



MOSSMAN HIGH NEWS

Issue 1

14th February, 2014

Principal's Message....

Dear Parents and Carers

We have had a fantastic start to our year. It is great to see our students well prepared and engaged in learning, demonstrating safe and respectful behaviours and wearing our full school uniform with pride.

Thank you to all parents and carers who have taken a keen interest in ensuring your students have made such an excellent start to the year by being here from day one, wearing the correct school uniform (including shoes), having all necessary equipment, and a positive attitude to their studies this year. We all have the same goals and dreams for our young people and working together makes these so much more achievable.

We must all have high expectations of our students. If students are attending school every day, putting in the extra effort to do their best, striving to improve, and demonstrating safe and respectful behaviour they will achieve greater success.

Our teaching staff are continuing to use explicit teaching practices in all classrooms every day, and we are fortunate to have two teachers from our Regional Explicit Teaching Team, Ann-Maree Duesbury and Tevi Men working with us to improve our teaching practice.

We have also continued to use a whole school approach to collect and analyse individual student's data to monitor their progress and develop evidenced based learning plans to address individual students learning needs. We have developed our class groupings using evidence based data so that we can more effectively cater for student's needs. Every teacher uses individual student's data for each class to develop their teaching and learning programs.

We continue to focus on NAPLAN testing as one of the pieces of data that we can use to check every students progress against students across Australia. We are committed to ensuring every student reaches the National Minimum Standard for their year level and to increasing the number of students who reach the Upper Two Bands for their year level. I am aware that the NAPLAN Test has received negative reports in the media over recent years and this is not helpful in our attempts to ensure that we are using all sources of data to monitor every student's progress.

I am therefore asking all parents of Year nine students to support and encourage their students to participate in all aspects of preparation for their NAPLAN test. It is important that all students perform to the best of their ability in each of the strands of the test as the results provide us with data that allows us to continue to assist every student to build on their skills, abilities and knowledge.

PRINCIPAL
Deborah Kachel

DEPUTY PRINCIPALS
Jeff Umback
Stephen Guthrie

HEADS OF DEPARTMENTS
Christina Uhlik
Jim Murdoch
Leanne Stollery
James Wall
Julia Toft
Tracy Butland
Cassie Morris

YEAR CO-ORDINATORS
Year 8 - Ben Vikionkorpi
Year 9 - Anita Harrold
Year 10 - Jim Buckley
Year 11 - David Mathewson
Year 12 - Greg Cox

ATTENDANCE OFFICER
Kim Edwards

BUSINESS SERVICE MANAGER
Cindy Chamberlain

**COMMUNITY EDUCATION
COUNSELLOR**
Eileen Burchill

GUIDANCE OFFICE
Denise Landers

SENIOR PATHWAYS COODINATOR
Greg Hamilton

SOCIAL WORKER
Anne Mayne

YOUTH HEALTH NURSE
Wendy Fry

OFFICE HOURS
8:00 am - 4:00 pm
Monday - Friday

TELEPHONE - 4084 1333
FAX - 4084 1304

POSTAL ADDRESS
PO Box 178
Mossman Q 4873

EMAIL
info@mossmanshs.eq.edu.au

WEBSITE
www.mossmanshs.eq.edu.au/wcmss/

FOLLOW US ON FACEBOOK:
@https://www.facebook.com/
MossmanStateHighSchool

Many of you will be aware that schools are receiving extra funds this year as part of Great Teachers = Great Results. We have prepared a Great Results Guarantee in consultation with our P&C Association to outline how this funding will be used to achieve outcomes that our students will achieve. Once this document has been approved and signed by the Director-General it will be displayed in the office foyer as a commitment to achieving improved outcomes for our students.

Our Year eight parent evening will be held on Tuesday 25 February and I am sure that we will see all parents and caregivers of Year eight students here for this very important evening. We will meet in the resource centre for a brief welcome before moving into class group to attend mini lessons with your student's teachers. The tuckshop will be serving a delicious variety of foods for a 'lunch' break so that you are able to experience all aspects of your student's school day. I look forward to meeting you all on this evening.

Our Junior and Senior Leaders Induction is being held at 8.45am on Monday 24 February and all members of our community are invited to this very special event. These students are exceptional leaders and make a significant contribution to our school. We are very fortunate to also have the opportunity to induct our police liaison officer, Constable Jason Fallon at this ceremony. Jason has already been visiting our school and we look forward to his involvement in our many school activities during the year.

I look forward to a very successful year for our students. I invite all parents and caregivers to attend all events and contact staff on a regular basis to connect with your student's learning. Every student meets each morning with their form teacher who is a great support person for your student. Your student's form teacher or the year co-ordinator is someone you can contact to discuss your student's specific needs.

As I stated earlier, we all have the same goals and dreams for our young people and we need to work together to support them in achieving success. I look forward to working with each of you as your student works toward a very exciting and successful future.

Kind regards

Deborah Kachel

Mossman State High School Parents & Citizens Association

PO Box 178
Mossman Q 4873
Phone 07 4084 1333
Fax 07 40841304

Application for Membership 2014

Please complete and return this form to the office

Name: _____

Address: _____

Please let us know of any special interest or concerns you have about your children's education.

Phone No: (H) _____ (W) _____

Email Address: _____

Date: __/__/__ Signature: _____

P&C use only

Date received: __/__/__ President's Signature: _____

Date accepted: __/__/__ Secretary's Signature: _____

P&C AGM

Thursday 13th March

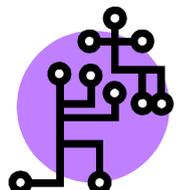
The P&C would like to invite all school community members to the AGM which will be held at 7pm in the staff common room on Thursday 14th March. All executive positions will be up for re-election and we look forward to putting a new team together for 2014. Being a member of the executive is not a particularly time consuming job, (especially now that we have our paid bookkeeper!) and is a great way to keep up to date with everything happening at the school.

We encourage all parents and guardians to become members of the P&C by completing the attached membership form and returning it to the office as soon as possible. If you put your email address on the form, we can keep you up to date with the minutes of the monthly meetings for those who are unable to attend.

Kind Regards,

Sharon Case

P&C Secretary



NEWS FROM THE MATHEMATICS DEPARTMENT

Welcome back everyone.

It is fantastic to see most students with all of the resources necessary to make a solid start to their mathematics studies for the year.

It is extremely important that textbooks from last year are returned to the school library, as they are needed for re-use this year. **Students will be unable to borrow a text for this year if they have not returned last year's text.**

PARENTS OF YR 12 STUDENTS & STUDENTS WHO HAVE GRADUATED

We are trying to source pre-loved TI-84 or TI-84plus graphing calculators for several of our Year 11 Maths B and C students. If you have one of these calculators and have no further use for it, could you please call the Maths department and we will organise contact with the students who are interested.

If you have any queries regarding your student's classes or the above information, please call during school hours on 4084 1333.

Sincerely

Leanne Stollery

HOD – Mathematics & Senior School



*An invitation is extended to Year 8
parents to attend the
Year 8 Parent Night
Tuesday 25th February 2014
Resource Centre
6.00 – 9.00pm*

*The evening will commence at 6.00pm with a
brief introduction followed by a
series of "mini-lessons" presented by each of
your student's teachers including dinner at
the Tuckshop.*

The evening will conclude at 9.00pm.

Pathways Evening

Years 10, 11 & 12 students and their parents are invited to attend 12th March, commencing at 6pm in the Resource Centre.

Finger food and drinks will be available from 6pm and presentations will commence at 6:30pm.

For further enquiries please call
Greg Hamilton (Pathways Officer)
40841313



Expressions of Interest Starting March 2014

Is Parenting becoming painful? Tell us about it!



P5 is a six week parenting program where parents can discover tools to turn things around and discover *pleasurable parenting!*

P5 stands for **Participatory Program Promoting *Pleasurable* Parenting**

Come along and explore the challenges we *all* face as parents. Discover some new responses to children's behaviour and feel renewed confidence in your relationships with your child/ren. And have some fun

- For: All Parents and carers of children from baby to teenagers
Where: Port Douglas Neighbourhood Centre
When: Starting late Feb/March 2014
Time: To be negotiated
Runs till: For 6 sessions
Cost: \$60 per course, Covers course materials & lunches
Babysitting: Limited babysitting available - please contact us.

All Welcome

Call 4099 5518 to book

Email - family2@pdnc.org.au

See www.p5australia.com.au for more info

Year 8 News

Hi, my name is Ben Vikionkorpi and I am the Year 8 Coordinator for 2014. I am really looking forward to working with all the students at MSHS, especially the year 8's and their parents, to ensure that you and they have the most successful year possible.

For all parents new to Mossman SHS, I'll tell you a bit about myself. I have been teaching for 11 years now, with the last 8 being here at Mossman SHS. I was hesitant in moving up here from my first post in Charters Towers, not because I didn't want to leave Charters, but, as I was born, bred and raised in Cairns (don't hold it against me), all I heard was unfounded negative comments about Mossman. Entering the school with trepidation, I quickly changed my opinion of the place, and have grown to absolutely love the school, the people, the community of Mossman and its surrounding areas. (And as I quickly realised, the comments were simply not true). I can't imagine a more beautiful place to be teaching, living and raising my young family. Newell Beach is now my home (along with half the teachers from Mossman and North it seems), and I would love to be here forever.

As well as being the Year 8 Coordinator, I am also the Sport Coordinator at MSHS. It's the first time I've done the dual role, and am still finding the balance between the two, but am enjoying every minute of it.

Going from year 7 to year 8 is a giant leap for the student's as well as their parents! It can be scary, exciting and daunting, but is it something that everyone remembers. I want all students and parents that walk through the doors of Mossman State High School to have the best experience that they possibly can. Whether the best experience is getting straight A's, being the Sports Champion, developing music abilities, just scraping through, working towards a trade, fitting in socially or any other foreseeable future, even if they don't know what it yet is, I want your child to be as successful as they can be. I want you and your child to enjoy Mossman SHS as much as I do. This is my goal for the year.

To help achieve this, I will be available as much as I possibly can, and be in contact with parents as much as I can. I move around the year 8 classes each morning during form, saying hello and chasing up loose ends. I regularly check emails and phone messages and respond ASAP. I really believe that having parental support is a key ingredient in a child's success at school, so I want to hear from you, whether it be positive or negative. I will endeavour to know each year 8 student as best I can so I can help them or guide them to the appropriate people when needed. Please feel free to contact me.

As the Year 8's are fitting in, I am getting their school camp organised. We are going to Laura and Cooktown in Week 10, from Tuesday 1st April to Friday 4th April (last day of Term 1). We will be doing guided walks of historical Aboriginal Artworks, having Grassy Hill challenges, playing beach cricket and volleyball, visiting the Captain Cook Museum, doing Cemetery challenges, and night time activities, and if we're lucky, we may see a ghost or two! Final details of the camp and cost are still being worked out, but it is expected that your child will be on camp. It is not just about having a camp, it is about getting the students to work and function as a unit by allowing them to get to know each other in a non-educational setting. This then helps them back at school. Early estimates of the cost are slightly over \$100, which includes bus travel to Laura, then Cooktown, shuttles around Cooktown, most food, all accommodation and return bus travel to Mossman. Your child will be camping at Laura, and sleeping at the PCYC in Cooktown. They will need to bring a tent, pillow and swag / thin rollable mattress to sleep in at Laura, and just their pillow and swag / rollable mattress in Cooktown. Students will be organised into groups of no more than 4 for camping at Laura, so one tent per group will be enough. This group organisation will start to happen in the next couple of weeks. Some lunches will need to be purchased, so students will need to bring some extra money for these meals. Plus, they also like to have so 'play' money so that they can purchase their own personal treats while on camp (this will be monitored and limited if necessary). This is a great opportunity and I strongly encourage all year 8's to attend.

That is the year's major event for year 8, and there will be many more, varied opportunities for the students to excel in throughout the year. I'll keep everyone posted about upcoming events in a timely manner.

I wish all year 8's a successful and fun year! Good luck, and don't hesitate to contact me.

Ben Vikionkorpi

Year 8 Coordinator

bviki2@eq.edu.au or 4084 1345 (Direct Staffroom number)



News from the Music Department



A small group of our musos performed admirably at our first Australia Day ceremony for our reformed Douglas Shire. The event was held at the Port Douglas Community Centre.

Stephanie Byrne wowed the crowd with her sensational vocals!

First term is up and running with the students returning their music forms and hiring their choice of instrument. Lessons started on Friday 7th. Our first band gig will be the Student Leader Induction on February 24th



A NOTE FROM THE CHAPLAIN.



The school chaplain is a non-teaching member of staff for young people to connect with at school and who provides a listening ear, caring presence and a message of hope.

Chaplains run positive activities and that assist in fostering a caring and supportive school community.

Working with other members of the school's support team, the Chaplain is available to care and support students struggling with issues such as difficult relationships with students or family members, poor self-esteem, family breakdown and depression. This support will be offered in conjunction with working with the Admin, Social Worker and Guidance Officer here at Mossman High School.

The partnership between the school and the Chaplaincy Service, supported by local churches, business and community organisations provides a network of local support for the chaplaincy service.

Please note that the Chaplaincy Service is available to everyone in the school community regardless of their racial background and religious beliefs.

My days at school are Monday – Friday. My direct telephone line is 40841347. My school email is cpapp5@eq.edu.au
Looking forward to working with you in 2014.

Carla Pappas (Chaplain)

From the SportsDesk

What a start to the year. 2014 has kicked off with a BANG with sports and sports activities being thrown at us from every conceivable angle. It's hectic but fun and we wouldn't want it any other way.

For those of you that are new to Mossman High in 2014, you probably don't know how our sports system works at the school and how it links into representative sports. I'll do my best to give a quick rundown.

Because of our location, we can't and don't run interschool sport competitions on a regular basis. We do however, at any chance we get, participate in organised, structured, specialist sports competitions, such as FNQ Schoolboys Rugby League, Queensland State Wide Cricket Competition, Vicki Wilson Netball, Bill Turner Soccer, Golden Glove Softball, Year 8 and 9 Rugby League Gala Days, and Mossman 7's Rugby League and Netball Competition as regulars, plus any others that may raise their head throughout the school year.

If your child likes those sports, or any others that we are involved in as a district, then they have the chance of representing our district, which is called Trinity Coast North. This district consists of ten schools in the northern part of Cairns; they are Mossman SHS, Smithfield SHS, Redlynch SC, St Andrews College, Freshwater CC, Peace Lutheran College, St Monica's College, St Augustine's College, Cairns SHS and Kuranda DC. The students at all these schools have the opportunity to make the TCN District team, for which they must attend trials which occur outside of school time, except for Cross Country and Athletics. These are the only sports where we take a school team to compete in the relevant carnivals in direct competition against the other schools whilst also vying for TCN selection. For the other sports, of which there are fourteen, that consist of boys and girls groups plus generally Under 15 and Under 19 age divisions, the students vie for selection outside of school time. Most TCN trials occur in Cairns, generally starting around 4:30pm, which can make it difficult to get to there to trial for the team. Only recently have we started grouping a range of sports together so that the trials run on the same day, allowing us to arrange bus transport to the sports venue and back to Mossman SHS, providing the students with an opportunity to trial for the teams that they may not normally have been able to.

All bus trips that we take require the students to pay for the bus. Where we can we try and subsidise the bus, but budgets stretch only so far, so most of the cost is brunt by the users. This unfortunately is a limiting factor for many students but it is simply unavoidable. The large majority of our bus trips have us getting back to Mossman SHS outside of school hours, so this requires parents to be at the school to pick up their child at the designated time. So there is equity for all families involved, students can only disembark at Mossman SHS, and not at any other location. As we have students that come from over the Daintree River and down to Oak Beach, it is not equitable to do drop offs on the way back to Mossman SHS, as students living north of the Daintree River would not get back in a timely manner to be ready for school the next day. Thus, Mossman SHS is the only pick point available.

Outside of these sports, we have other sports activities that we hold at school. These include Pink Stumps Day, HPE Week, Swimming, Cross Country and Athletics Carnivals, Annual Teacher vs Students Touch State of Origin series, and Inter-House sporting competitions which are run at lunch times but also as a part of the Year 9 and 10 PHA classes.

So how does your child find out about what is on? Our best method of communication with the students is through our **morning notices**, which are read out as a part of **Form Class and Assembly**. Form Class runs from 8:45 am until 8:55am Tuesday to Friday and a rotating assembly roster of Junior School Assembly, Senior School Assembly, Whole School Assembly and year level assemblies. These also start at 8:45am, but on Monday morning, and go for slightly longer than a normal form class. It is imperative that your child is at school on time each day so that they know what is going on and what opportunities exist for them (even if it is not of a HPE or Sports based nature). Apart from being on time, they also need to listen to the notices, so please drill this home to them.

Once they have got the sports information they need, generally the next step is to see myself or another member of the HPE staff at either 1st or 2nd lunch, where they can sign up or get the information they need to attend their chosen sport.

Phew – that's the short version. Now to what is currently on offer.

Of the 47 TCN and Peninsula dates on the calendar, 32 of those occur in Term 1. It's fair to say it's my busiest time of year. We have already had TCN trials for Under 19 Cricket, Softball, Baseball Tennis, but there were only takers for Cricket and Tennis. David Coulthard, Ethan McCullough, Kaiden Sorensen, Hayden D'Addona and Michael Schulz have all made the TCN 19 Cricket team. Well done lads!! Our first TCN selects for the year. They will compete for a sport in the Under 19 Peninsula Cricket team on Monday 17th February in Cairns. The TCN tennis team is being selected at the time of writing, and any successful students will be announced in the next newsletter.

Tuesday 18th is Cluster Day 1, with 19's TCN Football, 15 Girls Touch, 19's Girls and Boys Touch and 15 and 18yrs Rugby League nominees travelling to their respective destinations in Cairns by bus to trial. Thursday 20th, Cluster Day 2, sees TCN trials for 15's and 19's Netball, 18's Girls and Boys Basketball, 15's Boys and Girls Volleyball, 19's Boys and Girls Hockey, and 15's Boys AFL. These are again attended by bus travel. These sports have been on notices for the best part of three weeks

now, so all students have had ample opportunity to nominate to attend the trials.

Friday 21st is the Peninsula Swimming Championships. Students should register at HPE staffroom if they are interested. Students will be required to make their own way to these Championships which will be held in Cairns during school hours.

The other TCN trials that are occurring in the next month are 15 Boys Touch, 18 Boys Rugby Union and 19's Boys and Girls Volleyball. Students that are selected in the TCN teams will be given the information they need to attend the Peninsula Championships / Trials, and will attend these during school time, making their own way to and from their respective venues.

We will again be holding our Pink Stumps Day on Friday 21st February. This day involves the whole school participating, from 2nd break until 3pm, in a range of modified Cricket games that will be spread out all over the Mossman SHS sporting fields. It will be normal classes from Form through to period 6. The main game starts at 1:30pm, with the Mossman SHS 1st XI taking on a Teachers team (Good Luck Teachers) with everyone decked out in their best Pink regalia. The aim of the day is to raise money and awareness for the Jane McGrath Foundation, which places Breast Cancer nurses all over Australia, to help those people and their families who are affected by Breast Cancer. This foundation was started and is still organised by Australian fast bowling legend Glenn McGrath, when he lost his wife, Jane McGrath, to Breast Cancer. It is a really fun, great day and I strongly encourage everyone to bring a gold coin donation and dress up in their best pink. Let's Pinkify MSHS!!!!



Week 6 this term is HPE week. We will be running various competitions throughout the week, including running, throwing, shooting and dancing activities where various prizes will be available for our competition winners. Listen out to notices for more information.

Friday 14th March is our first major carnival for the year, with our annual Swimming Carnival being held at the Mossman Riverside Leisure Park. This gives the students an opportunity to let their hair down before knuckling into the assessment phase of the term. This day provides plenty for all; fun group activities for non-serious swimmers, modified races for those who are aqua

phobic as well as dance and trivia competitions, but the most important part of the day is for the serious swimmers and the red racing that occurs in the pool. This culminates in the presentation of our Inter-House Swimming Age Champions and Overall Swimming Carnival Champions! Now is the time to get swimming while the weather is still warm so we can knock off last year's Champions House, Jalbil!

Following this, much later in the year, hopefully during the September holidays, I am endeavouring to take our Mossman SHS 1st XI Cricket Team on a tour of New Zealand. This group of boys has been one of the most successful groups within the last 5 years by performing at high levels in their Cricket competitions, taking out local and regional titles, and also being among the top performing academic students in the school. This is a just reward for the students, but requires a lot of planning and work to get it going. To make this happen, we will be doing as much fundraising as we possibly can to ensure it is as affordable as possible. Hopefully in the near future I will be able to announce a raft of fundraising activities, including a Trivia night, car washes and raffles to name a few. To do this though, we need community support to donate various items that we are able to raffle through our various fundraising activities. If you or you know of someone, that is able and willing to help out, then please contact me and we'll work something out. This is a really exciting time for us and I'd really like to make this happen for such a fantastic group of young men.

That's it I think! Hopefully I haven't forgotten anything.

Until the next 'From the SportDesk',

Get Swimming!!

Ben Vikionkorpi

Sports Coordinator





Year 9 science students have been studying different forms of heat transfer.



Here they are working with convection .

WANTED

Any families who may wish to host an International student who is on an organised EQI short term visit to our school in 2014.

'international experience without leaving home'

Short term commitment (2-3 weeks)



Register Expression of Interest
Mrs. Dunn-Balzer
G Block staff room

Education Queensland International Guidelines

- All people over 18 must hold Volunteer Blue Card issued by Commission for Children and Young People and Child Guardian
- Treat the student as part of the family
- Communicate with student in English
- Clean household with safe, secure and adequate sleeping arrangements with suitable space
- Three meals a day plus snacks
- Supervised transport to and from school
- Access to bathroom and laundry facilities
- No other international students from same country should be in house during dates of study tour program

YEAR 9 ARTISTS IMPRESS RSL



I have to say, whenever our students get involved in the community, it is always a positive and rewarding experience, often resulting in exceeding the expectations of community members and organisations.

Last April as the High School hosted one of its most popular events, the ANZAC Day Ceremony, we were asked to be involved in a major public arts project for the RSL. Following extensive archival research, with sample images and a design brief provided by the RSL committee, lots of experiments, planning and ideas, a range of personal responses were submitted by the students from the year 9 Creative Arts class for consideration.

The RSL members came along on a number of occasions to discuss the mural project, the armed forces, and to check on progress. The final design was an amalgamation of everyone's ideas, with the entire class participating in the painting of three very large panels. (The final mural was 1.5 x 7.4m in size.)

The students had a fabulous time, and were often found working during lunchtimes as well, right up the last day of school. They chose a monochromatic approach as a reflection of the printed newspaper and letters of condolence – black and white. The shadows in the background represent all those who were lost yet never forgotten, their shadows remain. The various images reflect the range of careers and roles within the armed forces, and the poppies are a recognised symbol of WW1.

The unveiling and grand opening of the mural will be taking place in the next few weeks, and our students will be celebrating their involvement with a BBQ and some well-deserved publicity. The mural will be installed at the Mossman RSL along the car park fence.

Many thanks, congratulations and a huge well done go to all of those students who worked on this project!!!

Mrs Nada Petrasevic

1300 30 1300 Parent Line www.parentline.com.au

Parentline provides a phone counselling and support service for Queensland parents and primary caregivers. The service operates from 8 am to 10 pm, 7 days per week.

It provides immediate crisis counselling.

You can participate in a series of phone sessions with a Parentline counsellor, who will work with you to create strategies that will enhance your parenting skills and family relationships.

One of the programs used by our Parentline counsellors is the Positive Parenting (Triple P) Program, developed by the University of Queensland after 25 years of extensive research into family dynamics.

Research shows that people who complete parenting skills programs like those offered by Parentline and apply them in their family, often report having better communication with their children, improved relationships and lower levels of stress in the home.

Common issues that are discussed are, assisting your teen to ...

- ◆ Cope with anxiety and depression
- ◆ Think about drinking alcohol and taking drugs
- ◆ Negotiate friendships, relationships and bullying
- ◆ Phone and internet issues
- ◆ Think about sexual relationships
- ◆ Truancy, suspension and expulsion
- ◆ Information to support Indigenous families
- ◆ Information and support regarding disabilities



MOSSMAN STATE HIGH SCHOOL TUCKSHOP PRICE LIST 2014

SANDWICH (whole) \$4.00 (half) \$2.00

CHEESE ROLL (whole) \$5.00 (half) \$2.50

FOCCACIA ROLL (whole) \$5.00 (half) \$2.50

Chicken & Salad; Chicken, Salad & Mayo; Roast Beef & Salad; Ham & Salad; Salad.

WRAPS \$6.50

CSM - Chicken Salad & Mayo

CSM & S/C - Chicken Salad & Mayo + Sweet Chili Sauce

CS - Chicken & Salad

CAJUN - Chicken, Cheese, Carrot, Lettuce, Steak Seasoning & Ranch Dressing

CAESAR - Cos Lettuce, Bacon Pieces, Parmesan Cheese, Chicken & Caesar Dressing

RBS & BBQ Sauce - Roast Beef, Salad & BBQ Sauce

SALAD - Lettuce, Tomato, Carrot, Beetroot, Cucumber & Cheese

SALAD - Small \$4.20 Large \$6.40

PASTA - Pasta, Cucumber, Carrot, Tomato & Ranch Dressing

CHICKEN & PASTA SALAD - Chicken, Pasta, Cucumber, Carrot, Tomato & Ranch Dressing

CHICKEN CAESAR SALAD - Chicken, Cos Lettuce, Bacon, Parmesan Cheese, Croutons & Caesar Dressing

CRISPY NOODLE & CHICKEN SALAD - Chinese Cabbage, Shallots, Almonds, Noodles, Chicken & Salad Dressing

CHICKEN & SALAD - Chicken, Lettuce, Tomato, Carrot, Beetroot & Cheese

ROAST BEEF & SALAD - Roast Beef, Lettuce, Tomato, Carrot, Beetroot & Cheese

PIE

SAUSAGE ROLL

BANANA (Dried)

FRUIT (Seasonal Variations)

MANGO (Frozen with a spoon)

GINGERBREAD STUDENT

MUFFIN-CHOCOLATE

FROZEN FRUIT ICE

WATER (600ml)

PUMP WATER (750ml)

MILK-PLAIN (600ml)

MILK-PLAIN (600ml)

MILK-SMALL Flavour Chocolate, Strawberry, Iced Coffee

MILK-LARGE Flavour Chocolate, Strawberry, Iced Coffee

FROZEN BREAKA-Chocolate, Straw, Iced Coffee,

Vanilla

JUICE (BERRI)-Orange, Multi V, Apple, Apple B/C

JUICE-LOL-Razz Itri, P Chi, Tropical, B/C

JUICE-POPPER-Apple, Apple/B, Tropical,

Apple/Mango

JUICE-DAILY-Orange

\$4.00

\$2.00

\$1.00

\$1.00

\$2.00

\$2.00

\$2.00

\$0.50

\$1.50

\$3.50

\$0.80

\$2.00

\$2.00

\$3.50

\$1.60

\$2.50

\$2.00

\$1.60

\$2.50

SUSHI

(Wednesday & Friday)

\$3.50

Chicken Teriyaki

Chicken Avocado

Chicken Philly

Seafood Avocado

Veggie



DAILY SPECIALS

MONDAY

FISH BURGER

(Crumbed Fish with Lettuce & Mayo on Long Sesame Roll)

FISH BURGER WITH SALAD

GARLIC BREAD

TUESDAY

CHEESE ROLL PIZZA

FOCCACIA ROLL PIZZA

HOT DOG

HOT DOG & CHEESE

SWEET CHILLI CHICKEN TENDER SUB

\$4.30

\$5.00

\$2.60

\$2.80

\$2.80

\$2.80

\$3.30

\$4.60

WEDNESDAY (NO PIES OR SAUSAGE ROLLS SERVED TODAY)

COCONUT CHICKEN CURRY & RICE

\$4.80

HONEY SOY CHICKEN & RICE

\$4.80

FRIED RICE

\$2.50

PIZZA ROUNDA

\$2.50

THURSDAY

CHICKEN BURGER

\$4.80

CHICKEN BURGER & SALAD

\$5.80

SMALL CHICKEN BURGER

\$4.20

SMALL CHICKEN BURGER & SALAD

\$4.60

VEGIE BURGER

\$5.00

FRIDAY (SERVED ALTERNATE WEEKS)

NACHOS

\$4.60

SAVOURY MINCE ROLL

\$4.60

SPAGHETTI

\$2.50

LASAGNA

\$4.00

MACARONI CHEESE

\$4.00

CHICKEN NOODLE STIR FRY

\$3.00