

THE GOOD SAMARITAN

"Called To Bring Peace"

Bede Polding College

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Phone: 4560 2900 Fax: 4560 2999

Newsletter: 22nd March 2019 Week 8 Term 1



Reminder!

CALENDAR

April

1st-5th Year 12 Retreat

2nd Staff Meeting -9:30am late start

3rd -5th Year 7 & 9 Camp

10th Stage 6 Parent Teacher Interviews 3:30pm-8Pm

11th Cross Country

12th Lenten Liturgy

12th Term 1 Ends

The
Season
of
Lent



PRINCIPAL'S DESK

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

The events that have unfolded in New Zealand last week have left an emptiness in all of us. It is a reality that what occurs in New Zealand may as well occur in our great southern land. Now more than ever our College motto is needed as a mantra for us. We are called to bring peace. Can I be so bold as to suggest that you might, as you see fit, take the time to pray the prayer of peace. Often, at various stages throughout the week we, as a College, pray this prayer.

Peace Pray

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
Amen.

We are called to bring Peace

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 Gruppetta / 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

From the Assistant Principal Pastoral Care

Camps

In less than two weeks all our Year 7 and Year 9 students will participate in their overnight camps at the Great Aussie Bushcamp at Tea Gardens and The Outdoor Education Center at Morrisset respectively.

This is an integral part of our Pastoral Program where students are challenged to be their best in unfamiliar environments where they interact with their peers, undertake new activities that foster teamwork and build friendships and cooperation with other students. The personal growth experienced by students on these camps is invaluable.

These camps would not be possible without the generosity of our staff in their willingness to leave family behind for two whole nights for the benefit of our students. For that, we are truly grateful.

We wish all our students and staff a very safe and enjoyable camp experience.

Mobile Phone Use

As you would be aware, with the introduction of Learning Devices, the use of mobile phones in classes has been prohibited, mainly to eliminate distraction to learning in classes. As with the introduction of any new policy, in the spirit of continuous improvement, an evaluation in the form of surveys will be conducted with parents, students and staff before the end of this term. We would greatly appreciate as much feedback as possible to inform us as to the direction we take with the use of mobile phones in school. These surveys will be circulated to all before the end of this term.

Bede Polding Awards

Each year, we recognize 5 students from every Year Group by presenting them with our Bede Polding Awards. This is arguably the most prestigious award presented to any student as the students are selected for these awards through nominations by their peers and the staff. The students are nominated on the basis that they display the qualities of John Bede Polding.

In his life, Bede Polding displayed among others, the qualities of being Faithful, Compassionate, Just, Encouraging, Committed, Generous, Courageous, Thoughtful and Caring.

For students to be nominated for this award because their peers and the staff believe they possess these qualities is in itself an honour. Our Leaders of Wellbeing and staff will be canvassing nominations in the weeks to come.

God bless,

Harry Fernandez

Learning & Teaching Report

Rodney Howard Assistant Principal Learning & Teaching



lakemurraycommunitychurch.org

This year Year 7 and 9 will be completing their NAPLAN tests on line. This will occur from Tuesday 14th May to Friday 24th May, Term 2 Week 3 and 4. Students complete a writing test of 42 minutes, then a reading test of 65 minutes, then a language test of 45 minutes and finally a numeracy test of 65 minutes. The test must be completed in this order. Students will be using Chromebooks supplied by the College to do these test. A scheduled will be developed and distributed to the students and parent early in Term 2.

Parents can get further information by visiting [CEDP site 'Information for Parents'](#) or the [ACARA](#) website.

Stage 6 Parent teacher interviews will take place on Wednesday 10th April from 3.30 to 8.00 with each interview restricted to 5 minutes. As in previous years booking will be made online. Stage 6 students will bring home a letter next week with information regarding the website and code for parents to make bookings which will open on Friday 29th March.

This Thursday (21/3) and Friday (23/3) 22 staff members will be attend a Professional Development on Project Based Learning (PBL), part of which will be to develop projects for their classes to complete during Term 2. Further information on PBL and the projects will following in the next few newsletters.

From the Business Manager

There are several important School Fee matters that I have to bring to your attention:

Firstly, the signatories on enrolment forms are jointly and severally responsible for payment of school fees.

Secondly, you are required to notify the Principal in writing with 10 week's notice before a student leaves school - otherwise a full term's fees will be payable.

If you have any questions about these matters, please do not hesitate to contact me.

Paul Cruise (Business Manager)

Parent Newsletter – Week 8, Term 1
Religious Education



Caritas Lenten Appeal/Project Compassion

It is hard to believe that we are already in the second week of Lent! The season of Lent gives us an opportunity to focus on prayer, fasting and almsgiving, which help us to deepen our relationship with God and serve others. Just as Jesus spent forty days in the desert preparing for his ministry, we are also called to spend the next forty days preparing our hearts and minds for the sacrifice that Jesus made on the cross out of love for us.

Every year, Bede Polding College supports the Caritas Lenten Appeal, also known as Project Compassion. This is an opportunity for the students and staff to practice the third commitment of Lent, almsgiving. Each year group, in association with their year coordinator, creates a target and a goal that they must strive to reach before Good Friday. Below are the targets and goals for each year group in 2019:

Year 7

Target: \$1,250

Goal: Help a remote Indigenous community such as Tati's establish a sustainable livelihood in the forest of Indonesia.

Year 8

Target: \$800

Goal: Fund food for 8 indigenous communities.



Year 9

Target: 4 lots of \$150 = \$600

Goal: Provide the opportunity for four children to attend group-learning activities in Vietnam.

Year 10

Target: \$975

Goal: Year 10 will aim to raise multiples of \$325 - the cost of educating a midwife in Bangladesh.

Seniors

Target: \$1000

Goal: Provide school supplies to students in Zimbabwe (and around the world). Our goal is to support at least 20 students, at \$45/50 each.

Staff

Target: \$200

Goal: buy school supplies for 4 students in Zimbabwe who dream of becoming nurses.

Please help support the Caritas Lenten Appeal and encourage your child to give generously. Check out the website <https://lent.caritas.org.au/> to see some of the people that we will help during this season of Lent.

Stations of the Cross – Windsor Parish

Good Friday is the most important day in the Church's liturgical calendar. It is the day that we remember the sacrifice Jesus made on the cross for us.

Good Friday is on Friday 19th April, which is in the first week of the school holidays. Fr Robert, the Parish Priest of Windsor Parish has asked the three Catholic schools (BPC, Chisholm and St Matthew's) to lead the Stations of the Cross. Some of our students will be participating in the stations and it will be held at St Matthew's Primary School (12 Tebbutt st, Windsor) at 10:00am. Everyone is invited to watch the Stations of the Cross being acted out by the students. It will be a wonderful opportunity for us to remember the love Christ has for us.



Questions? Wondering's?

Sometimes our Catholic faith can be difficult to understand. If you have a question that you would like to ask, please send it to jrodricks-testa@parra.catholic.edu.au. I will try my best to answer it for you! As St Anselm said, 'faith seeking understanding, not understanding seeking faith'.

God bless!



Joshua Rodricks-Testa

Star Spot

This is the star of the week.

*Congratulations to: **Bronagh Miskelly***



Bronagh Miskelly competed at the NSW Interschools Vaulting competition on March 9th 2019.

Bronagh placed 2nd in Advance Individual, 1st in PDD, 3rd in squad compulsories and 1st in squad freestyle.

Well done - to this student



News from the TAS department

YEAR 8 - METAL AND GRAPHICS UNIT



News from the TAS department

YEAR 8 - METAL AND GRAPHICS UNIT

Year 7 and 8 Graphics and Metal students have been developing their skills in the design of a key tag made of aluminium. Throughout the course of this semester, the students will also further develop their drawing skills and techniques.



NEWS FROM THE TAS DEPARTMENT

Year 9 Food Technology Students have been learning to prepare nutritious snacks, so far they have made chicken meatballs, bacon and leek bread cases, curry puffs and loaded potatoes.



Technology Mandatory students have been learning how to sew on fabric using the sewing machine.



Year
9

Graphics Technology have
been hard at work
developing their
technical
drawing skills.



YEAR 9 AGRICULTURE

On Tuesday the 12th of March, Year 9 Agriculture students alongside Miss Walker and Mr Gruppetta visited the Tobruk Sheep Station in Maroota. Their action packed day started with an old Australian tradition, a lesson in swinging billy tea, followed by sampling some damper hot off the coals. The students watched as a stockman and his sheepdog herded over two-hundred sheep from paddock to paddock, they learnt about the techniques used in shearing a sheep and how wool is sorted and sold in the Australian market. Everyone made sure to feed the sheep some pellets and give them a pat on their way past. To finish off an already great day everyone participated in whip cracking and boomerang throwing, with a few boomerangs even coming back! We thank Tobruk for a wonderful day.



Teen parties can provide a wonderful opportunity for young people to socialise. However, it is important that they receive responsible messages about alcohol use during this significant time of development.

As a parent, you might find the following information provided by our police school liaison officer and the Australian Government useful. Debbie Robinson, School Counsellor.

Supplying liquor to a minor at home or on unlicensed premises

If you are a parent or guardian (or person authorised by a parent or guardian) and you supply alcohol to your underage child (minor) away from a licensed premises, such as at a private gathering or home or in an unlicensed restaurant, you must do so in a manner that is consistent with the responsible supervision of the minor.

What is responsible for supervision of a minor?

The relevant matters that would be considered by the courts in determining the responsible supervision of a minor include:

- the age of the child,
- whether the parent, guardian or authorised person is intoxicated,
- whether the child is consuming food with the alcohol,
- whether the person supplying the alcohol is responsibly supervising the child's consumption of that alcohol, and
- the quantity and type of alcohol, and the time period over which it is supplied. You should be aware that the supply of alcohol to a child who is intoxicated is not, in any circumstance, consistent with the responsible supervision of a minor.

Significant penalties can apply where alcohol is provided to a child who is intoxicated or not in a manner that is consistent with the responsible supervision of the minor.

A \$1,100 on-the-spot penalty can be issued or the courts can impose fines of up to \$11,000 and/or 12 months imprisonment.

Further information

If you or someone you know needs support and treatment to reduce your alcohol intake, you should contact:

- Your doctor
- Your local community health service
- An alcohol or other drug helpline in your State / Territory:
 - ACT (02) 6205 4545
 - NSW (02) 9361 8000 (Sydney)
1800 422 599 (NSW country)
 - NT (08) 8922 8399 (Darwin)
(08) 8951 7580 (Central Australia)
1800 131 350 (Territory wide)
 - QLD 1800 177 833
 - SA 1300 131 340
 - TAS 1800 811 994
 - VIC 1800 888 236
 - WA (08) 9442 5000 (Perth)
1800 198 024 (WA country)

The advice in this brochure does not replace advice from your health care provider.

For more information about the new Australian Guidelines to Reduce Health Risks from Drinking Alcohol go to www.alcohol.gov.au



Australian Government
Department of Health and Ageing

Alcohol and your kids

A guide for parents and carers



New guidelines for
alcohol consumption
for young people

Parents can't keep an eye on their teenagers all of the time, yet can encourage responsible use of alcohol.

There are many good reasons to encourage your teenager not to drink alcohol before turning 18. Early drinking is related to increased alcohol consumption in adolescence and young adulthood. These drinking patterns are also related to the possibility of **damage to the developing brain** and development of **alcohol-related harms** in adulthood.

What do the guidelines recommend?

- › Children under 15 years of age are at the **greatest risk of harm from drinking**.
- › **Not drinking** in this age group – (under 15 years) – is especially important.
- › For young people aged 15 to 17 years, **the safest option is to delay drinking** for as long as possible.



The health risks that accumulate over a lifetime from alcohol increase progressively – this means that the more young people drink, the greater the risk.

As a parent, you can positively influence your teenager's drinking habits, even if they've already started drinking. Here are some useful tips:

- › Set a good example in your own consumption of alcohol.
- › Talk to your teenager about alcohol laws and the potential consequences for breaking them.
- › Reward good behaviour if they show a responsible attitude towards alcohol.
- › Talk to your teenager about how to deal with peer pressure about alcohol or binge drinking.

New national guidelines for alcohol consumption have been developed by the National Health and Medical Research Council to help you and your children to reduce the risk of harm from alcohol.

The guidelines are based on the most current and best available scientific research and evidence.

The risks of accidents, injuries, violence and self-harm are high among drinkers aged under 18.

Young people who drink are more prone to risky and antisocial behaviour than older drinkers.

ATTENTION: Parents of Year 7 and 8 students

If you think **anxiety** is significantly interfering in your son or daughter's life, you might want to consider their participation in the **ProACTIVE** group.

Debbie Robinson, School Counsellor, at Bede Polding College is planning to run a ProACTIVE group for 6 to 8 interested Year 7 and 8 students during Term 2.

The program will run over 8 weeks and is a mindfulness and acceptance based treatment (acceptance and commitment therapy, or ACT) that is designed to teach children and young people various skills to learn how to deal with anxiety. This psychological treatment has already been researched in a clinic at the Children's Hospital, Westmead and found to be an effective treatment for children and young people with anxiety. However, please note that the program at Bede has been condensed to maximise efficiency in the school setting.

The one-hour sessions will be run on a rotational basis on Wednesdays to minimise disruption to any one subject. Students will be expected to catch up on any work missed.

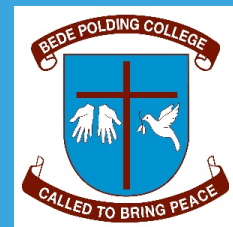
The program provides the opportunity for students to:

- learn and practice new ways of dealing with anxious thoughts, feelings and sensations.(e.g. mindfulness, acceptance, exposure therapy, distancing from thoughts/feelings/sensations)
- be assisted in managing their anxiety in such a way as they can get on with doing what's important and things they enjoy (i.e. leading a richer, full and meaningful life).
- learn skills such as how to be assertive (i.e express your thoughts and feelings in ways which respects them and other people)
- learn how to solve problems.

If you have any questions or think your son or daughter might benefit from this program, please contact Debbie at the College via email drobinson@parra.catholic.edu.au or phone call 02 45 60 2900.



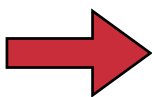
LEARNING DEVICE POLICY 2019



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



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 info@busways.com.au. 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.



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.

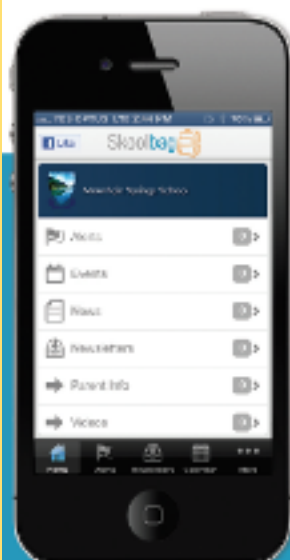
For more information and to apply for a School Opal card call 131 500 or apply online at www.opal.com.au/en/about-opal/opal-for-school-students/.

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

We have had a number of issues around students catching buses to and from school and I attach a letter from the Bus Company outlining some important points. I ask that you please take careful note of the contents of this letter and for your support in ensuring that your children comply with what they are requesting. The correct use of the Opal card is crucial to the Bus company in providing the College with adequate bus service.

Thanking you.
Harry Fernandez

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.



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





BEDE POLDING COLLEGE CANTEEN MENU



BREAKFAST

EVERYDAY

WHOLE FRUIT PIECES	From \$1.0
YOGHURT	Veget \$2.0
WATERMELON SALAD	Large \$4.0
FRUIT SALAD	Fresh Seasonal Fruit Large \$4.2
MUFFINS & BANANA BREAD	Assorted \$3.0
TOASTED SANDWICH CO., TOMATO & HOT FOOD	
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	\$3.0

BREAKFAST BEFORE 9AM

\$5.50

On Campus One
FRUIT SALAD
WATERMELON SALAD
MILK 300ML
HOT DRINK

CHOOSE ONE
ITEM FROM THE
BREAKFAST SECTION
(SALAD OR FRUIT PIECES)

CHOOSE ONE
HARD-BELOW
FRUIT PIECE

CHOOSE ONE
WATER 300ML
MILK 300ML



FRESH SALADS

EVERYDAY

WATERMELON SALAD	Watermelon, Citrus \$4.0
FRUIT SALAD	Watermelon, Pineapple, Gel, Orange, Grapes, Kiwi \$4.2
GARDEN LETTUCE	Tomato, Cress, Cucumber, Red Onion, Lemon Dressing \$4.5
SWEET CHILLI CHICKEN	Chicken, Lettuce, Tomato, Cress, Gel \$5.0
CHICKEN CAESAR	Chicken Breast, Lettuce, Egg, Dressing, Cheese \$5.5
GRAND GARDEN	Avocado, Feta, Cucumber, Gel \$5.2
SUMMER CHICKEN	Chicken Breast, Red Cabbage, Gel \$5.5
AVOCADO CHICKEN	Chicken Breast, Avocado, Gel \$5.5
GOURMET YOUR WAY	Choose your meat & sauce \$5.5
THURSDAY & WEDNESDAY	
CHICKEN PASTA	Chicken Breast, Creamy Sauce \$4.5
ROAST PUMPKIN, BEETROOT & FETTA	Mixed Lettuce, Red Onions \$5.5
VIETNAMESE NOODLES	Chicken, Cucumber, Cress, Carrot, Pineapple \$5.5

WRAPS

EVERYDAY

SALAD	Lettuce, Tomato, Cucumber, Cress, Gel, Red Onion \$4.3
CHICKEN	Chicken Breast, Lettuce, Mayo \$4.5
SWEET CHILLI CHICKEN	Chicken Breast, Lettuce, Mayo, Sweet Chilli \$4.5
HAM SALAD	Pineapple, Ham, Lettuce \$4.5
CHICKEN CAESAR	Chicken Breast, Lettuce, Egg, Cress, Cheese \$5.5
AVOCADO SALAD	Avocado, Gel \$5.0
ROAST BEEF SALAD	Beef \$5.0
CHICKEN, AVOCADO & SALAD	Chicken Breast \$5.5

WEDNESDAY

CRUNCHY BREAD ROLLS REPLACE WRAPS ON WEDNESDAY

* THE CANTINE DOES NOT HAVE WRAPS ON WEDNESDAY

SANDWICHES

EVERYDAY

EGG & LETTUCE	\$3.5
SALAD	Lettuce, Tomato, Cucumber, Cress, Gel, Red Onion \$3.5
CHICKEN, LETTUCE & MAYO	Chicken Breast \$3.5
HAM, CHEESE & TOMATO	Pineapple \$3.5
CHICKEN, CHEESE & TOMATO	Chicken Breast \$3.5
HAM SALAD	Pineapple, Ham, Lettuce \$3.5
SWEET CHILLI CHICKEN, LETTUCE & MAYO	Chicken Breast \$3.5
FIFTY FIFTY	Half of Two Different Types of Sandwiches \$4.0
B.L.T.	Beef, Lettuce, Tomato \$4.0
TUNA	Lettuce, Mayo, Cucumber \$4.0
ROAST BEEF SALAD	Beef \$4.0

CRUNCHY ROLLS

WEDNESDAY

SALAD	Lettuce, Tomato, Cucumber, Cress, Gel, Red Onion \$4.5
PULLING BEEF	Beef, Cress, Red Onion, Mayo, Pineapple \$5.0
EGG & LETTUCE	\$3.5
AVOCADO SALAD	Fresh Avocado, Gel \$5.0
CHICKEN SALAD	Chicken Breast, Mayo \$5.0
CHICKEN SCHNITZEL	Meat, Mayo, Lettuce, Mayo \$5.0
HOT N SPICY CHICKEN	Spicy Chicken, Mayo, Lettuce, Pineapple \$5.0
HAM & SALAD	Pineapple, Ham, Lettuce \$5.0
ROAST BEEF SALAD	Beef \$5.0
SWEET CHILLI CHICKEN	Chicken Breast, Mayo \$5.0
CHICKEN, LETTUCE & MAYO	Chicken Breast \$5.0



\$5 EVERYDAY SANDWICH DEAL
CHOOSE ANY \$3.60 SANDWICH
AND WATER 300ML.
\$5.50 IF YOU CHOOSE A \$4 SANDWICH



PIZZA

MONDAY

CHEESE	Cheese & Sauce \$3.0
PEPPERONI	Cheese, Pepperoni & Sauce \$3.0
BBQ CHICKEN	Chicken Breast, Cheese, BBQ Sauce \$4.5
VEGETARIAN	Hot Cabbage, Hot Cheese, Pineapple, Mayo \$4.0

SUBS

TUESDAY

SWEET CHILLI CHICKEN	Chicken Breast, Sweet Chilli, Mayo \$3.5
CHICKEN & GRUYERE	Chicken Breast, Gruyere, Mayo \$3.5
MEATBALLS	Beef Meatballs, Cheese, BBQ Sauce \$4.0

RICE PAPER ROLLS

WEDNESDAY

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

HOT BITES

SPICY CHICKEN WINGS	\$1.2
GARLIC BREAD	\$2.0
POTATO WINGS	\$3.0
CUP OF NOODLES	Tomato, Chicken, Beef, Vegetable \$3.0
SUBS	\$3.0
MEAT PIE	\$3.5
CHICKEN & BACON ROLL	\$3.0
POTATO PIE	\$4.2

THURSDAY & WEDNESDAY

SWEET CHILLI CHICKEN TENDER - 100g \$3.5

THURSDAY & WEDNESDAY

CHICKEN NOODLES x3 - 100g \$3.0

BURGERS

EVERYDAY	
CHICKENBURGER	Meat, Cheese, Tomato Sauce \$4.5
AVOCADO BEEF	Lettuce, Tomato, Mayo, Hot Sauce \$4.5
EVERYDAY (Choose one & Drink any 100g \$5.00)	
CHICKEN	Beef, Mayo, Lettuce, Mayo \$4.0
HOT N SPICY CHICKEN	Spicy Chicken, Mayo, Lettuce, Pineapple \$4.0
THURSDAY	
SWEET CHILLI	Chicken Breast, Mayo, Cucumber \$4.0
BACON, BACON & CHEESE	Beef \$4.0
FRIDAY	
PIZZA MELT	Lettuce, Mayo, Cheese, Mayo \$4.5
CHICKEN CAESAR	Beef, Mayo, Bacon, Lettuce, Cress \$4.5

SNACK PACKS & KEBABS

EVERYDAY	
SPICY CHICKEN WINGS & WINGS	Vegetable \$6.0
MONDAY & TUESDAY	
CHICKEN SCHNITZEL SNACK PACK	Hot Cheese, Mayo \$6.0
THURSDAY & FRIDAY	
DOHNA SNACK PACK	Chicken Breast, Mayo, Cucumber \$6.0
DOHNA KEBAB	Chicken Breast, Mayo, Cucumber \$6.0
FRIDAY	
PIZZA SNACK PACK	Chicken Breast, Mayo, Cucumber \$6.0

PASTA - RICE - NOODLES

EVERYDAY	
CHICKEN CHICKEN PASTA	Beef \$3.0 Large \$4.0
BUTTER CHICKEN	Hot Cheese, Mayo \$3.0 Large \$4.0
MONDAY	
LASAGNA	Hot Cheese, Mayo \$3.0 Large \$4.0
TUESDAY	
BOLOMONE PASTA	Hot Cheese, Mayo \$3.0 Large \$4.0
LASAGNA	Hot Cheese, Mayo \$3.0 Large \$4.0
WEDNESDAY	
MACARONI & CHEESE	Large \$4.0
BOLOMONE PASTA	Hot Cheese, Mayo \$3.0 Large \$4.0
THURSDAY	
PUMPKIN OF THE WORLD	Yummy Mayo, Curry, Noodles \$6.0
FRIDAY	
BOLOMONE PASTA	Hot Cheese, Mayo \$3.0 Large \$4.0
PUMPKIN OF THE WORLD	Yummy Mayo, Curry, Noodles \$6.0

MEXICAN

BEF NACHOS - Beef, Mayo, Cress, Mayo, Mayo, Mayo \$5.0

VEGETARIAN NACHOS - Mayo, Mayo, Mayo, Mayo, Mayo \$5.0

TOASTED WRAPS

CHICKEN & CHEESE	100g \$4.0
SWEET CHILLI CHICKEN	Chicken, Mayo, Mayo, Mayo \$4.0

DRINKS

EVERYDAY

Water	100ml \$2.0
OAK FLAVOURED MILK	100ml \$2.4
OAK FLAVOURED MILK	100ml \$2.4
ICE COFFEE	100ml \$4.0
ROSE COFFEE	100ml \$4.0
ROSE COFFEE	100ml \$4.0
LYN WING	100ml \$4.0
APPLE JUICE	100ml \$3.0
ORANGE JUICE	100ml \$3.0
MILKAL WATER	100ml \$3.0
ALOE VERA	100ml \$3.0
ICE TEA	100ml \$3.0
PINEAPPLE	100ml \$4.0
SOFT DRINK	100ml \$4.0
POMEGRANATE	100ml \$4.0

EFTPOS IS AVAILABLE HERE
Gregory's Service - 0800 123 456
Pay 22 Cents - Fee 1.45%
No Monthly - No Minimum - \$3.95 Fee

IMPORTANT NOTICES - SMS ABSENCES

If your child is absent from school for any length of time and you do not receive an SMS message from the College please provide a note the first day back at school giving the date(s) and reason why your child was absent which should be given to their Homeroom teacher on the day of return. On occasion it is out of our control that we experience an Internet or Telstra problem and therefore we are unable to send out the SMS absence messages. Thank you for your patience.

Reminder of how to reply to SMS Absence messages If you reply to the SMS message there is no need to send in a note to explain the absence -the SMS is sufficient. If you do not reply a note must be sent in with your child and given to their homeroom teacher on the day of return. In your SMS reply please include the following details: Child first and surname, Year group and homeroom (if known), **reason for absence**. Examples: Kylie Howard, 8D2, sick with a cold. Nikki Howard ,11, orthodontist appointment **PLEASE NOTE THAT IT IS VERY IMPORTANT THAT YOU GIVE REASON FOR ABSENCE**. We are still receiving replies without providing a reason for absence. In these cases it is still an unexplained absence and will remain outstanding. Please do not call the number sent in the SMS, it is only for SMS replies. **The replies are not downloaded till 1:00pm daily, so if, you need to clarify any details concerning your child's attendance please call the College office before 1pm on 4560 2900**



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.

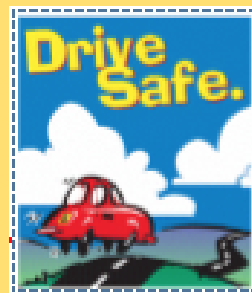
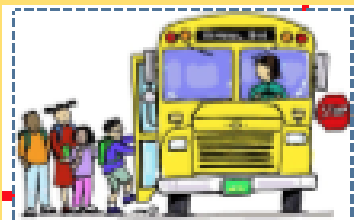


IMPORTANT NOTICE TO MOTORISTS

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