

Charlestown South PS

Newsletter

Monday 1 February 2021



Education



The Weeks In View

Week 2

Monday – Kinder Best Start Assessments
Tuesday – Kinder Best Start Assessments
Wednesday – Kinders commence
Thursday – Kinder Photos
Friday – Concert Band

Week 3

Monday – Eastlakes Zone PSSA Meeting
Tuesday – School Swimming Carnival, P&C Meeting
Wednesday – Dance2Bfit Commences
Thursday – Canteen opening bonanza
Friday – Concert Band, Canteen opening bonanza

Welcome to 2021 Everyone!

On behalf of the staff of Charlestown South Public School, I would like to welcome all new and continuing students and their families to a new and exciting year. Already 2021 is shaping up to be a huge one with so many vigorous and varied events scheduled, shaped and set to go. Our hopes are that 'normality' will settle in to 2021 unlike the disrupted year we encountered in 2020. Yes, some Covid19 restrictions and procedures remain in place, as they should, to ensure the safety and health of all who are part of our school community. However, our hope is that these procedures won't inhibit the community events already listed on our calendar.

Each new year offers fresh and new challenges for all students. With your support and interest I am confident that your children will learn effectively and make the most of the many and varied academic, cultural, sporting and social opportunities our school has to offer.

We've had a fantastic start to the year already, with all students placed in classes according to the great complexity of issues to determine their best placement. Parents should expect that it will take up to two weeks for students to settle fully into the new class environment. If you do have a child that may be anxious about their 'change', ensure you speak positively and reassure them it will be great! This will assist tremendously in their transition. However, to the students' credit, they seem to have settled from the very first moment. It is worth being mindful that *not* being in the same class as their 'best friend' or the same group each year can be very beneficial as research shows that it can stimulate and broaden new friendships and cause children to grow socially and academically.

CSPS 2021 – A Run Down Of Our 'Very Classy Staff'

Just as we did in 2020, we commence the new school year with relatively few changes in staffing population and a student population of 262. There has been minimal change in staff make up in infants and primary as well as the composition of classes this year. We commence with 2 kindergarten classes, 2 x Year 1 classes, 2 x Year 2/3 classes, 2 x 3/4 classes and 3 x Year 5/6 classes. Our entire staff created five different class scenarios in Term 4 of last year and this one was unanimously voted the best by far with all staff very excited at the year ahead.

Our 2021 CSPA All Star 'Big Bash Team' (I've been watching way too much 20/20 cricket!!) looks as follows: Mrs Woodward and Mrs Hodson will open the batting during the Power Play with Kinders; Ms Lawson and Mrs Haenga will share a Year 1 and Mrs Forbes will captain the second Year 1; Mrs King and Mrs Mountford will take the 2/3 classes with Mrs Mountford to be replaced early in the game due to Maternity Leave by Miss McLelland. Filling the middle order spots during the Power Surge overs with Year 3/4 classes will be allrounders Mr Costolo and Mr Kiely; Mrs Butler, Mrs Sutton and Miss Garland will anchor our strong batting line up taking the Year 5/6 classes and ensuring we get the biggest total on the board as possible! It is wonderful to have Miss Garland back on the field after a few fitness issues late last year which saw her miss a few games. (Again, maybe too much T20 viewing again over the hols? Sorry!)

We are delighted to have once again snared the very best teachers on the planet to fill our various part time roles at CSPA. Mrs Fiona Eland continues as our Computer Teacher which will also involve teaching Coding and a Science and Research component with Primary. Mrs Maria Stoppini heads up research in the Library as our Teacher Librarian. Mrs Nicole Jovanovski and Mrs Kristy Haenga continue 3 days per week in the key role as Learning and Support Teachers (LAST). Mrs Shannon Sandford and Mrs Katrina Morgan, two regulars to CSPA and very much part of our team over the last few years, jump into a 3 day per week new role tutoring small groups. Our 'Magnificent 7' – Mrs Felicity Jackson, Mrs Kelly Burton, Mrs Julie Olischlager, Mrs Kristen Muir, Mrs Emma Brown, Mrs Rachel Moffat and Mrs Lauren Sandford continue as our SLSO Team (Student Learning Support Officers). To continue our BBL 2021 theme, our office team of coaches, physios, doctors, psychologists, equipment and communication managers, filled by Mrs Pascoe and Mrs Hansen, are set and ready for the first over to commence along with School Chaplain Mrs Rosemary Donovan. A quick staff overview 'at a glance' is listed below.

Classes for 2021 are as follows:

| | | |
|------|-------------|---|
| KW | 18 students | Mrs Amber Woodward |
| KH | 19 | Mrs Jillian Hodson (Assistant Principal) |
| 1F | 23 | Mrs Adele Forbes |
| 1L | 23 | Ms Louisa Lawson/Mrs Kristy Haenga |
| 2-3M | 22 | Mrs Elise Mountford (Miss Taylor McLelland from mid Term 1) |
| 2-3K | 24 | Mrs Dianna King |
| 3-4C | 27 | Mr John Costolo (Assistant Principal) |
| 3-4K | 28 | Mr Tom Kiely |
| 5-6S | 26 | Mrs Louise Sutton (Relieving Assistant Principal) |
| 5-6B | 27 | Mrs Renay Butler |
| 5-6G | 25 | Miss Kate Garland |

Total of 261 students

Our Junior Staffers!

All Stage 3 students (Years 5 & 6) will embark on a whole day of leadership training on Friday February 12 as we head toward our Term 1 Peer Support Program. This program runs for one afternoon for 6 weeks and sees our Stage 3 students lead small groups of 14 students in activities and discussions that promote self-awareness, confidence, anti-bullying and inclusivity.

Leader Induction Assembly

Friday February 19th is a significant day in the life of our school as it sets our leadership tone for 2021 as we induct our Year 6 Leaders. We will celebrate and acknowledge each of our Year 6 students as they vow to take on key roles within the school that allow us to run and administer so many outstanding programs. The Assembly will see students express publicly their leadership pledge as they receive their individual badges for 2021. **Parents of the Year 6 students are very welcome and encouraged to attend from 2.10pm** and be part of the badge pinning ceremony if work commitments allow.

Dressed To Impress

As I'm sure all are aware, given our school uniform review of 2020, our new uniforms were on full parade this morning. A high percentage of families obviously paid Lowes Charlestown Square a visit during the holiday period to secure their new gear. There were many comments about how great they look and how smart the new shirt colour is alongside the navy shorts and culottes options. Note that we have a 1st Term transition period to allow families to save up in order to purchase the new uniforms and remember that our tunic is still part of our uniform options. Can I please encourage all to purchase from Lowes rather than looking for cheaper options elsewhere as they don't always match in colour and quality. I can guarantee that the Lowes items will last far longer than the cheaper brands and most likely end up more cost effective in the long term.

Plain black shoes (no white brand markings or soles) are still the 'go' for everyone Monday to Thursday and sports shoes are just for Fridays or special activity days such as our Term 1 Dance sessions on Wednesdays. White joggers are recommended and encouraged, but we also realise some students have coloured joggers already for various activities.

I have had a few mums, dads and staff members offer to assist with funds in aiding other CSPA families with the purchase of the new uniforms. We know that each child may require 2 new shirts and possibly 2 new pairs of shorts or culottes which certainly adds up when you have more than one to buy for. If you would like to assist a family, please let Kellie in the office know and we will organise to assist others via your generosity and kindness. Already we have one of our beautiful CSPA families all dressed in their new uniforms compliments of an extremely generous staff member.

Covid Capers

Most are quite familiar with the various practices required by schools with daily extra cleaning and hand sanitising at every corner. Note the change in restrictions which now allows us to have meetings of up to 50 parents/carers indoors and 100 outdoors. Parents and carers are also permitted to enter school grounds to drop off and pick up. **We ask that parents coming on site do so no earlier than 2.50pm in the afternoon and that you head off-site as soon as possible after 3.00pm.** However, if your child is in an older grade or quite happy to meet you at the gate or knows where you park for pick, please keep this in place as it does help to minimise risk. If entering, please wait in the COLA area on and around the silver seating area and have a chat with other mums and dads from 1.5m of course! **The NSW Government has provided us with a QR Code to sign in when you visit our school – this code is used for contact tracing only and the information stored is only kept by Service NSW for 28 days.** This code can be found on the school gates and the Administration building. We encourage our community to use this system if onsite for any length of time.

Two Weeks Until We Are Fed Up!

NOT this week, but Thursday February 10 sees the grand opening of our School Canteen for 2021. Cass Small and her trusty team of Kitchen Craftswomen are poised with butter knives in one hand and apple slicer peelers in the other. As usual, the menu will contain delicious delicacies and mouth-watering wonders. Please note that **Canteen opening days in 2021 will remain Thursdays and Fridays** once we commence. A copy of the menu is included in today's newsletter.

A Carnival with a Twist

Sadly, our usual Swimming Carnival that in the past has always had a focus upon full participation and fun, including some novelty events and 25m races for beginning swimmers, has had to be significantly altered so as it can still take place. Last Thursday Charlestown Pool confirmed that the 25m Charlestown Pool allows for a maximum of 120 people only (including students, teachers and spectators) at any given time. Meaning that just our student population alone in Years 3 to 6 (infants students do not attend the Swim Carnival) well exceeds that limit. The 50m pool does allow for slightly more attendees but it is unavailable due to high school, private school and larger school bookings and the only way to complete our CSPS Carnival before the Zone Carnival is to keep our Feb 9 booking.

A note will be sent home today asking parents to identify if their child will be competing in the 50m freestyle and/or 50m form stroke events. Unfortunately, for this year, it will only be the race competitors attending so as we can keep within the strict numbers allowed onsite. However, on the upside, this forced format will allow us to still select our Zone Swim Team and update our CSPS Swim Records, as well as identifying Age Champions and the winning Sports House. Non Competitors will remain onsite at school for the day. Should we still exceed the limit after entries, we will then have to have some of our younger students not attend. The Zone Carnival has as its 'youngest' event the 8 Years Freestyle (note that 8, 9 & 10s compete all together as juniors in all other events). Occasionally, we will have a Year 2 student who is an exceptional swimmer already participating in Squad Training and we allow these students to attend with Primary students for our Carnival in an attempt to qualify for the Zone Carnival.

I do apologise for the inconvenience and the probable disappointment of not being able to have parents, carers and family attend unless restrictions change suddenly.

It's Cool To Be at School

Apart from school performance improvement across NSW, the Department has 'improved attendance' as its major focus. It is certainly not 'rocket science' to come to the conclusion that the more a child attends school, the more they learn. Research also shows, without any real surprises, that the schools with the highest attendance rates generally sit toward the pointy end of the highest performing schools. 2021 will see all schools and parents be far more accountable in terms of attendance. Home School Liaison Officers, Child Wellbeing Units and Regional Directors all have immediate access to every child's attendance records with anything below 90% often being considered as below an acceptable level. Obviously, there are certain circumstances such as significant illness, that are taken into consideration however, days off for a birthday, to pick up the new puppy, have a day shopping with mum or catch up on homework, are not considered by the Department to be legitimate reasons for a day away from school. I do realise that various medical or other appointments are occasionally required but do ask that these be made outside of school hours if the option is there to do so.

As the Principal of your child's school, can I ask that we all as a collective community do all we can to have every child in class at school on as many days as possible. I don't think that it was any coincidence that in Term 4 last year when I distributed special awards to all students who had 100% attendance for Semester 2, that so many of these students were the top 3 or 4 academic performers in their grade. It's interesting to ponder the fact that if a child does have a 90% attendance record, this equates to missing one day of school per fortnight. When added up, this makes 20 days per year. In the longer term, this means just during their primary school years they would miss 140 days of school. That's almost 3 terms of schooling!

Despite again stating the obvious that the more a child is at school the more they learn, two of the implications often overlooked when attendance is poor, is the negative emotional and social possibilities. As adults we have all been in that situation whereby it seems everyone else in the room understands what is going except us. A situation like this often leads to higher levels of anxiety and can very quickly erode confidence levels and lead us to question our own abilities. Those same feelings can apply to a child when a class has been introduced to a new concept or subject for a day or two in their absence. If this is a continual recurrence, the negative emotional effects can have a long term negative impact. Socially this can also be the case. Wellbeing and Mental Health experts quote the term 'shared experiences' and the positive bonds and

formed simply by being together and sharing the same happenings and events around you. These experiences often become the centre of later discussions and reflections days, weeks and months later. To not be able to be 'part of' these social interactions can also have a negative impact and just slightly cause us to feel a little more separate to the group. Experience this over and over and the divide increases simply because of our absence.

Bottom line We minimise the negative possibilities by having our kids at school every day.

The Adventure of a Lifetime Awaits!

Partnering with your school as your children head through the uncharted jungles of their educational adventure is of great importance. Being part of our incredibly friendly and active P&C is a perfect way to walk the winding track alongside them as the hidden gems that awaits are discovered and uncovered on this exciting journey. Just like a jungle adventure, there are many unexpected events and special moments. Being part of the P&C expedition allows you to be part of the decision making process as we plan various school and community events for the year ahead and beyond.

Our first P&C Meeting for the year will happen on Tuesday February 9th (Week 3) at 7pm in the school staffroom. We would love to see you there. All new kinder parents are extremely welcome.

Being part of our canteen helpers is another wonderful way to be involved. Volunteers are always welcome with rosters constructed around people's availability. All 'newbies' wanting to just test the waters to see if canteen is something for you, will be teamed with an experienced crew who know the ropes. Volunteer once a week, once a term or once a year or somewhere in between! Helpers start at 8.30am and are all done and dusted by 11.45am. All help is good help, and your kids will love having you there!

Charlie South Is Alive with The Sound Of Music

It's time for the music to begin! If your child has not yet been part of our award winning Concert Band and is now in Years 3 to 6, now is the time to grab an expression of interest form from Miss Mac on Friday morning if you missed the boat before school ended last year. Concert Band will commence rehearsals this Friday with Mr Jason Bone at the usual time of 8am. Please note that for the first 2 Fridays, it will be the existing Band members **only** in the before school timeslot. Then during the course of the day, our three super talented and experienced instrumental tutors will work with all Band members during their peripatetic lesson. This will allow the new joining members to gain some vital experience with their instruments before starting to play with other members as a group. Note that all of our new players for Term 1 come together also at 8.15am as a smaller group commencing Week 3.

***Regarding band fees – there will be a change in the way these are paid by parents this year, so please do not pay anything until notified, later this term.**

The Music Plays On!

Just when you thought there could be no way to offer any more in the way of cultural pursuits.... think again! Don't forget our Monday afternoon small group singing lessons from 3:15pm to 4pm with Music Conservatorium trained singing teacher and local performer Mrs Susan Johnson. This elite group will be limited in number and with the departure of some older students from last year a couple of positions could be available. However, you will need to be quick! If you are interested in this opportunity you need to act quickly. Note that this is not a school-based program and you will need to email Susan Johnson (susan.johnson24@det.nsw.edu.au) to obtain more information.

We are Aiming at Number 1 Spot in 2021

School contribution fees of \$30 per child are now due and can be paid at our front office. This is a voluntary payment, but one that is vital for our school. This fee will assist with the purchase of essential resources such as exercise books, technology resources, class reading books, sport equipment - which all students require. We hope all families will support our school with this contribution fee. It is my hope that at our first regional Principal's meeting I can once again boast that at Charlestown South we have the highest percentage in the region of families who have supported their school via the voluntary fees. We have managed this a couple of times in the past few years but slipped down the leaderboard in 2020. Let's head back to the top spot this year team CSPS!

Other School Fees...

We are still in the process of finalising other school fees for 2021 and will send a Statement of Account home for each student later this term. At this stage the only payment you need to make now is for Dance2BeFit.

AAA – Anaphylaxis, Allergies & Asthma

Each year it seems the numbers of students that are susceptible to anaphylactic and allergic reactions increases. For these children, exposure to certain foods can be fatal. **At CSPS it is crucial that no child brings peanut butter or nuts to school for lunch or recess as it could immediately place some of our children in a life threatening situation.** Please continue to respect this which is easier to do if you place yourself in the shoes of the mums and dads of the kids that suffer from this condition. If your child does fall into any of the three categories in this article title, please ensure that you have a health care plan developed by your Doctor that is to be passed onto the school office. We take the health of every child extremely seriously at CSPS and therefore ensure that every staff member receives annual training in regard to the above listed health matters. Thank you again parents for your understanding and diligence in this area.

Friday Festivities

In 2021 we will recommence our student-only whole school assemblies each Friday afternoon. This is a key time in our week where we come together to celebrate and share achievements both individual and corporate as well as to communicate and reinforce our school vision and ethos in some fun and inspirational ways. During this time classes also have the opportunity to showcase some things that they may have been doing in class such as artworks, songs, poetry etc. Each teacher presents 3 individual class awards during our Friday assembly and our weekly Principal's Award is also bestowed upon one deserving student.

OOSH Parking Pick Up

Now that we have our new carpark completed, we feel it is safe for those picking up their kids from OOSH after 4pm to now use the staff carpark. This will get you that little bit closer to the action and speed the process up for you. Rainy days should also be assisted by this change.

Daughters and Dads Cricket Program

Commencing on Feb 2 and running for 8 consecutive Tuesdays at Merewether High School, is the exciting Daughters and Dads Cricket Program. Each session will run for 90 minutes starting at 5.45pm and costs \$130 per dad and daughter pair. One of our cricketing dads who helped run an infants cricket program in 2020 at CSPS, Gary Johnstone, will be part of presenting this wonderful program. A program which I can highly recommend and worth considering. For enquiries or to book, call Emma Pollock at University of Newcastle on 4921 6884 or look online at <https://bit.ly/3ontR5z>

Mr J's Free Parenting Tip – Edition 1, 2021

I was recently reading a very interesting research paper released only 2 weeks ago in the Journal of Neuroscience. It spoke of the benefits in the modern world of coding skills for young children which encouraged me greatly as Mrs Eland over the last 2 years especially been teaching all of our students from K through to 6 to code using a variety of tech programs. Further to this we have been using a Robotics Kit to put this into practice! However, interestingly the paper concluded despite these great benefits even better in terms of brain development and brain power in primary aged students is the learning a musical instrument. The research paper stated *'it increases brain power, higher cognitive function, memory and executive functions. The earlier the musicians had started with musical practice the stronger the brain connectivity'*. In short, the study proposes if you want your kids to be smarter coding is greatly encouraged but better still is teaching them a musical instrument! This was extremely encouraging given our musical opportunities at CSPS with our Concert Band and Year 2 Recorder Program.

Diary Dates

February

- | | |
|---------------|---|
| Wed 3 | Kindergarten students commence. |
| Tue 9 | Swimming Carnival - Year 3 to 6, note sent home today. |
| Tue 9 | P and C Meeting. 7.00pm in the Staffroom - all welcome. |
| Wed 10 | Dance2bfit commences - note sent home today. |
| Thu 18-Fri 19 | Zone Swimming Carnival. |
| Fri 19 | Dance2bfit notes and payments due by today. |
| Fri 19 | Leaders' Induction Assembly - Year 6 parents welcome to attend from 2.10pm. |
| Thu 25 | School Photos - more information to follow. |

April

- | | |
|---------|--|
| Thu 1 | Last Day of Term 1. |
| Fri 2 | Good Friday. |
| Mon 19 | Staff Development Day - no students in attendance. |
| Tues 20 | Students return for Term 2. |

Uniform Recycling

We are organising with Church for Life to recycle our unwanted uniform as part of our uniform update. They will supply us with a collection bin for these items. Please hold onto your unwanted uniform items and we will advise you as soon as this service is available, thank you.

From the Office Ladies..

Welcome back to 2021. Our Office hours are 8.30am to 3.15pm daily. Please call if you have any questions or concerns.



Absences

If your child is unwell or absent you can notify us by either:

1. calling 4943 5827 (an answering machine monitors this number).
2. using the Skoolbag app - tap on the school logo then e-forms, then absentee form. You may still receive an absentee SMS at 10.00am, but you can disregard it.
3. replying to the Absentee SMS. These are sent daily at 10.00am to parents if students are marked absent on the roll.
4. emailing the school at charlestos-p.school@det.nsw.edu.au or Cheryl at cheryl.hansen2@det.nsw.edu.au.

Late arrivals and early leavers must be accompanied by a parent and come via the Office to be signed in or out.

Payments

We are accepting cash payments via the drop-box in the Office counter. Online payments can be made via POP using the Make a Payment tab on the CSPA website.

Contact Details

If your contact details have changed, please let us know. In the coming weeks you'll receive a copy of the contact details we have on file - please update any changes and return this to us

Visitors to Site

All visitors to our school must sign in at the Office and complete an External Visitor to Site form - this includes parents visiting for canteen volunteers, reading groups etc.

Health Plans


All student Health Plans and Asthma Plans will need to be renewed for 2021. If this concerns your child, this paperwork will be sent home in the coming weeks. A Skoolbag alert will be sent too.

Please speak to us if you're unsure about anything, we're happy to help.

Recycling at Charlestown South PS


We have just joined Terra Cycle's pen recycling program! This program accepts pens, whiteboard markers, textas, permanent markers, correction tapes and fluid, as well as mechanical pencils. These plastic items are then shredded, melted and turned into pellets which are then made into new products like picnic benches and playground equipment. Here at CSPS we use up to 2500 whiteboard markers in a year! We will now be able to recycle these items and save them ending up in landfill. We invite all of our CSPS families to join us in recycling your pens and markers - and we've placed a collection box in the foyer of the Office for students to use.

Just a reminder we accept bread tokens too - please hand these to Mrs Hansen as they are collected separately.




Writing Instruments Recycling Programme

Accepted waste
Pens, felt tips, highlighters, markers



Mechanical pencils, correction tape and fluid pots, fountain pens, ink cartridges


Waste not accepted



Glue sticks Rubbers Rulers Pencils Sharp objects

Please note, glue sticks are not accepted

For more information please visit terracycle.com.au



WHAT HAPPENS TO MY WASTE?

Once you send your waste to TerraCycle® it goes on a journey to become something new. These are the steps we take to give your waste a second life

- 1 The waste arrives at our warehouse where it is weighed, sorted and mixed with similar items



- 2 The plastics are sent to processing facilities where they are shredded, melted and turned into pellets



- 3 These pellets are then remolded into products like benches, picnic tables, and even playgrounds



BREAD BAG CLOSURE RECYCLING PROGRAM

ACCEPTED WASTE



1 Any brand of bread bag closures

Bread Bag Tag recycling program accepted waste:

1. Any brand of plastic bread bag closures as shown above

Recycling best practices. This program does not accept bread bags, or other forms of bag closures such as twist ties. Please do not include these in your collections.



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Charlestown South PS Canteen Menu 2021

| | | |
|--|---|--|
| <p><u>Sandwiches</u></p> <p>Cheese \$2.00</p> <p>Cheese & tomato \$2.20</p> <p>Cheese & ham \$2.50</p> <p>Cheese, ham & tomato \$2.70</p> <p>Egg & lettuce & mayo \$2.20</p> <p>Chicken \$3.00</p> <p>Ham \$2.00</p> <p>Toasted sandwich (extra) \$0.20</p> <p><u>Wraps</u></p> <p>Chicken Tender \$4.00</p> <p>with tomato, carrot, lettuce, cheese & mayo</p> <p>Ham, tuna or \$4.00</p> <p>diced chicken breast</p> <p>with tomato, carrot, lettuce, cheese, cucumber & mayo</p> <p><u>Extra Fillings</u></p> <p>\$0.20</p> <p><u>Snack Box</u></p> <p>\$4.00</p> <p>Contains cherry tomatoes, cucumber sticks,</p> <p>Carrot sticks, ham, cubed cheese and crackers.</p> | <p><u>Hot Food</u></p> <p>Lean Beef Party Pies \$2.00</p> <p>Lean Beef Sausage Rolls \$2.20</p> <p>Pizza - \$2.00</p> <p>Cheese & Bacon or Ham & Pineapple</p> <p>Twista Pasta \$3.50</p> <p>Macaroni & Cheese pasta \$3.50</p> <p>Chicken Nuggets - 3 pack \$1.50</p> <p>6 pack \$3.00</p> <p>Chicken Chippies - 3 pack \$1.50</p> <p>6 pack \$3.00</p> <p><u>Extras</u></p> <p>Tomato or BBQ sauce \$0.30</p> <p><u>Drinks</u></p> <p>Juice - orange, tropical, apple \$1.50</p> <p>Milk - chocolate, strawberry \$1.50</p> <p>Water \$1.00</p> | <p><u>Snacks</u></p> <p>Apple slinky \$1.00</p> <p>Apple from home slinky \$0.30</p> <p>Popcorn \$0.50</p> <p>Low fat Muffin - \$2.00</p> <p>blueberry, apple cinnamon</p> <p>Grain Waves \$1.00</p> <p><u>Fruit & Veggie Cups</u> \$2.00</p> <p>Fruit cups contain seasonal fruit (eg. grapes, watermelon, berries) but will vary depending on fruit price and availability.</p> <p>Veggie cups contain carrot, cucumber and capsicum sticks.</p> <p><u>Ice Blocks</u></p> <p>Juiceys wild berry, orange, lemonade, tropical \$1.50</p> <p>Frozen yogurt \$1.50</p> <p>-strawberry or mango</p> <p>Lite Vanilla Ice Cream cups \$1.00</p> <p>Please order at the canteen before 8.55am on Thursday and Friday morning. We would appreciate if you could have exact money as change is limited.</p> <p>Thank you.</p> |
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