



Principal – Mrs Toni Skinner

Term 4 WEEK 7

27 November 2020

Office Hours 8.30am – 3.15pm	Uniform Shop <b>NEW HOURS</b> Tuesdays - 8:30am-9:30am Thursdays – 8:30am – 9:30am	<u>Make a Payment</u>	<b>SECURITY HOTLINE</b> 1300 880 021	<u>Canteen Online Order</u> <a href="http://www.flexischools.com.au">www.flexischools.com.au</a>
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Phone: 4340 1885

email: [kariong-p.school@det.nsw.edu.au](mailto:kariong-p.school@det.nsw.edu.au)

[www.kariong-p.schools.nsw.edu.au](http://www.kariong-p.schools.nsw.edu.au)

## Upcoming Dates



**RESPECT  
RESPONSIBILITY  
PERSONAL BEST**



Gymnastics and Wellbeing Programs final week

**30 November 2020**  
PBL Diamond Movie Reward Day

**1 December 2020**  
Year 6 Farewell

**4 December 2020**  
VOTM Presentation

**8 December 2020**  
Year 3 and Year 4 Presentation Day

**9 December 2020**  
Year 5 and Year 6 Presentation Day

**10 December 2020**  
Kindergarten, Year 1 and Year 2 Presentation Day

**10 December 2020**  
Reports go home

## Acting Deputy Principal's Report

### Kindergarten Early Birds 2021

Congratulations to all our new Kindergarten students starting at KPS in 2021. This week they completed our Early Birds Orientation Program and are now officially ready to start 'big school' next year. We are excited to welcome them and their family to KPS. A big thank you to Mrs Downey and the team of teachers who supported her to run the Early Birds Program and make it such a success.

### Leadership 2021

On Monday, twenty-two Year 5 students presented their speeches to Year 5 as part of the selection process for the 2021 Student Leadership Team. The students all did an amazing job presenting their speeches and should feel very proud of themselves. Due to COVID 19 restrictions we could not have the whole school watching, so we recorded the speeches for the rest of the school to view and vote for their favourite candidate. All students and staff now vote and the ten successful student leaders will be announced at our morning assembly on Friday December 11. Next Friday, students who are standing for house leaders will be presenting their speeches with the voting process to follow. Good luck to all students who are striving to become leaders in 2021.

### Presentation Days

Our annual presentation days will be held in Week 9. Due to COVID 19 restrictions, this year we will be holding grade presentation assemblies and each grade of students will be acknowledged at their presentation day. Year 3 and Year 4 will be held on Tuesday, December 8. Year 5 and Year 6 will be held on Wednesday, December 9 and Kindergarten, Year 1 and Year 2 will hold their presentation day on Thursday, December 10. Due to COVID 19 restrictions only the parents of students receiving a major award will receive an invitation and be invited to attend; unfortunately no other parents will be permitted to attend. We will be taking photographs of students receiving their award and these will be published on the school website. We look forward to acknowledging the wonderful students in our school for their many different achievements throughout the year.

### Diamond Movie Reward Day

Our movie reward day will be held on Monday, November 30 for our Diamond PBL award recipients and I would like to congratulate them all once again for achieving this level. We hope they enjoy the movies and congratulate them for achieving diamond by following our school values of Respect, Responsibility and Personal Best every day.

### Year 6 Farewell

On Tuesday December 1, all of Year 6 will be enjoying their farewell from 6-8pm. Due to COVID 19 restrictions this year, it will be held in our school hall. We have a few surprises to make sure the students have a memorable night. We look forward to enjoying this special night with them and farewelling them all as they get ready to embark on their high school adventures!

### Year 6 Mini Fete

Our Year 6 students should be extremely proud of themselves and the wonderful job that they did hosting the Mini Fete today. I would especially like to thank all of the Year 6 students for their wonderful effort but a huge thank you also to the parents who assisted their children with organisation at home! Mr Brady and our Year 6 teachers did a wonderful job coordinating this event and I know the whole school appreciated their wonderful effort in making the day successful. It certainly was lots of fun! All money raised will go towards to the Year 6 Farewell and the gift to the school.

### Enrolling or Leaving?

NSW Public Schools are provided with teachers and staff on an age-based differential formula. Once the Principal enters anticipated numbers of students, Staffing will allocate a set number of teachers, SLSOs, School Administrative Staff, Counsellor etc.

Thank you to parents who have already informed the school that their child is leaving us or commencing at our school next year. It is extremely important that numbers are as accurate as possible so correct classes can be formed and teachers appointed to start at the beginning of the school year.

Please ensure that you let the office staff know as soon as possible if you are **NOT** returning to Kariang Public School in 2021 or if you are going to be away at the beginning of the 2021 school year. (Current Year 6 students do not need to let us know). If you know of anyone who is enrolling a new child at our school next year, would you please ask them to contact the school office to collect enrolment forms.

*Kerry Rayner*



## BOOK FAIR WRAP UP

It is unbelievable to think that with all the restrictions this year, that our Book Fair could have been such a success. We have achieved our goal of receiving the same commission as in previous years. Thanks again to the support from the Kariang community. The school will be able to use this commission to purchase resources to support our reading and learning programs.

### LIBRARY NEWS

From this week onwards, there will be no more borrowing from the library for 2020. We will be undergoing a stocktake during Week 9 and are requesting that any students who still have resources at home, to return these resources into the boxes, located just inside the library as soon as possible.

Overdue notices will be sent out again this week. Please have a good look at home for these resources. Many resources that were loaned to students to encourage reading during Covid, have unfortunately not been returned.

If you are having any problems locating resources, please contact Mrs McGann in the library.



## Principal's Gold Book Award

Henry D 1J	Eliza R 1J	Indie P 1T	Riley H 1T	Alice C 1T	Abigail L 1T
Madi D 1T	Isha A KD	Hazel P KD			

## Merit Awards

Samuel S KW	Elroy C KW	Dayvean A 1G	Tai L 1G	Roy K 1G	Dylan C 1G
Ethan V 2/3R	Elise H 2/3R	Havanna H 2/3R	Alexis W 3B	Jake M 3B	Nick Y 3S
Amelia S 3S	Byron M 4RG	Samantha D 4RG	McKenzie H 6T	Liliana S 6T	Abigail L 1T
Cooper M 1T					

## PBL Silver Certificates

Travis L KH	Ethan L 4RG				
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## PBL Gold Certificates

Kiarna F KH	Elizabeth G KH	Olivia J KH	Cooper S KH	Ryan M 1T	Oskar F 4RG
Alexander B 5F	Jack C 5F	Mohamed K 5F	Toby P 5F	Oakley W 5F	Cohen L 6B
Hunter B 1J	Zoe D 1J	Zoe P 1J	Louis B 1K	Daniel C 1K	Aaliyah W 1K
Roxy H 3S	Cruden S 3S	Brody M 4M			

## PBL Diamond Certificates

Eljay B KH	Lilly H KH	Joel W KH	Evita B KW	Evelyn B KW	Elroy C KW
Gracie F KW	Eva T KW	Lola A 1K	Kyle A 1K	Lucie B 1K	Chelsea B 1K
Nate C 1K	William D 1K	Mackenzie G 1K	Ruby L 1K	Bella M 1K	Emma S 1K
William S 1K	Coby B 1T	Harrison B 1T	Alice C 1T	Madison D 1T	Georgia H 1T
Riley H 1T	Lisbeth L 1T	Cooper M 1T	Indie P 1T	Natasha S 1T	Joshua W 1T
Amelia S 2C	Hunter W 2C	Rhyder H 2M	Matilda J 2M	Isla H 2M	Katelyn G 3B
Indi H 3B	Ella S 3B	Shuji Y 3B	Jade B 4RG	Levi C 4RG	Ashlen E 4RG
Dempsey H 4RG	Mya N 4RG	Tawhiti R 4RG	Milayna S 4RG	Sienna A 5F	Laila D 5F
Paige H 5F	Indiana J 5F	Vaani K 5F	Grace N 5F	Mikayla W 5F	Cooper B 6B
Travis C KW	Phoenix D KW	Owen J KW	Liam V KW	Dakota A 1J	NJ L 1J
Olivia S 1J	Brigitte A 1K	Andrew B 1K	Eric L 1K	Abigail S 1K	Hannah C 3B
Tahlia B 3S	Madeline E 3S	Piper H 3S	Fiona H 3S	Nicholas Y 3S	Ava C 4M
Ruby D 4M	Lily D 4M	Jack S 4M	Bailey T 4M		

## Robotics Competition Report

Last Friday our Kariong Robotics Team competed in the Regional First Lego League competition. For the first time, due to COVID 19, this competition took place remotely using online ZOOM and YouTube. Initially the group were apprehensive and unsure of how this might work but in the end the experience went well, without a hitch, and saved our team considerable time by not having to travel to Sydney. We were able to compete from our own backyard - on site at Kariong Public School. This national competition is a wonderful opportunity for children from the ages of 9 to 16 years to engage and develop their skills in research, engineering and robotics. The Kariong Robotics Team consisted of only Year 6 students this year, a group of dedicated students with enormous commitment.

Congratulations to Franky, Hunter, Rabi, Dean, Cameron, Melissa and Evie for their tremendous efforts. I'm sure this experience will no doubt help them in the near future at high school and after completing your education.

The team competed confidently on the day and ranked 2<sup>nd</sup> overall in the Robot Game Tournament. As their coach, I'm very proud of how well they conducted themselves, not only on the day but over the past 5 months: giving up a lot of their own time after school and during their recess and lunch breaks, preparing for this tournament. Many thanks to all the teachers and the school who have supported us on this journey. Below are some photos of the day.

*Mr Nash*

*Robotics Team Coach*



## PBL NEWS Term 4 Week 7



**Diamond Awards** – On Monday November 30, students who have achieved their Diamond Award will be going to the movies, with over 250 students attending. Congratulations to all these students and we hope you have a great day on Monday!

Students who receive Diamond after the movie day will be invited to have a pizza lunch with Mrs Skinner on Monday 14 December.

**Term 4 Lori Rewards Day** - Our Term 4 Lori Rewards Day will be held on Friday 11 December. Students will have the opportunity to trade in their Lori PBL tickets for some exciting rewards. This term, the rewards they can choose from include a sausage sizzle, water fun day on the oval, playtime at Peppermint Park or a movie in the hall. The note for the Lori Rewards Day will be sent home shortly.

# Saltwater / Freshwater Aboriginal Art Exhibition

Aboriginal Art Exhibition featuring local Artist Garry Purchase and KPS students, Tyson and Kobe Purchase.

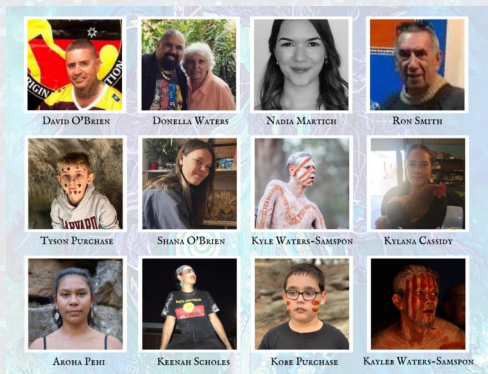
Saturday 12th December - Sunday 20th December 2020 at The Entrance Art Gallery, Norberta Ave The Entrance

Open 10am - 4pm daily.

**Mini Markets** will be held both weekends with a variety of stalls featuring art, jewellery, homewares, weaving and much more.

Respected Aboriginal Elder, JD Leatherman will be hosting daily workshops where you can make your own leather bracelets and other leather crafts. Kids art workshop will be held on Saturday 19th December. Bookings required.

For more information follow us on Facebook: <https://www.facebook.com/Saltwater-Freshwater-Art-Exhibition-106915227849147/> or email [saltwaterfreshwaterart@gmail.com](mailto:saltwaterfreshwaterart@gmail.com)



### TYSON PURCHASE


Tyson is a proud young man from Dharawal descent and has been painting alongside his dad Garry Purchase for several years now.

He is a very talented writer and artist, last year attending the gifted and talented students camp for visual arts.

Tyson has been training in karate since he was 5 years old and is now a purple belt. He has an impressive collection of medals and trophies and last year was awarded student of the year at his karate club. Tyson also took up Judo earlier this year and has recently graded to his yellow belt.

Tyson was awarded the 2016 Sean Lonergan Indigenous Youth Award at the Reconciliation Art Competition.

COME AND SEE TYSON'S WORK AT THE ENTRANCE GALLERY

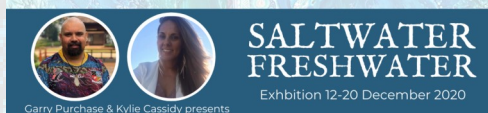



### KOBE PURCHASE

10 years old Kobe is a proud young man from Dharawal descent and has been painting alongside his dad Garry Purchase for several years now.

He loves painting & drawing characters from his favourite games and movies and is a very creative story writer. Kobe enjoys writing his own comic books. Kobe is a year 4 student, he loves video games, drawing & writing, cooking (he bakes the best cakes!), exploring the bush, going to the beach, sharks, monkeys and the Parramatta Eels and is a big basketball fan, his favourite teams being the Sydney Kings and the LA Lakers.

COME AND SEE KOBE'S WORK AT THE ENTRANCE GALLERY



## Our focus lessons for next week are:



**PBL**  
Everyone  
Everywhere  
Every time

### Personal Best

- Leave the school promptly
- Remember you are representing the school in uniform



We are learning about...

## Exiting the School

### Respect

- Walk sensibly



### Responsibility

- Take your belongings with you
- Keep to the left on the footpath and stairs





**PBL**  
Everyone  
Everywhere  
Every time

### Personal Best

- Sit quietly, ready to learn



We are learning about the.....

## Start of Day

### Respect

- Listen to teacher instructions



### Responsibility

- Put bags away
- Get items ready for the day
- Hand In any notes to the teacher





# Walking and Cycling Safely



Central  
Coast  
Council

Walking and cycling are great ways to get exercise but it's important we keep ourselves and others as safe as possible. Here are some tips to help keep you safe.

## WALKING

- Take your time and plan your walk – you're more likely to slip or trip if you're rushed.
- Wear safe shoes with slip resistant soles.
- Wear bright colours to increase your visibility, especially at dawn or dusk.
- Ensure you wear your hearing aid or glasses.
- Use the footpaths and shared pathways when available.
- Be aware of children, joggers, cyclists and animals.
- When you're on a shared pathway, keep to the left to allow room for cyclists to pass.
- Listen out for nearby cyclists who are encouraged to ring their bell or horn to warn pedestrians that they're about to pass.
- If you stop to talk with someone, if possible move off the shared pathway or footpath, or to the far left of the path.
- When crossing the road, take the safest, shortest and most direct route.
- Use pedestrian crossings or traffic lights. If there aren't any, look for the safest place to cross.
- Wait for vehicles to stop completely before stepping off a kerb.
- Check for turning vehicles and cyclists at intersections before crossing.
- Never assume a driver can see you – their vision may be affected by poor light, sunlight or parked cars.
- If you're a bit unsteady, use handrails on stairs or ramps.

## WALKING WITH A DOG

- Keep dogs on short leads and under control at all times.

## CYCLING

- By law, you must wear an Australian and New Zealand approved helmet. Make sure the straps on your helmet are not twisted and it fits securely around your ears and under your chin.

- Wear brightly coloured clothing so you're easily seen by others.
- Your bike must have a working brake, bell or horn and a rear reflector. If used at night, it must also have a front white light and a rear red light.
- Check your bike every ride: (A) Air in tyres (B) Brakes are working (C) Chain intact.
- Travel at a speed that is safe for you and the pedestrians you encounter.
- Always be in control of your bike and ride in a predictable manner so that others do not have to react suddenly to your movements.
- When riding on shared pathways, keep to the left. If you're planning to pass someone, slow down and use your bell or horn to let them know you're close by and pass carefully on their right side.
- Allow pedestrians one metre of space on shared paths when passing, where possible.
- Children should be closely supervised and should not ride near busy roads.
- Obey all road rules, including traffic lights, 'Stop' and 'Give Way' signs.
- Use hand signals when changing lanes or turning left or right.
- Stay a 'car door width' away from parked vehicles.
- Riding on footpaths is not permitted. Exceptions to this rule are children under 16 years and supervising adult(s), who may ride on the footpath unless signs state otherwise. Children 16 years and older may also ride on the footpath when with an adult accompanying a child/children who are under 16 years.

For more information, go to: [transport.nsw.gov.au](https://transport.nsw.gov.au)

# FROM THE OFFICE

## Online Enrolment

We are excited to announce the roll out of the new Online Enrolment System. The Online Enrolment System is designed to provide flexibility for our parents to submit an enrolment application online and at the time that best suits you. The application can be accessed on all browsers and mobile devices including iOS and Android.

The online application process is currently restricted to:

- Enrolments into **local** schools only
- Children who are Australian citizens, New Zealand citizens or permanent residents
- Children who live in NSW.

We offer our support and encourage you to complete your application to enrol online. If, however, you do not feel comfortable completing an application online, a paper copy will be available for collection from our front office or can be downloaded from the Department's [going to a public school site](#).

Further information about online enrolment can be found on our school website under the 'Enrolment' tab. If you require further information, please call Kariong Public school on 024340 1885.

## Online Payments

It is very easy for parents to make online payments to the school via a secure payment page hosted by Westpac. Payments can be made using either a Visa, MasterCard credit or debit card, and can be made via computer, tablet or mobile phone. This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner; these details are not passed back to the school. The DoE preferred method for all money coming into the school is the **Payment On-Line facility (POP)**, through the school's website: [Kariong-p.school@det.nsw.edu.au](mailto:Kariong-p.school@det.nsw.edu.au).

## Item categories

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance). There is also a category called 'Other' to cover items not covered in the previous headings, 'Other' can be used to make a complete payment of a school Statement of Account.

When you access the [\\$ Make a payment](#) you must enter:

- the student's name
- date of birth.

These details are entered each time you make a payment as student information is not held within the payment system.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

## Helpful Hints

- If a POP payment is made before **6pm**, your payment will be processed on the next day's school statement.
- If it is made **after 6pm**, the school **will be notified** two days later.
- Please ensure that on your child's permission note, you fill in the section for POP which will require the receipt number.
- At the bottom of every note that requires payment, there is a section for cash, cheque, and Payment On Line, for your convenience.
- **Please do not make payments for uniforms on this site. The Uniform Shop is privately run and their website for ordering is: [gtschool.com.au](http://gtschool.com.au).**



## Reminder about money collecting procedures:

All cash money sent to the school is to be brought to the Administration Office **and placed into the letterbox slot that is on the front wall near the counter**. This will allow payments to be placed securely, even when the office is not open. Please do not leave money on the counter. We ask that the envelope be marked with your child's name, class and what the payment is for, to allow the payment to be processed.

The office staff will administer all money and a receipt will be issued to the family, which will go to the student's class teacher to send home. This procedure ensures better handling of all monies and reduces disruption to teachers and students.

We provide a variety of ways to make payments within the school, to make it easier for families and alleviate some students bringing large amounts of money to school. EFTPOS payments may be processed at the Administration Office or over the phone for those families who choose to use this facility.

For any enquiries regarding the online payment process, please contact Kariong School Administration Office.

If you have changed your **phone numbers, address or emergency contact numbers,**

please phone the school office (4340 1885)  
or send a note to the office with updates.

You can also email changes to: [kariong-p.school@det.nsw.edu.au](mailto:kariong-p.school@det.nsw.edu.au).

*Are you receiving our newsletter by email?*

*If not, please contact the office.*

***PLEASE NOTE: Payments to the Uniform Shop need to be made to: [gtschool.com.au](http://gtschool.com.au) as it is privately owned and NOT through school POP.***

***Thank you.***

***If your child has a medical condition and you haven't completed forms with the office, please also contact the office.***

***IF YOUR CHILD HAS ASTHMA AND CARRIES THEIR OWN PUFFER, PLEASE ENSURE THE OFFICE HAS A SPARE PUFFER for YOUR CHILD.***

## Christmas Can and Toiletry Appeal 2020

Kariong Neighborhood Centre is running a can and toiletry appeal to support families this Christmas. Donations for the appeal may be brought to the school ready for collection.



## *GOSFORD TAILORING UNIFORM SHOP*

*\*\*\*\* OPENING TIMES\*\*\*\**

**Tuesdays and Thursdays,  
8:30am to 9:30am**

**Take a look at our FaceBook Page: [kps uniformshop](#).  
**Note the Uniform Shop is owned by Gosford Tailoring.****

The **ONLINE** shop to order uniforms is: [gtschool.com.au](http://gtschool.com.au). Payment through this site is via Paypal or credit card. Please do not make payments to the school website for uniforms.

Orders will be available the next day that the Uniform Shop is open. If you are unable to pick up at that time, items will be available for collection from the school office.

***Payments can be made with cash or Eftpos at the Uniform Shop or  
Paypal/Credit Card if ordering online.***

There is a HUGE difference between selling a house and getting that house the price it deserves.

**WE ARE THAT DIFFERENCE**

Our record for leaving the MOST MONEY in our vendors pockets over the last 3 years is unblemished.

**\$30,000** more than the competition over the last 12 months.

**The blood, sweat and tears that went into saving your deposit deserves the best result, not just any result!**

*\*Visit [realestate.com.au](http://realestate.com.au) > find agent> Kariong> look in the average sale price column to find out more.*

**Wiseberry Kariong**

t: (02) 4326 0500

e: [kariong@wiseberry.com.au](mailto:kariong@wiseberry.com.au)

*\*If you are already listed with another agency please disregard this communication*



*'building • developing • excelling'*



3/3 Mitchell Drive  
Kariong 2250

9482 3082

[reception@bbot.com.au](mailto:reception@bbot.com.au)

We see children experiencing difficulties with:

- \*Gross Motor \*Fine Motor \*Handwriting
- \*School Readiness \*Self Care \*Social Skills
- \*Autism Spectrum Disorder
- \*Sensory Processing Disorder

**Let us help your child reach their full potential.**

# KPS

## Canteen Counter Menu

To be used by anyone not ordering on-line

Term 2 2020



### Sandwiches, Rolls & Wraps

Prepared fresh in the Canteen.  
Available every day to order.

Ham or Chicken & Salad	\$5.00
Salad with Cheese	\$4.00
Ham & Tomato	\$4.00
Cheese & Tomato	\$3.50
Salmon	\$3.50
Tuna	\$3.50
Chicken	\$3.50
Ham	\$3.50
Salad	\$3.50
Cheese	\$3.00
Egg	\$3.00
Vegetemite	\$2.00
Buttered sandwich	\$1.50
Buttered roll	\$1.50

### Sandwich Extras

Wrap or Roll instead of bread	Free
Gluten Free Bread	\$0.50
Toasted	\$0.50
Avocado	\$1.00
Beetroot	\$0.50
Carrot	\$0.50
Cheese	\$0.50
Cucumber	\$0.50
Lettuce	\$0.50
Pineapple	\$0.50
Tomato	\$0.50
Salad (Carrot Tomato Lettuce Cucumber)	\$1.50
Variety Of Sauces Available	



### Fresh Salads

Available to order for lunch

Caesar Salad \$5.00  
Lettuce, Croutons, Bacon, Parmesan & Dressing Add chicken if you wish \$1.00

Greek Salad \$5.00  
Lettuce, Capsicum, Tomato, Feta, Onion, Cucumber, Olives & Dressing

Garden Salad \$5.00  
Lettuce, Tomato, Carrot, Celery, Capsicum, Cucumber & Dressing

Pasta Salad \$5.00  
Pasta, corn, carrot, capsicum, cherry tomatoes & dressing

### Hot Foods

Available every day to order

Yummy Drummies	Recess Only	\$1.00
Pizza Slice	Recess Only	\$2.00
Chicken Noodle Soup	GF	\$2.00
Junior Beef Pie (Low Fat)		\$2.00
Garlic Bread		\$1.50
Boiled Rice	GF	\$2.00
2 Minute Noodles		\$2.50
2 Minute Noodles	GF	\$2.50
Toasties	From	\$3.00
Hot Dog		\$3.00
Hot Dog with Cheese		\$4.00
Dinosaurs Chicken Nuggets	(5)	\$4.00
Gluten Free Nuggets	(5)	\$4.00
Beef Pie (Low Fat)		\$4.00
Beef Pie	GF	\$4.50
Sausage Roll (Low Fat)		\$3.00
Sauce Sachets		\$0.30

### Homemade Meals

Available every day to order for lunch

Butter Chicken with Rice	GF	\$5.00
Spaghetti Bolognese		\$5.00
Chicken Fried Rice	GF	\$5.00
Vegetarian Fried Rice	GF	\$4.00

### Drinks

Available both breaks to order

300ml Spring Water	\$1.00
600ml Spring Water	\$2.00
1.5l Water	\$3.00
Sparkling Water 3 Flavours	\$3.00
Juice Cup x 3 Flavours	\$1.00
Chill J Sparkling Juice 4 Flavours	\$2.50
Fruit Juice 250 ml	\$2.50
Milk (Plain) 300ml	\$2.00
Plain Milk with Siparh Straw	\$2.50
Milk (Flavoured) 300ml	\$2.50
Up & Go	\$2.50
Hot Chocolate	Small \$2.00
Hot Chocolate	Large \$3.00
Milo Milk	Small \$2.00
Milo Milk	Large \$3.00



### Snack Foods

Available both breaks to order

Cruskits (4) or Rice Cakes GF (4)		
With Vegetemite	\$2.00	
With Cheese	\$2.50	
Garlic Bread	\$1.50	
Bread Sticks	\$0.50	
Milo Wholegrain Cereal	from \$0.50	
Coco Bombs Cereal GF	from \$0.50	
Fruity Bites Cereal	from \$0.50	
Homemade ANZAC Cookies	\$1.00	
Popcorn x 3 Flavours	\$1.50	
Red Rock Sea Salt Deli Chips	GF \$1.50	
Low Fat Muffins	\$2.00	
Banana Bread	\$2.00	

### Fresh Fruit & Veg Snacks

Available both breaks to order



Cucumber Sticks	\$1.00
Carrot or Celery Sticks	\$1.00
Veg Combination Pack	\$1.00
Vege Sticks with Dip	\$2.00
Orange (cut if required)	\$1.50
Apple	\$1.50
Watermelon	\$1.50
Medium Fruit Salad	\$3.50
Medium Fruit Salad & Yoghurt	\$4.00
Medium Fruit Salad & Custard	\$4.00

### Cold Snacks

Available both breaks to order

Jelly From	\$1.00
Plain Custard From	\$1.00
Jelly & Custard From	\$1.00
Jelly & Yoghurt From	\$1.00
Jelly with Fresh Fruit	\$2.00
Jelly with Fresh Fruit & Custard	\$2.50
Chocolate Mousse	\$2.00
Low Fat Yoghurt	\$2.00
Yoghurt with Fruit Pieces	\$2.50

### Frozen Snacks

Available both breaks to order

Icy Cup	\$0.50
Quelch Juice Sticks x 4 flavours	\$0.50
Frozen Juice Cup x 3 flavours	\$1.00
Ice Mony 3 Flavours	\$1.00
Juicies Tubes x 4 flavours	\$1.50
Frozen Fruit Yoghurt	\$2.50
Frozen Yoghurt with Fruit Pieces	\$2.50
Tub Low Fat Icecream	\$1.50
Paddle Pop	\$2.00

Order on Flexischools for more variety

# J&B DANCE

CLASSES HELD AT  
**KARIONG PUBLIC SCHOOL HALL**

## Tuesday

3:45 PM – 5-12 Yrs Concert Acrobatics

4:15 PM – 5-12 Yrs Concert Hip Hop

4:45 PM – 5-12 Yrs Concert Contemporary



**TRY YOUR FIRST WEEK FREE!**  
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