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Week 6
 Term 1



Relieving Principal's News

As Nelson Mandela says, "Education is the most powerful weapon which you can use to change the world." And I feel that during this week, with International Women's Day on Friday, that it is a good time for us to reflect on this important statement and the message it has for us at Nimbin Central School.

It is widely recognized that education is the key to eliminating gender inequality, to reducing poverty, to creating a sustainable planet and to fostering peace and these are goals that we can, and do, work towards in our school community.

Girls are proactively encouraged at Nimbin Central School to engage in all areas of study and to pursue their interests, including in areas traditionally dominated by boys. We have two girls currently studying senior Automotives and are hosting a Girls in Trades Showcase, in a few weeks' time, aimed at broadening the scope of post school options for our female students.

Our SRC have been active, and actively supported to do so, in helping to create a sustainable planet with their War on Waste and reorganization of the garbage and recycling systems in the school last year. This year, in response to P&C, community and student voice, the school will be installing a solar power system to ethically assist with the increased power used by the school particularly with the introduction of the new air conditioners.

Ongoing programs in the school support the ideals of equity and diversity, including our establishment of the Nimbin Central School Aboriginal Education Group, with student, staff, parent and community input and our continued focus on strategies to support strong learning and social outcomes for ALL students.

I believe this wide view of the purpose of education and our role in the wider community and, indeed, the world, is shared by our students themselves – it was their idea and initiative that has led to the in-school and in-town BBQ to raise money for the victims of the Tabulam bushfires last month.

It is wonderful to know we are all working together in these ways and it certainly makes us more powerful.

Have a great two weeks.

IMPORTANT DATES:

Tuesday 12th March
P & C Meeting 2-3pm
All Welcome

Tuesday 19th March— Friday 29th March
 Book Fair

Thursday 21st March
 Harmony Day

Friday 22nd March
 Book Parade
 9.30 am—12.00 pm

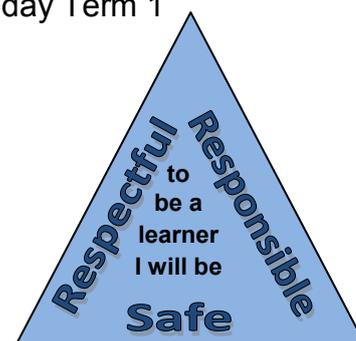
Wednesday 27th March
 Aboriginal Education Team Meeting 12.30 pm—1.15 pm

Wednesday April 3rd—Thursday April 4th
 Life Education Van

Friday 5th April
 School Photos

Monday 8th April — Friday 12th April
 Preliminary Exams

Friday 12th April
 Last day Term 1



From the Relieving Deputy Principal

It's hard to believe we are already in Week 6 - this term is absolutely flying past!

The Secondary swimming sports the week before last were a huge success. We had a 50% increase in attendance from 2018 and everyone had a great day. Our new house structure certainly made it a more meaningful and engaging event and it was very well organised by our relieving PDHPE teacher John Bromell.

As we near the midpoint of the term, I feel it is a good opportunity for a reminder about some school rules and procedures around the use of mobile phones that, if followed, will help the school be a more productive, happy and safe, learning environment.

Firstly, in the Primary School, students should not be bringing mobile phones to school. If parents and carers would like their children to have them before and/or after school they need to be dropped off at the office at the start of the day and picked up at the end of the day.

For Secondary students the use of mobile phones and electronic devices at school is a privilege, not a right. I am only too aware that to separate a teenager from their phone, can be similar in anxiety and distress levels, to amputating a limb! However, ALL students must have their phones switched off and in their bags during class times unless given specific permission by their classroom teacher. This means students may **NOT** receive or access text messages, phone calls, photos, the clock or any other function during these times.

I would also like to remind parents and carers of absence procedures. To explain an absence a parent or carer can do one of four things:

Call the office on 6689 1355

Email the school at nimbin-c.school@det.nsw.edu.au

Use the *School Stream* app to send in an absence notification.

Send in a note with the student upon their return to school

Your co-operation with these procedures is much appreciated as it prevents us from wasting time ringing parents and carers to find out why a student has an unexplained absence.

NIMBIN CENTRAL SCHOOL IS NOW ON FACEBOOK. PLEASE FIND US AND LIKE US:

www.facebook.com/nimbincentralschool



Nimbin Central
School
[@nimbincentralschool](https://www.facebook.com/nimbincentralschool)

Home



K-6 NEWS

Welcome to this week's edition of the K-6 newsletter and the expression "time flies" certainly applies here as we have already passed the halfway mark for this term.

Special Assembly

Our first special assembly will be held on the last Friday of this term, Friday 12th April and invitation to parents of students receiving an award will be sent home the week before. Class 3 /4 will be performing as well and we extend an invitation to the parents of class 3 /4 to come along. A number of students will be awarded a Principal's Commendation Certificate by Ms Marshall.

Sun Safe Practice Reminder

Even though we have marched into Autumn the weather is still quite warm and the UV index remains high. Students are still required to wear a hat during recess and lunch times or alternatively they are required to play in the shade. It is really encouraging to observe how the students are proactive towards sun safe behaviour and many thanks to the families that support it as well by ensuring their child has a sun safe hat to wear.

Daily Fitness Reminder

K-6 participate regularly in sport and fitness lessons. These quite vigorous lessons develop improved gross motor skills, hand eye co-ordination, teamwork and all round fitness. It is important for safety reasons and physical development that students wear appropriate footwear to school. Crocs, slip on shoes, sandals or boots do not provide adequate support and protection for children's feet. At present the children are practicing for the Cross Country Carnival involving a mixture of surfaces and terrains. Help us to support them to enjoy their sport by ensuring they have proper footwear.

"Help us to help your child!"

Some housekeeping problems have presented themselves during the course of the day. The first one is money. Many students come to school with loose money, notes and change with no purse/wallet or bag to keep it safe. Loose money falls out of pockets or bags too easily and it's upsetting for the students when they have lost their money and are not able to purchase at the canteen. For the little ones especially it's a big ask to trust them with loose money and on many occasions money is lost. Please help them by ensuring that money comes to school in a purse or wallet.

Thank you for the wonderful effort parents place in providing healthy lunches. Just a reminder: could you supply spoons when your child has yoghurt, baked beans, tuna etc and we ask that you provide a piece of fruit or snack for break time at 10.15 am during Literacy sessions? Some students regularly have nothing to eat during this break.

It's a lot easier to find the owner of an item if it is labelled. We ask can all personal belongings, clothing, hats, bags and stationary be labelled. There is a large amount of lost property within the school and of course a name will help us find the owner.

NCS Newsletter Team

Design & Editing:

Julie Wone

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Sue Willis

K-6 NEWS (cont.)

The term is filling up with a number of great activities and I hope this calendar helps you with up and coming events.

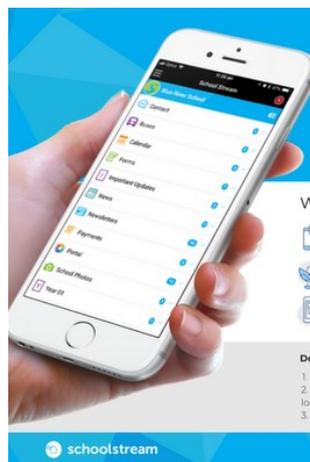
Week 7 Thursday 14th March	CLASS 5/6 SCIENCE POP UP DAY The day is devoted to students identifying a science problem and then they set about to come up with solutions which are tested, recorded and then presented to nearby schools. Students from Year 7 will be assisting on the day.
Week 8 Thursday March 21st	HARMONY DAY. On this day, we ask students to wear orange to school. Harmony Day celebrates Australia's cultural diversity. It's about inclusiveness, respect and a sense of belonging. Students will participate in lessons which support cultural diversity and will contribute to creating a puzzled piece mural which is to be placed within the school.
Friday 22 nd March	BOOK WEEK PARADE – BOOK FAIR. The theme for the parade is "Ride the Wave of Reading, Life is a Beach" and we ask that students participate by coming dressed in a book character or author about the beach or the sea.
Week 9 Friday 29 th March	POP UP SCIENCE DAY: Local schools around the district come to Nimbin and share their Science Pop Up Day projects with their peers. This is a District initiative where local schools participate and is designed to foster positive middle school transition relationships.
Week 10 Tuesday 3 rd April Wednesday 4 th April.	LIFE EDUCATION VAN VISIT. This is a worthwhile opportunity for students to receive very professional and current information about ways in which they can make responsible choices around medicines, food choices and lifestyle choices.
Friday 5 th April	SCHOOL PHOTOS. Envelopes for orders will be sent shortly.
Week 11 Friday 12 th April 2.15pm	SPECIAL ASSEMBLY. Principals Commendation Certificates will be presented by Ms Marshall and Year 3 /4 will be presenting a class item. Come along and join us.
Friday 12 th April	POSITIVE BEHAVIOUR CELEBRATION. Students are congratulated for their sensational behaviour this term by having movie time and popcorn.

As always if you have any concerns about your child's education please talk to us so that we can make your child's schooling a happy and positive learning experience.

Thank you for your support.

Regards

Dian Plesko and Primary Staff



Download our school app for free!

Why download the app?

- Receive instant notifications for important news.
- Easily register absentees and excursions.
- Keep up to date with events and set reminders.

Download instructions:

- Go to the App Store and download "School Stream" to your phone.
- Open the app and type the school's name into the search bar to load the school's profile.
- Make sure you agree to Push Notifications when prompted.

schoolstream

facebook.com/SchoolStream
twitter.com/SchoolStreamApp

Upcoming Musical Opportunities

There are currently several exciting musical opportunities that are available to our students. If you are interested in any of them, then visit the relevant website or see Mr Osterhage for more information.

Entries are now open for **The Lismore Young Songwriters Competition**

The competition gives young songwriters (12-25 years old) a chance to kick-start their careers through access to mentors and professional development workshops in composition, song writing and performance.

Past prizes include: professional recording sessions, photo shoots and film clips; professional performance equipment including RØDE microphones; access to professional APRA workshops and passes to Splendour in the Grass.

Entries close midnight 25th April.

For more information visit: socialfutures.org.au/youngsongwriters

Entries are now open for the **2019 Harmony Day Poster and Songwriting Competitions**

The competitions are open to all primary and secondary students across NSW and the ACT. Posters and songs must express the words of this year's Harmony Day theme: "Harmony - It's up to us".

Prizes – Poster Competition

Prizes are awarded in two categories – Senior (Year 7 – Year 12) and Junior (K - Year 6). In each category the following prizes are awarded:

- State Winner \$500
- Regional Winner \$150
- State Winner's School \$500

Prizes – Song Writing Competition

- 1st Prize \$500
- 2nd Prize \$300
- 3rd Prize \$150

The closing date for entries is Friday 12 April 2019

For more information visit <http://movingforwardtogether.org.au/>

State Junior and Senior Music Camps applications are open.

Talented music students join together for one week each year to receive expert tutelage and develop their performance skills. Participants rehearse and perform high quality repertoire culminating in a concert for families and friends on the final night of the camp.

Musical activities at camp include participation in a major ensemble (symphony orchestra, symphonic bands, vocal ensembles, stage band) as well as a number of elective ensembles and activities. Elective activities include brass and woodwind ensembles, jazz improvisation, composition, music theatre, percussion ensemble.

Applications close Friday 3 May 2019.



SECONDARY SWIMMING CARNIVAL

There is only one way to describe the 2019 Swimming Carnival which was held at the Lismore Memorial Baths, and that is as a success. The record breaking numbers of students attending the carnival, pride in the schools newly established houses, perfect weather and the overwhelming enjoyment from the students, all contributed to the day being a triumph.

The events were tightly contested throughout the day, which brought with it the deafening support of house mates who did everything possible to inspire their friends to the finish line. Every student who competed should be proud of their efforts and achievements. The age champions are as follows:

12 Yrs Boys:	Izayus Edwards
12 yrs Girls:	Sara Prikulis
13 Yrs Boys:	Will Brown
13 Yrs Girls:	Chelsea Lindh-Jaspers
14 Yrs Boys:	Aiden Wood
14 Yrs Girls:	Rosella Gulizia
15 Yrs Boys:	Robert Foran
16 Yrs Boys:	Tjala Nguyen
17 Yrs Boys:	Jaiden Bell
17 Yrs Girls:	Sammaya Oken



Once the competitive events were out of the way, students spent the afternoon lining up for their turn on the inflatable obstacle course. This was a hugely popular event and one that produced a lot of laughs for both students and teachers.

Overall, the day was enjoyed by everybody that attended and something that we look forward to doing again next year. Positive feedback from the pool staff is that Nimbin Central School has the most well-mannered students of any other school that have utilised the facilities. This is a welcome compliment that reflects the positive culture that we are working to develop within the school.

Thank you to all the staff, students and helpers who made the day amusing, exciting and successful.

Library News with Mazz Webb

DRESS UP BOOK PARADE:

9.30AM Friday, 22/3/19 for families

Students will dress as book characters on the theme of:

**'Ride the wave of reading,
Life is a Beach'**

Books and novelty stationery go on sale in the Library from Tuesday March 19th.





FROM THE COMMUNITY LIAISON OFFICER

International Women's Day March 8th

Women and girls make up nearly two thirds of the women living in poverty.

They perform two thirds of the worlds work.

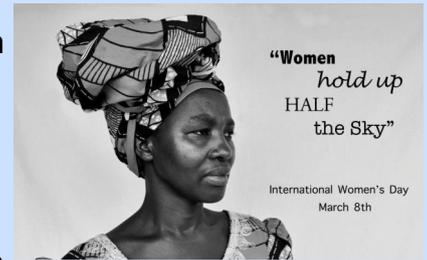
They produce 50% of the food.

But they earn 10% of the world's income.

And own 1% of the world's property.

It is clear that by empowering women to take centre stage in decision making bodies, millions of people will be lifted out of poverty.

These figures come from United Nations for Women.



Celebrate IWD yourself and share it with your children. IWD is not only for women and about women, it is for everyone to accept and develop the potential of all women.

Attendance: Does it matter?

Is there ever a good reason to be absent from school? Sometimes but not always.

Should absences be reported with a note? Yes always.

Does it matter to miss one day's school? Yes it does.

It makes a difference for so many reasons.

Frequent absenteeism makes the problems so much harder to overcome.

There is lost learning that takes time to catch up on or is missed altogether.

This creates a gap in learning continuity. This gap can create wider gaps when a flow of learning is broken.

On a social level absenteeism breaks into relationships with teachers and other students. There is a separation that was not there before. This can weaken communication skills, self esteem, teamwork and friendship building.

The more a student falls behind, the greater the problems and the greater the carry over when the student leaves school.

If a student is struggling then it is not time to stay away from school. Attendance is even more important.

So make sure your child attends every day possible to give them the best possible future.

CAREERS NEWS

Information on the following areas is available from your Careers Adviser:

- Any female student interested in attending a Wood Work Trades Workshop in March should see Mr Chaseling to register interest. During the day students will learn about Personal Protective equipment, use of tools, general woodwork skills and they will have the opportunity to interact with trades people.
- Could any Year 12 student looking at pursuing a Medical or Allied Health degree other than nursing please see Mr Chaseling ASAP.
- Information is now available for students who wish to participate in the Young Endeavour Youth Scheme. The Young Endeavour is a national sail training ship and the training program is run by a Royal Australian Navy Crew. The program is available for 16 – 23 year olds.
- Application time for The GAP year program for the military is coming shortly. If you are in Year 12 and are interested in spending a year in the military to gain some knowledge on what a job in that area is like, please see Mr Chaseling ASAP.
- Any Year 12 student interested in studying at Charles Sturt University in 2020 should see Mr Chaseling ASAP as they have published a variety of information for events this year.

P&C

P&C President Shizuka Oki is pictured handing over 20 ukuleles with hard cases that have been bought for students to hire cheaply (\$2 per week) to assist with practice for their free lessons with Ms Webb.

The P&C also donated hats to our new kindergarten students as part of our Sun Safety at Nimbin Central School.

Next P&C meeting: Tuesday March 12th at 2.00 pm—3.00 pm —All welcome!!!



Bus safety for school students

How families can help

40km/h when passing bus flashing lights

Driving near buses

Bus lights flash on the front and back of a bus when the bus is picking up or setting down school children. A 40km/h speed limit applies when bus lights flash. The speed limit is for all traffic travelling in the same direction as the bus, whether the bus is stationary or moving.

Informal school bus stops

Informal bus stops are not sign posted and are usually found in rural areas. They may be at the front of a property or on the side of the road.

Drivers may find it difficult to see children at informal bus stops. Families should take special care when using these stops. Staying on the bus a bit longer to travel to another bus stop may reduce the need for your child to have to cross the road.

Refer to the Safety Information in this brochure and for more information on selecting or reviewing informal bus stops visit: <http://roadsafety.transport.nsw.gov.au/stayingsafe/schools/informal-school-bus-stops.html>

Safety information

Getting to and from the bus stop

- Families are responsible for getting their child to and from the bus stop safely.
- Always supervise your child until they are at least 10 and hold their hand when walking to and from the bus stop or interchange and when crossing the road.
- When waiting for the bus, hold hands and wait as far back from the passing traffic as possible.

Getting off the bus

When travelling by bus, your child is most at risk in the minutes after they get off the bus.

Meet your child AT the bus stop or interchange after school. NEVER wait on the opposite side of the road and call them across. If you cannot meet your child, organise for a trusted adult to take your place.

Always wait until the bus has gone, then use a safe place to cross.

Talk with your child about what to do:

- if you are delayed and cannot meet them as usual
- if they catch the wrong bus
- if they get off the bus at the wrong bus stop.

Crossing the road

Together, choose the safest place to cross the road and talk about:

STOP! one step back from the kerb
LOOK! continuously both ways
LISTEN! for the sounds of approaching traffic
THINK! whether it is safe to cross

Keep checking as you cross the road.

LOCAL NATIVE TREES/PLANTS FOR SALE

\$2.00 each
Text Val 0477 059 613

Glossy Laurel
Davidson Plum
Tuckeroo
Sandpaper Fig

Lomandra
Small Leafed Tamarind
Snow Wood
Blue Quandong



Kids Dance Class

Wednesdays 3:30-4:20pm
Starting 6th of February
\$10 a class
Ages 7-11

With Freya Fae at the Nimbin Dance studio.
Learning Choreography & Working towards performance
Experimenting with improvisation & movement play.
Increasing strength & flexibility.

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OUR ANNUAL WALL PLANNERS HAVE BEEN DISTRIBUTED

Your child received our Annual Wall Planner recently to take home! If you did not receive one please contact our Administration Staff.

These planners are a fantastic communication tool for all our important School dates over the next 12 months.

If you would like the opportunity to showcase your business on our next planner please do not hesitate to contact

on 07 4243 4947

Calculus Bank Billing Surgery
Tel: 5438 1488

lynham.com.au

Lucy's HAIR SALON
Ph: 5492 3188

Your Bookkeeping Friend
Ph: 5736 3412

Help your child to go far with Kip McGrath
Ph: 0414 371 689

Your local ANZ Mobile Lender
Ph: 0488 496

TORSTAR
Tel: 4121 4000

ROSS TREVOR Tree Services Pty Ltd
Tel: 0418 343 878

Run With Life
Tel: 0433 882 228

Medplus
Ph: 3812 1068

John Charles Dental
Ph: 5744 3945

Chirotechnic
Ph: 0425 242 446

NIMBIN CENTRAL SCHOOL HATS AVAILABLE AT THE OFFICE.

100% COTTON

\$15.55

Primary Polo School Shirt
Sizes 4-16 \$18.30

Secondary Polo School Shirt
Sizes 10-18 \$22.00

Senior Secondary Polo School Shirt
Sizes 10-18 \$22.00

Organic Cotton Polo Shirt sold at can-

SNACKS

E	Piece of fruit—seasonal	\$1.00
E	Airpopped Popcorn	\$1.00
O	Sesame Crisps	\$1.00
E	Custard Cup.....	\$1.00
E	Tinned Fruit Cup	\$1.50
E	Pikelets—jam or butter (DF)	3 for \$2.00
O	Chips - Sea Salt.....	\$1.20
O	Grainwaves - Sour Cream & Chives.....	\$1.20

DRINKS

E	Juice Cup ...apple/orange.....	\$1.00
E	Cup of milk—plain / flavoured	Small \$1.00..... Large ... \$2.00
E	Lactose Free Choc Popper.....	\$1.50
E	Juice Bomb Can (5 flavours)	\$2.50
E	Coconut Water - Small Cup	\$1.00
E	Juice Popper 100% (4 flavours)	\$1.50
E	Water..... 600 ml.....\$1.60	1 litre.....\$2.50
E	Up & Go Popper (4 flavours)	H/S \$2.60
E	Iced Choc Popper	H/S \$3.20
E	Iced Coffee Popper	Seniors Only.....\$3.20
E	Organic Juice Pouch (5 flavours)	\$2.00

ROLLS & WRAPS

E	Salad Roll (round white)	\$4.00
O	Veg Patty, Lettuce, Tomato	\$5.00

1/2 Hot Dog Roll

O	Salami, Cheese, Lettuce	\$2.50
E	Ham Cheese Tomato	\$2.50
E	Chicken Lettuce Mayo	\$2.50
E	Egg Lettuce Mayo	\$2.50
E	Salad & Hommus	\$2.50

WRAPS (Halves)

E	Salad with Hommus	\$3.00
E	Ham Cheese Salad	\$3.50
E	Egg Lettuce Mayo	\$3.50
E	Flame Grilled Chicken, Lettuce, Sweet Chilli Sauce	\$4.00

BURGERS

E	Flame Grilled Chicken, Lettuce, Sweet Chilli Sauce	\$5.00
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* COMING SOON *

	Walnut Patty Burgers (Canteen made)	\$5.00
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SANDWICHES

E	Jam/Vegemite.....	\$2.00
E	Cheese /Tomato.....	\$2.50
E	Tomato & Cheese/ Cheese & Cucumber	\$3.00
E	Ham & Cheese.....	\$3.20
O	Salami & Cheese	\$3.20
E	Ham, Cheese, Tomato.....	\$3.50
O	Salami, Cheese & Tomator OR Lettuce.....	\$3.50
E	Egg, Mayo & Lettuce.....	\$4.00
E	Chicken, Lettuce, Mayo	\$4.00
E	Chicken, Cheese, Sprouts.....	\$4.00
E	Ham, Cheese, Salad	\$4.20
E	Salami, Cheese, Salad	\$4.20
E	Salad	\$3.50
E	Salad with Cheese	\$4.00
E	Chicken Salad	\$4.50

All sandwiches are made using jumbo sliced wholemeal bread & dairy free spread.

GF available upon request + \$0.50

TOASTIES

E	Grilled Cheese Open Melt.....	\$1.50
E	Cheese Tomato	\$3.00
E	Ham & Cheese	\$3.50
O	Salami & Cheese	\$4.00
E	Chicken & Cheese	\$4.00

FROZEN

E	Sips (Quelch Sticks) 5 flavours	\$0.80
E	Ice Monys (Triangles) 3 flavours	\$0.80
E	Juice Cups - Apple/Orange 100%	\$1.00

CANTEEN MADE

E	* Greek Yoghurt Berry Blocks	\$1.00
E	* Custard Blocks	\$1.00
E	* Coconut Fruit Blocks (coconut water & 100% juice)	\$1.00
O	Choc Moosie	\$1.20
O	Frozen Yoghurt - 3 flavours	\$2.50
E	Organic Juice Pouch - 3 flavours	\$2.00
E	Mini Weis Bars - 3 flavours	\$2.20

NO FROZEN ITEMS AT FIRST BREAK

NIMBIN CENTRAL SCHOOL CANTEEN - SUMMER MENU 2019

HOT FOOD

O	Mini Sausage Roll	\$0.50
O	Party Pie	\$1.10
O	Chilli Chicken Tender / GF tender	\$2.00
O	Veggie Patty	\$2.00
O	Bakery Cheese & Spinach Roll Half \$2.00 Whole	\$4.00
O	Bakery Sausage Roll	\$3.60

BAKERY PIES

O	Meat Cheese Bacon	\$4.80
O	Curry Meat / Plain Meat	\$4.80
O	Cauli Broc	\$4.80

BYRON PIES (soon to be discontinued)

O	Thai Chicken/Chicken Mornay	\$4.80
O	Satay Chicken/Bolognese	\$4.80
O	Mexi Beef/Mexi Veg	\$4.80
O	(GF / Spelt Vegan)	\$5.20

*** ALL PIES ARE ONLY AVAILABLE AT SECOND BREAK AND MUST BE ORDERED***

SALADS

Small Tub BASIC

Mixed Lettuce, Tomato, Carrot, Cucumber\$3.00

Add extra 50c per additional item of :

Cheese/Egg

Add extra \$1.00:

Ham/Chicken

Large Tub BASIC

As above per additional items\$4.00

Small Basic Tub with Flame Grilled Chicken\$5.00

MONDAY

E	Pikelets - 3 with butter or jam (DF)	\$2.00
E	Pesto Pasta (DF) Small Bowl \$2.00 Small Tub.....	\$3.00
	(add extra 50c for cheese OR GF pasta)	
E	Baked Jacket Potatoes 3 for	\$3.00
	(add extra 50c for cheese OR sour cream)	
O	Fish n Chips (3 fish bites + 100g wedges)	\$4.00

TUESDAY

E	Stir Fried Rice (meat or veg)	\$4.00
E	Pasta Bolognese (meat or veg)	\$4.00
	(add extra 50c for cheese OR GF pasta)	
O	Canteen made Curry Puffs	\$2.50

WEDNESDAY

E	Chicken Wings	\$1.50
E	OR 3 with BASIC salad	\$5.50
E	Mac Cheese (Veg)	\$4.00
E *	Nori Rolls - tuna or veg	\$1.50
E *	Tofu Pockets - tuna or veg	\$2.50

*** Alternating weeks**

THURSDAY

E	Pesto Pasta (DF)Small Bowl \$2.00.....Small Tub	\$3.00
O	Bean Nachos (2nd break only)	\$5.00
E *	Mexi Mince & Rice	\$4.50
E *	Mexi Mince Soft Tacos	\$2.50

*** Alternating weeks**

FRIDAY

E	Chicken Wings	\$1.50
O	Fish n Chips	\$4.00
E	Pita Bread Pizza - Hawaiian/Veg - 2ND BREAK ONLY	\$2.50
	<u>Turkish Bread Toasties</u>	
	Ham Cheese Tomato	\$3.80
	Salami Cheese Tomato	\$3.80
E	Chicken & Cheese	\$4.00
O	Cheese & Tomato	\$3.50

E = Good to choose EVERYDAY

O = Choose only OCCASIONALLY

GF = Gluten Free/ DF = Dairy Free

H/S = High School only

