



NEWSLETTER - TERM 4 - 26TH OCTOBER 2016

DIARY DATES

28/10/16	WORLD TEACHERS DAY
02/11/16	STRETCH THINKING OPEN MORNING
07/11/16	PUPIL FREE DAY
08/11/16	SAPSASA RUGBY
09/11/16	TRANSITION 1 – PARENT ONLY
11/11/16	WHOLE SCHOOL ASSEMBLY 9S & 7W

Dear Parents/Caregivers,

WELCOME

Welcome to the new students who have commenced with us this term and to your families. We look forward to working closely with you all over the time of your child's primary schooling.

DON'T FORGET

STRETCH THINKING OPEN MORNING ON WEDNESDAY 2ND NOVEMBER STARTING WITH THE PARENT LAUNCH AT 9:00am IN THE PAVILION AND FOLLOWED BY STRETCH ACTIVITIES WITH CHILDREN IN CLASSROOMS.

Looking forward to seeing you there!

DON'T FORGET

There is a **Pupil Free Day in Week 4 on Monday November 7th** for teachers to work together with other teachers in like year levels to moderate learning in preparation for reporting. OSHC will be available that day for childcare. Please contact Lissy and Sally to book in.

2017 CLASS PLACEMENT PROCESS

We will shortly begin the process of developing class groupings for 2017. In this newsletter you will find a proforma entitled "2017 CLASS PLACEMENT PARENT INPUT FORM". If you would like to provide information relevant to your child's 2017

placement, please complete the proforma and return to me in an envelope marked **ATTENTION: Anne Rathjen, Class Placement Process**, by no later than Friday November 11th. Letters received after this date will not be able to be considered as our placement process will begin at the shortly afterwards. **Please note that for many reasons, while every request is considered closely, none are able to be guaranteed. Requests for specific teachers are not considered.**

If you have a child who will be transferring to another school I ask that you please complete the relevant section of the proforma and return to me as soon as possible. Accurate numbers are required to ensure our correct staffing levels.

WORLD TEACHERS' DAY

This Friday October 28th is (Australian) World Teachers' Day. This day is a wonderful opportunity to draw public attention to the important role of teachers in our local communities. While International World Teachers' Day is actually celebrated on the first Friday in October this is usually in the Australian school holidays, so Australia celebrates it on the last Friday.

Celebrated in over 100 countries worldwide, World Teachers' Day acknowledges the efforts of teachers in an increasingly complex, multicultural and technological society. It is a day when we hope that students, parents and communities can show their appreciation for the contributions teachers have made to the lives of children and their communities. Please join me in thanking your children's teachers for their hard

work, professionalism and commitment to your children's learning. I would also like to thank the Governing Council parents and Canteen staff who will provide morning tea and lunch for staff on Friday.

UNIFORM

This is another friendly reminder to all families that the school has a Governing Council approved Uniform Policy. It is therefore expected that students comply with the expectations regarding the wearing of appropriate clothing and accessories. I have included a copy of the Uniform Policy at the end of the newsletter. This outlines what are acceptable and not acceptable items.

2016 ANNUAL SCHOOL OPINION SURVEYS PROCESS

We are about to commence the Annual School Parent Survey data gathering process. A random sample of parents will be invited to participate in the process which will be conducted in the same manner as last year. The surveys are currently being developed and will be ready for distribution in the next few weeks. Parents will be invited to participate anonymously via an email invitation process. When you receive this email, you will be able to access a link to the survey. I would encourage you to please take the time to participate as the feedback provides us with valuable information to help inform our planning.

END OF YEAR CONCERT – FORWARD NOTICE

Yes, it is getting close to that time of the year again – Concert Time! We are beginning to make plans for our End of Year Concert and want to urge you all to put Wednesday 7th December in your diaries. As in previous years, morning and afternoon sessions will be offered. Once our planning is finalised, invitations that will include ticket information will be provided to the school community. All families will be offered 2 tickets that would ordinarily be one for each parent, (this includes families where the parents do not live together, meaning 1 ticket would be

offered to each parent). Parents will be given a timeframe to take up the offer of the 2 tickets. Once that timeframe is reached, any tickets that have not been taken will be offered for general distribution for any families who wish to take more. Watch this space for more information about Concert coming soon!!

A BIG THANK YOU

On behalf of the school community I would like to acknowledge and thank Peter Duffield who, along with Gary Kupke, has been volunteering in the school grounds. The work of these volunteers is greatly appreciated.

COMING EVENTS

PUPIL FREE DAY

TERM 4 Monday, 7th November

Australian Curriculum moderation

Anne Rathjen
PRINCIPAL

HALLETT COVE KARRARA KINDERGARTEN



MONSTER GARAGE SALE

**Sunday November 6th
10am - 2pm**

Bring your family for a fun-filled morning and support your local kindergarten. Includes various stalls, face painting, sausage sizzle, raffle and lots more.....

To book a stall site (\$15 non-refundable fee) please call Jacqui at Hallett Cove Karrara Kindergarten on 8381 9154.

SAPSASA STATE CRICKET CARNIVAL

Congratulations to Austin from 9S who has been selected to represent Southern Valley at the state cricket carnival. Austin will be playing from the 21st to the 24th November. All the best for the week Austin and we look forward to hearing how you go.

FUNDRAISING NEWS OCTOBER 2016

Hallett Cove Bakery

Thank you to everyone who supported the bakery fundraiser, it was a great success. We hope you all enjoyed your baked goodies over the holidays. Don't forget to take advantage of the monthly offer exclusively for Hallett Cove East families, see below.



MONTHLY OFFER

Family Pies save \$2.80 now \$12

Just mention HCEps

If you are interested in joining the Fundraising Committee this year or even for next year please contact Victoria Gorton on 0433 152 021 or vicgorton@gmail.com for more information.

THE FUNDRAISING COMMITTEE

READING CORNER

Each Newsletter the Early Years Team will provide you with strategies to help support and encourage your child to read at home. These ideas have come from the website <http://www.readingrockets.org/>. This is a very useful site offering ideas to get children reading from a very young age. *You can also check out the Parent section of our website.*

Dig deeper into the Story

Ask your child questions about the story you've just read. Say something like, "Why do you think Clifford did that?"

EARLY YEARS TEAM

CANTEEN NEWS

Summer Menu

With the warmer weather slowly coming, we are now operating with the **"Summer Menu"** which offers your children some **"Cool Summer Recess Specials"** along with a lot of the old favourites or you might like to try a new lunch special of **Chicken or Beef Meatball Sub**. The full summer menu is attached to the end of the newsletter.

Helen Jefferson
CANTEEN MANAGER

VOLUNTEERS

Volunteers play a big part in helping our school be the best that it can be. Volunteers help in the classroom, listening to children read or helping teach times tables. Volunteers help out on excursions to ensure the ratio of adults to children is correct or maybe they volunteer their time in the Recourse Centre during book week. These are just a few of the many ways that they can help. Another way they can help is to volunteer in the Canteen. Presently we have the equivalent of 2½ people volunteering their time to help Helen prepare and serve your children their lunches or recess. It is a very friendly environment to volunteer in and Helen will even make you a cuppa as a sign of appreciation. If you and maybe a few of your friends are up for a social catch up, why not have a chat in the canteen while helping Helen prepare to serve your kids. At the end of the day, we all want our children to have a hot lunch if ordered and be served as quickly as possible at recess/lunch so that they can enjoy their play time to the fullest. If you can spare a couple of hours any day of the week, please see Helen in the canteen and she will welcome you with open arms.

Jo Wigg
CHAIR, GOVERNING COUNCIL



JOEY'S JOURNAL

"I'm bored"

Kirriliee Smout, a local child psychologist, suggests that we have 6 positive responses to

a child's comment of, "I'm bored."

Option 1: Help the child generate new activity ideas

Brainstorm ideas with your child. It can be helpful to actually write down a list of options to make them easier to visualise.

Option 2: Help them get involved in the start of an activity

Sometimes the idea of starting something can be daunting. When we spend 5 minutes helping to set up an activity, especially with a promise to check in to see how it is going, we are creating an environment where a child is able to challenge themselves for far longer than we are involved.

Option 3: Empathise and normalise.

Sometimes a child needs to hear that entertaining ourselves isn't easy, and that we can be bored too.

Option 4: Help children take activities/tasks and make them more interesting or challenging.

Encourage your child to think creatively by asking questions such as, "Could you do it differently to make it more interesting?" or "How could you turn your chores into a game?"

Option 5: Consider making starting an activity compulsory but finishing it optional

Sitting around bored while waiting for screen time to start is a common problem. Encourage your child to fill in those minutes, "Sorry mate but you can't sit there doing nothing. You need to pick an activity that we've discussed and do it for at least x minutes, and then if you still don't want to do it at that point then you can stop."

Option 6: Ignore it

Often children manage their boredom and find activities to do if we stay out of their way. However, the first 5 options can be an investment in decreasing the frequency of your child's bouts of boredom.

Joey,

PASTORAL CARE WORKER

at HCEPS on Mondays and Tuesdays

Joey.Traeger704@schools.sa.edu.au

CONGRATULATIONS AND WELL DONE

To Brooke in 6W!

Brooke is a member of the Trampoline Junior Elite Talent Squad – Squad 2.

In the October holidays Brook spent 9 days at a training camp in New Zealand. These squads are developing towards possible participation in the Olympics.

Brooke has won or placed in a number of national Events and is coached by the Australian Olympic Trampoline Coach. She also gets to train with Blake Gaudry who went to Rio this year.

Brooke currently trains 11 hours per week over 5 days and her dream is to represent Australia in the Olympic Games.

We wish Brooke all the best to achieve this dream.

COMMUNITY NEWS

Please see noticeboard for further information.

- AUSTRALIAN GIRLS CHOIR OPEN DAY** - The sound of music will be alive on Sun Oct 30 as the Australian Girls Choir (AGC) is having their Open Day. All school aged girls are invited to come along, join a trial class, attend an information session and find out more about the AGC. **For more info ☎ 1800 338 142 or visit www.ausgirlschoir.com.au**
- KESAB SUSTAINABILITY EXPO** – Tue 15th Nov 2:30 pm to 6:00 pm at Theatre B, Adelaide Entertainment Centre. Cost \$20. Tickets available at www.trybooking.com/MWOQ
- INDOOR TENNIS HOT SHOTS** - Starts week 2 on Wednesdays in School Gym. For further info ☎ Justin 0415 289 733.
- GIRLS CRICKET COMPETITION** – Join in the Fun! Go to www.gcl.sa.cricket.com.au to register your interest.
- TREASURE HUNT FOR NATURE** – Sun 30th Oct – Nature Hub – Botanic Park & SA Museum. 10 am to 4 pm. Register now on www.naturefoundation.org.au/TH4N
- JUNIOR BASKETBALL CLINIC** – Learn new skills & rules. Wed from 4 pm. Noarlunga Leisure Centre ☎ 8384 1144.
- SCALLYWAGS DISCO** - Fri 11th Nov at the HALLETT COVE LUTHERAN CHURCH, 20 Ragamuffin Drive, Hallett Cove. 6.30 - 9pm. R-7 children only. Entry is \$5. Any enquiries ☎ 8322 2544.



We invite you to apply for a place in our Ignite program
Aberfoyle Park High School for Year 8 in 2018

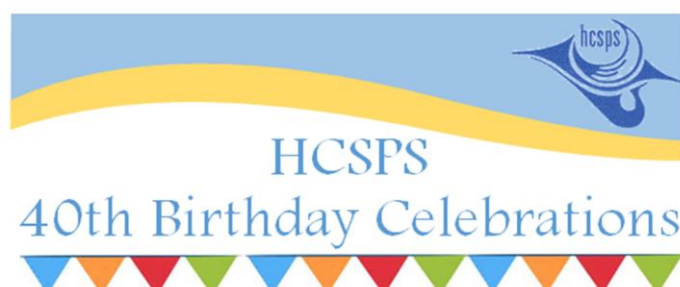
Your opportunity to sit the Ignite test for 2018 entry
will be **Saturday 25 February 2017.**

For more information about the testing process visit our web:
www.aphs.sa.edu.au

Aberfoyle Park High School
PH: 8270 4455
Email: info@aphs.sa.edu.au



Government of South Australia
Department for Education and
Child Development



Open Day /Mini Fair

Friday, 28 October, 2016

1:00pm — 4:00pm

Hallett Cove South Primary School
Livonia St, Hallett Cove

- | | |
|-----------------------|------------------------|
| • Classroom stalls | • Petting Zoo |
| • Community stalls | • Café |
| • Sausage Sizzle | • Photos & Memorabilia |
| • Old-fashioned games | • Photo Booth |
| • Sumo suits | • And more... |

All welcome, come along and help us celebrate
this special event

1976 – 2016

For further information contact:
Email: dl.1054.info@schools.sa.edu.au
Phone: 8381 4080

SCHOOL UNIFORM AND DRESS CODE POLICY

REGULATION

The Education Regulation 189a, which came into operation in January, 1994 provided the right for Governing Councils to determine School Dress Code Policy. Hallett Cove East Primary School Governing Council actively promotes the wearing of school clothing that consistent with the Dress Code Policy, by all students.

POLICY ISSUES

Our aim is to improve the learning environment and outcomes of students so that our school is supportive, positive, **non-discriminatory**, equitable and safe.

We are aware of the following issues:

- the wearing of uniform clothing is an important factor in ensuring students' safety. It is important that we can clearly recognise students' association with our school
- students have the right to wear clothing which allows for freedom of movement and level of comfort appropriate to the activities normally undertaken at School
- special consideration will be given to itinerant students
- the values of students and parent/caregivers of other cultural backgrounds are acknowledged
- awareness of and sensitivity to students in financially disadvantaged situations has been taken into consideration in relation to the School Dress Code

SUNSMART POLICY

In accordance with the School SunSmart Policy, the wearing of hats between September 1st and April 30th and at other times when the UV reading is 3 or above, is essential. Hats should be wide brimmed, bucket or legionnaire design because they offer the best protection. **The school stocks recommended designs in school colours.** Students who choose not to wear an appropriate hat will sit in a 'no hat, no play' area.

RESPONSIBILITY

The Governing Council is responsible for the supply and approval of the school uniform.

The Principal is responsible for promotion of the Dress Code.

EXEMPTION

It is the school's policy that **all students are required to wear** clothing consistent with the School's Dress code at all times in a neat and tidy manner.

The Principal however, may exempt students from the Dress Code upon written request from the parents.

Grounds on which parents may seek exemption are:

- religious
- cultural or ethnic
- new students
 - * allow set time for purchase of uniform
 - * wear previous uniform in the interim
 - * wear clothing from spares clothing pool
- itinerant students
- financial hardship
- additional grounds as the Governing Council may determine.

PROCEDURES FOR NON-EXEMPTED STUDENTS

Teachers and/or a member of the leadership team will;

- **speak to the student** (preferably in private) to encourage him/her to observe the dress code.
- **provide advice to the parents** via a standard letter to parents

The Hallett Cove East Primary School supports and recommends that all students wear the recognised Hallett Cove East School Uniform, which is itemised on the next page.

When representing the school (ie excursions, out of school performances etc) students will be expected to wear the school uniform. HCEPS sports T-shirts will be provided by the school for students to borrow for inter-school sports events.

The following proforma will be issued to parents of students who do not comply with the Dress Code.



Hallett Cove East

Primary School

Quailo Ave, Hallett Cove SA 5158 | Principal: Anne Rathjen | Ph: 8322 3677 | Fax: 8322 4696 | E: dl.1053.info@schools.sa.edu.au | www.halcoveeps.sa.edu.au

Dear Parent/Caregiver of _____ in _____,

The Governing Council has previously approved the current School Uniform and Dress Code Policy and it is expected that all students will follow the policy guidelines. Wearing appropriate school uniform gives students as a whole, a sense of pride in our school and shows a level of respect not only for the expectations that have been agreed to but also for the rules and Values of the school. It also ensures that all students are presented in a fair and equitable manner.

Today a uniform check was conducted and your child was found to be not meeting the expectations of the Uniform policy and in particular was:

- ☐ Wearing inappropriate clothing (including non-school colours, clothing that is not part of the uniform, clothing with brand names and logos other than the accepted school logos or clothing that is damaged)
- ☐ Wearing makeup
- ☐ Wearing nail polish and/or fake nails
- ☐ Wearing jewellery other than a medic-alert necklace/bracelet, watch, studs, small sleepers, a small cross if religious, or an item of cultural significance with permission from the Principal
- ☐ Wearing shoes that are not sports shoes, school shoes or appropriate sandals

I seek your support to ensure your child complies with our School Uniform and Dress code Policy. I would also ask that you please sign the tear off slip below and return it to your child's class teacher as soon as possible to indicate you have received this notification.

Thank you,

Anne Rathjen
Principal

.....

I have received the notice concerning non-compliance with the School Uniform and Dress Code Policy dated _____ for my child _____ in _____, and will take the appropriate action to rectify this.

SIGNED PARENT/CAREGIVER _____

HALLETT COVE EAST PRIMARY SCHOOL

SCHOOL UNIFORM

R-7 GARMENTS

The following items are recognised as our official school uniform and can be ordered and pre-paid via the order form available in the website or from the front office.

- Maroon/sky blue polo shirt with school logo and printed collar
- Maroon/sky blue full zipped and hooded windcheater jacket
- Winter pinafore including those with a detachable bib that can be worn as a skirt
- Summer dress
- Maroon shorts – micro-fibre
- Any item of logo uniform approved by Governing Council prior to 2015

Bulk orders will be placed once per term for the 2015 style polo shirts and windcheater jackets, dresses, pinafores and micro-fibre shorts. Parents will be notified re the ordering process when bulk orders are being planned.

The following items are also part of the school uniform and should be purchased at stores such as Target, Big W and K Mart.

- Boys Grey trousers, double knee trousers
- Girls Grey trousers
- Maroon track pants
- Grey track pants
- Maroon shorts – rugby, parachute or bike
- Grey shorts – stubbies, cargo
- Grey skirt – appropriate length
- Maroon netball skirt (worn with black or maroon sports underwear or shorts)
- Maroon skort

Clothing bought outside of school must comply with above guidelines and be of the school colours as detailed above.

Clothing should be suitable for the normal activities students undertake at school.

OPTIONAL ITEMS FOR YEAR 7 STUDENTS

The following optional items are available **ONLY** for 7 students through order.

- **A Commemorative Maroon/sky blue polo shirt with school logo and printed collar, printed with an approved Year 7 names design**
- **A commemorative Maroon/sky blue full zipped and hooded windcheater with an approved Year 7 names design**

HATS

School approved **maroon** legionnaires, bucket and slouch hats **as recommended by the Anti-Cancer Foundation** must be worn.

UNACCEPTABLE ITEMS

The following items are not acceptable:

- Jeans
 - Pants, trousers or shorts of colours other than maroon or grey, (except for black shorts under netball skirts)
 - Leggings
 - latest fashion items
 - clothing that is unsuitable for the normal range of activities undertaken at school
 - caps or beanies
 - jewellery items other than one small sleeper or stud worn in each ear, a watch, medic-alert jewellery or jewellery with a religious or cultural significance (with Principal approval).
 - any clothing item on which a brand name is displayed (other than sports shoes)
 - make up, fake nails and nail polish
 - any item deemed by the Principal to be unsafe or unsuitable to wear at school
 - clothing that is damaged, marked, torn or otherwise in very poor condition
-
-

FOOTWEAR

Shoes

- sports shoes – (no rollers)
- school shoes- brown or black
- approved school sandals - navy / black / brown

The following are unacceptable
(for safety / practicality)

- thongs
- slip-ons
- other footwear that have open toes (other than approved school sandals) or do not adequately support the feet

Other Footwear

- white / grey socks
 - grey / maroon tights
-
-

OTHER

- hair ties, head bands and ribbons only in school colours.
-
-



111 REASONS TO USE YOUR SCHOOL CROSSING

Reason 1: Nearly one in every eight road deaths in South Australia is a pedestrian. In addition to fatalities there are on average just under 100 pedestrians seriously injured as well as many more who receive minor injuries each year.

Reason 2: Your child will learn about pedestrian safety by watching you, so use safe behaviour around cars, roads, footpaths and car parks. Always **stop, look, listen and think** before crossing a road, and use pedestrian crossings wherever possible. **Always** cross at the safest point, even if you have to walk further out of your way and if you're crossing at the lights, wait for the green man!

Reason 3: Queensland's Centre for Accident Research and Road Safety recently conducted an Australia-wide survey of parents focused on keeping kids safe around roads and cars. **They found until the age of NINE, children's perceptual and cognitive abilities are not sufficiently developed to enable them to make sound judgements when they are crossing roads.** Holding hands with your children is the best way to keep them safe around a school crossing.

Reason 4: The Australian Road Rules states that a pedestrian must not cross a road within 20 metres of a crossing (including a school crossing) except at that crossing.

And the other remaining 107 reasons? That's the amount of the fine (\$107) that can be issued by SA Police for failing to cross within 20 metres of the school crossing. So keep an eye out for any hazards and keep holding hands until you're all safely in the school yard or in the car.

This article has been prepared by A/Sgt Nigel ALLEN of the Road Safety Section, South Australia Police. If parents have any questions about school crossings please contact the Road Safety Section on the telephone number 82076586.



SOUTH AUSTRALIA POLICE
KEEPING SA SAFE



HALLETT COVE EAST PRIMARY SCHOOL
2017 CLASS PLACEMENT
PARENT INPUT FORM



Government of South Australia
Department for Education and
Child Development



Hallett Cove East
Primary School

Quailo Ave, Hallett Cove SA 5158 | Principal: Anne Rathjen | Ph: 8322 3677 | Fax: 8322 4696
E: dl.1053_info@schools.sa.edu.au | www.halcoveeps.sa.edu.au

Child's Name: _____ 2016 Class Teacher: _____ 2017 Year Level: _____

Child's Name: _____ 2016 Class Teacher: _____ 2017 Year Level: _____

Child's Name: _____ 2016 Class Teacher: _____ 2017 Year Level: _____

I would like the following information considered in relation to my child's placement for 2017.

Social Needs (self-esteem, confidence, friendships, relationships)

Academic Needs (learning style, special needs)

Emotional / Physical Needs (including any medical concerns etc.)

Other

SECTION B: CHILDREN NOT RETURNING TO HALLETT COVE EAST PS IN 2017

☐

My child will not be returning to HCEPS in 2017.

He / She will be transferring to _____

Reason(s): _____

Parent / Caregiver's Signature: _____ Date : ____ / ____ / ____

Please return in an envelope marked
Attention: Anne Rathjen by Friday 11th November.

Hot Food

♥ Corn on the Cob	1.50
♥ Handmade Pizza <i>Low fat base topped with choice of lean toppings: Ham or Chicken with cheese, pineapple</i>	4.00
Hot Dog <i>Hot dog in a roll with or without sauce</i>	3.50
♥ Handmade Butter Chicken & Rice <i>Chicken pieces in a mild curry sauce served with steamed rice</i>	5.50
♥ Sushi Roll <i>1 Tuna sushi roll with soy dipping sauce</i>	4.00
Potato Wedges <i>Tub of potato wedges (sweet chilli dipping sauce 20c extra)</i>	4.50
♥ Chicken Yumbo <i>Soft roll with Chicken pattie, lettuce & mayo</i>	4.50
♥ Pasta <i>Macaroni Cheese or Ravioli</i>	4.50
♥ Potato Pie <i>Minced beef & vegetables topped with potato</i>	4.50
♥ Baked Potato topped with: <i>Baked Beans & Cheese; Bolognaise & Cheese; Chicken/Ham, Cheese</i>	5.00
Aussie Beach Burger <i>Beef or Veggie pattie in a roll with the lot: Lettuce, sliced tomato, beetroot, shredded carrot & tomato sauce</i>	5.50
♥ Fish Fingers & Vegie Sticks <i>3 oven baked fish fingers carrot &,cucumber sticks and mayo</i>	4.00
Mrs Mac's Good Eating Reduced Fat & Salt Pastries - with or w/out sauce	
Sausage Roll 120g	3.00
Pie, 120g	3.50

Lunch time Specials

♥ Chicken or Beef Meatball Sub <i>Meatballs in a tomato sauce with shredded Lettuce& cheese in a sub roll</i>	5.50
Nachos with a beef salsa	3.00
♥ Hand Made Pizza Deal <i>Any Pizza & Moosie</i>	5.00
Hot Dog Deal <i>Hot dog and frozen juice stick</i>	4.00

Toasties, Sandwiches, Wraps & Rolls

♥ Sandwich or Toastie - Bread used is wholemeal	1 filling	3.50
♥ Roll - Rolls used are Damper	1 filling	4.00

Protein filling options: \$1.00 ea **Salad filling options: 50c ea**

Cheese	Ham	Carrot	Cucumber
Egg	Chicken	Tomato	Lettuce

Add \$1 for Mixed Salad Fill (4 salads): lettuce, carrot, tomato & cucumber

♥ Wraps	5.50
<i>Ham, Dijonnaise Mustard with shredded lettuce & grated carrot</i>	
<i>Chicken, with shredded lettuce & grated carrot</i>	
<i>Chicken Tender Bite with shredded lettuce, grated carrot</i>	
<i>Quesadilla Wedges Ham & Cheese or Cheese- crispy tortilla sandwich melted cheese +/-ham cut into wedges</i>	

Salads

♥ Salad Bag <i>lettuce, cucumber, celery & carrot sticks</i>	2.50
♥ Salad Box <i>lettuce, chunks of tomato, cucumber, celery & carrot sticks with - Choose one of: Chicken/ Cheese & Egg / Ham / Tuna</i>	5.50
♥ Garlic Roll	1.00

Cool Summer Recess Specials

Monday	
♥ <i>Fresh baked muffin & Ice cold Milo</i>	2.00
Tuesday	
♥ <i>Tub of Raspberry & Vanilla Mousse</i>	2.00
Wednesday	
♥ <i>Frozen Fruit Smoothie</i>	2.00
<i>Cup of frozen fruit blended with yoghurt to give an icy, thick smoothie.</i>	
Thursday	
♥ <i>Fresh baked muffin & Ice cold Milo</i>	2.00
Friday	
♥ <i>Friday frenzy! - Garlic Roll & Juice box</i>	2.00

Dairy Snacks

♥ Frozen Moosie Strawberry, blueberry or banana	1.50
Vanilla Ice Cream Cup	2.00
♥ Frozen Yoghurt Tub	2.00

Fruit Snacks

♥ Crazy Carrot Sticks, bag of	.60c
♥ Tub of Frozen Grapes	1.50
♥ Tub of Peaches	2.00
♥ Frozen Pineapple Ring	.50c
♥ Orange Smiles (frozen bag of orange wedges)	1.50

Other Snacks

♥ Cereal Munch, per scoop	.60c
♥ Muffin low fat	1.00
Banana, chocolate, blueberry	
Handmade ANZAC Cookie	1.00
Handmade air popped popcorn, packet	.50c

Drinks

♥ Spring Water	1.50
♥ Juice 250ml	2.00
100% Juice apple, orange,	
♥ Juice box 150ml	1.50
Apple/orange	

Flavoured Milk, 250ml 2.50
Fat reduced, chocolate or strawberry

Devondale Choc Milk 1.50

Cold Milo 1.50

Iceblocks

all 99% or 100% Juice

Frozen Juice Stick	1.00
Fruit Slushie	2.00

No GST is charged on any of the menu items.

HALLETT COVE EAST PRIMARY SCHOOL

2016/17 Summer Menu

The Canteen is open Monday to Friday 9.30am to 1.30pm

The Canteen Menu aims to provide healthy and nutritious food and drinks consistent with the DECD 'Right Bite' Healthy Food & Drink Supply Policy for Schools and Preschools'.

Right Bite uses a colour code **GREEN**, **AMBER** and **RED** to classify food and drink according to their nutritional value.

GREEN- end of the Right Bite Food Spectrum

Food and drinks that fall into, or close to this area of the spectrum are considered to be the most nutritious and healthiest choices.

AMBER - section of the Food Spectrum

Food and drink in this section of the spectrum are nutritious and so are still good choices, but tend to have some added sugar, salt and/or fat.

RED - end of the Food Spectrum

Food and drink that fall into this end of the spectrum are energy dense and nutrient poor and so school canteens no longer sell these items.

All items on the Menu fit into the **GREEN** and **AMBER** section of the Right Bite Food Spectrum

♥ = healthiest choice

TO ORDER LUNCH FROM THE CANTEEN

1. Write your **Child's Name** and **Room Number** on a large paper lunch bag.
2. Using the Canteen Menu, **choose their lunch**.
3. Write the items you wish to order onto the bag.
4. Enclose the correct money if possible. For hygiene reasons please wrap the lunch money before placing it in the bag.
5. Place the lunch order in the **Class Lunch Crate** at the **start of the day**.
6. To request more lunch bags, write "**More Bags Please**" onto your lunch order bag. (\$1.00 for 20)