



Nowra Anglican College

Newsletter

Thursday, November 16, 2006, Term 4 Week 5
Student Services Ph 4421 7711, www.nac.nsw.edu.au

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Weekly Events

Crossroads (Snr ISCF group)
Friday lunchtime in E9

NAC Prayer Group
Wednesday in Admin 1:00–2:00pm

From the Principal

Adam Buncher (Year 12) recently travelled to the United States after being selected for a talent program at the prestigious New York Film Academy. He enjoyed the trip of a lifetime, managing to fit in some sight-seeing in the midst of a rigorous performance schedule.

Adam received acknowledgement as Best Actor among his group of 17 budding performers, and was ranked in the top 5 of all participants. Adam's performance of a scene from *Reservoir Dogs* will be screened at a special Gala Premiere evening to be held in Sydney on 25th November. The College community acknowledges Adam's achievements and wishes him the best in future endeavours.

Madelaine Broad (Yr 11) is also benefiting from an overseas experience – an exchange student program in France. Regular updates from Madelaine speak volumes of the benefits of such intercultural experiences. Whilst enjoying some time with her family who had travelled to Europe to catch up with her, she happened to cross paths with ex-NAC students Petra Bismire (Dux 2005 HSC) and Blake Minty, in The Forum in Rome. Petra and Blake have spent most of this year "working" their way around Europe. Taken by the chance meeting, Madelaine's father forwarded the featured photograph.

It is encouraging to observe the growing



Adam starring in last year's College Musical, Fiddler on the Roof



Our "globetrotters" in The Forum, Rome. From left to right : Madelaine, her cousin Joel, sister Claire, Petra and Blake.

maturity of our students who are not only making the most of their schooling experience, but all opportunities that life presents.

Peter Jamieson
Principal

From the Chaplain

I had the pleasure of going to Friday night's U2 concert at Stadium Australia. It was all that I expected – loud, with a great light show and of course awesome music. In fact there is only one U2 tour that I've missed – that was in 1984 when my parents said I was too young! But what I really like about U2 shows is that it's not just the music that cuts deep, but the message as well. One of their classics is a song called "One". It's basically a love song. Here's a sample of the lyrics:

*Did I ask too much
More than a lot
You gave me nothing
Now it's all I got
We're one
But we're not the same
Well we
Hurt each other
Then we do it again*

But instead of talking about love in a relationship, which the song was originally about, Bono (the lead singer)

spoke and sang about love between political enemies and countries. As he sang, the word 'one' flashed up on the enormous screens in several different languages.

Bono has publicly stated he is a Christian and there was no doubt much of what was said on Friday night was influenced by Christianity. What I was reminded of, as they belted out "One", was that (a) love is something that needs to be worked on and doesn't necessarily come easily, and (b) real love means loving those who are "not the same" as us.

⁴³ "You have heard that it was said, 'Love your neighbor and hate your enemy.' ⁴⁴ But I tell you: Love your enemies and pray for those who persecute you, ⁴⁵ that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. ⁴⁶ If you love those who love you, what reward will you get? Are not even the tax collectors doing that? ⁴⁷ And if you greet only your brothers, what are you doing more than others? Do not even pagans do that? (Matthew 5:43-47)

Graham Thomas
Chaplain

Senior School News

Bronze Light of the Cross Awards

The students in the table (at right) have been awarded Bronze Awards. These certificates have been awarded at year group meetings. It is pleasing to see so many of our students achieving at high levels and being recognised for their outstanding commitment across a wide range of spheres. Congratulations on a very fine effort!

Andrew Leslie
Director of Welfare



Attention!! Budding Year 6
and Year 7 Writers

Writers in Residence Camp (2007 Year 7 and 8)

Writers in Residence is a camp run by Anglican Youthworks. It is for students who have a particular interest in writing, to focus on developing their skills, help them be creative and furl their passion for writing, in an environment that will challenge and encourage them to realise their writing potential.

The program is run for four days and will provide excellent tuition by professional writers who encourage the students to discover new ideas and skills. Throughout the camp the students will work on a piece of writing to have published at the end of the program.

Date: Year 7 and 8 camp will be held on 18-21* June 2007 at Shoalhaven Conferences Centre (Koloona)

Cost: \$348

Inclusions: Food and accommodation; all tuition and activities; 24 hour supervision; day trip; fleece 'Writers in Residence' jumper; published piece of work.

Name	Award
Kieran Witt	Academic x 2
Emma Sullivan	Academic
Scott Clarke	Academic
Benjamin Sheppard	Academic x 2
Claire Moore	Academic
Jayden Bascunan	Academic
Katie Thomas	Academic
Matthew Killalea	Service & Character
Stephen Wegner	Academic
Kirriily Crouch	Academic
Roland Krelle	Academic
Elizabeth Primrose	Academic
Alivia Howe	Academic
Rebecca Hanlon	Academic
Emily Double	Academic
Matthew Mackenzie	Academic
Maddison Hanlon	Service & Character x 2, Co-curricular
Melissa Henderson	Academic x 2
Joseph Davey	Academic x 2, Co- Curricular, Service & Character

Continued on page 4

Cambodia 2006

At the close of Term 3, as students fled from the College to the promise of holidays, a group of eight NAC kids from Year 11 – Ella Merryful, Ainslie Drewitt-Smith, Jessica Champion, Hannah Reid, Benjamin Dryden, Nicholas Peters, Josh Murphy and Brent Herdman, along with Mr Leslie, Mrs and Mr Brown and Mrs Merryfull – embarked on an eight day expedition to the Kingdom of Cambodia. We went in conjunction with the Tabitha Foundation to build 10 houses in a remote village just out of Phnom Penh. Even though we had been vaccinated, prepped on the hazards of Asian tap water, given suggestions as to how to handle beggars and informed of basic building procedure, nothing could have prepared us for the reality of third world Asia.

We arrived in Siem Reap and were immediately hit with the intense humidity, the smell and the scenery. Cambodia proved to be nothing short of a visual feast. We passed women washing in deep puddles beside the road, men leading oxen, sun-browned naked bodies of children as they played dangerously close to the road and every, 15 metres, homemade 'shops' selling the same things – water, fizzy drink and coconuts.

On our first day we took a boat ride on the Tonle Sap, the largest fresh water lake in south-east Asia. The water was a murky brown and all along it, floating villages had developed. The villages were almost wholly self-contained, with floating shops and even a floating school. The kids drifted around in washing buckets, paddling with their hands. They latched onto the edge of the boat and called out 'one dollar, one dollar.' Some were very young, some were missing limbs, *all* knew the benefits of making desperate requests of money from tourists.

We spent the next day exploring the ancient temples of Angkor. We saw three temples – Bayon, Ta Prohm and the famous Angkor Wat. At Bayon, we rode on the backs of mammoth, lumbering elephants. The temples were very majestic and intricately decorated. Almost every surface was covered in carved detail; it was very peaceful and serene.

We flew to the capital Phnom Penh and did some sight-seeing around the city. We visited the terribly



sad and horrific S-21 torture museum and Killing Fields (where teeth and clothes still litter the ground) and also the King's Palace, Silver Pagoda, Russian markets (where those of us who are inclined to shop went a little crazy) and the AIDS orphanage.

And then came time to build. We woke early the first morning and drove by bus about two hours out of Phnom Penh to a very small village. The people had been expecting us and lined the road smiling and clapping. We spent the morning building, aided by the nimble hands of the far more capable to-be owners of the houses. The families stood and watched and we felt under immense pressure to get that nail in completely straight and saw that piece off unswervingly. The kids played ball games and duck, duck, goose with us at lunch and by the end of the day we were all buddies. It was amazing how the difference in languages seemed to become unimportant.

We returned the next day and whilst we were sore, blistered and the timber had hardened with afternoon rainfall, we felt completely satisfied and happy amongst the company of these humble people. It didn't feel like work, it felt like an exciting project on which we had the privilege of being able to work with the villagers. We finished the tenth house in the afternoon and gathered for the handing-over ceremony. We counted over 65 people who had gone from palm tree thatching and bark frame, to timber and corrugated iron. Each family sat at their house and we took photos with them. We reluctantly said goodbye and boarded the bus, as the kids gathered near the windows and reached their hands out to us and blew kisses (something we had taught them).

The trip to Cambodia wasn't a vacation, it was an experience. We didn't have time to relax or become bored because if you sat back or took your eyes off the road you'd miss something. It was something which forced us to open our eyes to real life truths like poverty, homelessness, begging, physical damage from mines and a race of people who have been so affected by war and the Khmer Rouge that they believe they are worthless. We will treasure the experience for the rest of our lives and feel privileged to have been able to witness and meet such peaceful, gentle, generous and strong people.

Hannah Reid



Students from NAC will be accompanied by a member of the English Faculty who will stay on site. Please see the [English website \(http://mail.nac.nsw.edu.au/english/ \)](http://mail.nac.nsw.edu.au/english/) and click on the 'Writers in Residence' link to see the 2007 program.

This is an exciting opportunity for talented and budding writers. Please contact Mr Swibel at the College by phone, letter or email if you are interested. A minimum of three students is required from the College to register.

Mr Brad Swibel
Head of English

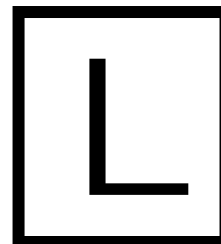
Update for Learner Drivers

The latest ADTA (Australian Driver Trainer Association) newsletter contained the following changes for learner drivers:

Changes to licensing that have been announced today by the Minister for Roads, Eric Roozendaal, include the following:

* An increase to the minimum period of supervised driving for L-plates - from 50 hours to 120 hours, which must include 20 hours of night-time driving.

* All learners must have their L-plates for at least one year before obtaining their provisional licence.



It is proposed the above changes will be introduced on July 1, 2007.

On passenger restrictions for young drivers, it is proposed that this be the subject of further consideration through a committee that will report to the Minister.

Junior School News



Certificates of Excellence

Well done to the following students who have received Certificates of Excellence over the past few weeks: Gabrielle Leslie, Lachlan Phillips, Sean Outten, Jemma Hamaty, Emily Percival x 2, Katherine Hagedoorn, Thomas Robbins, Richard Liu, Lachlan Batalla, Lucy Schreurs, Tara Pain, Brooke Agnew,

Ailsa Schreurs, Tamara Kreis, Wesley Thomas, Jacob Ferguson, Kaitlyn Bryce, Jaymee Bryce, Elizabeth Whitbread, Cooper Perry x 2, Connor Edwards, Anna Young, Kaitlyn Hush, Scarlett Dennis, Sam Morris, Angus Black.

Mathematics Award

Congratulations to Joseph Hockey, Year 6, on his attainment of a High Distinction in the AMT Maths Challenge. This competition is only entered by students of very high mathematical ability which makes this award very special indeed. Joseph had to prepare written answers to six very difficult mathematics problems and achieved excellent marks on all of these. Well done Joseph!

Mr David Hamaty
Head of Mathematics, Senior School

Kind and Caring Award

Andrew Zhao (1M) received a well-deserved 'Kind and Caring' Award this week in Chapel because he very quietly and solicitously looked after a fellow student who was feeling very sad.

Lunch

Some teachers have noticed that children are finishing all of their lunch at recess time and then do not have enough for lunchtime. We suggest that it would be a good idea to talk with your children to make sure that they have enough food. An extra sandwich or piece of fruit might be all that is needed to sate a healthy appetite.

Travelling Art Show

The JSHAA Travelling Art Show will be on display in the common room (adjacent to the administration building) on Tuesday 21st, Wednesday 22nd and Thursday 23rd November. Parents and friends are warmly invited to visit the College to view these lovely works. We thank Mrs Power for her fantastic guidance and the way in which she inspires our children to produce such creative work.

Premier's Reading Challenge

The 2007 Premier's Reading Challenge has already begun. You can start reading for the 2007 Challenge now. Books read from 1 September 2006 can count towards the 2007 Challenge. You may continue to use the current booklist and read your own personal choice books. The 2007 booklist will have lots of new books added and will appear on this website during November.

If you visit the website: <http://www.schools.nsw.edu.au/premiersreadingchallenge> you will read this message from the NSW Premier, Mr Morris lemma: "Congratulations to all the students who completed the 2006 Premier's Reading Challenge. It is a wonderful achievement and you should all be very proud. My thanks also to all the teachers, teacher-librarians, librarians and parents who supported our young readers in their quest.

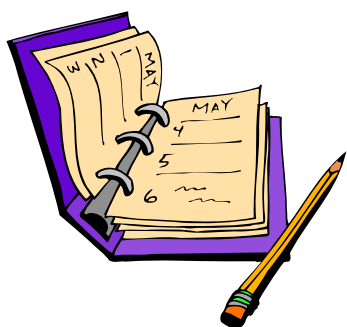
I hope the 2006 participants will return to next year's Challenge with even greater enthusiasm. But, more importantly, I hope they have begun a journey into the world of ideas and imagination that reading can provide for a lifetime."

We hope that many students will take up the challenge to participate in the next challenge.

Susan Pearson
Head of Junior School

Dates for the Diary

Yr 12 Chemistry & Physics to Sydney	16/11/06
Transition to High School Parenting Night	16/11/06
Year 6 Disco	17/11/06
Yr 10 School Cert exams	17/11/06
Yr 11 Community Service	17/11/06
Years 1-6 Orientation Day	17/11/06
P&F Meeting	20/11/06
Yr 10 Work Experience	20-24/11/06
JSHAA Travelling Art Show in the NAC staff common room	20-22/11/06
CSSA Super 8's Cricket	20/11/06
K-6 Street Sense Presentation - RTA - Gym	21/11/06
LOTE Presentatiuon to Yr 1 & 2	23/11/06
Debating workshop Yr7-9	23/11/06
Yr 7-9 Interschools Mathematics Challenge @ Cedarvale Christian College- Unanderra.	24/11/06
Yr 6 to Canberra, Parliament House, Questacon, Mint.	24/11/06
Yr 10 first aid day 3 (15/16 & 27th Nov.	27/11/06
1M & 1G Excursion to Jamberoo/Minnamurra Rainforest	28/11/06
CSSA Zone Touch Football	28/11/06
SS Inter School Debating Competition (H Block Library)	30/11/06
Year 6 Graduation Dinner	05/12/06
K-12 Christmas Chapel	07/12/06
Year 8 beach & water safety at Gerroa/Currarong. OSSA awards	08/12/06
Yr 12 PDHPE to Shoalhaven River from Grady's Beach Nowra.	10/12/06
Junior School Presentation Evening	12/12/06
SS Presentation Evening	13/12/06
LAST DAY TERM 4 - STUDENTS	14/12/06
Duke of Ed Budawang's National Park	14/12/06
LAST DAY OF TERM 4 - STAFF	15/12/06



Whole College News

Post Excursion Pick-Ups

Could all parents please ensure that, when students are returning to College from excursions after-hours, that they are collected promptly.

End of Day Messages for Students

It would be most appreciated if, where possible, parents could please phone through messages/reminders for students regarding end of day arrangements by no later than 2.30pm. The end of the school day is a very busy time in the office and it is often difficult to get last minute messages through to children (as this entails physically running the note to the classroom).

We understand that unforeseen emergencies do arise and will do all we can to ensure that messages do get to the students. Thank you for your cooperation.

2006 Presentation Evenings

Please ensure that you mark the following dates on your calendar:

Junior School Presentation Evening - Tuesday 12th December, commencing at 6.00pm.

Senior School Presentation Evening - Wednesday 13th December, commencing at 6.30pm.

Please note that the attendance of all students is compulsory. Student are required to be in full Summer uniform, without hats. At the conclusion of each evening, Semester Two reports will be issued.

Trinity College of London Examination

Year 10 student, Michael Stretton, sat the Grade 4 Trinity College Individual Acting Skills practical examination in October and achieved a Merit.

In November a number of students sat practical music exams also conducted by Trinity College. Following are the results obtained:

Izac Sadler, Percussion - Merit
Jacob Antonio, Violin - Distinction
Ashleigh Phillips, Trumpet - Merit
Dimity Adlington, Cornet - Merit
Emily Antonio, Violin - Merit
Melissa Morris, Trombone - Distinction
Natalie Wolfe, Alto Saxophone - Distinction
Kimberley Coysh, Clarinet - Merit

Congratulations to all these students on their fine results.

Year 10 Formal Photos

Shoalhaven Studios will be taking your Year 10 formal photos. They will be available for purchase on their website: www.shoalhavenstudios.com.au within 48 hours of your formal. Go to the "School formal photo sales" link, select 2006, then select your school. The password for your school is: nac2006yr10

Call us on 4422 1441 if you have any queries.

Shoalhaven Studios

Canteen News

Summer Menu Attached to this newsletter is an easier to read version to replace the last edition.



Slinky Apple Machines. There are four left. Come to the canteen for immediate pick-up if you would like one, they make great Christmas presents - \$35 each.

Canteen Volunteers Roster for next year will be prepared over the Christmas holidays so if you are a current volunteer and do not wish to be on the roster for next year or need to change the day you volunteer please let Barbara know.

Breakfast @ NAC will commence next year. This is an exciting initiative for which we have gained some funding through South Eastern Illawarra Health Service to provide a simple healthy breakfast meal for students and staff arriving at school early. In addition to providing breakfast, Nutrition Education will be provided to the school community encouraging the importance of eating breakfast. The finer details are yet to be worked out, but the canteen is seeking a volunteer or group of volunteers who may like to do a regular spot (1,2,3 days a week) for 1 hour between 7.45am and 8.45 am to prepare and serve breakfast. If you, a family member or church group would be interested in this, please contact and speak with Barbara at the canteen.

Keeping Lunchboxes Cool

To keep lunch boxes fresh include a frozen bottle of water or ice brick.

Be selective about what you pack, especially on hot days.

Try to avoid cold meats, chicken and eggs on hot days.

Remember the canteen makes sandwiches, salads & fruit salads, great for hot days.

Barbara Chambers

P&F News

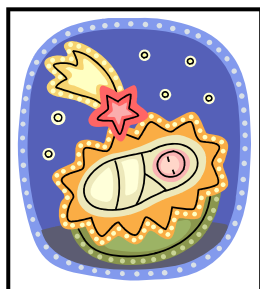
The final P&F meeting for 2006 will be held on Monday, 20th November in the Staff Common Room, commencing at 7.30pm. All welcome.

2007 AGM

The Annual General Meeting of the Parents' & Friends' Association will be held on Monday 19th February 2007 at 7pm in the College Common Room. Coffee and Dessert will be served - we'd love to welcome some new faces to our number.

Christmas Card Sales

Each family in the Junior School should by now have received home a bundle of three packs of Christmas cards (beautifully designed by NAC Junior School students) to sell (5\$ each pack or three for \$10). All money and any unsold cards must be re-



turned to Student Services, in the envelope provided, by Friday, 1st December.

A wonderful day of retail therapy was enjoyed by all on last weekend's Warehouse Shopping Trip, with approximately \$1500 being raised for the P&F on the day. What an outstanding effort by some very serious shoppers. A huge vote of thanks to Ronwyn Miller for organising the day and Sandra Herdman for all her hard work behind the scenes.

Community Announcements

The Boyfriend

(A Musical by Sandy Wilson)

The Boyfriend, a fun Musical set in the 1920's, is being put on by Nowra Players this month. Several NAC students are in the production and the Musical Direction is by Sarah Turvey, a music teacher at the College. NAC students taking part are Adam Buncher, Bryce Halliday, Hannah Mitchell, Luke Iredale, James Devlin and Izac Sadler. Shows are from November 17 to December 2 and tickets are available from Fireball Records in Morisons Arcade, Nowra.

Junior Chess Tournament

(Under 18 Year Olds) 7 ROUND SWISS

10:00am Sunday 19th Nov 2006 (Approximately 10:00am to 4:00pm) at CRINGILA COMMUNITY HALL, 32 Lake Ave CRINGILA. Trophy Prizes: 1st, 2nd, 3rd + Age Groups. Games will be rated by NSWJCL. Results will influence qualification to 2006 NSWJCL Country Championship. Entry Fee: \$10. Arbiter and Information: JOHN MAZZIERI, [02] 4283 3080, mazzieri@swiftdsl.com.au. WOLLONGONG JNR CHESS CLUB meets Thursdays 4:00-6:00pm (not school hols) Fairy Meadow Community Centre.

Fundraising

Morning Tea

You are invited to a morning tea to raise money for the medical clinic at Veppamarathur in South India. From 9am, Saturday 18th November at 18 Magnolia Grove, Bomaderry (off Jasmine Drive). Donation \$5. There will be a trading table, plants, gifts and a silent auction for a family holiday. Enquiries: Lee Morrow 44234117 pf 0413 929950.



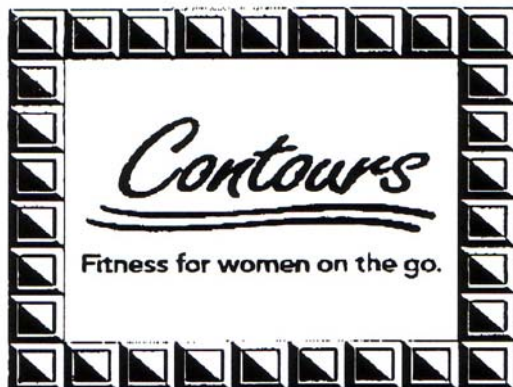
Where does your money go?

Free workshops for parents and carers to learn about how to talk to your kids about money, great budget tips, what's available in our community... at the Y Cottage, 132 Kalander Street, Nowra Easts. Each Thursday from 9th November to 7th December 9.30-11.30am, free re-

freshments. Contact Lewis McLeod or Daphne at YWCA 442238501 or email daphne@ywca.nsw.com.au.

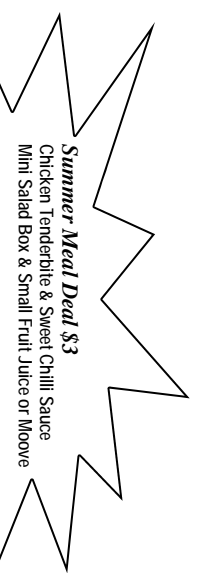
Could you be an Aunty or Uncle?

Would you like to support a child in your local community? You can by becoming an 'Aunties & Uncles' volunteer carer and spending as little as one weekend a month linked to a child in need. CareSouth is a registered charity providing services to children and young people in need of support. We are seeking individuals and couples from all walks of life who are interested in giving some of their time to a child in the Shoalhaven and surrounding areas. Full training and ongoing support is offered. Assessment and Police working with children checks are required. We have children in need of your friendship and guidance from 2 to 12 years old. Can you help? To find out more contact Clare Wilson at Care-South's Nowra office on 44236833 or 1300 554260.



Present this ad. and **SAVE \$195** on our Membership Fee. **PLUS** for every parent or guardian who joins from your school we will donate \$10-00 to your school. If you would like to try before you buy we are happy to offer you a free trial workout. Call us to see how we can help you to achieve your goals and see a new you this summer!
1st Floor, Holt Centre, 29 Kinghome St.
Nowra. Ph: 4422 8869
Valid to 30/11/2006

Nowra Anglican College School Canteen Summer Menu—Term 4 2006—Term 1 2007



Summer Meal Deal \$3
Chicken Tenderbite & Sweet Chilli Sauce
Mini Salad Box & Small Fruit Juice or Moove

Recess

Daily Hot Food Specials @ Recess

Choices vary daily and include: Herb/Garlic Bread, Muffin Melts, Scrolls, Toasted Wraps, Pizza Slices, Pies, Sausage Rolls, Nuggets & more....From 50c-\$2.00

The following are available at the counter for recess & lunch.

Fresh Fruit	from	\$0.60
Fresh Fruit Salad	small	\$1.00
	medium	\$3.00
Yoghurt		\$1.65
Frozen Yoghurt		\$1.30
Custard	Small	\$0.65
	Large	\$1.80
Muffin Slices		\$0.80
Banana Bread	Half	\$1.00
Finger Buns	Half	\$0.80
	Whole	\$1.60
Sandwiches and Wraps		\$2.00-\$3.00

Lunch

Sandwiches

Made on Wholemeal. Multigrain & White available.

Vegetite		\$1.00
Cheese or Egg		\$2.00
Salad (no cheese)		\$3.00
Chicken, Ham, Tuna or Turkey		\$3.00
Salad + Chicken, Ham, Tuna, Turkey or Avocado		\$4.00
Extras Mayo, Lettuce, Onion, Sauces		\$0.20
Hummus, Pineapple, Tomato , Cheese		\$0.50
Avocado, Semi dried tomato, Tabouli		\$1.00
Rolls, Wraps, Toasting available		Free

Super Sandwiches all \$5.00

1. Turkey, cranberry, camembert cheese, lettuce.
2. Chicken, avocado, semi dried tomato, sweet chilli sauce & lettuce.
3. Felafel, hummus, tabouli, tomato, lettuce in a wrap.

Salad Boxes

Mini Salad Box	\$1.50
Salad only	\$3.00
Salad with cheese, chicken, ham or egg	\$4.00
Wholemeal bread roll	\$0.60

Hot Food – available every day

Chicken Tenderbitles & Sweet Chilli Dipping Sauce	\$1.25
Pizza – Ham & Pineapple	\$1.50
Lasagne – Meat or Vegetarian	\$2.00
Hot Dogs	\$1.80
with sauce	\$2.30
with sauce & cheese	\$3.00
Hot Rolls	\$3.00
Ham, cheese & pineapple	\$0.60
Corn on the Cob	\$0.60
Cheese & Spinach Triangles	\$2.00

Daily Lunch Specials

Mondays – Fried Rice – homemade fried rice With egg, vegetables & asian flavours	\$3.00
Tuesdays - Toasted Wraps Ham OR Chicken with tomato and cheese Vegetarian – tomato, capsicum, zucchini & cheese	all \$2.00
Wednesdays -Salads Caesar Salad	\$3.00
Chicken Caesar Salad	\$4.00
Thursdays -Pasta served with a sprinkle of parmesan Bolognese	\$3.00
Napolelana (tomato & basil)	\$2.50
Fridays – Burgers Chicken, Beef, Fish or Vegetarian with lettuce mayo or sauce	\$3.00
with salad, mayo or sauce	\$4.00
Sauces - Tomato, BBQ, Sweet Chilli & Mustard 25c ea	

Drinks

Water	\$1.20
Plain Milk	\$0.70
Moove – Chocolate, Strawberry, Banana	\$1.00
Oak – Chocolate, Coffee	\$1.70
Oak – Chocolate, Strawberry	Large \$2.50
Just Natural – Mail, Honey & Chocolate	\$2.50
Juices	
Orange, Orange Mango, Apple Small	\$1.00
Orange, Orange Mango, Pineapple	Large \$1.50
Fruit Smoothie – Breakfast or Berries	\$2.50
Popper Fizz	\$1.00
Aloe Vera Juice	\$2.50

From the freezer – lunch only

Paddle Pop Thickshake	\$1.60
Splice	\$1.60
Paddle Pop-Choc, Rainbow	\$1.20
Callippo Minis-Lemon, Raspberry	\$0.80
Fruit Stack or Icy Ooze	\$0.50
Orchy Cups-Orange, Apple	\$0.60
Icy Bites	\$0.30
Zingers	\$0.40
	Whole \$0.40
	Half \$0.20
Blizzard Frozen Fruit Juices	\$1.50

Extras – lunch & recess

Red Rock Deli Chips or Snakata	\$0.80
Popcorn (BBQ or plain)	\$0.90
Rice Chips or Pretzels	\$0.50
Milo Bars	\$1.00
Jumpys	\$0.60
Cookie Max	\$0.80
Jelly Sticks	\$0.15

Slinky Apples

Bring your own apple	20c
Buy a slinky apple	60c

WATCH THE COUNTER FOR OTHER LUNCHTIME SPECIALS

Tips to help when ordering from the new menu

Recess Specials

Recess specials are advertised everyday at the canteen. Recess specials are not available for lunch orders. Leftovers (if any) will be sold over the counter at lunchtime.

Recess Prices

Herb/Garlic Bread	\$1 or half 50c
Muffin Melts	\$1
Scrolls	\$1
Toasted Wraps	\$2 or half \$1
Raisin Toast	\$1/slice
Pizza Slices	\$2 or half \$1
Tenderbites	\$1
Nuggets	3 for \$1
Meat Pie	\$2
Mini Pie	\$1
Sausage Rolls	\$1.80

Fresh Fruit

The variety and prices of fruit will vary according to availability and market prices. Grapes, watermelon, rockmelon apples and oranges are generally always available. Fruit and fruit salad can be ordered for lunch.

Sandwiches

All sandwiches are made on wholemeal bread. If other breads are required, including gluten free, please request.

Super sandwiches must be ordered.

Salads

Salad Boxes consist of a range of salad vegetables that may include lettuce, carrot, cucumber, celery, tomato, beetroot, alfalfa, capsicum etc and come with a sachet of dressing.

Mini salad boxes consist of carrot sticks, cucumber, celery, tomato and capsicum. No dressing is provided.

Hot Food for lunch

Hot food available everyday is listed. **Daily Hot Food Specials** are only available on the designated days.

Other lunchtime specials that can only be purchased over the counter at lunchtime will be advertised at the canteen and in the newsletter as appropriate.

Chicken Tenderbites

Tenderbites are crumbed chicken tenders. The Tenderbites are served with a sweet chilli dipping sauce.

Tomato or BBQ sauces are also available or no sauce can be requested (\$1).

For the Junior school only

½ serves of pasta, fried rice, salads, sandwiches and wraps can be ordered for ½ the price. Orders should be marked small.

Ice Creams and Iceblocks are only sold at lunchtime.

Blizzard Frozen Drinks – it is preferred that these drinks be purchased over the counter rather than on lunch orders.

Frozen items ordered with lunch orders must be picked up from the canteen.

No confectionery or soft drinks are available. Cheapest item available is 10 cents.

Junior school lunch orders are handed in at the classroom. Senior school orders need to be left at the canteen before school starts.

All lunch orders need to be at the canteen no later than 9.30am.

Any problems? Please see Barbara or Penny at the Canteen.