



PARENT NEWSLETTER



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February 23 2018

Principal Report

Dear Parent/Carer

With the holidays now a distant memory I welcome you and your family back to a new, and exciting, year at Brookside College. The start to the new school year has been extremely smooth and positive. That we hit the ground running from day one is a testament to the work of staff, students and parents behind the scenes to ensure we are all ready and willing to learn.

At the start of this year we warmly welcome the following new staff to Brookside College this year;
Robyn Stickland – Primary Generalist/3B
Irene Morello – ES Office Administration/Student Enrolments and Exits

Sophie Wasif – Primary Generalist/6D

Renee Debono – Primary Generalist/5A

Chloe Karras – Secondary Hums/Eng

Elodi Piang-Nee – LOTE/French

Shey Obremski – Primary Generalist/3E

Ted O’Neil – Musical Futures Brookside

Richard Nguyen – Musical Futures Brookside

Tom Spottiswood – Musical Futures Brookside

We also welcome back from leave the following colleagues;

Jamie Jenkins – Primary Generalist

Gretel Van Wyngaarden - Primary Generalist

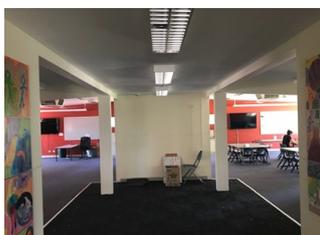
Liza Hoang - Primary Generalist

Rhian Brett - Primary Generalist

Buildings/Facilities

As is always the facilities team have been hard at work over the break. Jack, Peter and Nick have been carrying out significant upgrades. The Performing Arts/Music space has been enlarged to support our new Musical Futures Program and the new Year 6 Learning Area has been opened out to enable us to once again use team teaching and project learning approaches.

The relocatables are now furnished and providing a home for the new Year 7 classes.



The facilities team continue to replace worn out furniture as part of a rolling renewal plan.

Staff have also worked hard during the holiday to set-up their learning spaces. We have even had staff family members coming into help – says a huge amount about the nature of the Brookside professional community. The classes I have visited are not just well organised and resourced but are inviting and imaginative.



Musical Futures/Performance Arts

Our new Year 3 – 9 music program, Musical Futures Brookside, began Week One. Already the classes are creating excitement, engagement and energy. Performance groups, for our most enthusiastic and talented musicians, began rehearsing last week and these lead up to a series of concerts – informal and formal-planned for the year beginning at the end of Term 1.

This week our younger students have been rapping while our secondary students have been looking at how a song can be performed through the lens of different genres.

Resilience, Rights and Respectful Relationships

We are very proud to announce that the implementation of Respectful Relationships across the whole school curriculum has begun. We are also very honoured to be a Lead School in the Brimbank Melton area and are supporting a number of local schools with their implementation.

Respectful Relationships is a wide ranging initiative to help children and young people to deal with a range of challenges they may face and covers topics including being respectful, resilient and engaged at school and confident in themselves.



Simon Sherlock
College Principal

Principal Report Cont.....

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Respectful Relationships promotes equality and helps boys and girls learn how to build healthy relationships. The initiative prepares them to face challenges by developing problem-solving skills and building empathy, resilience and confidence.

Family violence has a devastating impact on our community and affects people from all walks of life. The Royal Commission into Family Violence recommended Respectful Relationships be introduced to all schools to change attitudes and prevent the prevalence of family violence in future generations.

In 2016 Respectful Relationships became a core component of the Victorian Curriculum and is being taught in all government and Catholic schools and many independent schools.

Respectful Relationships is underpinned by evidence that shows schools can play a key role in preventing family violence by helping students develop an understanding of healthy relationships and respect.

Respectful Relationships is about embedding a culture of respect and equality across our entire community, from our classrooms to staffrooms, and from our sporting fields to social events. This approach leads to positive impacts on student's academic outcomes, their mental health, classroom behaviour, and relationships between teachers and students and with others in the wider community.

Respectful Relationships education focuses on building and promoting gender equity in relationships and challenging of gender stereotypes. It enables students to recognise personal qualities, regulate emotions, develop empathy for others and understand identity and strategies for building and maintaining respectful relationships. For further information on Respectful Relationships please feel free to speak to your child's Teacher or alternatively please refer to the following link;

<https://fuse.education.vic.gov.au/Search/Results?AssociatedPackageId=&QueryText=RESILIENCE+RIGHTS+%26+RESPECTFUL+RELATIONSHIPS&SearchScope=All>

Everyone in our community deserves to be respected, valued and treated equally. We know that changes in attitudes and behaviours can be achieved when positive attitudes, behaviours and equality are embedded in our education settings through a whole school approach.

Together, we can lead the way in saying yes to respect and equality, and creating genuine and lasting change so that every child has the opportunity to achieve their full potential and have a bright future ahead of them.

Should you like to obtain more information regarding Respectful Relationships, Overnewton College is hosting a Respectful Relationships Community Forum, which will be held on Monday 5th March from 7:00 - 8:30pm at our Keilor Campus, 2-50 Overnewton Rd, Keilor. Guests include Jamila Rizvi, author of Not Just Lucky, Natalie Hutchins MP, the Minister for the Prevention of Family Violence and also the local member for Sydenham, Genevieve Sheppard, Senior Education Adviser from Our Watch, Sergeant Rob Dampier from the Proactive Unit at Caroline Springs Police Station and Simon Koefoed, Senior Minister at Brimbank Anglican Church. The evening will be hosted by ABC Broadcaster Libbi Gorr and offers all members of the Brimbank Melton area the opportunity to hear from experts in the field of Family Violence and to ask questions as well.

For those wishing to attend, please visit the link at <https://www.trybooking.com/349266>

If you would like any more information regarding this evening, please see Melissa Searle.

Simon Sherlock - Principal



Excursion payment/consent

To ensure that you child is given every chance to participate in planned excursions, please ensure that you provide parental permission at the same time as paying for the excursion.

Payment via Compass is the most convenient and preferred method of payment however if this is not possible, then please ensure that you send a signed permission slip along with payment to school with your child. Unfortunately the General Office is not able to accept payments without a completed and signed permission slip.

Office Memo

Compass Calendar

You may have noticed that the Compass calendar looks a little different these days. We have been working hard to streamline the way in which the College communicates upcoming events/information to the school community. Going forward, the Compass calendar will be the **one and only** calendar that parents should be referring to. When viewing the calendar, Parents will now see the following categories:

Community: these entries will appear in purple and are events that are applicable or of interest to the whole of the College community.

Events: these entries will appear in green and are school events that are specific to your child (eg. Excursions).

To access the calendar, log on to Compass and click on the Calendar icon  at the top of your screen (to the right of the house icon).

We encourage all parents to log on to Compass at least weekly to keep up to date on what is happening around the College. Not only will this remind you of up and coming events that your child is participating in that may require consent/payment, but will also keep you abreast of any opportunities to be involved in your child's learning.

If you are experiencing difficulties in accessing Compass or are not sure where to find the calendar, please do not hesitate to speak with the girls in the General Office who will be more than happy to assist you. We also have an IPAD available at reception for parents to use if necessary.

Curriculum days have been approved

- Monday March 5
- Monday May 21
- Mon August 13



School Photos

- Whole School - Friday March 9
- Siblings - Fri March 16

School Council Elections

- Ballot Papers distributed to parents/guardian by Wednesday February 28
- Voting closes Wednesday March 7 at 4pm

CSEF

- Payments due to be paid to the college March 1
- Applications close June 22

If you received CSEF during 2017 you *do not need to complete an application form in 2018, providing there has been no change in your family circumstance or a new sibling hasn't commenced at the college.*



HEALTH CENTRE REMINDERS

CARE PLANS



Action plans for Allergy, Anaphylaxis, Asthma, Diabetes, Epilepsy and Health Centre notices for other medical conditions have been sent out for 2017 and will continue through the year. These care plans need to be returned to the school immediately. If you have not

received a letter for your child, please ensure you contact the school. It is of utmost importance that the school is provided with up to date information. All care plans/action plans, Medication forms etc, are to be updated annually and/or whenever your child's condition/management changes. We cannot reuse care plans provided last year as they are legally considered to be expired.

MEDICATION



Occasionally, students require medication while they are at school. In order to administer medication to students a Medication Authority form needs to be completed with a parent's signature. These orders expire after 1 year. Medications are to be provided to the school in original packaging with pharmacy labels intact. Tablet sleeves need to have the full name of the medication and expiry date intact. Please note, Antibiotics prescribed to be taken three times a day are to be taken at home not in the Health Centre. Three times a day medication can be taken before school, after school and before bed – with or without food. Taking medication at home avoids missed doses as they are not forgotten and left at school overnight

AMBULANCE COVER



A reminder, in the event of an emergency, either by accident / injury or illness, the college will call an ambulance. Please ensure your child is covered by ambulance cover if you do not have a Health Care Card. The costs incurred for an ambulance will be the responsibility of the respective parents/guardians. Head Injuries: The school will send a courtesy SMS to families when their child has had a bump to the head but is well and happy to return to class. If the child has an obvious bump or headache and is not happy to return to class, the family will get a call from the school to collect the child if the parent/guardian can and is happy to collect. In cases when the child has lost consciousness the family must collect the child and see a doctor. In an emergency an ambulance will be called.

Please contact me at the school if further information is required. I will be in the health centre providing First Aid from 9:00-3:30 each school day.



Maria Appiah,
First Aid Co Ordinator
Brookside Health Centre
9:00m-3:30pm daily
Appiah.maria.m@edumail.vic.gov.au

2018 Photo Day

Envelope and Order Instructions

Dear Parents and Students,

Brookside P-9 College PHOTO DAY IS 09-03-2018

School photo order envelopes have been or will be distributed to every student and it is important that the order instructions (below) are followed.

**** IMPORTANT PLEASE NOTE – ONLINE ORDERING FOR SIBLING PHOTOS WILL CUT OFF ON 08-03-2018 ****

ONLINE ORDERING Your child's school photos are now available for secure online purchase, please note if you are ordering online, you do not need to return an envelope to the school

4 EASY STEPS TO ONLINE SCHOOL PHOTO ORDERING

- Step 1:** [Easy Access Link-Click Here](#) - Click on this link if you are using a supported device
- OR - Go to www.advancedlife.com.au before photo day and enter your school code [99T 8G2 AJK]
- Step 2:** Enter your student's details
- Step 3:** Choose the package that best suits your needs (all orders will be returned to the school for collection)
- Step 4:** Pay for the photos via the shopping cart (upper right corner of the page)

**** Online Orders will attract a \$1 service fee**

Please Note: Late fees will apply once orders are closed (5 days after photo day)

FAMILY / SIBLING PHOTOS No envelope required if ordering online

4 EASY STEPS TO ONLINE SCHOOL PHOTO ORDERING

- Go to www.advancedlife.com.au before photo day and enter your school code [99T 8G2 AJK]
- Family/Sibling photo orders online close on 8/03/2018
- Orders can be placed by returning an envelope up until photo day with cash or cheque enclosed

ORDERING USING AN ENVELOPE

ENVELOPES WILL BE HANDED TO EACH CHILD, PLEASE SEE THE SCHOOL OFFICE IF YOU HAVE NOT RECEIVED ONE

Step 1: Student Details: Complete the student details section on the front of the order envelope.

Please use black or blue pen.

Step 2: Purchase Details: Complete the purchase details on the front of the envelope.

Step 3: Payment Method: Select your payment method.

Credit Card – Online Only at www.advancedlife.com.au

Cash – Please enclose correct money – no change is given under any circumstances

Cheque – Make payable to Advancedlife Photography with your name & address on the back of cheque

Please allow 60 days for your cheque to be finalised - a \$25 fee will apply to any dishonored cheque payments

Please Note: A portrait and a class group photograph will be taken of every student at the school, regardless of purchase. Photographs of your children taken as part of a class group are only permitted to be distributed within their own class. Your child's name will appear on the class group photo. If you Do Not wish your child to be photographed, please contact your school office with your instructions prior to Photo Day.

Please feel free to contact us via email or phone should you have any queries in regards to your child's school photo order.

info@advancedlifevic.com.au or 03 9852 1133

Advancedlife Team

******SIBLING ENVELOPES CAN BE FOUND IN THE CAROUSEL IN THE FOYER OF THE COLLEGE ADMINISTRATION BUILDING******

Cooking 4 Kids



Cooking 4 Kids is an exciting, hands-on program for 8-12 year olds.

Children will learn how to cook simple recipes using fresh ingredients in a fun environment.

This program is a great way to encourage children to experiment with new foods!

BOOK EARLY! Don't miss out!

CLASS DETAILS:

WHEN:

Tuesdays, 6 – 27 March

TIME:

4:00pm – 6:00pm

WHERE:

Stevenson House
10 Stevenson Crescent
Caroline Springs

COST:

\$69 (4 classes)

BOOK ONLINE:

www.meltonlearning.com.au

For more information, visit

melton.vic.gov.au/stevensonhouse

9363 5137 or 9747 7200





we make kids smile

GREAT FUN

- ★ Outdoor games and sports
- ★ Arts & Crafts
- ★ Playing with friends
- ★ Great Educators
- ★ Food and Cooking
- ★ Indoor Activities



Registering With Camp Australia

We hope you and your family had a fantastic school holidays! The new school year has arrived and with it plenty of adventures in OSHC.

Have you registered with Camp Australia yet? Even if you do not plan on using the OSHC program at your school there are many benefits for your family.

What Are The Benefits Of Registering?

Some of the benefits to registering with Camp Australia are:

- ✓ A stress-free back up plan for "just in case"
- ✓ Flexible access to our programs
- ✓ Will ensure we have all the information for your kids to ensure they have the best time possible

How Do I Register?

Registration is simple and hassle free! To register visit www.campaaustralia.com.au.

How Do I Find Out More About The OSHC Service At My School?

To find out more about our program as well as view and fees, please visit www.campaaustralia.com.au and search for your school on the homepage.

Otherwise, feel free to come visit the program and see what it is all about.

We look forward to seeing you and your family in soon.

The Camp Australia Team.

EVERY DAY COUNTS

Speak with your classroom teacher and find out what work your child needs to do to keep up.

Develop an absence learning plan with your teacher and ensure your child completes the plan.

Remember, every day counts. If your child must miss school, speak with your classroom teacher as early as possible.

Openly communicating with your child's school about all absences is a good way to prevent attendance issues being escalated to a School Attendance Officer. A School Attendance Officer is a Department of Education and Early Childhood Development Regional Director who has authority to follow up attendance issues. Attendance issues that are escalated can lead to an Infringement Notice. If you're having attendance issues with your child, please let your classroom teacher know so we can work together to get your child to school every day.

In primary school, some students miss on average 3 weeks of school per year. That's half a year of school by the end of year 6.



What we can do

The main reasons for absence are:

Sickness – There are always times when students need to miss school, such as when they're ill. It's vital that they're only away on the days they are genuinely sick, and setting good sleep patterns, eating well and exercising regularly can make a big difference.

It's vital that holidays are planned during school holidays where possible, and not during the term if it can be avoided.

Going to school every day is the single most important part of a child's education.

Students learn new things at school every day – missing school puts them behind.

Why it's important

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

Each missed day is associated with progressively lower achievement in numeracy, writing and reading.

Getting in early

Attendance patterns are established early – a child regularly missing days in kindergarten or in the early years of school will often continue to miss classes in the later years, and receive lower test scores than their classmates. It's vital that students go to school every day – even in the early years of primary school.

In Years 7-10, students miss on average almost a week every term – that's four weeks of school per year.



Day off – Think twice before letting your child have a "day off" as they could fall behind their classmates – every day counts. "

Truancy – This is when students choose not to go to school without their parent's permission. There can be many reasons for truancy. The best way to address this is for schools and parents to work together.

If for any reason your child must miss school, there are things you can do with your school to ensure they don't fall behind:

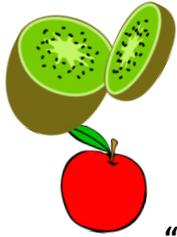
Further information

For more information and resources to help address attendance issues, visit:

www.education.vic.gov.au/school/parents/behaviour/Pages/studentattendance.aspx

Attendance Office

Dianne Morton
Attendance Officer
Brookside P-9 College
Tel: 7379 1556
Email: brookside.p9@edumail.vic.gov.au
Visit: www.brooksidecollege.vic.edu.au



Brookside College Student Wellbeing Service focuses not only on our students educational and therapeutic needs but also on their general health & wellbeing as well. It is always tricky getting back into a good morning routine after a relaxing long summer at home but it is really important that our students are starting off the day with something in their tummies.

“Breakfast is the most important meal of the day” we know this but trying to feed your sleepy, frazzled, grumpy kids, who insist "I'm not hungry!!!!" as you try to get everyone up & out of the door in the morning can be really hard!! We do understand however you also have a duty of care to your children.

Why Bother With Breakfast? One in 4 Australian children are not eating breakfast. Here at school we are seeing hungry children arriving at school who are unable to concentrate in class, have no energy for playtime and snack on unhealthy foods. A calm and healthy breakfast every day is the best defense against this happening. It also helps children to get into good habits that they can carry through life.

Need ideas? Breakfast can include all sorts of options: cereals, bread, fruit, dairy products (such as eggs, milk, yoghurt and cheese) and meats. A number of factors influence what people like to eat at breakfast, such as their food preferences, cultural background, religious beliefs and the time available before they have to head out the door.



Quick and easy ideas:



- Cereal with milk, yoghurt and/or fruit
- Wholegrain toast, raisin bread or muffins with a little polyunsaturated or monounsaturated margarine (not butter), fruit spreads, Vegemite or sliced banana
- Fresh fruit with yoghurt
- Fruit smoothies made with fresh or canned fruit
- Porridge with warm milk and stewed fruit



If you have a little more time



- Omelette with lean ham and tomatoes
- Boiled egg with bread fingers (cut slices of bread into dipping sized portions)
- Wholegrain toast or fresh bread with eggs, baked beans.
- Plain wholegrain muffin with lean bacon



- Pancakes with fresh fruit filling (you can pre make & freeze)



Also try fruit smoothies filled with fruit, yogurt and milk. Skipping breakfast can make kids feel tired, restless, or irritable. In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep. Their mood and energy can drop by midmorning if they don't eat at least a small morning meal.

You will be providing your child with sufficient amounts of fibre, vitamins and minerals that will boost your child's energy levels and brainpower! Good luck!

Starting soon will be our Brookside College Breakfast Club- stay tuned.

Renee Dowling

Leader of Student Wellbeing P-9



FAMILY WELLBEING WORKSHOPS

Helping families thrive



Hooked online - where do we draw the line?

Technology can provide hours of entertainment and can aid in child development. But how much screen time is too much? This workshop is for parents wanting to know more about the benefits - and pitfalls - of technology and provides practical tips on managing their child's screen time. (Single session workshop)



Tuning into kids

Helping our children to manage their emotions and behaviour is important for a child's wellbeing- at all stages of development. This parenting program helps mums and dads to build strong relationships with their children enabling families to communicate, even in difficult times. For parents with children under the age of 10. (Six-week program)



Tuning into teens

The adolescent years are among the most challenging for parents to navigate. This program helps mums and dads to build strong relationships and ensure positive interactions with their teenager- even in difficult times. For parents with children over the age of 10. (Six-week program)



Stress Busters

Helping children to manage their emotions is important for a child's wellbeing . This program helps primary school aged children to understand and manage their anxiety and anger. Outcomes include improved concentration at school and better relationships with family and friends. (Single session workshop or six-week program)



Connect - building strong relationships with your children

The secret to happy, healthy, confident children is a closer connection with their parent. Bonding, being present, seeing things from their point of view, building trust; it takes time and hard work. This workshop teaches parents to recognise- and respond to- the signals that children make to connect with their parents. (Single session workshop)



Bringing up great kids

This program- for parents with children under the age of 12- uses mindfulness and reflection to help parents examine and improve communication with their children. By building more respectful and positive interactions, parents can support their child's development and positive identity. (Single session workshop or six-week program)

All programs are free of charge and can be adapted for your school, community or health centre. Contact us to find out more.

Family Wellbeing Support Service | 390-392 High St Melton VIC 3337 | 03 8746 0532 | www.ccam.org.au/fwss

The Family Wellbeing Support Service is delivered in partnership with MacKillop Family Services and VICSEG

BRINGING UP GREAT KIDS



Child minding provided for a small fee. Contact us to find out more.

A *FREE* parenting program full of handy hints and tips to improve communication and understanding between you and your child.

When: Tuesday mornings from
13 February — 20 March, 2018

Where: Darley Early Years Hub
182 Halletts Way, Darley

Time: 9.45am – 12.00pm

* Child minding can be provided
for a small fee

Using mindfulness and reflection, parents will:

- Learn about their own parenting style and how it can be more effective;
- Understand how children communicate AND what they're really trying to tell you.
- Discover the kind of parent you'd like to be.
- Learn how to develop emotional confidence in your child.
- Learn about your child's developmental stages

To register call Debbie Lee or Angela Clark on:
(03)8746 0500 or debbie.lee@ccam.org.au angela.clarke@ccam.org.au



**MacKillop
Family Services**

Strengthening families and communities

Need help at home?

The **Family Wellbeing Support Service** is a child focussed support service to help families better deal with life's transitions and challenges. We provide a **FREE**, flexible support service that enhances resilience, health and wellbeing for families. By working with children, young people and families we can identify risk factors or issues that may lead to poor mental health outcomes later in life. Addressing these issues early can build resilience and reduce the likelihood of mental health issues in the future. Although the child (0-18) is our primary focus we work within a family context and can visit families and children in their home.

We can provide:

- Short-term support and advocacy (Up to 6 contacts), information & guidance to support mental health, including support for parents to develop skills and increase confidence
 - Longer-term support (6-12 months) for families facing more challenging issues, school refusal etc., using a holistic approach on the individual and well-being of the whole family
 - Information sessions and group programs which help increase family well-being, including strengthening relationships, bringing home a new baby, parenting toddlers and teens, transitioning children and many others.
- Connecting families with other local, supportive services & activities which help to enhance mental health and well-being

Enclosed you will find some information about our service and the group programs we offer, please feel free to contact us if you would like any further information or have a family that may benefit from our support.

We currently have capacity for case management. Please feel free to contact me if you have any queries.

Kind regards,

Sirisha Guntur
Family Mental Health Practitioner
Mobile: 0438 614 717



Greater Melbourne • Geelong • Gippsland

We are experts in family-focused care and support all people regardless of their religious beliefs or background.

strengthening families and communities



Help strengthen families and communities

DONATE NOW



Secondary School vaccinations in 2018

The Secondary School Vaccine Program offers free vaccines to Year 7 and 10 students. These vaccines provide protection against:

- Diphtheria, tetanus and pertussis (whooping cough) – one dose for year 7 students
- Human Papillomavirus (HPV) – two doses for year 7 students
- Meningococcal A,C,W,Y – one dose for year 10 students

Parents/guardians of year 7 and 10 students should look out for the vaccine consent card booklet coming home from school with your child. You need to read the information, complete and return the card regardless of whether your child is being vaccinated at school.

The **Melton City Council** immunisation service may contact you about the Secondary School Vaccine Program. Schools are authorised to provide basic parent/guardian contact details to local councils for this purpose. Contact the school by 28 February 2018 if you do not want your contact details given to the **Melton City Council** immunisation service.

To learn more about the Secondary School Vaccine Program, the vaccines, the diseases they protect against, or how you can prepare your child for vaccination, go to betterhealth.vic.gov.au

Additionally, the Commonwealth government is funding vaccinations for all children under 20 years who missed scheduled vaccines. If students have missed vaccines, either in childhood or adolescence, and require catch-up vaccines, they should speak with their immunisation provider. (ie. local council or GP).

SCHOOL IMMUNIZATIONS



BROOKSIDE P-9 COLLEGE CANTEEN MENU 2018

Hot Items

Lasagne☺	\$4.00
Macaroni & Cheese☺	\$4.00
Special Fried Rice	\$4.00
Nacho with Cheese & Salsa	\$3.00
Chicken Burger with Lettuce, Cheese & Mayo	\$4.00
Chicken Schnitzel Roll with Lettuce, Tomato, Mayo	\$4.50
Chicken Parmigiana Roll	\$4.50
Angel Bay Beef Burger-Beef, Cheese, Tomato Sauce	\$4.50
Dim Sims☺ (steamed or Fried)	\$1.00
Fantastic Noodle (Chicken or Beef)	\$3.00
Traveller Pie☺	\$3.50
Party Pie/Sausage Roll	\$1.00
Regular Sausage Roll	\$3.00
Skinless Hot Dog	\$3.20
Corn☺	\$1.50
Homemade Mini Pizza☺	\$1.00
Homemade Pizza -Margarita, Hawaiian	\$2.50
Chicken Nuggets (4)	\$3.00
Potato Cakes	\$1.00



Halal

Halal Hot Dog	\$3.50
Pie	\$3.50
Herbert Adam Pastie	\$3.50
Puff Halal Hot Dog	\$3.50
Cheese Puff	\$2.00
Spinach & Cheese	\$2.00
Mac & Cheese	\$4.00
Lasagne	\$4.00

Drinks

250ml Prima (Orange, Tropical, Apple)	\$2.50
300ml Fresh Juice (Apple, Orange) ☺	\$3.00
600ml Water☺	\$2.50
300ml Oak Milk (Chocolate, Strawberry) ☺	\$2.60
600ml Oak Milk (Chocolate, Strawberry) ☺	\$3.60
250ml Coke Zero, Sprite Zero	\$2.50
500ml Ice Tea	\$4.00
600ml Powerade	\$4.00

Snacks

Cookies	\$2.50
Fruit of the Day☺	\$1.00
Movietime Popcorn	\$2.00
Jelly Cup☺	\$1.50
Mamee Noodle & Rice Snacks☺	\$1.00
Homemade Muffin☺	\$2.00

Healthy Option☺
10c if no bag is provided.

20c for Tomato or Soya
Sauce Sachets



You can order
online using the
QKR App.

Sandwiches (Fresh or Toasted)

Salad☺	\$3.70
Ham☺	\$2.70
Ham & Cheese☺	\$3.20
HCT(Ham, Cheese & Tomato)☺	\$3.70
HLT(Ham, Lettuce & Tomato)☺	\$3.70
Chicken with Lettuce & Mayo☺	\$4.20
Tuna with Lettuce & Mayo☺	\$3.70
Vegemite & Cheese☺	\$2.70
Fairy Bread	\$2.20
Egg with Lettuce & Mayo☺	\$3.70



Rolls

Salad☺	\$4.20
Ham☺	\$3.20
Ham & Cheese☺	\$3.70
HCT(Ham, Cheese & Tomato) ☺	\$4.20
HLT(Ham, Lettuce & Tomato) ☺	\$4.20
Chicken with Lettuce & Mayo☺	\$4.70
Tuna with Lettuce & Mayo☺	\$4.20
Vegemite & Cheese☺	\$3.20
Egg with Lettuce & Mayo☺	\$4.20



Wraps

Salad☺	\$4.20
Ham☺	\$3.20
Ham & Cheese☺	\$3.70
HCT(Ham, Cheese & Tomato) ☺	\$4.20
HLT(Ham, Lettuce & Tomato) ☺	\$4.20
Chicken with Lettuce & Mayo☺	\$4.70
Sweet Chilli Chicken Wrap	\$4.70
Tuna with Lettuce & Mayo☺	\$4.20
Vegemite & Cheese☺	\$3.20
Egg with Lettuce & Mayo☺	\$4.70



All Sandwiches, Wraps & Rolls are made fresh on site daily.

Ice Creams

Paddle Pop -Choc or Rainbow	\$1.80
Zooper Dooper	\$1.00
Mini Calippo	\$1.30
Frozen Yoghurt(Strawberry, Mango) ☺	\$2.00
Frozen Fruit Wedge☺	\$0.20
Icy Twist	\$1.50
Paddle Pop Shaky Shake	\$2.20



Additions for Sandwiches, Rolls and Wraps & Salad Plates

Ham/Cheese 50c	Chicken/Tuna/Egg \$1.00
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Salad

Fruit Salad☺	\$3.50
Salad Plate-Lettuce, Cucumber, Tomato, Carrot, Beetroot☺	\$4.00

