



A school that provides a professional, stimulating and challenging learning environment

Principal
Mr John Southon

**Relieving
Head Teacher Secondary**
Miss Leisa Rowlands

**Relieving
Assistant Principal**
Mrs Fiona Sanderson



Western Access Program
Collaborative · Connected · Innovative

Reminders

Thursday 5/3/15
Music Day - Tottenham

Friday 6/3/15
PSSA Swimming

Thursday 12/3/15
Clean Up Australia Day

P&C

President
Mr Boyd Aveyard

Secretary
Mrs Ann-Marie Taylor

Treasurer
Mrs Lubka Prebendarcik



**Education &
Communities**

Trundle Central School Newsletter

Term 1 Week 6

2nd March 2015

Year 11 Access Camp



(l-r) Jessica Farrar, Miss Kim Ranger and Kenan Hills

Last week our Year 11 students, Jessica Farrar and Kenan Hills went to Burrendong Sport and Recreation camp to participate in the Western Access Program camp.

This three day event is a great opportunity for students to meet their teachers and peers face to face. They attend classes during the day and participate in a variety of physical and mental challenges arranged by the sport and recreation staff. A big thank you to Miss Kim Ranger our Stage 6 advisor/In School Access Coordinator for driving the students and staying both nights. Miss Alyssa Coursey and Miss Jin Jung also had day trips to this event to meet their students and teach a lesson.

Miss Coursey is the coordinator of Advanced English. Miss Jung is the coordinator of Biology.

Principal's Report

I am very happy to announce the school has recruited a guitar teacher to replace Mr Darren Wykes. Ms Lauren Gaiter will commence work in second term. The program will run every second week for a full day. This is equivalent to the time the program previously operated. A list of interested students will be collected before these lessons commence. I believe this program needs to continue so the school is willing to finance the employment of a teacher. Other schools will be invited to attend this program.

In addition, Primary Enrichment will also recommence second term. This program provides experiences outside the set curriculum for students. I believe the program was an outstanding success last year and look forward to it operating again. Mr Mitchell Flavel will design and implement this program.

All students were reminded last week of their behavioural and effort expectations at Trundle Central School. This was not because we are concerned. Indeed, we are very pleased with the way students have started the school year. However, we believe it is important to remind students that our goal is continual improvement across all facets of the school. Student behaviour and effort is a vital component in achieving this goal. This improvement extends from the grounds right through to the performance of the senior executive. If we do not critically reflect on our performance we cannot continue to improve.

The Trundle Central School community has indicated very clearly that they expect students to wear correct school uniform. Therefore, the school is working within these community expectations by strongly encouraging students to wear correct uniform as is consistent with Departmental policy. Indeed, I believe any student who is not in school

uniform feels isolated because of the exceptional standard students and families are maintaining. Remember, just because the item is in the uniform section of a shop in Parkes or elsewhere, does not make it correct Trundle Central School uniform. If you are not sure check with the school before purchasing the item. Socks also need to be the correct colour. This might seem such a small thing but it is important. Leave the sump plug out of your engine next time you change the oil and then tell me small things do not matter. Special congratulations to our new students for the standard of their uniform and the way they have settled into school routine.

The Royal Far West Op Shop has second hand Trundle Central School uniforms for sale at very reasonable prices. Supporting this organisation helps the children at Trundle Central School so I strongly encourage people to support this organisation.

Bullying is one of the evils of society. It can occur in homes, marriages, workplaces, clubs and unfortunately schools. Trundle Central School makes every effort to stop bullying. However, as I have mentioned before we need to be careful before labelling every incident as bullying. For example, last week I watched a group of student's trade light hearted comments between each other before one boy stepped over the line and it became personal. This was inappropriate and it was dealt with, but it is not bullying. Indeed, the most effective method of stopping bullying is to build resilience in children, not indiscriminately use a label. In my career I have come to realise, scrape away their seemingly tough exterior, most bullies are scared little children who lack the self-confidence or skill to succeed. Their only strategy is to bring others down to their level. One of the most satisfying experiences of my life was attending a school reunion to have it confirmed to me that the boy, now a middle aged man, who gave me a hard time at school was everything I suspected he was, a nobody! The challenge for all parents is to find a balance between the helicopter parent hovering above your children ready to help and defend at a moments notice and the other end of the spectrum, total disregard for your child's

welfare. If only children came with an instruction manual.

Behaviour on buses to and from school can be dealt with under the schools *Welfare and Discipline Policy*. The primary duty of care lies with the Bus Company but parents should understand that the school can legally discipline students who are not behaving in an appropriate manner on the bus. I can assure parents I will support our bus drivers if they make a decision to suspend a student from their bus.

The school is currently experiencing unwanted visitors in the form of snakes, ants and mosquitos. Children who spot snakes should report it to a teacher as soon as possible. I have an education program that encourages snakes not to come back to the school. Under no circumstances should students approach a snake. Ants are a continual problem as the nests are not on school property and the council assumes no responsibility for ant nests on footpaths. Mosquitos are worse this year as we are using more water to try and keep the gardens and lawns alive. They are particularly bad around the K-1/2 classroom. We are not allowed under Department policy to spray repellent on children. However, if parents apply a repellent before school this should help. Students should not under any circumstances bring an aerosol can to school.

On the school sign I have placed the statement 'less of the xbox and more of the book box'. My children have interactive games so I am not trying to assume the mantle of perfection. However, I worry about the amount of time some students are spending playing these games, some with violent content. These games rob children of a precious gift, the ability to loose themselves in the images a book creates. My first real book was the Battle of Midway. This book started a long love and fascination for military history and respect for the sacrifice people who serve in the military make for their country. I fail to see how these modern games can start these life long passions as a book is able to do. The other advantage of encouraging your children to read is, it is quiet.

Another Rugby League season starts with controversy. The game however is bigger than the individual and will continue to provide a positive sporting and social outlet for young people for many years to come. Team sport builds individual strength and character and allows young people to display controlled aggression when necessary. This is very important because we have seen a dramatic increase in young people showing uncontrolled aggression in recent times. I can understand why the Gold Coast had such a poor season last year. Instead of crossing the white line to score they were sniffing it!

In the news recently, the Federal Government mentioned allocating 22 million dollars to protect some schools from terrorism. I spoke to the students today about the advantages that attending Trundle Central School allows them. We have fantastic teachers and extensive resources and the threat of terrorism is to say the least, minimal. Your lunch may be attacked by a hungry meat ant on occasions and the agricultural plot is visited by the odd inquisitive snake but I will take this over the threat of terrorism. We're a little behind in the country. I doubt it!

Breakfast is the most important meal of the day. This is the reason the school runs a breakfast club. If you are running late or run out of food encourage your children to attend breakfast club. However, ultimately it is the parent's responsibility to provide breakfast.

Finally, great to see the progress in the Trundle business district in recent times. Improvements in the business district could encourage new people to come to town to the benefit of everyone. Continue to promote your school and town as it benefits all members of the community.

Another great week in Trundle.

John Southon
Thank you

Attention Parents of Years 7, 11 & 12

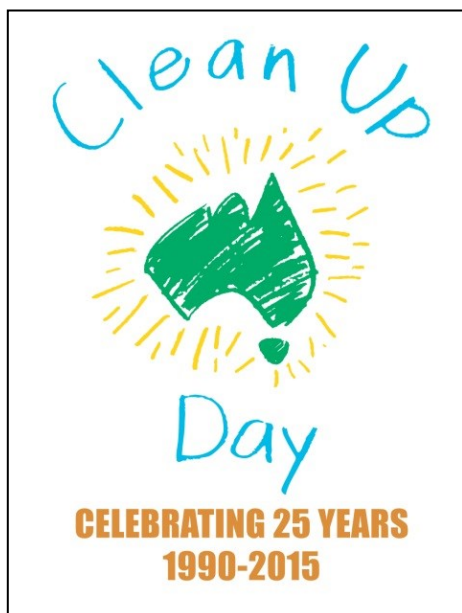
Vaccination forms were handed out to the students in Years 7, 11 & 12 last Monday.

Could these forms please be returned to the office by Friday 6th March 2015.



Clean Up Australia Day

Thursday 12th March



Trundle Central School have registered to be a part of Clean Up Australia Day. Infants, primary and some secondary students will be involved in picking up rubbish in the community and in the school grounds. Gloves and bags will be supplied.

CONTINENTAL LABOUR RAFFLE

Do you have an odd job that really needs doing but you just never find the time?

Buy a Labour Raffle Ticket and be in with a chance of winning 2 hours of free labour....

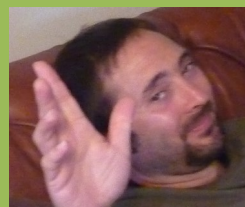
Jobs include - gardening, cleaning, painting

**TICKETS \$2 EACH OR
3 FOR \$5
PENSIONERS -BUY
ONE GET ONE FREE**

Tickets available from Trundle Central School or at the Continental on March 20th. All proceeds to Trundle Central School P&C

**RAFFLE DRAWN AT
TRUNDLE CENTRAL
SCHOOL
CONTINENTAL**

All work carried out by Dave - The odd job man



Travel limited to 35 km's in any direction from Trundle



Interest Electives

Here is a selection of Friday's prints from our Darkroom Photography Interest Elective. Students are creating photograms from found objects, a form of camera-less photography. The prints are then developed by hand in the darkroom. I'm sure you will agree the girl's work is looking amazing after only two weeks working in the darkroom!

Miss Alyssa Coursey

(l-r) Leah Martin, Chloe Seiler, Ashleigh Newham, Leah Martin, Chloe Seiler,

Primary

Students of the week

K/1/2 - Lucy Hartig (absent)

3/4 - Hannah Lynn

5/6 - Anthony Jones

Mrs Jones - Eric Fernando

Special Reward - Kylie Fernando, Lucy Hartig and Harrison Grady

K-6 Swimming

All K-6 children will be going to the pool for sport this Friday. Please ensure your children have swimmers, a towel, sunscreen, a swim shirt and \$2 for entry to the pool unless you have a season ticket. We will be walking back to school at the end of sport unless we have been notified of alternative arrangements.



Headphones

Dear Parents & Caregivers,
If possible, can each child in K-2 bring in their own pair of headphones? These will be used in the computer room each week and also with our Ipads. Headphones will be stored safely at school and only used by the child who owns them.

Thank you, Ms Downes



Baby Photos

This term, in PDHPE K/1/2 will be looking at changes in themselves since birth. If possible could each K/1/2 student please bring in a baby photo of themselves? These photos will be immediately copied and returned straight back home.

Thank you, Ms Downes



(back l-r) Harrison Grady, Anthony Jones and Kylie Fernando

(front l-r) Eric Fernando and Hannah Lynn

Assembly

Last Friday was our first assembly for the year. It was exceptionally well run by Mrs Gray and Year 5/6. All the items were beautifully presented and each class took great pride in showing their work. Well done to all the students and teachers.

Gobondery/NARRAF Swimming Carnival

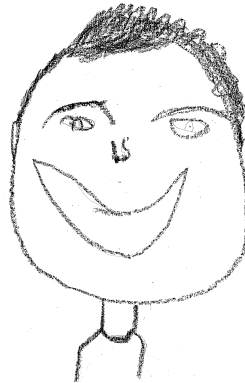
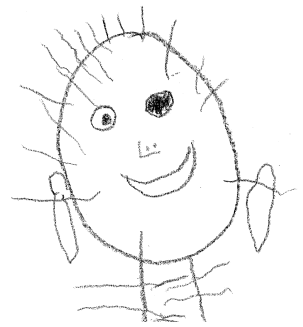
We wish our swimmers all the best of luck for the Western Area Swimming Carnival this Friday. We know they have worked hard to train in the past two weeks and will do their absolute best. Good luck to Hamish Sanderson in the 12yr old boys 50m freestyle, Kylie Fernando in the 13yr old girls 50m freestyle and all age girls 100m freestyle and our Small Schools Relay team consisting of Harrison Grady, Hamish Sanderson, William Taylor and Kylie Fernando.



(l-r) Harrison Grady, William Taylor, Kylie Fernando and Hamish Sanderson

First Better Buddies Activity

Year 6 Buddies playing with Kindergarten in the sandpit. Kindergarten had a wonderful time and are very excited about our next adventure.



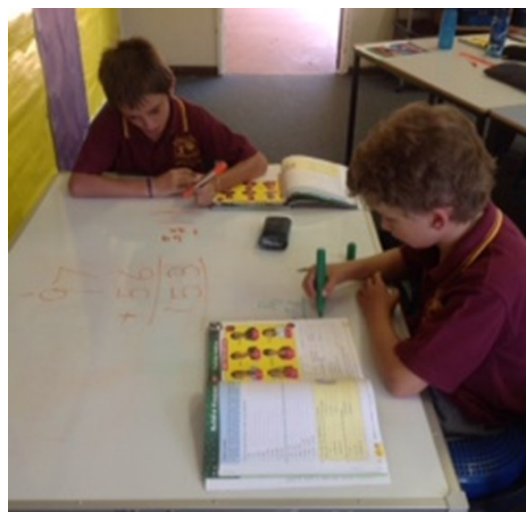
K/1/2 have been working on portraits in creative arts. Can you tell who these clever artists are?

Answers below

Renea, Seth and Eric

Whiteboard table

In our primary rooms this year, we have a white board table. Mr Klein, very kindly made the table for our primary students during the school holidays. At the moment, Year 5/6 are using the table in their classroom.



(pictured l-r) Noah and Alex using the whiteboard table during Maths.

Primary Assembly Award Presentations

Top Students



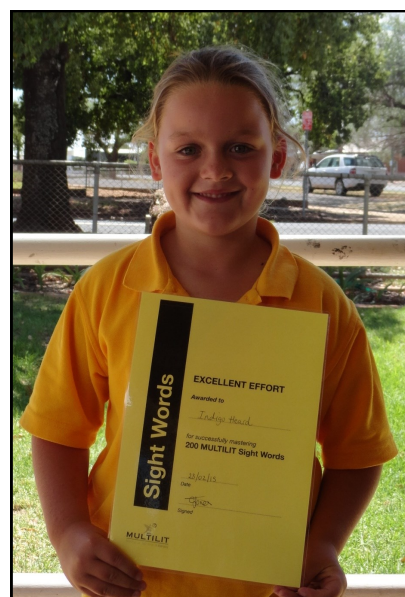
(l-r) Xander Hartig, Nicholas Taylor and Jamie Harper

Silver Award



(l-r) Ashlee Bartijn, Sue Wu and Kylie Fernando

Multilit - Sight word Completion



Indigo Heard



Grace Hartig



Erin Fernando



Indigo Heard and Mrs Jones

Secondary

Major Secondary Excursion

Students in secondary will receive an *expression of interest* note about our major excursion this week. The dates for the excursion are **Wednesday 9th December to 11th December 2015**. All students from years 7-12 will be invited to attend this excursion.

These notes must be handed back to the front office by the end of Term 1. Miss Rowlands will then collate the numbers and finalise a payment plan to start during Term 2. This payment plan will allow parents and carers to pay small amounts weekly, so the financial impact isn't so great.

Any questions please don't hesitate to contact the school on 68921303.
Miss Leisa Rowlands

Lifesaving Exams

All secondary students who go to the pool for sport will be completing their theory tests this week.

Students are reminded to collect their revision material for the exams from Mrs Morgan.



Across the Careers Adviser's Desk

- Connect with Macquarie
- Cultural Care Au Pair Info for 2015
- Glen Turner Scholarship at the University of Newcastle. This scholarship will be awarded to a student in the field of natural resource management, which could include a bachelor degree in science, environmental science or a related field. It will cover tuition fees for the successful candidate for the full duration of their course.

Secondary Welfare Levels

Congratulations to the following students who are on Level 4. Keep up the good work!

Level 4

Lucy Aveyard
Hannah Dunn
Monique Morgan
Willa Stokes
Bobbie Smith
Robert Stokes
Codie Wilson
Brooke Morgan
Paige Fox
Ryan Cohen-Wilding
Liam Walsh
Harrison Williams

WANTED

Secondary Design and Technology classes are in need of empty tin food cans. Please ensure the lid has been removed safely and drop them into the front office for Miss Rowlands. Thanks to community members for dropping some in. We would love some more! Thanks in advance, Miss Rowlands.

Sportspersons of the Week

Brad Watt



Karl Turner



Albert Wykes



Johnathan Roach



Secondary Assessments & Homework

CLASS	DATE GIVEN	DATE DUE	TOPIC
Stage 4 Science (Topic Test)		Week 6, Term 1 13 th March	Atoms
Stage 4 Music	3.3.15	Week 8, Term 1 18 th March	Musical Instruments
Stage 5 Design & Technology	2.3.15	Week 2, Term 2 30 th April	Designers (time given in class to complete assessment)
Stage 4 Technology Mandatory	2.3.15	Week 2, Term 2 Tuesday 28th April	Safety Poster (time given in class to complete assessment)

Secondary Agriculture

Last week, Trundle Central School welcomed our latest addition to the school family. A ram, three ewes and two lambs are currently occupying our fenced-in paddock area. One more lamb is will arrive in the not too distant future. As they arrived without names, we are currently running a naming competition within school!

The sheep family will provide students the opportunity to practise and gain skills in handling livestock without leaving the school grounds. Students will be involved in a variety of tasks on sheep operations including earmarking, vaccination and drenching.

Miss Jung



Year 11/12

Access Camp



Raft Building



High Wire



Night Games



Chair Games



Grass Skiing

Assessment Schedule

Slip and Slide

Preliminary

Week	Subject	Weighting	Form of Assessment
6	English- Advanced	15	Creative writing and visual representation
	English-Standard	25	Speaking tasks
	Metal and Engineering	--	Working safely
7	Biology	20	Life on Earth research
	Community and Family	10	Extended response
	Food Technology	15	Research and oral presentation
	Senior Science	15	First hand investigation

HSC

Week	Subject	Weighting	Form of Assessment
6			
7	Advanced English	15	Listening Task
	Biology	15	Investigation
	Business Studies	25	Marketing Plan
	Chemistry	15	Titration
	Modern History	20	Extended Response
	Senior Science	20	Research Task
	Standard English	15	Experiences through Language

CONTINENTAL FRIDAY 20TH MARCH 2015

Welcome Back to 2015. The P&C Committee have hit the ground running.

Please place Friday 20th March on your calendar for the Continental.

To ensure that the Continental continues to be a success we will be requiring volunteers to help on BBQ, Stalls, Jumping Castle, Raffles. Any one can volunteer weather it be a parent, guardian, grand parent, friend, aunty or uncle.

The Continental is the Major Fundraiser for the P&C.

Please indicate a time below in which you are able to help.

Thankyou
P&C Committee

BBQ Roster

Time	Cooking BBQ	Cooking Chips	Server 1	Server 2	Server 3
5-6					
6-7					
7-8					
8-9					

Donut Stand

Time	Volunteer 1	Volunteer 2	Volunteer 3
4.30-5.30 (Preparing)			
5.30-6.30	Carolyn Watt		
6.30-7.30	Carolyn Watt		
7.30-8.30	Carolyn Watt		

Jumping Castle

Time	Volunteer 1	Volunteer 2
Set up	Boyd Aveyard	Mitch McAlister
5.30-6.30		
6.30-7.30		
7.30-8.00		
Pack Up	Boyd Aveyard	Mitch McAlister

Major Raffle Table

Time	Volunteer 1	Volunteer 2
5.30-6.30	Ann-Marie Taylor	
6.30-7.30	Ann-Marie Taylor	
7.30-8.30		

CONTINENTAL FRIDAY 20TH MARCH 2015

Variety Stall

Time	Volunteer 1	Volunteer 2
Set Up	L Prebendarcik	
5.30-6.30	L Prebendarcik	
6.30-7.30	L Prebendarcik	
7.30-8.00	L Prebendarcik	
Pack Away	L Prebendarcik	

Pick A Box

Time	Volunteer 1	Volunteer 2
Set Up	J Coster	K Whiley
5.30-6.30	J Coster H Longhurst	K Whiley
6.30-7.30	J Coster	K Whiley
7.30-8.00	J Coster	K Whiley
Pack Away	J Coster	K Whiley

We will be asking for donations of Cooking, Plants, Craft Items that can be sold on the Variety Stall.

P&C will be asking Business Houses for donations of items that can be used on our Pick-A-Box Stall.

AGM

The P&C AGM will be held on Tuesday 10th March at 6.30pm in the school library. Please come along and take a position on this wonderful committee.

We have lots of fun whilst fundraising for the students at Trundle Central School.

It is a great way to meet other parents. Children are Welcome

ALL POSITIONS WILL BE DECLARED VACANT.

The monthly meeting will follow after the AGM. We will be putting the final touches on the Continental.

HOPE TO SEE YOU THERE!

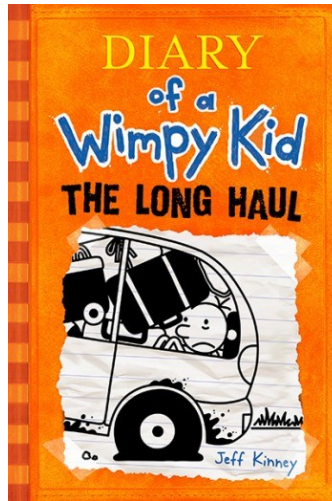
Library

New Books



Billy and his sister, Sheena, unwittingly dive into a terrifying mystery when they accept a surprise invitation to Horror Land - the amusement park that always lives up to its name.

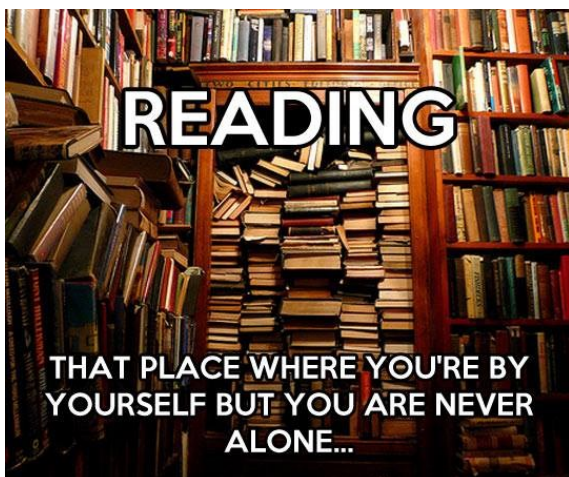
But first Billy and Sheena must sink or swim aboard a doomed ship that happens to be underwater - with a captain who happens to be dead. At least, he used to be!



A family road trip is supposed to be a lot of fun . . . unless, of course, you're the Heffleys. The journey starts off full of promise, then quickly takes several wrong turns. Gas station bathrooms, crazed seagulls, a fender bender, and a runaway pig - not exactly Greg Heffley's idea of a good time. But even the worst road trip can turn into an adventure - and this is one the Heffleys won't soon forget.

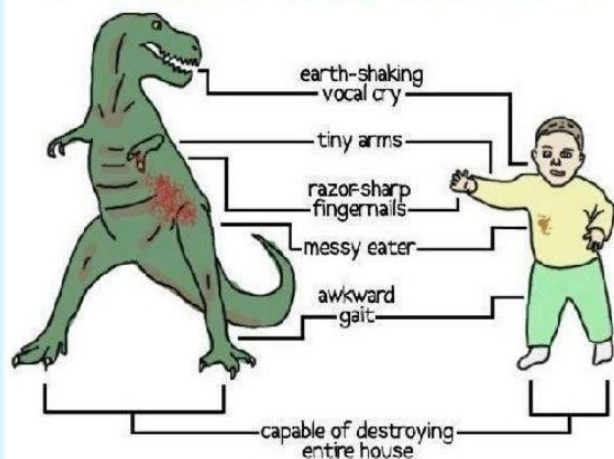


At Baskerville Hall on the grim moors of Devonshire, a legendary curse has apparently claimed one more victim. Sir Charles Baskerville has been found dead. There are no signs of violence, but his face is hideously distorted with terror. Years earlier, a hound-like beast with blazing eyes and dripping jaws was reported to have torn out the throat of Hugo Baskerville. Has the spectral destroyer struck again? More important, is Sir Henry Baskerville, younger heir to the estate, now in danger?



Joke of the week

T-REX vs. BABY



Community

World Day of Prayer

This year's ***World Day of Prayer*** service will be held on Friday, 6th March at the Berry Uniting Church, Trundle at 10am.

Ann Sutton from Canberra will be the invited guest and the programme has been written by ***The Bahamas World Day of Prayer Committee***.

All denominations will take part and everyone is welcome to attend and join in morning tea at the CWA Rooms at the conclusion of the service.

QUOTE AND TENDER

TRUNDLE WELFARE AND COMMUNITY SERVICES ASSOCIATION INC

Are calling for tenders to QUOTE to renovate Unit 2 at Brookview Units, Trundle

Complete renovation of a new kitchen and bathroom required

Cheapest quote not necessarily accepted.

Tenders close Friday 13th March 2015

For further information contact Sue Morrison (Hon. Secretary) Mobile 0429921325

Trundle Amateur Swimming Club

It was great to see so many members at our final meet last Friday. We have had a successful season. It has been great to see the improvement in many of the children's swimming over the season.

Presentation afternoon will be held this Friday 6th March from 4pm. There will be canteen vouchers awarded to championship winners. There will be a sausage sizzle at the end of the presentations.

There will also be a short AGM at the end of all the presentations.

We look forward to seeing all our members and their families on Friday afternoon.

Trundle Junior Cricket

Primary report

Trundle Primary played the Condo Waratahs at Condobolin last Saturday.

Trundle won the toss and batted first, again showing improvement in stroke selection and running between wickets to acquire a total of 87. The Waratahs then set a blistering pace for the first 10 overs of their innings, only being slowed down by a couple wickets due to great catches by our side. Despite this, Trundle's bowling and fielding was still commendable against a side riddled with representative players. Sadly, Trundle's score was eventually overtaken to finish the game.

That is the end of the season for our team as we have a bye next week. Because of this, there will be NO MORE TRAINING FOR THE PRIMARY SIDE AND NO MORE IN 2 CRICKET ON WEDNESDAYS. I would like to thank the kids in our team for the continued effort they have put in to the season, it shows in the marked improvement in the skills of all our players. Praise also goes to the parents who have helped though the year at both the games and training.

The date for our presentation will be set shortly and you will be notified of this via your newsletters.

Thank you to our sponsors:

Trundle Hotel, Trundle Services and Citizens Club, Dolly's Beauty and Beyond, Trundle Café, and Trundle Ag n Vet services

Please call me on 0428975335 if you have any questions.

Cheers,
Jono

Trundle Junior Rugby League

Next Meeting Notice

Next Trundle Junior Rugby League Meeting is 18th March at Berryman Oval 5.30pm. Everyone is welcome.

Trundle Junior Rugby League News! 2015

Trundle Junior Rugby League will not be fielding any football sides this year.

HOWEVER, In the interest of developing/keeping league skills up to date, we are going to start a league tag competition which will provide children with ball skills, co-ordination skills, team sport skills and fitness.

We are holding a **COME AND TRY SESSION!**

League Tag - Come'n Try session . Skills and Drills Run by Alex Prout Country Rugby league development officer.

Friday 27th March from 5pm to 6pm & again on Thursday 2nd April. At Berryman Oval Trundle
Put the dates in your diaries and its open for boys and girls, so come along and have a try.
TJRL committee

Microsoft Surface RT FOR SALE

The school has 3 Microsoft Surface Tablets to sell. They were purchased for Year 9 a trial to implement technology in the classroom. This trial has ended and we are looking to sell the tablets. They were used by our year 9 students last year. All of these tablets come with cover and keyboard.

Two of the tablets have damaged keyboards and are going for a steal at \$150. Replacement Bluetooth keyboards can be purchased at many different stores. As it is touchscreen you may only want to use it as a stand alone tablet. One of the tablets has a working keyboard and is exceptional value at \$220.



These tablets are able to be used at school as part of the Bring Your Own Device program we are looking to moving to this year. Below is information on the tablets from the Microsoft website.

This Microsoft Surface model features Windows RT as an operating system, it is powered by an ARM chipset, and it has a storage capacity of 64 GB. In addition to being enabled for Wi-Fi, this 10.6-inch (26.9 cm) Microsoft tablet computer sports a USB port and a Micro SD card slot. The 16:9 widescreen HD display of this 10.6-inch tablet delivers crystal-clear images thanks to Microsoft's ClearType HD Display technology. Two cameras have been added to Microsoft Surface. The front LifeCam can be used to chat with friends and co-workers, while the rear-facing LifeCam is angled to 22 degrees, so it is possible to flip the integrated kick-stand and record meetings hands-free. This Microsoft tablet computer is thin and ultra-light, at only 9.3 mm thick and weighing 676 g. The elegant black body is protected by a VaporMg casing and a convenient Touch Cover can be extracted from this 10.6-inch tablet and used as a keyboard and trackpad. Microsoft Surface comes with stereo speakers and dual microphones for high performance while listening to one's favourite music or talking through Skype. The tablet has a long battery life able to get a full days use out of one charge.

The Windows RT operating system has a great range of the Microsoft Office suite pre-installed and through the Microsoft store you can access to over 100,000 apps.

Go to: <http://www.microsoft.com/surface/en-au/products/surface> to see more details of the tablet
Contact the school for more information and to purchase one of these tablets.

SCHOOL LUNCH MENU

TERM 1/2015

SANDWICHES Multigrain/Brown/White Bread		HOT FOOD	
Ham	\$4.50	Meat Pie	\$4.00
Ham & Salad	\$5.50	Sausage Roll	\$3.50
Chicken	\$5.00	Tomato Sauce Sachets	30¢
Chicken & Salad	\$5.95	Tub of Home Made Pasta, Bolognese & Grated Cheese	\$4.95
Ham, Cheese & Tomato	\$5.50	Beef & Salad Burger	\$6.50
Cheese	\$3.00	Chicken Burger	\$6.95
Cheese & Salad	\$4.50	Pizza Roundas	\$4.00
Salad	\$4.50	Pizza Single	\$4.00
Vegemite or Honey	\$3.00	Chicken Nuggets (each)	60¢
Toasted (extra 50¢)		Chicken Munchies/Chippies	\$4.50
Plate of Fairy Bread (8 quarters)	\$3.50	TREATS	
		Paddle Pops – Banana, Chocolate	\$1.30
		Callipo	\$2.00
		Milo Cup	\$2.80
		Dixie Cup	\$2.20
		Chocolate Cake	\$3.50
WRAPS			
Chicken or Ham with salad – Lettuce, tomato, cheese & light mayo	\$5.95		
Chicken Snack Wrap – Lettuce, cucumber, Sweet Chilli/Mayo Sauce	.\$7.25		
HEALTHY SNACKS			
Tub of fruit – Apple, Orange,	\$4.00	DRINKS	
		Flavoured Milk – Chocolate or Strawberry	\$3.50
Fruit Salad	\$4.95	Bottle Water – 500ml	\$2.00
CHIPS		Light Milk Shakes – Straw, Choc, Banana	\$3.80
Red Rock Deli – Honey Soy or Sea Salt	\$2.50	100% Fresh Juices – Orange, Orange & Mango,	\$3.00
Natural Chips – Honey Soy or Light&Tangy	\$2.50	Apple, Blackcurrant & Apple,	
		Paradise Punch	
		Colour Coding – What they mean	
		Green – Health Choice	
		Orange – Can be eaten in moderation	
		Red – Only to be eaten on occasion	
		Due to high salt/fat/sugar levels	