

THE GOOD SAMARITAN

"Called To Bring Peace"

Bede Polding College

Email address: BedePolding@parra.catholic.edu.au

Website address: www.bedepoldingwindsor.catholic.edu.au

Phone: 4560 2900 Fax: 4560 2999

Newsletter: 22nd February 2019 Week 4 Term 1



CALENDAR

FEBRUARY (TERM 1)

26th Yr 7 Information Night

MARCH

4th Staff Development day

5th - 8th Catholic Schools Week

- School tour for current year 7 parents

5th School Tour for Prospective Parents 2020

- Between 3:30 - 5:00pm

6th Ash Wednesday

8th Round 1 - Public Speaking

12th Staff Meeting (9:30am late start)

13th P&F Meeting 7:00pm

15th Round 2 - Public Speaking



PRINCIPAL'S DESK

Dear Parents, Guardians, Staff, Students and friends of the College,

Over the last few weeks I have had the privilege of attending both the Year 10 and Year 11 parent information evenings. On Tuesday of next week we welcome our Year 7 parents. At each meeting I have taken the opportunity to speak about attendance. The College receives, as you would expect, rich data about student learning. We are able to then cross check learning data with attendance data and it would come as no surprise that there is a direct correlation between both. I took occasion to share the same information with the student body as well. I encourage parents and guardians to support this message. The College has set high expectations in this regard.

I am absolutely delighted that we will, as a school, celebrate a whole school Mass on Ash Wednesday. As a quality Catholic school our dual moral purpose is both education and the Gospel. The College has a very strong connection with our local Parish St Matthew's and we are blessed that our Parish Priest, Father Robert, will preside over the Mass.

Finally. As we enter week five of Term One we are almost half way through the Term. Each week, as you would expect there are numerous internal communications. Our new Case Management Coordinator Mrs Johnson shared with her team the following quote and it highlighted for me how we can support others. I thought I would share it with you. It reminded me of our patron John Bede Polding.

Mark Compton
Principal

College Leadership Teams

~ Executive ~

Principal

Mr Mark Compton

Assistant Principals

Mr Rodney Howard / Harry Fernandez

Religious Education Coordinator

Mr Joshua Rodricks-Testa

Business Manager

Mr Paul Cruise

Administration Coordinator

Mr Paul Samoluk

Principals Assistant

Mrs Deanna Melbin / Mrs Lisa Casey

Diversity and Case Management Coordinator

Mrs Tracey Johnson

~ Curriculum Forum & Assistants ~

Creative Arts

Miss Angela Rando / Assistant: Mr Bradley Lee

English

Miss Angela McEneaney/Acting Assistant: Mrs Melina Jamhour

Human Society & Its Environment

Mr Paul Sykes / Assistant: Mr Brett Windon

Lote

Miss Kelly Bourke

Mathematics

Mrs Anni Brailey / Assistant: Mrs Despina Wealth

Religious Education

Mr Joshua Rodricks-Testa / Assistant: Mr Michael Aure

PDHPE

Mr Marc Sluiter / Assistant: Liam Campbell

Post Compulsory & Careers

Mr Brett Collimore

Science

Mr David Rowswell / Assistant: Mr Steve Lans

Learning Technologies Coordinator

Mr Matthew Kneller

Diversity Case Management

Mrs Tracey Johnson / Assistant: Jessica Camilleri

Sports Coordinator

Mr Dean Bertenshaw

Technology & Applied Studies

Mr Edward Gruppeta / Mrs Lisa Cummins

Year Coordinators:

Year 7 Mr Jeremy Tuano

Year 8 Mr Matthew Marshall

Year 9 Mr Craig Adams

Year 10 Mrs Janette Wick

Senior Coordinator Mr Nicholas Briffa

Home-School Liaison Coordinator

Miss Jenny Woods

Student Counsellors

Ms Debbie Robinson & Ms Kathryn Rogers

Librarian

Mrs Kerrie Brownscombe

Star Spot



College Star of the Week,

Congratulations: **Blake Hollis**

Blake recently competed in Victoria in the 1st round of the MX National 2 Stroke Cup where he placed in 3rd position with 2 rounds to go, they are in QLD & ACT.

Blake also competed in Tasmania, placing 2nd at the 2018 Australian Jnr MX Titles.

1st NSW MX Tiles, 1st Australian Off Road Titles, 1st NSW Off Road Titles

Well done to Blake

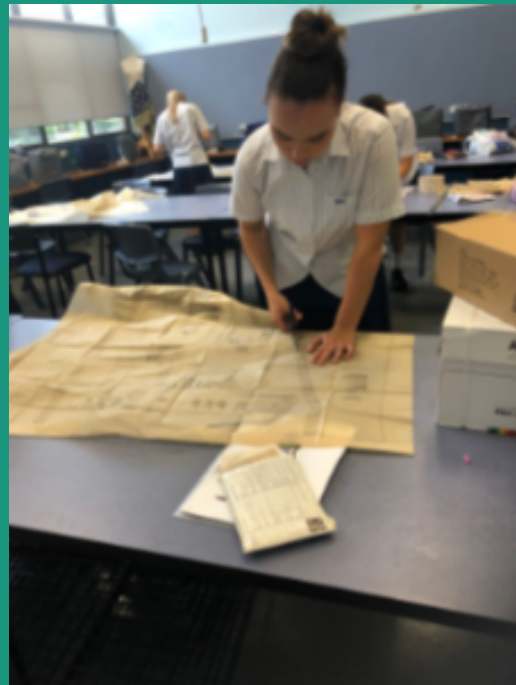




News from the TAS department

It has been a very busy and exciting start to the year for the TAS department with many new design projects being started.

Students in Year 12 Textiles are well underway with the design and development of their major projects.



2019 School Fees

The 2019 School Fee Statements have been delayed slightly. We apologise for any inconvenience caused. The date that fees are due to be paid will be adjusted accordingly

Year 7 Enrolments 2020

Enrolment forms for Year 7 2020 will be available from the office from **Monday 4 March 2019. All feeder schools will also have enrolment forms available from this date.** Completed applications **MUST** be returned to the College no later than Friday **24th May 2019.**

It is absolutely essential that families with children at Bede Polding ensure that they collect an enrolment form for siblings they wish to commence at Bede Polding in Year 7 2020. **The school has no way of knowing that you wish to enrol a sibling unless you submit an application.**

School tours will be conducted during Catholic Schools Week. If you wish to come to a tour of the College on Tuesday 5th March from 3:30pm to 5:30pm, please call the office to express your interest.

Parents & Friends' Association

*A very warm welcome to Bede
Polding College for 2019 from
the Parents & Friends'.*

*You are cordially invited to
attend our first P. & F.
Meeting this year on
Wednesday 13 March 7pm*

*Come along and meet our new
Principal, Mark Compton*

Drinks & nibbles provided

Brett Edwards (President)

*For catering purposes please email RSVP
bedepolding@parra.catholic.edu.au by 12 March*

BPC Ensembles are now recruiting.



College Choir



Concert Band



College Band



Jazz Band

To join, simply complete and return a permission slip (get one from a Music Teacher)

50% off
beginner
instrument
lessons



Book your instrument lesson at the
Student Foyer or see a Music Teacher

*Conditions apply



From the School Counsellor.....

Anxiety is the major reason for referral to school counselling at Bede Polding College and I think this would be much the same for any secondary school in Australia. In view of this information, it is fitting to consider some of the key points raised by Dr. Lisa Damour, psychologist, in the following article, *How to Help Teenage Girls Reframe Anxiety and Strengthen Resilience*.

Even though the article focuses on girls, there are hints to help with any individual.

Key points:

- In the last decade, rates of anxiety-related disorders in teenagers have steadily risen, particularly in girls.
- Young people seem to be “anxious about being anxious”
- Anxiety is a normal and healthy function for humans
- Understanding the developing teenage brain might help an appropriate response
- Appropriate parent responses
 - “That really stinks...”
 - “This is something you can handle....”
- Importance of healthy sleep

If you would like to know more, go to the following link to the article:

<https://www.kqed.org/mindshift/52994/how-to-help-teenage-girls-reframe-anxiety-and-strengthen-resilience>

If you would like to talk more with a school counsellor, please contact the school to speak with Debbie Robinson or Kathryn Rogers.



School Opal Cards for bus travel

Busways has been conducting checks at your school regarding Opal card usage.

Your child did not have an Opal card today when travelling on the school bus.

Opal data gathered by tapping on and off is used to determine demand for bus services. If students don't tap on and tap off then school bus services will appear underutilised and may be considered for cancellation based on low passenger numbers.

Please ensure that your child has a valid Opal card (either a School or Child/Youth Opal card) and taps on and off when travelling to and from school.

For more information and to apply for a School Opal card call 131 500 or apply online at www.opal.com.au/en/about-opal/opal-for-school-students/.

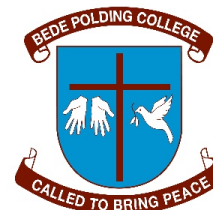
For other enquiries, our customer service team is happy to help. Call 9497 1878 (Monday to Friday 7am-5.30pm) or email info@busways.com.au.

www.busways.com.au





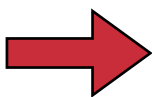
LEARNING DEVICE POLICY 2019



As outlined in the [Letter to Parents](#) that was distributed Friday Week 9 Term 3, iPhones (or any other mobile phone) cannot be used as learning devices in 2019.

It will be an expectation from the start of 2019 that **all students in Year 7 to Year 12** will need to bring one of the following as their learning device

- Windows Laptop,
- Apple Macbook,
- Google Chromebook
- **Please Note** - students with existing **iPads** can continue to use these but new iPads should not be purchased as a learning device, as they are still often used inappropriately and limit the development of students typing and information technology skills



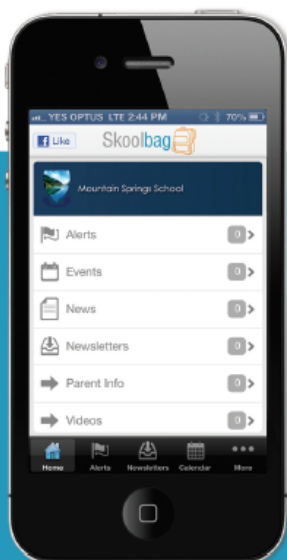
[Click Here](#) for specific device requirements and preferred suppliers.

[Click Here](#) for the Letter to Parents

[Click Here](#) for the Device Requirements Checklist



Bede Polding Uniform Price List					
Junior Girls			Senior Girls		
Summer			Summer		
Summer Dress	\$60.00		Navy Blue Skirt	\$60.00	
Sky Anklets	\$ 6.00		Short Sleeve Blouse	\$35.00	
Winter			Winter		
Junior Girls Blazer	\$150.00		Senior Girls Blazer	\$150.00	
Winter Skirt	\$ 51.00		Navy Scarf	\$15.00	
Short Sleeve Shirt	\$ 27.00		Navy Stockings	\$ 8.00	
Maroon Tie	\$ 15.00		White Anklets	\$ 6.00	
Black Stockings	\$ 8.00				
Junior Boys			Senior Boys		
Summer			Summer		
Short Sleeve Shirt	\$27.00		Striped Shirt	\$35.00	
Navy Shorts	\$40.00		Navy Shorts	\$40.00	
Navy Trousers	\$46.00		Navy Trousers	\$46.00	
Navy Socks	\$ 6.00		Navy Socks	\$ 6.00	
Winter			Winter		
College Blazer	\$150.00		College Blazer	\$150.00	
Navy Striped Tie	\$ 15.00		Navy Tie	\$ 15.00	
Junior Unisex			Senior Unisex		
Maroon Jumper	10-16	\$66.00	Navy Jumper	10-16	\$66.00
	18-22	\$70.00		18-22	\$70.00
	24-26	\$77.00		24-26	\$77.00
	28-30	\$84.00		28-30	\$84.00
Sports Uniform			Accessories		
College Polo	\$40.00		School Bag	\$70.00	
College Shorts	\$30.00		Belt (Black)	\$13.00	
Sports Cap	\$13.00		Aprons	\$10.00	
Sports Socks	\$ 8.00		Safety Goggles	\$ 6.00	
Tracksuit Top	\$75.00		Drawstring Bag	\$ 5.00	
Tracksuit Pants	\$45.00		Navy Umbrella	\$12.00	
			Calculator	\$26.00	
			Cooking Hat	\$ 5.00	
			Year 7 Book Pack	\$40.00	
			Year 8 Book Pack	\$40.00	
			Maroon Gloves	\$ 5.00	
			A4 Art Diary	\$ 8.00	
			11x14 Art Diary	\$12.00	
			A4 Visual Journal	\$14.00	
			2 Piece Brush Set	\$ 8.00	
			Year 9 Art Pack	\$40.00	
Terms of Trade: Cash, cheque, Mastercard, Visa and EFTPOS accepted.					



Skoolbag

Smartphone school to parent communication

Skoolbag is a mobile App for your school to communicate directly to both parents and students. It works through both smart phones and smart devices (such as iPads and Android Tablets). Ideal for:

- > School, free push notification alerts
- > School events
- > School newsletters
- > School documents
- > School RSS feeds
- > School social media (Facebook, Twitter)

Skoolbag delivers school notices directly to parents and students



How To Install Skoolbag On Your Smartphone

iPhone & iPad Users

1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. If iPhone, you will see your school appear, click "Free" then "install".
4. If iPad, change the drop list to "iPhone Apps", your school will then be visible, click "Free" then "install".
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you.



Android Users

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you.



Google play

Don't forget to like us on Facebook! 

Find out more at www.skoolbag.com.au

Skoolbag delivers school notices directly to parents and students



Does your child catch a school bus? Help them keep it!

As the bus operator that providing your child's school bus services, we're asking for your help getting your child to use their Opal card on every bus trip.

Since the introduction of the School Opal card in 2016, school bus patronage data has significantly dropped. This is not reflected in the number of students actually travelling on our buses for various reasons a large number of students are consistently not using their Opal cards as they should be.

Opal data gathered by tapping on and off is used by transport planners and service schedulers to design the bus network that best serves the community utilising the resources available.

If students don't tap on and off then school bus services will appear underutilised and may be considered for cancellation based on low passenger numbers.

Please help us reinforce the message that tapping on and off every bus journey with an Opal card is essential to travel on the bus. This will ensure school services continue to be planned for the students that use it, providing the journey to school your children depend on.

To help us achieve this, please talk with your child:

- Ask them if they tap on and off the bus with their Opal card.
- If they do, congratulate them for doing the right thing and talk about why it's important.
- If they sometimes don't or never do, ask them why.
 - Are they confused about why they have to? Talk about why it's important, and that every tap tells the bus planners that the bus is needed.
 - Do they forget? Help them find a way to remember, such as getting into the habit of getting their Opal card out as soon as they arrive at the bus stop or bus line.
 - Is their Opal card at the bottom of their bag? Help find a handier place to keep it.
 - Are they influenced by friends or peers that don't tap? Talk about how they like to travel on the bus with their friends and how tapping is what keeps the service running.
 - Have they lost their Opal card? To order a new Opal card visit www.opal.com.au.

If there's another reason that you'd like to discuss with Busways, please contact us at infoline@busways.com.au or call our customer service team on 9497 1878 to talk to us. We are happy to listen and do what we can to help your child feel comfortable using their Opal card.

Thank you for helping us to best serve your school community.

Busways Blacktown P/L
ABN 86 000 173 437

T (02) 9625 8900
F (02) 9625 4703
150 Glendenning Rd
Glendenning NSW 2761

Busways Blacktown P/L
Penrith Depot

T (02) 4721 9900
F (02) 4732 6160
47-53 Mullins Rd
Penrith NSW 2750

Busways Blacktown P/L
Windsor Depot

T (02) 4574 9200
F (02) 4577 9054
91 Mulgrave Rd
Mulgrave NSW 2756

Busways Gosford P/L
ABN 79 817 812 619

T (02) 4368 2277
F (02) 4368 2077
42 Empire Bay Dr
Kincumber NSW 2251

Busways Wyong P/L
ABN 17 000 044 726

T (02) 4392 6666
F (02) 4392 5831
9 Arizona Rd
Woongarra NSW 2259

Busways North Coast
P/L
ABN 75 106 202 340

T (02) 6583 2499
F (02) 6583 2388
6-8 Denham St
Port Macquarie NSW 2444



BEDE POLDING COLLEGE CANTEEN MENU



BREAKFAST

EVERYDAY

WHOLE FRUIT PIECES	From	\$1.0
YOGHURT	Vanilla	\$3.0
WATERMELON SALAD	Large	\$4.0
FRUIT SALAD	Fresh Seasonal Fruits Large	\$4.2
MUFFINS & BANANA BREAD	Assorted	\$3.0
TOASTED SANDWICHES, WRAPS & HOT FOOD		
HASH BROWN		\$1.0
EGG & CHEESE ROLL	With Sauce	\$3.0
BACON ROLL	With Sauce	\$3.5
EGG & BACON ROLL	With Sauce	\$3.8
CHEESE WRAP		\$2.5
HAM, CHEESE & TOMATO SANDWICH		\$3.6

BREAKFAST BEFORE 9AM

\$5.50

OR CHOOSE ONE
FRUIT SALAD
WATERMELON SALAD
WATER 600ML
MILK 300ML



CHOOSE ONE
ITEM FROM THE
BREAKFAST SECTION
(EXCLUDES FRUIT / WATERMELON SALAD)



CHOOSE ONE
HASH BROWN
FRUIT PIECE



CHOOSE ONE
WATER 600ML
MILK 300ML



FRESH SALADS

EVERYDAY

EVERYDAY		
WATERMELON SALAD	Watermelon Chunks	\$4.0
FRUIT SALAD	Watermelon, Rockmelon, Kiwi, Grapes, Orange, Seasonal	\$4.2
GARDEN	Lettuce, Tomato, Carrot, Cucumber, Beetroot, Red Onion, Italian Dressing	\$4.5
SWEET CHILLI CHICKEN	Tenders, Lettuce, Tomato, Cheese, S / Chilli Mayo	\$5.0
CHICKEN CAESAR	Chicken Breast, Lettuce, Egg, Bacon, Crouton, Cheese	\$5.5
GRANDE GARDEN	Avocado, Roast Capsicum, Salad * PRE ORDER	\$5.2
SUMMER CHICKEN	Chicken Breast, Roast Capsicum, Salad * PRE ORDER	\$5.5
AVOCADO CHICKEN	Chicken Breast, Avocado, Salad * PRE ORDER	\$5.5
GOURMET YOUR WAY	Ham or Roast Beef & Salad * PRE ORDER	\$5.5
TUESDAY & WEDNESDAY		
CHICKEN PASTA	Chicken Breast, Creamy Spiral Pasta	\$4.5
ROAST PUMPKIN, BEETROOT & FETTA	Mixed Lettuce, Red Onion	\$5.5
VIETNAMESE NOODLES	Chicken, Cucumber, Carrot, Capsicum, Red Onion	\$5.5

WRAPS

EVERYDAY

SALAD	Lettuce, Tomato, Cucumber, Carrot, Beetroot, Red Onion	\$4.3
CHICKEN	Chicken Breast, Lettuce, Mayo	\$4.8
SWEET CHILLI CHICKEN	Tenders, Lettuce, Cheese, Sweet Chilli Mayo	\$4.8
HAM SALAD	Premium Ham, Salad	\$4.8
CHICKEN CAESAR	Chicken Breast, Lettuce, Egg, Crouton, Bacon, Cheese	\$5.5
AVOCADO SALAD	Fresh Avocado, Salad * PRE ORDER	\$5.0
ROAST BEEF SALAD	Salad * PRE ORDER	\$5.0
CHICKEN, AVOCADO & SALAD	Chicken Breast * PRE ORDER	\$5.5

WEDNESDAY

CRUNCHY BREAD ROLLS REPLACE WRAPS ON WEDNESDAY

* The Canteen Uses Natural Breast Chicken In All Salads, Sandwiches, Wraps & Rolls

SANDWICHES

EVERYDAY

EGG & LETTUCE		\$3.6
SALAD	Lettuce, Tomato, Cucumber, Carrot, Beetroot, Red Onion	\$3.6
CHICKEN, LETTUCE & MAYO	Chicken Breast	\$3.6
HAM, CHEESE & TOMATO	Premium Ham	\$3.6
CHICKEN, CHEESE & TOMATO	Chicken Breast	\$3.6
HAM SALAD	Premium Ham, Salad	\$4.0
SWEET CHILLI CHICKEN, LETTUCE & MAYO	Tenders	\$4.0
FIFTY FIFTY	Half Of Two Different Types Of Sandwich	\$4.0
B.L.T	Bacon, Lettuce, Tomato * PRE ORDER	\$4.0
TUNA	Lettuce, Mayo Or Cucumber * PRE ORDER	\$4.0
ROAST BEEF SALAD	Salad * PRE ORDER	\$4.0

CRUNCHY ROLLS

WEDNESDAY

SALAD	Lettuce, Tomato, Cucumber, Carrot, Beetroot, Red Onion	\$4.5
PULLED BEEF	Slow Cooked Beef & Gravy Made Fresh In The Canteen	\$5.0
EGG & LETTUCE		\$5.0
AVOCADO SALAD	Fresh Avocado, Salad * PRE ORDER	\$5.0
CHICKEN SALAD	Chicken Breast, Salad	\$5.0
CHICKEN SCHNITZEL	Breast Fillet, Lettuce, Mayo	\$5.0
HOT N SPICY CHICKEN	Spicy Breast Fillet, Lettuce, Peri Peri Mayo	\$5.0
HAM & SALAD	Premium Ham, Salad	\$5.0
ROAST BEEF SALAD	Salad	\$5.0
SWEET CHILLI CHICKEN	Tenders, Lettuce, Sweet Chilli Mayo	\$5.0
CHICKEN, LETTUCE & MAYO	Chicken Breast	\$5.0



\$5

EVERYDAY SANDWICH DEAL

CHOOSE ANY \$3.60 SANDWICH
AND WATER 600ML

\$5.50 IF YOU CHOOSE A \$4 SANDWICH



PIZZA

MONDAY

CHEESE	Cheese & Sauce	\$3.8
PEPPERONI	Cheese, Pepperoni & Sauce	\$4.0
BBQ CHICKEN	Chicken Breast, Cheese, BBQ Sauce	\$4.5
VEGETARIAN	Roast Capsicum, Red Onion, Fetta, Cheese * Pre Order	\$4.0

SUBS

TUESDAY

SWEET CHILLI CHICKEN	Tender, Cheese, Sweet Chilli Mayo	\$3.6
CHICKEN & GRAVY	Chicken Breast, Rich Gravy	\$3.6
MEATBALLS	Beef Meatballs, Cheese, BBQ Sauce	\$4.0

All Subs Are Served On A Long White Roll

RICE PAPER ROLLS

WEDNESDAY

CHICKEN	Chicken Breast, Lettuce, Tomato, Carrot, Cucumber	\$4.0
SWEET CHILLI	Chicken Tender, Lettuce, Carrot, Cucumber	\$4.0
TUNA	Lettuce, Carrot, Cucumber	\$4.0
VEGETARIAN	Lettuce, Tomato, Carrot, Cucumber	\$4.0

All Vietnamese Rice Paper Rolls Are 2 Pieces Per Serve

HOT BITES

EVERYDAY

SPICY CHICKEN WINGS		\$1.2
GARLIC BREAD		\$2.0
POTATO WEDGES		\$3.0
CUP OF NOODLES	Tom Yum - Chicken - Beef - Vegetable	\$3.0
SAUSAGE ROLL		\$3.0
MEAT PIE		\$3.5
CHEESE & SPINACH ROLL		\$4.0
POTATO PIE		\$4.2

TUESDAY & WEDNESDAY

SWEET CHILLI CHICKEN TENDER	OR 3 FOR \$5	\$1.7
CHICKEN NUGGETS x 5	Extra Nuggets 60c Each	\$3.0

BURGERS

EVERYDAY

CHEESEBURGER	Beef, Cheese, Tomato Sauce	\$4.6
AUSSIE BEEF	Lettuce, Tomato, Beetroot, BBQ Sauce	\$4.6

EVERYDAY (SERVED ON A CRUNCHY ROLL \$5 WEDNESDAY)

CHICKEN	Breast Fillet, Lettuce, Mayo	\$4.6
HOT N SPICY CHICKEN	Spicy Breast Fillet, Lettuce, Peri Peri Mayo	\$4.8

THURSDAY

SWEET CHILLI	Tenders x2, Lettuce, Sweet Chilli Mayo	\$4.6
BEEF, BACON & CHEESE	BBQ Sauce	\$5.4

FRIDAY

FISH FILLET	Lettuce, Your Choice Of Sauce	\$4.6
CHICKEN CAESAR	Breast Fillet, Bacon, Lettuce, Caesar Dressing	\$5.4

SNACK PACKS & KEBABS

EVERYDAY

SPICY CHICKEN WINGS & WEDGES	Wings x 2	\$5.0
------------------------------	-----------	-------

MONDAY & TUESDAY

CHICKEN SCHNITZEL SNACK PACK	With Chips Or Salad	\$6.0
------------------------------	---------------------	-------

THURSDAY & FRIDAY

DONER SNACK PACK	Authentic Kebab Meat With Chips Or Salad	\$6.8
------------------	--	-------

DONER KEBAB	Cheese & BBQ Sauce OR Lettuce, Tomato & BBQ	\$6.0
-------------	---	-------

FRIDAY

FISH SNACK PACK	Premium Fish Fillet With Chips Or Salad	\$6.0
-----------------	---	-------

PASTA - RICE - NOODLES

EVERYDAY

CREAMY CHICKEN PASTA		Small \$3.0	Large \$4.8
BUTTER CHICKEN	With Steamed Rice	Small \$3.5	Large \$5.2

MONDAY

LASAGNA	Homemade Beef Sauce		Large \$5.8
---------	---------------------	--	-------------

TUESDAY

BOLOGNESE PASTA	Homemade Beef Sauce	Small \$3.0	Large \$4.8
LASAGNA	Homemade Beef Sauce		Large \$5.8

WEDNESDAY

FLAVOURS OF THE WORLD		Weekly Special Curry & Noodles	Large	\$ 6.0
FRIDAY				

THURSDAY

FLAVOURS OF THE WORLD	Weekly Special Curry & Noodles	Large \$6.0
-----------------------	--------------------------------	-------------

FRIDAY

BEEF NACHOS	Beef Sauce & Cheese	Sour Cream Add 50c	\$ 5.0
--------------------	---------------------	--------------------	---------------

MEXICAN

BEEF NACHOS	Beef Sauce & Cheese	Sour Cream Add 50c	\$5.0
VEGETARIAN NACHOS	Salsa, Lettuce, Cheese	Sour Cream Add 50c	\$5.0

TOASTED WRAPS

CHICKEN & CHEESE	BBQ Sauce	\$4.6
SWEET CHILLI CHICKEN	Tenders, Cheese, Sweet Chilli Mayo	\$4.6

DRINKS

EVERYDAY

WATER	600ml	\$2.0
OAK FLAVOURED MILK	300ml	\$2.4
OAK FLAVOURED MILK	600ml	\$3.8
ICE COFFEE	600ml	\$4.0
HOT CHOCOLATE		\$2.0
SOFT DRINK	375ml No Sugar	\$2.4
UP 'N' GO	250ml	\$3.0
APPLE JUICE	100% 350ml	\$3.0
ORANGE JUICE	100% 350ml	\$3.0
MINERAL WATER	500ml	\$3.0
ALOE VERA	500ml	\$3.5
ICE TEA	500ml	\$3.5
PUMP WATER	750ml	\$4.0
SOFT DRINK	600ml No Sugar	\$4.2
POWERADE	600ml Zero	\$4.2



EFTPOS IS AVAILABLE HERE

Cheque / Savings	Debit / Credit	Tap N Go
Fee : 20 Cents	Fee : 2.4%	Fee : 14 Cents
No Minimum	No Minimum	\$5 Minimum

IMPORTANT NOTICES:

Illegal Stopping in Tasman Place

This has been reported to police who will issue penalty notices to those offending.

Illegal U Turn:

All parents and students are warned that making a U turn out of the bus bay on Rifle Range Rd is illegal. We bring this to your attention as making this turn is very unsafe, even when the 40kmh limit applies. Please **do not** make this turn.

Recharging Mobile Devices:

All students are asked to ensure that their mobile devices are fully charged before they arrive at the College each day.

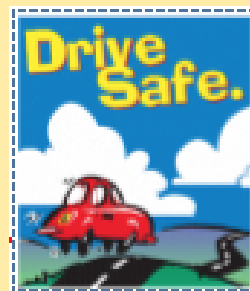
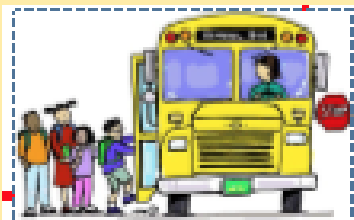


IMPORTANT NOTICE TO MOTORISTS

RE: SCHOOL BUS ZONES IN RIFLE RANGE ROAD

Please be aware that the School Bus Zones in Rifle Range Road are as follows:

1. The existing bus bay near the main car park gate is now a School Bus Zone on School Days from 8:00am-9:30am and 2:30pm-4:00pm. Therefore other than buses - any vehicle parking or stopping in this bus bay for any purpose during these times is doing so illegally. Clear signage has been erected reading "**NO ENTRY - BUSES EXCEPTED**" to warn motorists of this change.
2. The former School Bus Zone located near the Front Gate has been converted to a Full Time Bus Zone. Clear signage has been erected to warn motorists of this change. Therefore other than buses, any vehicle parking or stopping for any purpose in the School Bus Zone at any time, is doing so illegally.



IMPORTANT NOTICE FOR DROP OFF/PICK UP

For safety reasons parents are asked NOT to drive onto the school grounds to drop off or pick up students before 9:30am and after 2:30pm.

The ONLY EXCEPTION to this is for students with disabilities.

Thank you