K-2 ATHLETICS CARNIVAL
CENTRAL COAST KIDS DAY OUT

This year’s Kids’ Day Out will be held on Sunday 2nd November at Kariong Mountain’s High School. The day will run from 10am – 3pm.

Kids Day Out aims to support young children and their families through a day filled with fun, community and information. It is a major event on the Central Coast calendar.

There will be fun and rides for children, stalls to buy things, food stalls and information on services to support families with young children.

CCKDO has been running for 10 years and has proven to be a great family day.

P & C MEETING

Our P & C will meet this Monday at 7.30pm in the school staffroom. A significant agenda item at this meeting will be the playground masterplan and the next steps.

All parents and carers are welcome to attend.

NEWCASTLE PERMANENT MATHEMATICS COMPETITION

Congratulations to Alfie (29th) and Oscar (55th), from Year 6, on being ranked in the top 100 of the Newcastle Permanent Mathematics Competition.

The competition involves schools from across the Hunter and Central Coast including independent and private schools such as Central Coast Grammar School.

ENTRY INTO YEAR 7 SELECTIVE HIGH SCHOOL IN 2016

A note has been sent home to all Year 5 students regarding applying for entry into Year 7 at a Selective High School. Gosford is our nearest academic selective high school but there is also information about other selective high schools.

If you haven’t received a note please contact your child’s teacher via the diary.

HAVENVIEW ENTRANCE

If you have walked in through the Havenview Rd entrance you would have noticed the new features of steppers and a carved creature. Thanks to the P & C for funding these items to make our entrance more inviting and interesting. The steppers also encourage students to use their balance and develop gross motor skills as they enter and exit the school.

YOU CAN DO IT

You may have also noticed some new signage around the main COLA area. These signs are there to support a new program we are introducing.

The program aims to build the social and emotional capacity of students and hence their academic capacity by reducing barriers to learning.
The program covers 5 key areas:

1. Confidence (academic, social)
2. Persistence
3. Organisation
4. Getting Along, and
5. Resilience.

The program also aims to develop 12 positive ways of thinking:

1. Accepting Myself
2. Taking Risks
3. Being Independent
4. I Can Do It
5. Giving Effort
6. Working Tough
7. Setting Goals
8. Planning My Time
9. Being Tolerant of Others
10. Thinking First
11. Playing by the Rules, and
12. Social Responsibility

This year students will be introduced to the five keys with the full program being introduced in 2015.

DISCO

A school disco will be held on Tuesday 28th October. The theme will be “Super Heroes” and students may dress as a character or someone they consider a super hero.

K – 2 ATHLETICS

Well the rain held off just long enough for students in Kindergarten to Year 2 to complete their athletics carnival. It was great to see so many parents and grandparents supporting students. It was also wonderful to watch students participating with such enthusiasm.

Well done to Mrs Mellross and the K – 2 team for their work on the carnival.

GULANG FESTIVAL – AWARDS

I had the pleasure of attending the Gulang Festival (a celebration of Aboriginal culture and achievement) at The Entrance Campus last Thursday. Our K -2 Aboriginal choir and dance group performed on the night and were fantastic.

Several of our students also received awards on the night. Ethan from Year 3 won a Kurriwa AECG academic award, Niley from Year 6 a sports award, Abbey in Year 5 a Cultural Award and Monique in Year 2 won an award for her art work.
SMALL STEPS ANXIETY PROGRAM

Last Wednesday staff attended an anxiety awareness seminar called “Small Steps”. Topics covered in the seminar included:

- signs and symptoms of anxiety
- telling normal fears from problem anxiety
- the different types of anxiety disorders and how they present
- how to speak to an anxious child
- evidence based treatments for anxiety disorders
- and an overview of referral and treatment options with information packs available which include strategies on how to assist children with anxiety

A seminar was also held for families following the staff seminar.

Writing Competition

The P & C events committee are holding a writing competition for students.

To coincide with the P & C Outdoor Movie Night students are asked to creatively write on the theme of “My Lego Adventure”. Some ideas include:

If I was the size of a Lego man……..

If I lived in Lego land……..

If I was a Lego brick, what would I become?

**Word Limit:** 500 words maximum (of course younger students may write less)

**Deadline:** Entries close at 3pm on Friday 24th October.

Stories are to be written by the child without assistance.

The **criteria** for judging will be:

- a creative, engaging beginning that ‘hooks’ the reader;
- an engaging complication and resolution;
- strong descriptive language (eg adjectives, adverbs)
- effective imagery (eg similes, metaphors etc)
- well-constructed sentences;
- consistently correct spelling;
- appropriate grammar and punctuation;
- child’s own handwriting;
- name and class included at the end of the story.

There will be a number of prizes for the best entries. Each class will choose a story to be submitted to the final judging panel, that will include staff and P & C representatives.
CONGRATULATIONS TRISTAN

Well done to Tristan from Year 5 who is currently undertaking a challenge somewhat beyond having a bucket of iced water tipped on his head. Tristan is riding, swimming and running 226km during October to raise money for children in wheelchairs. He has raised an amazing $1500 so far but is looking for further donations. If you would like to help out please see further information contained in today’s newsletter or use the link below:
https://jmfkids4kids2014.everydayhero.com/au/Tristan

BRISBANIA SCHOOL FETE

Brisbania Public School will be holding their fete this Saturday at the school in Saratoga. The fete runs from 10am – 3pm and has all the usual attractions. A feature will be the crocodile encounters show. So head along and support one of our local public schools.

Michael Burgess
Principal

Parents’ Program

Workshops Running:

✓ Morning Sessions - 9am to 11am - Tues 28/10 & 4/11
✓ Evening Sessions - 6.30pm to 8.30pm - Wed 29/11 & 5/11

Contact our Office to confirm your attendance.
02 43 844 599

Thankyou

Trainer: Janice Wilkinson
Principal: Michael Burgess
MERIT AWARDS

Team 3

6B  Mikayla Davidson
    Evie Gardiner
6C  Zara Clarke
    Angus McCowan-Pearson
6H  Emma Soo
    Dylan Heinze
5/6L Sam Caelli
    Billy Teale
5K  Lucas Renteria-Adorno
    Ella Powell
5M  Tara Thompson
    Tara Westbrook
5N  Lily Bromwich
    Myah Cardow
4-6K Noah Gallagher

Team 2

4CR  Eden Palmer
    Logan Neumann
4D  Chloe Robinson
    Charlotte Green
4G  Tamika Bailey
    Brontie Paxton
3/4W Jake Elliott
    Connor Spokes
3D  Bella Lett
    Gemma Payne
3H  Jackson Stamper
    Aleisha Inman
3L  Ashlee Greenwood
    Hudson Wheeler
3-6H Zane Robson

Team 1

2D  Elliott Harmsen
    Hannah Short
2H  Kane Lucas
    Sophie Griffin

2K  Rakai Cardow
    Sabine Way
2P  Dakota Palmer
    Max Ulbricht
1A  Koby Bullen
    Maia Hatton
1H  Isabella Donato
    Christian Green
1K  Georgia Stathis
    James Milne
1M  Mary Burrage
    Jude Clydsdale
K-4M Nate Marshall

Kindergarten

KG  Ava Johnson
    Levi Baldwin
KH  Phoenix Sinnerton
    Harrison Coughlin
KM  Isabella Williams
    Reid Spokes
KS  Shaylah Pope
    Joe Longley
KW  Lucy McMahon
    Ashton Fowler

CITIZEN OF THE WEEK

The Citizen of the Week this week is Grace Liew from 5K.

Grace’s high work ethic and unselfish character make her an outstanding example to her peers. She is always prepared to take on new challenges and often greets people with a warm smile. Congratulations Grace!
This week all classes throughout the school bean lessons in the “YOU CAN DO IT” Program (YCDI).

Children have been learning about the 5 keys to success and happiness.

Over the coming weeks children will be introduced to a key component in the program.

**Kids Matter Action Team**

**KIDS 4 KIDS IRONMAN CHALLENGE**

Tristan Martin from 5K is running, swimming and riding his bike 226km to raise money for kids in wheelchairs via the John Maclean Foundation Kids 4 Kids Ironman challenge. He has raised just over $1500 and run, swim and rode 151km so far so needs to go another 75km by 24 October. Tristan is doing this all for a great cause so although he has reached his target he would love to raise more for these kids and the money raised gives him great encouragement to keep going and finish the challenge. If you would like to donate please go to https://jmfkids4kids2014.everydayhero.com/au/Tristan.

**CRUNCH AND SIP SNIPPETS**

Kids can be fussy about eating fruit and vegetables. They might have to be offered a food up to 10 times before they accept and eat it! Each time your child interacts with a new fruit or vegetable (seeing, touching, holding, kissing) is a step towards them eating it.

Fruit and vegetables are virtually the only sources of vitamin C. The only other foods that provide this essential vitamin are breast milk and some offal meats. Vitamin C helps your body to fight off disease amongst many other things.

**BOOK CLUB**

Please return Book Club Orders to the office by Friday, 17th October

Orders should have name and class on both the order and envelope. Thankyou
**Canteen Roster**

<table>
<thead>
<tr>
<th>Term 4</th>
<th>Week 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 17</td>
<td>Cindy Wakemen, Danielle McMillian, Rachel Nelson, Belinda Montague</td>
</tr>
</tbody>
</table>

**Week 3**

| Mon 20 | Linda McNought, Louisa Coughlin |
| Tues 21 | Angela Hora, Extra Help Needed, Thankyou |
| Wed 22 | Alison Evans, Tanya Taylor |

**Thurs 23**

**NO VOLUNTEERS!!! URGENT REQUEST FOR VOLUNTEERS THANKYOU**

**Fri 24**

Rae McCormick, Tracey Franklin, Dawn Peterson, Felicity Reeves

<table>
<thead>
<tr>
<th>Week 4</th>
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</thead>
<tbody>
<tr>
<td>Mon 27</td>
<td>Sophie Gillard &amp; Rosemary</td>
</tr>
<tr>
<td>Tues 28</td>
<td>Bronwyn Clarke, Julie Bromwich, Kerry Webb</td>
</tr>
<tr>
<td>Wed 29</td>
<td>Rachel Debono, Extra Help Needed, Thankyou</td>
</tr>
</tbody>
</table>

**Thurs 30**

**NO VOLUNTEERS!!! URGENT REQUEST FOR VOLUNTEERS THANKYOU**

**Fri 31**

Corrine Mulqueeny, Naomi Wheeler, Extra Help Needed, Thankyou

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**Canteen News**

**RECESS (at recess only)**

- Pikelets ................................................................. 0.40
- Fruit Pikelet .......................................................... 0.60
- Finger Buns – Whole .................................................. 2.00
- Finger Buns – Half .................................................... 1.00
- Muffins (fruit, assorted varieties, GF available) ................ 1.00
- Half Cheese and Bacon Roll .......................................... 1.00
- ¼ Fairy Bread (limit of 4 quarters) .............................. 0.10
- Muffin Melts (melted cheese/ham on ½ English muffin) .... 1.00
- Rice Crackers & cheese & Carrot Slices ......................... 0.90
- Fruit Salad & Yoghurt Cup ......................................... 1.50
- Sliced Vegetables (carrot, cucumber, celery) .................... 0.60

**PLEASE NOTE:**

- *Oak Milk and Up & Go’s are now $2.00*

**Please note:** FLEXISCHOOLS ORDERS MUST BE PLACED BEFORE 9AM

**Thankyou**

Deslee Virginia
Canteen Supervisor P & C Committee Leader
Christmas Cheer is not far away!

Terrigal Public School Community supports
Operation Christmas Child
yet again this year.

We have 100 boxes to fill -
10 little gifts bring us 10 steps closer to filling
another box and putting a smile on a
disadvantaged child’s face.

You and your children can fill your own or
donate a bag of goodies to fill
lots of boxes.

The big Christmas Containers are outside the
office area, each day, for you to pop your
shopping in and the Christmas tree in the
Foyer ready when our boxes are full!

Gift Ideas

Toy cars and other machines, transformers, ninja turtles, small
boxes of Lego, Travel Games - snakes & ladders, scrabble,
draughts, chess; marble bags, toy dolls, animals, playing cards,
zipper bags to keep belongings in, etc., etc.

You may have even out-grown your own toys
and they are still in ‘mint condition’.
Put those in a bag and bring them in!
2 weeks to go!

Thank-you, in anticipation of your generous response.

Janice Wilkinson  Michael Burgess
Co-ordinator  Principal
P&C Meeting Dates 2014

P&C Meetings is THIS Monday 20th October 2014.

AGENDA:
On the agenda for 20 October, we will be discussing the outdoor area for the children to play in, including play equipment.

Venue: School Staff Room
Mondays 7-9pm. Entry via staff car park

<table>
<thead>
<tr>
<th>TERM</th>
<th>DATE</th>
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<tbody>
<tr>
<td>4</td>
<td>20th October</td>
</tr>
<tr>
<td></td>
<td>24th November</td>
</tr>
</tbody>
</table>

Meeting Apologies
If you can not make a meeting apologies need to be emailed to sally@geecarr.net, no later than 9pm on the meeting evening, in order to be included in the apologies.

If you have any questions please contact me
Sally Carr
TPS P&C Secretary
Email - sally@geecarr.net

Uniforms Shop News

The Uniform Shop HOURS:
Wednesday: 8.30-9.15am.

Uniforms can also be purchased online via Flexischools.
Go to www.flexischools.com.au to register.

Please refer to our school web site for uniform details.

To buy or sell pre-loved Uniform items join our Facebook Group TPS – Pre-loved Uniforms.
https://facebook.com/groups/339332946170749 (For Sale or for Free)

NEW…….
New school jackets are here.
Grey ankle socks - $4 per pair

Membership
Membership is $1 and can be paid to our Treasurer - Emma Denniss, or President - Yvette Schweiger or myself, Sally Carr in between the times of meetings, (or by placing your $1 on an envelope with your name and contact details, and handed to the office staff) but members are not deemed financial until the close of the next general meeting.

Minutes from P&C Meetings
The last minutes can be found http://www.terrigal-p.schools.nsw.edu.au/parents-citizens/p-c-meeting-minutes - (copy and paste this URL)
Lost Property

Please CHECK LOST PROPERTY – in the hall behind the canteen.

It is piling up - please check the lost property. To make their job easier to return the items lost please make sure you label your child's clothing, (even if it is just the surname).

Terrigal Family Fun Fair

Our new Coordinator's for Terrigal Family Fun Fair 2015 are: Belinda Tolman and Rachael Nelson

They can be reached on: TPSTFFF@gmail.com

Please email any questions you have or if you would like to put your hand up for a role.

Stalls will not be decided until classes for 2015 are out.
Stall Managers will be asked for in the first couple of weeks of 2015.
CSP SCHOOLWEAR
BOYS SHORTS BROWN, GREY, BLACK
SIZES 4 TO 42
POLYESTER/COTTON NON IRON DRIP DRY
SECURITY ZIP POCKETS
TERRIGAL HIGH BOYS SHORTS & (jnr) SHIRTS
TERRIGAL HIGH GIRLS SKIRTS & BLOUSES
ERINA HIGH GIRLS SKIRTS & BLOUSES
Available at Whoops Green Point
43656375
Email gaz40@bigpond.com
f The Surfshop Lisarow

SUPPORTING OUR COMMUNITY
Property Central will donate $110 to Terrigal Primary when you sell through us.

PAUL GERONIMI
0417 695 700
WE WILL DONATE $1,000 FOR EVERY SELLER REFERRAL PASSED ONTO MR PAUL TO HELP SUPPORT OUR SCHOOL

“HELP US SPREAD THE WORD!”

WE WANT TO RAISE $10,000 TO HELP THE SCHOOL PURCHASE MUCH NEEDED COMPUTER EQUIPMENT FOR THE AWESOME STUDENTS AT TERRIGAL PRIMARY.

* $1,000 WILL BE PAID TO TERRIGAL PRIMARY SCHOOL FOR EVERY SELLER REFERRAL ONCE THE PROPERTY HAS SETTLED. REFERRALS SHOULD BE PASSED ONTO PAUL GERONIMI.
### Terrigal Public School

**Hunger Haven Menu**

**Fresh Tastes @ School**

**Term 4 2014**

**Member of the New South Wales Canteen Association**

**Open Monday to Friday from 8.30 am**

**For information, please contact the Canteen Supervisor on**

4384 5322

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#### Recess (at recess only)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pikelets</td>
<td>0.40</td>
</tr>
<tr>
<td>Fruit Pikelet</td>
<td>0.60</td>
</tr>
<tr>
<td>Finger Buns – Whole</td>
<td>2.00</td>
</tr>
<tr>
<td>Finger Buns – Half</td>
<td>1.00</td>
</tr>
<tr>
<td>Muffins (fruit, assorted varieties, GF available)</td>
<td>1.00</td>
</tr>
<tr>
<td>Half Cheese and Bacon Roll</td>
<td>1.00</td>
</tr>
<tr>
<td>Fairy Bread (limit of 4 quarters)</td>
<td>0.10</td>
</tr>
<tr>
<td>Muffin Melts (cheese, ham, pineapple, poppy seed, or muffin)</td>
<td>1.00</td>
</tr>
<tr>
<td>Rice Crackers &amp; Cheese &amp; Carrot Slices</td>
<td>0.90</td>
</tr>
<tr>
<td>Fruit Salad &amp; Yoghurt Cup</td>
<td>1.50</td>
</tr>
<tr>
<td>Sliced Vegetables (carrot, cucumber, celery)</td>
<td>0.60</td>
</tr>
</tbody>
</table>

#### Recess & Lunch

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yummy Drummy</td>
<td>1.00</td>
</tr>
<tr>
<td>Crumbed Chicken Tenderloin GF</td>
<td>2.20</td>
</tr>
<tr>
<td>Hot Cheese Roll (small)</td>
<td>1.00</td>
</tr>
<tr>
<td>Hot Corn Cob (pre-order only)</td>
<td>1.00</td>
</tr>
<tr>
<td>L/F Fresh Yoghurt (assorted flavours)</td>
<td>1.00</td>
</tr>
<tr>
<td>L/F Custard (G.F.)</td>
<td>1.20</td>
</tr>
<tr>
<td>Frozen Yoghurt</td>
<td>1.80</td>
</tr>
<tr>
<td>Koala Popcorn (G.F.)</td>
<td>1.50</td>
</tr>
</tbody>
</table>

#### Fruit

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple, Orange, Banana and other</td>
<td>0.90</td>
</tr>
<tr>
<td>Seasonal Fruits (all available @ fruit break)</td>
<td>0.90</td>
</tr>
<tr>
<td>Frozen ¼ Orange</td>
<td>0.10</td>
</tr>
<tr>
<td>Frozen Pineapple Rings</td>
<td>0.50</td>
</tr>
<tr>
<td>Watermelon (Terms 1 and 4 only)</td>
<td>0.50</td>
</tr>
</tbody>
</table>

#### Drinks – Available at all times

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oak – Flavoured 300 ml</td>
<td>2.00</td>
</tr>
<tr>
<td>Plain Milk – 300 ml</td>
<td>1.50</td>
</tr>
<tr>
<td>Up &amp; Go</td>
<td>1.00</td>
</tr>
<tr>
<td>(chocolate, strawberry, vanilla, banana)</td>
<td>2.00</td>
</tr>
<tr>
<td>Small Fruit Cup</td>
<td>1.00</td>
</tr>
<tr>
<td>Spring Water – 600 ml</td>
<td>1.60</td>
</tr>
<tr>
<td>Spring Water – 300 ml</td>
<td>1.00</td>
</tr>
<tr>
<td>Fruit Juice – 200 ml</td>
<td>1.70</td>
</tr>
<tr>
<td>(apple, apple blackcurrant, orange)</td>
<td></td>
</tr>
</tbody>
</table>

#### Extra Treats – available after lunch

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red Rock Plain Chips – 25g</td>
<td>1.20</td>
</tr>
</tbody>
</table>

#### Frozen Items

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>100% Juicy Cups (orange, apple, blackcurrant)</td>
<td>1.00</td>
</tr>
<tr>
<td>Fan Dangles Ice Creams (chocolate/pink)</td>
<td>1.60</td>
</tr>
<tr>
<td>Vanilla Ice Cream</td>
<td>1.30</td>
</tr>
<tr>
<td>Frozen Yoghurt Tub</td>
<td>1.80</td>
</tr>
<tr>
<td>(strawberry, passionfruit, mango)</td>
<td></td>
</tr>
<tr>
<td>Frozen Fruit Tube – whole</td>
<td>0.50</td>
</tr>
<tr>
<td>Frozen Fruit Tube – half</td>
<td>0.25</td>
</tr>
<tr>
<td>Frozen ¼ Orange (also sold @ recess)</td>
<td>0.10</td>
</tr>
<tr>
<td>Icy Pole</td>
<td>1.00</td>
</tr>
</tbody>
</table>

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**Students name and class written on the bottom of the bag please.**

Please place recess and lunch orders in separate bags.

All orders must be paid for on the day, credit is not available.


All orders (over counter or online) must be received by 9 am.

- Recess orders are collected from canteen. Lunch orders are sent to classrooms.
- Please add an extra 10 cents if you need the canteen to supply a bag/pan/cutlery.
- Drinks, frozen items and ‘treats’ will not be placed in lunch bags. To claim these, children must return their stamped lunch bag to the canteen.
- If an out of stock item is ordered, we will do our best to replace it with a “like” item at a similar price.
- Sorry, no reheating service available due to Health Regulations.
- The canteen always needs volunteers. Come and give it a go! Our friendly canteen helpers welcome mums, dads and grandparents.
- The canteen rosters are in the newsletter each week.
- All profits are returned to the P&C to benefit students.
- Serving our school community healthy food is not the only duty of the school canteen. Teaching students about “monies worth” in a safe & controlled environment is also important.

Prices subject to change.
### LUNCH

**HOT FOOD**
- Yummy Drummy ................................................. 1.00
- Crumbed Chicken Tenderloin GF .................. 2.20
- Corn Cob .................................................. 1.00
- Hot Cheese Roll — small .......................... 1.00
- Hot Cheese Roll — large ......................... 2.70
- Hot Chicken Roll .......................................... 3.80
- Pizza (ham & pineapple) ......................... 3.00
- Pizza Roundas ........................................ 3.00

**Chargrilled Chicken Burger**
- Chargrilled pattice, lettuce, tomato, beetroot and carrot ........................................... 4.60

**Beef Burger**
- Beef pattice, lettuce, tomato, carrot, beetroot, sauce — tomato or BBQ) .................. 4.40

**Cheeseburger**
- Beef pattice, cheese, sauce — tomato or BBQ) .......................................................... 3.70

**Chicken Burger**
- Chicken pattice, buttered bun .................. 2.90

**Cheesy Chicken Burger**
- Chicken pattice, lettuce, mayo ................ 3.40

**SANDWICHES** *(prepared on wholemeal bread)*

*Gluten free bread available at an additional cost of $1. Add $1 for wraps or 50 cents for rolls.*

- Vegeimite ................................................. 2.00
- Baked Beans or Spaghetti ......................... 2.00
- Banana ...................................................... 2.20
- Egg ......................................................... 2.70
- Cheese ...................................................... 2.70
- Ham ......................................................... 3.00
- Roast Chicken ........................................ 3.20
- Tuna ......................................................... 3.00
- Egg, lettuce, mayonnaise ....................... 3.10

**SALAD**
- Lettuce, tomato, cucumber, carrot .......... 3.00
- Cheese and Salad (cheese, lettuce, tomato, carrot, cucumber) .................. 3.70
- Chicken and Salad .................................... 4.20
- Egg and Salad ........................................ 4.00
- Tuna and Salad ....................................... 4.00
- Ham and Salad ........................................ 4.20
- Ham, cheese and pineapple ................... 4.10
- Ham, cheese and tomato ...................... 3.90
- Ham and cheese .................................... 3.70

**EXTRAS**
- Mayonnaise, mustard, pickles ..................... 0.20
- Tomato and Beetroot ............................... 0.20
- Cheese .................................................. 0.70
- Egg ......................................................... 1.00
- Sauce Sachet .......................................... 0.30

**MEAL DEAL**

**MINI SALAD BOX**
- Lettuce, tomato, celery, carrot, beetroot, cucumber, pineapple and cheese .................. 4.00
- ADD chicken, ham or egg ..................... 5.00
- NEW — Chicken Tenderloin in Salad Box (GF) ............................................. 5.30

**ONLY AVAILABLE IN WINTER — TERMS 2 & 3**
- Pies ......................................................... 3.60
- Sausage Rolls .......................................... 2.60
- Sauce ...................................................... 0.30
- Lasagne (meat) — fork included ................ 4.00
- Lasagne (vegetable) — fork included ........... 4.00
- Spaghetti Bolognaese — fork included ........ 4.00
- Macaroni Cheese — fork included ................ 4.00

**Bell Times:**
- 8.55 am  School Begins
- 11 am  Recess
- 12.45 am  Canteen Buying

*If your child has a food allergy, please inform the office and the canteen.*

G.F. = Gluten Free
L/F = Low Fat

(Menu updated 12th June 2014)
NINE MENU ITEMS
ALL PRICED AT $9 EACH
AVAILABLE AT THE SKILLION BRASSERIE
LUNCH Mon-Fri • DINNER Mon-Thurs
the choice is yours!

COME AND TRY OUR NEW MENU

Time 6.00pm - 9.00pm
$5 Entry Only
$10 Entry includes a Kids Meal

Friday 17th October 2014
Friday 14th November 2014
Friday 9th January 2015

The Deck Cafe - Open from 9.30am – all day, everyday till late

Breakers Country Club
Wamberal NSW 2260
Ph: 4384 2661
www.breakerscc.com

Stay connected anytime anywhere...

Breakers Country Club

Disco is fully supervised, however Adults must remain on the premises at all times. Children must be signed in & out by the same adult. Suitable for Children aged between 5 & 12 years.