



# INFORM

## Romsey Primary School Newsletter

Issue 2 23rd February 2024

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Romsey Primary School is an inclusive and empowering learning community which fosters confident, creative, caring, curious and collaborative learners who "dare to be excellent".

## UPCOMING Events

MARK YOUR CALENDAR

### FEBRUARY

#### Friday 23rd

- Divisional Tennis
- Meal Deal Day

#### Monday 26th

- CDSSA Summer Sport
- Meet The Teacher 3:50pm—4:50pm

#### Wednesday 28th

- Prep Interviews
- Semper Dental

#### Thursday 29th

Semper Dental

### MARCH

#### Monday 4th

Divisional Swimming

#### Friday 8th

Yr 3-6 Cross Country (am)

#### Friday 15th

- Winter Jacket Orders Close—**No late orders can be accepted.**
- Prep-2 Cross Country (am )

#### Thursday 28th

- P- Year 2 Athletics
- Last Day Of Term—2:30pm early dismissal

### APRIL

#### Monday 15th

First Day Of Term 2



**Congratulations to all of our recent Toot Toot award winners!**

**Term 1 is a SunSmart term. Please remember to bring your sun hat to school.**

**Our School Values Are: *Respect Integrity Responsibility***



I respectfully acknowledge the Traditional Owners of Country throughout Victoria and pay respect to the ongoing living cultures of First Peoples.



Education and Training



Good Afternoon Families,

The past two weeks of term have flown by and once again have been full of exciting learning and fun. Prep interviews have continued and our 2024 Prep students have continued to enjoy their first year at Primary School. Last week our Prep-2 students attended an information session presented by Semper Dental where they learned about oral hygiene and what happens when they visit the school dentist, hopefully allaying some of their fears.

This week once again saw the partnership between home and school strengthen with our teacher/parent meet and greet sessions. Thank you to those families that booked a time and took the opportunity to have this valuable meeting time with your child's teacher. If you were unable to make any of the meeting time slots due to other commitments please contact your child's teacher to arrange an alternative time.

Last week we held our second annual senior swimming carnival and once again it was an amazingly positive day, with the weather being absolute perfect. We would like to thank Mr Milsom for all of his hard work in organising the day and the other staff who supported him in running the day. A big thank you to our parent and family community who came to support our students, it was great to see so many there. A special mention to parents who jumped in and joined the teachers for the parent/teacher/student race! Congratulations to Shaw (Orange) house on being crowned winners for the day. Lastly a very big well done to our senior students on their amazing attitude and behaviour on the day.

Every student got in and had a go at activities, consistently displaying our values of respect, responsibility and integrity. Well done on representing our school in such a positive way – we are extremely proud of you.

Our student leadership team has now been finalised for 2024. Congratulations to the below students who make up this team

<b>School Captains</b> Marcelle R Ryan H Isla B Josiph T-R	<b>House Captains</b> Clement – Jack G      Brody W Heidi B      Ollie G Clarke -      Ani G      Bailey K McIntyre-      Eva A      Trentyn F Shaw –      Hudson B      Mia K
<b>Wellbeing Captains</b> Imogen B Matilda S	<b>Numeracy Captains</b> Tom D Thomas A
<b>ICT Captains</b> Max I Austin S	<b>Art Captains</b> Thomas B Kayleigh P
<b>STEAM Captains</b> Ash C Paige D	<b>Literacy Captains</b> Evelyn Z Natalie W Abbey S
<b>Auslan Captains</b> Heidi E Abby K	<b>Koorie Captains</b> Charlotte M Tahlia N

Classes have also completed the process for Junior School Council selections.

Congratulations to the following students who have been elected as JSC representatives for this year

<b>Class</b>	<b>Junior School Council Representatives</b>
3/4K	Norah H, Casey K
3/4G	Harry G, Caelan R
3/4M	Peter Z, Millie H
3/4S	Dylan P, Luke T
5/6H	Aurora B, Astin W
5/6K	Zack H, Evie L
5/6M	Ruby C, Oliver H
5/6P	Sebastian M, Liam H

Have a great weekend everyone,

Mel Stewart & Sally Davies

# The Bulletin Board

## CSEF 2023—(Camps, Sports & Excursion Fund)

CSEF Applications are now being accepted for 2024.

If you are a holder of a Health Care Card on the first day of term one 2024 please visit the office for CSEF application form or print a copy of the form which is included in this fortnight's newsletter and return it to the school with a copy of your health care card as soon as possible.

The office can photocopy your HCC card if you do not have access to a photocopier.

**Please note that families are required to apply for CSEF each year, it is not an automatic process.**



### How do I report an absence?

We kindly ask that if you need to report an absence please do so by pressing '1' when you call the main number wherever possible.

This option is a dedicated phone line for absences and prevents phone congestion each morning.

The quickest and easiest way to notify the school of your child's absence is via the Sentral app. You can also enter absences in advance using Sentral.

If your child is absent and an explanation is not provided, parents will be sent an SMS asking them to contact the school. We kindly ask that you contact the office so we can record your child's absence as per the Department Of Education's regulations. Again, you can leave a message on the absence voicemail by pressing '1'.

### Canteen

Please remember orders for the canteen automatically cut off on Qkr at 9:00am sharp each day so please ensure you place your orders early to avoid disappointment.

If you have placed a lunch order via the QKR app and then your child is absent on that day, please contact the office **before 10:00am** to notify us so we can provide your child's lunch order when they return to school. After this time food is thawed and preparation begins therefore a credit or refund will not be given.



### Contacting The Office

Please be advised that during extremely busy times, the office phone may ring out and divert to our message bank service. We kindly ask that if this happens, please leave a message and we will return your call as soon as possible.

Please refrain from calling the office again straight away as messages are usually responded to promptly.

We thank you for your patience.

### Unwell Students

Please remember that if your child is displaying any virus or gastro like symptoms and/or is saying they are feeling unwell please keep your child home until they are symptom free.

If your child is sent to the sick bay feeling unwell or showing virus like symptoms, parents will be called to collect their children as soon as possible.

If any students develop symptoms at home we ask that parents keep their children home until they are symptom free.





# The Bulletin Board



## HAPPY BIRTHDAY



***Happy birthday to everyone celebrating their birthdays this fortnight***

Edith K	Oliver H	Blake M	Tahlia N	Lucy G
Kieran S	Corey P	Astin W	Isla H	Zail P
Marcelle R	Peyton S	Ava E	Dante M	Astrid J



**The Ranges Music Network's  
NEW LAUNCHPAD PROGRAM  
for 2024!**

**Mixing individual + small group,  
1:4 ensemble instruction.  
Made For Individuals!**

**Discovery Club is the perfect  
start for our P-2 musicians!**

**Get started at [rangesmusic.net](https://rangesmusic.net)  
or email [shaun@rangesmusic.net](mailto:shaun@rangesmusic.net)**

*The Ranges Music Network is excited to be back making music with all of our creative individuals in Term 1!*

*We have an exciting new program replacing our group lesson format -- called Launchpad! It is a hybrid of individual and ensemble learning that will launch your musicians into the world of 'speaking' and sharing in the language of music. We're all very excited for what opportunities it will bring.*

*For younger musicians just getting started our play-based Discovery Club is a fun way to try a bit of Guitars, Keyboards, Drums, Voices and more to explore and develop our musical vocabulary. Foundation musicians can join in the fun from Term 2.*

*To get started please reach out via email to [shaun@rangesmusic.net](mailto:shaun@rangesmusic.net) or text 0449922425. You can learn more at <https://rangesmusic.net>.*

## **RPS Late Arrivals & Early Departures Procedure**



Please remember that if your child is late to school they must present to the office before heading to class to obtain a late pass. This eliminates absence notifications being sent to parents causing unnecessary worry.

If you need to collect your child early from school, please present to the front office to obtain an 'Early Departure' slip from the school Kiosk iPad before heading to your child's classroom. Office staff will happily assist with this if needed.

**In an emergency you may phone the school to arrange for your child to be brought to the office for collection otherwise all parents/guardians are required to collect their child from their classroom to minimise announcements and interruptions to other classes.**

If you need to pick up your child for an appointment, we kindly ask that you arrive 5-10 minutes earlier to allow time to collect your child from their classroom.

For safety reasons, can we please remind families that only people listed as emergency contacts are able to collect your child. If you would like someone to collect your child on your behalf and they are not listed as an emergency contact, you must notify the school accordingly either by phone or email.

If you are not sure who you have listed as emergency contacts for your child, please enquire at the office. A maximum of 4 people can be listed for each family.

If you know in advance that you will not be able to arrive on time it is important for alternate arrangements to be made or to contact the Out of School Hours Program to see if there are any available spaces. This will ensure that your child is suitably supervised. (The Kidzone Out of School Hours Program number is 0481 212 047)

Just a reminder that assembly is held every Monday afternoon at 3pm, therefore if you need to pick up your child early on a Monday, we strongly recommend you arrive before 3pm.

# Weekly Toot Toot Awards

Awarded 16th February  
To Be Presented Monday 19th February

**PJM** Reuben K for being such a helpful and thoughtful member of our class. Well done Reuben!

**PCP** Nate O for having a confident start to school. Well done!

**1/2C**

- Elissa L for her great start to Romsey Primary School, we love having you in our class. Welcome Elissa!
- William B for his great start to Romsey Primary School, we love having you in our class. Welcome William!

**1/2G** Kaiden C - for putting his brave in front and working through his hard to have feelings in the mornings.

**1/2H** Isaac P for making positive behaviour choices when working with peers and setting a good example.

**1/2M** To Lara J for participating in Run this week. Well done Lara.

**1/2S** Logan D for taking pride in his work and always trying to achieve his best. Well done, what a great start to Year 1. Superstar!

**3/4K** Archer W for making an impressive start to his 2024 learning as a grade 3. Well done.

**3/4G** Oli W for being a responsible and studious learner. You have stepped up as a Grade 4!

**3/4M** Kai K for putting your brave in front and making a positive start to school every day. Well done, keep it up!

**3/4S** Will V for working hard to do his best and showing responsibility as a grade 3.

**5/6H** Britney S for not giving up and putting her 'brave in front' throughout our numeracy session. So proud of you!!

**5/6K** Abby K for her great reasoning when placing 6 digit numbers on an open number line.

**5/6M** Sophie F for daring to be excellent during maths. Well done Sophie!

**5/6P** Josiph T-R for contributing to class discussions and helping his peers to learn.

**Art**

- Flynn M 3/4M for the fantastic collage he did of a hamburger and fries. Amazing job!
- **Zach H & Ben P 5/6K** for the fantastic teamwork in cleaning up after a messy collage activity. Great job!

**PE**

- Cooper S 5/6M for showing strength to participate in running activities and understand how they can benefit his health.
- Sasha M 5/6K for her engagement in classroom learning around the benefits of physical activity for her health and wellbeing.

**Auslan** Harry G 3/4G for being respectful and enthusiastic in Auslan

**STEAM**

- Ani G 5/6P for exploring the idea of having a limb difference and trying your best to complete the tasks with only one hand.
- Bonnie C 1/2 for working respectfully with your partner when exploring new materials.

## Weekly Toot Toot Awards

Awarded 23rd February  
To Be Presented Monday 26th February

<b>PJM</b>	Casey B for always having a positive attitude towards your learning and always trying your best! Well done Casey!
<b>PCP</b>	Oliver D for your confidence in the classroom and when completing tasks. Well done!
<b>1/2C</b>	Bailey C for putting his brave in front and being a valued member of our class
<b>1/2G</b>	Raymond C for making 3 digit numbers with MAB, and recording them correctly in the place value chart! Well Done!
<b>1/2H</b>	Otis L for developing his resilience to begin his days in a positive way by following our set up routine.
<b>1/2M</b>	Stewart B for putting so much effort into his writing task. Marvelous effort Stew.
<b>1/2S</b>	Bryce D for always striving to achieve his best and challenge himself with his numeracy tasks. So proud of you!
<b>3/4K</b>	Madeline S - For working hard on making and keeping friends by treating them with respect and kindness.
<b>3/4G</b>	<b>Lyla S</b> and <b>Isla W</b> for putting so much effort into their Maths Aussie Baseball activity, they are 5 stars. Fabulous effort girls!
<b>3/4M</b>	Jackson B for making great learning choices by yourself, so you can do your best work. Well done, keep it up!
<b>3/4S</b>	Luke T for showing kindness and inviting a classmate to play.
<b>5/6H</b>	Meleigh H for displaying amazing student agency by extending her numeracy understanding at home. Well done for taking responsibility for your learning!!!
<b>5/6K</b>	Dakota R for her organised and well presented book work, as well as her eagerness to learn. Excellent start to year 5!
<b>5/6M</b>	Natalie W for her fantastic contributions to class discussions during literacy.
<b>5/6P</b>	Tyrian S for demonstrating student agency and taking responsibility for her own learning. Wonderful effort, Tyrian, keep it up!
<b>Art</b>	<ul style="list-style-type: none"><li>• Archie L 1/2H for the time and effort he put into creating a brilliant, colourful heading. Well done!</li><li>• Sierra S 5/6P for paying close attention to our success criteria to create a fantastic drawing of a landscape. Awesome job!</li></ul>
<b>PE</b>	<ul style="list-style-type: none"><li>• Ellie G 3/4S for demonstrating an improvement in her throwing skill level for Cornhole.</li><li>• Harry G 3/4G for displaying his excellent all round physical skills and leadership during the Cornhole competition.</li></ul>
<b>Auslan</b>	Nate C 5/6K for showing agency and creativity whilst planning his faux Japanese restaurant in Auslan.
<b>STEAM</b>	Isla W 3/4G for your thoughtful planning of the needs for a nesting box for a leadbeater possum.



# SPORT

## Swimming and Aquatic Carnival

On Thursday the 8<sup>th</sup> of February, we travelled to Sunbury Aquatic Centre for our second annual Swimming and Aquatic Carnival. Activities on the day included: 50m swimming events, cork scramble, circles in the toddler's pool, co-operative games, ball games, free swim and the grade 6 versus teachers/parents tube relay race.

Thanks to all students, parents, staff and families who attended the day. The day was a great success thanks to the great attitude of students towards representing their house teams in all the events and the support of all staff and parents to ensure the day ran smoothly.

A big thank you to staff and parents who came along on the day and got involved with leading activities and in the events. Without your support, days like these don't work.

Congratulations to SHAW house who have completed the back-to-back titles for this event, your participation and enthusiasm for all of the activities was clear to see. This went a long way as to why you are the champions.



## REMINDERS

- Monday 26<sup>th</sup> of February – Yr 5/6 Summer Sports Day in Romsey
- Monday 4<sup>th</sup> of March – Division Swimming Carnival in Bendigo
- Friday 8<sup>th</sup> of March – Yr 3-6 School Cross Country (am only) 9.20am anticipated start with 12/13 boys
- Friday 15<sup>th</sup> of March – Prep-Yr 2 School Cross Country (am only) 9.20am-9.30am anticipated start with Grade 2 boys

Jarrold Milsom  
Sport Coordinator



The Grade Prep students have been enjoying coming to the STEAM room and exploring building with new and familiar materials.







Last Monday all the leaders from Romsey Primary School went to the grip conference.

We learned the values of a leader, which was what GRIP stood for: generosity, responsibility, integrity and people/social interaction.

They held crowd inclusive activities and games that encouraged the skills and qualities of a leader.

They taught lessons of leadership in fun and interactive ways, such as social connections with other schools, pursuing your ideas and thinking of others first.

At the end of the conference, they ended it off with an outstanding citation and I quote "Grip stands for Generosity, Responsibility, Integrity and People. If you can get a grip on those four things, you truly have what it takes to be an outstanding leader."

The experience was overall very engrossing.

The grip team opened our eyes to the characteristics and standards of a satisfactory leader and the knowledge obtained was exceptional. It was truly an enlightening experience everyone who went will remember for years to come.

Written by Heidi, Evelyn, Trentyn, Zack



## Camps, Sports and Excursions Fund APPLICATION Form

School Name

School REF ID

### Parent/legal guardian details

Surname

First name

Address

Town/suburb  State  Postcode

Contact number

Centrelink pensioner concession **OR** Health care card number (CRN)

-  -  -  **OR**

☐ Foster parent\* **OR** ☐ Veterans affairs pensioner (Gold Card)\*\*

\*Foster Parents must provide a copy of the temporary care order letter from the Victorian Department of Families, Fairness and Housing (DFFH).

\*\*Applicants must provide a copy of the Veteran Affairs Gold card.

### Student details

Child's surname	Child's first name	Student ID	Date of birth (dd/mm/yyyy)	Year level

I authorise the Victorian Department of Education (DE) to use Centrelink Confirmation eServices to perform an enquiry about my Centrelink customer details and concession card status to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Victorian Department of Families, Fairness and Housing (DFFH) to provide the results of any enquiry to DE regarding temporary care orders.

I understand that:

- DFFH or Centrelink will use information I have provided to DE to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to DE personal information including my name, address, payment and concession card type and status.
- This consent, once signed, remains valid while my child is enrolled at a registered Victorian school unless I withdraw it by contacting the school.
- I can obtain proof of my circumstances/details from DFFH and provide it to my child's school so that my eligibility for the Camps, Sports and Excursions Fund can be determined.
- If I withdraw my consent or do not alternatively provide proof of my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DE.
- Information regarding my eligibility for the Camps, Sports and Excursions Fund may be disclosed to DFFH and/or State Schools Relief for the purpose of evaluating concession card services or confirming eligibility for assistance.

You can request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child's school.

Signature of applicant  Date  /  /



## Camps, Sports and Excursions fund eligibility

Below are the criteria used to determine a student's eligibility for the Camps, Sports and Excursions Fund (CSEF).

### Criteria 1 – Eligibility

To be eligible\* for the fund, a mature minor of sixteen years of age or over, a parent or legal guardian of a student attending a registered Government or non-government Victorian primary or secondary school must:

- on the first day of Term one, or;
  - on the first day of Term two.
- a) Be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, be a holder of Veterans Affairs Gold Card or be an eligible Centrelink Health Care Card (HCC) or Pensioner Concession Card (PCC) holder, OR
  - b) Be a temporary foster parent, and;
  - c) Submit an application to the school by the due date.

\* A special consideration eligibility category also exists. For more information, see: [Camps, Sports and Excursions Fund \(CSEF\): Eligibility | education.vic.gov.au](https://education.vic.gov.au/camps-sports-and-excursions-fund-csef/eligibility)

Mature minors or parents who receive a Carer Allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with one of (a) or (b) above.

### Criteria 2 - Be of school age and attend school in Victoria

School is compulsory for all Victorian children aged between six and seventeen years of age inclusive.

For the purposes of CSEF, students may be eligible for assistance if they attend a Victorian registered primary or secondary school. Typically, these students are aged between five and eighteen years inclusive.

CSEF is not payable to students attending pre-school, kindergarten, home schooling, or TAFE.

#### Eligibility Date

For concession card holders, CSEF eligibility will be subject to the parent/legal guardian's concession card being successfully validated with Centrelink on **29 January 2024 and/or 15 April 2024**.

## Payment amounts

### CSEF payment amount

The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

- Primary school student rate: \$150.00 per year.
- Secondary school student rate: \$250.00 per year.

The CSEF is paid directly the school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

**For ungraded students**, the rate payable is determined by the student's date of birth. For more information, see: [Camps, Sports and Excursions Fund \(CSEF\): Payment amounts | education.vic.gov.au](https://education.vic.gov.au/camps-sports-and-excursions-fund-csef/payment-amounts)

**Foundation and Year 7 government school students** who are CSEF recipients are also eligible for a uniform voucher. Schools are required to make applications on behalf of parents, so please register your interest at the school.

## How to complete the application form

**NOTE: ALL SECTIONS MUST BE COMPLETED BY PARENT/LEGAL GUARDIAN**

1. Complete the PARENT/LEGAL GUARDIAN DETAILS section.  
Make sure that the Surname, First Name, and Customer Reference Number (CRN) details match those on your concession card. You will also need to provide your concession card to the school.  
If you are claiming as a Foster Parent or a Veteran Affairs Pensioner, you will need to provide a copy of documentation confirming your status as a temporary Foster Parent or provide your Veterans Affairs Pensioner Gold card to the school.
2. Complete the STUDENT/S DETAILS section for students at this school.
3. Sign and date the form and return it to the school office as soon as possible. The CSEF program for 2024 closes at the end of term two 2024.

CSEF payments cannot be claimed retrospectively for prior years.

**Queries relating to CSEF eligibility and payments should be directed to the school.**

# Winter Stadium and Warm-Up Jackets

Order Form March 2024

Order strictly  
close on Friday  
15th March!!

Dear Parents,

We are once again offering you the opportunity to order stadium jackets and warm-up jackets in the school colours, with the school logo embroidered on the left side. Both jackets come in children's and adult's sizes. We anticipate that these jackets will be delivered mid to late Term 2. These jackets are not available from our regular uniform supplier PSW.

Unfortunately we do not have samples try on. Please use the measurements below for sizes.



## JK01K Kids' Stadium Outerwear Contrast Jacket

EASY FIT	4K - 6K	6K - 8K	8K - 10K	10K - 12K	12K - 14K
Half Chest	43	46.0	49.0	52.0	55.0
Body Length	50	55.0	60.0	65.0	70.0

Weight & size measurements are for guidance only

## JK01 Stadium Outerwear Contrast Jacket (Unisex)

EASY FIT	XS	S	M	L	XL	2XL	3XL
Half Chest	58.0	62.0	65.0	68.0	71.0	74.0	77.0
Body Length	72.0	75.0	78.0	81.0	84.0	87.0	90.0

Weight & size measurements are for guidance only

Prices for Stadium Jackets:

Children's sizes: \$55.00

Adult sizes: \$58.00



## JK53K Kids Warm Up Jacket

EASY FIT	6K	8K	10K	12K	14K
Half Chest	42.5	45.0	47.5	50.0	52.5
Back Centre Length	53/57	56/60	59/63	62/66	65/69

Weight & size measurements are for guidance only

## JK53 Adults Warm Up Jacket

EASY FIT	XS	S	M	L	XL	2XL	3XL
Half Chest	55.0	57.5	60.0	62.5	65.0	67.5	70.0
Back Centre Length	68/72	70/74	72/76	74/78	76/80	78/82	80/84

Weight & size measurements are for guidance only

Prices for Warm-up Jackets:

Children's sizes: \$45.00

Adult sizes: \$48.00

**ORDERS ARE DUE BY FRIDAY 15TH MARCH 2024. LATE ORDERS WILL NOT BE ACCPETED.**

**FULL PAYMENT IS REQUIRED AT THE TIME OF ORDERING**

Child's name: \_\_\_\_\_ Child's Class: \_\_\_\_\_

Parent Contact Number: \_\_\_\_\_

I wish to order

Stadium jacket in size..... Cost: \$

Warm-up jacket in size.....Cost: \$

**Total payment due: \$**

**Please indicate your method of payment:**

I have enclosed a cash ☐

Qkr (Preferred) ☐

EFTPOS (Please visit office) ☐

**Please quote your surname on your payment. Please note that QKR is our preferred method of payment**





# Romsey Primary School

## Canteen Menu – Term 1 2024

**ORDERING IS AVAILABLE ONLINE @ Qkr**  
Canteen operates Monday to Friday.

### Product Availability

Please refer to Qkr for latest ingredient selection & stock availability.  
Menu items & price increases are subject to change at any time.

All food packaging are environmentally Friendly.



### LUNCH MENU

#### COLD FOOD

Boiled Eggs	.90c
Salad Box GF	\$6.30
Wrap (Mini)	\$3.70
Wrap Large	\$6.10
Salad with your choice of lettuce, tomato, cucumber, carrot, beetroot, cheese	
Add on Mayo, Relish, Ranch	
Virginian Ham	+\$1.30
Tuna	+\$1.70
Chicken	+\$1.80
Eggs	+\$1.30
Mini Fruit Salad	\$4.20
Fruit Salad	\$6.20

#### HOT FOOD

Vegetable Spring Roll	.60c
Tempura Chicken Nugget	.90c
Corn on the Cob (serve of 2) GF	\$3.50
Sausage Roll (mini)	\$1.20
Party Pies	\$1.20
Steamed Dim Sim	\$1.20
Toasted Sandwich	\$4-\$5.00
Deluxe Nachos	\$5-\$7.70
Crispy Chicken Caesar Wrap	\$7.80
Chicken Schnitzel Burger w' Salad	\$8.50
Angus Burger w' Salad	\$9.00
Egg and Bacon Roll	\$5.50

More Items will be available please refer to the Qkr app

### SAUCE

Tomato Sauce	.40c
Soy Sauce	.50c

### SNACKS

Corntos- cheese GF	\$1.20
The Natural Chip Co:	\$1.60
Honey soy or Sea Salt	
Smith's Salt and Vinegar	\$1.60

\* Baked Goods are also available daily via Qkr or over the counter at recess or Lunch until sold out (cookies, Anzac biscuits, brownies, cake ect.)

### DRINK

Prima	\$2.00
Glee Juice	\$3.00
Sparkling flavored Water	\$3.20
Milkshake	\$3.00

### FROZEN

Queiches Icy poles	.60c
Mini Bulla Yogurt	.60c
Zing	.80c
Bulla Splits / Yoghurt	\$1.00
Fruit Popsicle	\$1.00
Choc Bars	\$1.00
Single Serve Waffle Cone	\$1.50
Double Serve Waffle Cone	\$2.00
Slushy Cup	\$2.50
Thick shake	\$4.60

#### **Please note:**

\***GREEN** - (healthiest choice) low in saturated fat/sugar /salt. Low in energy (kilojoules)

\***AMBER** - (Sometimes consumed) contains some nutritional value although contains saturated fat/added sugar / salt, also provides to much energy( kilojoules)

\***RED** - (Rarely Consumed) contains high energy, saturated fat/sugar /salt, low in important nutrients .

\***GF**- Gluten Free

**IF YOUR CHILD HAS ALLERGIES OR ANAPHYLAXIS PLEASE FEEL FREE TO CONTACT THE CANTEEN TO DISCUSS FOOD OPTIONS AVAILABLE**

**\*\*Lunch order bags/ tabs must be brought to the canteen by the student when they are collecting soup, hot chocolate, milk shakes and frozen items.**

If you have placed a lunch order via the QKR app and then your child is absent that day, please email or contact the office before 10:00am to notify us so your child's order is not wasted and can therefore be provided when your child returns to school.

Preferred Payment Method



masterpass

**Qkr is Updated Daily.**

**If an item is Not visible on the app it is temporarily unavailable.**



## Canteen Help Required

Dear Parents/ Caregivers,

If you can help as a volunteer in the canteen, please complete the slip below and return it to the school office or contact Trish (Canteen Manager) on 5429 5099.

Please note that pre-school children cannot attend while you are helping in the canteen due to OHS regulations.

You will need to have a current Working With Children card and RPS Induction survey completed upon entry to volunteer at school.

[www.workingwithchildren.vic.gov.au](http://www.workingwithchildren.vic.gov.au) (Its free to apply).

Help is required for a maximum of 1.5 hrs on a Thursdays & Fridays only, between 12:15pm - 1:45pm & you can even nominate the date below.

Without your help the canteen can not run effectively.

Your children and I look forward to having you in the Canteen in Term 1, 2024.

Kind Regards

*Trish Castle*

Canteen Manager

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### Canteen Help

Name: .....

Phone number.....

Please circle dates you prefer

#### **February**

Thursday 8th

Friday 9th

Thursday 15th

Friday 16th

Thursday 22nd

Friday 23rd (Meal Deal)

Thursday 29th

#### **March**

Friday 1st

Thursday 7th

Friday 8th

Thursday 14th

Friday 15th

Thursday 21st

Friday 22nd (Meal Deal)





# MACEDON RANGES TENNIS COACHING



We offer a range of  
coaching services and  
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Enrolments are available  
for TERM 1

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Contact Scott to book your free trial lesson

M: 0414 493 948 E: [mrtc.scott@gmail.com](mailto:mrtc.scott@gmail.com)



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M A C E D O N R A N G E S

MUSIC FESTIVAL 2024

AT HANGING ROCK

# MAHALIA BARNES & THE SOUL MATES

☐ IMMY OWUSU ☐  
☐ ALANA WILKINSON ☐  
☐ TAYLOR SHERIDAN ☐

☐ DOC HALIBUT ☐ GRIM FAWKNER ☐  
☐ AUNTY BLUE ☐ MRMF YOUTH STAGE WINNER ☐

**SATURDAY 23RD MARCH 2024**

ALL PROFITS DONATED TO THE CAMBODIAN KIDS FOUNDATION  
TICKETS: [WWW.MACEDONRANGESMUSICFESTIVAL.ORG](http://WWW.MACEDONRANGESMUSICFESTIVAL.ORG)





# WORKING MUMS WANTED FOR A NEW HEALTH & WELLNESS PROGRAM IN GISBORNE

I've spent the past 12 months doing intensive coaching study so I can help working mums with stress & anxiety, the mental load, & lack of time to themselves – something I know a lot about after working full time for 10 years with 2 kids.

If this sounds like you, and you'd like to feel less stressed and enjoy your time more, I'd love to offer you some help in return for participating in my pilot program.

I am offering the opportunity for 8 people to get the support and accountability they need to live a happier and more fulfilling life as a working mum, within a new 6-week program I'm developing.

It works like this:

- ✓ You get access to my 6 week live program for half the regular price - (\$197)
- ✓ We work together, in person, over 6 weeks in a confidential, small group environment
- ✓ Workshops run consecutive Tuesday nights from 7-8:15pm (Feb 20-March 26) in Gisborne
- ✓ You will achieve results using an evidence-based method – positive psychology
- ✓ I simply ask for your feedback, thoughts, ideas and likes/dislikes along the way so I can refine the program to suit your needs
- ✓ If you are satisfied with the program, you may like to offer a testimonial (optional)

Applications close Saturday Feb 17 and there is a limit of 8 participants.

For more information or to register, please touch base with me via [alisonrsmith21@gmail.com](mailto:alisonrsmith21@gmail.com)

Thank you, Alison Smith - *Certified Mental Fitness & Health Coach*

