Chatham Street, Broadmeadow  
NSW 2292

Girls Uniform: Yr7-Yr9	Size	Price
S/S Blouse	J8-L20	\$39.00
Tartan Skirt	J8-L20	\$69.00
Formal Shorts	J10-L20	\$44.00
Fitted Pants	J10-L20	\$49.00
Girls Uniform: Yr10-Yr12	Size	Price
S/S Blouse	J10-L20	\$43.00
Tartan Skirt	J8-L20	\$69.00
Formal Shorts	J10-L20	\$44.00
Fitted Pants	J10-L20	\$49.00
Boys Uniform: Yr7-Yr9	Size	Price
S/S Shirt	J8-3XL	\$37.00
Formal Shorts	J8-3XL	\$48.00
Formal Trousers	J10-3XL	\$55.00
Boys Uniform: Yr10-Yr12	Size	Price
S/S Shirt	J8-3XL	\$37.00
Formal Shorts	J8-3XL	\$48.00
Formal Trousers	J10-3XL	\$55.00
Outerwear	Size	Price
Jumper	10-16	\$82.00
	18-20	\$92.00
	22-26	\$102.00

Sports Uniform	Size	Price
Sports Polo	J8-3XL	\$44.00
Sports Shorts	J8-3XL	\$38.00
Tracksuit Jacket - Heavy	J10-3XL	\$89.00
Tracksuit Pants	J10-3XL	\$50.00
Bags	Size	Price
Swim Excursion Bag	one	\$20.00
Backpack	Large	\$84.00
Accessories	Size	Price
Sport Socks	All Sizes	\$10.00
White Socks	All Sizes	\$6.95
Black Socks	All Sizes	\$6.95
Microfibre Tights	All Sizes	\$10.00
Leather Belt	All Sizes	\$17.00
Bucket Hat	S-XL	\$22.00
Sports Cap	One Size	\$18.00
Gloves		\$8.00
Scarf		\$11.00
Fabric Marker		\$4.00

### Note:

- Sizes not carried are available by custom order. 3 month lead time applies. An additional \$10.00 is applied to custom orders and all sizes above and including a 4XL/L22.
- Online orders are distributed from the Uniform Shop the next opening day of the shop. A postage charge will occur for all orders marked for delivery.
- Payments can be made by Cash, Credit Card or Debit Credit Cards only.

Prices Effective from 1-10-2017 and are subject to change without notice.





## Merewether High School Canteen - Menu for Term 4 - 2017

4.10.17

SALADS, SANDWICHES, WRAPS & SUSHI	
<b>BASIC SANDWICH</b>	\$2.00
Cheese+Ham & Tomato+Cheese & Tomato	
<b>CLASSIC SANDWICH</b>	\$3.00
Egg & Lettuce+Garden Salad Delight+Ham & Cheese +Ham, Cheese & Tomato	
Toasted sandwiches are available as orders	
<b>DELUXE SANDWICH</b>	\$3.50
Chicken, Mayo & Fancy Lettuce Garden Salad & Cheese Garden Salad & Ham	
<b>GOURMET WRAPS</b>	\$4.00
Fancy Fresh Salad Ham & Spinach Garden Salad Chicken, Mayo & Lettuce	
<b>SUSHI</b> -market price	
<b>FRESH SALADS</b>	
Crispy Noodle Salad	\$2.50
Seasonal Garden Salad (by order only)	\$2.50
Ruby & Jorjia's Prize Fusilli Salad	\$3.00
Chicken Caesar Salad	\$4.20
Caesar Salad	\$3.00
<b>Miscellaneous</b>	
Sauce portions	\$0.30
<b>Salad or Sandwich additions order only:</b>	
Pineapple, Cheese, Egg or Ham add 70 cents	
Chicken add \$2.00	

DAILY HOME MADE SPECIALS	
To keep our menu fresh and varied, we rotate our freshly made food daily, with choices available each day - check the board to see what's on special!	
<b>Monday Specials</b>	
Beef Burger	\$4.00
Fried Rice	\$2.50
<b>Tuesday Specials</b>	
Fresh Chicken Wraps w/ sweet chill & Cheese	\$3.00
Focaccia- Chicken Special	\$4.20
Fried Rice	\$2.50
<b>Wednesday Specials</b>	
Fresh Chicken Wraps w/ sweet chili & Cheese	\$3.00
Vegetarian Pasta	\$2.00
Greek Style Salad	\$3.00
<b>Thursday Specials</b>	
Focaccia- Chicken Special	\$4.20
Greek Style Salad	\$3.00
Beef Burger	\$4.00
<b>Friday Specials</b>	
Beef Burger	\$4.00
Fried Rice	\$2.50



SNACKS	
Fruit: seasonal & fresh	market price
Pikelets- Fruit O' the Day	\$1.60
Vegetable Snack Pack	\$0.80
Bean Salsa & Vegetable	\$1.50
Cheese & Wholegrain crackers	\$1.20
Fresh Fruit Salad	\$2.50
Yogurt Berry Crunch	\$2.50
Hot Cheesy Garlic Roll	\$2.00
Egg in Bread	\$1.50
<b>PIZZA SUB</b>	\$1.50
Vegetarian * Hawaiian *	
Ham & Baby Spinach & Cheese	
Occasional Snacks	
Mousse	\$0.80
Chips 28g	\$1.50
Garlic roll, mini	\$1.30
Popcorn (Sweet & Salty)	\$1.10

DRINKS	
Plain milk 300ml	\$1.20
Plain milk 600ml	\$2.00
Classic flavoured Milk 300ml	\$2.00
Classic flavoured Milk 500ml	\$3.00
Water - 350 ml	\$0.70
Water - 600 ml	\$1.10
Appletiser	\$2.30
Hot Chocolate	\$1.50
Tea or Coffee	\$1.50
Berri Juice:+Apple+Oranges	\$2.50
Pineapple+Tropical*Multi V	
Dare 500ml coffee drinks	\$4.00

FROZEN SNACKS	
Frozen Fruit - Market Price	
Fruit Tubes	\$0.40
Juice cups -Orange, Apple or ABC	\$0.60
Vanilla party cups	\$1.40

Occasional Hot Meals	
Pie: Lean Beef	\$3.50
Sausage roll, low fat	\$2.00
Spinach and ricotta roll	\$3.20
Noodle Cup	\$2.30

Thanks to the FOOD TECHNOLOGY - 2016 Year 7 for all great salad recipes. Check out Ruby & Jorjia's winner!

 = Everyday choice for Healthy Eating  
 = Occasional choice for Healthy Eating