

COONABARABRAN HIGH SCHOOL and P&C NEWSLETTER

August 2022



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Email: coonabarab-h.school@det.nsw.edu.au

Ms M Doolan, Principal

Ms Morag Baker P&C President

Upcoming Dates:

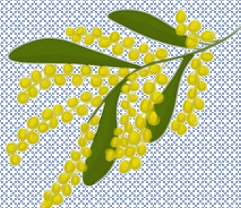
29-08-2022 to 9-9-22
Yr 10 VALID

16-9-22
RYDA Year 11

20-9-22
Prefect Induction
Assembly

22-9-22
Yr12 Farewell Assembly

29-08-22
Major Work Showcase



Excellence
Resilience
Respect

Ms. Mary Doolan Principal's Report

This term has certainly had a cracking pace! We are not quite at the half way point and already students have enjoyed the Feast of Words, our wonderful production, Matilda The Musical, North West Athletics, State Squash, continued triumph for the Under 14's Rugby League team, Single Cup and a leadership forum and lunch with our Mayor (in the case of our Prefects), just to name a few of the opportunities that have punctuated these past weeks.

A really positive aspect of this term has been the steady flow of feedback from staff (and sometimes from community members) regarding the exemplary nature of our students' behaviour when representing the school at various events. This is wonderful to hear and certainly nurtures the respectful culture that we want to characterise our school community.

Another highlight for the term has been the dedicated buzz from staff and students as HSC classes finish their major works. It is one of the real joys of being a HSC school to see the finished projects take shape and the students look forward to showcasing their talent at the Major Work Showcase in our hall on 29th August at 6.00pm; all are welcome!

And to end where I began, with reference to Matilda The Musical, as it certainly is deserving of an encore of praise. I am certain that if you were able to catch a performance you will agree that it was absolutely **FABULOUS**. My sincere thanks to Mrs Rossler, Dr Armstrong and the small army who supported them in giving our students this precious and important performance opportunity. Thank you!

Looking forward to a productive second half of the term and one where we hope matters COVID can move into the background!

MS. MARY DOOLAN
PRINCIPAL

Right:
Brooklyn
McWhirter
and
Amelia
Morrison
performing in
Matilda The
Musical.



MUSICAL SUCCESS



This year has seen the return of large-scale live performances to the school with our production of Matilda. After a four-year break caused by the impacts of COVID, students have returned to the stage. Over a period of around 12 weeks, the hard-working cast, band, and crew prepared an excellent performance of the Tim Minchin adaptation of this much-loved Roald Dahl story. Performed over three days to large and appreciative audiences, Matilda saw the hard work and dedication of the students, volunteers, and staff shine with growing confidence and experience being demonstrated by the final performance.

Thank you to the whole school community for supporting our student's performing and creative arts involvement. The endless hours of rehearsal and preparation for the production have resulted in a positive learning experience for everyone involved. We look forward to working with everyone again for the next musical in 2024.

Congratulations to all the students who participated in the final production - your dedication and commitment resulted in a fantastic performance.

Michael Armstrong



P & C PRESIDENT'S MESSAGE



Oh what a term!

The P and C met on 25 July 2022 this term.

Firstly, a huge thank you to Sherelle Moore who worked tirelessly to finalise and implement the **FRRR Grant Tackling Tough Times** for Coonabarabran High School. This was used to support students into STEM activities and equipment including robotics kits, drone equipment and to subsidise robotics competition expenses. Sherelle also entered and won, on behalf of the school, the Navy Emerging Technicians Award. This will support three students to attend a full expenses paid Navy experience in Sydney on HMAS Kuttabul.

A massive well done to all the students, staff and community members of the band and their **WONDERFUL and HILARIOUS** production of the school musical Matilda! It was wonderful to see this so well attended and supported by the community. I understand that without Mrs Rossler and Dr Armstrong's dedication and time this would not have been possible, so a **kind thank you** from the P and C.

It is great to see the school upgrading the bathrooms and to hear about the roll out of new screens!

I have enjoyed hearing about some of the many extracurricular activities including the Feast Of Words, upcoming Science and Engineering challenge, Single Cup, and NW softball. 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.

The school continues to provide opportunities to our students through Parent /Teacher interviews, study sessions for Year 12 to support them with the upcoming HSC, upcoming subject selection night for Year 10 students and the Careers Advice Trial.

The school has also organised for motivational speaker Luke Kennedy to attend as a guest speaker at the school and an additional parent session on Thursday 18 August 2022. Luke is a mental health advocate and a mentor to troubled youth. Luke uses his own personal experience to inspire resilience, motivation and self-awareness. A not to miss event!

Our next general meeting will be held early in **Term 4**. 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 it is not practical to 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 or contact the School for one of the Executive Committee members to return your call.

Morag Baker

On behalf of the P&C

 **P&C Federation**
Committed to Public Education

Dear Parents and Carers

Re: Canteen Price Increases

Understandably given the rise in various cost of living expenses, and food in particular, our fantastic P&C Canteen will be raising the prices on a number of items, effective from Week 6. Prices have been stable since pre-COVID, but to sustain this valuable service, some increase to prices must now occur.



Thank you in anticipation of your understanding and continued support.

MORAG BAKER
P&C PRESIDENT

MARY DOOLAN
PRINCIPAL

4
COONABARABRAN HIGH SCHOOL
P & C MEETING MINUTES
25 JULY 5.35 pm

Attendance: D Graham, H Smith, N Pfeiffer, D Mukhar, S Mathews

Apologies: A Atkinson, M Doolan, J Staniforth, S Moore, M Baker, S Lambert, K Wark, S Turner

ITEM	DISCUSSION
Minutes from General Meeting 9/5/2022	Moved: D Mukhar Seconded: H Smith
Business Arising:	
Expo	Update given from SM, merchandise that was prepared and distributed during Expo, \$1500 received and relatively simple way for additional funds for P&C.
General Business:	
Principal's/ DP Report	
Toilets	* 3 to 4 weeks should be completed. Then progress to remainder through the school.
Musical	* Opening night Thursday 28 July, tech run on Thursday. Aimee Rossler and Michael Armstrong - fantastic job putting all together.
FOW	* JC Burke, Patrick, Elizabeth Macintosh. Mon – Weds, Dinner Tuesday.
Parent Teacher	* Next Tuesday 2 August from 4.00 pm to 7.00 pm.
Careers Advice Trial	* Additional place in the school to assist students.
Agskills	* Thursday Agskills Day 4/8/22.
Navy Careers	* 3 students attending all expenses paid.
NW Softball	* CHS Knockout Newcastle 10/8 to 12/8.
Single Cup	* Coonamble is the host this year 11/8.
Sci & Eng	* 22-23 August.
HSC Trials	* Finished last term, sport study sessions will commence this Term.
Year 11 Exams	* Week 8.
New Screens	* Roll out will commence 15/8.
Year 10 Subject Se- lec	* Subject Selection coming up.
Guest Speaker	* 18 & 19 August - Luke Kennedy – Parent Session Thursday Night 6.00 pm. Students will have sessions/ activities on the Friday
Treasurer's Report:	
	H Smith tabled financial summary. Current P & C Exec now updated with Regional Banking online banking and approval.
Correspondence In:	
	Insurance – Andrews Insurance Services FRRR Grant – completed and signed off, thank you to S Moore
Correspondence Out:	
	Nil

Minute Recorder: Shannon Mathews **Meeting Closed:** 6.04 pm **Next Meeting:** TBA



FEAST OF WORDS

FOW returned this year with a bang! Our delayed ten-year anniversary was aptly themed #beattheodds. Authors J.C. Burke, Elizabeth Macintosh, Philip McLaren and Kirsty Eager (via zoom) joined us and ran workshops for students. Throughout the week, students engaged with writing workshops and activities designed to improve their writing and help everyone find their storytelling voice. Philip McLaren ran workshops that focused on his experience and history with writing and publishing internationally as a Kamilaroi man. Hearing writing advice from published authors can have a great impact on aspiring young writers. Our 50-word novel competition was extremely hard to judge and very enjoyable to read. Cameron Whittall and Lucy Fleming are congratulated on their student wins; Ms Abbott and Ms Bell are congratulated for their staff win.

Rachel Blazely



Year 12
Formal
Fundraising



Year 12 2022 are selling the 'funkiest socks in town' to fundraise for their formal. They have a selection of kids, teens and adult socks in animal and fruit prints to choose from, for just \$10 a pair. Please see a friendly Year 12 student to order or you can see Ms. Mathews in the office. Year 12 thank you and appreciate your support.

GET up! STAND up! SHOW up!

NAIDOC WEEK 2022



Under the leadership of our wonderful AEO Alison Stanton, our school's NAIDOC celebration was a very dynamic, happy and culturally rich close to Term 2.

My thanks to Alison, Tyson Birtels, Marty Gordon, Paris Norton and all staff, students and community members who contributed to this occasion. It was particularly special to have a number of our local elders join in the festivities and we thank them for their support of our school.

It was also great to share the day with our 2023 Year 7 students!

Nandi were the champion house in the Uncle Bill Robinson NAIDOC Challenge Touch Football Competition.

Finally a shout out to the creative staff who transferred our celebratory NAIDOC cake into a work of art.

M. Doolan





PARENTS/ CARERS



PLEASE SUPPORT WEDNESDAY SPORT

Dear Parents and Carers

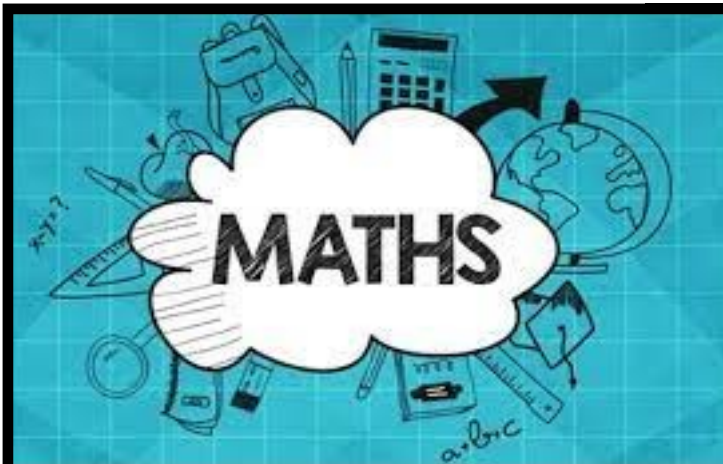
We are seeking your support of Wednesday Sport. Sport is a mandatory aspect of students' curriculum in Year 7-11.

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



From the
Maths
Faculty



Years 9-12

All students require a Casio fx82AU Plus calculator for classes. Calculators can be purchased from the school office for \$24.00. Students in Years 7 & 8 who have misplaced/lost their supplied calculators may also purchase replacement calculators at the office.

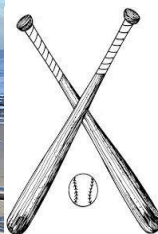


Softball

COONABARABRAN ADVANCES TO THE TOP 16 NSWCHSSA STATE GIRLS SOFTBALL KNOCKOUT

It was a very rainy drive to Newcastle the night before the tournament. The team was not confident the grounds would be ready for play. Miracles do happen! The team played a strong game against a more experienced team to start, with everyone getting 'bat to ball' against a very fast pitcher. We will not speak of game 2. Games 3 and 4 however, were amazing! With plenty of hits, runs scored, and outs on the field. Well done ladies! 13th in the State is a pretty great effort. A big thanks to Dean for driving and 1st aiding.

S.Moore



Warrumbungle Wings and Things; Back on!

Not only will there be an amazing aerial show and cool aircraft and cars on display, but Matt Hall will also give his fantastic and inspirational talk on his journey to becoming a successful Red Bull Racing pilot.

Save the Date
Saturday
10th September

WARRUMBUNGLE WINGS & THINGS

SATURDAY, 10 SEPTEMBER 2022

COONABARABRAN AERODROME | 9AM - 4PM

10AM: MATT HALL KEYNOTE ADDRESS



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OR AT THE GATE

CPS Year 6 Transition to High School



A small (but excited), group of Year 6 Coonabarabran Public School students attended the morning session at Coonabarabran High School on Tuesday 2nd August 2022. This morning was organised as part of their transition to high school in 2023.

The first part of the morning was meeting both Mrs Hawkins and Mrs Sanders in the Food Technology rooms. Students learnt some important features around safety particular to Food preparation and then moved onto the practical side of the lesson - making Chocolate Chip Rock Cakes.

Whilst waiting for the biscuits to cool down Dr Armstrong met with the students to discuss some aspects of History. Students particularly enjoyed analysing sources (pictures and text) to work out how they think the mummified remains of Ötzi (the Iceman) may have died over 5000 years ago.

The rest of the term has a series of different activities across faculties so students can meet with different staff members and become familiar with some of the different routines that they will experience when they begin Year 7 in 2023.

Mrs Redden & Mrs Hain



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/>



On Friday August 12, the SRC held a bake sale to raise money for Red Nose Day. The Mint Leaf Café generously donated an assortment of cakes, slices and biscuits to be sold as part of our fundraiser. SRC members ran the cake stall at recess and lunch time. Through the sale of the delicious food donated by the Mint Leaf Café and yummy cakes and slices baked by members of the SRC, we were able to raise \$470, which has been donated to Red Nose Day.

K. Christoff



Exciting Careers NSW School Trial Face to Face Careers Advice



Run by Careers NSW our school has been chosen to take part in a trial, this term to support our students' career planning.

Our students in Years 9-12 will have the opportunity to benefit from face to face Student Career Consultations with a Careers Practitioner. Parents/Carers are required to attend these appointments with their child.

Our dates for career consultation appointments are as follows:

Thursday 25th August

Monday 5th September

Friday 26th August

Tuesday 6th September

Additional careers advice is available for **Indigenous Students** as follows:

Monday 22nd August

Wednesday 14th September.

Appointments need to be made online at least one business day prior to the appointment. If you scan the QR code below it will take you to the site to make your booking. If you require any help please contact 13 77 88: Bookings are made using your MyService NSW account.

At CHS please contact our Careers Advisor Mrs Heather Frewin for more information re this program.

More information

For further information about the services being offered and the schools participating in the trial, visit the Careers NSW Schools Hub (accessible via the QR code). Bookings can be made using your MyServiceNSW Account.



**Ms M DOOLAN
PRINCIPAL**



Basketball Gala Day

On Friday the 5th of August Coonabarabran High School was lucky enough to host the Under 15's Basketball Gala day which saw teams from Gunnedah and Quirindi also attend. It was a lovely day filled with skill, sportsmanship and great basketball. Our girls team put up a great fight but eventually went down to Quirindi who will now progress through to the next round. Some witty shooting by Ella Atkinson saw four points quickly go up on the board at the start of the match. The girls tried to get into a groove from there however Quirindi had an answer for everything. In the boys matches Coonabarabran had an extremely close game with Gunnedah and came out eventual winners which was fantastic to see. At points during both games Dainton Kuras just couldn't miss. The game against Quirindi was physical and fast pace right from the get go with the scores being level until the end of the third quarter where Quirindi picked up their physicality and made shots when they counted. Both the Quirindi boys' and girls' teams will progress to the next round. All students are commended on their excellent behaviour throughout the day.

M. Wilson



North West Athletics

On what was the first North West athletics carnival in 3 years due to Covid students were more eager than ever to get out onto the track and grass. Coonabarabran High School had a very strong representation as always which was fantastic to see. In total we had 15 students qualify for the NSW CHS carnival at Homebush in Sydney on the 7th, 8th and 9th of September this year. The weather was not in our favour with it raining for the majority of the day but we were lucky to be under our lovely school tent which kept us dry and warm. The carnival was not short of talent with kids running, throwing and jumping further than ever before. The Coonabarabran students are commended on their outstanding behaviour and sportsmanship. The students that qualified for the NSW CHS carnival are below and well done everyone on a fantastic day everyone.

M. Wilson



Archie Rutter
Kurt Rutter
Sha'e Davis
Siarne Davis
Makai Davis
Maddison Amiet
Harrison Mathews
Anthea Karavas
Alex Robinson
Sarah Whittal
Brooklyn Hunter
Anika Holmesby
Kira Holmesby
Amelia Hadfield
Alirah Watton
Dainton Kuras





VICTORY IN THE PACIFIC CEREMONY

On Monday 15th August Emma Robinson, Josie Strong, Nick Piper and Hudson Thornhill represented Coonabarabran High School at the Victory in the Pacific ceremony held at the memorial at the pool.

Victory in the Pacific Day, also known as VP Day, commemorates the end of the Second World War in the Pacific. The ceremony remembers and gives thanks to Australia's Second World War veterans on this day.

On 15 August 1945, Japan announced their surrender to the Allies, bringing the Second World War to an end. After six years of war and over 45,000 killed in service or as prisoners of war, Australians rejoiced. They celebrated with church services, gala concerts and parades. Over 200,000 Australians serving overseas began to return home, as well as thousands who had been prisoners of war, reuniting families.

The formal surrender took place on 2 September 1945 aboard the USS Missouri in Tokyo Bay. General Sir Thomas Blamey represented Australia at the ceremony while a dozen Royal Australian Navy ships were among those gathered in the bay.



Kellie Nash



Find Your Future

From the Careers Desk

CAREERS

As we approach the pointy end of the year, I find myself in lots of discussions with year 10 about their ambitions and hopes for next year.

In week 6, seven Year 12 students will make a flying visit (literally) to the University of Sydney to attend their Open Day Residential Program. We get to stay at The Rocks YHA and explore what life is like at the oldest university in Australia.

UNSW are promoting their Gateway Spring Program for Year 11 students. In this free digital program, students participate in interactive faculty experiences that showcase the range of degrees and what it's really like to be a student at UNSW. The program also includes academic skills workshops, so that students can get prepared to ace their HSC. Program dates: 12 - 22 September 2022. Registrations open 25 July and close 4 September 2022. See Mrs Frewin for more details.

When items of interest cross my desk, including apprenticeship and traineeship opportunities, scholarships, Defence Force opportunities, information sessions and the like, I disseminate this among relevant students through emails. If you are in years 10-12, and not receiving emails from me, or if any parents or carers would also like to receive these emails, just let me or the front office of the school know.

Transgrid Apprenticeships

Transgrid are currently advertising for apprenticeships for Electricians, Telecommunication Technicians and Transmission Lines Technicians. Applications for these close September 4th. See Mrs Frewin or go to <https://careers.transgrid.com.au/go/Apprentice-roles/4580610/> for more information.

Heather Frewin



Buckley Shield Coonabarabran High v Ashcroft



On a cloudy 16th of August the Coonabarabran High School 14s Rugby League team had their next game against a very large and strong side from Ashcroft High school, Sydney. The Coona boys had the home ground and crowd advantage which was fantastic to see. The community and peer support helped spur the boys on with amazing cheering and support. The game started and everyone watching was tense and nervous but the boys picked up right where they left off after their previous victory over Narrabeen Sports High School. We were the first to cross after about 5 minutes and the crowd roared up in loud cheers and chants. The first try came from an excellent 5th tackle kick and chase from Ike Fester. He grounded the ball right under the post and Chas Jaeger slotted the kick right over the black dot. Following this the game went back and forth for about another 15 minutes with possession changes, good kicks and great defence from both teams. With 4 minutes left in the first half Coona saw an opportunity and spread the ball all the way out to the right wing and Will Giovas was able to score a couple of metres in from the side line. With an unsuccessful conversion that left the score 10-0 at half time in favour of Coona. Half time saw some deep and intense conversation in the team huddle and the boys went out full of confidence. The half time talk from Ashcroft was clearly a serious one because they came out and hit back first crossing right next to the post and converting. Following this from the kick off you could tell the Coona boys were getting tired because their lock ran through the field and scored a runaway try which they also converted. The score was 12-10 Ashcroft's way with 10 minutes to go. The Coona boys had to dig deep and dig deep they did because Ike Fester crossed again in the corner with 4 minutes to go. An unsuccessful conversion kept the score at 14-12 Coona's way. With one-minute left on the clock Harry Mathews barged over to solidify the victory for Coonabarabran and the crowd erupted with cheers of joy. Congratulations to Coonabarabran on a wonderful victory as they now progress into the NSW Buckley Shield Semi Finals.

M. Wilson



Above:
Harry Mathews forces his way over the line during the game against Ashcroft High School. Photo credit: Coonabarabran Times

Left:
CHS Under 14's triumphant team players.

Visit by Dr Jim Coyle

On Wednesday 27 July, Dr Jim Coyle visited Coonabarabran High School. Dr Coyle is a lecturer at the Sydney Conservatorium of Music and, during his visit, presented some workshops for elective Music students. In the first session, Dr Coyle conducted a session on composition with the Year 9/10 Music students and they had the opportunity to work in groups on creating a hook for a song. Year 11 had a 2-hour session on composition where they also created a song before focusing on HSC composition requirements. Lastly, the HSC students participated in two sessions - one on viva voce preparation and presentation and one on preparing for the Aural paper. The workshops were engaging and students participated in all of the activities with enthusiasm and focus. We are very grateful to Dr Coyle for taking time out of his very busy schedule to travel to Coonabarabran and work with our students. Well done to all of the students who participated for their fabulous behaviour. A huge thank you also to Miss Lewis for initiating the contact with Dr Coyle for us.

Aimee Rossler



SYDNEY
CONSERVATORIUM
OF MUSIC



Year 11 Biology – Warrumbungles Fieldwork

On a cold and damp Tuesday morning in August, the Year 11 Biology class ventured to the Warrumbungles to undertake field work as part of their study of Ecosystem Dynamics. During the morning students used a variety of fieldwork techniques to gather data about the distribution and abundance of plants and animals. They also measured non-living factors including soil temperature, aspect, gradient, light intensity and humidity.

After spending a chilly morning in the field students had the opportunity to warm up in the EEC classroom and enjoy a hot drink with their lunch. After lunch students got their hands dirty analysing the soil collected from the field.

Following the field work, students apply a variety of data analysis techniques to investigate relationships between biotic factors as well as the influence of the non-living environment on the distribution and abundance of organisms.

K. Christoff



PUBLIC HEALTH ALERT:



NSW Health has been notified of a probable case of meningococcal disease in a child from the North Coast who attended the 2022 splendour in the Grass festival. This is the third case of meningococcal disease in a person who attended the festival.

Although the disease is uncommon, it can be severe, so we are urging people and their close contacts who attended the event in the North Byron Parklands on 21-24 July to be alert to the symptoms of meningococcal disease and act immediately if they appear.

People can carry meningococcal bacteria in their throats and not have symptoms but pass it to close contacts.

If you suspect symptoms of meningococcal disease, please contact a doctor immediately.

*Not all of the symptoms may be present at once.

<i>Symptoms of meningococcal disease are non-specific but include:</i>	<i>Young children may have less specific symptoms, these may include:</i>
Sudden onset of fever	Irritability
Headache	Difficulty waking
Neck stiffness	High-pitched crying
Joint pain	Refusal to eat
A rash of red-purple spots or bruises	
Dislike of bright lights	
Nausea and vomiting	

So far this year, there have been 17 cases of meningococcal disease reported in NSW. While meningococcal disease is now uncommon thanks to the vaccination, it can occur year round. We tend to see increases in late winter and early spring, with children under 5 and 15 to 25-year-olds at the greatest risk of contracting the disease.

Vaccination is the best way to protect yourself, your loved ones and community from the harmful effects of meningococcal disease.

Under the National Immunisation Program, meningococcal ACWY (Men ACWY) vaccine is provided free for babies at 12 months, adolescents, and people of all ages with certain medical conditions. In NSW, the adolescent dose is delivered through the school vaccination program in Year 10.

As of 1 July 2020, Aboriginal children up to the age of two years, and people with certain medical conditions, can also access free meningococcal B (Men B) vaccine. All children from six weeks of age can have the Men B vaccine to reduce the risk of infection.

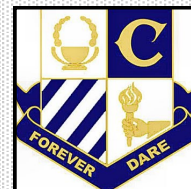
For more information on vaccination or symptoms, transmission, risks and treatment of meningococcal, see the NSW Health Website.

If you require further information, please contact your local Public Health Unit on 1300 066 055.

CANTEEN MENU



Coonabarabran High School Price List



Breakfast		Cost
Fresh fruit in season		\$1.00
Bacon or 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	\$6.50
*Fried Rice	GF	\$4.50
*Hamburger		\$6.50
*Chicken Burger		\$5.50
* with salad		\$6.50
*Butter Chicken & rice	GF	\$6.00
Pasta with Homemade tomato sauce		\$3.00
*Spaghetti Bolognese-Homemade		\$5.00
Year 12 burger		\$5.00
* With salad		\$5.50
*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
Meat pie		\$5.00
Sausage roll		\$4.00
Mini Pizza		\$1.50
Chicken chilli tenders (individual)		\$1.50
Mini Taco Cup		\$1.50

Drinks

Water	\$2.00
Fruit Juices (small)	\$2.00
Sparkling Juice	\$3.00
Small flavoured milk	\$3.00
Large flavoured milk	\$4.00
Milkshake	\$4.00
Ice creams & Ice blocks	Varied prices

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	\$5.50
Chicken / Salad Wrap	\$5.50
Tandoori/Salad Wrap	\$5.50
Roast beef and Salad S/wich	\$4.50
Egg & Lettuce S/wich	\$4.50
Chicken & Lettuce S/wich	\$4.50
Ham, Cheese and Tomato S/wich /toasted	\$4.00

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		

Snacks (subject to availability)

Watermelon Tub	\$3.50
Fruit Salad	\$4.00
Blueberry or Apple Muffin	\$1.50
Bread Roll	\$1.00
Soup	\$5.00
Soup with bun	\$6.00
Soup with GF bread	\$6.50

Requests Taken!

GF = Gluten Free

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

