



# **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,

This term has been extremely busy filled with many special events, incursions and excursions. We started the term off with the NAIDOC assembly, Faction Cross Country, Bull Creek's Got Talent, PEAC testing, Lantern Walk, Kaboom and Sci-Tech incursions, Interschool Cross Country and One Big Voice this Friday for the Junior Choir. The school staff and students have been coordinating each of the events and I would like to thank them for their hard work.

A couple of weeks ago Mr Hofmeester and our Chaplain Marisa Mews started the Cultural Friendship Club (CFC). This group will be meeting fortnightly on Monday afternoons. The aim of the group is to connect parents from different cultures with each other and within the school community. Please see extra information on Page 2 of this newsletter.

This term the P&C have approved to adopt The Fathering Project. So far we have had 35 Dads/Fathers express an interest in joining our Fathering Project and this is very promising. More information will be coming out in the next few weeks via Connect, especially about the launch meeting. Thank you to all the Dads/Fathers that completed the survey, we had a total of 47 responses.

The staff and School Board are continuing to work on the upcoming Business Plan for the school. This will be a major focus for the remainder of the year. As part of this process we have reduced the number of Values to the school's top five, based on voting by students, staff and the School Board. Our Values are -**Respect, Responsibility, Resilience, Inclusivity & Excellence.** The school Vision and Early Childhood Philosophy are still being developed. At the moment the school is conducting the <u>National Schools Opinion Survey</u>. It is vital that we get feedback from lots of parents as this helps to gauge interests in current and future programs and priorities for the school. Can you all please take two minutes to complete the survey for us? We want to hear your opinions and voices.

Please ensure you are up to date with Connect and check your messages regularly. Particularly if we send out COVID updates. The staff have been working on remote learning in preparation for remote learning should the Delta strain come across our borders. At the moment we will continue with all planned events unless notified about changes from The Department of Education and the Chief Health Officer.

Good luck to the Junior Choir who will be performing in the matinee session at *One Big Voice* today. We are all looking forward to watching your wonderful performance. Thank you to Mr Marshall and all the students for your hard work and dedication.

#### STATE SCHOOLBOYS CRICKET SELECTION

Congratulations to Flynn Lewis for making the School Sport Western Australia State Schoolboys Under 12's Cricket Team. Flynn currently plays for Bateman Junior Cricket Club and Melville Districts Cricket Club. Flynn recently attended the selection trials and made the final team (120 students trialled -38 students made the training squad -6weeks trial -13 students made the squad). This is a fantastic achievement and Bull Creek Primary School is very proud of Flynn's determination and skill in making the team.



#### **CULTURAL FRIENDSHIP CLUB**

Cultural Friendship Club (CFC) is a new club which we launched a few weeks ago designed to get the school community connected and an opportunity to make new friends. The next event is a family picnic in the playground, right here at school. Please keep an eye on Connect for further details. It is open to everyone, and children are welcome. Come and see what it is all about!



Hi, my name is Ivonne or as many kids know me 'Jamie's Mum'. I am German and came to Australia 11 years ago. I have lived and travelled around Australia starting from Queensland to South Australia before settling in Bull Creek where Jamie and Nick were born. I'm bilingual in German and English and because I love languages I am also familiar with Arabic, Russian and French.

Please join us at the Cultural Friendship Club for connection, support, laughter and cultural exchange! I'm looking forward to meet you!

#### **GERMAN LATERNENLAUF**

Last Thursday was finally the day that many of our students were looking forward to... The Laternenlauf! Many gave up their recess and lunch breaks in preparation for this evening event. I was so proud of everyone involved and excelling on the night. Wunderbar!

A big DANKE to all the helpers. Without you, this evening would have not been such a success. The food was amazing, and the weather was very kind to us, too.

I have stopped collecting and washing milk cartons for now and singing Lichterkinder on the way to and from work, in the shower or in the middle of the night. But by saying that, I have a feeling that the next Laternenlauf is not too far away. Time just flies.

Frau Colgan German Teacher





## FACTION CROSS COUNTRY

We had a very successful Faction Cross Country event. The weather was kind to us and all the students participated with enthusiasm and a positive attitude. Thank you to the staff who assisted and encouraged the children, with a special mention to Mr Tisdale who did an amazing job in setting up for the day's activities. Thanks also to Nikki Stott for volunteering as a course marshal. Congratulations to all students who ran, you are amazing! Students who were outstanding received medallions.





Year		Gold	Silver	Bronze
1	Girls	Helena	Amelie	Amara
1	Boys	Oscar	Branden	Aiden
2	Girls	Jewel	Ella	Lara
2	Boys	Louis	Daniel	William
3	Girls	Sophia	Ashlee	Riya
3	Boys	Jake	Ruben	Morrie
4	Girls	Lilliana	Mia	Ava
4	Boys	Harry	Alfie	Daniel
5	Girls	Eva	Olivia	Niah
5	Boys	Christian	Griffin	Lucas
6	Girls	Eliza	Esteanne	Kelly
6	Boys	Noah	Charlie	Ту

#### **Cross Country Results 2021**



1 <sup>st</sup> Place	2nd	3rd	4th
Gold	Green	Red	Blue
261	223	219	210





## INTERSCHOOL CROSS COUNTRY CARNIVAL

On Tuesday 17 August, 40 students from Bull Creek participated in the Interschool Cross Country Carnival at Burrendah Park. We had fantastic day and we all did our best to run the course in the fastest possible time. Bull Creek came 4<sup>th</sup> overall, and we came 3<sup>rd</sup> for the Meritorious Shield.

The following students did exceptionally well and were in the top three fastest students against six other schools.

Year 3	Jake - 2 <sup>nd</sup>
Year 4	Harry - 3 <sup>rd</sup>
Year 6	Noah - 1st
	Eliza - 2 <sup>nd</sup>

Thank you to Mrs McCarthy and Mrs Simon for their work in organising this event and providing additional training sessions and supervision.

### **BULL CREEK'S GOT TALENT**

This year over 50 students auditioned during lunchtimes for a place in the Talent show. We were amazed at the quality of the acts which made the job of selecting students for the final performance extremely difficult.

Congratulations to all students that auditioned and to those who gave such amazing performances on Friday 6 August. Our special guests from the RAAFA thoroughly enjoyed the show as did the whole school. We certainly have lots of talented students at Bull Creek Primary.

The RAAFA guests made the following comments about the Talent Show in their recent newsletter:

"...entertaining from beginning to end and would definitely go again if invited!"

"...enjoyed reconnecting with students she previously mentored, especially seeing how much they had grown over time and developed in confidence. It was very special."

"...thoroughly enjoyed the show and the children were very talented." "... the lovely reception from staff, the morning tea and how they handed out blankets to us to help us keep warm."

#### PAUL LITHERLAND

The Bull Creek Year Five and Six students had the privilege of attending a session with Paul on Wednesday 18 August, kindly funded by the Bull Creek P&C. Paul's presentation was most informative and enjoyed by the children. The topics that were covered included: Cyber Bullying, Digital Citizenship, Online Footprint, Social Networking & Networking in general, Apps and Networks that kids use and Online Gaming and Website Use.

Paul then presented to parents in the evening. There was great support for this event with 30 parents attending. Again, this was an informative and valuable session which included similar topics to the student session as well as Tips & Tricks – How to keep an eve on your kids through software and hardware. Thanks to our P&C for funding these enlightening sessions.

#### **INTERNATIONAL DAY OF FRIENDSHIP: 30 JULY 2021**

When you're growing up, and even into adulthood, your friends are some of the most important people in your life. They make you laugh, provide you with comfort and help shape you into the person you are. These special bonds of friendship deserve to be celebrated. This is why we have International Day of Friendship! It is a day to celebrate each and every one of your friends. Today and every day, make sure to appreciate and thank your pals by being the best buddy that you can be!

The children at Bull Creek Primary had the opportunity to explore the importance and value of friendships by working together with their buddles and brainstorming the qualities of being a good friend. The buddies worked together making friendship flowers which can be seen displayed in different areas of the school.





#### NATIONAL SCIENCE WEEK

It has been an eventful week for our students during National Science Week with a Scitech incursion, classroom and lunchtime activities. Participation in the lunchtime science activities has been the highest ever! Our students have been very engaged and have been launching bottle rockets, physically changing kinetic sand, making fake snow and connecting simple series circuits, to name a few popular activity stations.

Thank you to all the students and teachers who helped make National Science Week a fun and successful week.

Ben Tisdale Science Teacher



#### A BIT OF STEM AND GERMAN COMBINED

My friend the Gummy Bear.

I can't remember how many Haribo Gummybears I have eaten in my life. I am sure it was many but definitely not as many as the daily production world-wide: 100 million.

This week, we experimented with Gummibärchen: we weighed and measured them, we stretched and squeezed them, we used our senses to work out flavour and colour, we put them in water and realised that they don't swim, but sink. The most intriguing question was, *what happens to the poor Gummibärchen when you put them in water for a day or two?* The predictions went from shrinking to growing, losing colour and flavour to disappearing or having baby Gummibärchen.

Our mathematical brains were steaming when we had to work out the weight of those 100 million Gummibärchen. How many students with an average weight of 40 kg does it take to make up that weight, considering that the Gummibärchen each weigh only 2.3 g?

I could share pages of great discoveries about this humble squishy little lolly. Let me just finish this report with a fact that might help many kids to convince Mum or Dad to let them munch on another Gummibärchen: one of their ingredients is spinach. Or at least the green ones!

Mit freundlichen Grüßen

Frau Colgan German Teacher

# Packed with Goodness.

Come along to a FREE 90 minute session for tips and advice on how to pack a healthy lunchbox and choose healthy snacks!









# 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

Hello school community,

So, I have settled in well to BCPS and I must say it's been a very busy time. Everyone have been very welcoming and I really am enjoying getting to know everyone.

I often get asked, "What does a Chaplain actually do?" People have presumed that its Christian based so maybe I teach religious studies, and then some people who say," You have the best job, getting to play and chat all day," so I thought I'd shed some light on my role.

A short definition of a Chaplain is to provide the school community, students, staff and their families in a social emotional and spiritual capacity.

My day can be varied and I often spend many hours being an ear for anyone who needs a safe place to come and discuss life's demands and issues. I have studied in areas of youth work, trauma, grief and loss, substance abuse and psychology of emotion. I have also done religious studies however Chaplains do not ever speak of their faith unless specifically asked. Sometimes we have families who are unwell or needing practical help so I support them in that way.

I have recently completed a course to become a facilitator in teaching students to become more resilient . I will soon be working with the Year Five and Sixes to get high school ready and I am launching a lunch time friendship club. This is to help students learn skills in making friends or to become a better friend. We will eat lunch and do some team activities.

A few weeks ago, Mr Hofmeester and I started a school community-based group to help create a support network for our families. This is really exciting as Covid-19 stopped many school-based family's activities and the feedback we've received is that people have missed them. Please read the invites on Connect as we have more meetings coming soon.

Each fortnight there is something different and it is open to everyone. We warmly invite parents, grandparents and carers to come!!

That is a rundown of me as a Chaplain and I hope it gives a clearer understanding of what I do. I would love to chat further if anyone has any questions.

You can find me in the main office, and my work days are Monday and Tuesday mornings or alternatively you can call the office for a chat.

Marisa Mews School Chaplain

# 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.



**SHEOAK 4** 

We have had an amazing start to Term Three in Sheoak Four. Big congratulations to all of our students for participating in the Cross Country and giving their very best. Special mention goes to our place winners. We have been lucky enough to have nine students from our class selected for Bull Creek Primary School in the Interschool Cross Country Competition next Tuesday the 17<sup>th</sup> of August at Burrendah Reserve. We wish them all the very best and know they will be great representatives of our school.

Jake	Mia
Harry	Natalia
Lachĺan	Lilliana
Jayden	Eechyn

We have also been busy practising for the Faction Athletics carnival in Week 8, Friday the 10<sup>th</sup> of September. Mr Tisdale has been doing a great job preparing the children for the team games, including tunnel ball, pass ball and leader ball during Phys Ed lessons. The children have put in a great team effort and are working cooperatively and encouraging each other to try their best and work as a team.

We are so proud of all of our students in Sheoak Four and their amazing achievements this term.

Ms Piani and Mrs Pinker Sheoak 4 Teachers







This term Wattle Three had the wonderful opportunity to participate in an art competition run by Elephants Without Border for World Elephant Day. In the lead up to World Elephant Day, we learnt all about the challenges elephants face in the wild. We wrote some impression persuasive pieces about why elephants should have the freedom to live in large, protected areas in the wild. We entered our artwork as a whole class, and were lucky enough to receive a special mention as one of the selected winners! Please see the judges' comments below.



"Finally a shout out to the whole Year Two class of Bull Creek Primary school from Perth, Australia for their entry. Wow. It was absolutely stunning, creative, unique and blew us away. We will be putting together a prize pack for your whole class to enjoy".

• Elephants Without Borders

Mrs Sinclair Wattle 3 Teacher





· Mus Ci-



# SCHOOL NEWS ART

We have been busy in the art room looking at the work of Henri Rousseau and trying our hands at creating jungle scenes with hidden animals. We have also been exploring some different Aboriginal art styles including looking at Wandjinas (which are specific to the Kimberleys) and X-ray styles.

B5 and B6 classes have been doing lino block prints of spotted or striped animals which have required a lot of patience and careful handling of cutting tools. It has been amazing seeing the finished black and white prints and how capable year six students are of completing a complex process.

Most classes have been involved with activities focusing on the Olympic Games. S5, S6 and B4 have been looking at the Tokyo Olympic Games pictograms and reversing them to make both a positive and negative design. W1 and W2 have turned their pictograms into a simple styrofoam block for printing and W3 enjoyed printing the Olympic rings with different sized cups and tubes and also creating active scenes of athletes competing in various events using 2D manikins to trace around in different positions. B4 also made simple flip books that gave an introduction to basic animation which matched in with looking at Tokyo's kinetic (moving) pictograms that were created especially for this year's games.





Mrs Perna Art Teacher





# SUSTAINABILITY SCOOP

In May, the year 6 children took part in a waste audit for our school. This was our second waste audit and we were excited for the results to see if our waste had reduced after introducing nude food days.

Firstly, all the rubbish bins were collected. They were then tipped out onto a tarp where all the rubbish mixed together. The presenter Belinda then talked to the children about

different kinds of rubbish and explained the how the boxes were to be used for sorting. Then it was gloves on and the sorting began. There were a few yuk moments but the children kept going and did a fantastic job. After the rubbish was sorted it was time to weigh each bin and clean up.



When the results of our audit came through it was wonderful to see a significant reduction in the waste we are producing. Thank you to everyone for supporting our nude food initiative by providing your child with a rubbish free lunch box.

Comparing 2 Waste Audits - Bull Creek PS – 2018 and 2021			
Waste / Student / Year (Weight of Waste in kg per year)			
TYPE OF WASTE	2018	2021	
RECYCLABLE Organic			
Fruit and Veg (scraps)	2.53	0.79	
Fruit (whole)	0.46	<mark>0</mark>	
Food Scraps	2.87	1.03	
Paper & cardboard	0.31	0.08	
RECYCLABLE Non-Organic			
Plastic (1-7) bottles & containers	0.29 (39.37 items)	0.15 (9.07 items)	
Aluminium cans & containers	0.13(20.57 items)	0 (5.44 items)	
Milk cartons (LPB)	0.12 (7.05 items)	0 (0 items)	
NON-RECYCLABLE			
Food wrappers (Chips, Iollies and ice cream)	0.22(109.31 items)	0.17 (42 items)	
Juice boxes (silver-lined Tetra-paks & UHTs)	0.12 (8.23 items)	0.12 (5.9 items)	
Plastic bags & Glad wrap	0.16 (59.94 items)	0.04 (8.62)	
Whole Packaged Food (unopened)	0.37(5.29 items)	0.05 (0.45)	
Other Non-Recyclables (rubbish)	0.62	0.16	
Number of students and teachers	410	410	

# SUSTAINABILITY SCOOP





# Vegetable Garden



The wonderful children from Wattle 1 and 2 have been our amazing little gardeners this year. They have planted, raked, dug and due to the rain have done a huge amount of weeding. We are all getting excited to see our seedlings growing and can't wait to taste what we have grown. We dug out some of our potatoes but we discovered they were a bit



small. We decided to leave them in the ground for a bit longer. We look forward to seeing if they have grown bigger!















# DATES FOR YOUR DIARY

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	
Friday, 27 August	Assembly—W7	
Term 3 - Week 7		
Tuesday, 31 August	P&C Meeting	
Friday, 3 September	P&C Father's Day Stall	
Friday, 3 September	EA's Day	
Term 3 - Week 8		
Wednesday, 8 September	Faction Athletics Carnival—Day 1	
Wednesday, 8 September	Board Meeting	Proud to be a Waterwise
······, ····, ····		School
Thursday, 9 September	R U OK Day	
	R U OK Day Faction Athletics Carnival—Day 2	
Thursday, 9 September		Mulch, mulch, mulch Mulch is like sunscreen
Thursday, 9 September		Mulch, mulch, mulch Mulch is like sunscreen for the soil. It reduces evaporation and makes gurgarden look great.
Thursday, 9 September Friday, 10 September <b>Term 3 - Week 9</b>		Mulch is like sunscreen for the soil. It reduces evaporation and makes
Thursday, 9 September Friday, 10 September	Faction Athletics Carnival—Day 2	Mulch is like sunscreen for the soil. It reduces evaporation and makes your garden look great.

Term 3 - Week 10	
Friday, 24 September	P&C Colour Run
Friday, 24 September	Last day of term

# **BCPS P&C NEWS**

Email: <u>bcpspandc@outlook.com</u>

Facebook: www.facebook.com/BullCreekPrimarySchoolPC

#### NEXT P&C MEETING – 31 August 2021 - 7.00PM (SCHOOL LIBRARY)

#### TERM 3 FUNDRAISING EVENTS

#### Father's Day Stall - 3 Sept



The Father's Day Gift Stall will be held on Friday 3<sup>rd</sup> September. Each gift is \$5. Kids will have 3 gifts to choose from. Classes will take turns to attend the stall during class time to select their gift.

Colour Fun Run – 24 Sept To celebrate the last day of Term 3 a Colour Fun Run will be held. This is where the kids run laps of the oval and get covered in paint dust to add to the fun.



You will receive a link to collect donations from family and friends. There are prizes based on the amount of funds raised by each student.



Please send your kids in a white shirt on the day that will be covered in colours by the event.

#### ANNOUNCEMENTS

#### Join the P&C

We hope to continue the P&C's momentum next year with more successful community building and fundraising events. If you are interested in being part of the P&C team please come along to our next few meetings where we'll be discussing priorities, funding and activities for next year. All are welcome.

#### P&C Day

Thanks to Mrs Marchenko and the staff for putting on a

thank you morning tea for the school volunteers on P&C Day, and for recognising the efforts of



the large number of volunteers who contribute to keep the canteen, uniform shop, fundraising efforts and community events running each year.

#### The Fathering Project

The P&C are supporting The Fathering Project to establish a dads group at Bull Creek. Events will



include kids and dads activities, and dads only workshops and networking opportunities. Keep an eye out for the launch event.

#### BOOK CLUB

Thank you to everyone who continues to support Book Club. Book Club vouchers were provided as prizes for the Bull Creek's Got Talent Show this term.



A reminder: please return any Boomerang bags. We have almost run out.

#### CANTEEN – Term 3



You can now order morning tea online and it will be ready for the kids to pick up at the canteen.

Thanks to those who supported the canteen on

Cross Country Day with over 150 orders being delivered.

Our Thursday opening and new menu items have been very popular.

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.



#### UPCOMING EVENTS

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

#### 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)

DAILY SPECIALS

			-
Lettuce, to	omato, cuc	umber and	l 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 Narket 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 ± anning 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











Kardinya Red Sox Ball Club

PERTH FLYING SQUADRON YACHT CLUB

TUESDAY 28 SEPTEMBER TILL FRIDAY 1 OCTOBER 8:30AM - 1:30PM

THIS COURSE AIMS TO PROVIDE CHILDREN WITH A FUN & SAFE WAY TO GET INTO SAILING & IS DESIGNED FOR PARTICIPANTS WHO WISH TO HAVE FUN & LEARN THE BASICS OF SAILING THROUGH GAMES ON & OFF THE WATER

# tackers 2 "tricks & techniques"

MONDAY 4 OCTOBER TILL FRIDAY 8 OCTOBER 8:30AM - 12:30PM

THIS COURSE AIMS TO BUILD ON THE FUN FROM TACKERS 1 & PROGRESS ON SAILING SKILLS. IF KIDS ARE CONFIDENT THEY CAN SAIL A BOAT ON THEIR OWN WITH LOTS OF SUPPORT & SUPERVISION FROM THE INSTRUCTORS

# MEMBERS - \$247 NON MEMBERS - \$278

TACKERS IS A JUNIOR START SAILING PROGRAM AIMED AT 7 - 12 YEAR OLDS. THE 20-HOUR COURSE IS MANAGED BY EXPERIENCED COACHES AND IS A POPULAR WAY TO GET YOUR CHILD INVOLVED IN SAILING AND DEVELOP A PASSION FOR BEING OUT ON THE WATER.

REGISTRATIONS CLOSE 24 SEPTEMBER TO REGISTER CALL 9386 6437, EMAIL MEMBERS@PFSYC.COM.AU OR REGISTER THROUGH OUR WEBSITE



