**WELCOME TO THE 2017 SCHOOL YEAR**

Welcome everyone to the 2017 school year at GK! Hard to believe, but another school year is underway. It’s always great to know that our students, staff and families have returned safely from the holiday period. A very special welcome to the many new students, families and staff who join GK for the first time.

We had an extremely smooth and orderly start to the school yesterday with all of our students in grades 1-6 returning with smiles on their faces and plenty of enthusiasm for the year ahead. Everyone has settled into their new class routines quickly and the scene is all set for a terrific year ahead.

Our Prep students have started the year by meeting their teachers for ‘Getting to know you’ chats and they officially begin on Monday. This is always a special time of our school year with energy and enthusiasm in abundance.

**Skoolbag** - If you have not already subscribed to this app, I encourage you to do so. This is the forum where up-to-date, relevant information is distributed to families in our GK community. Should we need to get in touch promptly with parents regarding an emergency situation, Skoolbag will a primary source of communication. Information is provided later in our Linkletter to assist you in subscribing.

**ASSEMBLY**

Each Monday we start the week with a whole school assembly. This will officially begin on Monday 13th February for our Year 1 to Year 6 students. Our Prep students take a few weeks to settle into the morning routines before joining us on Monday 27th February. Next week the students will be heading outside to rehearse class formation and organisation for the following week.

We invite you to attend our assemblies when you can, to both receive information about what has been happening in the school and celebrate or share the wonderful learning and achievements of our students as the year moves on.

**SAFETY in our School**

All visitors must head to the office to sign in before moving to other areas of the school. This includes parents who come to the school in the middle of the day. You may need to drop something at your child’s classroom or need to leave a message for them. A quick visit to the office will enable us to know who is in the school yard at any given time, both for emergency purposes and safety of our children and staff. It is not acceptable practice to wander into the yard without this process occurring.

**Our new soccer/sport oval and athletics facility**

You may have already noticed the amazing facilities that have reached completion this week. The state of the art soccer and general sporting oval is simply breathtaking. The size and professional appeal of this area will excite all that use this, especially our students who got to play on it today for the first time. The netball courts and running track near the St Helena Car Park is also fabulous. I have added some photos on the following page but if you get a chance we welcome you to have a look yourself.

Our ‘Kids in the Kitchen’ Program begins mid this term and Shaz Mackay, her husband Gary and a mix of tradespeople have been busy transforming our tired community room into an exciting kitchen for our students.

We are super excited about our students being able to take their growing knowledge of plants and food sources from the Science room to the Kitchen this year. We will have a launch at some stage but you will undoubtedly smell the aromas of yummy food wafting through the school yard in over the coming weeks.

**Have a wonderful week.**

*Leanne Tingwell*
# 2017 STAFF LIST

## TEACHING STAFF

**Principal**  
Leanne Tingwell

**Assistant Principal**  
Karen ter Haar

## CLASS TEACHERS

<table>
<thead>
<tr>
<th>Grade</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep T</td>
<td>Angela Totino</td>
</tr>
<tr>
<td>Prep P</td>
<td>Marisa Pace</td>
</tr>
<tr>
<td>Prep B</td>
<td>Bianca Perry</td>
</tr>
<tr>
<td>Prep L</td>
<td>Hannah Longo</td>
</tr>
<tr>
<td>1L</td>
<td>Jai Lincoln</td>
</tr>
<tr>
<td>1R</td>
<td>Louise Rinaldi</td>
</tr>
<tr>
<td>1B</td>
<td>Jessica Bailey</td>
</tr>
<tr>
<td>1N</td>
<td>Tara Newton</td>
</tr>
<tr>
<td>2C</td>
<td>Helen Cleary</td>
</tr>
<tr>
<td>2S</td>
<td>Jess Szczepaniak</td>
</tr>
<tr>
<td>2H</td>
<td>Amy Hicks</td>
</tr>
<tr>
<td>3F</td>
<td>Sandra Febbraro</td>
</tr>
<tr>
<td>3W</td>
<td>Annemarie Webb</td>
</tr>
<tr>
<td>3R</td>
<td>Madeline Rough</td>
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<tr>
<td>3/4A</td>
<td>Sally Armstrong</td>
</tr>
<tr>
<td>4P</td>
<td>Rosie Piazza</td>
</tr>
<tr>
<td>4W</td>
<td>Jamie Whichello</td>
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<tr>
<td>4H</td>
<td>Sarah Hill</td>
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<tr>
<td>5O</td>
<td>Sherryn Owen</td>
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<tr>
<td>5K</td>
<td>Katya Gaiotto</td>
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<tr>
<td>5D</td>
<td>Libby Downey</td>
</tr>
<tr>
<td>6G</td>
<td>Mary Green</td>
</tr>
<tr>
<td>6V</td>
<td>Brayden Van Der Pol</td>
</tr>
<tr>
<td>6M</td>
<td>Amy Murray</td>
</tr>
</tbody>
</table>

## SPECIALIST TEACHERS

**Student Engagement & Wellbeing**  
Shannon Whelan

**Yr1-6 Italian**  
Sandra Portaro &  
Mel Djukic

**Phys. Ed / Sport**  
David Blackburn &  
Kim Ferguson

**Visual Art**  
Nadia Cosma &  
Emma Hankinson

**Performing Art**  
Mel Djukic & Liz Blair

**Science**  
Monique Maya

**Extension**  
Julie Collins

**BOOST**  
Carla Di Lizio

## ADMINISTRATIVE / SUPPORT STAFF

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Business Manager</strong></td>
<td>Jodee Jackson</td>
</tr>
<tr>
<td><strong>Administration</strong></td>
<td>Jenny Bourke</td>
</tr>
<tr>
<td><strong>First Aid / Admin</strong></td>
<td>Leanne Cleary</td>
</tr>
<tr>
<td><strong>Integration Aides</strong></td>
<td>Sandra Embling</td>
</tr>
<tr>
<td><strong>GK Kitchen Program</strong></td>
<td>Shaz Mackay</td>
</tr>
<tr>
<td><strong>Computer Techs</strong></td>
<td>Ben Iacobucci</td>
</tr>
<tr>
<td><strong>Out of School Hours Care</strong></td>
<td>Carolyn Smith (Ass.Co-ord)</td>
</tr>
<tr>
<td><strong>Kaye Frangos</strong></td>
<td>Flora Torcasio</td>
</tr>
<tr>
<td><strong>Leanda Hudson</strong></td>
<td>Sandra Embling</td>
</tr>
<tr>
<td><strong>Canteen</strong></td>
<td>Suzi Cunningham</td>
</tr>
<tr>
<td><strong>Maintenance</strong></td>
<td>Glenys Schubert</td>
</tr>
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</table>
## IMPORTANT DATES FOR 2017
### TERM 1

<table>
<thead>
<tr>
<th>Month</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>FEB</strong></td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
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<tr>
<td>Prep 1st Day</td>
<td>PFA Meeting Staffroom 7.30pm</td>
<td>Prep Assessment Day</td>
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<td>9.15am-3.00pm</td>
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<tr>
<td>Specialist Program Begins</td>
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<tr>
<td><strong>FEB</strong></td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>Grade 3-6 School Swim Trials</td>
<td></td>
<td>Prep Assessment Day School Council 7.30pm</td>
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<tr>
<td><strong>FEB</strong></td>
<td>20</td>
<td>21</td>
<td>22</td>
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<td>24</td>
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<tr>
<td></td>
<td>OPEN AFTERNOON 3.10pm-4.30pm</td>
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<tr>
<td><strong>FEB/ MAR</strong></td>
<td>27</td>
<td>28</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Prep First Full week</td>
<td>District Swimming</td>
<td>Prep FAMILY BBQ afternoon</td>
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<tr>
<td><strong>MAR</strong></td>
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<td>7</td>
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<tr>
<td></td>
<td>PFA AGM 7.30pm Division Swimming</td>
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<td>Photo Day</td>
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<tr>
<td><strong>MAR</strong></td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
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<tr>
<td>LABOUR DAY</td>
<td></td>
<td>School Council AGM 7.00pm</td>
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<tr>
<td><strong>MAR</strong></td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
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<tr>
<td></td>
<td>Harmony Day Resilience Project Parent Session 7.00pm-8.30pm</td>
<td>Prep-6 HOUSE FUN RUN</td>
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<tr>
<td><strong>MAR</strong></td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
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<td></td>
<td></td>
<td>Last Day Of Term 2.30pm Portfolios home</td>
<td></td>
</tr>
</tbody>
</table>
Our amazing sporting precinct is completed and ready to go!

Sixth Avenue—a chill out space for our school leaders

Kids in the Kitchen—Coming Soon!
GK Admin Information

A big welcome back to all our GK families, especially to our new families who have joined GK this year.

We have put together some general information about some tools we use here at GK to try and make the process of communication, payment of school charges and general interaction with our community more efficient and effective.

QKR

Qkr is an app that allows parents to pay for all school charges including Canteen, Uniform and OHSC fees whenever they want in a quick and secure way. Please download the app. For those without access to a smart phone, a web-based version of Qkr is available at: [https://qkr.mastercard.com/store/#/home](https://qkr.mastercard.com/store/#/home)

Please see download instruction sheet in the following pages.

Skoolbag?

For those new families to GK, Skoolbag is the ultimate school to parent communication tool.

This School Mobile App provides schools with an easy way to tell parents and carers everything they need to know about school news, newsletters, events calendar, cancellations, school notices, school information, parent sick note forms, school documents and much more. It also allows us to contact parents immediately in emergency situations via text notifications so it is a valuable communication tool.

We would like all our GK families to subscribe to Skoolbag so we can use this great communication tool to stay in touch with our GK community.

Skoolbag is a Mobile App that can be used on iPhones and Android devices. Please find instructions on how to download the app in the next page

CSEF — Camps, Sports and Excursion Fund

The Camps, Sports and Excursion Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities.

Families holding a valid means-tested concession card are eligible to apply. A payment of $125 for eligible primary school students and $225 for eligible secondary students will be paid directly to the school to be used towards camps, sports and excursion costs for the benefit of the student.

Application forms are available from the office and we also need a copy of your concession card with the completed form.

The staff in our office are an integral part of GK being a great place to be and they are always here to help with any query you might have. In situations were parents need to discuss issues like the welfare of their child, concerns in the classroom or financial pressures, our staff are here to assist:

Leanne Tingwell  Principal  Karen ter Haar  Assistant Principal
Shannon Whelan  Welfare & Wellbeing  Jodee Jackson  Business Manager
Skoolbag is a mobile App for your school to communicate directly to both parents and students. It works through both smart phones and smart devices (such as iPads and Android Tablets). Ideal for:

- School, free push notification alerts
- School events
- School newsletters
- School documents
- School RSS feeds
- School social media (Facebook, Twitter)

How To Install Skoolbag On Your Smartphone

**iPhone & iPad Users**

1. Click the “App Store” icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. If iPhone, you will see your school appear, click “Free” then “install”.
4. If iPad, change the drop list to “iPhone Apps”, your school will then be visible, click “Free” then “install”.
5. When installed click “Open”
6. Select “OK” to receive push notifications, when asked.
7. Click the “More” button on the bottom right of the App, then “Setup”.
8. Toggle on the Push Categories that are applicable for you.

**Android Users**

You must first have signed up with a Google Account before installing the app.

1. Click the “Play Store” button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the “Install” button.
5. Click “Accept” for various permissions (please note, we do not modify any of your personal data on your device).
6. Click “Open” when installed.
7. Click the “More” button on the bottom right of the App, then “Setup”.
8. Toggle on the Push Categories that are applicable for you.

Don’t forget to like us on Facebook!

Find out more at www.skoolbag.com.au
Introducing Qkr! (pronounced ‘quicker’) by MasterCard, the secure and easy way to order and pay for school items from your phone at a time and place that suits you.

With Qkr you can:
- Pay for school fees, uniforms, excursions and more;
- See your receipts on the app and get them sent by email if required.

Getting started is easy – try it yourself today

**Step 1 Download Qkr!**

On your Android phone or iPhone. iPad users can download iPhone app

**Step 2 Register**

Select your Country of Residence as ‘Australia’ and follow the steps to register

**Step 3 Find our school**

Our school will appear in ‘Nearby Locations’ if you’re within 10km’s of the school, or search for our school by name.

**Step 4 Register your children**

When first accessing our school, you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.
Add your children’s details in Student Profiles

Select ‘Add student profile’

Add each child’s details

Manage each child’s details in Student Profiles

Purchase school items

Select a menu from our school

Select child you are ordering for

Select your items

Tap ‘Checkout’ then confirm and pay

Making payments

Add up to 5 cards to your wallet

At checkout select which card to pay with.

Pay with any cards accepted by the school.

Once your payment is approved you can continue to the home page, or view your receipt.
SCHOOL UNIFORM POLICY

PHILOSOPHICAL BASIS
Wearing School Uniform fosters pride in the school and unifies the students from various social backgrounds into a cohesive school unit.

GUIDELINES
1. The wearing of school uniform is compulsory for all students except where exemption is given by School Council.
2. The acceptable school uniform should consist of a combination of items from the designated uniform list. Any modifications to school uniform other than adjustment for proper fit are unacceptable.
3. Students participating in interschool sport and excursions will wear the appropriate uniform.
4. All Grade 5 and 6 Sporting Teams will be expected at lunch to change back into their school uniform prior to the start of session 4.
5. The majority of school uniform items should be available for purchase from the volunteer-operated Uniform Shop.
6. Second Hand Uniform Shop
   a. A second hand uniform shop should operate to enable parents to sell or buy good quality used items of school uniform.
   b. The second hand uniform shop should be operated by the PFA and the profit earned on the sale of garments should contribute to the fundraising of the PFA.
7. Arrangements can be made to supply uniforms via State Schools Relief for families experiencing economic hardship.
8. A special jacket for the Grade 6 students will be available for purchase each year.
9. Guidelines relating to out of uniform days will be published in the Linkletter prior to the event.
10. Hats
    a. Wearing a hat (as prescribed in the uniform list) for all outdoor activities is compulsory from September to April each year unless the activity is conducted in a shaded area.
    b. Hats are not to be worn inside.
11. Hair
    a. Hair should be neat and well groomed at all times.
    b. Hair which is shoulder length or longer should be tied back at all times in line with our Head Lice Management Policy.
    c. Extreme hair colours and styles are not acceptable at any time including special out of uniform days.
12. Accessories
    All hair accessories should conform to the colour scheme prescribed in the uniform list, (navy blue, royal blue, pale blue, white and black) or be a neutral tone that matches existing hair colour (e.g. blonde, brown)
13. Scarves should conform to the colour scheme prescribed in the uniform list.
14. Fashion jewellery (including plastic wrist bands) is a health hazard during any physical activity and should not be worn to school. Stud earrings in pierced ears are an exception.
15. Make up and coloured nail polish are not to be worn except for approved school activities.
16. Footwear must be appropriate for the activities undertaken that day.
17. Teachers will hand out a Student Uniform Infringement Notice when incorrect school uniform is worn. If the issue is ongoing then teachers need to speak to the Principal/Assistant Principal for follow up.
18. Parents are recommended to purchase school back packs that are endorsed by the Australian Physiotherapy Association in order to minimise the risk of back injury to students. School back packs with our Glen Katherine logo which meet these guidelines are available from the uniform shop.
19. The School Uniform list will be published in the newsletter at the start of each year and be available in both the Parent Section of the school website and from the office.
20. Monitoring of Policy
    a. The monitoring of the School Uniform Policy should be the responsibility of the Uniform Sub-Committee with the day-by-day decisions to be at the discretion of the Principal.
    b. In the event of conflict the School Council should be the arbiter.
    c. The Uniform Sub-Committee should be accountable to the School Council.
21. Enforcement of the Uniform School Policy is the responsibility of the principal and supported by staff.
UNIFORM REMINDERS
for 2017:

Checks for uniform compliance including shoe and shoelace colours will be undertaken next week. Please check the requirements below.

SCHOOL SHOES -
Footwear must be appropriate for the activities undertaken that day. Open toed shoes are not to be worn. Lightweight, slip-on style ballet slippers or canvas footwear is not considered appropriate.

SUNHATS -
Students must have their GK sunsmart hat ready to begin the school year. The ‘NO HAT, NO PLAY’ rule operates from September through to April so please make sure those hats are in school bags and ready to be worn on the first day of school. Also, hats should be in good condition please without frayed edges and graffiti free.

NAME EVERYTHING PLEASE -
Personal items of clothing, hats, school bags, lunch bottles, water bottles, books etc. all need to be clearly named from day 1 please.

SCHOOL UNIFORM
T-shirt # (light blue)
Short-sleeved Polo shirt # (light blue)
Long-sleeved Polo shirt # (light blue)
Polar Fleece Windcheater # (royal blue)
Bomber Jacket # (royal blue)
Bootleg Pants – fine fabric (girls) (royal blue)
Straight leg pants (boys)
Short-sleeved Summer Dress with GK check
Skorts (royal blue)
Pleated sports skirt (royal blue)
Winter Pinafore/Skirt with GK check by order only
Draw-string Shorts (royal blue)
Broad-brimmed hat (royal blue)
Socks (white/blue/black – no logo)
Tights (navy blue/black)
Plain Scarves (royal blue)
Plain Beanie # (royal blue)
Vest # (royal blue)
Raincoat (royal blue)

FOOTWEAR
Footwear must be appropriate for the activities undertaken that day. Open toed shoes are not to be worn. Lightweight, slip-on style ballet slippers or canvas footwear is not considered appropriate.

# All of these items have school logo

INTERスクール SPORT UNIFORM
(Optional for Physical Education)

T-shirt # (light blue)
Short-sleeved Polo shirt # (light blue)
Long-sleeved Polo shirt # (light blue)
Shorts (royal blue)
SKORTS (royal blue)
Track-suit pants (royal blue)
Socks (white)
Pleated sports skirt (royal blue)
Sports Briefs (royal blue)
Bike shorts (royal blue)

Sports skirts are only to be worn with approved sports briefs or track suit pants

FOOTWEAR
Sport specific footwear e.g. Football / soccer boots

UNIFORM SHOP
(Community Room)

HOURS
Weekly
Mon 8.30-9am
&
Fri 8.30-9am

All uniforms can be ordered via Qkr they then will be directly delivered to students in their classroom.
PEDESTRIAN SAFETY

SCHOOL CROSSINGS

Please use the crossings as directed by the crossing supervisors. Set the right example and don't be tempted to walk with your child/ren directly across the road instead of walking a bit further and crossing safely. This also includes not taking short cuts across the roundabout or across the school carpark entrance and exit driveways.

We are very appreciative of the great work done by our Calendonia Drive School Crossing Supervisors. Making sure that pedestrians cross the road safely is not an easy task. Road safety is the responsibility of all users—drivers, passengers and pedestrians and the crossing supervisors are there to provide assistance to those needing to cross a busy road at a busy time of day. Always show courtesy and respect please and importantly, just do the right thing.

STREET PARKING

Please take notice of the parking restrictions in Calendonia Drive and nearby streets. You will be booked if a Bylaws Officer notices you doing the wrong thing.

PLEASE READ THE PARKING RESTRICTION SIGNS CAREFULLY to avoid being booked.

SCHOOL/STAFF CARPARK

The carpark is only able to be used for a 2 minute pick-up or drop off (ALONG THE DOUBLE YELLOW LINES ONLY). Parents/grandparents are advised that the carpark is not to be used for parking and walking students to/from classrooms. Where it is observed that parents are parking their cars in the carpark, there will be follow up. We are a large school and need all of the parking spaces for teachers, non teaching staff, and others who visit the school on school business (tradesmen, psychologists, speech pathologists, pre-service teachers etc.) We have a number of part time staff who have different start and finish times so spaces need to be available for the parking needs of all staff and school business visitors. We also have two Disability Parking spaces that are used by a few of our current families who have need for them.

Further information regarding how the pick-up and drop off zone works can be found on our website (About Us / Facilities & Grounds / Pick-up and Drop-off Zone). When drivers follow the rules, the pick-up and drop-off area generally runs as safely and smoothly as possible during the busy peak 15 minutes period prior to and after school.

St HELENA COLLEGE CARPARK

Please note that the College carpark is only for the use of college staff and students. A number of their students are also drivers so the college needs all parking spaces to be available for their use.

Thanking you in advance for your cooperation …. Leanne Tingwell

WELCOME BACK EVERYONE, the canteen has open for lunches & counter sales from today!

An updated Menu has been prepared with a few price increases due to supplier increases. We are trying a new Super Summer Salad Box for this term. You have the choice of having the salad (lettuce, carrot, tomato, cucumber & cheese) with sliced ham or diced chicken, & it also includes fresh dinner roll for $6.50. It will be available from Tues to Thurs. You will also be able to add salad to our already available sandwiches for an extra $2.00.

The new menu can be accessed through QKR, Skoolbag and the GK Website or a hard copy can be collected from the Admin area or Canteen.

We have the following days available in the roster & would love to fill them as soon as possible:

<table>
<thead>
<tr>
<th>DAY &amp; DATE</th>
<th>NAMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 7th Feb</td>
<td>K Togni; D Henderson</td>
</tr>
<tr>
<td>Wed 8th Feb</td>
<td>N Peerman</td>
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<tr>
<td>Thurs 9th Feb</td>
<td>N Campbell-Kerr</td>
</tr>
<tr>
<td>Fri 10th Feb</td>
<td>N Morgan; S Armstrong; T Forbes</td>
</tr>
</tbody>
</table>

If you would like to help out in the canteen, please just contact me on 9431-1599, Tues to Fri 8.30am to1.30pm or email cunning-ham.suzanne.s@edumail.vic.gov.au or sms 0408 172 778.

Have a fabulous 2017,

Cheers, Suzi
GK Canteen

Price List – FEBRUARY 2017

Orders: Use the QKR App to place your order by 8.20am or write your child’s name, grade and order details on a PAPER BAG (No envelopes or plastic bags & use black or blue pen please). On arrival in the classroom, the order needs to be placed in the class lunch tub.

- Canteen is closed on Mondays
- Place money inside bag & fold in 1/4’s - No staples or sticky tape please
- One total order per bag (if paying for multiple orders, please mark clearly where payment is on all bags)
- If insufficient money, an item will be deleted from the lunch order
- Allergies - Some of our food items may contain traces of nuts or eggs. We have an ALLERGY ALERT lunch system in place for those children of concern. Please contact the Canteen for details.
- Forgotten/Late Orders - 9.30am is the cut off time for processing orders in the Canteen. Orders received after this time will be offered the choice of a wholemeal cheese or vegemite sandwich & a piece of fruit at a charge of $4.00
- Printed Allergy Lunch Bags - Available for purchase: 10 @ $2
- Counter Sales - We’re open for counter sales 11.20am to 11.45am (lunch recess) unless a hot/wet timetable is called
- Ice Creams, Fruit Cups, Slushas & Jellies - These items can’t be pre-ordered & must be purchased at the Canteen counter

Counter Sales Only
(Not to be included on your lunch order)

<table>
<thead>
<tr>
<th>Ice Creams</th>
<th>Icy Twist (Lemonade)</th>
<th>Paddle Pop (Chocolate/Rainbow)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini Calippo (Raspberry/Pine)</td>
<td>$1.20</td>
<td></td>
</tr>
<tr>
<td>Dixie Cup (Vanilla)</td>
<td>$1.20</td>
<td></td>
</tr>
<tr>
<td>Frozen Fruit Cup (Apple/Orange)</td>
<td>80 cents</td>
<td></td>
</tr>
<tr>
<td>Slusha (Assorted Flavours)</td>
<td>$2.00</td>
<td></td>
</tr>
</tbody>
</table>

Suitable for those with Nut Allergies: Bulla Yoghurt N Fruit 100ml Frozen Cup (Strawberry) $1.50

1st & 4th Term Only: Frozen Orange ¼ or Frozen Pineapple Ring 50c ea – Sunshine Jelly $1.00
Available to order Tuesday to Friday:

Sandwiches & Hot Foods – available in lunch orders only

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite Sandwich</td>
<td>$3.00</td>
</tr>
<tr>
<td>Cheese Sandwich</td>
<td>$3.50</td>
</tr>
<tr>
<td>Ham Sandwich</td>
<td>$4.50</td>
</tr>
<tr>
<td>Tuna &amp; Mayo Sandwich</td>
<td>$4.50</td>
</tr>
<tr>
<td>Rolls 40c extra</td>
<td></td>
</tr>
<tr>
<td>Cheese 40c extra</td>
<td></td>
</tr>
<tr>
<td>Salad $2 extra 1st &amp; 4th Term only</td>
<td></td>
</tr>
<tr>
<td>WHOLEMEAL BREAD &amp; ROLLS ONLY</td>
<td></td>
</tr>
<tr>
<td>Dim Sim (Steamed)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Hot Dog</td>
<td>$4.00</td>
</tr>
<tr>
<td>Good Eating Party Pie</td>
<td>$1.20</td>
</tr>
<tr>
<td>Good Eating Sausage Roll $3.00</td>
<td></td>
</tr>
<tr>
<td>Good Eating Cruizer Meat Pie $4.00</td>
<td></td>
</tr>
<tr>
<td>Old Style Vege Pastie</td>
<td>$4.00</td>
</tr>
<tr>
<td>Spinach &amp; Ricotta Roll</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chicken Nuggets (Bag of 5 only - Not for individual sale) $3.00</td>
<td></td>
</tr>
<tr>
<td>Meat Lasagne (Gluten Free) $4.00</td>
<td></td>
</tr>
<tr>
<td>Vegetable Lasagne</td>
<td></td>
</tr>
<tr>
<td>Cup of Chicken Noodles $2.50</td>
<td></td>
</tr>
<tr>
<td>Hawaiian Pizza $3.00</td>
<td></td>
</tr>
<tr>
<td>TOMATO SAUCE or SOY SAUCE available at 30c per sachet</td>
<td></td>
</tr>
</tbody>
</table>

Snacks & Drinks – available in lunch orders & counter sales

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Fruit in Season $1.50</td>
<td></td>
</tr>
<tr>
<td>Carrot Sticks (8 per bag) 50c</td>
<td></td>
</tr>
<tr>
<td>Jumpys (Chicken/BBQ/S&amp;V) $1.00</td>
<td></td>
</tr>
<tr>
<td>Popcorn (Buttered) $1.00</td>
<td></td>
</tr>
<tr>
<td>Canteen Made Muffins (Assorted) $1.00</td>
<td></td>
</tr>
<tr>
<td>GK Bubble Slice 50c</td>
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</tr>
<tr>
<td>Rice Cakes (Cheese/Chicken/Salt &amp; Vinegar) 20c</td>
<td></td>
</tr>
<tr>
<td>250ml 100% Juice (Orange/Tropical/Apple &amp; Blackcurrant) $1.50</td>
<td></td>
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<tr>
<td>350ml Water $1.00</td>
<td></td>
</tr>
<tr>
<td>250ml Nippys Reduced Fat Flavoured Milk (Chocolate/Strawberry/Honeycomb) $1.80</td>
<td></td>
</tr>
</tbody>
</table>

TUESDAY, WEDNESDAY & THURSDAY LUNCH SPECIALS:

CHEESY CHICKEN BURGER
Crumbed Chicken Breast Burger & a cheese slice in a wholemeal roll $4.50

TOASTIE
Baked Bean, Spaghetti, Ham & Cheese, Cheese & Vegemite, Ham or Cheese on wholemeal bread $4.50

TEX MEX WEDGES
Oven baked potato wedges, mild salsa and melted cheese (made in the Canteen) $4.50

HAVING A TUES TO THURS BURGER, TOASTIE OR WEDGES SPECIAL?
You can upgrade your Tues-Thurs Special with a choice of a Juice or Water & a Canteen Made Muffin bringing your lunch total to $6.00

SUPER SUMMER SALAD BOX – Only available 1st & 4th Term Tuesday to Thursday
Choice of Sliced Ham or Diced Chicken with Lettuce, Tomato, Cucumber, Carrot, Cheese & a Multigrain Dinner Roll $6.50

Volunteers are always welcome to help collate orders & prepare lunch. If you can help, please contact Suzi Cunningham, Canteen Manager on 94311599
Parenting ideas INSIGHTS

Building parent-school partnerships

Make this year your child’s best ever at school

Words Michael Grose

A new school year means a clean slate for students. Here are 7 ideas to help you make the most of the fresh start and make this year your child’s best year ever at school.

1. Commit to your child going to school every day on time
   One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help kids start each day well
   A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time to get up, eat and get ready for the day.

3. Establish work & study habits
   The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches.

4. Make sure your child gets enough sleep
   Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night’s sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. Insist kids exercise
   The old saying about ‘a healthy body and a healthy mind’ is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. Focus on being friendly
   Schools are very social places requiring kids to negotiate many different social situations each day. Yet we often only focus on academic learning. There are strong links between social success, and academic success and wellbeing. Encourage kids to be open and tolerant; to be friendly; to be sensitive to others; to be involved in plenty of activities and to be social risk-takers. These are all characteristics of socially successful kids. At the same time discourage anti-social behaviours such as over-competitiveness, self-centredness and lack of sharing.

7. Develop self-help skills
   Successful students are often well organised, self-directed and self-motivated. Personal organisation seems to come more naturally to girls than boys, however both genders benefit from coaching in this important area. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after-school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you’ll find that the rest will fall into place.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my free weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
COMMUNITY NEWS

CELEBRATE CHINESE NEW YEAR 2017 IN DIAMOND CREEK

Saturday, February 4
2pm–6pm
CUBE 2 DRAGON EXHIBITION
FREE!

6pm to late
DIAMOND CREEK SWIMMING POOL
DIVED IN MOVIE NIGHT
Tickets: $5 each
or $20 for family
BECOME A VOLUNTEER

Sunday, February 5
4pm–7pm
Join us for an array of Chinese New Year festivities at Cube 2, Diamond Creek Community Centre.
BYO dinner and picnic blanket.

CUBE 2 FREE!
Face painting
Drum and Rooster Craft Making
Wood Carving by local artist Les Cooke
Drumming Workshop (5 – 5.30pm)
LUNA NEW YEAR DANCE (4pm)

For further info and to book movie tickets visit:
diamondcreekswimmingpool.com.au

SAVE THE DATE
Saturday, 11th March
Diamond Creek Primary School
Saturday 8th – 16th April
Diamond Creek Estate Treasure Hunt

CATHOLIC SCHOOLS TOP 12 BEST VCE RESULTS

Congratulations
Class of 2016
on outstanding results

2018 YEAR 7 ENROLMENTS CLOSE
17 FEBRUARY 2017

Twilight Tour
Thursday, 9 February
4.45pm-7.00pm
Last tour leaves at 6.15pm
Principal’s address at 4.45pm, 6.00pm and 7.00pm
REGISTER AT WWW.CLIC.VIC.EDU.AU/TOURS

Fun and Friendly Environment

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Musical Theatre Acrobatics
Kinder Dance
0452 226 872
Montgomery Scout Hall,
Petrie Park Mountain View Rd, Montmorency
laurenelizabethperformingarts@gmail.com
www.laurenelizabethperformingarts.com.au
COMMUNITY NEWS

Eltham Calisthenic College

2 Free Classes

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Mountain View Road
Montmorency

Please call Carolyn Milburn on
0417 599 623
www.elthamcalistheniccollege.com.au

GLEN KATHERINE P.S
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Location: Glen Katherine Primary School Tennis Courts

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Enrol Now & RECEIVE 30% OFF

YOUR FEES

and also receive a FREE HEAD Tennis Racquet Pack valued at $80

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Web: www.toplinetennis.com Email: info@toplinetennis.com

Head

Topline Tennis Coaching