PRINCIPAL’S REPORT

- Congratulations to super coach, Kim Finch, and the Blain Family for supporting our Senior Basketball girls in Ballarat on Monday. Our team played some tough competition from much larger schools and made it through to the grand final. They were just beaten by the home team, Ballarat.
- Participation in competition at this level would not be possible without the support of parents like the Finch and Blain families and we are very fortunate and grateful to these families for giving up their time to make the day possible.
- Basketball is dominating the school calendar at the present with Hooptime well underway. Once again parents are playing a big part in supporting our students and we really appreciate the support team that makes the trip to Terang each week.
- Jo Harris is having a big uniform sale over the next couple of weeks. Jo has been a fabulous supporter of the school, but is now changing the direction of her business. A big thank-you to Jo. Don’t panic, new uniform purchasing arrangements will be announced shortly.
- This year several of our staff members have had to deal with very traumatic experiences. I don’t want to go into details, but what I do want to say is thank-you, thank-you to all those community members who have assisted our staff through these events. The staff are very appreciative of all the kind words, support and offers of assistance. Overwhelming, unsolicited support is one very special aspect of our school and our community. It makes you very proud to be part of such a caring community.
- If you have any concerns or issues that you wish to discuss with me please feel free to give me a call at school (03) 5598 3381 or on (0407345324)

ROSSIE MOORFIELD
PRINCIPAL

ASSISTANT PRINCIPAL REPORTS

Senior Girls Basketball
Congratulations to our Senior girls’ basketball team who competed in the Greater Western Region Finals in Ballarat on Monday. The girls won their first two games to finish on top of their pool, before narrowly losing the final to Ballarat High School. This was a fantastic effort by our girls, well done!

Kids Matter Day

The planning of our Kids Matter Day is continuing to progress, with a wide variety of activities being planned for Wednesday September 3rd. While confirming bookings with organisations for the day, I have been very pleased to hear that they are also very excited about being part of our Kids Matter Day. Our timetable for the day is still being finalised and this will be published with our newsletter, when it has been completed. Some of the activities that I can confirm will be running on the day include:

- Bush dancing with Ken Hooke.
- Mental Health workshops with Anne Inglis.
- Funtastics with the Ballarat YMCA.
- Red Frogs workshops, focusing on safe partying and Schoolies Week.
- Spin Chat presentations focusing on the inspirational stories of people living with disabilities.
- Bounce Back workshops focusing on resilience.

TIMBOON SCHOOL CAFETERIA AND A AND B BUILDING ARE PEANUT AND TREE NUT FREE ZONES
- Origin Energy “made fresh in schools” program, where the students will participate in physical activities that will enable them to generate their own electricity.
- Relay for Life around our top oval.
- Staff from Camp Coorieumungle will be conducting sessions based on fitness and physical activity.

Kids Matter Day will be an action-packed day focusing on the promotion of physical, emotional and mental health for our students. Activities will cater for all of our students from Prep to Year 12. We will also be encouraging parents to come along and join us in some of these fantastic sessions on the day.

MATT HAUGH
ACTING ASSISTANT PRINCIPAL (7-12)

This week I conducted one of four school tours for new families enrolling students in Prep for 2015. The opportunity to showcase some of the wonderful programs and learning that happens here at Timboon is indeed a very positive part of my job. New parents are often amazed at programs such as our TAP, Kids Matter, Stephanie Alexander Kitchen Garden and CAFÉ programs just to name a few. The added bonus for this tour group was that we can finally assure new families that our buildings will be a focus for development over the next four year period.

We are about to begin our planning for class structures for next year and are looking at numbers of children at each grade level. If you know that your family will not be attending Timboon P-12 School in 2015 we would greatly appreciate having this information as it will assist in our class planning process. Likewise, you may know of new families moving to the area for 2015 who we should be considering when looking at the grade structures we will offer in 2015.

Each term I try to remind parents about the legal supervision requirements of teachers. A teacher’s work day officially starts 15 minutes prior to class beginning – for this reason our supervision starts at this time too. While many teachers choose to come in early and prepare for the day, this is not a time when they are responsible for the care of your children. Please make sure that your child is not arriving at school prior to 8:30 as the school does not supervise before this time.

We are currently trialling a new system for sports equipment in the yard. A community pool of equipment has been set up, thanks to funding from TSPA, for all students to access for shared use. Our aim is for students to be responsible for the collection and return of the equipment each recess and lunch. Results are mixed at this stage with many doing the ‘drop and run’ when they hear the bell, only to be reminded by the yard duty teacher that they are responsible for putting the equipment away, so that it is available for the next play time. One significant thing that has been noted is that some of our special ‘extra bounce’ small balls have gone missing altogether. If by chance your child has brought one home with them it would be an ideal lesson in rightful ownership for them to now have to return it to school. Bringing things home that do not belong to them is a fairly frequent child behaviour, but if we as the adults don’t help them to understand why this is the wrong thing to do how will they learn that they cannot do this as grown-ups?

ANDREA TAYLOR
ASSISTANT PRINCIPAL

ResourceSmart Schools
- Working Towards Sustainability Certification.

This year Timboon P-12 School has registered as a Resource Smart School. ResourceSmart Schools is a Victorian Government initiative that helps schools benefit from embedding sustainability in everything they do. This involves schools taking action to minimise waste, save energy and water, promote biodiversity and reduce greenhouse gas emissions.

ResourceSmart Schools helps schools reduce costs while giving students the opportunity to learn about sustainability in a tangible and realistic environment. Although this is a whole school approach, there is a team of dedicated staff meeting several times each term working towards tracking our school’s sustainability journey. This group of staff, that call themselves the Kermit Club, are currently working through the five ResourceSmart Schools modules: core, energy, waste, water and biodiversity. In working through these modules they are identifying what the school currently does and ways to move forward and make improvements. They have also been mapping how they can incorporate sustainability into our classrooms and have applied for a $10,000 Energy Efficiency Grant for Victorian Schools.

Timboon P-12 School is working towards gaining Sustainability Certification through the ResourceSmart Schools program. We have only just begun this journey and look forward to many changes being made to reduce our impact on the environment. For more information please access the ResourceSmart Schools website, www.resourcessmartschools.vic.gov.au. Parents and students are welcome to contribute their suggestions via the suggestion box at the school office or our school Facebook page.

THE KERMIT CLUB

Secondary Interschool Basketball

Congratulations to the Senior Girls basketball team which competed in Ballarat on Monday at the Greater Western Regional Finals. They made the final but unfortunately lost to Ballarat High. Thank you to the parents for supporting the girls in Ballarat.

Earlier this term the Senior Girls along with a Senior Boys and an Intermediate Boys teams competed in the Hampden competition in Terang and Camperdown. The boys were a little out matched on the day, but had some close losses. Thank you to Shane Thornton and Kim Finch for umpiring.

The Hampden competition for Year 7 and 8 students will be held in the second last week of term.

If anyone could assist with coaching or umpiring could they please contact Dean Whitehead at school.

THE KERMIT CLUB
Friday Night Rock Climbing

We will be running several Friday night indoor rock climbing trips during Term 3 as we have done in previous years. The cost will be a minimum covering a school discounted entry to “The Rock” indoor rock climbing centre in Geelong and 20 seater bus hire. The school can supply harnesses and may be able to supply climbing shoes, depending on size. Last year the cost was $35 per person. It may be possible for parent volunteers, particularly females, to come as a member of staff.

These are trips for students who enjoyed the rock climbing on the Year 9 camps and would like to do more. These trips were originally an extension to our Year 9 program but they are in no way compulsory. Other students and/or parents who would like to try indoor rock climbing are encouraged to come along and would be welcome. Younger students would need to come with an older sibling or parent who is prepared to belay them. Places are limited on the bus so it will be first in best dressed.

The bus will leave Timboon as soon as practical after the school buses, about 3:40 pm. We will stop at Waurn Ponds where a variety of takeaway franchises are available for an early tea. We climb from about 6 to 8:30 pm, and return to Timboon about 10:30 pm. New Dates:

- Friday 15th of August
- Friday 12th September

Please give your name to Mr Graesser if you are interested.

CAF NEWS

*Fantastic Noodles now $2.50

*Noodles brought from home - Hot water 20c (sorry last week the incorrect price was printed) and fork 5c

*Nachos $3.50 - with sour cream $3.80

CANTEEN ROSTER

WEEK 5 (11th – 15th August)

<table>
<thead>
<tr>
<th>Mon 11th</th>
<th>Michelle Fowler</th>
<th>Melissa Cardwell</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 12th</td>
<td>Katrina Currell</td>
<td>Jenny Inglis</td>
</tr>
<tr>
<td>Wed 13th</td>
<td>Debra Scholte</td>
<td>VOLUNTEER REQUIRED</td>
</tr>
<tr>
<td>Thurs 14th</td>
<td>Wendy Maskell</td>
<td>Michelle Gristede</td>
</tr>
<tr>
<td>Fri 15th</td>
<td>Melinda Drysdale</td>
<td>Susan Van Rijthoven</td>
</tr>
</tbody>
</table>

(12:00 – 2:00pm VOLUNTEER REQUIRED)

WEEK 6 (18th – 22nd August)

<table>
<thead>
<tr>
<th>Mon 18th</th>
<th>Jane Hammer</th>
<th>Bobby French</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 19th</td>
<td>Charlene Payne</td>
<td>Sheryn Vogels</td>
</tr>
<tr>
<td>Wed 20th</td>
<td>April Janssen</td>
<td></td>
</tr>
<tr>
<td>Thurs 21st</td>
<td>Chrystal Johnson</td>
<td>Sara Keating</td>
</tr>
<tr>
<td>Fri 22nd</td>
<td>Samantha Hamilton</td>
<td>Sharon Cotton</td>
</tr>
</tbody>
</table>

(12:00 – 2:00pm Bryan Ward)

EQUESTRIAN NEWS

Warrnambool Interschool Equestrian Championships will be held on Sunday 14th September at Warrnambool Pony Club. Dressage test “A” for all grades. Entries, enquiries together with all fees to Cheryl at the CAF no later than Wednesday 3rd September. Hosts advise “No late entries” thank you. Further information, times etc available at www.wannonzone.ponyclubvic.org.au or www.warrnambool.ponyclubvic.org.au

School wear at Jo Jos

CLEARANCE SALE
20% off until all gone
(no laybys or holds)

SECOND-HAND UNIFORM SALE
The next second-hand uniform sale will be held on Friday 15th August (1:00- 1:50pm in the SEU building.)
For enquiries please call Katrina, 5598 3443.
Careers News Week 4 Term 3 2014

Reminders

OPEN DAY REMINDERS -
Sun 10 Aug ACU (Melbourne), Deakin (Geelong), RMIT (Bundoora, Brunswick, City), Sun 17 Aug La Trobe Uni (Bendigo), Melbourne; Monash (Parkville), Sun 24 Aug Box Hill, Deakin (Melbourne), La Trobe (Melbourne), Victoria, William Angliss
Sun 31 Aug ACU (Ballarat), Federation Uni (Ballarat & Gippsland)
Holmesglen – has ‘Open Wednesday’ each week – see their website to book a visit.

RMIT OPEN DAY – Plan your visit on 10 August by going to www.rmit.edu.au/openday. Choose which presentations, information areas, displays and activities you will attend before your arrive on campus. A shuttle bus will be provided between the City, Bundoora and Brunswick campuses throughout the day. All university Open Day programs are on their websites.

KANGAN INSTITUTE OPEN DAYS – Find out what is on offer at the various Kangan campuses. When: 9 Aug – Docklands campus; 24 Aug - Richmond; 30 Aug - Moonee Ponds (all 10am-4pm).

RMIT FLIGHT TRAINING OPEN DAY – Visitors can take guided tours of the facilities, find out about booking a trial introductory flight, and get advice from flight instructors and staff on how to start a career as a professional pilot. When: 10am-4pm, Sunday 31 August; Where: RMIT Flight Training, Point Cook site, Building 202, Williams Rd, RAAF Base, Point Cook.

PHARMACY AT MONASH UNIVERSITY – The Faculty of Pharmacy and Pharmaceutical Sciences will kick off National Science Week with an Open House at the Parkville campus. This is an extension of open day, showcasing courses and demonstrating how fun and inspiring science can be. One lucky visitor will take home a $5000 prize pack including travel vouchers, a bicycle, Monash goods, an iPad and $2000 cash. Tours will include a journey through the drug discovery pipeline; see first-hand how pharmaceutical scientists create, formulate and test medicines. The event coincides with the University of Melbourne Open Day, a short distance away on Royal Pde. When: 10am-3pm, Sun 17 Aug; Info: www.destination.monash/open-house/

YEAR 12 NEWS -
- VTAC APPLICATIONS –Applications for university, VET and private provider courses for 2015 open on Monday 4 August through the Victorian Tertiary Admissions Centre. Any Yr 12 student wishing to apply for courses needs to visit www.vtac.edu.au.

Timely applications close on 30 Sept. After that the application fee rises from $28 to $93. You can apply for up to 12 courses, placing them in the order you most want them. You will receive an offer in January for the highest course in your list for which you meet the requirements (eg ATAR). Make sure you check out prerequisites and the selection criteria for all courses for which you are applying.

- SPECIAL ENTRY ACCESS SCHEME (SEAS) – The Victorian Tertiary Admissions Centre (VTAC) 2015 Guide has a section about SEAS (pages 30-43), www.vtac.edu.au/who/seas.html. Read this to see if you are eligible for any special consideration for your course application. There are five categories of disadvantage. NOTE: SEAS applications are made on the VTAC website, but can only be done after applying for courses (SEAS applications close: 7 October).

- THINKING OF SCHOLARSHIPS AFTER YEAR 12? Most institutions listed in the VTAC Guide have a number of scholarships available to applicants. Scholarships either require a direct or VTAC application. Read the Guide (Pages 44-50), see the VTAC website, and institution websites. Some scholarships appear in the body of the VTAC Guide course descriptions (eg Swinburne Information Technology (Scholarship Program), page 469.

- PUGGY HUNTER MEMORIAL SCHOLARSHIP SCHEME – This government initiative encourages and assists Aboriginal/Torres Strait Islander undergraduate students in health-related disciplines to complete their studies and join the workforce (Aboriginal/Torres Strait Islander health work, medicine, midwifery, nursing, dentistry/oral health and allied health (not pharmacy)). Apply at www.acn.edu.au (go to Scholarships). You must enrol in a course Cert IV and above. Info: scholarships@acn.edu.au or 1800 688 628.

- ACCESS MELBOURNE – ‘Access Melbourne’ (University) provides educational opportunities for students from a range of backgrounds enrolling in undergraduate degrees. The University has a selection guarantee for eligible applicants in the following Access Melbourne categories:
  - Disadvantaged financial background
  - Applicants from rural or isolated areas
Those who complete an Australian Year 12 or the IB in 2014 and are eligible for one or both categories, are guaranteed a Commonwealth Supported Place in undergraduate degrees, providing they meet the course prerequisites and achieve the following ATAR or notional ATAR: Arts, Environments, Science – ATAR 78+; Commerce – ATAR 88+; Biomedicine – ATAR of 95+. If a student’s ATAR is below these, they will still be considered for a place. Applicants eligible for other Access Melbourne categories will be considered individually; www.access.unimelb.edu.au.

- B. FINE ARTS AT THE UNIVERSITY OF MELBOURNE – Some specialisations of the B. Fine Arts at the Southbank campus require VTAC applications to be completed earlier than the usual closing date (5pm EST, 30 Sept). The specialisations of Animation, Film
and Television, and Screenwriting require applications by 5pm (EST) on 29 August. The Dance specialisation has a timely closing date of 29 August to guarantee a live audition. The final closing date is 5pm (EST) on 7 November and applicants will not be guaranteed a live audition.

WHAT IS INDUSTRY BASED LEARNING? IBL is a joint venture between university educators and employers offering students relevant paid industry experience. It is offered by several universities, sometimes taking place for six or 12 months prior to completing the final year of the degree. Monash offers IBL to IT students, with a full-time, paid ($17,000), 22 week placement at a leading company. This particular placement counts towards the degree. Swinburne offers IBL in a large range of their degrees. Check out other IBL opportunities at university Open Days. It is a great way to get work experience, perhaps leading to employment.

PARENTS AND UNIVERSITY EDUCATION – Universities know parents play an important role in providing advice, information and support to their children as they plan the future and consider options. Melbourne Uni has some online resources for parents/guardians to help understand the options, entry requirements and what is on offer. See www.futurestudents.unimelb.edu.au/parents.

WHY STUDY PHYSICS? Physics explores our universe at a fundamental level. It provides the basis for many existing technologies (eg computers, lasers, medical imaging, power generation, and so on). It provides the basis for many emerging technologies (eg nanotechnology, quantum computing, atomtronics, and so on). Physics graduates are skilled in empirical reasoning, computational modelling, problem solving and analytical thinking, data analysis, and written and oral communication. Physicists find employment as acoustical physicists, accelerator physicists, astronomers, biophysicists, climate modellers, and so on. They work in industry, for government, in hospitals, universities, and the financial sector. Future careers that will use physicists are atomtronics, complex systems modelling, quantum computing, space industry, spintronics, synthetic biology, functional materials, energy technology, security and data protection. Amazing! For information about studying physics at Monash University, see www.physics.monash.edu. NOTE: The Melbourne University School of Physics has a lecture for VCE physics students called ‘Light....Waves or Particles?’. Based on the VCE study (Unit 4, Study 2), it will help you understand this topic. When: 6pm, Thurs 7 Aug; Where: Hercules Theatre, School of Physics,Cnr Tin Alley and Swanston Streets; Info: Max 0401990142.

OCCUPATIONAL THERAPY –‘Explore Occupational Therapy as a Career’ at an information and demonstration evening for those considering it as a career. Hear from OT’s experienced in spinal rehabilitation, hand therapy, mental health, neurology and more. When: 5pm registration, then 5.30-8pm, Thurs 11 Sept; Where: Education Precinct. Level 4 Austin Tower, Austin Hospital, Studley Rd, Heidelberg; Book: renee.bartlett2@austin.org.au by 5 Sept (max two attendees per reservation).

Drew Deppeler 5598 3381

PARENT CLUB NEWS

TSPA PARENTS SAY
Love to hear from you!
Name:

Phone:

TSPA MINI MINUTES

ARTSHOW/AUCTION: Friday 24th October, Timboon Golf Club, 7pm open for viewing, 8.15pm auction starts. Also, on Saturday 25th October, between 10-3pm, to give people a second chance at buying the art not sold. (There is the chance that there won’t be any). Other ideas also on the list are a raffle, lucky door prizes, supper, music, power point displays. The art will be small canvases painted by P-6 students, and other art as done by the secondary students and local artists. We also have metal work, woodwork, photography and sculptures. The entry is $10 per person, which covers supper, spot prizes and a glass of bubbles upon entry. We will advertise as much as possible through local businesses and media. Raffle tickets will be available for sale pre auction. Items TBA.

Kids Matter day: September 3rd: we will need helpers for the BBQ lunches on the day. We are considering doing the pre ordered lunches as per last year. There will be an order form go home with every student for the lunch order. It must be returned by the due date to be processed. There will also be a normal BBQ run as well for everyone else. The pre ordered lunches are for the whole of P-12 school.

Fathers Day Stall: will be on Wednesday 27th August, during sessions 3 and 4. The gifts will be $5 each. Parent helpers are welcome to assist on the day. A note will go home separate to the newsletter to each family detailing how this years’ stall will be run on the day prior to the stall. It is a bit early this year due to a busy school calendar.

Next Meeting: Monday 16th August, 7pm at the school admin building, to pack Fathers Day items and discuss art auction, deb ball, Fathers Day, and Kids Matter day.

Anne Rosolin (secretary) mob 0409029464 or tspa@live.com.au
**FOR SALE**

1 x pair of Gold finches  $120
1 x pair of Manakin Finches $90
1 x Manakin Finch $40
2 x Pair of Charcoal Zebra finches $40
11 month old Aussie Red x bull $600

**WANTED**

- Baby ram lamb, so it can be bottle fed
- Any old wardrobes (free please), doors or no doors, not important

**PHONE: 0498 185 089**

Grass hay $7 per bale
2 – XL school polar fleece jumpers 1 – brand new,
1 - good condition $40
1 Husky raincoat (navy) in good condition, size 92, $25

**PHONE: 5595 9264**

**FLAT TO RENT in Timboon** – one bedroom fully furnished excellent condition for long term, short term or overnight.
**PHONE: 5598 3864 or 0407 044 889**

**TERANG JUNIOR BASKETBALL**

Calling for All Registration for Participation in upcoming Season 2 for this year MUST BE IN by 15th August

**PLEASE COLLECT A FORM FROM SCHOOL OFFICE, TERANG STADIUM, OR E-MAIL terangjuniorbasketball@gmail.com to have a PDF sent through for you to fill out scan and return.**

Season 2 commences Friday 22nd August

Any queries please SMS Hannah on 0458 551 990 or email us at juniorbasketballterang@gmail.com.au

**KEEP UP TO DATE WITH OUR FACEBOOK PAGE**
Terang Olympic Basketball Association - TOBA

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**ACTIVE AFTER SCHOOL**

**Childs Name**

**Class**

**Allergy/Medical Conditions**

**Parents Name**

**Contact No**

**Emergency Contact no.**

Please circle the day your child will be attending the program.

Wednesday  Friday
Canteen Menu – 2014 Semester 2

The five main food groups in the Australian Guide to Healthy Eating:

- **EVERYDAY FOODS - EAT MOST**
  - bread, cereals, rice, pasta, noodles
  - vegetables, legumes
  - fruit
  - milk, yogurt, cheese
  - meat, fish, poultry, eggs, nuts, legumes

**SELECT CAREFULLY - EAT MODERATELY**

**OCCASIONAL FOODS - EAT SOMETIMES & IN SMALL AMOUNTS**

These foods provide the important nutrients the body needs.
The extra foods are other foods that may be eaten sometimes or in small amounts.
Only low-fat cheese & low-fat margarine are used.

### EVERYDAY FOODS

**SALAD SANDWICHES, ROLLS OR WRAPS**
Includes lettuce, beetroot, tomato, carrot, low fat cheese and your choice of ham, chicken or egg.

- **$5.80**
  - If selecting two proteins e.g. Ham, egg and salad please add $2.00
  - Deduct 50c for each salad item deleted

- Mustard, pickles, chilli sauce or low fat mayo also available
- Also available
  - Vegemite Sandwich or Roll **$2.20**
    - *Toasting 50c*

### EVERYDAY FOODS

**SALAD BOWLS**
Vegetarian: lettuce, tomato, cheese, carrot, beetroot and egg.

- **$5.80**
  - (If deleting an item, deduct 50 cents per item)

### SELECT CAREFULLY

**Meat Lovers**: Ham, Egg or Chicken add **$1.00 per item**

### EVERYDAY FOODS

**DRINKS**

- Water **$1.50**
- Fresh Orange Juice Drink 300ml **$2.00**
- Fresh Apple juice 300ml **$2.00**
- Nippy's low-fat flavoured milk - chocolate, strawberry, iced coffee or honeycomb **$2.00**

### OCASIONAL FOODS

**HOT FOOD**

- Soup - chicken, chicken & corn, beef **$2.20**
- Fantastic Noodles - chicken, chicken & corn, beef **$2.50**
- Dim Sim steamed **$1.00**
- Sav in Roll **$3.50**
- Lasagne **$4.10**
- Pies **$4.10**
- Party Pie **$1.50**
- Vegetarian Pastie Small **$4.20**
- Sausage Roll Medium **$2.00**
  - Large **$2.80**

**Add 5c for sauce**

- Nachos **$3.50**
- Nachos with sour cream **$3.80**

### EVERYDAY FOODS

**Lunch Bags 5c**

- Hot Water for Soup / Noodles from home 20c
- Fork or spoon 5c

- Fried Rice (Mon, Wed, Fri only) **$4.00**
- Chicken Chilli Wrap (Mon, Wed, Fri only) **$5.80**
- Corn **$1.00**
## EVERYDAY FOODS

### FRUIT SALAD
- Slinky apples: $1.10
- Apple or Orange: $1.00
- Cup of strawberries (available 1st and 4th Term): $2.50
- Cup of fruit salad (available 1st and 4th Term): $2.50
- Punnet of Strawberries: $3.40

## SELECT CAREFULLY

### ICE CREAM
- Sony Boys orange or raspberry: $1.00
- Yoghurt Frozen - strawberry: $2.50
- Rockets - lemonade, raspberry: $1.00
- Dixie ice-cream cups: $2.50
- Frozen Zing Yogurt Sticks: 80c

### SNACK FOOD - School Canteen Approved
- Red Rack Deli chips - honey soy or plain: $1.00
- Smiths plain, BBQ or salt/vinegar - 30gm: $1.00
- Popcorn: $1.00

### TOASTIES
Send sandwiches from home to be toasted. .50c
Please send with suitable wrapping for return after toasting (not plastic).
ORDER sandwiches from the canteen and add .50c for toasting.

## SELECT CAREFULLY

### DRINKS - LOW JOULE
- Cans: Diet Coke: $1.90
- Zero Coke, Pepsi Max: $1.90
- 600ml bottles: Sunkist Light, Solo Sub: $4.00
- Pepsi Light, Pepsi Max: $2.30
- Pop Tops - blackcurrant, orange juice: $2.30
- Primas - Apple, tropical, orange juice: $1.60
- Fresca 500ml apple/blackcurrant: $2.60
- or orange juice drink: $2.60
- Milo - hot or cold (made with low-fat milk): $2.00
- Milk - 300ml SunGold full-fat - chocolate, Strawberry, honeycomb & iced coffee: $2.80
- Milk - 600ml full-fat flavoured milk - Strawberry, chocolate, honeycomb & iced coffee: $3.50
- Focus Flavoured Water: $2.00

Have you an hour to spare to contribute to our volunteer base at the canteen? 'Money Free' positions available. Even once a term is greatly appreciated. Please contact Cheryl or Debbie and join our team.