As I look around the school every day, I see bright, expectant, intelligent young faces, shining with the eagerness of those who have so much ahead of them in life. I am moved because some of these faces are almost of the age of many young soldiers who first went to war - teenagers who left their homes to fight battles so far away.

In many cases, they never returned. They never grew old.

Almost 100 years ago, young men fought a terrible battle at a faraway place called Gallipoli on a beach that is now called ANZAC Cove. I have been to that beach with my family. We travelled to Turkey when my children were just 10 and 12 years old and stayed at a place called Cannakale before crossing a body of water on a ferry to the Dardenelles.

We visited a museum and saw the remnants of the war. There were sad letters and photos that made it all so real. These were real people, not just faces in a history book.

We walked quietly through the many, many grave stones with names that sounded so familiar. These were the names of men who were loved and missed by their families and friends. Each one was a real person just like you and me. They laughed, shared joys with their friends – they had hopes and dreams; they also knew loneliness - fear and sadness.

But they never grew old.

We walked through the trenches, some of them so close that the soldiers could hear the enemy’s conversations. The distance apart was less than the width of a classroom. My children tried to see how quiet that they to be in order not to be heard. They discovered that you couldn’t speak above a whisper.

Then we walked down to ANZAC Cove. We stood quietly on the beach. And we looked out to sea, holding hands. I told them the story of one man at the landing at Gallipoli. And we tried to imagine it.

Never had the soldiers seen such chaos and death. The Turks knew they were coming and they were ready and waiting up on the cliffs. The ANZAC soldiers had walked into hell. They couldn’t move without thousands of bullets shooting straight at them. Many soldiers never set foot on the beach, because they were shot in the water. Many sank to the bottom and drowned under their 45kg of gear. By the end of that first day around 2,000 ANZACs lay dead. That is one quarter of Cooma’s population.

Over the next 8 months ANZACs fought a gruelling campaign resulting in the loss of 8,709 Australian men. That is more than Cooma’s whole population.

My children and I stood there and tried so hard to remember all those soldiers...

Today, we also remember not only those original ANZACs, but every one of our service men and women who have served and died in all wars, conflicts, peacekeeping, disaster relief and other humanitarian assistance missions. We remember not only the serving men and women, but also their families, who have carried the sorrow of losing a loved one.

We also remember that the Anzac Spirit inspires us all to believe that we, too, have to the ability to embody this spirit in our own lives. We can do this by sharing what we have, by talking through difficult issues and through standing by our friends.

Most of all, we can become like the ANZACs if we choose to serve others. Each soldier, like each of us, had only one life, only one chance to use his life in a selfless way for others and our nation.

That is what we commemorate on ANZAC Day.

Frances Robertson
Principal
From the AP’s Desk

Anzac Day in Cooma
A large contingent of staff and students represented the school at the Cooma and Berridale ANZAC Day services. Nearly 70 students, from Kindergarten to Year 10, braced the coolness of the morning and marched in the parade – some proudly wearing medals belonging to grandparents and great grandparents.

One of our students, Lachlan Marks, is a member of the AAFC (Australian Air Force Cadets), and he proudly wore his service’s uniform and marched in his division on the day. It was heartening to see so many students give up some of their holiday time to pay their respects to those who gave their lives and their youth for the sake of our country.

Many within the Berridale and Cooma communities commented on the excellent behaviour, reverence and standard of uniform of our students. Naturally, we are very proud of them all.

There will be a special liturgy in the St Patrick’s Church on Thursday at 12.10pm to commemorate ANZAC Day with the school. Parents and friends are welcome to join us.

Working Bee
Once again, due to predicted bad weather on Saturday we have had to postpone the working bee.

However, in the meantime, we are looking for a new wheelbarrow for the students who are undertaking the gardening project in Year 5. Do you have a spare one that you would be willing to donate? They are also hoping to source some good soil to fill their new large planter boxes. Can anyone help?

Project Compassion
I would like to commend students and staff for their generosity with Project Compassion this year. For a school our size we raise a considerable amount of money. Stay tuned for another strategy to encourage donations for the St Vincent de Paul Winter Appeal.

I trust you all had a safe and relaxing break and are energised to take on the challenges of a new term.

Mark Van Ommen
Assistant Principal

and coming events....

Thursday 1 May
K-10 ANZAC Liturgy 12 - 1pm
Interschool Gymkhana
P&F meeting 7pm

Friday 2 May
Interschool Gymkhana
K - 6 Athletics Carnival

Saturday 3 May
Interschool Gymkhana

Sunday 4 May
Interschool Gymkhana

Monday 5 May
Secondary Archdiocesan Tennis
Yr 7 & Yr 9 Boys’ Immunisation

Tuesday 6 May
MacKillop visit - Yr 10 Students at 2pm
MacKillop information evening for Year 11 2015
Exservices’ Club at 6pm

Wednesday 7 May
Secondary Athletics Carnival

Thursday 8 May
Southern Region Cross Country - Cobargo

Friday 9 May
K-6 Mothers’ Day Stall 9 - 11am
K-6 Grandparents’ & Friends’ Day 12 - 2pm

Tuesday 13 May
NAPLAN

Wednesday 14 May
NAPLAN

Thursday 15 May
NAPLAN

Immunisations

Friday 16 May
Yr 4 Assembly 12pm
NAPLAN

All students in Years 3, 5, 7 and 9 will be undertaking National Assessment Program – Literacy and Numeracy (NAPLAN) in Week Three of this term, 13 - 15 May. The schedule for testing in the Primary is detailed below.

Further information about NAPLAN can be found on the following website - http://www.nap.edu.au

### Year 3

<table>
<thead>
<tr>
<th>Time</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.30am</td>
<td>Language Conventions</td>
<td>Reading</td>
<td>Numeracy</td>
<td>Catch up sessions for absences</td>
</tr>
<tr>
<td></td>
<td>40minutes</td>
<td>45 minutes</td>
<td>45 minutes</td>
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</tr>
<tr>
<td>11:40am</td>
<td>Writing</td>
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<tr>
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### Year 5

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<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>9.30am</td>
<td>Language Conventions</td>
<td>Reading</td>
<td>Numeracy</td>
<td>Catch up sessions for absences</td>
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<td></td>
<td>50minutes</td>
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<tr>
<td>11:40am</td>
<td>Writing</td>
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<td></td>
<td>50 Minutes</td>
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### Our School at ANZAC Day

![ANZAC Day images]
Pastoral care for Year 7 boys

In the last week of Term 1, we again welcomed Senior Constable Rebecca Lanyon to our school, along with Karen Lonergan from Youth Connections and Tony Nassar. Together, they presented an interesting and enlightening discussion with some of our students regarding respect, consideration and communication. Tony pointed out that 93% of our language is non-verbal. In other words, we ‘speak’ volumes through our facial expressions, our mannerisms, our responses and our reactions. Looking out for one another, being kind to one another, and being thoughtful about what we say and do were all lessons taken from this presentation. Our thanks go to Karen, Tony and Rebecca for time so generously given to our students.

Easter Hat Parade
You are invited to our...

K-6 Grandparents’ and Friends’ Day
9 May

12:30pm Classroom activities
1:20pm: Picnic Lunch on the oval (Weather permitting)
2:00pm: Conclusion of Grandparent’s and Friends’ Day

Grandparents and Friends are welcome to have a lunch order. Please send in a lunch order labelled ‘Grandparents’ and Friends’ Day’ by Monday 5 May.

Pie with sauce and a drink of flavoured milk or juice for $5.20
Chicken salad roll with a drink of flavoured milk or juice for $5.50
Hot dog with sauce and drink for $5.00
Flavoured Milk (chocolate, strawberry or banana)
Juice (orange, apple and apple and blackcurrant)

HELP REQUIRED FOR THE ATHLETICS CARNIVAL

At present, I have only two parent helpers for the Secondary athletics carnival. In order for the carnival to run efficiently, extra parent helpers are required. If you are willing to assist on Wednesday 7 May from 9.15-2.30, I would be most grateful.

An information letter was distributed last term regarding the athletics carnival.

If you can help, please complete the parental assistance slip which was attached to the information letter and send it in to the office before this Friday 2 May. If you have misplaced the sheet, please ring the office.

Ms T Wawrzyniak

Second Hand Uniform

The Second Hand Uniform shed will be open next Thursday 8 May from 3.30 - 4.30pm at the Infants Campus.

LUMEN CHRISTI CATHOLIC COLLEGE

WEDNESDAY 21 MAY 2014 9am to 5pm
All welcome

Members of the community are most welcome to attend our Annual Open Day on Wednesday 21 May 2014 at Lumen Christi Catholic College, Pambula Beach.

Tours of the College will be conducted by students and visitors will have the opportunity to meet some of the College staff and inspect the College facilities and grounds. Prospective students, their parents/carers and interested members of the public are warmly invited.

Further details regarding the Open Day can be obtained by telephoning the College 6495 8888.
School Fee Information Update

Due to the increased cost of printing and postage, it is now necessary to email all family school fee invoices and reminders.

**From Term 2, fee invoices will be sent to the email address** that has been provided to the school. If you wish your statement to be sent to an alternative address please notify the office on 6452 1721 or by emailing office.stpatscooma@cg.catholic.edu.au. For those families without email addresses, statements will continue to be posted.

For families who receive a Centrelink payment, a Centrepay facility has been established so school fee payments can be debited directly from your payment. Please see the office if you require further details.

CHARITY GOLF DAY
SATURDAY 17 MAY at COOMA GOLF CLUB.

This is a fun golf day, perfect for all standard of players, with money raised going to Monaro Early Intervention Service.

Entry: Teams of **3 players** at a cost of **$35 per adult player, $15 per student**. This covers green fees, a hearty breakfast, a light lunch and savouries at the end of play presentation.

Please be at the Club at 8.30am for your breakfast and a coffee hit before you tee off. It is an Ambrose event, with a shotgun start at 9.30am.

**MEIS** is a non government, non profit organisation providing family centred intervention services for children aged 0-6 with a disability or developmental delay. We receive some government funding, but rely heavily on donations and fundraising to ensure that all children who require this service have access to the help that they need. Funds raised this year will help make our new building ready to house speech and occupational therapists.

We value your support and look forward to seeing you on the fairway!

Contact **MEIS on 0264527424 or Robyn Boyce on 64521863** for further information and/or to arrange for entry forms and details of payment. Or go to www.meis.org.au/news and click on the Charity Golf Day link.
The Importance of Social Skills

As you are aware as part of the St Patrick’s Parish School curriculum I will be conducting workshops across the age groups that target generic issues faced by students. This week I have been working with KG through to Year 1 on social skills. Below I have provided a factsheet for more information to parents about social skills in children.

Social skills are a common concern among parents. Often children can have difficulties in making and keeping friends. They may be left out of games at lunch, not get invited to other children’s houses or may even be teased by some children.

Social skills are specific behaviours such as smiling, making eye contact, asking and responding to questions, and giving and acknowledging compliments during a social exchange. These behaviours result in positive social interactions and have been linked to positive developmental outcomes, including peer acceptance. An important aspect of maintaining friendships is social skills.

How can I tell if my child is having difficulties with social skills?

- Little use of eye contact,
- Uninterested in social interactions,
- Difficulties initiating social interactions,
- Difficulties interpreting verbal and non-verbal social cues,
- Inappropriate emotional response,
- Lack of empathy towards others.

It can be upsetting for parents to realize that their children are having difficulties making friends. Research has shown however, that social skills can be effectively taught to children.

How to encourage your child to develop social skills

- Help your child make friends by organising play dates, having sleepovers and joining clubs.
  - Offer suggestions on ways to handle situations at school and with friends.
  - Children learn a lot by observing how adults interact so it is important to always model appropriate behaviour, such as greeting shop assistants and using People’s names when possible.
  - Help your child to understand different points of view by describing feelings and having conversations about how other people might feel. This can help your child to develop empathy and will help them deal with conflict when it occurs.
  - Help develop conversation skills such as asking questions and listening to others.
  - Discuss behaviours such as teasing and bullying with your child, to help them understand that some comments could upset others.


Katie Hedcock (Student and Family Counsellor)
Older Primary School
Active - Lunchbox

Active, fast growing older school children need more foods to give them energy throughout the day.

Fill the lunchbox with:
- Breads and cereals – try to choose wholegrain varieties wherever possible. Some examples include bread, wraps, fruit bread, crackers, noodles and rice. For snack ideas why not try homemade muffins and slices with added fruit.
- Vegetables – salad sandwiches, vegetable sticks or mixed salad.
- Fruit – fresh fruit, tinned fruit in natural juice or dried fruit. Try to avoid fruit bars and ‘straps’ as they stick to your child’s teeth causing tooth decay.
- Dairy foods – milk, cheese, yoghurt and custard. (Keep cold or frozen)
- Meat and alternatives – lean meat, chicken, fish, eggs and legumes (eg baked beans). (Keep cold)
- Water – is the healthiest and cheapest way to keep hydrated throughout the day and should be the drink of choice for every lunchbox.

Use an insulated bag with an ice brick or frozen water bottle to keep the lunch cold and safe from any harmful bacteria and spoilage.
P&F Mother’s Day Gift Stall 9 May

Our annual Mother’s Day Stall for the Infants and Primary students will be held on **Friday 9 May** in the Primary Library. Students are asked to donate a small gift which will be used on the stall.

We ask for gifts to be wrapped in clear cellophane so it is easier for children to see what they are buying. Could all gifts please be given to class teachers by **Tuesday 6 May**.

On **Friday 9 May**, every child in the Infants and Primary will be given the opportunity to shop at the stall for their mother / carer / grandmother. Gifts will be priced between $2.00 and $5.00. All profit goes to supporting our school.

_Suggestions for gifts include - hand cream, pot plant, gardening gloves, a magazine, chocolates, bath products, coffee mug filled with sweets, ……_

For enquiries or if you are able to help on the day with the stall, please contact Natalee Reid at mws@schutebell.com or on 0412910152

The P&F are looking for someone to fill the role of **Assistant Treasurer**. If you are interested in getting involved in the P&F or would like to ask some questions about what the role would include please contact Kris Laird (Treasurer) krislaird@gmail.com or 0400 695594 or Karen McGufficke mkmcgufficke@bigpond.com or 0417 496708.

**Next P&F Meeting** is first week back after the holidays on **Thursday, 1 May at 7.00pm** in the Primary Library. Everyone welcome!

Mother’s Day Special – Nourish Cookbook!

**WHY NOT THINK ABOUT A COPY OF OUR NOURISH COOKBOOK FOR MOTHER’S DAY THIS YEAR? PURCHASE ONE BOOK FOR $20 OR 3 FOR $50!! AVAILABLE FROM THE SCHOOL OFFICE.**

Canteen News

Please take note of any changes in the new Canteen Menu, if you have any questions or thoughts/ suggestions, please contact me through the canteen.

**MINI CANTEEN**-Mini Canteen will available from next Wednesday 7 May.

**MEAL DEAL FRIDAY**-Due to the Athletics carnival, pre-ordered lunch orders will be delivered to Snowy Oval and a limited Canteen will be available with food including freshly made rolls, banana bread and drinks.

**Volunteers**

**Friday 2 May**
Jackie Bitar, Grant Pascoe and Vanessa Williams

**Wednesday 7 May**
Secondary Athletics are Kim Kleven, Rebecca Hain and Grant Pascoe

Your continued support is greatly appreciated!

Carolyn Hely
Canteen Manager
Kindygarten Children

Lunchbox

Kindy kids can be slow eaters and may want to play more than eat so it is important to pack a lunchbox that is not too big, can be eaten easily and packs in a lot of nutrition. Keep serves small and cut up.

Fill the lunchbox with:

• Breads and cereals – try to choose wholegrain varieties wherever possible. Some examples include bread, wraps, fruit bread, crackers, noodles and rice. For snack ideas why not try homemade muffins and slices with added fruit.
• Vegetables – salad sandwiches, vegetable sticks or mixed salad.
• Fruit – fresh fruit, tinned fruit in natural juice or dried fruit. Try to avoid fruit bars and ‘straps’ as they stick to your child’s teeth causing tooth decay.
• Dairy foods – milk, cheese, yoghurt and custard. (Keep cold or frozen)
• Meat and alternatives – lean meat, chicken, fish, eggs and legumes (eg baked beans). (Keep cold)
• Water – is the healthiest and cheapest way to keep hydrated throughout the day and should be the drink of choice for every lunchbox.

Use an insulated bag with an ice brick or frozen water bottle to keep the lunch cold and safe from any harmful bacteria and spoilage.

Produced by and Copyright to Healthy Kids SCA.
A: Level 1 Midson Court, 123 Midson Road Epping NSW 2121 P: 02 9876 1300
F: 02 9876 1471 E: info@healthy-kids.com.au W: www.healthy-kids.com.au
Mid Years Primary School

Lunchbox

Fill the lunchbox with:

- Breads and cereals – try to choose wholegrain varieties wherever possible. Some examples include bread, wraps, fruit bread, crackers, noodles and rice. For snack ideas why not try homemade muffins and slices with added fruit.
- Vegetables – salad sandwiches, vegetable sticks or mixed salad.
- Fruit – fresh fruit, tinned fruit in natural juice or dried fruit. Try to avoid fruit bars and ‘straps’ as they stick to your child's teeth causing tooth decay.
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- Meat and alternatives – lean meat, chicken, fish, eggs and legumes (eg baked beans). (Keep cold)
- Water – is the healthiest and cheapest way to keep hydrated throughout the day and should be the drink of choice for every lunchbox.

Use an insulated bag with an ice brick or frozen water bottle to keep the lunch cold and safe from any harmful bacteria and spoilage.
Litter-free lunchbox
With the amount of packaging around today and all of the environmental concerns, why not try to use reusable containers to transport foods rather than use plastic wrap and bags.

Fill the lunchbox with:
- Breads and cereals – try to choose wholegrain varieties wherever possible. Some examples include bread, wraps, fruit bread, crackers, noodles and rice. For snack ideas why not try homemade muffins and slices with added fruit.
- Vegetables – salad sandwiches, vegetable sticks or mixed salad.
- Fruit – fresh fruit, tinned fruit in natural juice or dried fruit. Try to avoid fruit bars and ‘straps’ as they stick to your child’s teeth causing tooth decay.
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- Meat and alternatives – lean meat, chicken, fish, eggs and legumes (eg baked beans). (Keep cold)
- Water – is the healthiest and cheapest way to keep hydrated throughout the day and should be the drink of choice for every lunchbox.

Use an insulated bag with an ice brick or frozen water bottle to keep the lunch cold and safe from any harmful bacteria and spoilage.
Older Primary School

Lunchbox

Fill the lunchbox with:

- Breads and cereals – try to choose wholegrain varieties wherever possible. Some examples include bread, wraps, fruit bread, crackers, noodles and rice. For snack ideas why not try homemade muffins and slices with added fruit.
- Vegetables – salad sandwiches, vegetable sticks or mixed salad.
- Fruit – fresh fruit, tinned fruit in natural juice or dried fruit. Try to avoid fruit bars and ‘straps’ as they stick to your child’s teeth causing tooth decay.
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- Water – is the healthiest and cheapest way to keep hydrated throughout the day and should be the drink of choice for every lunchbox.

Use an insulated bag with an ice brick or frozen water bottle to keep the lunch cold and safe from any harmful bacteria and spoilage.

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St Patrick’s Parish School

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Sandwiches—Chicken, Ham or Tuna</td>
<td>$3.00</td>
</tr>
<tr>
<td>With Salad (Tomato, Lettuce, Carrot, Cucumber)</td>
<td>$4.00</td>
</tr>
<tr>
<td>Single Filling of either: Cheese, Egg, Baked Beans, Vegemite</td>
<td>$2.50</td>
</tr>
<tr>
<td>Extra Toppings Ham Cheese Tomato 30c each</td>
<td></td>
</tr>
<tr>
<td>Roll 50c EXTRA</td>
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</tr>
<tr>
<td>Wrap or Focaccia—Chicken, Ham, or Tuna with Cheese Tomato Capsicum—</td>
<td></td>
</tr>
<tr>
<td>Cold or Toasted</td>
<td>$5.50</td>
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<tr>
<td>Salad in a Container</td>
<td>$5.00</td>
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<tr>
<td>Extras: Egg 50c, Chicken, Ham or Tuna</td>
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<tr>
<td>Seasonal Fruit Salad—Large</td>
<td>$4.50</td>
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<tr>
<td>Small</td>
<td>$2.50</td>
</tr>
<tr>
<td>Chicken or Fish Burger on a Roll—</td>
<td></td>
</tr>
<tr>
<td>Plain</td>
<td>$3.50</td>
</tr>
<tr>
<td>With Salad</td>
<td>$4.50</td>
</tr>
<tr>
<td>On Bread—Plain</td>
<td>$3.00</td>
</tr>
<tr>
<td>With salad</td>
<td>$4.00</td>
</tr>
<tr>
<td>Cheese and Bacon Roll</td>
<td>$2.00</td>
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<tr>
<td>Garlic Bread—Large</td>
<td>$1.20</td>
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<tr>
<td>Small</td>
<td>$0.60</td>
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<tr>
<td>Large with Cheese</td>
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<tr>
<td>Sushi</td>
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<td>Available Wed/Thur/Fri</td>
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<tr>
<td>Tuna or Vegetable</td>
<td>$3.00</td>
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<td>Salmon or Chicken</td>
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<tr>
<td>Spaghetti Bolognese</td>
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<tr>
<td>Macaroni Cheese</td>
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<td>Meat Pie</td>
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<td>Party Pie</td>
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<tr>
<td>Sausage Roll</td>
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<tr>
<td>Spinach and Ricotta Roll</td>
<td>$2.50</td>
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<tr>
<td>Potato Pie (winter only)</td>
<td>$3.00</td>
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<tr>
<td>Pizza - Homemade</td>
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</tr>
<tr>
<td>Hot Dog</td>
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<tr>
<td>Chicken Nugget</td>
<td>$0.60</td>
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<tr>
<td>Tomato Sauce</td>
<td>$0.20</td>
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<tr>
<td>ALL Drinks</td>
<td>$2.00</td>
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<tr>
<td>Lite Oak Milk—Strawberry, Chocolate, Banana</td>
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</tr>
<tr>
<td>Juice—Orange, Apple, Apple &amp; Black Currant</td>
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</tr>
<tr>
<td>Tea or Hot Chocolate</td>
<td>$1.50</td>
</tr>
<tr>
<td>(Secondary Only)</td>
<td></td>
</tr>
<tr>
<td>Frozen Orange or Apple Fruit Cup (Gluten Free)</td>
<td>$0.50</td>
</tr>
<tr>
<td>Frozen Yoghurt—Strawberry, Mango</td>
<td>$2.20</td>
</tr>
<tr>
<td>Quelch Sticks</td>
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<tr>
<td>Popcorn</td>
<td>$1.00</td>
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</tbody>
</table>

**MEAL DEAL ON FRIDAY—Check the newsletter each week**

**Mini Canteen available MOST Wednesdays, items from 50c.**

**Gluten Free Toasting Available On Request: 50c**

Please Note: Please write names, class and order CLEARLY on bag. If a student forgets their order, food will be supplied and a note will be sent home, so the canteen can be reimburased.

**Please do not tape or staple bags!**