

Perth Waldorf School

14 Gwilliam Drive, Bibra Lake WA 6163

Telephone: 9417 3638 Email: adminpws@pws.wa.edu.au Website: www.pws.wa.edu.au

TERM 4 CALENDAR

DCTOBER Class 12 Project Presentations Tue 29 -Fri 1 Nov (see inside for details) Tue 29 -Class 1 in-class Play Performance Thur 31 Wed 30 Class 5 Teacher Parent Meeting **NOVEMBER** Class 7W Teacher Parent Sat 2 Meeting School Tour - 9:00am-10:00am Tue 5 Class 8 Teacher Parent Meeting Tue 5 Tue 5 -Class 3 in-class Play Thur 7 Performance Class 7K Teacher Parent Wed 6 Meeting Class 6 Teacher Parent Meeting Thur 7 Mon 11 -Class 10B Work Experience Fri 22 Tue 12 Class 3 Teacher Parent Meeting **Early Childhood and Primary** Fri 15 **PUPIL FREE DAY** Sun 17 -Class 10 Surveying Camp Fri 22 Mon 18 -Class 9A Camp Fri 22 **Advent Market Tue 19** Tue 26 Class 4 Teacher Parent Meeting Wed 27 -Class 5 Play Thur 28 Class 12 Play at Subiaco Arts Fri 29 Centre - 7:00pm Class 12 Play at Subiaco Arts Sat 30 Centre - 1:30pm and 7:00pm DECEMBER **High School PUPIL FREE DAY** Mon 2 Tue 3 Class 12 Graduation Thur 12 -**High School Art Exhibition** Fri 13 Kindergarten Crowning - 9:15am

Term 4, Week 3

Tuesday, 29th October, 2019

Reconciliation Action Plans (RAPs) are documents that help organisations step through a process and then implement actions to promote and empower Aboriginal and Torres Strait Islander people to feel safe and to be able to fully engage in the life of an organization whether it be a workplace, school, sporting club, government agency etc. There are 12,000 RAPs in Australia and the number is growing. That means 12,000 organisations working towards a more safe and engaging place for people from the longest continuous culture on Earth. We were reminded that the last 190 years in WA since settlement is 0.0066% of the time that Aboriginal people are known to have lived on their land. How can we learn from and be strengthened by that long history? Our school is working towards completing a RAP in a slow and deliberate way. The expression "it's not the destination but the journey that counts" is never truer than in creating a RAP and implementing it. It is an ongoing journey of discovery and strength building.

Our school was represented at the National RAP Conference in Perth last week and although there were a wide variety of speakers and topics a few themes came through that are especially relevant for our school.

- Making your school/neighbourhood both look and feel like a safe and accepting
 place for Aboriginal people will strengthen the possibility of engagement and
 dialogue.
- 2) Listening and seeking to hear Aboriginal voices and not "doing to" or "doing for" is vital to improve engagement and dialogue.
- 3) Being willing to confront the past and the generations of trauma that has resulted from the past is a necessary first step to relationship building, engagement and dialogue. Strive not to keep secrets or to bury one's head in the sand.
- 4) Focusing on the strengths and wisdom we can gain from Aboriginal people (strength based model), especially the local Noongar, is the most respectful and helpful way forward, according to Aboriginal people, rather than endlessly highlighting deficits (deficit model) caused by past trauma and assimilation policies.
- 5) Since the sixties much progress has been achieved and this will continue. Celebrate the advancements and look with optimism to the future.

Our school is based on an ethos of both receiving with reverence and believing in the possibility of renewal. May our daily actions and thoughts with regard to reconciliation strive to receive opportunities with reverence and offer opportunities for renewal.

The Class 12 Project Presentations started yesterday and we were reminded once again of the quality of your children! They are educated, well developed young people. They are full of passion. From Tuesday, there are 19 more presentations and opportunities to learn, celebrate and to get a taste of where your child is heading through the school journey.

We all thank the staff and volunteers behind the Class 12 students for your care and support. They are completely received in reverence and with your love they have the opportunity to renew and grow every day.

West Coast Steiner School Open Day and Fair is on this Saturday. See inside for details!

Bruce Lee - School Administrator

STUDENT ABSENCES:

Tue 17

Tue 17

Please let the office know by 8:30am. Text: 0429 680 969, Phone: 9417 3638, Email: absence@pws.wa.edu.au.

in the Hall (K6 Parents Invited)

LAST DAY OF TERM 4 (half day)

PABULUM INFORMATION:

- Pabulum contributions need to be emailed to pabulum@pws.wa.edu.au by <u>2:15pm Thursdays</u>.
- To view *Pabulum* as a PDF, go to www.pws.wa.edu.au
- To receive the link via email, please send a request to adminpws@pws.wa.edu.au

IN THE LIGHT OF A CHILD - Michael Hedley Burton

In spring's sunlit hour
My heart like a flower
Unfolds with great power.
And out into the joyful world
My feeling-forces are unfurled.
All things I love - fire, water, air,
The stones, the stars, the mighty sun,
Plants, creatures, people everywhere
For God is in them, every one.

FROMFINANCE

SCHOOL FEES ARE NOW OVER DUE - Term 4 Due Date: Friday, 25th October, 2019.

CREDIT CARD/ONLINE PAYMENT	ELECTRONIC FUNDS TRANSFER	CHEQUE AND CASH
Payments by Credit Card can be made	Payments by Electronic Funds Transfer	Payments by cheque can be made
by visiting the Bpoint website:	(EFT) can be made to the school's banking	payable to Perth Waldorf School.
https://www.bpoint.com.au	details as follows:	Please have a copy of your statement
		attached when mailing your cheque.
Biller Code: 147 2133	Account Name: Perth Waldorf School	
Reference: Family Code	BSB: 066 000	Postal Address:
	Account Number: 1205 1015	PO Box 1247, Bibra Lake WA 6965
Phone payments can also be made by	Commonwealth Bank Perth	
calling Reception on 9417 3638 during		Cheques and Cash Payments can also
Office Hours.	Reference: Family Code	be made during office hours at the
		School Reception.
We accept VISA and MASTERCARD.		
		EFTPOS terminal also available.

A late payment fee will apply to all accounts not paid by the due date. This does not apply if you have a payment plan arrangement in place.

UNREFERENCED PAYMENTS

Our Finance Dept. has received unknown payments for school fees with the following details:

14th October, 2019 - \$1000 from Bendigo Bank

24th October, 2019 - \$1855

If you think one of these transactions was made by you please contact the Finance Department on **9417 3638** or by emailing account@pws.wa.edu.au.

TERM 4 FEES

Term 4 fees are now over due. Fees were due to be paid on Friday, 25th October, 2019.

A late payment fee will apply to all accounts not paid by the due date. This does not apply if you have a payment plan arrangement in place.

Please contact Leisa Clarke in the finance department if you have any issues or inquiries - **9417 3638** or account@pws.wa.edu.au.

GENERAL NEWS

SCHOOL TOUR

Our last School Tour for 2019 will be on **Tuesday**, 5th **November**, 9:00am-10:00am.

Come along to view our Classrooms and explore our school's grounds. This is a wonderful opportunity to get to better understand our school's ethos and meet some of our wonderful families and staff. A light morning tea will be provided with discussions after the tour.

If you are wanting to attend please contact reception (9417 3638) to book a place. We hope to see you there!



SNAKE ALERT

Parents please be aware that there have been sightings of snakes on school grounds. Please advise your children to take caution, watch where they are walking, and to stick to the marked paths when going to and from school. If you see a snake, STOP, walk away from it slowly and advise an adult and/or staff member.

If you would like more information on how to deal with snake encounters please visit this link: https://www.dpaw.wa.gov.au/plants-and-animals/living-with-wildlife/87-dealing-with-snakes



Connect Learning WA Before and After School Care

The service is available for children aged from 6-12

PUPIL FREE DAY - Connect Learning is now taking bookings for Friday, 15th Novemebr (Early Childhood and Primary Pupil Free Day). Get in quick as spaces are filling fast!

Casual bookings are available all year round if you ever need last minute care. Feel free to pop in for a chat with Nicola (in the Extra Lesson Room before and after school).

Before School Care 6:30am to 8:25am
After School Care 2:00pm to 6:00pm
Vacation Care 6:30am to 6:00pm
Early Finish Thursdays 2:30pm to 6:00pm
Pupil Free Days 6:30am to 6:00pm

If you are interested in your child attending please contact Nicola.



NICOLA TODD Coordinator

0420 667 904

Perthwaldorf@connectlearningafterschool.com.au





POSITIONS VACANT

"At Perth Waldorf School we are committed to promoting the safety, health and wellbeing of children and young people and expect all school staff, parents, students, volunteers and visitors to the school to share that commitment"

Perth Waldorf School invites applications for...



School Coordinator/Community Development Coordinator (Deputy Principal)

To commence in 2020 or before.

Salary from \$116,000 pa. 1 FTE (a lower FTE may be considered for the right candidate)

This position is advertised in full on the school website, SEA website and on SEEK.com.

<u>Closing Date:</u> On or before 1st November, 2019. Applications will be reviewed upon receipt and the school reserves the right to appoint prior to the close of applications or re-open the recruitment process after the closing date if necessary.

Facilities & Grounds Coordinator

Full Time Position, \$65-70K Commencing in November, 2019.

This position is advertised in full on the school website, SEA website and on SEEK.com.

Applications close 4:00pm on Monday, 4th November, 2019.

Early Childhood Special Needs Assistant

To commence in 2020.

This position was advertised in full in last week's Pabulum and can also be found on the school website, SEA website and on SEEK.com.

Applications close 4pm Friday 8th November 2019

High School Teacher Assistant

Part-time (11 hours per week).

This position was advertised in full in last week's Pabulum and can also be found on the school website, SEA website and on SEEK.com.

Applications close 4.00pm, Friday 8th November 2019.

EARLY CHILDHOOD

IMPORTANT NOTICE

Dear Parents,

Halloween or All Saints Eve is celebrated on October, 31st each year.

Halloween has had many influences from different customs and beliefs from a variety of cultures and countries. In Western influenced traditiosl it was a time of lighting a candle on the graves or in churches for someone special who had passed away.

Like many festivals today the true meanings are often lost in the commercial trappings and advertising, which is exceedingly hard to protect or shelter our children from.

If your family decides to partake in Halloween we would suggest trying to bring some deeper but age appropriate meaning back into the celebration i.e. light a candle for a special family member or friend and saying a prayer or making some beautiful lanterns.

We need to be mindful that our children are like living sponges that take in all of life through their senses; eyes, ears, touch and taste to name just 4 of the 12 Steiner speaks of. As adults it is our job to look after our children's well being so we would recommend asking yourself - Is it appropriate for my child at this age? Can I wait till they are older? Will my child be frightened/ affected by the costumes of others, the dramatic sounds and the sugary treats? What images will they be taking into their sleep life?

If as a family you do decide to partake in the festivities you may ask yourselves - How can I make it age appropriate? Could it be just within our family or extended family/friends with very simple dress up?

Maybe this means just visiting the neighbours on either side and expanding this year by year and pre organising treats and how many, then being home in bed by the time older children in the neighbourhood are out.

It could be that you put a sign and a bag of treats at the front of your house saying please take one treat and enjoy but no Halloween past this gate this year.

Often many houses turn their front light on if they are happy to partake in Halloween. You may wish to spread this message and use it to your advantage, so if you don't want to participate don't have your lights on.

Finally, as adults, we encourage you to make conscious choices and also to respect our curriculum and the richness of a day in kindergarten. If your child has had a late night full of excitement and sugar from Halloween please consider keeping them at home the next day. Take a moment to think, actually, how hard it may be for them to fully engage positively with peers and likewise the next day at kindy.

Whatever you decide, do it with the thought and intention that our children deserve.

With kindness,

PRIMARY SCHOOL

PHOTOS FROM CLASS 4 EXCURSION TO MANNING PARK

PRIMARY SCHOOL WOOD WORK

Over the last 3 ½ terms, I have had the joy of working with the will of class 5, 6 and 7 as they have completed their beautiful and functional woodwork projects.

Having taught high school woodwork for 7 years, it has been a wonderful change of rhythm to move into the imaginative and lively space of the Primary School. Each class has bought their own unique vibe and it has been amazing to see the huge variety of pieces crafted by the students. One of the most rewarding aspects of teaching woodwork is that I get to help each individual student engage with their will. This dynamic process is different with every student depending on their project and temperament, but it is always awesome to see their creativity and perseverance in overcoming their challenges.







Class 5 have made a range of projects including mallets, bowls, animals, candle holders and spatulas. These have been sculpted from tree branches and timber slabs using a variety of saws, rasps, gauges, drills and sanders.



Class 6 further refined their use of gauges, saws, rasps and chisels to allow cooking spoons to emerge from their native timber slabs. These were made in all shapes and sizes, many with curved handles and ornate decorative details. Students are currently working on bush stools. These stools are made from tree branches and rough sawn slabs with a specific function and purpose in mind.



Class 7 are making moving toys, which tie in with their Mechanics main lesson. Each toy is propelled through various forms of mechanical advantage, including the use of levers and detailed rigging. These toys are carved using coping saws and small rasps. Delicate use of drills, sanders, copper wire and fishing line are also needed in order to complete the projects.



It has been a wonderful year and I feel a lot of gratitude to be teaching such vibrant students within such an inspirational environment each day.

Paddy Hocking - Woodwork Teacher



Concert Season!

Perth Waldorf School invites everyone to attend the following end-of-year concerts:

Friday 22nd November, 2:15pm Seekers Place: Class 5 Orchestra and Choir Friday 29th November, 12:00 noon: Class 7 Pre-Tour Concert Friday 13th December, 2:15pm Seekers Place: Class 6 Orchestra and Ensemble

Wednesday 11th December: Instrument Concerts- solos and small groups 10:00am: class 4; 11:15am class 5; 12:00 noon class 6; 1:30pm and 2:15pm Class 7.



PRIMARY CRAFT



HIGH SCHOOL

CLASS 12 PROJECTS

Class 12 Project Presentations are now in full swing! Well done to the students who have already completed their presentation, we are so very proud of you all. Best of wishes to all the Class 12s and their families for the upcoming presentations.

Thank you to the community for showing your interest in our students and by supporting and encouraging them with your presence. The students and their support staff have been working hard in preparation and we hope you can attend. There are a few changes to the programme previously circulated. Penny Champ who has overseen the students all year is unwell and will be unable to MC the week's presentations. We wish Penny a good rest and a speedy recovery. Fortunately Kelly Geyer and a number of staff have stepped up to ensure the programme flows as smoothly as possible. Another change is that on Friday evening we are starting slightly later due to Eva Hinsman also being unwell. We send Eva our best wishes and hope to see her back on her feet soon. **As a result the Friday evening programme will begin at 6.05pm.**

Please remember that some of our Presentations have **age restrictions**. Only people of High School age and over are permitted to attend the Presentations below as they will include strong images, information and concepts.

Tuesday Daytime: Matt Brennan - "How can music be used and exploited as a powerful tool for the radicalisation

process?"

Tuesday Evening: Indigo Seven - "Childhood trauma: What is it? How does it ocurr? And what are the long term

impacts?"

Tuesday Evening: Idanni Ariyaratne - "Addiction is a cognitive disorder and is heavily influenced by social,

emotional and environmental factors. How can our understanding of these factors contribute to

the minimisation of discrimination surrounding substance abuse and the development of

addiction recovery?"

Thursday Evening: Clarke Viljoen - "Isolationist, nomad, community. What of these lifestyles is the best to follow

after an apocalypse?"

Friday Morning: Danann Edwards-O'Neil - "How should we approach addressing the subject of death?"

Hannah Hunter - "What is beauty?"

See our Project Presentation timetable over the next page.





PWS warmly invite you to our 2019 Class 12 Project Presentations



Tuesday 29th October - Evening

5.30pm Welcome and introduction

5.45pm Indigo Seven - Childhood Trauma: What is it? How does it occur? And what are the long term impacts?

(Suitable for Ages 14+/HS Students)

6.20pm Hunter Sewell - The impacts of current human behaviours on our local river systems. What needs to be done in

order to protect them?

7.00pm Break for tea, coffee and hot food for purchase

7.30pm Idaani Ariyaratne - Addiction is a cognitive disorder and is heavily influenced by social, emotional and

environmental factors. How can understanding these factors contribute to the minimisation of discrimination

surrounding substance abuse and the development of how we approach addiction recovery?

(Suitable for Ages 14+/HS Students)

Thursday 31st October 2019

10.50am Welcome and introduction

10.55am Billy Nickchen-Long - How is it possible to reduce CO₂ emissions, in order to lower the global warming and climate

change crisis?

11.30am Bella Morellini - The horse as healer. What is the potential relationship between horse and human?

12.10pm Lunch

1.00pm Ryan Davis - Hypothetical Megastructures: Humanity's gateway to the stars. What are they and are they a reality

for the future?

Thursday Evening

5.30pm Welcome and introduction

5.35pm Tala Van Mierlo - How is the Anthropocene causing the mass decline of land animals world-wide, and what is being

done about it?

6.10pm Clarke Viljoen - Isolationist, nomad, community. Which of these lifestyles is best to follow after an apocalypse?

(Suitable for Ages 14+/HS Students)

6.50pm Break for tea, coffee and hot food for purchase

7.25pm **Eloise Bridges** - Is dreaming essential for psychological well-being?

Friday 1st November 2019

10.50am Welcome and introduction

10.55am Danann Edwards-O'Neill - How should we approach addressing the subject of death?

(Suitable for Ages 14+/HS Students)

11.30am **Hannah Hunter** - What is beauty?

(Suitable for Ages 14+/HS Students)

12.10pm Lunch

1.00pm Jacob Wolter-Karabatic - Society is dependent on money. Does money buy happiness and is the investment in video

games worth the emotional stimulation and physical impact they have on the user?

1.40pm Soloman Balint-Fitzgerald - Living off the Grid: Why move off the grid and how to achieve it?

Friday Evening

6.05pm Welcome and introduction

6.20pm Louis Matthys - What is the importance of brand identity in the modern marketplace?

7.00pm Break - tea, coffee and dinner available for purchase

7.30pm Kathryn Lampacher - What are the psychological impacts people with disabilities encounter when subjected to

discrimination?

Thank you for supporting our Class 12s - your presence is much appreciated





Inspire in 5

Career Presentations from Women in STEM

Monday 11th November & Tuesday 19th November 6:00pm - 8:00pm

Students in year 7-9, their parents & teachers welcome to this FREE event presented by The Innovators' Tea Party & supported by Scitech

A unique opportunity for local high school students to engage with some of WA's leaders in Science, Technology, Engineering and Maths.



Event details

 $\underline{\text{Inspire in 5}} \text{ aims to showcase STEM careers to middle school students.}$

This event is a lecture-style experience, where students, teachers and parents will see 5 minute presentations from 10 different Women in STEM Mentors. After the 1hr presentation session, there will be an opportunity for the audience to ask questions via an interactive panel discussion. This program will be held across 2 evenings to allow students a choice depending on their availability and interests. The fields covered by each session are available on our website.

Monday 12th and Tuesday 19th November 6:00pm - 8:00pm Date:

Time:

(please arrive early, presentations will start on time)

Scitech Science Auditorium City West Centre, West Perth Venue: Capacity: 150 attendees in total

MAINTENANCE & GARDENING

We are a waste wise school!



We recycle what we use, separate things and you should too! Glass, paper, plastic and tin, go in your RECYCLING BIN! We must start now, we can't wait, quick or it will be too late!



REVEGETATION 2019 - Community Update from Maintenance and Gardening

This year Perth Waldorf School has planted 500 native plants in effort to restore some its degraded bushland and beautify around buildings.

Class 9 Ecology has been successfully collecting seed onsite and propagating native plants for planting within the school. Various methods of breaking seed dormancy have been experimented and incorporated in the curriculum. The new Propagation Shelter enables the annual revegetation stock to be created onsite, in a sustainable manner by the community.

Any community members wishing to be involved in the revegetation of the grounds are welcome to volunteer. Ring Matt Noakes on **0412 955 005**.

P&F

'THE CARRIAGE' SCHOOL SHOP NEW CHRISTMAS STOCK NOW AVAILABLE!



<u>OPENING TIMES</u>: Tuesday and Thursday from 8:15am-9:15am, and Wednesday from 2:30pm-3:30pm.

We stock all your school stationery supplies, uniforms and bags.

We also have a large range of craft supplies, jewellery, knitted items, cleaning products, salt lamps, essential oil holders, amber teething necklaces, wooden toys and books.

COMMUNITY CLASSES

Groups/Classes

Participating in any of these activities goes towards Family Participation Hours.

These groups for parents are run or led by teachers or parents. Members of the school community are encouraged to join any of the groups and enjoy the experience of personal growth and learning in this beautiful environment - a great inspiration for our children!

Mondays, 9:00am-10:15am Parents and Friends Study Group with Anne Williams (in the Library, no children please) 0424 771 217.

Mondays, 10:30am-12:00pm Biodynamic Group with Heidi Halter.

(fortnightly)
Tuesdays, 9:00am
Craft Group with Pixie Stott (outside the Canteen).
Tuesdays, 2:15pm-3:00pm
Eurythmy with Kristina Hamilton (in Williams Hall).

Wednesdays 9:00am

Adult Singing join Claire Williamson and discover your inner voice (in the Music Office)

Thursdays, 9:00am-9:45am

Listening Circle with Bruce Lee - the Administrator (in the Library). Come in for a

conversation, concern, query or just to listen.

Saturdays, 1:00pm-4:00pm Waldorf Wood Workers with Christian Geyer (meet in Plaza) 0409 267 178.

FREE EURYTHMY CLASSES FOR ADULTS - with Kristina Hamilton

Tuesdays, 2:15pm-3:00pm in Williams Hall.

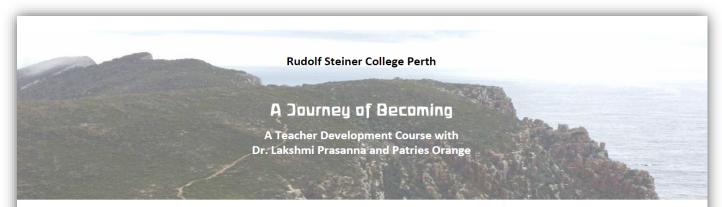
Due to the Class 12 Projects taking place in the Hall, Eurythmy will resume on Tuesday, 5th November, 2:15pm-3:00pm. To celebrate Springtime we will be exploring Eurythmy colour gestures with poetry and music. Hope to see you there! No experience necessary.



SCHOOL NOTICES



School notices are strictly for members of the school only and may consist of: lost and found items, items for sale (student/school related), and classes / lessons within the school, etc. Please try to restrict your notice to three lines (this is free of charge). School notices will appear in this section for two weeks. If you would like the ad to appear for longer, please contact the Pabulum on 9417 3638 each week. Thank you.



Modules One, Two and Three January 23rd-26th, 2020.

This course is for all those who are working as teachers, who are already part of a teacher training course, and anyone who is looking to deepen their understanding of anthroposophy through education.

The course includes:

- eurythmy to discover ourselves, each other and the child anew.
- nature observation, practicing our ability to observe the other and ourselves.
- working deeply in an explorative way with the first lecture of the lecture cycle 'Study of Man' to discover some of the treasures in this unique approach to education.
- conversation, artistic work.
- lectures at the end of our afternoon program bringing human physiology and embryology to help us understand the relationship between the development of the child and the curriculum Rudolf Steiner developed out of spiritual science.

The process relies on the individual and group work we develop between us.

"Teacher Professional Development with Lakshmi and Patries is just extraordinary!

All our fires burn brightly after each Module." Amy Berridge

Cost: \$485 Deposit \$200 by 15th of November

For more information or to book contact Jenny Hill <u>jennyhill@iinet.net.au</u> / 0432 735 744

COMMUNITY NOTICES

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Community Notices are for members of the school's community only and may consist of; business adverts, producers, services, items for sale (non-school related), etc. keeping in mind that they need to be consistent within our schools' ethos. Please try to restrict your notice to three lines (this is free of charge). All Community Notices will appear in this section for two weeks only. If you would like a 14 page advert, a \$10 fee is required and will only appear in Week 2 and Week 8.

<u>FOR SALE</u> - Antique matching wooden bedroom suite for sale. High double bed frame, wardrobe, 2 Drawer Dressing table with mirror and lowboy (tiny cupboard). Phone **0407 312 470** for more information.

INSPIRED INFILL MASTERCALL - Would you consider a better and more sustainable way of building design and land development. If so, the "INSPIRED INFILL MASTERCALL" is for you. This workshop talks about Lot Specific design advice, effective infill planning and eco design. Visit www.inspiredinfill.eventbrite or call Chris Ferriera on 0409 662 704 for more info. SPRING CLEANING WORKSHOP - Spring Clean cheaply with a next to no time fun workshop showcasing a household cleaner, hand wash and jiff replacement (think sparkly oven and no toxic fumes). You get to make these in under 5mins each and take them home for the cost of the materials. \$20 for all 3. Sun, 10th Nov @10:30am in Bibra Lake. Ph April **0413 159 815** to book.







Canteen Open times: Mon, Tues, Wed and Fri, 8:10am-2:00pm. Thurs 8:10am-1:30pm

After school - Tues and Wed 3:00pm-3:15pm and Thurs 2:10pm-2:30pm.

Menu for Term 4

All Primary school students must order before school for morning tea and lunch.

Daily specials	(coloured	must be	ordered):

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Monday -	Vegetable chilli served with rice	. corn chips, natural	voghurt and cheese. (GF)

(vegan available) \$5.50

Tuesday - Chicken and vegetable pie, vegetable pie, chicken korma pie,

or chunky beef and vegetable pie. \$5.00

Wednesday - Sushi hand rolls (GF and egg free): Tuna and cucumber or

avocado and mixed vegetables (**vegan**). \$4.00 Miso Soup. \$4.00

Thursday - Wraps: Egg and salad, cheese and salad or ham and salad. \$4.50

Toasted chicken, spinach, sundried tomato and cheese wrap. \$6.00
Toasted spinach, sundried tomato and cheese wrap. \$5.00

Friday - Beef burger with salad (GF available) or

tempeh burger with salad (vegan) (GF available). \$6.00

Available everyday (items with a ★ must be ordered):

Savoury:

Rice paper rolls – tempeh, bean noodles and vegetables (GF and vegan).	\$5.50
Salad bowls	\$4.50

*add boiled egg or cooked chicken extra \$1.00

★ Gluten free beef pie.	\$5.50
★Beef sausage in wholemeal bread.	\$2.50

Spinach and ricotta rolls. \$4.50

Cheese and tomato toasties. \$2.50 ★Gluten free \$3.00 ★Toasted ham, cheese and tomato sandwiches. \$3.50 ★Gluten free \$4.50

★ Pizza - vegetable or meat.\$3.00Boiled egg (GF).\$1.00Popcorn (GF) (vegan).50c

Sweet:

Cakes (assorted variety).	from	\$2.00
Bliss balls (GF) (raw)		\$2.50
Cookies.	from	\$1.00
Dried fruit and nut pack (GF) (vegan).		\$1.00
Fresh fruit.	from	50c
Icy Poles (primary only after school).		\$1.50

Drinks:

Carton water.

Organic Kombucha (high school only).	\$4.00
Flavoured chocolate or mango Bannister Downs pouches (primary only after school).	\$2.50

\$2.00

Slushies (primary only after school).

Sm \$2.50 / Lg \$4.00

 Organic Juices.
 Sm
 \$2.50 / Lg \$3.50

 Coconut water.
 Sm
 \$2.50 / Lg \$4.00

 Plain Milk.
 Sm
 \$1.50 / Lg
 \$2.50

 Hot Chocolate.
 Sm \$3.00 / Mug \$3.50 / Take away
 \$4.50

 Coffee.
 Mug \$3.50 / Take away
 \$4.50

 Coffee.
 Mug \$3.50 / Take away \$4.50

 Long Black.
 Mug \$3.00 / Take away \$4.00

 Tea.
 Mug \$2.00 / Take away \$3.00

Herbal Tea. Mug \$2.50 / Take away \$3.50 *Almond or coconut milk extra \$1.00.