



# NEWPORT NATTER



## NEWPORT PUBLIC SCHOOL'S WEEKLY NEWSLETTER

Phone: 9999 3588 9999 4100 Fax: 9979 6928

After School Care: 9979 9874

Canteen: 9979 6504

Wednesday 5<sup>th</sup> February 2014

### PRINCIPAL'S REPORT

Welcome back everyone to Newport for an exciting 2014 school year. I would like to extend a special welcome to the new families who have joined our school and to all our new Kindergarten children for 2014. Once again we have a wonderful year planned, full of exciting and valuable experiences for our students. It is pleasing to see all the children return so refreshed and eager to start the year.

I would like to welcome Mrs Jane Logan and Miss Ange De Bellis who has been appointed as permanent members of our Newport staff. I am sure they will enjoy being a part of our Newport community. At the end of last year Marianne Gutherson and Emily Jefferys were also appointed as permanent staff members.

We have a number of temporary teachers filling positions at our school during 2014; Nicola Elliot, Anna Walter, Kellie Cogan, Shayne North, Ashleigh Mallin, Ingrid Mailler, Christeena Hurst, Lisa Body, Ellie Pretty, Jamie Blazejewski, Paula Mason, Claire Philips, Cathy Chard and Sally Morgan. Mrs Jo Moore will also continue in the school office and Mal French part time in the grounds. A warm welcome to those new to our school in 2014.

I would also like to welcome Yvonne, who is our new Crossing Guard for the Queens Street. I know all our families will make her feel a part of our Newport community.

### Textbook Sale

Our annual Textbook Sale was held in our school hall yesterday. My apologies for the length of time taken to process orders. We have used this process for a number of years; however, as our school has grown it is time to source a more efficient process for 2015. I would thank you for your patience this year.

If you missed the Textbook Sale, book packs are available from Dominie (Cross St, Brookvale; opposite Warringah Mall). School Fees can be paid at the front office at any time.

### Class Formation

This year the placement of 798 students into 32 classes has been a very formidable task. Staff devoted a considerable amount of time at the end of 2013 and the beginning of this year to ensure that each class group is balanced and will work well together. A number of factors are taken into account when forming classes including gender balance, the academic needs of students, the social and emotional needs of students, the strengths of staff, the special needs of individual students and class sizes. Once classes have been formed it is very difficult to make changes without a resulting domino effect across the grade. Unfortunately it is not possible to make changes to classes once they have been formed.

### Swimming Carnival 2014

**Monday 10<sup>th</sup> February**

**Warringah Aquatic Centre, 9.30am – 2.30pm**

Our annual Swimming Carnival will be held next week. Children from Years 3 – 6 and those turning eight in 2014 who can swim 50 metres, should attend the carnival. Students not attending the carnival will attend classes at school. The program for the day will go home this week.

**Buses for the carnival will be leaving school at 8.45am**, and children should be at school by 8.30am. Please make sure that your child is at school in plenty of time.

### Welcome Back BBQ

**Friday 21<sup>st</sup> February**

Every year our energetic team of Year 6 parents organises the Welcome Back BBQ. It is a great social event that gives parents and staff an opportunity to meet and socialise. Put it in your diary and come along, join in the fun and support our school.

## School Communication

Our weekly newsletter, the **Natter**, goes home every Wednesday. It is our major form of communication to parents. Please ensure that you check the Natter each week for school information upcoming special events. At the beginning of each term a **Term Calendar** is provided in the Natter. It's a great idea to put it on the fridge to remind you of our important dates. The Newport PS website is another source of communication and information. Weekly newsletters can be downloaded from the website. This website also has a calendar of events. We are currently in the process of adding our 2014 information. For particular events you will also receive notes from your class teacher. We would ask that you respond promptly to these. If at any time you are unsure, please contact the school office.

## Parent Information Evening

Our Parent Information Evening will be held on **Thursday 13<sup>th</sup> February between 6.00 and 8.00pm**. The evening is intended to provide an opportunity for parents to meet their child's teacher and be informed about the year ahead, the class organisation, the class program and expectations for the year. Information sessions will again be presented on early Literacy skills and supporting Maths at home. We hope that you are able to attend these important sessions which will be held in your child's classroom. Session times are being finalised and will be sent home later this week.

## Newport P&C Association

**Tuesday 11<sup>th</sup> February at 7.00pm in the Library**

### Annual General Meeting

Our P&C Association is run by a very dedicated group of parents who are committed to supporting our school in everything that we do. This association has a number of roles. They provide a forum for parents to find out more about our school, to be involved in discussions about issues that concern them and they also perform an invaluable fundraising role for the school. Every year the P&C raises funds to support a number of school programs. Annually they provide funds to employ teachers to support students experiencing difficulty with learning as well as gifted and talented students. Each year we encourage parents to attend our P&C Meetings and support our school. We would especially like to see parents new to our school.

## School Uniform

It has been wonderful to see our students return with such bright and smiling faces. However, as we look around the school we are seeing a number of versions on our school uniform. I would ask that parents support us in ensuring that the children of our school wear our school uniform with pride. Please make sure that your child has **black school shoes, preferably leather** to protect their feet at school. **Plain white joggers** are the expected part of the sports uniform. We are seeing a variety of brightly coloured shoes that do detract from our school uniform. We do expect that children wear a school hat; wide brim for Kindergarten, Year 1 and Year 2 and cap in other grades. We are all proud of our wonderful school. Your support in ensuring correct school uniform can assist our students to maintain that pride.

## Peer Mediation Program

On Tuesday this week, all of our Year 6 students completed training in Peer Mediation Skills with Mrs Keogh. Peer mediation is a great way our Year 6 leaders can help other students in the playground who might be having difficulty getting along with their friends. There are times when people are in conflict and need help to solve their problems. Peer mediation is a way to help them find solutions and reach an acceptable agreement. An effective peer mediator listens to both sides of an argument, is fair and just and helps people to solve their own problems without jumping in with advice.

Year 6 were trained in valuable skills that will equip them to become more effective adults. These are some things we learnt about:

- 1) Effective Communication
- 2) Active Listening and Reframing
- 3) Feelings and Empathy
- 4) Resolving Conflicts

All Year 6 students will have experience in being a peer mediator on the playground and will then choose whether they wish to continue for the remainder of 2014.

## School Fees

At this time of year we encourage our families to contribute to the effective running their child's school by contributing to school fees. Whilst they are voluntary, school fees play an invaluable role in the school's ability to provide the quality education that is expected of our school. We often have questions about the following aspects of our fee structure.

Our school's provision of quality teaching and learning programs that effectively integrate Technology across the curriculum is a continuing focus for our school. In order to achieve this we need to continually address the equity of access for students to technology, update ageing hardware and the provision of support and training for staff in the delivery of programs. To meet this need a Technology Levy is included in our school fee structure. We would ask that all families contribute to this levy as all children will benefit each and every year. Currently funds are used to install wireless technology and purchase class sets of netbooks and iPads for use in classrooms, enabling ICT access for students in their everyday learning.

Newport PS is a member of the award winning Peninsula Community of Schools. Thirteen public schools from Collaroy to Avalon make up this community of schools, which offers a diverse range of educational experiences and opportunities for our students and the professional development of our staff. In past years students from Newport have been involved in robotics, student leadership, enrichment, Aboriginal Education, art and environmental programs. Each year all schools pay a levy, of \$10 per student, to the PCS to meet the associated costs of these invaluable programs. This levy, of \$5 per semester, is included on the Term 1 and Term 3 account.

**Regards,  
Margaret Charlton  
Principal**

#### Dates for diary

<b>Monday 10<sup>th</sup> Feb</b>	<b>Swimming Carnival</b>
<b>Tuesday 11<sup>th</sup> Feb</b>	<b>P&amp;C Meeting 7pm in the library</b>
<b>Thursday 13<sup>th</sup> Feb</b>	<b>Parent information evening</b>
<b>Friday 21<sup>st</sup> Feb</b>	<b>Welcome back BBQ</b>

#### **P & C Meeting and AGM**

**Tuesday 11th February - 7pm in the library**

**New members needed and welcome to new Kindy parents. See what's going on at our school in 2014, bring your ideas, questions and suggestions.**

#### **Book Club 2014**

All K-6 classes have received Issue 1 of Scholastic Book Club. All orders need to be placed in an envelope clearly marked BOOK CLUB with your child's NAME and CLASS. Cheques made payable to SCHOLASTIC and credit card payments are preferred. You can combine your orders and pay for them as one single payment. Credit card payments can be paid on-line or by phone and your receipt number needs to be recorded and sent back to school with your order. Please send K-2 orders to Mrs Falconer and 3-6 orders to the Library.

Orders are due back by **WEDNESDAY 12th February**

Please allow 2 weeks for your books to arrive.

If you have any questions, please see Mrs Falconer.

Book Club helps our school to purchase books and equipment for our Literacy programs.

Remember to **READ EVERY DAY THAT YOU EAT!**



#### **CANTEEN NEWS**

Welcome back to a great year I am sure.

Firstly I would like to thank everyone who has put their hands up to help out this year. We have both Mums and Dads this year and it is going to be so much fun. If you would like to sign up please drop by the canteen and see me.

**There is a new updated menu this year please find it attached to the natter this week.**

#### **NEW NEW NEW**

Lamb Rogan Josh & rice

Chicken Caesar Salad

Cheese potato bake

Mini Wheats

Spinach & Cheese rolls

Fruit Flap Jacks

Steamed dim sims

Dairy Free Banana & Chocolate Milk

Spanish frittata

Mexican Chicken Burger

Roster for next week

**Monday Jan 10th: M Holiday, S Wheeler, N Cronan, N Talby, R Wilson, F Sickinger**

**Tuesday Jan 11th: K Robinson, J Newton, S Bloomer**

**Wednesday Jan 12th: N Scamps, K Ginsburg, P Shields, K Ockwell**

**Thursday Jan 13th: D Callaghan, P Hitchman**

**Friday Jan 14th: N Deathridge, S Maunder, M Lindsay**

If you are unable to make your rostered day, please let Tammy know on 9979 6504 or email the canteen

[newportschoolcanteen@hotmail.com](mailto:newportschoolcanteen@hotmail.com)



## TUCKSHOP WORKSHOP COMING TO NEWPORT

Is your child a fussy eater?

Do you worry about what to pack in your child's lunchbox?

Do you hate wasting food?

If you answered "yes" to any of the above questions, come along to the TUCKSHOP WORKSHOP at Newport Public School. This free workshop (sponsored by Pittwater Council) includes:

- Strategies to address fussy eating and optimise variety
- Keeping kids healthy through food and nutrition
- Ideas and recipes for simple, healthy school lunches
- How to pack a waste free lunch

Lynsey Bradley is a certified Nutrition Educator and is a passionate advocator of improving the health and wellbeing of children through a healthy and balanced diet. For information about Lynsey and her work please go to [www.tuck-shop.com.au](http://www.tuck-shop.com.au).

**DATE OF WORKSHOP: Tuesday February 11 2014**

**TIME: 9:30 – 11:00AM**

**VENUE: Newport Public School – Hall**

**Please direct enquiries to Nicola Elliott via the office.**

## MUSIC NEWS

**Music Information Evening;** Our Information Evening for is taking place Thursday 20<sup>th</sup> February. All our conductors (Karen Leimbach, John Stone and Andrew Laurich) will be there. It is a great opportunity to ask questions and get the best answers. There will be an opportunity to register on the night but it is totally obligation free.

**It is not too late to join the Training Band or Violin 1 Program:** Training Band will start on 26/2/13. We are excited by the large amount of interest that has been shown this year and some instruments are no longer available, however we are still looking for students interested in playing the Trombone, Bassoon, French Horn, Baritone Horn, Tuba, Bass Guitar, Bass Clarinet, Clarinet or Oboe.

**\*\*Special Offer\*\*** We are offering free instrument hire for Trombone, Tuba and Bassoon. Save \$200. Hurry as there are only a limited number of instruments. Please contact for Elena Casanova on [stelanova2@optusnet.com.au](mailto:stelanova2@optusnet.com.au) for details.

**There are also a few positions left in the Violin 1 Program** for 2014, after these positions are filled we are happy to put names on a waiting list. Please contact Megan Moxham on 0411 697 922 for details.

**Registration forms and fees** are now due for all ensembles. Please find a registration form attached to the Natter.

All students, both new and returning, are required to complete a registration form. Completed forms and payment should be placed in the band box located in the foyer of the office. Please note that cash payments are not to be placed in the band box, but must be taken to any Commonwealth Bank and deposited directly into the Newport School Band account.

### Dates for Diary

Tue 4 <sup>th</sup> Feb	Concert Band starts
Tue 4 <sup>th</sup> Feb	String Orchestra starts
Wed 5 <sup>th</sup> Feb	Performance Band starts
Mon 10 <sup>th</sup> Feb	Stage Band starts
Wed 19 <sup>th</sup> Feb	Music Committee Meeting, 7.30pm, Teachers Staff Room
Thu 20 <sup>th</sup> Feb	Music Information Evening, 7.00pm, School hall
Wed 26 <sup>th</sup> Feb	Training Band starts

## DANCE NEWS

At Newport Public School we offer many exciting dance opportunities.

This year we will be forming the following dance groups:

\*Year 2 Sydney North Dance Group

\*Years 3&4 Sydney North Dance Group

\*Years 5&6 Sydney North Dance Group

\*Year 2 Newport School Dance Group

\*Years 3&4 Newport School Dance Group

\*Year 6 Girls Newport School Dance Group

Auditions will be held during the coming weeks. ALL students will be notified of audition times and invited to attend. At the conclusion of the audition process dance placement will be communicated via a letter home.

### Year 2 ONLY

To provide the best opportunities for all, our Year 2 students will be encouraged to 'try out' for a dance group during class time.

**ALL Year 2 students will be auditioned.**

Being a member of the Dance Program is a commitment. Please read all correspondence carefully to ensure your child can fulfil their obligations to rehearsals and attend ALL performance dates.

This is an exciting time of the year and we encourage all students to participate however, due to safety guidelines each dance group can only accommodate a maximum of 24 students. With your support we will do our very best to make this a happy and positive experience for all involved.

Happy dancing!

**The Dance Teachers.**

## UNIFORM SHOP NEWS

### ***School Holiday Open***

Our school holiday open held on Monday, 27 January once again proved incredibly busy. A massive thank you to the kind parents who volunteered their time yet again - **Louise Woods, Jenny Smith, Ana Arruzza and Mari Simpson**. Of course, the day would not have been a success without the support of parents buying uniforms. So, thank you for your continued support. As always, we look forward to donating the profits to the P&C for things such as learning support staff and improvements to school facilities. A special thank you to **Louise Woods** for volunteering at our last-minute open on Tuesday, 28 January as well.

### ***Second-hand Uniforms***

We are currently low on our second-hand Summer Tunics with only 4 large size second-hand dresses available. If your daughter has outgrown her uniform, please consider donating it the Uniform Shop. Donations of all second-hand uniforms can be dropped to the uniform shop during opening hours or at the office at any other time. Please ensure items donated are clean and in saleable condition (Newport school uniforms only please).

### ***Volunteer Needed***

Are you able to help one Tuesday per fortnight? We are currently looking for someone to help in the Uniform Shop every other Tuesday 3-4pm. Please call Kate on 0413-519-872 if you can spare the time.

### ***Online Ordering***

Orders placed online at [flexischools.com.au](http://flexischools.com.au) prior to 5pm on Fridays will be delivered to your child's class on the following **Monday or Tuesday**.

### ***Opening Hours***

The Uniform Shop is open Mondays 9-10am and Tuesdays 3-4pm. We accept cash or cheque. Credit card payments are accepted when ordering via [flexischools.com.au](http://flexischools.com.au).

For enquiries, please contact [newportuniformshop@hotmail.com](mailto:newportuniformshop@hotmail.com) or Carla Pettitt 0413-804-015 & Kate Raffles 0413-519-872.

## Newport Timeline of Events for Term 1 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1 ~ 27th Jan</b>	<b>28th Jan</b> SDD Day	<b>29th Jan</b> Best Start interviews	<b>30th Jan</b> Best Start interviews	<b>31st Jan</b> Best Start interviews PSSA Trials
<b>Week 2 ~ 3rd Feb</b> Kindergarten Starts	<b>4th Feb</b> Text Book Sale 2-6pm  Yr 6 Peer Mediation training in the hall 9.25-1.00	<b>5th Feb</b>	<b>6th Feb</b>	<b>7th Feb</b> PSSA Trials
<b>Week 3 ~ 10th Feb</b> Swimming Carnival	<b>11th Feb</b> Tuckshop workshop Kindy parents 9.30-11.00am	<b>12th Feb</b> Yr 6 Parliament/Art Gallery excursion	<b>13th Feb</b> Parent information evening	<b>14th Feb</b> Summer PSSA begins Sailing begins
<b>Week 4 ~ 17th Feb</b>	<b>18th Feb</b> Scripture begins	<b>19th Feb</b>	<b>20th Feb</b> Band information night in the hall 7pm	<b>21st Feb</b> School sport begins Welcome back BBQ
<b>Week 5 ~ 24th Feb</b>	<b>25th Feb</b>	<b>26th Feb</b>	<b>27th Feb</b>	<b>28th Feb</b> Schools clean-up day
<b>Week 6 ~ 3rd March</b>	<b>4th March</b>	<b>5th March</b> Yr 1 Puppet show in the hall	<b>6th March</b>	<b>7th March</b>
<b>Week 7 ~ 10th March</b> Pittwater Zone swimming carnival	<b>11th March</b>	<b>12th March</b>	<b>13th March</b>	<b>14th March</b>
<b>Week 8 ~ 17th March</b>	<b>18th March</b>	<b>19th March</b>	<b>20th March</b>	<b>21st March</b> PSSA finishes with Gala Day Sailing finishes School sport finishes
<b>Week 9 ~ 24th March</b>	<b>25th March</b> Sydney North swimming carnival - Homebush	<b>26th March</b> Yr 3 Field Of Mars excursion	<b>27th March</b> Yr 3 Field Of Mars excursion	<b>28th March</b> Athletics Carnival
<b>Week 10 ~ 31st March</b>	<b>1st April</b>	<b>2nd April</b> Yr 4 Rocks excursion	<b>3rd April</b> Yr 4 Rocks excursion	<b>4th April</b>
<b>Week 11 ~7th April</b> Parent/Teacher interviews	<b>8th April</b> Parent/Teacher interviews Scripture Easter Show	<b>9th April</b> Parent/Teacher interviews	<b>10th April</b> Parent/Teacher interviews	<b>11th April</b> Parent/Teacher interviews K-2 Easter Parade

## NEWPORT PUBLIC SCHOOL MUSIC PROGRAM

# It is not too late to join the Training Band

The Training Band starts on Wednesday, 26<sup>th</sup> Feb, and there is still availability for a number of instruments including:

Trombone

Bassoon

French Horn

Baritone Horn

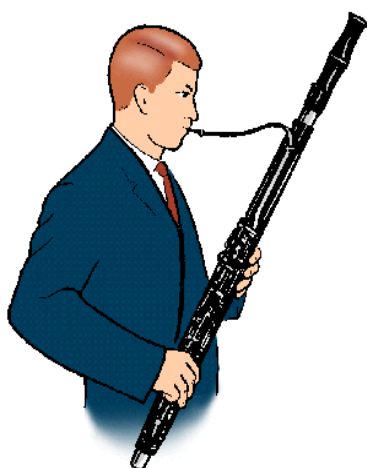
Tuba / Euphonium

Bass Guitar

Bass Clarinet

Clarinet

Oboe



philipmartin.com

**\*\*Special\*\* Free Instrument Hire\*\* Save \$200\*\***

The Music Program is offering free instrument hire for Tuba, Trombone and Bassoon  
Please contact Elena Casanova on [stelanova2@optusnet.com.au](mailto:stelanova2@optusnet.com.au)

The Training Band practices each Wednesday from 7.10 to 8.20am. Please note that children are allowed stay at school after this time. The canteen opens around 8.30am and offers a limited breakfast menu for band kids.

If you are interested please come along to our Music Information Night on Thursday 20<sup>th</sup> February.

Otherwise please contact John Stone on 0412 622 891 or [johnnomuzik@hotmail.com](mailto:johnnomuzik@hotmail.com).  
**Further information is on our school's website [www.newport-p.schools.nsw.edu.au](http://www.newport-p.schools.nsw.edu.au)**

# Newport Public School Instrumental Music Program Registration & Payment form 2014

All students – both new and returning - are required to complete a registration form.

Student Name	Class year in 2014	Music Ensemble in 2014	FEES
Child 1.			
Child 2.			
Child 3.			
Child 4.			
		<b>TOTAL FEES PAYABLE:</b>	

**If your child is entering the CB or SO they will require a band shirt, please order below:**

Student name	Shirt Size (they run small)	Cost
	S,M,L,XL	\$25
	S,M,L,XL	\$25

<b>TOTAL FEES + BAND SHIRTS</b>	<b>\$</b>
---------------------------------	-----------

## Schedule of Fees 2013

CHILD 1 AND CHILD 2	ANNUAL FEE
TRAINING BAND (1 x rehearsal/week)	\$235
CONCERT / PERFORMANCE BAND & STRINGS ORCHESTRA	\$345
VIOLIN 1 & 2 (2 x group lessons/week)	\$570 or 2 x \$285
<b>CHILD 3 / CHILD 4 etc (only applicable if you have 3 or more children in the music program)</b>	
Child 3 or 4 : TRAINING BAND (1 x rehearsal/week)	\$170
Child 3 or 4: CONCERT / PERFORMANCE BAND & STRINGS ORCHESTRA	\$225
Child 3 or 4: VIOLIN 1 & 2 (2 x group lessons/week )	\$430 or 2 x \$215

TRAINING BAND ONLY	
PREFERRED INSTRUMENT:	
SECOND CHOICE:	
<b>Please note instrument choice is assigned on a "first paid" first choice basis</b>	



- **Instrument Hire** (Not included in registration fee) may be organised separately.

**Payment methods:**

➤ **PREFERRED METHOD:**

**Electronic Funds Transfer online** – please include your child's name in 'contact details':

- **BSB: 062 211**
- **Acct: 0090 0999**

➤ **Cheque** payable to '**Newport School Band**' and deposited into the '**band box**' in the primary office.

Please write your child's name on the back of the cheque.

➤ **Credit Card** - Visa, MasterCard and Bankcard **ONLY**

➤ **Cash** – deposited over the counter at any Commonwealth Bank using details above.

**PLEASE DO NOT LEAVE ANY CASH IN THE BAND BOX.**

<b><u>PAYMENT OPTIONS</u></b>	<b><u>CREDIT CARD AUTHORISATION</u></b>
<b>Credit Card</b>  <b>Electronic funds transfer:</b> BSB: 062 211 Acct: 0090 0999  <b>Cheque</b> payable to 'Newport School Band'  Direct Cash deposit in branch  <b>Please tick payment option</b>	CREDIT CARD NUMBER: _____  CARDHOLDER'S NAME: _____  EXPIRY DATE ON CARD: _____ / _____  <b>PLEASE CIRCLE:</b> VISA    MASTERCARD    BANKCARD  TOTAL AMOUNT TO BE DEBITED FROM CREDIT CARD: \$ _____  Signature of Cardholder: _____

**PARENT DETAILS:**

PARENT/GUARDIAN NAMES:	
HOME ADDRESS:	
PHONE:	MOBILE:
EMAIL:	

**FOR PARENT/GUARDIANS OF ENROLLING STUDENTS TO READ AND SIGN**

I have read, understand and agree to the terms of Newport School Instrument Music Program. I agree to pay the fees for my children as per the attached schedule. I understand if my child discontinues with the program, refunds of fees will be at the discretion of the music committee.

Signed: \_\_\_\_\_ Dated: \_\_\_\_\_

Printed Name: \_\_\_\_\_

# NEWPORT SCHOOL CANTEEN MENU 2014

## Gourmet Sandwiches & Wraps

### Breakfast, Morning Tea & Lunch

<b>Breakfast</b>		<b>Morning Tea</b>		<b>Hot Food</b>		<b>Special days</b>	
Hash brown	\$1.00	Boiled rice cup with sauce	\$0.80	Hot Cheese roll	\$3.00	Sushi (Mon & Fri)	\$3.00
Up & Go	\$2.20	Corn chip cheese melt	\$1.00	Hot Ham & Cheese roll	\$4.00	Nachos with cheese only (Tues)	\$4.70
Mini Muffin	\$0.20	Melted cheese	\$1.00	Hot Cheese & Tomato roll	\$3.20	with lettuce, avocado, sour cream	\$5.00
Swirls	\$0.50	Chicken Sticks	\$0.60	Hot Cheese & Pineapple roll	\$3.00	Burgers (wed)	
		Spring rolls	\$0.60	Hot Chicken & Cheese roll	\$4.00	chicken beef or fish	\$4.00
				Steamed dim sim (4 per serve)	\$4.00	Mexican chicken burger	\$5.00
<b>Snacks</b>		Garlic bread	\$1.00	Fantastic noodles		Pizza (Thurs)	
Rice Wheels	\$1.40	<b>Sandwiches &amp; Wraps</b>		chicken or beef	\$2.80	Ham & Cheese,	
Piranha Snacks	\$1.80	Rolls add	\$0.60	Mac & Cheese	\$3.80	Ham & Pineapple	
Cheese & Bacon Roll	\$2.00	wraps add	\$0.60	Beef lasagne	\$3.80	Olive & Cheese	
Pretzel (Mon & Thru)	\$2.00	toasted add	\$0.50	Bolognese pasta	\$3.80	Supreme	\$2.50
Large Muffin (Wed)	\$1.10	Baked beans	\$2.00	Tuna bake	\$3.80		
Banana Bread (Fri) \$1.10		Cheese	\$1.80	Cheese potato bake	\$3.80		
Fruit flapjacks	\$0.50	Vegemite, Jam or honey	\$1.50	Fried rice	\$3.80	<b>Drinks</b>	
Finger Bun (Tues)	\$2.00	Cheese & Vegemite	\$2.00	Butter chicken & rice	\$3.80	300ml Oak carton	\$2.20
Fresh popped		Chicken	\$3.00	Lamb Rogan josh & rice	\$3.80	choc, straw or banana	
Popcorn	\$0.50	Chicken & Salad	\$4.10	Spinach & Cheese roll	\$2.80	300ml plain milk carton	\$2.00
Cheerios	\$0.20	Chicken, lettuce		Pie	\$3.00	200ml juice	\$1.80
Rice crackers	\$0.20	& Sweet chilli sauce	\$4.00	Sausage roll	\$2.80	apple, blackcurrant or OJ	
Corn thins (each)	\$0.10	Ham	\$3.00	2 chicken wedges	\$1.60	600ml water	\$1.00
Celery & Carrot sticks	\$0.50	Ham & Salad	\$4.10	2 chicken wedges & Roll	\$2.50	Hot Chocolate (winter)	\$2.00
Hommus	\$0.50	Tuna	\$2.50	2 chicken wedges & bread	\$2.10	Dairy free milk Choc or Banana	\$2.50
Mini wheats	\$0.20	Salmon	\$2.50	4 wedges	\$3.20	<b>Lunch orders need to be handed in</b>	
<b>Cold snacks</b>		Ham & Cheese	\$3.50	4 wedges & Roll	\$3.80	<b>before 9.30am.</b>	
Yoghurt cup & Berries	\$1.00	Egg	\$2.00	4 wedges & bread	\$3.50	Please write name & class clearly on bag.	
Yoghurt cup & jelly	\$1.00	Salad	\$3.00	Sauce	\$0.20		
				Spanish frittata	\$3.80		
Custard cup	\$1.00	<b>Extras</b>		<b>Ice blocks</b>		PSSA Sport ONLY please use a white bag	
Fresh fruit salad cup	\$1.00	Salad	\$1.50	Quelch sticks	\$0.80	Separate bags for hot & cold food please.	
Fresh fruit salad tub	\$2.80	Pineapple, tomato	\$0.80	Frozen yoghurt	\$2.20	Frozen items cannot be ordered	
Frozen pineapple	\$0.80	Avocado	\$0.80	Paddle pop	\$2.00	Online ordering: flexischools.com.au	
Frozen orange	\$0.20	Sauce	\$0.20	Slushies	\$2.00	Hot food is made on the canteen premises	
Frozen fruit salad	\$1.00	Mayo	\$0.20				
Frozen juice cup	\$1.00	Salad box	\$3.60				
Fresh Fruit	\$1.00	with ham or chicken	\$4.50				
		Chicken Caesar salad	\$5.00				

# Parenting Programs

## Child & Adolescent Parenting

### WHAT'S ON IN TERM 1 - COURSES/WORKSHOPS FOR PARENTS/CARERS

#### **Tuning in to Kids Course** (3-10yrs)

Help your child develop emotional intelligence, manage emotions & deal with conflict.

Chatswood 5wks/2.5hrs (25/2 - 25/3, 7.00-9.30pm)

#### **Triple P (Positive Parenting Program) Course** (3-8yrs)

Strategies to encourage desirable behaviour and manage persistent misbehaviour.

Chatswood 7sessions over 8 wks - 5 group & 2 telephone (17/2 - 31/3)

**NEW**

#### **Communicating with Kids Workshop** (based on PET) (4-12 yrs)

Communication skills for building effective long term relationships with your children & family.

Chatswood (1/4, 7.00-9.30pm)

#### **Tuning in to Teens Course**

Emotional intelligence & communication skills to understand your adolescents' needs & behaviour.

Chatswood (5/3 - 2/4, 7.00-9.30pm)

#### **Toddlers Workshops** (1-3yrs)

Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep

Chatswood 27/2, 6/3 & 13/3 (3 wks/2.5hrs each (7.00-9.30pm)

#### **Resilient Kids Workshop**

Strategies to accept & express feelings, develop optimistic thinking & coping skills

Chatswood (20/2, 7.00-9.30pm)

#### **Dealing with Teen's Backchat Workshop**

Learn how to restore a respectful & positive relationship between you & your teenager

Chatswood (26/2, 7.00-9.30pm)

### WORKSHOPS ON REQUEST - PHONE 9887 5830 (2-2.5 hours)

- |  |                                 |
|--|---------------------------------|
| ★ Understanding Your Toddler/Discipline & Tantrums | ★ Transition to School          |
| ★ Tucker without Tantrums/Toilet Training          | ★ Transition to High School     |
| ★ Speech & Language Development/Sleep              | ★ Triple P (PPP) Seminar Series |
| ★ Older Sibling - New Baby                         | 1-12 years & Teens              |
| ★ Bully Busting                                    | ★ Dealing with Teen's Back Chat |
| ★ Resilient Kids                                   | NEW ★ Grand Parenting           |

**Enquiries: Child & Adolescent Parenting 9887 5830**

**[www.nslhd.health.nsw.gov.au/services/CAP](http://www.nslhd.health.nsw.gov.au/services/CAP)**

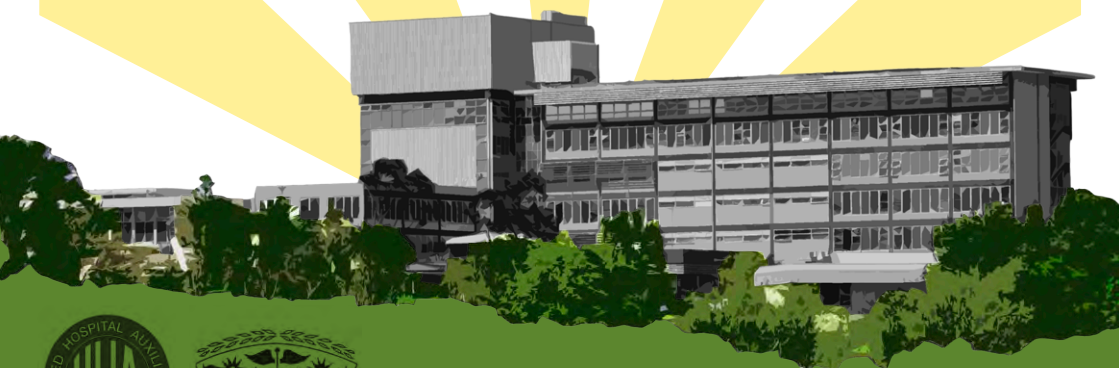


**Health**  
Northern Sydney  
Local Health District



# MONA VALE HOSPITAL

## GOLDEN JUBILEE



**22 FEBRUARY 2014**  
**10AM - 4PM**

**CELEBRATE 50 YEARS**

**FOOD STALLS & LIVE MUSIC**

**KIDS ENTERTAINMENT**

**LOCAL ARTS & CRAFTS - HOSPITAL MEMORABILIA - COMMUNITY DISPLAYS**



**ffwoin Multi Media  
Production**

**MORE INFORMATION: [www.mvhospitaljubilee.org](http://www.mvhospitaljubilee.org)**

