

# COONABARABRAN HIGH SCHOOL and P&C NEWSLETTER

## MAY 2022



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Ms M Doolan, Principal

Ms Morag Baker P&C President

### ***Upcoming Dates:***

**25-5-22 to 1-6-22**  
**Junior Examinations**

**2-6-22 to 7-6-22**  
**North West Equestrian Expo**

**13-6-22**  
**Queen's Birthday Public Holiday**

**15-6-22 to 18-6-22**  
**Matilda the Musical**

**20-6-22 to 30-6-22**  
**Year 12 HSC Trial Examinations**



Excellence  
Resilience  
Respect

### **Ms. Mary Doolan Principal's Report**

Dear Parents and Carers

It is great to lead with some excellent news; our school's Robotics Team, the Supernova Star Squad, led by Miss Moore, were part of the winning alliance at last weekends' First Robotics Competition at Macquarie University. A wonderful achievement and testament to the dedication of the team and the strong legacy of expertise that they can now draw upon.

Continuing on STEM, congratulations to Shafin Salim, Heaven-Leigh McAway-Davis and Declan Eshman who have each been selected to attend the strongly sought after, International Science School and to our highly successful Da Vinci Decathlon team, more details within. Well done to these students!

Less positive is the continuing impact of COVID-19, disrupting students' continuity of learning. Whilst we try and avoid having classes on minimal supervision, Monday saw one quarter of the teaching staff away, mostly due to illness and so minimal supervision was unavoidable. To ensure that student learning is nurtured at every opportunity your support in ensuring that your child arrives at school ready to learn, with all necessary equipment (i.e. in school uniform which reinforces that expectation) is appreciated. Some students are arriving at school with no equipment which undermines expectations that we are here to learn. The school is certainly able to provide any equipment needed but to build a culture that learning matters, especially in light of COVID, **consistent expectations from home and school are vital.**

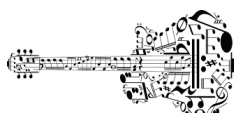
The school hall has been abuzz with NAPLAN and now HSC Minimum Standards testing for Year 10 students. My thanks to Mr Eshman and Mrs Hain for their stewardship of these standardised tests. Commencing on Wednesday 25 May, Half Yearly Examinations will be held for students in Years 7-10 in many subjects. These examinations are one aspect of assessment and it is important that students are in attendance. There will be a break in the examination schedule on Thursday May 26 to allow students to participate in our community's Sorry Day commemoration, if they wish to do so.

With the North West Equestrian Expo almost upon us and rehearsals for our school musical, Matilda, steaming ahead, the remaining half of the term will be a varied and productive one.

Fingers crossed that our community gets a break from COVID and winter ills, so that students can reap the benefits which flow from attendance at school each day!

**MS. MARY DOOLAN**  
**PRINCIPAL**

*Right:  
Vance McDonald  
performing a piece for  
Michael Dolce at  
Thursday's guitar  
workshop at CHS.*



# FLOOD FUNDRAISER



**VOUCH FOR  
LISMORE**

The SRC held a mufti day fundraiser on April 1<sup>st</sup>. Funds raised were for schools in the Lismore area whose students and their families have lost everything in recent floods. The money raised has been used to buy shopping vouchers for the schools to distribute to families in need.

Thank you to all the staff and students who donated to our fundraiser. We have been able to donate \$400 worth of vouchers.



Left: Monique Bowmaker, Lucy Fleming, Ella Atkinson, Toralee Watters, Claudia Heaney, Chelsea Rossler, Declan Eshman, Charlie Baker, Alex Letts



FROM THE



Dear Parents and Carers

My name is Heather Frewin. I have taken over Mrs Nancy Doolan's role in the school as the Careers Advisor. I have a background in Careers and Special Education. My last school was Dubbo College South Campus. Before that, I was at Gilgandra High School and Coonabarabran Public School. I live in Tooraweenah and I enjoy my morning drive through the mountains to get to work.

**DESK**

Term 2 sees the start of work experience in our Support Unit. Jacob is providing another pair of willing hands at Shady Rock Nursery; and negotiations are underway for Will Turner to gain experience at the Rotary Bookshop

Coonabarabran High School gratefully acknowledges the support of management and staff of Shady Rock Nursery and the Rotary Bookshop in this important part of students' transition to work.

Behind the scenes administrative tasks such as the renewal of the Quality Assurance Agreement for the school to continue to deliver TVET courses, arranging for students to attend work placement, and the Confirmation of Entry for Year 12 into the HSC are currently being completed. Any student in Year 12 who has not checked and signed their Confirmation of Entry please see me ASAP.

Information and opportunities for students frequently come across my desk. I am communicating these with students via emails. When I receive items, I send out blanket emails to relevant year groups. If parents or carers would also like to receive these items, please email me on [heather.frewin@det.nsw.edu.au](mailto:heather.frewin@det.nsw.edu.au) and I will add you to the list.

*Heather Frewin*





# P & C PRESIDENT'S MESSAGE



Welcome back to Term 2.

The P and C had their general meeting for Term 2 on Monday 9 May 2022. It was lovely to see some new and old faces at the meeting.

It was pleasing to hear that the Meat Tasting organised by Narelle Pfeiffer raised \$1000. Thank you to Narelle for organising and our school families and friends that supported this meat tasting. The watered-down apple juice and crackers in between meat courses was an added and unexpected surprise!

Unfortunately, the P and C have had to step back from running The Hut at Expo this year due to a lack of volunteers and expertise in this area. However, this year we will be organising the orders for the Expo merchandise to raise funds for our school.

It has been fantastic to read and hear about the many sporting and academic opportunities that our students are participating in this year. I am also excited for the first High School Musical since Covid disrupted all our lives! Thank you to the staff that go above and beyond, both in and out of school, to support these opportunities for our students - it does not go unnoticed.

Our next general meeting will be in **Term 3 on Monday 25<sup>th</sup> July at 5:30pm in the High School library**. Meetings are held once a term and everyone is always welcome. We will aim to keep the meetings as short, effective and fun as possible. However, if meetings are not your thing or you cannot make the meeting times we understand! So please feel free to email any agenda items, questions, suggestions or feedback to our email [chspnc@gmail.com](mailto:chspnc@gmail.com) or contact the School for one of the Executive Committee members to return your call.

Finally I wish all the students the best of luck as they approach their mid yearly exams and assessments. Remember as Nelson Mandela once said "*It always seems impossible until its done.*"

**Morag Baker**

**On behalf of the P&C**



**P&C Association  
Meeting  
Monday 25<sup>th</sup> July  
2022  
5.30pm  
ALL WELCOME**



## Musical 2022

## ROALD DAHL'S Matilda THE MUSICAL



In 2022, Coonabarabran High School, as part of its Performing Arts programme, is staging a production of Roald Dahl's Matilda. The musical, adapted from the classic children's novel, has music and lyrics by acclaimed musician Tim Minchin with book by Dennis Kelly.

Under the direction of Mrs. Aimee Rossler and Dr. Michael Armstrong, students have recently participated in an intensive weekend rehearsal where they worked to develop their singing, acting, and movement skills. This production will continue the school's tradition of providing students an opportunity to participate in large scale performing arts events which help students gain the knowledge and confidence to perform in public.

Details of performance dates and ticket availability will be provided shortly.



4  
**COONABARABRAN HIGH SCHOOL**  
**P & C MEETING MINUTES**  
**9<sup>th</sup> May 5.30 pm**

**Attendance:** S Lambert, M Doolan, D Graham, K Wark, M Baker, H Smith, N Pfeiffer, T Watson, D Mukhar,  
 S Moore, K Graham, D Howes, S Turner, J Staniforth, G Gasior

**Apologies:** A Atkinson, M Eshman,

ITEM	DISCUSSION
Minutes from General Meeting 28/2/2022	Moved: T Watson                      Seconded: S Lambert
<b>Business Arising:</b>	
Canteen Red Days	Trish followed up, information from the 'Healthy School Canteen Strategy' website, (SM to get info from Trish) re: Healthy Canteen, 1 fun day per term currently stands. Skye also phoned the information line and they advised it is at the Principal's discretion if the school is to run these day. Move on from this discussion
School Photos	Montage – packages comparison provided by SL on pricing. Montage is approx. \$30 more depending what package chosen. MD said that many parents cannot afford to pay more for the photos. Discussion on the quality, SM suggested contacting the Advance Life direct if unhappy with individual photos.
<b>General Business:</b>	
Expo	Expo Merchandise – SM discussed proposal that Expo have put forward in regards to assisting with merchandising, including labelling and distributing on Friday and Saturday. TW advised there was some catering containers left over from last year, there are to be absorbed by Canteen for use.
<b>Principal's Report</b>	
Staffing update	N Doolan retired end of last term. Card to be sent. SM New HT English, Rachael Blazely Tyson Birtles – Student Support Officer Nic Hadfield – Wellbeing Nurse, Dept. Health, Link between Education and Health. Kate Davies being replaced by Rebecca Volkofsky – SLSO Generalist Casual still vacant.
Musical 16-18 June	Matilda – Aimee Rossler and Michael Armstrong. P & C happy to support if required.
Sound Mentoring FRRR Grant	\$15 000 Sound Mentoring
Covid Update	Still around, notes continue to be sent out. Close contact recommendations updated, mask required when return to school from Covid. Close contact mask and RAT test in morning prior to school.
Infrastructure	LED Lights, cooler classrooms progressing, along with solar panels. MD to attend meeting re; rural and remote areas infrastructure.
Working Bee	Thank you to those that attended Working Bee.
<b>DP</b>	
	NAPLAN – all online 7 & 9. Michael Dolce – Thursday 19/5 Junior Exams 25/5 Year 11 Reports 3/6 Year 12 Trials 20/6 Week 9
<b>Treasurer's Report:</b>	
	Current Balance \$48 900 provided by SL. *\$1000 from meat tasting, thank you to N Pfeiffer for organising.
<b>Correspondence In:</b>	
	Nil
<b>Correspondence Out:</b>	
	Nil

**Minute Recorder:** Shannon Mathews    **Meeting Closed:** 6.15pm





## Youth week 2022 It's up to YOU'th

At the end of term 1 and the beginning of term 2 the SRC have run a variety of activities to celebrate Youth Week. During one Friday lunch the SRC ran a walkathon and photobooth. Students had fun dressing up and getting fun photos with friends at the photobooth while the walkathon allowed students to score house points for the athletics carnival. The results for the walkathon were:

- 1<sup>st</sup> Timor - 113 laps completed
- 2<sup>nd</sup> Nandi - 88 laps
- 3<sup>rd</sup> Mopra - 84 laps
- 4<sup>th</sup> Tibuc - 76 laps

Students who completed the most laps in the walkathon went into a draw for \$5 canteen vouchers.

Another lunch time was used to hold an arts and craft session to make house decorations for the athletics carnival. The decorations certainly brightened up the grandstands.

At the start of term 2 we held a scavenger hunt. This involved students answering questions about the school grounds. The team of Sarah Whittal and Chelsea Rossler came equal first with Shakira Parker on a score of 16/19. The winners and teams who scored 15/9 received canteen vouchers.

These Youth Week activities were made possible due to a grant and support from the Warrumbungles Shire Council. Thank you to Mandy Sulter for running the photobooth. The grant funding was used to buy materials for the Arts and Crafts activity and to give prizes for

*Kat Christoff*



*Above: Chelsey, Bailey and Lucy enjoy the photobooth*

*Left: Athletic Carnival decorations*

*Right: Winners of Scavenger Hunt & Walkathon*



## Winter Warmers

Payment at school office.  
EPOS, Cheque or cash.

**GHS Beanies**

**\$15**

**GHS Ties \$14**

**GHS  
Jackets  
and  
Hoodies  
\$60**







# ISS

THE PROFESSOR HARRY MESSEL  
INTERNATIONAL SCIENCE SCHOOL



THE UNIVERSITY OF  
SYDNEY

Three students from Coonabarabran High School have been successful in their application to attend The Professor Harry Messel International Science School which will be held from the 2<sup>nd</sup> - 10<sup>th</sup> July.

The students are Heaven-Leigh McAway Davis from Year 12 and Shafin Salim and Declan Eshman from Year 11.

This online program is run through the University of Sydney and involves 150 students from across Australia and around the world and involves lectures by leading researchers, virtual tours of cutting - edge facilities and hands - on workshops related to a wide range of Science disciplines.



*Maleisah Eshman*

*Above: Shafin Salim, Declan Eshman & Heaven-Leigh McAway Davis*

Learn from yesterday,  
live for today, hope for  
tomorrow. The  
important thing is not  
to stop questioning.

-ALBERT EINSTEIN

”

## 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/>



# CHS ATHLETICS 2022



On Wednesday the 6<sup>th</sup> and Thursday 7<sup>th</sup> of April we held our annual athletics carnival. Although overcast and a few showers of rain here and there we were still able to hold a really successful carnival encompassed by excellent behaviour, competitiveness and fantastic sportsmanship.

All reports from staff indicated excellent behaviour at all events and students are to be commended for this, as it helps the day run so much smoother with everybody's cooperation.

Our half day carnival saw two records tumble, with Kurt Rutter setting a new 16 boys discuss record of 42.84m and Siarne Davis setting a new record in the 16 years girls discuss of 31.65m. On Thursday we saw another record broken by Anthea Karavas in the 15 years girls long jump with a jump of 4.78m.

Team moral was high with some very creative dress up ideas including hundred-dollar bills by Nandi, SpongeBob by Timor, the circus by Mopra and a sea of red by Tibuc. The house captains set the standard for great moral and team support by constantly getting kids in and out of events throughout the two days. The relays were also a fantastic display of hustle and desire to win with each house having a relay team in almost every event.

The points were super tight this year with only the smallest of margin separating first and second in the overall standings. We saw outstanding athleticism over the two days of competition and they have set the bar high for next year.

Nandi were the eventual winners of the 2022 athletics carnival and house Captains Sha'e Davis and Jack Larkin (filling in for Angus Heany) were delighted to accept the trophy on behalf of their house. Age champions are not necessarily someone that win everything, they are people that participate in everything. We had an excellent display of participation and excellence across this group of young people. Our 2022 are champions are as follows;



Age	Boys	Girls
12	Jasper Dwyer	Emma Parker
13	Joshua Rankin	Britney Andrews
14	William Giovas	Maddison Amiet
15	Roman Tailby	Tahni Bowmaker Anthea Karavas
16	Kurt Rutter	Indi Chatfield-Williams
Sen	Alex Robinson	Alirah Watton



## Tom Sullivan Gift

As always, the Tom Sullivan Gift had another successful year with over 80 participants entered in this year's field. An event saved until the end of the day due to the hype and house spirit it creates was the most watched event at

the carnival with another close finish determining the winners. The eventual winners of the 2022 Tom Sullivan gift were;

**1<sup>st</sup> Cody Frazer**  
**2<sup>nd</sup> Jacob Bonello**  
**3<sup>rd</sup> Anika Holmsby**

Who are pictured right, with Tom's mother, Kate Sullivan.





# ATHLETICS 2022

Continued....



A big thankyou to all staff that helped run events, marshal students, time keep, start events and supervise students over the two days. Also, a big thankyou to Trish and Belinda in the canteen for providing food and drink for everyone on Thursday down at the town oval. A carnival never runs smoothly without good organisation so a big thankyou to Colin, Matt and Maddi in the PDHPE department for running another successful carnival that will only be bigger and better next year.

*Maddi Wilson*





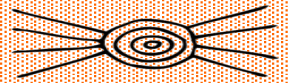
# Maarumali HUB OPENING



## Opening of the Wellbeing Hub

On Tuesday 5<sup>th</sup> April the new Wellbeing Hub at the school was officially opened. This was an exciting day as Mayor Ambrose Doolan and many local Indigenous elders were present for this special occasion. During the opening of the building there was an acknowledgment to country in language, smoking ceremony, and a traditional dance performed by some of the school's indigenous students. The new building is aptly named "Maarumali" which means "to heal" in Gamilaraay language.

It is very significant that Coonabarabran High School now has an area specifically dedicated to providing a



holistic approach to the mental health and overall wellbeing of both the students and staff.

The building is to be a safe place for students where they can have confidential conversations with people from a host of welfare services including:- Counsellor/psychologist, Student Support Officer, Chaplain, regional wellbeing nurse (WHIN) and Rural Youth Mental Health (RYMH) social workers.

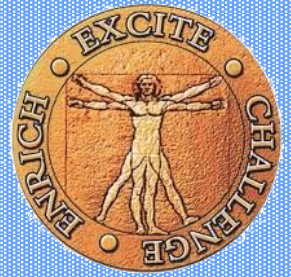
Within the building there is also an excellent meeting room suitable for the running of small group programs, many of which are already up and running in the school and providing various aspects of support for students.

*Narelle Pfeiffer*





# DA VINCI DECATHLON 2022



*The Da Vinci Decathlon is an academic competition designed to challenge and stimulate the minds of school students. Students compete in teams of 8 across 10 disciplines: engineering, mathematics and chess, code breaking, art and poetry, science, English, ideation, create producers, cartography and legacy.*



**Students in years 9 & 10 travelled to Port Macquarie to attend and compete in the Mid North Coast Regional Da Vinci Decathlon. They were successful in winning the Art and Poetry round, and placed third in the Cartography round. They also built a killer catapult.**

**Well done to our Decathlon team!**

*Louise Altman*

*"The human foot is a masterpiece of engineering and a work of art."*

*- Leonardo da Vinci*



**ZONTA**  
INTERNATIONAL

EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY



It is with great pleasure that Coonabarabran High School announces Amarlee Vallette as second place winner in the annual Zonta awards NSW/ACT. These awards acknowledge service, leadership, determination and initiative in young women. Amarlee was recognized as an outstanding young Indigenous woman and the judging panel made a point of contacting the school to pass on how impressed they were by Amarlee and how pleasing it was to recognise such a deserving young woman.

Zonta International is a service organisation of professional and businesswomen working to advance the status of women and girls. This is an amazing and well-deserved achievement by Amarlee who will receive her award at our school's next Formal Assembly. Well done!

*Mary Doolan*







*Above: Red Alliance winners!*

*Below: Finals Red Alliance climb the hanger!*



*Below: Day 1: Last minute fixes before the pits shut*



*Below right: Team 6476 ready to play!*

*Below: Josie—Pit crew leader.*



## Winners are Grinners – Team 6476, Supernova Star Squad Take out the ‘Duel Down Under’

With the new climber on board, the robotics team were confident that Gregory (the robot) would stand out when it came to alliance selections for the finals. However, climbing was just a bonus, it was the team's ability to prevent opponent teams from scoring that would win them a place in all of the finals best of three decider matches.

The qualifying matches presented the team with the usual successes and challenges. Scoring a personal best of 5 balls in a match and climbing, to the wiring issues, a wheel snapping in half and three climber pulleys exploding during matches. The team problem solved and worked beautifully together to get the robot out of the pits ready to play every game, even with a 3 minute deadline between finals matches.

Kira coached the Drive Team to victory and had the code running effectively, Nic our fabulous driver, Anika was cool, calm and collected controlling the robot mechanisms. Darcy, Ella and Josie supported the Drive Team in the pits under the close eye of mentors (Caaaarrrl and Miss Moore).

And guess what...We won!!!!  
Congratulations Team 6476  
Supernova Star Squad!

Sherelle Moore





# Welcome TO OUR NEW STAFF!

We are pleased to welcome Ms Rachel Blazely who has commenced as our new Head Teacher English, with Mrs Bell having chosen to return to a full teaching load in the classroom. Our thanks to Mrs Bell for her leadership and passionate devotion to engaging students in our English classrooms over these past few years.

This term we also welcomed Mrs Nicole Hadfield who will be our Wellbeing Nurse, based at Coonabarabran High School in Maarumarli and also supporting,

Coonabarabran Primary School, Baradine, Coolah and Mendooran Schools, facilitating strong links between education and health to help our students reach their potential. Mrs Rebecca Volkofsky has joined our SLSO team providing valuable support in our Maths and TAS faculties and classrooms. Finally we welcome Tyson Birtles as our Student Support Officer whose focus is on small group, cohort and individual support to our students. We shall feature some more about Nicole and Tyson's important roles in a later edition of our newsletter. We wish our new members of staff happiness and fulfillment during their time at Coonabarabran High School and we are grateful that they have chosen to join our community.

*Mary Doolan*

Ms Rachael Blazley

Mrs Nicole Hadfield

Mrs Rebecca Volkofsky

Mr Tyson Birtles



## Art

**Below: Year 7 – Term 1: Elements of Art**  
Booklets exploring line, texture, value, colour, shape, space and form

**Year 8 – Term 1: Aboriginal Art with a focus on the Principles of Design – colour, pattern, repetition and unity.**



**Left:**  
**Year 9/10 – Term 2:**  
observational watercolour paintings of nature. The unit of work for the Term is to investigate the spirit in the land through an exploration of the natural environment and influential artists such as John Olsen, John Wolseley, Russel Drysdale, Imants Tillers and the Martumili Artists.

*Cat Long*



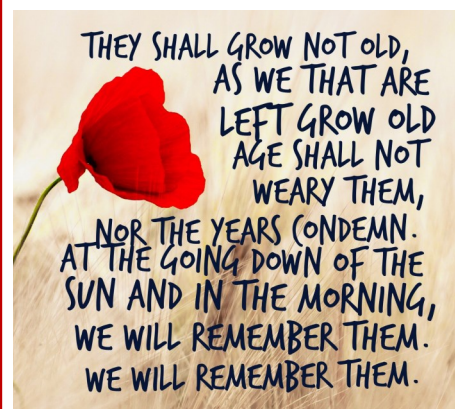
# ANZAC DAY

25 April 2022



A large contingent of students represented CHS at the 2022 ANZAC day commemoration services. Our Captains Amelia Hadfield and Vance McDonald each played an active role in the ceremonies reading prayers to the Nation and Fallen. They were supported by Vice Captains Jacob Bonello and Aleisha Rankin, laying a wreath to honour the service men and women who sacrificed so much in service of Australia. Emily Staniforth was a feature of the ceremonies, reading her winning entry in the annual "What ANZAC Day Means to Me" essay competition. Larni Smith was runner up in this competition and read her essay to the school community, at the Coonabarabran High School ANZAC Assembly. In addition, Coonabarabran High students were also part of the Orbital Swing Band, Girl Guides and Pony Club representing these organisations with pride and contributing to another memorable ANZAC Commemoration.

*Duncan Graham*



Lest we forget



## Michael Dolce Incursion

Michael Dolce, the session guitarist for "The Voice" visited Coonabarabran High School on Thursday 18 May. He conducted a Q&A session in which he provided some details about his career, his work with The Voice as well as lots of other inspiring and motivational information. Students had the opportunity to ask questions during this session as well. After the Q&A session, he ran a workshop for the guitar and bass guitar students. Vance McDonald and Austin Alberts each performed a piece for Michael and he provided excellent and insightful advice on developing these particular performance pieces. Michael then taught all of the students the A minor pentatonic scale and showed them how to do simple improvisations over a series of 4 chords. The students worked beautifully with Michael and they should be commended for their excellent participation and engagement. Michael was effusive about the students' fantastic behaviour as well as the incredible potential they all have. Michael is a phenomenal musician and we hope to see him at our school again!





# CANTEEN MENU



## Coonabarabran High School WINTER Price List



Breakfast	Cost
Fresh fruit in season	\$1.00
Bacon <b>or</b> Egg Muffin	\$2.00
Bacon & Egg Muffin	\$3.00
Toast (2 pieces) plain or raisin	\$1.00
Hot chocolate	Small \$3.00 Large \$4.00
Muesli & Yoghurt with fruit	\$4.00

### Hot Food

Those marked with \* available lunch time only—Please Order

*Honey Soy Chicken & fried rice (2 drumsticks)	GF \$5.50
*Fried Rice	GF \$4.00
*Hamburger	\$5.50
*Chicken Burger	\$5.50
* with salad	\$6.00
*Butter Chicken & rice	GF \$5.00
Pasta with Homemade tomato sauce	\$2.50
*Spaghetti Bolognese-Homemade	\$4.50
Year 12 burger	\$4.50
* With salad	\$5.00
*McFoz Wrap - chicken chilli tender, lettuce, tomato, cheese, chilli sauce	
1 Tender	\$4.50
2 Tenders	\$5.50
*The Greenie Wrap 1 Tender	\$5.50
2 Tenders	\$6.50
Meat pie	\$4.50
Sausage roll	\$3.50
Mini Pizza	\$1.50
Chicken chilli tenders (individual)	\$1.50
Soup with bun	\$5.00
Mini Taco Cup	\$1.50

### Drinks

Water	\$2.00
Poppers	\$2.00
Sparkling Juice	\$3.00
Small flavoured milk	\$3.00
Large flavoured milk	\$4.00
<b>Ice creams &amp; Ice blocks</b>	Varied prices

### Salads (Please Order)

*Salad with Chicken/Salmon/Beef	GF \$5.00
*Chicken Caesar salad	Large GF \$5.00 Small GF \$3.50
*Homemade Quiche & Salad	\$6.00
*Homemade Frittata & Salad	GF \$6.00
*Beef Lasagne & Salad	\$6.00

### Sandwiches/Rolls/Wraps (Please Order)

Chicken Caesar Wrap	\$4.50
Chicken / Salad Wrap	\$4.50
Tandoori/Salad Wrap	\$4.50
Roast beef and Salad S/wich	\$4.50
Egg & Lettuce S/wich	\$3.50
Chicken & Lettuce S/wich	\$3.50
Ham, Cheese and Tomato S/wich /toasted	\$3.50

### Gourmet Baguettes [Baked Daily] (Please Order)

	ALL \$5.00
*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	

### Snacks (subject to availability)

Watermelon Tub	\$3.50
Fruit Salad	\$4.00
Blueberry or Apple Muffin	\$1.50

### Requests Taken!

GF = Gluten Free

Please order to guarantee you choice!  
**CHECK POSTERS AT THE FRONT OF THE  
CANTEEN FOR WEEKLY SPECIALS**

