Dear families,

As the term draws to a close and we begin to farewell our Year 12 students Mary Mackillop's saying that "we are but travellers here" comes to mind (1886). Although St Mary of the Cross was referring to our time on earth her statement also reminds us that each of our experiences here is fleeting, a lesson Year 12 are keenly aware of this week. The girls finished their six years at St Joseph's with maturity and dignity demonstrating the characteristics of true Mackillop women.

Each year at this time as we undertake our farewell activities for Year 12 I am reminded of the incredible community that is St Joseph's. We began the week with our Farewell Assembly where the whole College gathered in the ERC and students from Year 7 to Year 11 cheered and wished the senior girls well. The Assembly included a range of students from performers to the students of our Youth Ministry team who shared a wonderful liturgy using the Dr Seuss story "The Places You'll Go!" and Year 7 who gave each Year 12 student a handmade bookmark to remember us by. We also recognised the compassion of this Year 12 group which has clearly been demonstrated by their fundraising this year for our sister Josephite school in New Zealand that was so badly damaged by the earthquake that the staff and students will not be able to return. The girls raised $1500 through hot chocolate mornings, sausage sizzles, cake stalls and other events.

This week is a time where the younger girls gather their thoughts and wonder what it will be like when they reach Year 12 and Year 12 reaffirm all they have learnt over the last six years. I have been privileged to be able to speak both to the whole school on Monday then to Year 12 and their families on Wednesday evening. It is never easy composing a speech. You need to be engaging, say something that is meaningful to all those in the audience and most importantly in any graduation speech you must acknowledge the individuality and success of those graduating. I did my best and I would like to share a little of what I said with you as I think it describes the incredible journey of Year 12, 2013:

"Graduation means that so many new opportunities will present themselves to you. Some will be exciting, wondrous and exhilarating whilst others may be overwhelming, confusing and even, a little frightening and so, you must always remember that you are Mackillop women with the skills, strength and resilience to face and overcome any challenge and succeed. Still, there may be times when you need a little sage advice and as this is my last chance to offer you any advice, I’d like to refer to a writer that has inspired young and old throughout the last decades, Dr Seuss. Year 12 remember that success is really whatever you decide it should be so as Dr Seuss says "Be who you are and say what you feel, because those who mind don’t matter and those who matter don’t mind."

Year 12 you have always been “who you are” – individuals with strong views, you have said what you feel, you have been loyal to your friends always ensuring that a ‘fair go’ was experienced by all. You have argued, laughed and cried but more than this you have been courageous and it is to courage that Dr Seuss refers. Courage to believe in yourself, courage to stand up for what you believe is right, courage to fight for others.
especially those who cannot fight for themselves, courage to do what is right no matter the cost and courage to live your lives to achieve in whatever you choose to do. This is not a small feat but it is possible and you as a year group have the attributes to succeed.”

As each Year 12 cohort leaves St Joseph’s we are very proud of the unique gifted young women they have become, young women who live with compassion, respect, justice and hope and young women who will make a difference and the 2013 cohort will do just that! Finally I would like to wish Year 12 all the best in the future and I hope their dreams take them to the corners of their smiles, to the highest of their hopes, to the windows of their opportunities and to the most special places their hearts have ever known. I leave you with a final prayer:

As you go from here, may God the Father and Christ Jesus our Lord give you grace, mercy and peace.
Do not let your faith or your witness grow cold. Remember: God’s gift of faith is like a flame; when the embers of that flame have cooled, you must fan them again to keep them ablaze.

So remember what you have been taught and what you have experienced.
Live in such a way that all who know you may see the light of God reflected in you.

And may the grace of God, the love of Jesus Christ, and the presence of the Holy Spirit be with you and among you in the days ahead. Amen.

May you all have a wonderful holiday and enjoy the time with your families.

God bless,
Cheryl Merryweather
Acting Principal

FROM THE ACTING ASSISTANT PRINCIPAL

A very busy Term 3 is drawing to a close. Our students are looking forward to the holiday as are many, many teachers. We have achieved much over the past ten weeks and are getting ready to ‘gear up’ for Term 4. Year 12 students finished their final week of school in style with a Graduation assembly last Monday. This was an opportunity for our College community to thank them for their contribution over the past six years, congratulate them on achieving this very significant event in their education – the end of secondary schooling, and wish them success in the future. The College Leaders highlighted many stories about this year group’s journey from Year 7 when they spoke on behalf of Year 12. We laughed and cried as they left the assembly for the final time. The Graduation Mass and Awards Ceremony that followed on Wednesday evening were moving and memorable, and a lovely way for the year group to celebrate reaching this stage in their educational and personal journey. We enjoyed their company very much and wish them every success in the future.

The MacKillop Shield
The MacKillop Shield is awarded to the House whose students earn the most points throughout the year which, for the purposes of this competition is defined by the leadership term of the Year 12 House Leaders (Term 4 the previous year to Term 3 in the current year). Students worked hard for their Houses to earn merits, community service awards and House points for a variety of activities. Points are then tallied at the end of Term 3 to determine the winner of the MacKillop Shield to be presented at the Year 12 Graduation assembly. It is worth noting that at least 6000 MacKillop and Community Service awards were signed off this year and 2000 more House points were earned this year than last. Carroll House was named as the winner of the MacKillop Shield in 2013.

Preparing for Term 4
1. Return to School
   Tuesday October 8 is a Staff Development Day so students return to school on Wednesday October 9.

2. Important Term 4 Dates
   Monday October 14 – HSC commences
   Wednesday October 23 – Year 12 2014 Information Evening for parents and students
   Thursday October 24 – Year 7 Geography excursion;
   Year 9 Reflection Day
   Friday November 1 – Semester 2 examinations for Year 7 – 10 begin

3. School Zones
   Parents are reminded that school zones remain in place for the safety of our children and families. School zones operate on all gazetted school days, which are all days the school is open, even student free days. Therefore, all school zones will be in force on Tuesday October 8.

4. Early and Late Supervision
   Please be aware that if you are dropping your daughter to school early, there is no supervision at the College prior to 8.20am each morning. Also, there is no active supervision after the last bus leaves in the afternoon.

5. Travelling to and from school on buses
   An increasing number of Year 7 and 8 students in particular are getting off their school bus at East Gosford shops in the morning and going to the shops and/or the redeveloped Elizabeth Ross Park before arriving to school. Students were reminded at an assembly this morning that they must walk...
directly to school from where ever it is they step off the school bus. They may not under any circumstance go to shops or play in a park. We were very clear about this regulation at our assembly so we ask parents to work with us to ensure our students are safe and supervised as soon as possible after getting off their bus. Students are not permitted to leave the College in the afternoon to go to the shops or the park and later return to the College to catch their bus home.

6. Promptness to school
Parents are reminded that students must be at school by the time the first bell of the day rings – at 8.30am. Students are expected to be in Pastoral or at an assembly by 8.35am every day of the term. Late buses are unavoidable but lateness due to tardiness is unacceptable. We ask that you ensure your daughter’s transport arrangements are such that she arrives to school on time.

7. Summer Uniform
Students return to school in summer uniform so please take the time over the holidays to ensure that your daughter has the correct uniform and that she meets College expectations related to hair, makeup and jewellery. The uniform requirements for the College are printed on the website and in the Student Planner. The main points are summarised below:

- Skirt - the hem should fall to the top of the knee when standing
- Blue Blouse (Years 7 – 10), white blouse (Years 11 – 12) - sleeves always rolled down
- College jumper or cardigan; random jumpers and hoodies are not permitted
- White plain socks; no black socks
- Black lace-up leather shoes with a distinct heel; no slip on shoes; no black canvas boots
- Shoulder length or longer hair must be securely tied back
- White, navy, teal or black hair ribbon or scrunchie; headband must be plain, narrow and black
- Nails - clear polish is permitted; fashion colours or acrylic nails are not permitted
- Light makeup is permitted
- Jewellery – two pairs of earrings (small studs or sleepers) are permitted; fine gold/silver chain with a cross or religious medal, small plain gold/silver ring can be worn
- No facial jewellery – only very small clear plastic studs may be worn in nose piercings
- No ear spacers
- College Back Pack is compulsory; handbags or alternate bags are not permitted

If you have any questions or queries regarding correct uniform please contact your daughter’s Year Leader at the College.

8. Head Lice
We have been notified of several cases of head lice across a range of year groups in the last couple of weeks so could I ask parents to regularly check your children’s hair and if head lice are found follow the advice of NSW Health with regard to treatment. Information can be found on the NSW Health website: **http://www.health.nsw.gov.au/publichealth/environment/headlice/treatment.asp**

If your daughter has head lice she must stay at home until it is treated. To reduce transmission between girls please ensure that your daughter has her hair tied back each day.

It has been a very rewarding term – busy, productive and successful on so many fronts. Students and teachers are equally looking forward to a relaxing holiday. Stay safe.

Helen Love
Acting Assistant Principal

FROM THE RELIGIOUS EDUCATION DEPARTMENT

Social Justice Day 2013
Much has been happening within the Religious Education department in Term 3!

Twenty two St Joseph’s Year 10 Religious Education students attended the annual Social Justice Day on the 4th September at Oxford Falls, accompanied by Ms Wedmore and Mr Fepulea‘i.

The theme was **Together for Humanity** and the aim of the day was to provide the opportunity for students from across the Diocese to gather, learn and be challenged to live out their faith in such a way that contributes to a just and inclusive society.

Workshops included areas such as: How can we be Peacemakers? Reflections from those who volunteer with Night Patrol, Learning to Live with Nonviolence, How do Australians welcome the Stranger, and Ecology, Justice and our Future.

A highlight of the day was a presentation by **Together for Humanity** - a not-for-profit organisation that is helping schools, organisations and communities to respond effectively to differences of culture and belief. They do this by bringing students, teachers and those in the community into contact with people from
diverse backgrounds in an open, supportive and enjoyable setting. This inspired interest, empathy and understanding as well as opportunities to question existing prejudices and encourage greater appreciation of others. We were able to ask a Catholic, Muslim and a Jewish Rabbi a number of questions such as why both Jewish and Muslim men grow beards? Why do Jewish people still believe the Messiah is coming? What made them leave their own country? As some Christians believe that judgement day will only come when the Jews come to believe that Jesus is the son of God; how do the Jews feel about that?

The day allowed interaction with other students and the opportunity to gain knowledge of humanitarian issues and how as Christians, we may apply the teachings of Jesus to our fight for a better world. It was a great day.

Melaea O, Bridie H, Celina L, Brittany J.

Social Justice Sunday
We celebrate Social Justice Sunday on 29 September. This year’s Social Justice Statement is titled: ‘Lazarus at our Gate: A critical moment in the fight against world poverty’.

The Statement urges all Australians to focus on our obligation to help the world’s poorest and to work to combat poverty wherever it is found. Although progress has been made over the past decade in the fight against extreme poverty, one billion people still live on less than $1.25 per day, and 20 per cent of the world’s poor live in countries near Australia.

For further details about the Social Justice Statement, visit the Australian Catholic Social Justice Council website (www.socialjustice.catholic.org.au) or call (02) 8306 3499.

Catholic Studies Excursion
On Tuesday the 20th of August the Year 11 Catholic Studies students embarked on an excursion to the Catholic Schools Office in Pennant Hills to further their knowledge of the various ministries within the Church, and to learn more about the Church in the contemporary world.

The presentation was led by Kelly Paget, a former student of St Joseph’s. The girls responded to Kelly positively and she imparted a great wealth of knowledge. The first session consisted of a tour of the David L. Walker Library where they were given the opportunity to research various ministries of the church and gather information for their upcoming assessment task. The Library tour was followed by a brief liturgy held in the Catholic Schools Office Chapel which was facilitated by Simon Hyland. Simon did a great job at engaging the girls and encouraging them to be active participants in the liturgy. After this, the girls were given the opportunity to view an inspiring presentation delivered by Kelly and Simon who highlighted some of the various ministries of the Church, focusing strongly on the importance of Youth Ministry and their team.

The highlight of the day was, without doubt, a visit from Bishop David Walker himself. The Bishop spoke with the girls about his role as bishop and answered some questions that the girls had prepared. After our visit from the Bishop the girls had lunch at a local café, where the owner commented on the “beautifully behaved students.”

During the penultimate Joe Pulis gave the girls a presentation regarding the importance of catechists in our public schools. This was followed by a presentation from Veronica who focused on the purpose and importance of the various Parish ministries.

The girls are to be commended on their exceptional behaviour on public transport and also at all times during the excursion. The girls thoroughly enjoyed their excursion and clearly gained a great deal from the experience.

Annie Back
Religious Education
Teacher

FROM THE LEADER OF LEARNING AND TEACHING

Year 12
Year 12 are in their final weeks at the College completing courses and preparing for HSC examinations. This is an extremely valuable time for course review and consolidation and an opportunity for ready access to class teachers for advice and guidance in regards to study. Students can access HSC examination information and past HSC papers with marking guidelines through the Board of Studies Students Online website - please speak with Mrs West if having difficulties in accessing this website. UAC guides have been distributed and on time applications are to be lodged by 27th September - please speak with Mrs Wilkinson if there are questions about post school pathways.

Year 11 Exams
Below are some tips to best prepare for the upcoming Preliminary Course examinations:

- complete practice questions and revise class notes to reduce stress and help performance
- see your teachers with any questions or concerns
- read all examination notifications carefully - know what you are expecting in each exam
- eat healthy food and do some form of exercise
- get sufficient sleep
- enjoy a sensible study /relaxation balance

20th September 2013
Act Justly
All Year 11 students have received the following examination rules and procedures with their timetables. The weighting for each examination and more detailed information regarding assessment is published in the Year 11 Assessment Handbook that was issued to all girls at the start of the year.

- You must arrive at the College at least 20 minutes prior to the commencement of exams.
- Meet in Founders Court prior to exams. AM – 8.50 am, PM – 12.50 pm.
- If you are late for exams no extra time is given.
- If you are ill or suffer a misadventure on the day of an exam you must notify the College (Mrs West, Ms Merryweather or Mr Matthews) and follow the appropriate procedure as outlined in your Assessment Handbooks.
- You must ensure that you have a medical certificate in cases of illness. On your return to school you must see Mrs West, Ms Merryweather or Mr Matthews to fill in an illness/misadventure form.
- You may not leave examinations early.
- You must use your Board of Studies number as your identification on each exam paper.
- Mobile phones are not permitted in exam rooms so you should leave them at home or locked in lockers.
- You are expected to bring all required equipment (pens, stapler, tissues, water, calculators etc) in a clear plastic container.
- No borrowing of equipment during the exam.

Year 11 Changing of Course
Some Year 11 students are considering a change in their pattern of study for Year 12 by picking up an extension course or by dropping an existing course. Change of subject forms will be accepted from week 10 Term 3. New timetables will be issued after week 2 Term 4. Year 11 students must show they have made a genuine attempt to satisfactorily complete all course requirements in each of their current Preliminary subjects in order to progress to the Higher School Certificate. Therefore, at this stage, focus should be on study and review and not subject changes. The final Preliminary Course examinations will give information to assist in relation to the awarding of RoSA grades.

Farewell To Year 12
This week has seen us farewell Year 12 2013. The girls should be congratulated on making it through to the end of their education. This is a very important milestone in anyone’s life and they should be proud of having achieved this. As a College we wish them well and hope they continue to work hard leading into their exams at the beginning of next term.

The teaching staff of St Joseph’s are very dedicated in the education of the students in our care, and with this in mind it is important to thank all the staff who have had an input into the girls education. Another area that is very important in the College is welfare of our students. Here there are many people who contributed to the girl’s wellbeing, three people in particular should be specially thanked, Mr Mathews, their Year Leader in Years 7 and 8, helped get them started. Ms Love the Leader of Student Wellbeing for her ongoing guidance and support of the group and finally Mrs Parsons who has been their Year Leader for the past four years. Her help and guidance over this time has been wonderful.

Congratulations Year 12 on your achievements. We are proud of you.

College Uniform
Students return to school in Term 4 in summer uniform. Parents are encouraged to refer to the Student Planner or the College website for clear guidelines on the uniform requirements. This week we have introduced a letter to send to parents when their daughter fails to comply with the uniform policy. The letter allows us to inform you of specific problems in relation to your daughter’s uniform. We ask that if you receive a letter please address the uniform issue as soon as possible.

We also ask parents to check the length of their daughter’s skirt over the holidays. Many skirts are too short. If there is no hem to let down a new skirt may need to be purchased.

Enjoy the coming break and stay safe over this time.

Cath Toby
Acting Leader of Student Wellbeing

FROM THE LEADER OF YEAR 10
On Friday the 6th September the Year 10 Commerce class and Mrs Parsons travelled to NSW State Parliament. We were greeted by the Education Officer, Peter and introduced to our State Member for Gosford Mr Chris Holstein and his advisor.

We visited the Lower House where Peter explained the various roles of the ministers and Back Benches in the legislative process. We role played a question time highlighting the strategies used in Parliament by politicians.

Mr Holstein also discussed his role in Parliament and what he is trying to achieve for his electorate. He also presented our school with a History of State Parliament book for our Library.
From here we visited the Upper House which is historically significant as the oldest Parliament in Australia and second oldest in the world.

Mr Holstein gave us access to the Parliamentary offices and rooftop garden. He also treated us to lunch. It was an informative day and taught us firsthand how our parliamentary system works.

Year 10 Commerce
Stephanie

REP SPORT

ATHLETICS CARNIVAL
I apologise for the delay in this report. Due to the carnival being called off early there were still a few events to run at school. Unfortunately this didn’t happen due to weather, sickness and other delays.

For most of the Athletics Carnival the day was fine. However dark clouds circled after lunchtime so a decision was made to suspend competition and transport the students back to school. The day was the usual colourful and spirited occasion with a House March Past starting the proceedings. Well done to the following students who have been named Aged Champions:

12 years Eliza G
13 years Erica D
14 years Imogen W
15 years Rebecca E
16 years Melaea O
17+years Tenielle R-N

SPIRIT TROPHY: RAFTERY
HOUSE TROPHY: CARROLL

House Points:
CARROLL 636
LONERGAN 583
RAFTERY 554
BARNES 533
DEVEY 488
TACEY 479

BBSSSA ATHLETICS
Outstanding effort from all students representing St Joseph’s at the recent BBSSSA Athletics Carnival. We have 8 students going onto further representation: Heidi T, Jacinta P, Tara A, Melaea O, Eliza G, Candy H, Katelyn S & Breyana S-H. Good luck girls at the upcoming NSWCCC Championships.

Soccer
Congratulations to the U/13 and U/15 teams at the BBSSSA Carnival. The U/13 team reached the semi finals and lost after overtime and a penalty shootout. The U/15 team were crowned the winners on the day. Fantastic effort from all girls and thankyou to Mr Matthews and Mrs Kelleher for coaching.
Bill Turner Soccer
What a great effort from the Under 15 Bill Turner Girls. This is an Australia wide knockout tournament involving hundreds of teams. The St Joseph’s girls won the Central Coast region defeating the Adventist School before losing to Endeavour Sports High in the quarter finals. Thanks again to Mrs Kelleher and Mr Matthews for their coaching expertise.

Cross Country
Well done to all of the St Joseph’s girls at the BBSSSA Cross Country. Running at the picturesque Fagans Park in Sydney all students excelled with several proceeding to further representation. Candy H, Eliza G, Raquel A & Katelyn S all went on to represent at the NSWCCC Championships.

BASKETBALL
NSWCCC State Champions – Yrs 9/10 Basketball Team
State Champions - Congratulations to the Years 9/10 Basketball team. They have been crowned STATE champions after playing their way undefeated through the NSWCCC Championships in Tamworth. A nail biting final saw the girls winning by 50-48 against Monte Sant’ Angelo. Well done girls and thanks to Ms McCabe, Mr Doorn and Mr Fenton for their support.

Also in basketball news congratulations to Madison D (Year 12) and Riley E (Year 11). They have been selected in the U/19 Australian squad. They attend a training camp during the next holidays. Well done and good luck girls.

TENNIS
Congratulations to Briahna B, Breelyn B, Katie B & Rebecca O on their fantastic NSWCCC win in Bathurst. These girls went on to represent NSWCCC against Pymble Ladies College. However, they lost this event to a very strong and powerful team. Briahna and Rebecca were also part of the Northumberland team taking out the U/14 NSW State Tennis Team Championship recently. Well done Briahna, Breelyn, Katie & Rebecca.

NSWCCC Tennis Champions with PLC Competitors

SURFING
Central Coast Championships – Megan K & Megan W were successful in these titles going on to represent the Central Coast at the NSW Schools Surfing Championships. Both Megan’s were in the team event making the semis and Megan W also represented individually. She also made the semi-finals at this event. Great work girls.

BBSSSA Surfing - Congratulations to Megan W (2\textsuperscript{nd}), Megan K (3\textsuperscript{rd}) and Candy H (4\textsuperscript{th}) in Senior Division. Jaz M (4\textsuperscript{th}) in Junior Division and Gemma E (1\textsuperscript{st}) bodyboarding Division. Great representation from St Joseph’s with a total of 8 girls surfing on the day.

NETBALL
BBSSSA Netball - Well done to all teams on their competitive and sportsmanlike display during Term 3 Netball Gala Days. We had 4 teams attend the Broken Bay Gala Day – a Year 7 team, Years 7/8 team, Years 9/10 team and Years 11/12 team. ALL teams made it through to the semi-finals with both Yrs 7/8 and Yrs 9/10 teams making the Grand Final. Both teams went down to a couple of very strong MSB teams. Great effort girls and thankyou to Mrs Henry, Mrs Moutray and Kirraly for helping with coaching duties.

NSWCCC Champs - Only 3 teams attending these Championships with all 3 teams playing some outstanding netball. All teams came 2\textsuperscript{nd} in their respective pools however only 1\textsuperscript{st} place from each pool went through to play a final. We certainly are a very strong netball school especially in the younger age groups. All students displayed great teamwork and sportsmanship in a fantastic day out at Penrith. Thank you to Mrs Knight and Mr Feps for their coaching skills on the day.
OZTAG

Opens – Winners!

Congratulations to the OPEN Otag team who were crowned Central Coast Otag Champions last week. After going through their 5 rounds undefeated they won their semi-final and final 4-0 against BWSC. Well done Molly, Taylor, Eloise, Ocean, Rebecca, Yasemin, Madison, Jasmyn, Jocelyn, Ranni & Tara and supercoach Mrs Kelleher!

FUTSAL

Well done to the U/14 Futsal team. After winning the Central Coast Region they progressed to State Finals in Penrith. The girls played well through their round games and qualified for the semi-finals. Unfortunately they lost this game in a tough encounter. Well done Erica, Sabrina, Ocean, Yasemin, Emily, Jocelyn, Katie and Taylor and thanks again to Mrs Kelleher for coaching. Also thanks to Mr Beattie for driving the bus down to Penrith.

TOUCH

Congratulations to the Year 7/8 Touch Team. They are the Central Coast Regional winners of the NSW All Schools tournament and now proceed to Bathurst in November to contest the State Finals. Well done girls and good luck in Bathurst.

Mrs Northevy
Rep Sport Co-ordinator

COMMUNITY NEWS

Healing Retreat at St Patrick's Parish, 76 York Street, East Gosford

Join us for a retreat, held over three days, on 16th, 17th & 18th September led by Fr. Michael Payyapilly VC of the Divine Retreat Centre, Somersby.

Each day the program is as follows:
Mass at 9 am and talk to follow. Mass and talk will be repeated at 7 pm.
Adoration will be between 2.30-3.30 pm, with the opportunity for Confession and individual prayer.

Please note that on Wednesday, 18th September there will be healing after each of the morning and evening
sessions. If you would like any further information, please call our office on 4325 1042.

Fr. Tadeusz
St Patrick’s Parish, East Gosford

Mary Mac’s Place
Mary Mac’s Place is a local volunteer organisation providing help to those doing it tough in our local community. We provide a nutritious lunchtime meal together with referrals and support to people in need in OUR community. We receive no government funding and are reliant on our fundraising activities to continue to provide our service.

We will be holding a Weekend of Arts and Crafts & Fashion at Walter Baker Hall, 100 Blackwall Road, WOY WOY on:

Saturday 21st September
2pm-7pm Free Arts & Crafts Show by Ettalong Beach Arts & Craft Centre Inc & Sausage Sizzle

Sunday 22nd September
10am-2pm Free Arts & Crafts Show by Ettalong Beach Arts & Craft Centre Inc & Sausage Sizzle

For further information please contact:
Christine – 4342 0584
Claudia – 0416 072 757

The Uniform Shop will be open during the September/October holidays on Thursday, 3rd October from 10am – 11am only.
Canteen: Summer Pricelist with new food options will commence from Oct 8\textsuperscript{th} 2013. Please see the attached pricelist for changes.

### Canteen Price List - Summer
**Term 4 2013 & Term 1, 2014**

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<td>Cheese</td>
<td>2.50*</td>
<td>Milk Varieties</td>
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<tr>
<td>Cheese/Tomato</td>
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<td>Popper Varieties</td>
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<td>Chicken</td>
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<td>YoGa/chocolate</td>
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<td>Chicken/Salad</td>
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<td>Juice – Orange, ABC, Apple</td>
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<tr>
<td>Chicken/Lettuce/Mayo</td>
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<tr>
<td>Salad with cheese</td>
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<td>Ham</td>
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<tr>
<td>Ham &amp; tomato</td>
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<tr>
<td>Ham &amp; salad</td>
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<td>Ham &amp; cheese</td>
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<td>MISCELLANEOUS</td>
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<td>Ham, Cheese &amp; tomato</td>
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<td>Flat Bread/Salad</td>
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<td>Muffins/Lo Fat</td>
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<td>fruit Stix/iceblocks</td>
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<tr>
<td><strong>Available at Recess from Fresh Fridge</strong></td>
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<td><strong>Hot Cheese Rolls (RECESS ONLY)</strong></td>
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<td>Salad Roll with Cheese</td>
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<td>Club Sandwiches</td>
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<tr>
<td>Baby Wrap</td>
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<tr>
<td>** Extras**</td>
<td></td>
<td><strong>SALADS – Available fresh daily</strong></td>
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<tr>
<td>Sauce/Mayo/Sweet Chili/Salad Oil</td>
<td>.30*</td>
<td>Garden/Green Salad (med box)</td>
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</tr>
<tr>
<td>Lettuce/Beetroot/Tomato</td>
<td>.50ea*</td>
<td>Chicken Caesar Salad (sm)</td>
<td>3.00*</td>
</tr>
<tr>
<td>Cheese/tasty</td>
<td>.70*</td>
<td>Fruit Salad (Baby)</td>
<td>1.00*</td>
</tr>
<tr>
<td>Salad</td>
<td>1.20*</td>
<td>Salad and Chicken (med box)</td>
<td>4.50*</td>
</tr>
<tr>
<td>Forks</td>
<td>.10</td>
<td>Greek Salad</td>
<td>4.00*</td>
</tr>
<tr>
<td>Toasted</td>
<td>.50*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bags for lunch orders</td>
<td>.10</td>
<td>Low Fat Mayonnaise</td>
<td>0.30*</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Low Fat Caesar</td>
<td>0.30*</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sweet Chilli Sauce</td>
<td>0.30*</td>
</tr>
<tr>
<td></td>
<td></td>
<td>French Salad Dressing</td>
<td>0.30*</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Balsamic/Italian Dressing</td>
<td>0.30*</td>
</tr>
<tr>
<td><strong>Hot Food (available in lunch orders only)</strong></td>
<td></td>
<td><strong>FRUIT - When in season</strong></td>
<td></td>
</tr>
<tr>
<td>Chicken Burger</td>
<td>4.00*</td>
<td>Fruit Salad Cup</td>
<td>0.80*</td>
</tr>
<tr>
<td>Ham, Cheese &amp; Tomato (toasted)</td>
<td>4.00*</td>
<td>Apples – Slinkies: Red or Green</td>
<td>.60*</td>
</tr>
<tr>
<td>Sausage Rolls – Lo Fat</td>
<td>2.50*</td>
<td>(Apple slinkies 20c if you supply your own fruit)</td>
<td></td>
</tr>
<tr>
<td>Vegetable Burger</td>
<td>4.00*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toasted Cheese Jaffle</td>
<td>3.00*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toasted Cheese/Tomato</td>
<td>3.50*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toasted Chicken/Chesse</td>
<td>4.00*</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**DAILY SPECIALS**

<table>
<thead>
<tr>
<th><strong>Below</strong></th>
<th><strong>Monday</strong></th>
<th><strong>Tuesday</strong></th>
<th><strong>Wednesday</strong></th>
<th><strong>Thursday</strong></th>
<th><strong>Friday</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>ESS</td>
<td>Hot Cheese Rolls $2.00</td>
<td>Same as Monday</td>
<td>Same as Monday</td>
<td>Same as Monday</td>
<td>Same as Monday</td>
</tr>
<tr>
<td>ESS</td>
<td>Mini Pies $1.00</td>
<td>Same as Monday</td>
<td>Same as Monday</td>
<td>Same as Monday</td>
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<tr>
<td>ESS</td>
<td>Spinach/Ricotta Roll $2.50</td>
<td>Same as Monday</td>
<td>Same as Monday</td>
<td>Same as Monday</td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Above</strong></th>
<th><strong>Monday</strong></th>
<th><strong>Tuesday</strong></th>
<th><strong>Wednesday</strong></th>
<th><strong>Thursday</strong></th>
<th><strong>Friday</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>ICH DERS</td>
<td>Hawaiian Wrap $4.00</td>
<td>Chicken Caesar Wrap $4.00</td>
<td>Italian Meatball Sub $4.00</td>
<td>Tandoori Style Chicken &amp; Salad Wrap $4.00</td>
<td>Taco Box $4.00</td>
</tr>
</tbody>
</table>

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