Friday, 27th September
Newsletter No: 6

INDEPENDENT PUBLIC SCHOOL

NEWSLETTER

Phone: 6216 4400
Website:
www.bullcreekps.wa.edu.au
Email:
bullcreek.ps@education.wa.edu.au
SCHOOL WATCH: 1800 177 777
Our school has now participated, very successfully, in an Independent Public School Review and a National Quality Standards Review where both reviews commented on the effective teaching and learning programs in the school and the warm and welcoming culture. The IPS School Review stated that, “Bull Creek Primary School is held in high regard by parents, staff and students for its welcoming, inclusive culture and its tradition of high academic achievement.”

Through comprehensive self reflection processes the staff ensure that student academic performance and social and emotional needs are met and the improvement agenda is prioritised and scheduled.

Through our various whole school initiatives and programs high performance and high care remain our focus, whilst still catering for children to excel in all areas of the curriculum. This approach ensures we are developing the whole child. Children are provided the opportunity to participate in sporting activities, The Arts both performing and visual and Languages activities.

**Sporting Activities**

Congratulations to Gold Faction for winning a very close Faction Carnival and to Mr Ellis for organising such a successful day. The students competed in track and team events and it was great to see their enthusiasm and team spirit. Special congratulations to the individual Champions and Runners-up. Thank you to the P&C for their support in organising the coffee van and special lunch menu. Thank you also to the staff who were at school very early to assist in setting up ready for the day’s activities and for training the students prior to the carnival.

In weeks seven and eight, children from Pre-Primary to Year Six participated in and enjoyed a football session with the students from SEDA. The Year Four to Six students were then able to put their skills to use in a game.

**The Arts**

**Performing Arts**

The Senior Choir performed at the Perth Concert Hall with ten other schools in the Massed Choir event. The students sang with enthusiasm and were excellent representatives of Bull Creek Primary School. Thank you to Mr Marshall for his efforts in organising the children for this event and to Mr Hofmeester for supervising the students on the night.

The Year Three choir students had the opportunity to perform at the Perth Arena as part of “One Big Voice.” Together with 3000 other students from metropolitan primary schools, the children sang positive life-affirming songs. This unique opportunity will be positively remembered by the children for years to come. Thank you to Ms Carissa Davis, an ex Bull Creek parent, for once again making the ties that the children wear as part of their choir uniform.

**Athletics Results**

**2019**

**Well done Gold!**

| Year 3 - Girls | Champion - Eva |
| Runners-up - Niah |
| Year 3 - Boys | Champion - Griffin |
| Runners-up - Christian |
| Year 4 - Girls | Champion - Eliza |
| Runners-up - Jasmin |
| Year 4 - Boys | Champion - Noah |
| Runners-up - Charlie |
| Year 5 - Girls | Champion - Heidi |
| Runners-up - Sophia |
| Year 5 - Boys | Champion - Judah, Tino |
| Runners-up - Lachlan |
| Year 6 - Girls | Champion - Tyla |
| Runners-up - Anabelle |
| Year 6 - Boys | Champion - Angus |
| Runners-up - Jylan |
Visual Arts  
**Sculpture Walk**
Don’t forget to bring your sculpture to school in readiness for the sculpture walk in Term Four Week Two. Once again we will have a picnic lunch and parents will have the opportunity to view the sculptures. Thank you to Mrs Perna for organising this wonderful event.

Languages  
The annual “Laternenlauf” took place in Week Ten with students walking around the school with their beautiful lanterns. Congratulations to Frau Colgan for organizing the lanterns and other German activities including the assembly and in collaboration with Kylie in the canteen the picnic lunch.
It was a great way to end a very busy term.

Das Exams  
The DAS was a fabulous opportunity for Bull Creek students to demonstrate and test their knowledge in the German language. The first prize winners of Years 5 and 6 were invited to the DAS ceremony. The certificates and prizes were presented by Dr G. Maluga, the new Honorary Consul of the Federal Republic of Germany.

It is always very entertaining and educational to watch the Class Assemblies. Public speaking is a very difficult skill and to watch our youngest children do so with such élan is a wonderful experience. Congratulations to the students of W7, W2 and W6 and their teachers, Mrs Toner, Miss DiFonzo and Mrs English for developing the children’s speaking skills and their confidence.

NAPLAN  
2019 NAPLAN results have been sent home with Year Three and Five students. NAPLAN is in a period of transition, and 2019 was the first year where students were expected to complete an online test. Unlike some other schools, the administration of NAPLAN at Bull Creek was without incident. The staff will analyse and interrogate the data when it is available to assist in strategic planning and inform classroom planning.

Thank you Mrs Bolton and Mrs Chapelhow for organising the Staff Health and Well Being morning tea. This was a lovely initiative which was enjoyed by everyone.

Thank you to the staff once again for their ongoing professionalism and hard work. I hope everyone has a safe, restful and enjoyable holiday. Please note that staff return to work on Monday 14 October but **all students return to school on Tuesday 15 October**.

Thank you for taking the time to read this newsletter.

Sue Martin
On Tuesday the 10 September 2019 our school took part in “The Great Vegie Crunch”, joining with schools from across Western Australia to simultaneously crunch on fresh vegetables – and have fun doing it! Did you know that only 1 in 6 Western Australian school aged children are eating their recommended daily intake of vegies? The Great Vegie Crunch aims to change that and educate students on the importance of eating more vegetables.

Wattle Five made amazing posters and advertised the event in all classes across the school. They invited The Great Vegie Man to visit our school. Wattle Five chopped up vegetables for the whole school and children from our class assisted The Vegie Man to deliver these vegetables to all the classes. At 12.15pm the whole school joined together to do the “Great Crunch” using a digitally downloaded Crunch-o-meter.

The children in Wattle Five also enjoyed sharing beautiful Bravo apples with other classes and teachers in the school.

We look forward to sharing more information about the importance of eating vegetables next term.
SCHOOL NEWS

BANKSIA 4

Ella - In B4 we've been reading the book called Holes. It is a great and funny book. The story is about a boy called Stanley, who got sent to Camp Green Lake. They dig holes to find something from the past. The book keeps getting juicier and juicier. After we finish the book we're going to watch the movie. We all can’t wait until we finish.

Isla - In week 4 it was Science Week. We all got to make a poster to display facts about a particular planet. I worked with Ella and Grace, our topic was Jupiter. Our poster was shaped like a rocket. On the Friday of that week we all went around and voted for our favourite poster. The winners from each year group won a prize. Unfortunately we didn’t win but it was a fun week.

Alex - It was a fabulous day on the Thursday of the Sports Carnival. All of the kids were in their amazing faction bays and all of the races were going at the speed of light whilst you could hear everyone cheering. The cheering was loud and made everyone proud. All the excitement was a delight. When you stepped on the podium it felt like you grew a foot. At the end it was a bend.... 4th was blue, 3rd was red, 2nd was green and 1st was gold. Everyone screamed with glee! The amazing faction carnival shall be seen again with delight.

Blair - During Book Week in week 5 we had a dress up parade. Everyone got dressed up as their favourite book character and brought in their favourite book. There were lots of creative costumes that amazed me and congratulations to the winners from all the classes who were fairly chosen by the awesome judges.

Anika - On Tuesday the 6th of September our class had the Andy Kirker incursion. Andy the games man came to our class and shared this game with us about an evil time lord. We had three main suspects and had to visit 3 different places in our groups to gather clues about who the evil time lord was. The clues that we received in the beginning were pretty useless but they started adding up in the end. We also had puzzles we had to conquer to move on in the game. We enjoyed this wonderful experience and I think our group did a great job as a team.

WATTLE 2

Term Three has been very busy for Wattle Two! Amongst athletics training, a sports carnival and football clinic, we managed to find time to learn, practise and present our class assembly item, ‘The Antonym Song’.

After learning about Australia in HASS, we moved on to one of our neighbouring countries, New Zealand. We have been learning all about the climate, location, plants, animals and people of New Zealand, as well as exploring some of the fun things to do. Students are now making their very own movies about New Zealand using iMovie. We are looking forward to finishing these next term and seeing the final products.

As well as this, we have been reading about Jesse's travels to Planet Centuria in the novel, ‘Spaced Out’, by Moya Simons.

Ms Di Fonzo
Wattle Two Teacher
This term Wattle 4 have been focusing on improving their reading and we couldn’t think of a better time to be motivated with Book Week right in the middle of the term to inspire us.

As part of our Digital Technologies program, the students were introduced to the app “Book Creator” on the iPads. Here they wrote their reading goals, voice recorded reading fluency passages and reflected on their choice of Library Books and of course our wonderful Book Week Dress Up Day. The students learnt how to make their book presentable by adding photos, backgrounds, varied fonts for titles and most importantly add our recorded reading. At the end of the digital book the students wrote two stars and a wish which related back to their goals. Finally this week the students invited their parents in to the classroom to share their wonderful digital Book Creations.

Not only are they super readers now but also pretty snazzy at using Book Creator on the iPads too. Alongside this all students were involved in a Paper Bag Book Review project. Students transformed their paper bags into their chosen book. They filled their bags with 5 items that represented the story and orally presented them to the rest of the class. It was fantastic to have such a variety of books shared and explored.

Mrs Austin
Wattle 4 Teacher
The students in Wattle 8 have had a very busy term. We began the term by reading Dreamtime stories and lots of Australian animal books such as Possum Magic and Wombat Stew. The children had lots of fun making up their own stew recipes. We then read one of our favourite stories called “The Gruffalo”. We used our wonderful imaginations to create our own Gruffalo picture collages. They look amazing!!!!

**SPORTS CARNIVAL**

We participated in our very first sports carnival. We had lots of fun running in our races and playing our team games.

“I liked the running race. I ran very fast” said Jewel.

“I ran in a race. I was happy. I came third” said Hans.

“I loved waving to my mum and dad. I tried my best winning but I didn’t win. I liked playing the games” said Ivy.

**PICASSO ARTISTS**

For the last week of Term 3 we looked at the famous artist Pablo Picasso. We decided to have a go at creating our own paintings “Picasso” style. We practiced our drawings on our white boards first. When we loved our creation we drew it on paper. Painting them was the most fun. We loved the bright colours and think they look just like a Picasso painting!!

**BOOK WEEK**

We had fun dressing up as our favourite Book characters.
**PATHS**

The PATHS curriculum teaches students the skills to understand feelings and emotions. These skills and understandings help students to self-manage. Things such as behaviour, organisational skills, friendships, reactions to uncomfortable feelings are all aspects relating to self that can be controlled or managed and have relative consequences.

Teachers encourage students to self-manage by;

- Explicitly teaching feelings in class.
- Teaching and prompting students to use the Calm Down chart.
- Setting clear expectations for students and reinforcing these with positive and negative consequences.

Support your child to self-manage by;

- Encouraging your child to get along with others.
- Helping your child to be organised and plan ahead.
- Identifying and labelling uncomfortable feelings as well as talking thorough strategies for managing those emotions.

**Smiling Minds**

Exciting news! Next term we will be introducing Mindful Monday’s. After lunch every Monday all staff and students will enjoy a whole school mindfulness session. This whole school approach will assist in embedding mindfulness practice across the whole learning community.

The Smiling Minds curriculum, that is being implemented in all classes, covers topics such as Empathy and Acts of Kindness.

Empathy is when you identify another person’s feelings or experiences. In particular, it is the ability to see and respond to others when they are suffering. Being empathetic is a prosocial value that underpins positive relationships.

Participating in acts of kindness is about taking mindful action with the intention of helping another living thing. These acts benefit the greater community and foster compassion and empathy. Being kind feels good, when you do something nice for someone else it in turn makes us feel good.

At home;

- Encourage your child to put themselves in the other person’s shoes. Meaning, get them to stop and think how they would feel in that situation.
- Discuss the importance of being kind.
- Explore how being kind to someone makes them and yourself feel.
- Write a positive note to someone to tell them what you like about them.

If you think your child could benefit from some mindfulness at home give the Smiling Minds app a go. It’s free to download and quick and easy to sign up to.

**Values**

In the second half of this term we have been learning about and practising the values Freedom and Honesty.

Freedom is having the right to act, speak and think with liberty. Freedom is about appreciating the rights and privileges you have and those of others. You can demonstrate freedom by telling a friend you appreciate them. You can show freedom by contributing to a mutually respectful learning environment. You can demonstrate freedom by being yourself and celebrating your differences and the differences of others.

Honesty means seeking and speaking the truth. You can show you are being honest by meaning what you say and saying what you mean. You can show you are honest by quickly taking responsibility if you make a mistake. You can show honesty by never taking things that don’t belong to you.

The Aussie of the Month recipients for Freedom were Joanne and Sullivan.

The Aussie of the Month recipients for Honesty were Ellie and Will.

Congratulations to these outstanding students.
What’s in your waste-free lunchbox?

It’s easy to pack a nutritious lunch with no throw-away packaging!

Choose a compartment lunch box or small reusable containers

Choose fruit ‘wrapped’ in natural skin. Food scraps can be composted

Wrap your sandwich in washable beeswax wrap, fabric or a paper bag

Pack a reusable drink bottle, flask or ice pack

Remember this cool rule:
Everything in a waste-free lunch can be EATEN, REUSED, RECYCLED OR COMPOSTED...there is nothing left over to throw out!

Avoid plastic packaging...virtually every piece of plastic ever made still exists in some shape or form
NATIONAL WATER WEEK

The National Water Week is 21-27 October. This year the theme is ‘It’s time to change the world’. As part of our schools’ celebration during this week the students will be able to purchase blue food from the canteen on Wednesday 24th. The students in Rooms 4, 5 and 6 have combined together to create a sculpture work and have represented the Ord River and some Australian native animals for the Sculpture Walk on this day too. It was originally going to be the Swan River but some students decided to make crocodiles and as we all know; they don’t live in Perth!

Friday 27th a presenter from the water corporation is attending our school assembly. Our school has been engaged with the Water wise program for 10 years and there will be an acknowledgement of this achievement. Students are encouraged to wear their blue school uniform on this day rather than their faction shirts. Blue is after all, the colour used to represent water.

Speakers from the Water Corporation will be attending the school on Thursday 14th and Friday 15th November. They’ll be presenting talks to the classes from Pre Primary upwards on water conservation. These talks are provided free of charge and have always been well received by teachers and students. Individual classes are covering the theme of water through health, HASS, art, sustainability and science programs. Students are learning about how precious water is and steps we can all use to protect and preserve this valuable resource.
# DATES FOR YOUR DIARY

## Term 4 - Week 1
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday, 14th October</td>
<td>NO SCHOOL PD DAY</td>
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<tr>
<td>Tuesday, 15th October</td>
<td>School Starts Today</td>
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<tr>
<td>Thursday, 17th October</td>
<td>EduDance starts this week</td>
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<tr>
<td>Friday, 18th October</td>
<td>EduDance starts this week</td>
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## Term 4 - Week 2
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tuesday, 22nd October</td>
<td>Interschool Athletics</td>
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<tr>
<td>Wednesday, 23rd October</td>
<td>Sculpture Walk</td>
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<tr>
<td>Thursday, 24th October</td>
<td>Interschool Athletics</td>
</tr>
<tr>
<td>Friday, 25th October</td>
<td>Assembly—Music/IIMS</td>
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## Term 4 - Week 3
<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wednesday, 30th October</td>
<td>Year 5 Bike Ed</td>
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<tr>
<td>Thursday, 31st October</td>
<td>Crazy Hair Day (Gold Coin)</td>
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## Term 4 - Week 4
<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday, 8th November</td>
<td>Assembly—Multi Cultural Day</td>
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## Term 4 - Week 5
<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wednesday, 13th November</td>
<td>German Day Out S5, S6</td>
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</table>
BLEE BIN AVAILABLE FOR SPONSORSHIP
ONLY $33 PER TERM
INCLUDED IN THE SPONSORSHIP IS AN ADVERT IN OUR NEWSLETTER WHICH GOES OUT TWICE A TERM.

DiCandilo Thomson
The Small Business Specialists

- Tax return preparation
- Self Managed Superannuation
- Business set-up, structuring & advice
- Tax planning and minimisation

FIRST CONSULATION IS FREE
CONTACT US ON 9481 6111

Come experience & enjoy the benefits of swimming with Definition H2O Swim School!
- AUSTSwim qualified, friendly instructors.
- Classes to suit people of all ages - baby and adult lessons available.
- Discount prices for gym members!
- Weekday swimming squads that include gym based fitness training.
- 25m heated pool!

Enrol now and bring this advertisement to Definition Health Club with you to receive a free swimming lesson, courtesy of Definition H2O! Call Cecilia on 9313 5088.

| Definition Health Club | 77 Wheatley Drive, Bull Creek Western Australia 6149 |
| Ph: 08 9313 5088 | Fax: 08 9313 5661 | Email: csharpe@definitionhealthclub.com.au |
| www.definitionhealthclub.com.au |

Fun Filled Fat Burning, Women Feeling Amazing Again!!

Excuses 2 Exercise
Create a brand new reality for yourself, STARTING TODAY!
NO MORE EXCUSES!

Karinda Lobb
0402 108 150
excuses2exercise@bigpond.com

I will get you FEELING HEALTHY, CONFIDENT, ENERGETIC and SANE again!

FREE FAT BURNING for new members—come and try it out.
Find time for you—bring the kids along too.

Lose the EXCUSES and find the RESULTS!

BULL CREEK PRIMARY SCHOOL

Thanks LJ Hooker Leeming,
Leeming Forum Shopping Centre
Farrington Road, Leeming

For their sponsorship of 4 Paper Recycling Bins!

Tel: 9332 4000
FREE FUN PROGRAM FOR KIDS!

The Better Health Program is a 10 week healthy lifestyle program for kids aged 7-13 who are above a healthy weight.

- Learn simple ways to eat healthier foods everyday
- Build confidence and boost self esteem
- Get fit playing fun games and activities
- Meet new friends and have fun!

PLACES ARE LIMITED REGISTER NOW FOR TERM 4 2019:

Cannington – Bounce Inc, Wednesday or Thursday 4-6pm
Mirrabooka – Herb Graham Recreation Centre, Tuesday 4-6pm
Joondalup – Latitude, Thursday 4-6pm
Port Kennedy – Rebound Arena, Tuesday 4-6pm

Call: 1300 822 953 - SMS: 0409 745 645
Online: betterhealthprogram.org

Government of Western Australia
Department of Health
FREE FUN PROGRAM FOR KIDS!

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- Learn simple ways to eat healthier foods everyday
- Build confidence and boost self esteem
- Get fit playing fun games and activities
- Meet new friends and have fun!

PLACES ARE LIMITED REGISTER NOW FOR TERM 4 2019:

Two Programs Running in Term 4
Where: BOUNCE Inc Cannington
Starts: October 16th and 17th, 2019
Day: Wednesday or Thursday
Time: 4-6pm

Call: 1300 822 953 - SMS: 0409 745 645
Online: betterhealthprogram.org

Government of Western Australia
Department of Health
BCPS P&C NEWS

Email: bcpsspanda@outlook.com     Facebook: www.facebook.com/BullCreekPrimarySchoolPC

NEXT P&C MEETING – TUESDAY 29th OCTOBER 2019 at 7pm

THANK YOU TO EVERYONE WHO SUPPORTED OUR LAST FUNDRAISING EVENTS:

Retro Bingo

Retro Bingo was a great success! These events wouldn’t have been possible without the efforts of parents, who help with the organisation, setup and obtaining prizes and donations. Therefore, thank you to all the parents that helped organise the event, in particular Sara DiCandilo, Liv and Steve Watling, Cecilia Kevan, Chris Hodson, Cynthia Harriman and Ruairi Cleland. In addition, thank you to all the extra people who helped with the setup.

TOTAL MONIES RAISED - $1,376

FACTION CARNIVAL

A message from Kylie Atkin (Canteen Manager):

A huge thank you to Hong, Cecelia, Catherine S, Kellie, Susan, Rowena and Ashley for their help in the canteen on the day of the faction carnival!

275 lunches were ordered and prepared.

CANTEEN:

A new menu for summer (term 4 and Term 1 2020) will be sent home this week. We will also be holding a picnic for the Sculpture walk early in term 4, you should also have received an order form this week.

Canteen welcomes new volunteers and would love some new help next term. Please pop into the canteen and see Kylie or send her a message 0409 382 232.

ONGOING FUNDRAISING:

Enjoy the school holidays with Entertainment

Stuck for ways to entertain the kids these school holidays? The 2019/2020 Entertainment Passes are jam packed with up to 50% off and 2 for 1 offers for many of the best restaurants, cafes, hotels and attractions around. If you haven’t yet, it’s not too late to help raise and purchase your 2019/2020 Entertainment Book or Digital Membership now.

Please support Bull Creek Primary School and help us reach our fundraising goals for 2019 by sharing with family and friends far and wide, as they too can support us by purchasing interstate and New Zealand memberships through our link www.entertainment.com.au/86945.

UPCOMING EVENTS!

CHRISTMAS MOVIE NIGHT
When: FRIDAY 22ND NOVEMBER 2019
Time: TBC
Price: TBC
FAMILY FRIENDLY EVENT!
Sculpture Walk Lunch Special

Wednesday 23rd October

For the Sculpture Walk, the Canteen is offering a special lunch to students and their families. All orders must be returned to the canteen by MONDAY 21ST OCTOBER. Please use one order form per person.

Child’s Name: __________________________ Class: ______________

Family Member Name: ____________________

LUNCH

Hamburger with Cheese and Salad
Beef burger with cheese, lettuce, tomato, cucumber in a roll and a juice box (Apple, Tropical Apple blackcurrant) or water $6.50 □

Cheese and Salad Roll
Cheese, Lettuce, Tomato, Carrot and Cucumber in a fresh white roll and a Juice box (Apple, Tropical or Apple blackcurrant) or water $6.00 □

Ham OR Chicken and Salad Roll
Ham OR Chicken, Cheese, Lettuce, Tomato, Carrot and Cucumber in a fresh white roll and a juice box (Apple, Tropical or Apple blackcurrant) or water $6.50 □

Sushi Combo
Choice of Chicken, Vegetable, California Rolls or Tuna (6 pieces) and a juice box (Apple, Tropical or Apple blackcurrant) or water $7.50 □

Berry Strudel
Baked and cooled berry strudel with a dollop of cream $2.00 □

PLEASE NOTE THAT LIMITED NORMAL MENU ITEMS WILL BE AVAILABLE ON THE DAY

Please circle your choice of drink and/or sushi
P & C NEWS

SOME EXAMPLES OF THE YEAR 6 GREETING CARDS THAT WILL BE ON SALE:

We are very excited to be part of Perth’s International Awesome Arts Festival this school holidays. The week long Festival showcases fun and creative hands on activities for children. It is always an awesome day out!

On Friday 11th October our Year 6 students will be part of the Awesome School Market. This term Mrs Perna has been working with them to master the tricky skill of fine art lino print making, which they have made into amazing greeting cards to sell at the Festival. Thank you and well done Yr 6’s on your very impressive artworks.

Visit us to see their great work and check out our other books and crafts on sale. You can also add some sparkle to your “Awesome” day out with a glitter tattoo from our fabulous students.

We look forward to seeing you there!

Perth Cultural Centre, Friday 11th October, 10am to 3pm.

More information: www.awesomarts.com
Canteen Notes

The Canteen aims to provide a healthy selection of lunches at value for money prices. We aim to offer food to suit a variety of tastes whilst following nutritional guidelines. We are also guided by the Department of Education and Training Healthy Food and Drink and Traffic Light policies.

The Canteen is open three days a week on a Monday, Wednesday and Friday.

The Canteen would not operate without the help of volunteers. Help is always appreciated from parents, carers, grandparents etc. The children do love coming to see you during school time. If you wish to volunteer simply come to the canteen and put your name on the roster. Even if you can only help once per term it is still very helpful and all offers of assistance are greatly appreciated.

Ordering

You are now able to order your lunches online through Quickclik. Please visit www.quickclik.com.au and follow the steps to set up your account.

All other Orders need to be placed at the canteen window by 9.00am using the printed lunch bags provided. Pre-orders can be made for a subsequent day. A locked letterbox is provided in the PP/Kindy area for parents of those children to leave their lunch orders before 9.00am.

Please ensure the students name and classroom numbers are on the lunch bag.

All lunch orders are delivered to the classrooms at lunch time.

BULL CREEK PRIMARY SCHOOL
Canteen Menu Term 4 2019

Open 8.30am-1.10pm Monday, Wednesday and Friday

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<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Aussie Pizza—With pizza sauce, low fat cheese &amp; bacon pieces</td>
<td>$1.00</td>
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<tr>
<td>3 Chicken Breast Fingers</td>
<td>$1.00</td>
</tr>
<tr>
<td>Hash Browns (V)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Popcorn (V)</td>
<td>$1.00</td>
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<tr>
<td>Red Rock Chips—Honey Soy</td>
<td>$1.20</td>
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<tr>
<td>Icy Pops—Mini frozen milk and juice on sticks</td>
<td>$0.20/0.50/litre</td>
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<tr>
<td>Fresh Fruit (Including a springy slice)</td>
<td>$1.00</td>
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<tr>
<td>Icy Lunch Time Treats</td>
<td></td>
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<tr>
<td>Icy Pops also available at lunch time</td>
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<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tr>
<td>Muscles—Flavoured Milk Freeze (Various Flavours)</td>
<td>$1.40</td>
</tr>
<tr>
<td>Zings—Sour or Milky assorted Flavours</td>
<td>$0.80c</td>
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Note: Prices are subject to change without notice.
COMMUNITY NEWS

APPLECROSS SENIOR HIGH SCHOOL PRESENTS:
YOUNG MASTERS WORKSHOPS 2019

Year 5 students are invited to experience a taste of Visual Art at Applecross SHS, a leading Gifted & Talented Visual Arts school. Aspiring Gifted & Talented applicants are especially encouraged to come along and experience what we have on offer and what our Saturday workshops are like.

Workshops located in “A” block of Applecross Senior High School, accessible from Ardessie Street, Ardross. Enter via pedestrian gate. NO ENTRY from Links Road gates.

Preferred Payment Method

Available Workshops
DIGITAL PHOTOGRAPHY
EXPERIMENTAL PRINTMAKING
STILL LIFE PAINTING
LANDSCAPE PAINTING
PASTEL DRAWING
WIRE SCULPTURE

Dates and Time
NOVEMBER 9
9:00AM - 12:00PM

NOVEMBER 16
9:00AM - 12:00PM

Payment can be made via Qkr. This online payment application was developed by Mastercard. Go to: https://qkr.mastercard.com/store/##/home

1. Head to: https://qkr.mastercard.com/store/##/home
2. Search for Applecross Senior High School
3. Under available menus select “Young Masters Art Workshops”
4. Select your chosen workshop(s)
5. Select “Non-Applecross Student” for both Year and Care Group
6. Complete payment details to confirm booking

FAQ and information about Qkr can be found at applecross.wa.edu.au by clicking on the “Back to School” icon, or by emailing: janine.jenkins@education.wa.edu.au
Zumba Kids starting in September at Striker Leeming.
Starts Tuesday 3rd September 2019
Tuesdays and Thursdays 4pm
45 Minute Class
6 years – 10 years
$10.00 per class
$90.00 Block of 10 Visit Passes
Parents are required to stay in the centre ...Kiosk open for Coffee
Register now.
Ph:08-93139700
55 Farrington Road Leeming
Karma Beauty and Day Spa is an eco-friendly salon using organic cruelty-free vegan and natural products. We’re committed to providing our customers with safe toxic-free treatments, friendly service & utmost relaxation at an affordable price.

More than just a salon, Karma Beauty strives to increase awareness amongst Men and Women, about the dangers of using harsh chemicals & promote ethical and holistic beauty by offering a menu of toxic-free services which includes:

**Nails Care**
- Manicure & Pedicure
- Shellac / Gel Polish
- Acrylic / Gel Extensions
- Dipping Powder Nails (SNS)

**Facial & Make up**
- Organic Facials
- Microdermabrasion
- Advanced Facials
- Young Blood Make up

**Waxing**
- For him & For her

**Brows & Lashes**
- Eyebrow tint
- Henna Brows
- Eyelash Tint & Lift
- Eyelash extension

**Body Massage**
- Organic Body Scrubs
- Organic Body Wraps
- Vichy Spa Hydro Shower
- Vichy Spa Infra-Red Sauna

**Spray Tan**
- And More...

**Call For Bookings**
PH: (08) 9310 6735 | MB: 0406 755 112
Shop 5/110, Parry Avenue, BULLCREEK WA 6149
www.karmabeautyanddayspa.com.au

**Opening Hours**
MON – FRI: 9AM – 6PM | SAT: 9AM – 5PM
SUNDAY: CLOSED

**Gift Vouchers Available**
COMMUNITY NEWS

REGISTRATIONS ARE NOW OPEN

DO YOUR KIDS LOVE TO RUN, JUMP OR THROW?
DO THEY DO A WINTER SPORT & WANT TO STAY FIT OVER SUMMER?
ATHLETICS COULD WELL BE THEIR NEW THING
IT’S A GREAT WAY FOR THEM TO KEEP ACTIVE, MAKE NEW FRIENDS,
INVOLVE THE WHOLE FAMILY & HAVE FUN!

WHY NOT JOIN ONE OF OUR LOCAL CLUBS, PARTICIPATE & COMPETE
UNDER MELVILLE ATHLETICS CENTRE
SUITABLE FOR 5 - 16 YEAR OLDS - ALL ABILITIES WELCOME!

MORE INFO: HTTP://MELVILLEROAR.COM
EMAIL: MACEXECUTIVEOFFICER@GMAIL.COM

REGISTRATIONS, FOR THE NEW SEASON, ARE NOW OPEN
TRAINING ON TUE &/OR WED FROM 1/10
COMPETITIONS FROM SAT 12 OCT

Little Athletics Western Australia
Holiday Club
Tuesday 1 - Friday 4 October 2019

9am - 4pm each day
$20 per child per day
(includes all food and activities)

New friends - Amazing experiments -
Creative games - Super fun snacks -
Surprising adventures - Incredible music

For children aged 5 upwards
Places limited so get in quick and register at

For more information please call
GFS Office 9202 1627
and leave a message if no answer

Mt Pleasant Uniting Church
1 Coomoora Rd,
Mount Pleasant WA 6153

In partnership with GFS and
The Uniting Church
SQDx GOLF ACADEMY
Free Golf Clinic

Sunday October 6th
2pm-4pm
Gosnells Golf Club

Come & Try
All equipment provided

BOOKINGS ESSENTIAL
SMS details to book your spot:
Scott 0421 829 457
Jeremy 0402 226 883