



COONABARABRAN HIGH SCHOOL and P&C

NEWSLETTER

May 2023



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Ms M Doolan, Principal

Ms Morag Baker P&C President

Upcoming Dates:

22-5-2023 all week
JUNIOR EXAMS

23-5-2023
P&C Meeting

25-5-23
Biggest Morning Tea

26-5-23
National Sorry Day

29-5-23 to 2-6-23
National Reconciliation Week

2-6-23 to 6-6-23
North West Equestrian Expo

12-6-23
King's Birthday Public Holiday

19-6-23 to 29-6-23
HSC Trial Examinations

30-6-23
NAIDOC



Excellence
Resilience
Respect

Ms. Mary Doolan Principal's Report

We have had a really productive start to Term 2 which is great to see. Our staff combined with Coonabarabran Primary School and the Warrumbungle Environmental Educational Centre to participate in a rich day of professional learning, on country, at Burra Bee Dee. My thanks to Alison Stanton, Craig Ashby, Tyson Birtles and Auntie Fred Nixon for their leadership of this event. Thanks too to Auntie Marg Robinson and Auntie Maureen Sulter for their contribution to the day.

Our 50th celebrations were a huge success! It was wonderful to reconnect with ex-students and staff and Friday night's Showcase certainly demonstrated that the CHS tradition of quality education continues. The fete was a tremendous fundraiser for our Year 12's formal and the Trivia Night a very entertaining night out. Thank you to all who supported the festivities in a myriad of ways; through donations, attendance at events and logistical support! Look out for our celebratory photographs within.

Teaching can be a transient profession and it was with both sadness and gratitude that our community said goodbye to longstanding staff member Mr Colin Cousens at the end of last term. Mr Cousens has been absolutely committed to school sport and a much valued teacher and colleague, we wish him well in his new appointment. On a happier note we welcome the return of Ms Danielle Barisa to CHS. Ms Barisa, a highly regarded former member of our staff will be teaching across the English and HSIE Faculties. In more good news we welcome Mr Tim Lang to the PDHPE Faculty!

You don't need me to tell you that now that the term has started it will truly fly. Please keep in mind the absolute importance of ensuring that your child attends school all day, every day, unless unwell. For students to reach their potential there needs to be continuity in their learning and so supporting daily attendance is one of the most crucial things that parents and carers can do for young people. Additionally, junior examinations are only two weeks away and Year 12 will sit their Trial HSC examinations at term's end. For these assessments to be truly diagnostic, students need to be at school and engaged in all learning tasks. Your support with this most vital aspect of your child's education is appreciated. If you need support with attendance please contact your child's Year Advisor or Mrs Debbie Redden, Mr Duncan Graham or myself.

Looking forward to a productive end of the term which will conclude with our fabulous NAIDOC celebrations on Friday 30th June 2023.

MS. MARY DOOLAN

*Right:
Alex Letts and
Eleanor Rapley
cooking up a storm
for the cake stall at
the CHS 50th Fete
Celebrations.*





Forever Dare

50th Celebrations

School Fete

EST. 1973



Angus Atkinson on the CHS BBQ



Thank you to staff, students and the Coonabarabran community for supporting our hugely successful Fete on Saturday 29th April 2023. Bargains were bought, food enjoyed and fun and laughter were the order of the day!

Left: Imogen Browan & Sophie Bunting manning the face painting, tattoo and animal balloon stall.



Year 12 students running the delicious Bangladesh Food Stall.

Old friends & colleagues reunite:
Mary Doolan,
Jan Keppie & Linda Davis.



Ella & Anna Atkinson on the jewellery stall.

Kathy Hutt and Yvonne Rice on the popular plant stall.



Celebrating 50 YEARS

Coonabarabran High School



Forever Dare

50th Celebrations Showcase & Trivia Night



*Right:
Students
perform
"Hamlette"
at the CHS
Showcase*



*Above right: James Moffat MC's at the
entertaining Trivia night.
Right: The CHS Jazzband performing at
the CHS Showcase.*



Monster Raffle Winners



Celebrating
YEARS
50



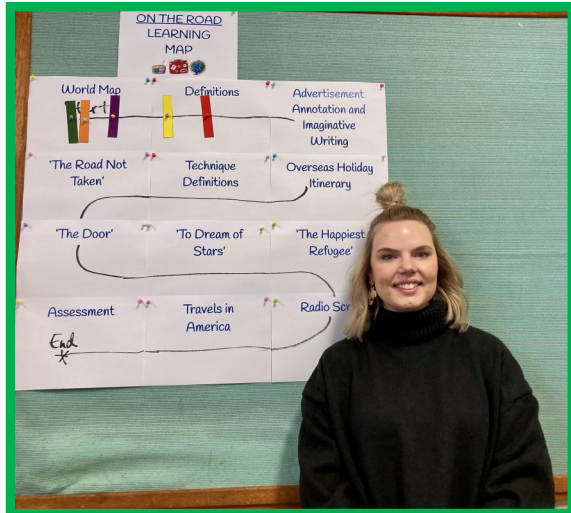
Congratulations to the
winners of our Monster
Raffle

1st: Liz Hawkins—
Michelle Rapley
Original Pencil Print

2nd: Tany Arnett—
Paddle Board

3rd: Pam Range—Box
of Goodies

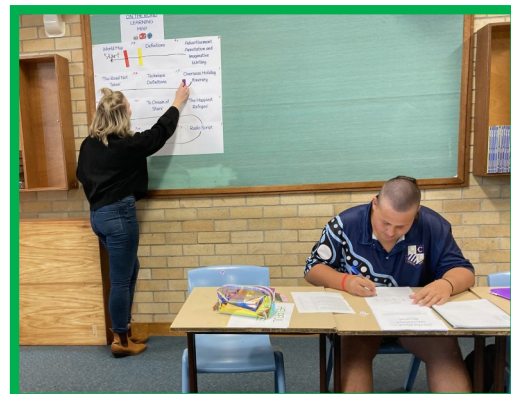




Ms Barisa in action with Year 11 English Studies; featured, Beau Hinton.

Fantastic to welcome Ms Danielle Barisa back to Coona High!

Ms Barisa will be teaching across the HSIE and English faculties for the remainder of the year.



COVID-19 UPDATE



Share ideas not COVID-19.

Together we can stay COVID safe



Dear Parents and Carers

You no doubt are aware that COVID-19 continues to be a presence in our community. A few matters to keep in mind please:

- * Please keep your child home if they are unwell
- * Students may wear masks if they wish. We can provide if required.
- * If your child test positive for COVID-19, please keep them at home whilst symptomatic.
- * If you require RAT kits please let us know.
- * Kindly advise the school if your child tests positive so that we can alert our school community (on a de-identified basis)
- * NSW Health encourages people to register COVID-19 positive test results with them.

Stop the spread

Know the symptoms of COVID-19



FEVER



COUGH



SORE THROAT



SHORTNESS OF BREATH



COONABARABRAN HIGH SCHOOL
P & C AGM MEETING MINUTES - 21 MARCH 2023 5.30 pm

Attendance: M Baker, N Pfeiffer, M Doolan, T Watson, A Atkinson, S Lambert, A Thornhill, D Mukhar.

Apologies: H Smith, K Wark, S Mathews

ITEM	DISCUSSION
Minutes from AGM 28/3/22	Moved: M Baker Seconded: M Doolan
Business Arising:	
	• Nil
Presidents Report:	
	* Morag presented her report and thanked all for the opportunity and bearing with her. Achieved lots over 2022. * M Doolan thanked the P & C for being a small, committed group.
Treasurer's Report:	
	Skye Lambert presented P & C financials to meeting in H Smith's absence. Jan 22 – Dec 22 Moved: S Lambert Seconded: D Mukhar Profit & Loss Report tabled by S Lambert in H Smith's absence. Moved: S Lambert Seconded: D Mukhar
Election of Office Bearers:	
	All Positions declared vacant by M Baker M Doolan declared all positions vacant and called for nominations. President: Morag Baker Nominated by: S Lambert Seconded: N Pfeiffer Vice President: Andrew Thornhill Nominated by: N Pfeiffer Seconded: M Baker Secretary: Shannon Mathews Nominated by: M Baker Seconded: A Thornhill Treasurer: Helen Smith Nominated by: M Baker Seconded: T Watson Canteen Treasurer: Kate Davies Nominated by: D Mukhar Seconded: N Pfeiffer All filled positions had only one nomination per position. Thank you, Skye Lambert, for filling in the canteen treasurer position.
Correspondence In:	
	• Nil
Correspondence Out:	
	• Nil

Minute Recorder: Anna Atkinson **Meeting Closed:** 6.25 pm

Next Meeting: Agreed General Meeting one per term.

Tuesday 23 May - Term 2, Tuesday 1 August—Term 3, Tuesday 24 October—Term 4

P & C PRESIDENT'S MESSAGE



A sincere welcome to everyone for Term 2 2023!

I would like to firstly give a special thanks to the students, staff, parents, and community members who supported Coonabarabran High School's 50-year anniversary events and fundraising. What a celebration from the showcase, to the fete, to the trivia, there was something for everyone!

I have really been enjoying the updated High School website and the regular Facebook updates this year. If you haven't checked them out lately, I recommend it. It has been another busy term with so many different events starting with the Anzac Day commemorations in town and at school, cross country, Science and Engineering Challenge, RIOT training, Rotary Driver Safety course and so many other opportunities for our students to learn, grow and shine! A special shout out to some of the amazing results at the athletics carnival, I hear some long-standing records were broken!

A thank you to those who continue to support the High School Canteen. Like so many other local businesses the canteen needs our ongoing support to remain open and sustainable. As the weather cools down why not consider purchasing some of their warmer meals.

The P and C held their annual general meeting in Term 1. I would like to thank the outgoing committee members and welcome the new and ongoing committee members. Please feel free to leave a message at the front office if you need to get in touch with one of the committee members.

President – Morag Baker

Vice-President – Andrew Thornhill

Secretary – Shannon Matthews

Treasurer – Helen Smith

Our next meeting for the P & C will be held on **Tuesday 23 May 2023 @ 5:30pm** at the High School. We will be focusing on our next fundraising activities to support the Expo. Everyone is always welcome to attend.

Morag Baker
P & C President - 2023



P&C Association

Next Meeting

23 May 2023

5.30pm

ALL WELCOME



Coonabarabran High School Canteen



**Various
Winter Soups
\$8.00
With bun**



ANZAC DAY

25 April 2023



Very special guests at our ANZAC Day commemoration assembly held on 4 May were Mr. Laurie Dawson, President Mr. Kevin Barrington and Mr. Bill Wilkin from the Coonabarabran RSL Sub Branch. Our local RSL's support of our school is greatly appreciated.

Lest we forget



*Celebratory
CHS
Merchandise*

Grab a piece of history
with a celebration
T-Shirt \$30 available
from school office
(limited sizes available)



School Uniform

EXPECTATIONS

It is really important that students wear correct uniform as it impacts the tone of the school and signals to students that they belong in our school community. With the winter chill upon us it is important that students can be both warm and in correct school uniform. We have both hoodies and jackets available for purchase at school for \$60. If you need assistance with uniform we have a good supply of second hand uniforms and can provide financial assistance where needed. Please contact your child's year advisor, myself or Duncan Graham.

*Ms M Doolan
Principal*

Winter Warmers

Payment at school office.
EPOS, Cheque or cash.

**GHS
-Beanies
\$15
GHS Ties
\$14**

**GHS
Jackets
and
Hoodies
\$60**



**Now
We're Talking**

Just a reminder that mobile phones and other non-educational digital devices are NOT permitted at school. Students may:
Deliver their phone to the front office for safekeeping. The phone will be returned at 3.30pm.



**Phone Free
Zone**

The School Stream App and CHS website and Facebook are all great ways to stay connected to school events and student learning.

**stay
connected**♥

My thanks to Dr Armstrong for our new look website. Your child's year group tab (on the home page) will prove a useful "one stop shop" for relevant information. We are currently reviewing our communication strategies so please jump on our Facebook or website and have your say!



Keep up with Coona High



Follow us on Facebook: [coonabarabranhighofficial](https://www.facebook.com/coonabarabranhighofficial)



Get updates through Schoolstream



Visit the website: <https://coonabarab-h.schools.nsw.gov.au/>



At the end of Term 1 and beginning of Term 2, the SRC held a number of events to celebrate Youth Week. SRC students were in charge of organising, promoting and running these events. Well done to all the SRC students who helped run the walkathon and promoted events and presented canteen vouchers at assemblies. Lucy and Ella did an excellent job organising and umpiring kickball continuous cricket and Albie, Charlie, Jade and Matilda deserve a special thank you for using their lunchbreaks to write the Kahoot.



The school would like to thank the Warrumbungle Shire Council who provided the SRC with a \$250 grant to help run our Youth Week events. These funds were mainly used to purchase lollies, chocolates and canteen vouchers for participants.

Ms K Christoff



Junior Half Yearly Examinations will commence Monday the 22nd May and run until Tuesday 30th of May. Students will need to be in attendance each day to complete these important examinations.

It is important that they have available necessary equipment to complete exams, including pens, calculators, ruler, and pencil. Examinations are an important opportunity to demonstrate individual student's understanding and application of key content and skills learnt during the year.

Each student will be notified of the timing and day of individual subject exams and should have this recorded in their school diary, along with a how and what to study sheet from each subject and details of any special requirements for the exam.

If for any reason your child is unable to attend on the day of an exam it is important that you contact the school on 68421099 to explain the absence. Catchup exams will be organised at a later date during the assessment period.

Mr D Graham
Deputy Principal



Equipping teenagers with coping skills for the years ahead.

By Michael Hawton, Psychologist (MAPS) and [Parentshop](#) founder.

Parentshop
lifelong behaviour change

The issue of how to develop emotional hardiness in children has become an area of much interest in recent times. Added to this, none of us wants to be seen to be just standing by or letting our child go through emotional pain unnecessarily. It's quite natural for a caring parent to want to step in to release the distress that accompanies any child's feelings of being treated unfairly. But, this compulsion to act, doesn't mean that we *should* always step in.

In their book on how parents have become overprotective, *The Coddling of the American Mind*, Haidt and Luckianoff (2018) say that the strengthening of a teenager's mental well-being may have something to do with how we facilitate a young person's experiences for 'life's' problem-solving episodes, including how they can be coached to engage with these problems, independently.

Luckianoff says, "In many respects our lives are better as a result of huge advances in safety and technology. Our lives are more comfortable, which is good. But that gives us problems of progress. We recoil violently from discomfort." (Luckianoff, *The Coddling of the American Mind* 2018).

"In many respects our lives are better as a result of huge advances in safety and technology. Our lives are more comfortable, which is good. But, that gives us problems of progress. We recoil violently from discomfort." (Luckianoff.

Some long-term studies have been reflecting downturns in teenager's capacity to manage problems, independently. Compared to the 1960s, the levels of their ability to resolve issues for him/herself - called our internal 'locus of control' - has been steadily decreasing. A strong internal locus of control correlates with a belief, "I can control my own destiny." Without a healthy sense of internal locus of control, children can feel powerless and overwhelmed. According to Stixrud and Johnson (Reference to complete), the recent increases in childhood anxiety are a symptom of this phenomenon. They note that there has been an 80 percent rise in young people with an external locus of control (the belief that destiny is determined by external factors). The good news about external locus of control is that (the belief that other people or chance have control of me) can be shifted.

Are parents afraid of being judged and therefore falling into 'appearances parenting'?

Here's what I think. I have been observing parents for over 30 years and what I have noticed is an increase in parents feeling judged by other parents and an increase in what I term 'appearances parenting', which is a term I use to describe parents doing things for appearances sake. In this model of parenting we, as parents, can feel derelict or judged by others if we don't act. In my opinion, this model of parenting has become quite fashionable in Australia – parents doing things for appearances sake – such as not correcting their teenager in public because they want to appear cool (everything in our house is wonderful all the time) or because they want to appear responsive to their child's needs (such as when a parent caves-in to a teenager's whinging (after the teenager says she doesn't want to go to school).

So, what I have seen, increasingly, are parents wanting to do something for appearances-sake. That perception of wanting to appear to be doing something (and our vulnerability to the judgement of others) if we don't hold-the-line about for what we think is the right thing to do and be compelling.

Routinely giving your teenager a 'get-out-of-jail-card' and protecting them from all this distress is a sub-optimal solution and it can backfire when they do eventually have to face adversity. That said, there is much parents can do to resolve problems that arise from time to time, without prematurely stepping in or indeed failing to step in when you should.

In the next few articles in this series, we'll be looking at just that matter; we'll explore how you can help your teenager be more self-driven in the face of adversity.

Michael Hawton is founder of Parentshop, providing education and resources for parents and industry professionals working with children. He has authored two books on child behaviour management: *Talk Less Listen More* and *Engaging Adolescents*. You can find more information, including his books and self-paced online parenting courses at <https://www.parentshop.com.au/parent-courses/>

References: Haidt and Luckianoff, *The Coddling of the American Mind*, Great Britain, (2018).



Bringing the correct stationery requirements to school each day ensures that students are ready to learn and also teaches them to look after their belongings.

The school is happy to support with stationery needs but equally, **some students are attending on a regular basis with no supplies, those supplies having been provided by the school only the day before.**

The constant interruptions to the work flow of our office team could be avoided if students took greater responsibility for their belongings.

Your support in ensuring that your child arrives ready to learn each day is appreciated.

If you require any support with the provision of learning needs please contact your child's Year Advisor, Mr Duncan Graham or myself.

*Ms M Doolan
Principal*

Attendance Matters



School Attendance

All students should be at school unless:

- They have a medical certificate which states that they are unable to return to school due to an ongoing medical condition.
- They are currently unwell.

Students who have a medical certificate to stay at home will be supported to learn from home in line with regular procedures if they are able to. These regular procedures are different to what was offered during the learning from home period. If you require work to be provided to your child whilst they are at home due to an underlying health condition, please contact the school for assistance.

If your child is unwell, do not send them to school. If they are unwell at school you or your nominated emergency contact will need to collect them immediately. Please make sure your contact details are up to date.

If a student is absent without a medical reason for more than three days, this will be recorded as an unauthorised absence and followed up by the school.

If you need any support to get your child back to school, please contact the school.



The illustration is divided into two panels. The left panel shows a smiling waitress in a white blouse, red bow tie, and red skirt holding a silver cloche, and a smiling waiter in a white shirt, black vest, red bow tie, and black pants holding a tray with two glasses of champagne. The right panel shows a black tuxedo jacket with two buttons, with a black spoon, a black bow tie, and a black fork arranged around it to form a heart shape.

Ms G Positti





Athletics



Our annual athletics carnival took place over two spectacular days of lovely weather and eager students. The half day which always comes first up at the high school saw two records fall with Anthea Karavas claiming the 16 years girls Long Jump record and Emma Thompson claiming the 14 years girls Javelin record. The long-distance runners were able to show off their skills, producing some quick times and competitive races. Our full day down at the local oval, gave us sunshine and lots of well-dressed students ready to compete and earn their houses some points. Day two of the carnival saw a further three records fall with Kurt Rutter claiming the senior boy's Discus record, Anthea Karavas claiming the 16 years girls 100m record and Sarah Whittall claiming the 13 years girls Javelin record. Participation was at an all time high this year and it was great to see so many kids getting in and having a go. The Tom Sullivan Gift is always a highlight of the carnival with the semi-final being run first thing in the

morning and the final in the afternoon with lots of spectators watching. This year was a hotly contested race as per usual and came down to the wire. In 3rd place was Charlie Baker, 2nd place was Isaac Menz and our winner for 2023 was Thomas Lawson.

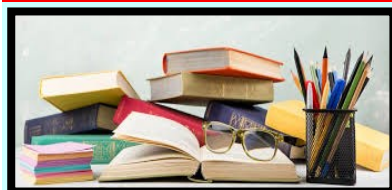
AGE CHAMPIONS			
12	RAYMOND GALL	12	ISLA JAEGER
13	NOAH HARRIS	13	SARAH WHITTALL
14	JOSH RANKIN	14	BRITNEY ANDREWS
15	JAI ASHBY	15	ZOE WARK
16	JACOB BAKER	16	ANTHEA KARAVAS
SEN	KURT RUTTER	SEN	ALIRAH WATTON

HOUSE	PTS
1 ST - TIMOR	881
2 ND - NANDI	859
3 RD - MOPRA	661
4 TH - TIBIC	569



Overall it was a very successful carnival and sadly the last for Colin Cousens who was our head of PDHPE. He has taken up a new role in another school where we are sure he will add great value but will be sorely missed by

Mrs M Wilson



Study Centre

Our fantastic Study Centre now operates 4 days a week, Monday to Thursday, in our Library from after school until 4.45pm. Teachers are available to provide assistance and guidance to students for homework, assignments and research. Afternoon tea is provided on Tuesday afternoons. There is NO COST for attending. This is a great opportunity for students to access resources.

"THE SECRET OF GETTING AHEAD IS GETTING STARTED."

- MARK TWAIN

**The school community is
incredibly proud of Amarlee
Vallette, class of 2022 who
marched out from Kapooka on
31 March!
So great to see our alumni
doing so well!**



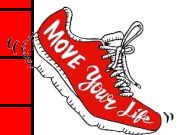
Cross Country

The first day back at school gave us beautiful weather and enthusiastic kids to run the annual cross-country carnival. The serious runners were primed and ready to go, delivering some outstanding performances and we even had some records broken. This year the carnival was able to return to the usual course of starting at the race course, before heading off into the bush behind, which gave the kids an extra challenge. Last year's carnival was run around the racecourse due to non-cooperative weather. Jai Ashby was the first to finish in the whole school in a blistering 14 minutes and breaking Chris Reynold's record from 2017. James Karavas broke David Tighes 2011 record in a very quick time of 14.36 and we had Abigail Hunter break Maddie McNeilly's record from 2010 in a very quick 16.34. The kids were all really happy to be out on the course whether competing or taking up the tail end with a brisk walk. There was plenty of house cheering and sportsmanship. Bear, our beautiful school dog, successfully completed his first, I'm sure many cross-country carnivals. A big thankyou to the PE department for organising the carnival and for all those who helped behind the scenes setting up the course and making sure the afternoon ran smoothly. We look forward to another successful carnival in 2024. Students who have qualified for the North West carnival will be notified in the coming weeks.

Mrs M Wilson

AGE CHAMPIONS

12	KYRONE GALL	12	ISLA JAEGER
13	MATTHEW EVANS	13	ABBIGAIL HUNTER
14	JAMES KARAVAS	14	MONIQUE BOWMAKER
15	JAI ASHBY	15	ZOE WARK
16	JACOB BAKER	16	OLIVIA PARKER
SEN	TRISTAN NIELSEN	SEN	ALIRAH WATTON





science and engineering
challenge

SCIENCE AND ENGINEERING CHALLENGE NARRABRI

On Thursday 4 May, 21 students from Year 9 and 10 attended the Science and Engineering Challenge Day at Narrabri to participate in a day of Science and Engineering tasks and projects aimed at helping students build skills in logical thinking, teamwork, problem solving and experimentation. This is a completely interactive day where students from the schools in the region compete against each other and against the clock to solve problems presented to them through their own initiative, collaboration and imagination. Tasks include creating a 'robotic' hand capable of picking up a variety of objects, electrifying a city in the most cost and energy efficient manner, creating a code to send messages via coloured lights, building a Mars Rover style of trolley capable of moving a load over uneven ground and building a bridge strong enough to have a loaded trolley pass over it multiple times.

All the students who attended, worked extremely hard and showed a great deal of determination, dedication and collaboration. The teams were focused on their tasks and every group produced some outstanding results, topping many of the challenges and being competitive across the board. The end of the day saw us come in 2nd overall out of 5 schools in attendance gaining, 1185.7 points missing out on first by just 14.3 points to Gunnedah High School.

The day really helped our students understand the many places that science and engineering impacts their lives and perhaps more importantly a greatly increased confidence in their own ability to engage with challenging concepts and apply their knowledge both singularly and as a group, to solve complex problems with minimal input from teachers or supervisors. Their feedback to their friends and peers has been all positive and the Year 9 students are all keen to attend again in 2024.



Ms J Povey



TEENS & VAPING ONLINE FORUM WHAT PARENTS SHOULD KNOW

Western NSW Local Health District invites parents, carers and professionals who work with teens to hear from experts in the field on:

- The latest research findings
- Signs your teen may be vaping
- Health concerns
- Laws and regulations in Australia
- How to talk with your kids about vaping

Register here:

<https://www.surveymonkey.com/r/FHBB6YW>



Date: May 23rd 2023



Time: 7:30 - 9pm



Email enquiries:

WNSWLHD-HealthPromotion@health.nsw.gov.au

Attend the forum and complete the evaluation for a chance to receive 1 of 5 \$100 petrol vouchers*

*Terms and conditions apply

Term Dates



2023



Dear Parents and Carers

CHS Term dates are as follows:

2023 School Year Western Division	First day for students 2023	Last day for students 2023
Term 1	Tuesday 7 February 2023 Years 7,11 and 12 Wednesday 8 February 2023 Years 8, 9 and 10	Thursday 6 April 2023
Term 2	Wednesday 26 April 2023	Friday 30 June 2023
Term 3	Tuesday 18 July 2023	Friday 22 September 2023
Term 4	Monday 9 October 2023	Friday 15 December 2023 Last day for students

Tango, Piazzolla and Spain

Ayşe Göknur Shanal, voice
Benjamin Martin, piano

*From Sydney Opera
House to Coona...*

*The performers will share an exciting, fun and intimate evening of
music from Spain and South America, with a few surprises...*

Friday 26 May 2023 7:00 PM
Coonabarabran High School Hall
9400 Newell Hwy, Coonabarabran

*A Tango & Spanish
feast you do not want
to miss!*

BOOK IN ADVANCE

Tickets **\$20 standard, \$15 concession, \$5 student**
www.trybooking.com/CIBUF

*"When a concert leaves you feeling excited and energised for hours
afterwards, you know it was an exceptionally good one" — Len Power*

**Special
deal for
our CHS
students
\$5 per
ticket!**

CANTEEN MENU

Coonabarabran High School Price List



Breakfast

	Cost
Fresh fruit in season	\$1.00
Bacon or Egg Muffin	\$3.00
Bacon & Egg Muffin	\$4.00
Toast (2 pieces) plain or raisin	\$1.00
Muesli & Yoghurt with fruit	\$4.00
Hot chocolate	Small \$4.00
	Large \$5.00
Coffee	Small \$4.00
	BYO cup \$3.50
	Large \$5.00
	BYO cup \$4.50

Hot Food

Those marked with * available lunch time only—Please Order

*Honey Soy Chicken & fried rice	GF \$8.00
(2 drumsticks)	
*Fried Rice	GF \$4.50
*Hamburger	\$7.50
*Chicken Burger	\$5.50
* with salad	\$6.50
*Butter Chicken & rice	GF \$6.00
Pasta with Homemade tomato sauce	\$4.00
*Spaghetti Bolognaise-Homemade	\$5.00
Year 12 burger	\$5.00
* With salad	\$6.50
*McFoz Wrap - chicken chilli tender, lettuce, tomato, cheese, chilli sauce & sour cream	

1 Tender	\$5.50
2 Tenders	\$6.50
*The Greenie Wrap 1 Tender	\$5.50
2 Tenders	\$6.50

*Brody Burger - Yr12 burger with lettuce tomato, cheese, bacon, aioli	\$7.50
*Bonello Burger— chicken schnitzel, lettuce, cheese, pineapple, bacon & mayo	\$7.50
*Schnitzel Salad— Salad & aioli	\$8.00
*Schnitzel Wrap—Salad & aioli	\$6.50
*Salad (large) choice of chicken, beef, ham	\$8.50

Requests Taken!

Meat pie	\$5.50
Curry / Potato / Cheese & Bacon Pie	\$6.00
Sausage roll	\$4.00
Mini Pizza	\$1.50
Chicken chilli tenders (individual)	\$1.50
Bread Roll	\$1.00
Soup	\$7.00
Soup with bun	\$8.00
Soup with GF bread	\$8.50

Salads (Please Order)

*Chicken Caesar salad	Large	GF \$6.00
	Small	GF \$4.00
*Homemade Quiche & Salad		\$8.00
*Homemade Frittata & Salad		GF \$8.00
*Beef Lasagne & Salad		\$8.00

Sandwiches/Rolls/Wraps (Please Order)

Chicken Caesar Wrap	\$6.00
Chicken / Salad Wrap	\$6.00
Egg & Lettuce S/wich	\$5.00
Chicken & Lettuce S/wich	\$5.00
Ham, Cheese and Tomato S/wich plain or toasted	\$5.00

Gourmet Baguettes [Baked Daily] (Please Order)

	ALL \$6.50
*Turkey, cranberry, swiss cheese, avocado	
*Roast Beef, chutney, cheese, salad	
*SOA [Sandwich of Awesomeness]	
Chicken, sun dried tomato, fetta, capsicum	
*Chicken, avocado, mustard mayonnaise	
*Chicken Caesar chicken, tomato, bacon, cheese, parmesan & caesar dressing	
All Served with salad greens	
*Chicken Salsa, bacon, salsa, cheese, sour cream—served warm or cold	

Drinks

Water	\$2.50
Fruit Juices (small)	\$2.00
Sparkling Juice	\$3.00
Small flavoured milk	\$3.00
Large flavoured milk	\$4.00
Milkshake	\$4.00

Snacks (subject to availability)

Watermelon Tub	\$4.00
Grape Tub	\$4.00
Fruit Salad	\$4.50
Muffin	\$1.50
Popcorn	\$1.50
Plain Chips	\$1.50

Ice creams & Ice blocks

Paddle Pops	\$2.50
Frozen Yoghurt	\$2.00
Quelch	\$0.50
Splice	\$3.50
TNT's	\$1.00

GF = Gluten Free

Please order to guarantee you choice!

CHECK POSTERS AT THE FRONT OF THE
CANTEEN FOR WEEKLY SPECIALS

