Friday, 2 July 2021, Newsletter No: 4



# **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

# FROM THE PRINCIPAL'S DESK



Dear Parents/Carers,

Thank you for an absolutely amazing term at Bull Creek Primary School. This term has been a hype of activity around the school. The school has undergone major clean ups, excursions, incursions, dress up days, disco and the P&C Busy Bee.

It is very exciting to see our new website is live. Please have a look at the website and all the new features. We even have a search button to make it quicker and easier for parents to access information, this was a recommendation by the School Board.



www.bullcreekps.wa.edu.au

In Week Six the Year Three students were lucky enough to join Mark form Tucker Bush and learn about how Bush Tucker plants can be used for food and medicine. The students were able to taste, touch, smell and plant in our outdoor classroom area outside the new undercover area.

Our Chaplain Marisa Mews has settled in well at our school and has been very positive and popular with the students and staff. Next term she will be running small groups at lunch time. Please see the Chaplain's news in this newsletter. If you would like your child not to participate with the Chaplain, please come to Administration and complete the Opt Out form.

Semester One Reports were emailed out on Tuesday, please remember that the link is only open for 4 weeks and that the reports need to be downloaded or printed off to ensure that you have a copy.

Next term school staff will be coordinating a variety of lunchtime clubs for students to participate in. This allows the students opportunities to do activities based on their interests. Please look out for nomination forms early next term.

The School Board has been working productively throughout the term to assist with the strategic directions for the school for 2022, especially assisting with providing professional discussions around the school's values, vision & motto. The School Board has endorsed policies and has been providing feedback about data, the website, the annual report and the upcoming Business Plan. I feel truly grateful for the positive influence the Board has on the school and they often work behind the scenes. I appreciate all the Board members who give up their personal time to attend meetings twice a term. Please familiarise yourself with the School Board members on our new website under the "About Our School" tab.

# SCHOOL NEWS

Our P&C have been very proactive this year working very hard in our school. They have organised many fundraisers, the disco and the Busy Bee. There was a fantastic turn out last Saturday at the Busy Bee, the parents, grandparents, students and staff worked tirelessly for 5 hours. It takes a lot of hours to coordinate such a successful event and I want to thank the executive members of the P&C for the extra efforts they made. It was also great to meet the Dads that gave up their Saturday, they were very helpful on the day too. Thank you to Mrs King, Mrs Payne and Mrs McCarthy for being part of the Busy Bee.

The school is looking at adopting "The Fathering Project" next term. Rory Murray will be attending our P&C meeting on Tuesday 3 of August to discuss how the project works. I highly recommend the Fathers/Dads in our community to come along and listen to his experience. Please see the information flyer in this newsletter.



We have new art work up in our office created by some talented students.











I want to personally thank all the staff at Bull Creek for their hard work throughout this long term.

I would like to announce that it has been confirmed that I will remain at Bull Creek Primary School for the rest of the year. I am delighted to be able to continue on in this lovely school community.

I would like to wish everyone a safe and happy holiday.

Mrs Marchenko Principal

### **SCHOOL NEWS**

### **Reading Ranger Mentors**

A huge thank you to all of the Year Six Reading Ranger Mentors for their assistance with the program this Term. The program is aimed at building relationships between our junior and senior students and consequently increased confidence within our younger students. It also provides an opportunity to practise reading and comprehension skills in a different environment.

The Year Six mentors enjoyed a special pizza lunch on Thursday as a reward for their efforts and time.

### **On Entry and PAT Data**

At the beginning of the year the teachers in Pre-Primary completed mandatory On Entry Testing with our students to obtain base line student data. Our Pre Primary students are all currently performing above the public school median in Numeracy, Reading and Writing. The Year One teachers at Bull Creek Primary also completed this testing, which is not mandated in Year One, to track student achievement progress and to identify specific areas of need to inform teacher planning. This year we were extremely pleased with the level of progress made by all our students from Pre Primary to Year One. A wonderful result from everyone involved, well done.

The school also uses PAT testing , which is a standardised, norm referenced assessment to measure student growth and to identify areas requiring support. This PAT testing is used to measure student achievement in Reading Comprehension, Mathematics, Punctuation and Grammar (Yr. 3-6) and Science. The online test is completed by all students at the beginning of each year and then in November when it is norm referenced. Our results from the beginning of this year indicate that our students' median scores in nearly all areas is already higher than the Australian median scores for like year levels and this can only improve when we reassess in November. Congratulations to all our students and their hard working teachers on these fabulous results, keep up the great work everyone.

### **Bull Creek's Got Talent**

Over the past two weeks we have been privileged to view some amazing auditions by students wishing to be part of the Bull Creek's Got Talent show, which will be held on Friday 6 August.

It has been wonderful to see such a wide range of talent throughout the school and for the children to be so engaged in this activity. The judges have an extremely difficult task of selecting students for the final performance. Thank you to all the students who auditioned and congratulations on your terrific performances, you are all stars.

### **Onpsych Psychology Services**

With a growing number of children within our school community suffering from anxiety, stress and social skill problems, we have enlisted the assistance of Onpsych within the school. OnPsych offer services to students and their families at no out of pocket cost (bulk billing) under the GP Health Plan. Individual students are entitled to 20 free sessions per year with the psychologist or mental health social worker. More detailed information and referral forms can be found on the school website.

In order for your child to receive these services, download the referral form and ask your GP to complete them as part of a Mental Health Care Plan. Having these services available on the school site enables more children to receive services and offers assistance to those working parents who may otherwise have difficulty in taking children to appointments.

### **Interschool AFL and Netball**

Bull Creek hosted an interschool afternoon competition with Oberthur Primary on 11 June. Our netball and AFL teams were very successful: Team A- Bull Creek- 20 goals vs Oberthur- 11 goals Team B- Bull Creek- 21 goals vs Oberthur- 3 goals AFL- Bull Creek- 15 goals 14 points vs Oberthur- 5 goals 1 point

### Winter Carnival

Unfortunately, the Winter Carnival was cancelled due to COVID restrictions being implemented. This was very disappointing for our students, parents and staff. I would like to thank Miss T and Mr Ellis for their efforts in training and coaching our teams.



### The Fathering Effect

The evidence is clear: the knock-on effect of an engaged and effective father is felt not only at a family level, but as a society too.



# Our resources and activities

- Schools-based Dads Groups and support for engaging dads
  Activities for fathers and their kids
- Evidence-based resources and information
- Tips and advice through online videos, articles and podcasts
- Corporate, community and high performance programsScientific advisory board
- Support for schools in engaging dads



# Engagement of fathers

- Dads Groups are formed in schools
- Fathers are engaged and access evidence-based information
- Fathers undertake engaging activitiesDads Groups grow and
- are sustained as part of the school community
- in the school

  Warm, supportive
  parenting styles

Improvement in

fathering skills

• Positive communication skills

• Recognition of the importance of their role as a father

 Increased ability to address challenges faced by their kids

Improved self-efficacy

Increased connectedness
 within the family

Increased involvement



### Impacts of improved fathering

- We see a number of positive outcomes across the board:
- Improved father and child connectedness to school
- Improved child health and development outcomes
   Improved school results
- Improved school results
   Improved functionality of at-risk families
- Reduced suicide and self-harm
- Reduced substance abuse and crime







# A mentally healthy learning community

### Our Statement of Commitment

We are committed to supporting the children, young people, staff and families within our learning community achieve their best possible mental health. Through our focus on continuous improvement and our policies and practices, we work towards building and maintaining a positive, inclusive and resilient learning community for all.

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Be You Le	arning Community:	Bui	I Creek	Primary	School
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@ Commonwealth of Australia. BY/1080 10/18

# SCHOOL NEWS

# Crunch on vegetables

Most WA school kids meet the recommended intake for fruit, but only 1 in 6 eat enough vegetables. Primary school children need 4½ - 5 serves of vegetables each day. Encourage kids to eat both raw and cooked vegies, and include many different colours. One serve is...



### 5 ways to eat more vegies

### 1. Send vegetables for Crunch&Sip<sup>®</sup>

If this is new, try starting with sweeter vegetables (like red capsicum) or vegetables your child is more familiar with. Children's food preferences are shaped by the habits of those around them – show them how much you enjoy eating vegetables!

### 2. Plant a vegie garden with your kids

Research shows that children are more likely to eat vegetables they have grown themselves. Start with quick and easy to grow vegetables like radishes or salad greens. If you don't have much space, plant pots are a great option.

### 3. Get children involved in meal preparation

Children of all ages can get involved! Younger children can wash vegetables or tear up lettuce, while older children can cut up ingredients, or serve up the final meal. They'll learn to cook, and are more likely to try food that they've helped create.

### 4. Make vegetables an easy snack choice at home

Have ready-to-go snacks in the fridge or pantry like healthy leftovers, cut up vegetables and dip or mini tins of baked beans or corn kernels. If junk foods aren't available at home, children won't be able to choose them as a snack!

### 5. Take the pressure off

Make mealtimes a relaxed and sociable occasion and model healthy eating rather than forcing children to eat certain foods. If children feel pressure they may reject foods being encouraged.

If vegetables have become a battleground, try stepping back and encouraging children to explore vegetables without the expectation that they will eat them. For example create vegie faces or cars with cut up vegetables and toothpicks, use broccoli florets and potato shapes as paintbrushes to create vegie art, or investigate the colour and texture of different vegetables.

Crunch&Sip® factsheet #2

Crunch&Sip\*



healthway

# SCHOOL NEWS CHATTY CHAPLAIN NEWS

E-safety for Parents

Last week I was fortunate to have completed a course on online safety for school aged students. I was shocked by some of the statistics that have come through regarding Cyberbullying and other issues surrounding what is happening online.

It is so important to keep informed at what may arise as your child explores the internet and any challenges you may be faced with.

The E-safety commissioner has a very informative website which I have added for you to have a look at.

https://www.esafety.gov.au/parents

If you have anything further you wish to discuss with me regarding this, please contact the school office.

Marisa

# WHAT DOES A YOUTHCARE CHAPLAIN DO?

YouthCARE chaplains care for the social, emotional, mental, and spiritual wellbeing of students, families, and staff in state school communities throughout Western Australia.

Our chaplains are available to listen compassionately, refer to extra help where necessary and run programs which not only address issues but create positive cultures within schools.

PASTORAL CARE | SUPPORT PROGRAMS | SCHOOL EVENTS COMMUNITY LINKS | BREAKFAST CLUBS | AGENCY REFERRALS LEADING & MENTORING | ENCOURAGING & EMPOWERING

### STAY IN TOUCH

youthcare.org.au 🌐 YouthCAREAustralia 🚹 @youthcare\_australia 🧿



### SCHOOL NEWS Triple P—Positive Parenting Program



The Triple P – Positive Parenting Program is one of the world's most effective parenting programs. Developed by Clinical Psychologist Professor Matt Sanders and his colleagues at the University of Queensland, Triple P has been tested with thousands of families through ongoing research over more than 30 years!

Triple P is designed to give parents the skills they need to raise confident, healthy children and to build stronger family relationships. Research has shown it works across cultures, socio-economic groups and in many different family structures.

Triple P doesn't tell people how to parent. Rather, it offers simple and practical strategies that parents can adapt to suit their own values, beliefs and needs. The benefits can be dramatic and long-lasting.

We have had fantastic attendance at the Triple P Seminar Series run in the Library by our School Psychologist this year with many families having attended with some great Q&A sessions following the seminars. Due to the increasing demand and requests for sessions on specific topics we will be running a stand-alone seminar on managing anxiety early next term.

### Fear-Less Managing Anxiety (suitable for parents of children aged 6-16 years)

- Thurdsay 29th July @ 9am-11am in the school library

Visit the school website to register or use the QR codes on Triple P posters around school: <u>https://www.bullcreekps.wa.edu.au/student/health-well-being/triple-p/</u>

### SCHOOL NEWS 2022 KINDERGARTEN ENROLMENTS

The School is currently taking enrolments for Kindergarten in 2021. If you are a parent, or know of a parent with a child that was born between **July 1 2017 and June 30 2018** they are eligible to attend Kindergarten in 2021.

Please enrol your child by coming into our school office.

### You must provide ORIGINALS of the following documents:

- •Birth Certificate
- •Passport and Visa Information if applicable
- •Immunisation Certificate must be no more than 2 months old.
- •Medical records where applicable (e.g. asthma, allergies, disability)
- •Family Court Orders
- •Proof of residence e.g. lease agreement, a current Synergy, Alinta, Telstra account showing your name and residential address.

### If your child is not born in Australia, you must provide:

- •Evidence of the date of entry into Australia
- •Passport Number
- •Visa Grant Number (This is the unique number assigned to the visa and shown on the letter that notified you of your visa grant)
- •Passport or travel documents
- •Current visa and previous visas (if applicable)



### CURRENT KINDERGARTEN STUDENTS GOING INTO PRE PRIMARY IN 2022

If your child is returning to Bull Creek Primary School, you will need to re-submit two documents:

•Student's up to date 4yr old immunisation

•Proof of address

writing as soon as possible.

Term 3.

•Current visa and previous visas (if applicable)



If your child is not returning to Bull Creek Primary School in 2022, please let the office know in

Application for Enrolment forms will be distributed to current Kindy students in

Children currently enrolled in Pre Primary to Year 6 do not need to submit an application for enrolment for the remainder of their primary schooling at Bull Creek.



# SCHOOL NEWS MUSIC

The students at Bull Creek Primary School are a creative, enthusiastic and dedicated group of musicians. Starting from Kindergarten, students take part in an engaging and interactive music program that incorporates singing, movement, games, theory, music technology and developing skills on instruments. Our Year Five and Six students are currently learning chords on the ukuleles.

### Instrumental Music School Services (IMSS)

This is an extension program that offers lessons in violin, viola, cello and classical guitar. Congratulations to our instrumental students for starting the year off so well. Our teachers this year are Mrs Ramakrishnan (violin and viola), Ms Monkhurst (cello and string ensemble) and Mr Lake (guitar). To be involved in this program there are intakes in Year Three (violin and viola), Year Four (cello) and Year Five (classical guitar). Testing takes place for all students in these years near the end of Term three.

### **Junior Choir**

All of our Year Three students take part in our Junior Choir. The Junior Choir is currently working towards our major performance in Term Three – One Big Voice. This is held at the Perth Arena during the day of Friday, 20<sup>th</sup> August. We will be joining many other schools to perform as a massive choir with thousands of voices.

Junior Choir students have access to the One Big Voice website to practise the songs.

### **Senior Choir**

Senior Choir is for selected students in Years Four to Six. This year our choir has over 70 singers. The Senior Choir sang the song "Shackleton" for our ANZAC Assembly in Term One. They are currently working towards our big performance at the Massed Choir Festival. This is being held at the Perth Concert Hall on the evening of Friday, 17<sup>th</sup> September. Students have access to the Massed Choir website and app to practise the songs.

Annie Eversden and Tim Marshall Music Specialists







Students have been busy conducting a wide range of chemistry investigations in science this term.

The Year Sixes have conducted investigations on chemical and physical changes including dissolving, rusting, bi-carb + vinegar and milk + coke reactions to name a few.

The Year Five's have studied shear-thickening fluids like oobleck and the properties of solids, liquids and gases.

The Year Four's have been testing the hardness, elasticity, strength and absorbency of different materials and developing their understanding of material properties.

The Year Three's have been melting substances such as butter, ice cream, margarine and chocolate to learn about different melting points and examined how materials such as glass is recycled.

The Year Two's have examined mixtures including how to separate them. They have also investigated where and why common materials like wood, glass and different metals are used.

Lastly, the Year One's have been testing how everyday materials can be physically changed such as scrunching, bending, stretching, ripping, melting, cutting and so on.

Next term, we will explore Earth and space sciences.

Mr Tisdale Science Teacher

# SCHOOL NEWS WATTLE 1

Wonderful Wattle One

As part of our HASS program, we have been learning about Celebrations and Commemorations.

We learnt WA Day is a day to celebrate all Western Australians, recognising our Aboriginal history, early European settlers and the many from all over the world who have made, and continue to make, Western Australia their home.

It's a day for each of us to reflect and celebrate all the great things about our people, our lifestyle, our culture and our potential.

Our assembly this term helped celebrate everything great about being a West Australian. We shared what makes WA unique and why we are proud to live here in WA.

'I am proud to live in WA because the people who live here are resilient and persevere through hard times, like COVID-19. Another reason is that our environment is lush and gorgeous with one-of-a-kind plants and animals.' Joanne Year Three.

Mrs Hutchin and Mrs Pinker Wattle 1 Teachers









### FREMANTLE LANGUAGE DEVELOPMENT CENTRE

This week the students in Banksia 1, 2 and 3 have been celebrating NAIDOC Week! NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. We completed a range of activities following on from our National Reconciliation Week learning experiences. These included learning about:

- Boomerangs
- Aboriginal symbols and representing stories in artwork
- Noongar language and different ways to say 'hello' in language groups all across Australia
- Aboriginal yarns and the story of Tiddalick the frog

We had a great time talking, learning and playing together!





# SCHOOL NEWS WATTLE 10 - KOALA'S

We have had a very busy term!

We have begun to learn some letters of the alphabet and what sound they make. It's tricky to remember the shape of the black squiggle and the sound. We learn using Jolly Phonics and enjoy the songs and action for each letter. We are learning to listen to the sounds in words and what sound they start and finish with. We can clap syllables in words too.

We listened to the story of Pete the Cat I Love My White Shoes by Eric Litwin. Pete the Cat loves his brand new white shoes so much he goes walking down the street singing,

"I love my white shoes, I love my white shoes, I love my white shoes."





Along the way, Pete's shoes don't stay so white. He steps in strawberries and they turn...red, he steps in blueberries and they turn...blue. He steps in mud and they turn...brown. Then he steps in a bucket of water and all the brown and all the blue and all the red...washes away. His shoes were white again...but now they were wet! Does Pete cry? Goodness, no! Because it's all good! The moral of Pete's story is; no matter what you step in, keep walking along and singing your song!



We watched a video of how to draw Pete the Cat. A person who draws pictures in a book is called an illustrator. James Dean is the illustrator in this book. We watched the video again and drew Pete the Cat on a whiteboard following the instructions. Then we each sat next to Mrs King and drew Pete the Cat together at the same time. We drew some amazing pictures of Pete the Cat. Mrs King was very proud of us! Please come and see them displayed in our classroom.

We are practising our counting, we sing lots of songs and we learnt a joke:

Why is six scared?

Because seven, eight (ate) nine! Hahaha!!!

Mrs King W10 Koala's Teacher

# SCHOOL NEWS SHEOAK 5

This term our class has had an absolute blast. Our football and netballers had their first game not too long ago and played against Oberthur. Bull Creek won both games (netball and football). Footballers won by more than 10 goals! The Netballers won by 10. Some of our students were also meant to compete in the Winter sports carnival in Shelley but unfortunately it was cancelled due to the COVID-19 Lockdown.

In our class this term for STEM we were assigned to make a toy with materials from home (it had to be original). In class, when we had finished making our toy, we used iMovie on the iPads and made persuasive advertisements to try and persuade customers to buy our toys.

The past two weeks we have been practising our assembly for NAIDOC week. It was based on the classic dreamtime story of the Rainbow Serpent but unfortunately for everyone it was postponed due to COVID.

At the moment there has been Bull Creek's Got Talent auditions and lots of people in our class have had the courage to perform their act in front of lots of people and we will find out soon who gets in to the actual show!

Have a safe and relaxing break everyone!

By Emily and Chloe (Sheoak 5 Students)







# DATES FOR YOUR DIARY

	DATES FOR YOUR DIARY	
Term 3 - Week 1		
Monday, 19 July	PD DAY—NO SCHOOL TODAY	—
Tuesday, 20 July	Students return today	
Friday, 23 July	P&C Day	_
Term 3 - Week 2		
Monday, 26 July	B4–CCSS Incursion	
Thursday, 29 July	Fear-less: Managing Anxiety Parent Seminar 9am	
Thursday, 29 July	Faction Cross Country Carnival	
Friday, 30 July	Assembly—W6	_
Term 3 - Week 3		-
Monday, 2 August	Year 4 PEAC Test - 9:15am	
Friday, 6 August	Bull Creek Got Talent	
Friday, 6 August	Principal's Day	
		Proud to be a
Term 3 - Week 4		Waterwise School
Thursday, 12 August	Laternenlauf Walk	
Friday, 13 August	Assembly - B6	
Friday, 13 August	Kaboom Percussion Incurssion PP—Yr 6	Mulch, mulch, mulch Mulch is like sunscreen for the soil. It reduces
		evaporation and makes your garden look great.
Term 3 - Week 5		
Monday, 16 August	Science Week	_
Monday, 16 August	Scitech Incursion PP– Yr 6	
Tuesday, 17 August	Interschool Cross Country	
Friday, 20 August	Junior Choir One Big Voice (Yr 3's)	_
Term 3 - Week 6		
Monday, 23 August	Book Week	_
Tuesday, 24 August	Senior Choir MCF Rehearsal @ Churchlands 11:30am—3pm	
Wednesday, 25 August	Book Week Parade	

Assembly-W7

Friday, 27 August

# BCPS P&C NEWS

Email: bcpspandc@outlook.com

Facebook: www.facebook.com/BullCreekPrimarySchoolPC

### NEXT P&C MEETING – 3<sup>rd</sup> August 2021 - 7.00PM (SCHOOL LIBRARY)

Term 2 has been huge for the P&C and school community. Thank you to everyone who has participated in our fundraising and community building events. Thanks also to Mrs Marchenko and the school administration for supporting and participating so actively in all our events.

### ANNOUNCEMENTS

Dr Jags Krishnan MLA (our local representative in State Parliament) is attending our next Committee meeting along with a presenter from The Fathering Project. Calling all dads, please come and participate in our

meeting and consider helping run fun events to engage the dads in our school community.





We Won!! We received \$19,550 from City of Melville to develop a 'Ship Shape' Obstacle Course around the main playground. Thanks to all your votes we were one of 6 projects awarded funding, of 20 that applied.

Last weekend we held a **Busy Bee** with 38 adults and 27 kids pitching in for half a day to refresh paintings on the walkways, treat wooden playground equipment, install small items around the kindy/pp



playground, and paint the basketball court wall ready for a new mural. Huge thank you to all those involved. And thanks to Bunnings and the Labor Party for providing equipment for the day.

School banking has been cancelled inline with a number of State's banning school banking services.



The canteen, fundraising and playground committees have been very busy this year. We'd love more help. Our dedicated volunteers are juggling work, kids, sports and numerous other commitments. Please consider joining

one of the sub-committees to lighten the load on our tireless committee.

### BOOKCLUB

We continue to receive a steady income from Bookclub, including bonus books for the library and classrooms. Please return any Boomerang bags. We had hundreds



that were hand sewn by volunteers. Now we have almost run out.

CANTEEN – Term 3 Open Thursdays & New Menu! From Term 3 the Canteen will be open Monday, Wednesday, Thursday and Friday. Some small changes have been made to our menu including a new limited menu on Thursdays. Please support this trial so that the service can continue 4 days a week.

We are calling for canteen volunteers for Term 3 to fill two hour shifts. Please register via SignUp <u>https://signup.com/go/SUUavyN</u>, or contact Kylie in the canteen directly.

### TERM 2 FUNDRAISING EVENTS

What a fun atmosphere with almost 200 K-3 students and 100 Yr 4-6 students,



plus families attending the disco. A huge thank you to all the parents that contributed to the cake stall, and those that assisted with staffing the entrance, bbq and cake stall. Also thanks to DJ Cole Krause who kept the dance floor entertained into the night. Thanks also to the Labor Party for sponsoring the event, contributing to fundraising an amazing amount \$2,980!



Thanks to families that purchased the steel pegs, supporting the environment and our school community! We raised **\$752**. You should have received your pegs this week.

### UPCOMING FUNDRAISING EVENTS

3 September -	Father's Day Stall	
24 September	<ul> <li>Colour Run</li> </ul>	
Term 4 -	Movie Night	
	Celebration Night	



### **BULL CREEK PRIMARY CANTEEN MENU - TERM THREE 2021**

### RECESS (available everyday)

Available to pre-order via QuickCliq or at the Canteen			
Chicken fingers (three per pack)	\$1.00		
Hash brown	\$1.00		
Ham and cheese mini pizza	\$1.00		
Popcorn	50c		
Hommus and Carrot sticks	\$1.00		
Apples	\$1.00		
Red Rock Deli Chips	\$1.20		
LUNCH TIME TREATS(available after 12.30pm)			
Icy pole treats (assorted flavours)	20c & 50c		
Creamy icy bar (assorted flavours)	\$1.00		

	+
Moosie (assorted flavours)	\$1.60
DRINKS (available everyday)	
225ml Brownes Hilo Milk	\$1.50
With a Sipahh straw (assorted flavours)	50c
300ml Brownes flavoured milk (Choc / Berry)	\$2.50
250mL Glee Sparkling Fruit Juice (Blackcurrent / Raspberry / Tropical) (Sour Blueberry / Sour Watermelon)	\$2.50
250mL Emma & Tom's 100% fruit juice (Orange / Cloudy Apple / Fruit Smoothie)	\$3.00
600mL Water	\$1.50

(V) = Vegetarian

### TUMMY FILLERS (available everyday)

Lasagne	\$4.50
Macaroni cheese (V)	\$4.50
Gluten-free macaroni cheese	\$5.50
5 chicken nuggets and corn	\$4.00
5 chicken nuggets and salad (lettuce, carrot, cucumber and tomato)	\$4.00
Pizza (Cheese & Bacon / Hawaiian / BBQ Ch Margarita)	icken / \$4.00
Corn (V)	\$1.00
SANDWICHES (toasting available) *Wholemeal bread only	
Cheese (V)	\$3.00
Cheese and tomato (V)	\$3.20
Cheese and salad (V)	\$3.80
Ham	\$3.00
Ham and cheese	\$3.50
Ham, cheese and tomato	\$3.70
Ham, cheese and salad	\$4.30
Chicken	\$3.50
Chicken and cheese	\$4.00
Chicken, cheese and salad	\$4.80
Vegemite	\$2.50
Vegemite and cheese	\$3.00
Add avocado	\$1.00
Change to wrap or roll	50c
Change to Turkish bread roll (toasted)	\$2.00

### DAILY SPECIALS MONDAY Spaghetti and meatballs \$6.00 Meatball sub with cheese \$5.50 WEDNESDAY Butter Chicken and Rice with cucumber \$6.00 Sushi 6 pack (No Mixed Pack) \$7.00 (teriyaki chicken / tuna / vegetable) THURSDAY Chicken burger (chesse, lettuce, mayo) \$5.00 Hamburger with cheese, sauce and salad \$6.00 FRIDAY Party Pie \$1.20 \$3.00 Sausage Roll Chicken or Beef Noodle Cup \$3.00 \$3.50 5 nuggets \$4.50 5 nuggets and 8 potato gems Sauce sachet 30c Hotdog – with or without sauce \$3.50 Add cheese 50c SALAD TUB (available everyday)

-				-	
Lettuce,	tomato,	cucumber	and	carrot	(V)

Add cheese	50c
Add chicken / ham / avocado	\$1.00 each

\$4.50



# **ONGOING P&C FUNDRAISING INITIATIVES TO BE AWARE OF:**

### GILBERTS FRESH MARKET



### Have you joined the Gilbert's SOS Program?

Gilbert's Fresh Market donates 1% of SOS Program customers' total spend to their nominated school every time they shop and scan their SOS card. There are no restrictions on what these funds can be used for at schools. The SOS Program is free to join and available to all customers. Why not join and help a local school?

Please ask our friendly Gilbert's checkout staff for more information.



 Principal's permission is required for the school to participate

2 At least 5 supporters to sign up to the school

### Join our Support Our Schools Program (SOS)

Gibert's Fresh /Varket will donate 1% of the money spent by you to your nominated school every fime you shop with us.

Sign up at the checkout and simply present your SOS card for scanning each time you shop to earn funds for your school.

Available to all customers. Get your community involved and help our local schools.

No restrictions on what schools use the funds for -

- nevvresources & equipment
- improving school grounds and amenifies
- subsidising excursions & camps for all to attend etc



Open 7 days www.gibertsfresh.com.cu



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### **COMMUNITY NEWS**

# Willetton Basketball Association

# JULY 2021 HOLIDAY CAMPS -

WEEK 1 (9 years and under): Monday 5th July - Friday 9th July

WEEK 2 (9 years and over): Monday 12th - Friday 16th July



Register for the Camps via the link below.

https://membership.sportstg.com/regoform.cgi?formID=98764

The camp days are <u>usually</u> structured as follows:

Morning session (Basketball)

- Skills
- Games
- Competitions

A daily mid-morning snack is provided (biscuits and fruit) and children wishing to purchase lunch will be able to order from our Brand New Tigers Cafe. Orders are placed and collected by Stadium Staff.

- Afternoon session (Indoor Sports)
- Tee-ball
- Indoor Cricket
- Badminton
- Table Tennis

At no additional cost, each camper will visit Hoyts on the final day - parents can choose to pay for a popcorn or ice cream combo as an addition to the booking.

### Please report any issues to 9310 3388

### USEFUL INFORMATION FOR PARENTS OF CAMPERS:

Your kids should wear sneakers and clothes suitable for running around in. You can send them with their own packed lunch, or you can order lunch for them; just bring change with you and place their orders in an envelope when they're dropped off each day. Movie choices are selected in the same way.

A water bottle is recommended although the cafe is open and water can be purchased from there.

Camp **starts** at 9am so the kids need to be here before that time. We lock the doors. We reopen the doors at 3pm so that you can come and watch the last half hour of activities.



# **COMMUNITY NEWS**



# 3-DAY Sports Camps Wa

9am - 3pm each day. High quality sports program for 5-15 -year olds delivered by expert & qualified coaches.

30% OFFER (SAVE \$94.50)

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# SPORTS

AFL – Basketball – Netball Soccer – Hockey

Bull Creek | City Beach | Churchlands Doubleview | Jolimont | South Perth

Venues include Gold Netball Centre, City Beach Oval, All Saints College, Hale Hockey Club and Wesley College



Call 1300 914 368 or visit australiansportscamps.com.au to book or for more information. **COMMUNITY NEWS** 

# EFFC JULY SCHOOL HOLIDAY CLINIC Let us entertain the children, book below <u>www.playhq.com/afl/register/67444f</u>

