

# COONABARABRAN HIGH SCHOOL and P&C NEWSLETTER

June 2022



PO Box 3 COONABARABRAN NSW 2357 Phone: 02 6842 1099 Website: <https://coonabarabranhigh.co>  
Email: [coonabarab-h.school@det.nsw.edu.au](mailto:coonabarab-h.school@det.nsw.edu.au)

Ms M Doolan, Principal

Ms Morag Baker P&C President

## ***Upcoming Dates:***

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

***4-7-22 to 15-7-22  
School Holidays***

***18-07-22  
Pupil Free Day***

***25-7-22 to 27-7-22  
Feast of Words***

***28-7-22 to 30-7-22  
Matilida The Musical***

***02-08-2022  
Parent Teacher Night***



Excellence  
Resilience  
Respect

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

Dear Parents and Carers

As I write the winter solstice is upon us and so the days are short and the nights Coonabarabran, mid-winter, cold. And this year, unsurprisingly, the colder weather and its attendant cold, and flues has proved all the more challenging because COVID-19 has continued to snake around our community. So whilst our school newsletter is always a source of pride for staff (and I hope) students, this one is particularly so because it is a strong testament to the dedication of staff.

Notwithstanding, the numerous and unavoidable staff absences over the latter part of this term, staff have worked very hard to ensure that our students continue to enjoy a rich array of learning experiences both within and beyond the classroom. It is also a measure of all staff's commitment that we have avoided having to have classes on minimal supervision, as much as possible. My sincere thanks to all staff who have taken and supported extra classes to ensure that excursions and professional learning could continue and continuity of learning be maintained in the classroom as best as we could, given the complexity of this term's challenges.

We are looking forward to ending our term with a fabulous celebration of NAIDOC on 1 July 2022.

Wishing all of our students and their families a great break and we look forward to working with you in Term 3 which will commence for all students on Tuesday 19 July 2022.

**MS. MARY DOOLAN  
PRINCIPAL**

*Below:  
CHS Years 9 and 10 Science and Engineering North  
West NSW 2022 Champions.*





# Narrabri Music Eisteddfod 2022

On Monday 23 May 2022, thirteen students from Coonabarabran High School participated in the Music section of the Narrabri Eisteddfod. Five HSC students – Monique Bragg, Vance McDonald, Larni Smith, Caleb Smith and Molly Shannon – participated in the non-competitive HSC section. In this section, HSC students have the opportunity to perform two of their performance pieces to the adjudicator for feedback. All five students performed well and they received encouraging and constructive feedback.



Nine students participated in the competitive categories. These students performed really well and five managed to earn a medal for first positions in their categories:

**Austin Alberts: Guitar Solo – 15 years and under**

**Sam Bowman: Woodwind Classical Study – 15 yrs & under**

**Monique Bragg:**

**Secondary Vocal Section – Solo Popular Song Yrs 10,11&12**

**Riley Fleming:**

**Woodwind Baroque Solo – Grade 5 and above**

**Emily Staniforth: Popular Piano Solo – 15 yrs & under**



Well done also to Declan Eshman, Clover Hippisley, Shafin Salim and Luke Richards on their beautiful performances. All thirteen students should not only be congratulated on their fine performances, but also their fantastic behaviour and support of each other. A huge thank you also goes to Mark Walton who teaches many of these students during Skype lessons every week, and Ms Di Suthons who teaches Shafin. Lastly, thank you to the parents for their help with transport and for all their support.

*Aimee Rossler*



## YEAR 7 SEWING TECHNOLOGY CLASS



**Wow!! What a delightful sewing class we have had over the last term. All these students were very excited about attempting this new class for the first time. The object of this class is to do samples of sewing that would in turn show the student how to put together a appliqued cushion for their own use. Each sample produced was then put in their books for future reference. Every student accomplished this task with amazing cushions being produced.**

**Well done to this very talented class!**





# P & C PRESIDENT'S MESSAGE



What a month we have had!

The North West Equestrian Expo was a fabulously coordinated and fun event. Even the predictable cold, wet and muddy conditions did not dampen the spirits of the many riders and their families. I would like to extend my gratitude to the many students and staff that attended to support the smooth coordination of setting up, packing up and running of events. The P and C were also able to fundraise by coordinating the packing and organisation of the Expo merchandise. A special thank you to the students, Skye Lambert and Shannon Matthews who gave their time.

I would also like to acknowledge the students who worked in "The Hut" and the Coonabarabran Bakery who kindly donated their wages to the P and C.

The Year 11 students are continuing to fundraise for their formal in 2023. They have had another successful meat tasting and supported the Expo clean up.

I was encouraged to see the students support the Sorry Day activities in Coonabarabran. The ceremonial smoking, dancing and speeches by the students were marvellous.

I have enjoyed hearing about the many extracurricular activities including the preparation for the school musical, the musical eisteddfod, cross country, North West sports representatives and the Science and Engineering challenge. Thank you to the staff that go above and beyond both in and out of school hours to support these opportunities for our students, it is noticed and appreciated.

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.

Wishing all students, families and staff a relaxing, fun and refreshing break before Term 3.

**Morag Baker**  
**On behalf of the P&C**

*Your* P&C Federation  
Committed to Public Education



THANK  
you

Thank you to the P & C Committee members who helped with the organising, packing and distribution of the North West Equestrian merchandise orders for 2022!

A special thanks to students who helped over two days with the multiple school collection of the orders including Charlie Baker, Zoe Wark, Macey Harris, Brianna Watton, Lochie Campbell and Toralee Watters.

# JUNIOR

## Student Reports

Students in Years 7–10 will receive their Half Yearly Reports on day one of Term 3, being Tuesday 19 July, all ready for some great discussion at our Parent Teacher Night on Tuesday 2nd August 2022 from 4.00pm–6.30pm.

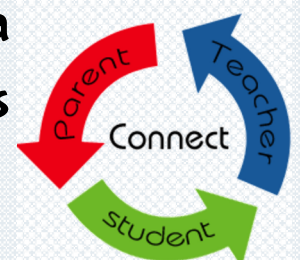


## Parent Teacher Interviews

Coonabarabran High School will be holding Parent Teacher Interviews Tuesday 2nd August. Staff will be present from 4.00pm – 6.30pm and interviews will take place with Year Advisers and Teachers in either the Library, English or Science rooms.

A note will be sent home with students closer to the date.

Please do not hesitate to contact the school to discuss a suitable alternate arrangement to meet with teachers if this date is not convenient.





# Castlereagh Regeneration Project

Water Testing with Dr. Peter Serov and WNPEEC



Six Year 10 students had the privilege of working with Dr Peter Serov through the WNPEEC as part of the Castlereagh Healthy Rivers Program. The aim of this program is to assess the present the health of the Castlereagh River as part of the plan to regenerate its health and biodiversity. It was the coldest day of winter so far and these students spent much of the day in the river, up to their chests.

The students carried out water quality and macroinvertebrate sampling at two of the sites being studied. The water tests were temperature, pH and electrical conductivity (salinity). These components can influence the health of a body of water and determine the plants and animals will live in the waterbody. Macroinvertebrate number and species present also indicates how healthy or unhealthy a waterbody is.

We also collected macroinvertebrates or 'water bugs'. Like the three components above, macroinvertebrates can indicate how healthy or unhealthy a waterbody is.

Fred Nixon from WNPEEC also stayed with us all day to identify and explain local Indigenous heritage of the river and its surrounds.

The students found the river at Nandi Park has far greater biodiversity than the river at Nielson Park. They identified immature crayfish, fish, true dragonflies (which we learnt breathe through their bottoms) and a myriad of other macroinvertebrates we would never have normally noticed.

The students were accurate and efficient in the finding and identification of the organisms they scooped out of the water. Dr Peter Serov was an inspirational to all of us.

*Ms Nash*

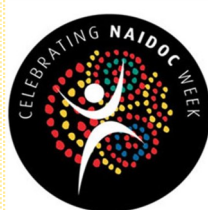


## Celebrating NAIDOC week



**NAIDOC  
2022  
T-Shirts  
\$15 each  
Various sizes  
Available**

Georgia proudly  
models the 2022  
NAIDOC  
Shirt



**GET UP!  
STAND UP!  
SHOW UP!**  
3-10 JULY 2022







# PARENTS/ CARERS

Important Notice

## PLEASE SUPPORT WEDNESDAY SPORT

Dear Parents and Carers

We are seeking your support of Wednesday Sport. Sport is a mandatory aspect of students' curriculum in Year 7-11. Last week, 25 students sought leave passes during sport time, many of these were sought during the course of the day.

In Term 3, can you please avoid scheduling appointments during sport time if possible. Any leave passes needed should be sought before school. Leave passes that impact sport will require approval from the Deputy Principal or Principal.

In Term 3, Year 12 students will be benefiting from HSC Revision sessions every Wednesday afternoon. Accordingly, they are required to be at school and in attendance at these valuable workshops. Leave passes will require the approval from the Deputy Principal or Principal.

Ms Doolan



The 2022 Coonabarabran High School EXPO team was a little smaller than usual, however, the smaller numbers and the atrocious weather did not dampen the enthusiasm or the spirit of the CHS team.

Our team consisted of Tabitha Ward, Sophia Bunting, Isobelle Deshon, Alex Letts, Jake Deshon, Abigail Hunter, Brooklyn Hunter and Grace Roberts. Students competed in a wide range of events including One Day Eventing, Showjumping, Polocrosse, Dressage, Working Horse Challenge, Warrumbungles Way, Sporting and Riding and Hacking events.

Whilst all students rode well, displayed excellent horsemanship and came away with ribbons, some notable achievements were as follows:

**Alex Letts** – 1<sup>st</sup> place in EvA 80 Division 3, 3<sup>rd</sup> in 95cm showjumping, 5<sup>th</sup> in dressage and 4<sup>th</sup> in the Team Hunt

**Tabitha Ward** – 5<sup>th</sup> in Combined Training 1A (dressage and showjumping) and 5<sup>th</sup> in bareback

**Sophia Bunting** – 7<sup>th</sup> in Combined Training

**Isobelle Deshon** – 2<sup>nd</sup> in Combined Training and 4<sup>th</sup> in Team Hunt

**Brooklyn Hunter** – 1<sup>st</sup> in bareback

**Abigail Hunter** – 4<sup>th</sup> in pleasure hack and 4<sup>th</sup> in Team Hunt

**Grace Roberts** – 5<sup>th</sup> in Warrumbungle Way, 1<sup>st</sup> in pleasure hack, 5<sup>th</sup> in bareback and 4<sup>th</sup> in Team Hunt

Many thanks to the other CHS Equestrian Team members of Mrs Deshon, Mrs Matthews and Mr Graham and to the parents and students for putting in the long hours over 5 days!

Mrs Eshman

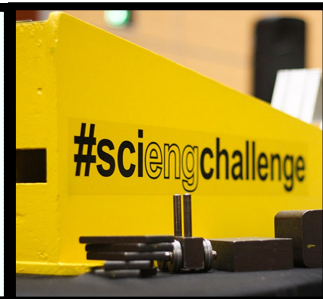


*A huge thankyou to some of the students from CHS who assisted at EXPO. Mrs Deshon received a particularly lovely thankyou from one of the judges at the Warrumbungle Way. These students were Ella Atkinson, Kayla Campbell (both pictured above), Indi Williams, Bree O'Neill, as well as other helpers at various events.*





# SCIENCE AND ENGINEERING CHALLENGE 2022



On 16 June our Years 9 & 10 Science and Engineering team journeyed to Narrabri to defend the title of most skilled bridge builders in North West NSW and with their eyes focused on claiming the region's championship. The Science Faculty had assembled a cracking team of 26 scientists and Engineers whose enthusiasm for the day's challenges was a delight to watch. Fabulous teamwork and intelligent design delivered to our school not only the strongest bridge (which withstood almost 10kg and ultimately broke evenly in 10 places—what a design feat!) but also the title of winning team. Our team now qualifies for the State championships, which will be held in Newcastle later this year.



Equal to the teams' prowess was their impeccable behaviour, including everyone wearing school uniform. They were excellent ambassadors for the school and their passion a true credit to the Science Faculty. Onwards!

*Ms Doolan*





# RUGBY LEAGUE—BINGARA



On Thursday I had the pleasure of taking the Under 14s Rugby League team away to Bingara to play in the North West Finals day against the other best teams in the North West region. We knew the competition would be stiff and that the boys would have to play out of their skin to beat the best of the best and progress on in the competition. We were matched against Farrer Memorial Agricultural High School and Inverell High School. We played Farrer in the first game, which was an absolute nail biter and went try for try right up until the final bell. The boys came out victorious against Farrer 28-22 in the first game. They were one win away from being crowned North West Champions. We had a quick 20-minute break to pump up the tyres and get some water in before we had to go back out and back it all up again. We met Inverell in the second game and although smaller than us they had some speed and it ended up being another game that went right down to the wire. The final bell went and the realisation set in that the boys had beaten Inverell and were now the North West Champions in Under 14s Rugby League and had won 24-22. Throughout the entire day the boys were extremely well behaved, played like a well-oiled machine and played with immense pride in the jersey they were representing. The boys are now one of only 20 teams left in NSW still in the competition and will meet Forbes High School in the coming weeks. CONGRATULATIONS BOYS!!!

*M. Wilson*



Jarrood Wood	Harry Mathews
Will Giovas	Ike Fester
Tyler Rodgers	Deano Mills
Jai Ashby	Chas Jaeger
Baxter Young	Makai Davis
Archie Matthews	Nathanael Hartberg
Levi Heywood	Tyler Hadfield
Jayson Ruttley Higgins	James Karavas
Zane Jenner	Mitchell Bonham



## 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/>



Coonabarabran High School Presents



ROALD DAHL  
**Matilda**  
THE MUSICAL

**Venue:** Coonabarabran High School Hall

Thursday 28 July 2022 - 7.00pm

Friday 29 July 2022 - 7.00pm

Saturday 30 July 2022 - 2.30pm

Saturday 30 July 2022 - 7.00pm



Loading...



**Thank you to Mr  
Graham, Mr Cousens,  
Mr Guihot and Mr  
Birtles for providing a  
hearty breakfast of egg  
and bacon rolls for our  
Year 12 students before  
their first Trial-HSC  
Exam-English.**

**Good Luck Year 12!**









## *Armidale Serves up Another Cold Volleyball Gala Day*

You wouldn't believe that it was only our second year in the Volleyball competition by the way the girls demonstrated their talent. Dig-set-spike and serve it over the net, were the goals for the day. We are still yet to deliver the killer spike but the girls can serve! If there was a prize for 'Most Consecutive Serves' we would have won it, the team's swollen red forearms were proof that they deserved it. Congratulations to the team for a great day in Armidale.

S. Moore



## **COMMUNICATION WITH THE SCHOOL**

Dear Parents and Carers

Kindly ensure that any communication with the School is conducted via the Schools' phone (68 421 099) or email

([coonabarab-h.school@det.nsw.edu.au](mailto:coonabarab-h.school@det.nsw.edu.au))

and not via staff's personal social media platforms.

Thank you.

Ms. Mary Doolan  
PRINCIPAL



## *From the Careers Desk*

**VERTO - Skill to Transform - Apprenticeships Support**

Verto will be in the school on August 11 to talk to Year 10-12 about Apprenticeships and Traineeships. See Mrs Frewin to secure your place.





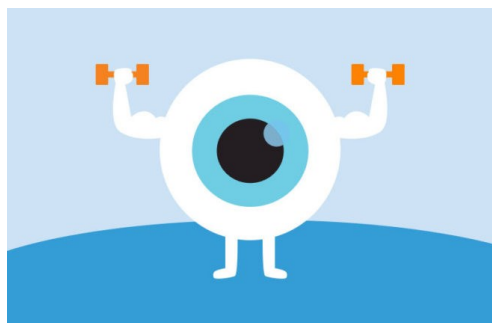
# BRIEN HOLDEN EYE CLINIC



Brien Holden<sup>®</sup>  
VISION INSTITUTE

With thanks to the Brien Holden Foundation and working in partnership with Narelle Andrews from the Aboriginal Health Team, a number of our students benefited from a free eye health clinic, held in the convenience of our school, late in May. The day was a great success and we hope will be the first of other such days to come. (Which will be advertised to parents and carers as and when further clinic dates become available.)

Ms Doolan



Above and left:  
Torr enjoying the benefits of a  
vision health check with the  
staff from the Brien Holden  
Foundation.

*Our school is fortunate to benefit from strong community support. A special shout out and thank you to our Coonabarabran Rotary Club, who support our school community in a myriad of ways and most recently with a generous donation to our Flight Simulator program. Sincere thanks also to Mr Geoff Gasior who continues to lead this innovative program and to Mr Vincent Morrissey who donates his time and mathematical expertise to support our students.*

Ms Doolan

Thank You!  
**Rotary**







# Ag News

## Dubbo Show

### 27th & 28th



The five o'clock start was not enough to deter these five students attending the Dubbo Show! It was Friday the 27<sup>th</sup> of May. Our five stud pigs had to arrive at the show before 7.30am, so it was all hands-on deck to load them up and head off in the dark.

On arrival, all our hands were still needed to wash all the pigs in preparation for judging by 10am. The team worked well with other exhibitors, helping them wash their pigs as well. For a team of novices, these students did themselves and their school proud, learning fast how to prepare a pig for the show ring. With the pigs looking their best, the team had to get themselves ready for showing. You can see how well they did this in the team photo. Ms. Jenny Wright, the judge, commented on their great appearance.

The team of pigs consisted of four young offspring of Vangaard, and the sire himself was also in the competition. Turns out he would be an attraction in himself as the biggest pig many of the spectators had ever seen. Luckily for his handler, Indi Chatfield-Williams, he was a gentle giant who would go on to become Champion Senior Boar.

His offspring were in the under 6 months section, which they convincingly won. Sharlee Young was showing the gilt. She not only took the first prize in her age group, she went on to become Reserve Champion Junior Sow, beating everyone under 12 months bar one. Anna Strong, Jack Webster and George Williams were showing the boars in their class. The competition was strong in the Berkshire section of the show this year, so it was a thrill when the judge awarded the school Berkshires with first, second and third places. Anna's boar was then up against the other first placegetters, and like Sharlee's gilt, he was awarded the Reserve Champion Junior Boar! For Coonabarabran High School, this meant all the pigs had received a ribbon and many admirers.



Students also participated in the Junior Judging. The Overjudge was Mr Richard Cole who explained the process of judging a pig and what to look for. It was Indi Chatfield-Williams who impressed Mr Cole with her placings of the pigs and her reasons behind them. She received a ribbon and \$100 for her efforts.

The show was a great success, made even better by the student's high standard of behaviour and participation. The willingness they demonstrated in helping the other exhibitors was exceptional. A big thankyou to parents Jo Webster and Karen Young, for helping with transporting the pigs and luggage to and from the show.

*M. Webb*



# MUSIC CONCERT 19 MAY 2022



*On Thursday 19 May, CHS hosted another successful music concert. It was 8 months since the previous concert, so it was a much-anticipated event. Despite not having been on a stage for that long, the students all did exceptionally well. The Jazz Band performed Skyfall and the Year 11 and Year 12 music students provided two group items for the event. The rest of the evening consisted of solo items by various music students. Brooklyn McWhirter performed one of her songs from the musical Matilda to promote our school's production of this musical at the beginning of Term 3. The concert was attended by a large and very appreciative audience and all the students should feel proud of their performances. A special thank you goes to Miss Lewis for accompanying a student and for lots of assistance behind the scenes. Then, another thank you goes to Mr Michael Armstrong for setting up the performance space and for handling all things sound-related with his usual expert skills and patience.*

Mrs Rossler



## COONABARABRAN HIGH SCHOOL 10TH ANNIVERSARY FEAST OF WORDS

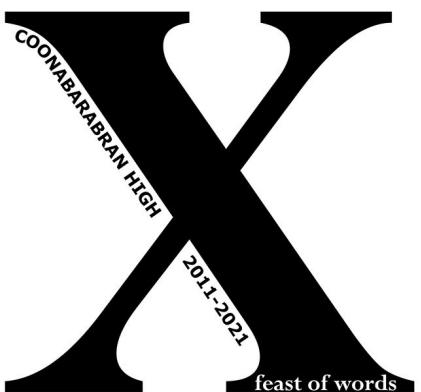
*Featuring*

**J.C Burke**

**Kirsty Eagar**

**Elizabeth Macintosh**

**Philip McLaren**

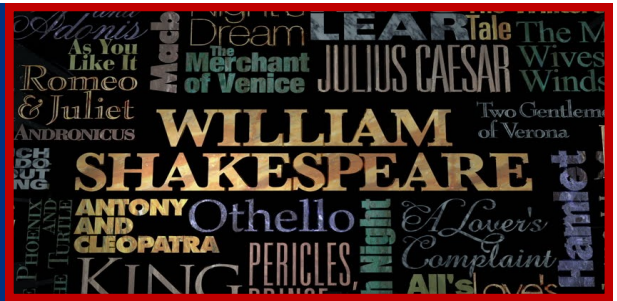


*Meet the Authors Dinner—Tuesday 26 July  
Tickets available at  
Prezzies and CHS Office  
\$60 per head  
6 for 6.30pm  
RSVP 22 July*

**OffBeet Restaurant  
2 Courses  
\$60 per head**



# 2022 Shakespeare Festival



On Tuesday 14th June, it was time again for the annual Coonabarabran High School Shakespeare Festival. With a study of Shakespeare mandatory in the NSW English syllabus, we think that such a festival gives students a greater insight into this important writer and his works, but also affords an opportunity for creativity within the curriculum, in order to better engage the students' interest and attention.

The students impressed their teachers, their respective audiences, and the judges with the quality of their performances.

Years 9, 10 and 11 studied their lines, worked to make their characters their own and added stagecraft to

the mix of their abilities. What was created out of all this hard work was some very credible performances, be it sword-fight, drinking-scene or death scene, provoking delight, wonder and sadness in their audiences.

Year 9 was the first to begin, with their rendition of *The Tragedy of Romeo and Juliet*. We had been told by Ms Johnston that her class was a sight to behold, and they were! The fight-scenes were well-choreographed, the tensions high and the love happened at first sight. There was much lively discussion between the judges about the awarding of certificates as there were so many great performances to choose from.

Year 10 continued the day with performances from the Scottish Play *Macbeth*, and they explored the ambiguous nature of both the witches (could they really see the future or was all that prophecy coming true just pot luck?) and the dominant theme of ambition as it was played out by the characters. There were frightening scenes of 'double, double, toil and trouble', as well as a fighting scene at the close of Year 10's performance which had much realism and well-thought-through actions.

Year 11 completed the day by performing selected scenes and duologues from the Tragedy of King Lear. The students were able to capture the progression of the main character King Lear and his daughter's relationships. We watched as Lear is destroyed by the two eldest daughters, slowly driving him insane after he has banished Cordelia.

There can only be one: Young Shakespearean Actor of the Year. It denotes the best actor on the day, a player of distinction who commands the attention of the audience.

**Shakespearean of the Year – Declan Eshman**

With **Best Sword Fight** – Ella Atkinson and Phoebe Menz.

M. Birrell



## FEAST OF WORDS – 25<sup>TH</sup>, 26<sup>TH</sup> AND 27<sup>TH</sup> JULY

Feast of Words is having a #taketwo moment for our decade anniversary of this fantastic tradition. The Feast of Words aims to foster a love of literature and gives students the opportunity to engage with professional authors in a fun, educational and interactive week. This year, Coonabarabran will be host to an ensemble of familiar and new writers: J.C. Burke, Kirsty Eagar, Elizabeth Macintosh, and Philip McLaren. Our "Dinner with a Writer" will be held on Tuesday 26<sup>th</sup> of July at OffBeet (at Country Gardens Motel). Tickets to the dinner are \$60. Tickets are extremely limited, so get in quickly.

R. Blazely



Earlier this term, Declan Eshman submitted an original composition for the Artology 2022 *Fanfare* Competition. He had to compose a 30-second fanfare for orchestra and had to submit the score and mp3 recording of his composition. This is not an easy task as he had very few bars of music in which to demonstrate his skill. The competition was open to anyone under the age of 21, which meant that Declan was competing against university students as well. The organisers received over 100 entries for the two competitions (*Fanfare* and *To Country*) and these were judged by a panel of composers. Although Declan's composition didn't make the top eight, it was listed in the Highly Commended section – this is a great achievement for Declan!

**Congratulations, Declan, on your fantastic achievement!**

*Mrs Rossler*

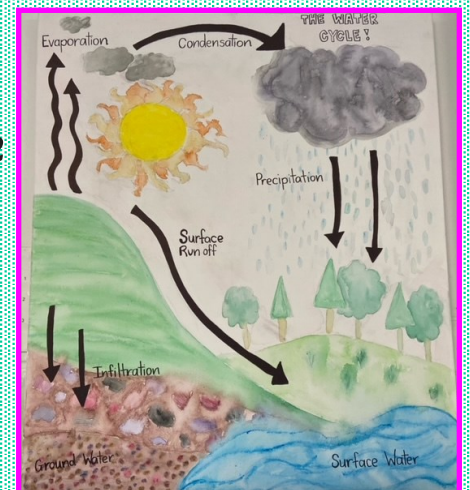


### \* News \*

D2 students have been learning to sew and to cut patterns and templates this semester. Last term they created throw pillows, this term they are creating bucket hats from patterns they have cut themselves. Here are two examples of these hats!



In HSIE and Science, D2 students have been learning about the water cycle. This giant poster we made has been created using watercolour pencils on a canvas and has pride of place on the wall of our classroom. Next we will look at the carbon cycle.





# THE FACTS ABOUT VAPING

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes available and they can be difficult to spot.

The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

## DO YOU KNOW WHAT THEY'RE VAPING?



NICOTINE D

Many vapes contain nicotine making them **very addictive**

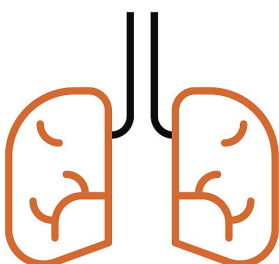


FRUITY D

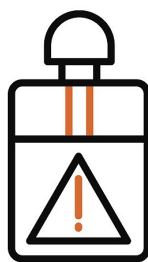
The nicotine in 1 vape can  
**= 50**  
**cigarettes**



Young people who vape are **3 times** more likely to take up smoking



Vaping has been linked to **serious lung disease**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray



Vapes come in a variety of designs and styles and can be **easy to conceal**



Do you know what they're vaping?  
Get the evidence\* and facts at [health.nsw.gov.au/vaping](https://health.nsw.gov.au/vaping)

\*All statements are backed by evidence which can be found on the website





# 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 Bolognaise-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**

