**Principal’s Report**

### K-2 Sports Carnival

With the sun shining, our 305 K-2 students had a fantastic day running, jumping, throwing, catching and skipping during a wonderful sports carnival yesterday. A big thanks to all the teachers and parent helpers who assisted on the day. Special thanks to Ms Karas and Mr Frankie for their organisation of the day. A fantastic day had by all.

Results of fastest runners in Kinder, Year 1 and Year 2 are included in this newsletter.

### Father’s Day Activities

3 fabulous activities are planned this year to celebrate Father’s Day at MJPS.

- Our P&C Father’s Day Stall on Wednesday 2 September.
- A Father’s Day BBQ Breakfast on Friday 4 September.
- Dad’s Club BBQ on Saturday 5 September at Maroubra beach (south of the skate park). The last gathering saw 20 dads and about 30 kids. It was a lovely gathering and all dads with their kids are welcome. Look forward to seeing you there.

### Art Show

As a final wrap up of our great Art Show, I would like to thank Michael Pedder, wonderful dad of Frankie in Year 3, for his time and generous donation of the lighting. Combined with Mrs Franki’s lights, these lights added a beautiful ambience to the evening and we very much appreciate it. Thanks Mr Pedder.

### Siblings in 2016

We know many of our students have younger brothers and sisters that come and visit each day. A reminder to parents of these siblings that we are currently organising Kindergarten Orientation for 2016, and if you have a child that is ready for Kindergarten next year they must be enrolled. Please come up to the office as soon as possible and have a chat to our wonderful staff.

### Issues with students—Advice to Parents

We know at school and on excursions there are times when issues or incidents arise with students. A reminder to all parents that at no times should any student or sibling be approached by another parent to be reprimanded or questioned. Please inform our staff of any issues or incidents so that we can approach the matter appropriately. We all care for the safety and wellbeing of all our students and need to work together to ensure the best outcome. I have also included in this newsletter a guide for who to contact at school. Thank you for your support.

Enjoy your week.

Matthew Ackerman
Principal (rel)
**DP News**

**Book Week Parade**

Tomorrow **Thursday 3rd September** we will be having our annual Book Week parade starting at 2pm on the basketball court. If it rains, the parade will go still ahead in the hall. Classes have worked together to showcase a book. They will be making costumes and props to wear for the parade. **All students are to wear their school uniform to school tomorrow and bring their costume in a bag labelled with their name and class. They will change into their costumes at lunchtime.** We look forward to seeing everyone there!

**Team Teaching at MJPS**

2Z and 2V class teachers engage in frequent, ongoing collaboration to plan and design teaching strategies and programs. They regularly open adjoining classroom doors to provide opportunities for the students and teachers to work cooperatively together.

This term, 2V and 2Z were focussing on a Jennie Baker text titled *Where the Forest Meets the Sea* as part of their literacy and science program. The learners used the visual stimulus to brainstorm adjectives about the forest and the sea. They came up with some fabulous words and all learners were engaged in the task.

Two classrooms become one and three heads are definitely better than one for this task.

**Year 5 Leadership Training**

Last Friday the Year 5 students participated in an excellent and engaging leadership incursion. The students really enjoyed the presentation and the activities that they were involved in.

The activities helped the students to understand the different qualities that they all have and how they can be a leader by: including others, understanding each other and trying their best. They also learnt that leaders often fall along the way and then pick themselves up again. V.Mihajlovic

Thank you to Miss Noble for organising this incursion.

Next week our Year 5 Mighty Mates will be starting their on the job training to support our students on the playground. Watch this space in next week’s newsletter for more information about the 2015 MJPS MIGHTY MATES.

**Catherine Pierce**
Deputy Principal (rel)

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**Core Value Corner**

We ask parents to support our schools core value code by regularly checking the weekly core value corner in school newsletters and discussing the focus expectations with your child/children. This week's Expectation of the Week is **Be a Responsible Learner** and it comes under the Core Value of **Learning**.

It may be necessary to breakdown the word ‘responsible’ with your child/children before they can really understand what being a responsible learner may look like. Learning can also happen anywhere.

Here are some discussion ideas; **Responsible** in relation to learning can mean...being accountable, being in control and having the power to control the situation. Being reliable or dependable or having a capacity for moral decisions.

**Learning** can happen with lots of different teachers throughout the week. Learning can happen through games and playground activities with friends. Learning can happen at Assemblies. Learning can happen in class time, sport time, play time and home time. Learning can be individual, group or whole class. Learning is a life long journey and it can be shared!

Ask your child- What did you learn today and did you share it with anyone?

**Master Certificates**

Congratulations to these students who have worked hard to receive their Master Certificate!

<table>
<thead>
<tr>
<th>Certificate</th>
<th>Name</th>
<th>Grade</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning</td>
<td>Eireyna P</td>
<td>5L</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Eleni L</td>
<td>5L</td>
<td>Learning</td>
</tr>
<tr>
<td>Respect</td>
<td>Eleni L</td>
<td>5L</td>
<td>Respect</td>
</tr>
<tr>
<td>Respect</td>
<td>Maria D</td>
<td>5L</td>
<td>Learning</td>
</tr>
<tr>
<td>Learning</td>
<td>Lucy A</td>
<td>5L</td>
<td>Learning</td>
</tr>
<tr>
<td>Learning</td>
<td>Alex C</td>
<td>6N</td>
<td>Learning</td>
</tr>
<tr>
<td>Learning</td>
<td>Kyra Y</td>
<td>6N</td>
<td>Learning</td>
</tr>
<tr>
<td>Learning</td>
<td>Nate C</td>
<td>6N</td>
<td>Learning</td>
</tr>
<tr>
<td>Learning</td>
<td>Tahliaa S.</td>
<td>6W</td>
<td>Learning</td>
</tr>
<tr>
<td>Respect</td>
<td>Alex Z</td>
<td>6W</td>
<td>Respect</td>
</tr>
<tr>
<td>Respect</td>
<td>George V.</td>
<td>6W</td>
<td>Respect</td>
</tr>
<tr>
<td>Respect</td>
<td>Dantae A.</td>
<td>6W</td>
<td>Respect</td>
</tr>
<tr>
<td>Respect</td>
<td>Madison P.</td>
<td>6W</td>
<td>Respect</td>
</tr>
<tr>
<td>Respect</td>
<td>Iman Y.</td>
<td>6W</td>
<td>Respect</td>
</tr>
<tr>
<td>Learning</td>
<td>Iman Y.</td>
<td>6W</td>
<td>Learning</td>
</tr>
<tr>
<td>Respect</td>
<td>Evan T</td>
<td>6W</td>
<td>Respect</td>
</tr>
<tr>
<td>Respect</td>
<td>Daley L.</td>
<td>6W</td>
<td>Respect</td>
</tr>
<tr>
<td>Respect</td>
<td>Tahliaa S.</td>
<td>6W</td>
<td>Respect</td>
</tr>
<tr>
<td>Learning</td>
<td>Leila M.</td>
<td>6W</td>
<td>Learning</td>
</tr>
<tr>
<td>Learning</td>
<td>Aurelia K.</td>
<td>6W</td>
<td>Learning</td>
</tr>
<tr>
<td>Learning</td>
<td>Daley L.</td>
<td>6W</td>
<td>Learning</td>
</tr>
</tbody>
</table>
This week we have been celebrating the efforts of all our SAS staff at school. Our SAS team consists of:

- The Admin team: Kathy Anastassiou, Vanessa Simpson, Caroline Simpson and Shannon Killorn
- Library Admin: Maria Guerrera
- The General assistant: Gary McInerney
- The School Learning Support Officers -- Justine Scott, Jann Belluco, Marianne Katon and Terri Flynn.

The Admin Team are the front line for our school. They answer all parent enquiries, take all the financial payments, organise enrolments, book buses, purchase resources and ensure the smooth running of our school. With Kathy as our fantastic Admin Manager, we are very lucky to have Caroline, Shannon and Vanessa as admin officers. All our ladies work extremely hard and we thank them for their smiles, compassion and dedication to MJPS. Maria works in the school library and is the creative force behind many of the designs and displays that exist each year. On behalf of Mrs Mirow in the Library, we thank Maria for all her fantastic work each week.

The General Assistant - Gary McInerney works very hard all day everyday to make our school a better place. As you can see by looking around the school grounds he does a great job taking care of our gardens, buildings, classrooms, play areas and he even builds us new things too! Thank you for all your hard work Gary (MAC).

Support Learning Officers - Many of our individual student learning programmes would not be possible if it wasn’t for the assistance from our School Learning Support Officers (SLSOs) - Jann Belluco, Terri Flynn, Marianne Katon and Justine Scott. Our SLSOs assist some of our students with their learning, health, social and behaviour. I am sure I speak for our class and support teachers when I say that we greatly appreciate the amazing work that our SLSOs do for our students. Thank you Jann, Terri, Marianne and Justine.
Sports Information

Last week's results

<table>
<thead>
<tr>
<th>Team Result</th>
<th>Best player(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rugby League</strong></td>
<td></td>
</tr>
<tr>
<td>Juniors v Banksmeadow: LOST</td>
<td>Lenny J</td>
</tr>
<tr>
<td>Seniors v LAPA/MSSPS 2: DRAW</td>
<td>Whole Team</td>
</tr>
<tr>
<td><strong>Soccer Red v Pagewood</strong></td>
<td></td>
</tr>
<tr>
<td>Juniors : WON</td>
<td>Jacob H</td>
</tr>
<tr>
<td>Seniors : WON</td>
<td>Finn G</td>
</tr>
<tr>
<td><strong>Soccer Green v Rainbow St Blue</strong></td>
<td></td>
</tr>
<tr>
<td>Juniors : WON</td>
<td>Rose G</td>
</tr>
<tr>
<td>Senior : WON</td>
<td>Whole Team</td>
</tr>
<tr>
<td><strong>Netball v Rainbow St</strong></td>
<td></td>
</tr>
<tr>
<td>Junior A : WON</td>
<td>Bella A</td>
</tr>
<tr>
<td>Junior B : WON</td>
<td>Caitlin H</td>
</tr>
<tr>
<td>Senior A : WON</td>
<td>Paris C</td>
</tr>
<tr>
<td>Senior B : WON</td>
<td>Naomi S &amp; Christie T</td>
</tr>
</tbody>
</table>

This Friday, 4 September:

- **Rugby League** at Heffron Park (corner of Jersey Road)
  - Juniors have a bye and will practise.
  - Seniors v Malabar - Field 1

- **Soccer at Coral Sea**
  - Red v Gardeners Road - Field 2
  - Green v Daceyville A - Field 1

- **Netball v Banksmeadow - Heffron Park Netball Courts**

Randwick Rugby Club Gala Day

On Tuesday the 1st of September students for Year 3 & 4 competed in the annual Randwick Rugby Club Gala Day held at Latham Park. For most students it was the very first time they had played a game of rugby union. The boys made excellent progress throughout the day and improved with every match. The team made it to the grand final of Division 3, eventually defeating St Charles in golden point, extra time. All enjoyed the day and represented M.J.P.S with great sportsmanship and respect. Well Done!

K-2 Sports Information

Congratulations to all our athletes at this year’s K-2 Sports Carnival.

<table>
<thead>
<tr>
<th>Kindergarten BOYS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Dimitri B</td>
</tr>
<tr>
<td>2nd</td>
<td>Callum C</td>
</tr>
<tr>
<td>3rd</td>
<td>Jamie D</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Kindergarten GIRLS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Zoe J</td>
</tr>
<tr>
<td>2nd</td>
<td>Darci T</td>
</tr>
<tr>
<td>3rd</td>
<td>Lucy P</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 1 BOYS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Andrew L</td>
</tr>
<tr>
<td>2nd</td>
<td>Tyrone A</td>
</tr>
<tr>
<td>3rd</td>
<td>Leo T</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 1 GIRLS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Isabella S</td>
</tr>
<tr>
<td>2nd</td>
<td>Lottie J</td>
</tr>
<tr>
<td>3rd</td>
<td>Evie T</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 2 BOYS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Matthew K</td>
</tr>
<tr>
<td>2nd</td>
<td>Beau W</td>
</tr>
<tr>
<td>3rd</td>
<td>Declan H</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 2 GIRLS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Elizabeth I</td>
</tr>
<tr>
<td>2nd</td>
<td>Ashley G</td>
</tr>
<tr>
<td>3rd</td>
<td>Maria M</td>
</tr>
</tbody>
</table>
Tell Them From Me
Parent Survey

Parents are invited to take part in an anonymous online survey aimed at improving the outcomes for our students through a positive home and school partnership. The survey questions aim at understanding parents’ perspectives on their child’s experience at school, including teaching, communication, activities and practices at home and the school’s support of learning and behaviour.

There are two ways of completing the survey.

Either log in to https://nsw.tellthemfromme.com with username = parent18505 and password = Mar7427 or click on this link and go straight to the survey.

If parents have more than one child at the school and their experiences differ, parents may complete the survey more than once.

ICAS Writing Results

Congratulations to the following students who received Merits, Credits, Distinctions and High Distinctions in the 2015 Writing test. Certificates will be handed out at the next 3-6 assembly.

High Distinctions
Year 4 - Octavio CZ and Marissa C
Year 5 - Nicole T
Year 6 - Bing Qian W

Distinctions
Year 3 – Anthea A, Sophia G, Stephanie L, Isabella L, Elliot R, Anna S and Chloe T
Year 5 – Matthew G, Celeste M and Aria S
Year 6 – Rubia C, Josephine H and Astrid M,

Credits
Year 3 – Alicia C, Miji K, Alan L and Isabelle Z
Year 4 – Sophia C, Ashleigh D, Christopher K, Vy L and Thomas S
Year 5 – Tatiana A, Georgia G, Natalie N, Tarrant W and Celina Wu
Year 6 – Zakarya B, Zachary F, Natasha M, Sandy M, Leila M and Kiara W

Merits
Year 3 – Bethany K, Preston L and Jeremiah T
Year 5 - Lara PB and Ariella R
Year 6 – Michael G, Naomi S and Nicholas W

Statement of Accounts

All students with an outstanding balance on their statement of accounts were sent home a reminder notice this week. This was sent through the class teacher and into school bags. Please inform the office if the address written is incorrect so we can amend. Thanks to all the parents that have paid their term 3 statement of accounts. Our school does not make a profit on any excursion, incursion or event and appreciates efforts made by parents in paying for these occasions.

Banking News

Concerns have been raised regarding the ‘Cosmic Light Beam Torch’ reward item due to the inclusion of four button batteries that can be accessed by unscrewing the back of the torch. Whilst this reward has been independently tested and deemed to meet relevant product standards the Commonwealth Bank have made the decision to proactively withdraw this item from the School Banking Rewards Program. Parents/Guardians are requested to dispose of any ‘Cosmic Light Beam Torches’ their child may have already received as part of the Rewards Program. Students who have previously received a ‘Cosmic Light Beam Torch’ are welcome to redeem an alternative reward item.

Contacting the School – A guide for parents

<table>
<thead>
<tr>
<th>Concern/Question/Information</th>
<th>Appropriate Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic progress of child</td>
<td>Arrange interview with class teacher. Any referrals to the school learning and support team must go through the class teacher.</td>
</tr>
<tr>
<td>Welfare of own child</td>
<td>Arrange interview with class teacher.</td>
</tr>
<tr>
<td>Health issues - minor</td>
<td>Notify class teacher in writing.</td>
</tr>
<tr>
<td>Health issues - more serious</td>
<td>Arrange interview with deputy principal or principal. Develop health care plan with class teacher and deputy principal or principal.</td>
</tr>
<tr>
<td>Administering of medication at school</td>
<td>Complete and sign form provided at the office. Medication to be brought to the office in original packaging. Advice from a medical doctor may also be required.</td>
</tr>
<tr>
<td>Custody/Court Orders</td>
<td>Arrange interview with principal; provide copies of orders.</td>
</tr>
<tr>
<td>Change of address or emergency contact details</td>
<td>Contact office staff and provide proof if required. Notify class teacher.</td>
</tr>
<tr>
<td>Explanation of absence</td>
<td>Explanation in writing to class teacher.</td>
</tr>
<tr>
<td>Application for exemption (leave longer than 20 days)</td>
<td>Collect form from office and return to the principal for approval.</td>
</tr>
<tr>
<td>Child leaving the school</td>
<td>Notify the class teacher and the school office</td>
</tr>
</tbody>
</table>

Please note that you can arrange an appointment by emailing the school at maroubra-jn-p.school@det.nsw.edu.au OR by calling the school office on 9349 8333
Fathers Vs Students
Soccer Game

The kids can talk the talk but can they walk the walk.
Please come out to the pad-dock on Friday morning at 8:30 to play your son or daughter in a game of soccer. There will be a K-2 game and a 3-6 game running simultaneously.

We will see if the Dad’s still have what it takes or if the young legs will see the kids victorious.

---

Father’s Day Breakfast

To the important men in our lives!

This year is our second Father’s Day celebration, and the students from Maroubra Junction would like to invite all their Fathers (or important men!) to attend a special breakfast. Bacon and egg rolls will be served from 7:30am until approximately 9:00am. If you would like to attend, please return the slip below, together with $3.00 per family as soon as possible to the class teacher.

IMPORTANT DETAILS...

<table>
<thead>
<tr>
<th>When: Friday 4 September</th>
<th>Time: 7:30am-9:00am</th>
</tr>
</thead>
<tbody>
<tr>
<td>RSVP: Thursday 3 September</td>
<td>Cost $3.00 per family</td>
</tr>
</tbody>
</table>

Looking forward to seeing you!

Matthew Ackerman
Principal (ret)

FATHER’S DAY BREAKFAST

Family Name: ____________________________________________
Children’s names:

_________________________  Class ______  _____________________  Class ______

_________________________  Class ______  _____________________  Class ______

☐ I am available to attend the Father’s Day Breakfast from 7:30am – 9:00am on Friday 4 September and I have included $3.00 to cover costs.

Total number of people to be catered for: ____________
What have we been getting up to?

**Dreamtime stories:**
We have been learning about Dreamtime stories as part of our literacy program. The students have been exploring the visual literacy in Dreamtime stories by creating their own illustrations for the Dreamtime stories using different mediums.

**How the kangaroos got their tails**
Here Ella and Anahid are creating the setting for How the Kangaroos got their tails on the iPad.

**How the bird got its colours**
Halle has created a beautiful illustration for the book How the bird got its colours using paints. Her favourite part was when the colours splashed all over the birds.

**How the butterfly got its antennae**
Now we are creating our own Dreamtime story about how the butterfly got its antennae. Christian has done a lovely front cover for our book using oil pastels.

Josiah's has done a great painting from How the birds got their colours. His favourite part is when the parrot rushed forward and burst the dove’s swollen foot.
Our Excursion to the Aquarium:
As part of our Living Things unit, Kindergarten went to the visit the Aquarium. We saw lots of amazing animals including sharks, octopus and even a very special dugong. KF particularly enjoyed seeing the animals in their natural habitat.

Our classroom display
When we returned to school, KF created their own ocean habitat with all the animals we saw at the Aquarium.

Writing recounts
After the excursion we wrote a special recount about the Aquarium.

*Here is what Madeline thought about our trip.*
This year, Maroubra Junction Public School has invited an educator from ‘AMAZING ME’ to hold two evening seminars on the facts of life for Stage 2 and 3 parents and students on **Tuesday 8th September, 2015**

The first seminar is catered for parents and students in Years 3 and 4 and will focus on the difference between girls and boys bodies, reproduction and birth. The session is 50 minutes long and will run from 6 – 6.50pm.

The second seminar for the night is catered for parents and students in Years 5 and 6. The talk will focus on the difference between girls and boys bodies and puberty. This session will run from 7 – 8pm.

Students must be accompanied by one of their parents as the evening seeks to encourage parent and child discussion. The talks will be held in 6H and 6N’s classroom and will cost $20 per family for one session and $25 for two sessions per family.

If you would like to attend, please complete the response slip below along with the correct payment (cash only) by **Tuesday 1st September**.

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**AMAZING ME RESPONSE SLIP**

Enclosed is payment of $___________ CASH ONLY

Child’s name(s) ______________________________   Number of adults attending:________

Class(es) _________________________________

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P&C Meeting

Our next meeting is Thursday 3rd September at 7:00pm in the library. At this meeting the Principal of Randwick Girls High will be presenting. Unfortunately the Principal of Randwick Boys is unable to attend due to illness and will reschedule. The date of our special meeting regarding the future operation of the Uniform Shop will also be announced. Prior to the special meeting information will be circulated outlining options that may be suit the needs of MJPS.
New members welcome.

Art Show and BBQ

Thanks to all those who came to the Art Show BBQ! In particular thanks to all of our volunteers who helped out with our BBQ. It was great to see so many new faces.

Mufti Day

We will be holding our traditional end of term Mufti on the last Wednesday of Term - 16th September. Gold coin donation for those choosing to wear mufti.

Term 3 has proven to be a busy yet enjoyable Term. The success of our events would not have been possible without the support of the P&C Executive – Mary Anne, Vickie and Jennie. Finally a big thanks to the school for their continued support, in particular our hardworking Office Staff and General Assistant.

Karen Birrell, President
mjpspandc@gmail.com

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**CHILD PROTECTION WEEK**

Cyber Safety - Think U know?
What families don't know will hurt them

**Wednesday 16 September 2015**
6:00pm - 7:30pm

**VENUE:**
Eastgardens Library
Westfield Shopping Centre Eastgardens
Ground Floor, Banks Avenue
Eastgardens

**SPEAKER:**
Senior Constable Rebecca Leo
Youth Liaison Officer
Botany Bay LAC

**WHO SHOULD ATTEND?**
Youth Workers, Parents, Grandparents, Carers, Child Care Educators, OOSH Staff, School Teachers and High School Students.

**RSVP:**
Wednesday 9th September 2015
9366 3889
or community.services@botanybay.nsw.gov.au

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Community News Disclaimer  Maroubra Junction Public School as a service to parents will advertise community events which may be of interest. MJPS does not necessarily endorse or sponsor the events and accepts no responsibility to the management or organization of these events.
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Canteen Menu
Maroubra Junction Public School

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SNACKS

- Fresh fruit salad (G)
- Popcorn (G)
- Frozen Watermelon Wedge (G)
- Frozen Fingers (G)
- Fresh Fruit Pieces (assorted) (G)
- Fresh Morning & Veggie Stick Cups (G)
- Fresh Stick (G)
- Light Yoghurt & Fruit Salad (G)
- Grilled Cheese Torpedo (G)
- Toasted English Muffin (G)

- Sandwich Bar (G)
- Curried Egg (G)
- Egg, lettuce & mayonnaise (G)
- Roast Chicken (G)
- Roast Chicken, lettuce & mayo (G)
- Cheese & Tomato (G)
- Lean Smoked Ham & salad (G)
- Lean Smoked Ham & cheese (G)
- Lean Smoked Ham & tomato (G)
- Salad (beetroot, lettuce, carrot, tomato & cucumber (G)
- Tuna (G)
- Tuna, lettuce & mayo (G)
- Tuna & salad (G)

- Ice Blocks / Ice Creams (A)
- Choccy Iced Egg (G)
- Frozen Low Fat Yahgurt (G)

- Beverages

- Water (G)
- Spring water (G)
- Placid (G)
- Chocolate, Strawberry (G)
- Choc 2 Go (G)
- Up & Go (G) Chocolate, Strawberry, Vanilla (G)
- Freshly Made Smoothie (G) Strawberry, Banana (G)
- Assorted Milkshakes (A)
- Chocolate, Strawberry, Vanilla, Carmel (A)
- UCC Iced Teas (A)
- Apple, apple blackcurrant, orange, tropical (A)
- UCC Cans (A) Mango, Blackcurrant, tropical, raspberry (A)

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COLD BAR

- Chicken Teriyaki (G) (G)
- Tuna (G) (G)
- Vegetable (G) (G)

- Sandwich Bar (G)
- Curried Egg (G)
- Egg, lettuce & mayonnaise (G)
- Roast Chicken (G)
- Roast Chicken, lettuce & mayo (G)
- Cheese & Tomato (G)
- Lean Smoked Ham & salad (G)
- Lean Smoked Ham & cheese (G)
- Lean Smoked Ham & tomato (G)
- Salad (beetroot, lettuce, carrot, tomato & cucumber (G)
- Tuna (G)
- Tuna, lettuce & mayo (G)
- Tuna & salad (G)

- Home Made Pasta
- Lasagna, homemade beef or vegetarian (G)
- Spaghetti Bolognese (G)
- Penne Vegetables (G)
- Home Made Pizza (A)

- Cheese & Tomato (G)
- Lean roast chicken (G)
- Vegetarian olive, eggplant & capsicum (G)
- Ham & pineapple (G)

- Hot Bar
- Chicken Delight (A) roast chicken, avocado, sundried tomatoes & cheese
- Mediterranean Delight (A) olives, artichokes, roast capsicum & feta cheese
- Vegetarian Delight (A) eggplant, sundried tomatoes, roast capsicum & cheese
- Ham Delight (A) smoked ham, sundried tomatoes, olives & cheese
- Home Made Brownie - Oven Baked (A)
- Wedges - Oven Baked (A)
- Garlic bread (A)
- Haddock with tomato sauce (A)
- Chicken breast nuggets (A)

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All lunch orders must be in by 9.00am
Prices are subject to change.
Girl Guides meet in your area!

Laughter, learning, friendship and fun…
come along to find out what Guiding is all about!

NEW Maroubra Guide Unit
(for girls aged 10-13)
Wednesday 7.15-8.45pm

Maroubra Scout Hall Robey Street, Maroubra

Guides also meet in Coogee, Kensington and Botany

ENGAGING ADOLESCENTS™
PARENT WORKSHOP

Parenting skills for resolving teenage behaviour problems
Maintaining positive and constructive channels of communication is one of the most important skills that adults must have when living with teenagers. This workshop aims to provide parents with effective tools and strategies in the following:

- Identifying normal and acceptable teenage behaviour
- Family life with teenagers and how to build positive and respectful relationships
- How to manage challenging behaviour from your teenager

WHEN: Saturday 14 November 2015
TIME: Please arrive at 9.15am for registration.
The course runs from 9.30am to 3.30pm
WHERE: Pagewood Central Library,
Westfield Eastgardens Shopping Centre
Banks Ave, Eastgardens NSW 2035
COST: $20 includes course workbook,
morning tea, lunch and afternoon tea
BOOKINGS: Please contact Patrick or Yasmin on 9366 3889 or
Sesnpy@botanbay.nsw.gov.au

This group has been proudly sponsored and supported by Botany Bay City Council

An end to the arguing and yelling!  •  It saved our lives  •  Simple, sane, effective  •

This course is being run by a Parenting™ licensed practitioner.  www.parenting.com.au