School Matters

Term 1 Week 8 21 March, 2014

P & C Association meets on the second Tuesday of each month at 7.30 p.m.
Next Meeting Tuesday 8 April, 2014

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Ride2School Day 2014 was very successful. On a beautiful sunny morning, over 100 children and teachers rode to school on Wednesday 19th March. Many families stayed and enjoyed the special canteen breakfast.

We also celebrated Harmony Day, participating in a number of classroom activities, learning about cultural respect and understanding how all Australians from diverse backgrounds equally belong to our nation and enrich it.
4H Harmony Day Sentences

Harmony Day is a day to celebrate other peoples cultures. Jesse Wickerson

Harmony Day is where people from different cultures and different religions all celebrate living together. Grace Cranby

Harmony Day is a day about celebrating other cultures. Noah Fitzgerald

Harmony Day is a day where we celebrate different countries. Samantha

Harmony Day is a day where everyone belongs. Nikolai Miller

Harmony Day is a day of peace in the world. Samuel Wootton

Harmony Day is a day where everyone belongs. Luke Ivory

Harmony Day is a day to celebrate different cultures that come to Australia. Ashton Hooley

Harmony Day is where everyone comes together as one. Taylor Brickwood

Harmony Day is a time when people come together and celebrate the different cultures in Australia. Sebastian Boucher

Year Six - Positive Chemistry at Camp

The recent camp experience at Lake Burrendong was very positive for all who attended. The aim of the camp was for all students to be given opportunity to gain confidence outside their comfort zones, challenge themselves and develop friendships with peers and teachers while being involved in a variety of activities to test their physical and mental capabilities. It was hoped all children would do this in a cooperative, safe, supportive environment and be willing to assist and support each other to develop grade cohesion and trust in one another.

Children were certainly challenged. Very few ‘excuses’ were put forward and children did not give up. They were certainly tested physically and mentally. A great amount of support was offered to all students and friendships were developed. The grade certainly developed cohesion and trust in one another as well. Children were encouraged to believe in others, believe in themselves, exhibit a ‘work ethic’ and have lots of fun and enjoyment.

There were shaking bodies, tears and hearts beating twice the normal rate but with the support and encouragement of classmates, students, to a one were able to overcome fears, whether on the ropes course, rock wall or canoeing.

During paint combat students were given the opportunity to hit teaches with a water bomb. Mr McGowan did his best to avoid a collision with a barrage of bombs, showing great evasive skills. Mrs Bryan challenged herself on the high ropes and had fun posing on the ‘wrecking ball’ and progressing through the log challenge.

Highlights were many and included the courage to conquer fears, the development of trust in others, the ability to fit eighty children under a tarp during a storm and the support and recognition of peers after tasks were attempted. There were many moving speeches during grade meetings at the conclusion of night activities. Tears were shared and members of the grade revealed a united effort to develop a positive chemistry as the grade works together, full of optimism for a most positive year ahead. It is hoped these positive memories will remain with us all through out the year.

Y6 - You were amazing. You showed resilience. You were inspiring.
Derek Reilly
Lake Burrendong Photos

High ropes challenge

Mrs Bryan

Relaxing on the high ropes

Self belief

Tears of success and friendship

Singing in the rain
Rain Eases

Run the Gauntlet

Fun and Games – Laying and Egg
Transistion Dancers

On the 10th March a small group of Stage 3 girls auditioned for the Blaxland High School Transition Dance Ensemble. This group experience dance performance at a high level and it is an honour to be selected.

Congratulations to the following girls for being accepted:

Chloe Bird, Tahlia Bradshaw, Millie Brisbane, Abbie Loveday and Emma Wood.

This is a wonderful opportunity to dance and perform with children from other schools. Well done girls and enjoy the experience!

Administration

Change of Clothes

In a primary school it is often necessary for us to provide a change of clothes for students, in particular a change of undies, shorts, trackpants or socks and sometimes the occasional school dress.

We do hold a supply here but it is fantastic if your child has a change of clothes in their bag for those small emergencies.

Your support in this matter is greatly appreciated by the school and potentially provides your child with assurances that these things are not a big deal.

If your child has borrowed clothes from the office clothing pool it would be appreciated if these could be washed and returned for future use.

2014 Scripture Classes and Photo Permission

Thank you to all the families that have already returned the 2014 Scripture and Photo permission notes for their children.

These housekeeping practices enable us to ensure that all records are up to date.

If you have not returned these notes please do so as soon as possible.

NSW Government Working with Children Check

Thank you to those parents who have already completed statutory declarations or provided us with evidence that they have official clearance (WWCC).

As explained in our recent note home, in June 2013, the NSW Government implemented new guidelines for workers and volunteers in child related industries, to obtain clearance. Extensive information in regard to this process can be found on www.kids.nsw.gov.au/kids/working/newcheck.com.

In primary school situations it will not be compulsory for volunteers to obtain the clearance until sometime in the near future. However, at this time, it is necessary for all volunteers to sign a statutory declaration and provide identification that meets the ‘Proof of Identity’ criteria of 100 points.

Unfortunately, if we do not hold either a signed statutory declaration together with 100 points ID or evidence of WWCC you may not be able to assist in your child’s classroom or with school activities.
**Parent Information Verification**

As explained in a recent note home the government is restructuring the way funds are distributed to schools. As part of that process information held by schools is being drawn upon to determine entitlement. Thank you to those families who have already returned the completed pages.

To ensure that data is as accurate as possible and to also ensure that BEPS receives all funding that it is entitled to, it would be appreciated if completed forms could be returned as soon as possible to allow time for any amendments to be made prior to harvest of any information.

**Head Lice**

Unfortunately, we have recently had a number of students with infestations of head lice.

We have included the following link from NSW Health for your information. The link is to Health Topics A - Z and provides information for many issues that you may find helpful including head lice.


Sally Olsen
Administrative Manager

**Making Space**

Due to participation in last year’s Premiers Sporting Challenge a great deal of new sporting equipment has been purchased. In an attempt to create more storage space the school container received a much needed clean out. Thanks to Zac Scoble and Liam Robinson for their courageous participation and willingness to assist.
Vegetable Platters

Our school actively encourages children to bring in food for ‘Crunch and Sip’ each day. This can be pieces of fresh fruit or vegetables. Each week we will be sending home information encouraging families with developing healthy eating habits.

On Tuesday the Stage 1 classes enjoyed tasting samples from a special ‘Crunch and Sip’ vegetable platter provided by the canteen. Stage 2 and 3 classes enjoyed theirs on Thursday. To help promote this Daniel Smith and Lachlan Simpson wore 'Crunch and Sip' caps to help spread the message to classes.

Healthy Living Tip

Water
Tap water makes the best drink!
Not only is it thirst quenching, but also contains fluoride which helps make teeth stronger. Here’s what water has to offer:

- it is cheap and readily available
- it doesn’t contain any kilojoules or sugar
- it encourages optimal function of the body

We should all aim to drink between five to eight cups of water a day. In the warmer months it is important to keep well hydrated. Always have water available when children are active. Encourage them to drink water regularly, even in cooler months.

Fruit juices
Many people think fruit juice is a healthy option. While fruit juice contains some vitamins, they lack fibre, antioxidants and other nutrients found in fruit. Fruit juices are high in sugar and energy, often containing similar quantities of sugar found in soft drink. Drinking large amounts can lead to tooth decay and excess energy consumption. Here are some things to consider if choosing juice:

- Limit fruit juices to no more than half a glass per day.
- Too much juice can lead to diarrhoea.
✓ Consider diluting juice 50:50 with water to reduce the number of kilojoules whilst still enjoying the taste of juice.
✓ It is easy to drink too much juice. One popper of juice is equal in energy to two pieces of fruit.
✓ Consider eating a piece of fruit instead. Whole pieces of fruit and veggies have higher levels of many vitamins, minerals, antioxidants and fibre, some of which are protective factors against some cancers and heart disease.

Milk

Milk is a good source of calcium, which gives children healthy bones and teeth. It is recommended that children have three serves of calcium rich foods a day. A glass of milk, a slice of cheese or a small tub of yoghurt are each considered one serve.

Due to the high energy needs of babies and toddlers, reduced-fat milk is not suitable for children aged less than two years. However, from the age of two years, drinking too much milk can reduce a child’s appetite and contribute to excess energy consumption. Therefore reduced-fat milk is recommended for children two years and over.

Healthy party drink idea

- Fruit spritzers are a fun alternative to soft drink for parties and social events, and so easy to make! Just mix ½ fruit juice and ½ soda water!
- Or why not freeze juice in ice cube trays to add to mineral or still water for a nice fruity taste!

Cordials, soft drinks and sports drinks

Cordials, soft drinks and sports drinks are high in sugar, and often contain artificial colourings and flavourings as well as caffeine. For these reasons, cordials, soft drinks and sports drinks should be reserved only for special occasions. Too much of these drinks lead to excess consumption of sugar and kilojoules, which may lead to weight gain and tooth decay.

Take a look at the sugar content found in these drinks:

<table>
<thead>
<tr>
<th>Drinks</th>
<th>Teaspoons of sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can of soft drinks – 375 mL</td>
<td>8 to 9 tsp</td>
</tr>
<tr>
<td>Bottle of soft drink – 600 mL</td>
<td>15 to 18 tsp</td>
</tr>
<tr>
<td>Fruit juice drink 250 mL</td>
<td>3 to 5 tsp</td>
</tr>
<tr>
<td>Cordial – 250 mL diluted</td>
<td>4 to 5 tsp</td>
</tr>
<tr>
<td>Water</td>
<td>0 tsp</td>
</tr>
</tbody>
</table>

As you can see, water has zero spoons of sugar making it the best option. Choose water as a drink whenever possible.

How much water do children need?

The amount of fluid that children need varies between individual children. The older the child, the more fluid they need. Children should drink approximately 1–1½ litres of fluid a day. Children will need more when they are physically active and on hot and humid days. Water is the best drink – for both children and adults – in all situations.
Do you have children 7-13 years old? Are you worried about their weight? Go4Fun® - FREE fun program for kids to become fitter, healthier and happier!

Go4Fun® is an established healthy lifestyle program to improve health, fitness, self-esteem and confidence in children above their healthy weight. Go4Fun® runs over a 10 week school term, with two x 2 hour sessions per week. Parents attend each session with their children to encourage a whole family approach. All sessions run after school and feature:

- Weekly games and activities for kids
- Fun, interactive discussions to improve children’s nutrition, physical activity and self-esteem
- Practical demonstrations, games and tips about healthy foods, label reading and portion sizes

To register call 1800 780 900 or visit www.Go4Fun.com.au

The Go4Fun program is funded by NSW Health for 7-13 year old children who are above a healthy weight. The FREE 10 week program runs for 2 hours, twice a week at a range of community based locations in the Nepean & Blue Mountain areas. It is family orientated and aims to improve confidence, self-esteem, physical activity levels, as well as develop healthy eating habits & attitudes towards food.

For more info: free call 1800 780 900, SMS 0409 745 645 for a call back, or visit http://go4fun.com.au/
Blue Mountains PSSA Zone Basketball

The Blue Mountains Girls and Boys District Basketball Teams competed in the District Basketball Competition/Sydney West Trials on Wednesday the 12th of March.

The girls team did very well. They won their first two games convincingly and were just shy of winning their final two games. Unfortunately they did not qualify for the finals. The finals consisted of Castle Hill vs Eastern Division. However, two of the girls- Cassandra Lowe from Wentworth Falls and Hannah Smith from Laptsone were chosen to be a part of the Sydney West team.

The boys team showed a lot of courage and passion in their games. Although they didn't come away with a win, their optimism and stamina should be admired and they didn't give up. Tully Kerstens, from Blaxland East was invited to trial for the Sydney West boys team, however unfortunately he just missed out.

Overall, Peter Evans, Todd Brownlow and myself are extremely proud of the players as they represented our Blue Mountains District with great pride and enthusiasm.

Student Work 4H

Ride to school day

At Blaxland East Public School we have a Ride to School Day. Where All the children could bring their skate boards, bikes and scooters. The children had to check that they have their helmet they had to make sure they had pumped up tyres and checked their bike chain.

George Alexander
Silk

Silk is strong, flexible, and waterproof. You can make clothes with silk. Silk is elastic.

Silk is used to catch prey. Spiders use silk to make a web. It takes 1 hour. The web helps the spider to catch prey. The trap-door spider makes a trap-door to catch its prey.

A male spider looks after the babies in the web.
By Jessica Orme

Blaxland East's Ride to School Day

On the 19th of March Blaxland East had a ride to school day. Many people rode on their bikes, scooters, roller skates, and skateboards or walked.

The canteen provided breakfast for the kids to congratulate for walking or riding to school.

Riding to school is very important for kids because kids don’t get enough exercise.

That’s why I encourage all children to walk or ride to school if it’s just once a week. That’s why I think all children should walk or ride to school.

By Isabella Locket

Silk

Silk is a strong, flexible material. Silk is used for many things like catching prey, attracting things and stuff like that. Here are some examples of how silk is used. Take the Lacewing for example, she uses silk as a protection for her eggs.

Another example is the webspinner who uses silk as protection. Trapdoor spiders use silk as a vibration detector for food.

The Gladiator spider uses silk as a net and when prey is near she lets the net go and gets a tasty meal.

The Bolas spider uses silk as a fishing line and then throws the fishing line and gets a tasty meal. These are my examples of silk.

by Alexander Bezuidenhout

by Harry Paag
Award Winners Week 7 Term 1

Keegan Reasbeck 3B Fantastic argument writing
Matilda Duncan 3B Fantastic argument writing
Hannah Tankard KW Fantastic writing
Jacob Przydacz KW Fantastic writing
Isla Puri KW Fantastic writing
Jonah Lamplough KW Fantastic writing
Cooper Strathdee KM Wonderful writing
Elianah Garth KM Wonderful writing
Cristina Cluff-Garcia KM Wonderful writing
Wynter Cluney KM Wonderful writing
Gracie-Alyssa Clark KM Wonderful writing

Award Winners Week 8 Term 1

James Gardner 1/2T Excellent reading
Logan Myhill 1/2T An excellent recount
Dylan Korber KM Beautiful writing
Tamieka Boon KG Great writing
Emily Croft KG Great writing
Lucas Bailey KG Great writing
Mitchell Kennedy KG Great writing
Elliott Cairns KG Great writing
Olivia McKone KG Great writing

Serve Others Awards Week 6 Term 1

Lilly Robinson 3/4G Lita Murphy 1M
Ben Lyons 5G Oliver Greedy 1M
Ryan Fisher 1/2T Jack Key 1M
Hannah Roessler-Jamieson 3/4 G Amy Rossetto 3/4G
Kaia Forwood 4H Jake Thatcher 1M

Be Respectful Awards Week 7 Term 1

Jack Godwin KM Mitchell Skarratt 2/3H
Emma Gordon 3/4G Lily Robinson 3/4G
Bethany Davison 2/3H Alex Bulsara 6G
Hayden Stevens 4/5B Dylan Korber KM
Carter Goodhart KM Tavila Gibson-Lelilio 1F
Emma Wood 6W Kala Puri 6G
Emma Bonwick 6W Jessica Stevens 2/3H
Charlotte Chinn 6W
Garage Awards Week 7 Term 1

Luke Zoglmeyer 6W
Kaia Forwood 4H
Oliver Greedy 1M

Garage Awards Week 8 Term 1

Hayden Stevens 4/5B
Emma Bonwick 6W
Tavila Gibson-Lelilio 1F

BEPS Success

The two articles below are about Alexei Deupressoir who believes his love of music started in the Blaxland East Band.

**FRENCH CITY GAZETTE**

**News**

From seed to reed

By Brenda Cunningham-Lewis

THE small town of Valley Heights has produced a promising young clarinettist with the world of classical music at his fingertips. Alexei Deupressoir, 25, has been selected as one of only eight exceptionally talented musicians in Australia for the 2014 Sydney Symphony Orchestra Credit Suisse Fellowship, which is considered one of the world’s leading musician training providers. Mr Deupressoir, who now lives in Sydney’s inner west, was “over the moon” when he received the call. He told the Gazette the seed to his success in music was planted when he first learnt to play the clarinet aged nine. “I went to Blaxland East public school, which had a good band program, and I remember feeling really engaged,” he said. “Initially I wanted to play the saxophone but they didn’t have a spare one so I chose the clarinet instead — it’s fair to say that worked out really well. I joined the Blue Mountains Orchestra — of which my dad, Christian, is still president — and that was a massive building block at the time.”

Mr Deupressoir said he also began private clarinet lessons with Blaxland’s Megan O’Neill, who encouraged him.

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**VALLEY HEIGHTS**

**NEWS**

Opportunity of a lifetime for Alexei

THE small town of Valley Heights has produced a promising young clarinettist with the world of classical music at his fingertips. Alexei Deupressoir, 25, has been selected as one of only eight exceptionally talented musicians in Australia for the 2014 Sydney Symphony Orchestra Credit Suisse Fellowship, which is considered one of the world’s leading musician training providers. Mr Deupressoir, who now lives in Sydney’s inner west, was “over the moon” when he received the call. He told the Gazette the seed to his success in music was planted when he first learnt to play the clarinet aged nine. “I went to Blaxland East public school, which had a good band program, and I remember feeling really engaged,” he said. “Initially I wanted to play the saxophone but they didn’t have a spare one so I chose the clarinet instead — it’s fair to say that worked out really well. I joined the Blue Mountains Orchestra — of which my dad, Christian, is still president — and that was a massive building block at the time.”

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Lauren Tesolin

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Former Valley Heights resident Alexei Deupressoir is training to become a leader in the Australian classical music field. The 25-year-old clarinet player was handpicked to take part in the prestigious Sydney Symphony Orchestra Credit Suisse Fellowship program for 2014. Out of hundreds of applicants, the former Blaxland East Public School student said he and seven other musicians would participate in the highly coveted training opportunity. “It truly is a once-in-a-lifetime opportunity,” he said. “I was over the moon when I received the call to say I’d been accepted. It was hard to believe my excitement because I had applied before and didn’t get it.”

Deupressoir said his clarinet journey began in Year 4. “I wanted to play the saxophone but they didn’t have any left at the shop, so I started playing the clarinet instead,” he said. “I began taking up private lessons with my then tutor Megan O’Neill, who lived in Blaxland, and placed in my school band and for the Blue Mountains Orchestra before being accepted into the Sydney Conservatorium of Music.”

Deupressoir continued his tertiary studies at the Conservatorium, completing a bachelor of music degree with first class honours and a master of music studies. While there, he received the G.W. Henderson Bequest Scholarship, was a semi-finalist in the Sydney Conservatorium Concerto Competition and performed as a soloist with the Sydney Conservatorium Masters Music Ensemble.

Deupressoir has performed as a soloist with several orchestras. He has also been accepted into masterclasses with Musetti Alessandro Carbonare in Italy and join the Australian Youth Orchestra, which received the Sydney Symphony Orchestra’s Credit Suisse Fellowship.

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Dear Parents / Caregivers,

What a busy, but wonderful week we have had here at school. The first two days saw 4 of our students head off to Debating Camp for 2 days and they all had a wonderful time. Thanks to Mrs Griffen for organising this.

On Tuesday, Mr Frith took a group of year 6 students to play the ‘Paul Kelly Cup’ at Jamieson Park, Penrith. All the students had a fun day. Some of our teams won all their games on the day. Congratulations. Thanks Mr Frith.

Wednesday saw the Canteen sell out of breakfast as everyone had worked up a huge appetite riding their bikes to school. Well done everyone who took part in ‘Ride to School’ Day and thank you to all the parents and caregivers who accompanied students on their bikes to and from school. Also a big thank you to those who filled out the petition, ‘A metre matters’, and returned it to school. After the latest bicycle accident in Sydney, this is an important and relevant campaign. Thanks to Mr Frith for organising the day and thanks to the Canteen and staff who worked hard to make all the breakfasts!

Wednesday was also the day students were encouraged to celebrate ‘Harmony Day’. Harmony Day occurs on March 21st each year and celebrates multiculturalism and diversity in Australia. Each class participated in some special activities and discussed the meaning of true harmony in Australia. Thanks to all the teachers who organised these activities for their classes.

Thursday was the Regional Swimming Carnival and a number of BEPS students travelled to Homebush to represent Blue Mountains at the Sydney West Carnival. Once again BEPS featured in a number of events, breaking records as well!

Congratulations to Holly Nelson and Claudia Neale for taking out the age championship and the girl’s snr relay team for winning their event and breaking the record. Well Done.

Finally, Friday saw the year 6 photos taken ready for the end of year graduation ceremony. Thanks to Mrs Glazebrook for reorganising this day for us.

As we near the end of term, keep looking out for notes and reminders about the variety of activities and excursions that are occurring over the next few weeks.

Building quality education partnerships

Kerry
### Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>20.3.14</td>
<td>Storytime 2.45pm</td>
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<tr>
<td>20.3.14</td>
<td>Regional Swimming Carnival</td>
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<tr>
<td>21.3.14</td>
<td>Greg Alexander Shield Trials 3.10pm selected students only</td>
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<tr>
<td>26.3.14</td>
<td>Debating Workshop</td>
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<tr>
<td>27.3.14</td>
<td>Shave For a Cure 1pm</td>
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<tr>
<td>2.4.14</td>
<td>SRC Mufti ‘Bling Disco’</td>
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<tr>
<td>3.4.14</td>
<td>Aussie of the Month Assembly</td>
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<tr>
<td>3.4.14–4.4.14</td>
<td>Year 5 Gold Camp</td>
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<tr>
<td>10.4.14</td>
<td>Easter Hop</td>
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<tr>
<td>11.4.14</td>
<td>ANZAC Service 2.00pm</td>
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<tr>
<td>11.4.14</td>
<td>Last Day of Term</td>
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<tr>
<td>2.5.14</td>
<td>Greg Alexander Shield selected students</td>
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<tr>
<td>9.5.14</td>
<td>Stuart House Blue Day</td>
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<tr>
<td>20.5.14</td>
<td>ICAS Computer Skills Competition</td>
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<tr>
<td>4.6.14</td>
<td>ICAS Science Competition</td>
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<td>16.6.14</td>
<td>ICAS Writing Competition</td>
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<td>17.6.14</td>
<td>ICAS Spelling Competition</td>
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<tr>
<td>29.7.14</td>
<td>ICAS English Competition</td>
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<tr>
<td>12.8.14</td>
<td>ICAS Mathematics Competition</td>
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</tbody>
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### Payment/Permission

In line with Blaxland East Public School Money Collection Policy no late payments will be accepted without prior arrangements. Please send correct money as the school does not hold a cash float.

NOTE: It is a legal requirement that each student has a signed permission slip for ALL extracurricular activities.

- Year 5 Gold Camp instalment 2 past due date 14.3.14
- Year 5 Gold Camp final payment due no later than Wednesday 26.3.14
- Junior & Senior Band Fees past due date
- ICAS competition entry and payment due no later 9.00 28.3.14
- Permission to publish past due date
- Scripture Selection note past due date
- Parent Information note past due date
- Parent Statutory Declaration due ASAP, Please call into the office to fill in appropriate paperwork
- Voluntary contributions can be paid at any time to the office
- Bling Disco gold coin donation to be brought to school on the day funds raised to be used for playground development
- Western Sydney Debating Workshop permission note and payment due no later than 9.00am Monday 24 March, 2014
- Greg Alexander Shield Trial selected students only permission note due no later than 9.00am Friday 21 March, 2014

### Notes Home this week

- 3H public Speaking
Easter Feast

at the Canteen on Thursday, 27th March 2014

Easter Egg Cupcakes $1.50

Flower Cookie $1.50

RECESS

Nachos $3.50

Chicken Wrap - $3.50

LUNCH

Frog-in-a-pond - $1.50

(Joke: frog in jelly)

Paddle Pop Ice-cream $1.50

Juice $1.20

LOL $2.00

All other canteen products also available

NO Reheats - Thank you