

# The Bally Buzz

## Balgownie Public School

*Living & Learning*

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Term 1 Week 2

Wednesday 4<sup>th</sup> February 2015

### CALENDAR – TERM 1

**CALENDAR FOR TERM ONE IS ATTACHED TO THIS NEWSLETTER.**

**Newsletter communication in 2015.** How can we access information about happenings at Balgownie Public?

This first issue of the Bally Buzz is the **only paper version** of the newsletter that will be given out to all families in 2015. The following are your options for accessing the weekly newsletter which is published on Wednesdays.

1. The school website.
2. The schoolbag app (see below for full details). This method gives you not only the weekly newsletter but also 'push' notifications which come in the form of texts. It is an effective way of the school and the P&C communicating reminders, updates, canteen closures etc. The app can be downloaded onto smart phones and tablets.
3. The newsletter can be emailed to you (see below for how to subscribe to the email list on our school website).
4. There will be a limited number of printed paper copies of the newsletter available at the office.

#### How to install skoolbag on your smartphone

##### iPhone & iPad Users

1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. If iPhone, you will see your school appear, click "Free" then "install".
4. If iPad, change the drop list to "iPhone Apps", your school will then be visible, click "Free" then install".
5. When installed click "Open".
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you.

##### Android Users

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device.

2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you.

#### How to subscribe to receive our School newsletter by email.

1. Access the Balgownie Public School website.
2. In the latest news and features under the heading *Skoolbag Smartphone App*, click on "read more".
3. Click on the Skoolbag Communication Centre image.
4. Click on the blue "Subscribe" button in the top right hand corner.
5. Fill in your details and email information as prompted and click "Subscribe".

**Welcome back to everyone!** It is lovely to see our students and families back. I hope that your holiday was relaxing! Welcome to our new students who are busy making new friends and settling in to our Balgownie routines.

Every classroom is settled, purposeful and the students are already engaged in learning. It is a flying start to the year! I can't thank the staff enough for their positive attitude, warm approach and complete professionalism in settling all students and ensuring that they are happy and ready to embark on the adventure of learning for this year. Thanks team!

Welcome to our newest students! Kindergarten started 'Big School' on Monday and are a very happy and extremely endearing group of children. Credit must go to their parents who have helped them be ready for school, the volunteers in the school starters playgroup, their teachers Mrs Kerema, Ms Duffy and Ms Steele, together with their helpers Mrs Shum, Mrs Cliff and Mrs Masters (support teachers) and not forgetting their wonderful Year 6 buddies who have made their beginning a wonderful experience. I also want to thank the parents who provided morning tea and tissues for our new Balgownie Community Parents. Thank you.

**Respect, Responsibility, Real Learning**

Principal: Aloma Stewart PO Box 192 Fairy Meadow NSW 2519 P&C: [www.balgowniepnc.com](http://www.balgowniepnc.com)

**Staff changes.** We have had some staff changes. Congratulations to our Ms Deb Main who was successful in being permanently appointed as Assistant Principal at Wollongong West Public School. She will be missed. Ms Anna Scott has been permanently appointed to our school through Targeted Graduate Program. Great news.

Welcome to Ms Jenna Duffy, Ms Tara Burrows and Mrs Catherine Hanes. Ms Duffy is teaching Kindergarten throughout 2015. Ms Burrows is our RFF teacher, focusing on the Performing Arts from Monday to Thursday and class teacher for 5/6B on Fridays when Mrs Burns is absent. Mrs Catherine Hanes is teaching 3/4C for the remainder of the year. They are all fabulous additions to our school and I know that you will make these teachers feel at home in our community.

**Classes for 2015.** Thank you for your patience, while we have made the classes the best combinations we can for the learning and social needs of all of our students. Balgownie numbers are at 335 at this moment which is the largest it has been in the past few years.

If our numbers stay steady, then our school will remain at 13 very full classes. If we gain a few students, we would need to consider rearranging the classes as we would be able to form the 14<sup>th</sup> class. It is always difficult to predict the future! We have the best interests of our students as the centre of our decision making processes. Parent information about composite classes is at end of this newsletter.

Our classes and teachers are currently as follows.

KK	Mrs Alison Kerema
KD	Ms Jenna Duffy
K/1S	Ms Sarah Steele (Assistant Principal)
1/2A	Ms Anna Scott
1/2S	Mrs Heather Sheath
1/2L	Mrs Jenny Lewis
2/3L	Mrs Sascha Lynch
3/4HR	Mrs Davina Robson (Mon-Tues) and Mrs Jill Hockey (Assistant Principal Wed-Fri)
3/4 C	Mrs Catherine Hanes
3/4T	Mr McGoldrick (Assistant Principal Mon-Tue)
5/6M	Mr Michael Barrett
5/6B	Mrs Diane Burns (Mon-Thurs) and Ms Tara Burrows (Fri)
5/6L	Mr Martin Loxton (Assistant Principal)
RFF	Ms Tara Burrows (Mon-Thurs)
Library	Mrs Jacqui Birchall
English as Second Language	Mrs Nicole Shum (Mon-Tues)
Support Teacher	Mrs Vanessa Cliff (Mon-Wed)
School Counsellor	Mrs Nikki Dalla Pozza

We also have our wonderful SASS crew of Mrs Michelle Thompson (SAM), Mrs Joanne Oyston, Mrs Jenny Price, Mrs Sue Simpson, Mrs Rae Masters and Mrs Joanne Carrigan who make sure our school runs effectively and our General Assistants Mr Dave Swan, Mr Brett Summerfield and Mr Gareth Quinn.

**School leaders for 2015** Congratulations to the following students who have been elected as School Leaders in 2014.

Charlotte Adams  
Jayda Petrov

Jacob Whalan  
James Kipps

The other leadership responsibilities include Sport, IT, Environment and SRC leaders. All of our Year Six students will be working hard to uphold our reputation as a school which values learning, behaviour and caring for each other in school. They have undertaken leadership training with their Stage Three teachers. The Leaders Induction is Monday 16 February at 2.20pm in Hall.

**3Rs at Balgownie are respect, responsibility and real learning.** Community choose our school and are proud to send their children here because of our high standards in teaching, learning and behaviour. This is a safe place for students. These high expectations have to be encouraged by staff and families working together.

We want to start the year with high expectations in our uniform. All students are expected to be in full school uniform and this has been endorsed by the P and C.

P and C are helping families of our new Kindergarten students by providing every student with a hat. Thankyou for this lovely way to make our students feel part of our school community.

Our expectations of uniform include not just the correct dress, shirt, shorts or trousers but also the following.

- A school bucket hat. Almost 100% of students are wearing the requisite hat. Well done!
- Black shoes or joggers with white socks for girls and boys. No high tops or any other colour on the shoes but black.
- Minimal jewellery.
- School jumpers or jackets only.
- Black or white hair accessories.
- Sports uniforms on Fridays no longer requires white sport shoes.

The Uniform shop is open by appointment only this year. Orders can be made online or an order form and payment through the canteen slot. If there are any concerns with this, please make a time to talk to me about it. We really want all of our students to wear school uniform proudly!

***Please come to the office and update any contact details or changes in medical conditions for your children. We need to be able to reach you in case of an emergency. This is for the safety of your children. If your child has asthma or anaphylactic reactions, it is your responsibility to update your child's medical plan and medications.***

**Staff train to keep our children safe.** All teachers are trained in CPR and have their skills updated each year. Mrs Cliff led the refresher training on the last day of 2014 and all staff were successful. This is part of our ongoing commitment to keeping students safe.

**Our school cares for each other.** A number of our students have allergies which require them to have epipens in case of contact with certain substances. To keep all of our children safe, we ask that no nut products are brought to school. This includes items such as muesli bars, peanut butter etc. We also ask that if you are

sending cake etc in to share for birthdays, that you check with your child's teacher if there are any children with food restrictions. Thank you for your help in this regard.

**Meet the Teacher meetings** happening next week. Come along and take the opportunity to find out about your child's learning this year and how you can support it at home. If you need to discuss any individual concerns, please make a time to meet with your child's teacher. We are always willing to meet with you and come to a solution.

The meeting times and venues are:

Class	Date and Time	Venue
KD	Tue 10 Feb 4pm	Class Room
KK	Tue 10 Feb 4pm	Class Room
K/1S	Mon 9 Feb 4pm	Class Room
1/2A	Thu 12 Feb 3.15pm	Library
1/2L	Thu 12 Feb 3.15pm	Library
1/2S	Thu 12 Feb 3.15pm	Library
2/3L Yr2	Thu 12 Feb 3.15pm	Class Room
2/3L Yr3	Wed 11 Feb 3.15pm	New Hall
3/4C	Wed 11 Feb 3.15pm	New Hall
3/4HR	Wed 11 Feb 3.15pm	New Hall
3/4T	Wed 11 Feb 3.15pm	New Hall
5/6B	Tue 10 Feb 3.15pm	Class Room
5/6L	Tue 10 Feb 3.15pm	Class Room
5/6M	Tue 10 Feb 3.15pm	Class Room

**'Textbooks' for 2015** Thank you to all the parents who have bought the required class items. Your children are enjoying using their shiny new pencils and pens!

Our Kinder to Year 6 students will be accessing Reading Eggs and Reading Express 24/7 (the version of Reading Eggs for older students). It can be accessed by students both at school and at home and provides a fabulous reading program to support learning at your child's level. This subscription if bought by individual families is over \$70 per student. It is always expanding and the resources are excellent. Our Year 3-6 students will receive 10 school magazines to help with reading different texts. The total cost of these for each student is \$20. We ask parents to pay for these as you would for any 'textbook' levy. This is the way of the future where traditional textbooks may be replaced with subscriptions to websites etc that are more engaging, interactive way to help students both at home and at school.

Our school also has a **voluntary school contribution** which is set at

- \$50 for First child
- \$60 for 2 children and
- \$70 for 3 or more children.

This money helps us to ensure that our school can provide a quality education to our students. Much of the voluntary contribution money last year went to building our Science resources for the new Australian Curriculum. Please pay these as soon as possible at the front office. We now have eftpos and payment on line for those of us who don't carry much cash! Payment online details are on the website under Parent Online Payment (POP).

**ETHICS UPDATE FEBRUARY 2015** There have been a few changes to the Ethics team for this year.

Gabi Martinez sadly leaves us and we thank her for her wonderful contribution as Ethics Coordinator. Likewise Juan Sepulveda is unable to commit to teaching for another year, but I would like to thank him for his commitment to ethics at Balgownie. We are excited to welcome Martha Tyndall to the teaching team. We are also currently looking for a permanent Ethics Coordinator as well as a Kindergarten and Stage 1 teacher. If anyone is interested in volunteering in these roles please contact Karen Rogers at [kazrogers@optusnet.com.au](mailto:kazrogers@optusnet.com.au) and I will be happy to provide further information. Alternatively please visit the Primary Ethics website at [www.primaryethics.com.au](http://www.primaryethics.com.au). Until we find two more teachers we will be unable to roll out the ethics program to Kindergarten and Year 1.

Ethics will begin on 17 February for years 2 to 6 with an introductory lesson explaining how ethics lessons will run. Teachers this year will be: Stage 3 Martha Tyndall; Stage 2 Angie Newman and Karen Rogers; and Stage 1 (year 2 only) Yuki Nakamura Bell. There are many interesting topics to cover in the curriculum this year!

Thanks to all the Balgownie School families who support the teaching of ethics in Balgownie Primary School and have contributed to the rapid growth of this program at our school.

Karen Rogers (interim) Ethics Coordinator

### Is your child a creative person?

**To the parents of Year 6 students.** If your child is interested in auditioning for the Wollongong High School of the Performing Arts in dance, drama, music or visual arts, please see Mr Loxton for application packages. This is for Year 7 in 2016. The applications and attachments need to be returned to Wollongong High School of the Performing Arts by **Friday 6<sup>th</sup> MARCH, 2015**.

**Poetry in Stage 2.** Skye McCreadie's choice of vocabulary and imagery is truly beautiful. Well done, Skye!

### I am

*I am,  
The chilling breeze drifting through the air,  
I am,  
The amazing animals great and small,  
I am,  
The beauty of the reefs,  
I am,  
The lush grass, Aqua Ocean and breathtaking air,  
I am,  
The rustling leaves that sway to and fro,  
I am,  
The ancient trees almighty and powerful as high as they can go,  
I am,  
The soothing soil that grows beneath my feet,  
I am,  
The nutritious ripening fruit,  
I am,  
The fresh flowers of the fields,  
Who are you?*

Author Skye McCreadie

**Have a great week!**  
**Aloma Stewart**



**Joke of the week**

Q: What do rich cats have in their refrigerators?

A: Automatic mice makers.

**Thought of the week**

If opportunity doesn't knock, build a door.

~ Milton Berle

**SWIMMING CARNIVAL**

Balgownie Public School Swimming carnival is being held today, at UOW Aquatic Centre. The Carnival is for Stage 2 and Stage 3 competitors and 8 year old students, who can swim 50m competently. Good luck all swimmers and hope the weather is kind!

**LIBRARY WELCOME 2015**

Hello, my name is Mrs. Birchall and I am the Teacher Librarian at Balgownie School. I'd like to take this opportunity to welcome you all to the 2015 school year and to provide you with some information about our library and its services.

**The Library**

Balgownie school library contributes to student learning outcomes by providing services and resources that support teaching and learning programs throughout the school. The library is well resourced with a large book collection and a computer lab that enables students to use electronic learning materials and to access the Internet. Stage 3 children may also borrow from our Kindle (electronic reading) library. Students have access to computer catalogues that enable them to search electronically for library resources for reading pleasure and to help them with their learning needs. All classes from Kindergarten to year 6 are scheduled to visit the Library at least once each week. These visits aim to promote a love of literature and learning and consist of borrowing time, storytelling, educational program viewing and library and information technology training. The library and computer lab are opened to our students at lunchtime on most days. Please see the Library Class Timetable below for your child/children's library day.

**Borrowing**

All students are required to have a library bag to borrow. This helps to protect library books and to keep them separate from other books at school or at home. Children may borrow up to 4 items per week (some of our avid readers borrow more), to be returned on the following weeks library visit. Children may RENEW their loan on books that are required for longer periods of time.

**Overdue Books**

There are no fines for overdue books, however students who do have an overdue book may not borrow again until the overdue book is returned. Notes will be sent home for very overdue items. If books are lost or damaged we will ask you for the replacement cost of the book. Students are welcome to return books on any day of the week.

**2015 Library Class Timetable**

Library day	Class
Monday	5/6M, 1/2L, KD
Tuesday	5/6B, 5/6L, 2/3L

Wednesday	3/4D, KK, K/1S
Thursday	3HR
Friday	1/2A, 3/4M, 1/2S

**It is a pleasure to teach in a school where students value their library so highly. I look forward to a wonderful year of fun and learning with everyone.**

**Mrs. Birchall – Teacher Librarian**

**BOOK CLUB**

On behalf of our students I'd like to say a big thankyou to all of those families who supported Book Club in 2014. As a result of that ongoing support we have been able to purchase many of those new and popular titles that help encourage our kids to READ! READ! READ!

Book Club money and orders are **due by Friday 14 February 2015**. Please place in Book Club Box in the front office. Please ensure that **correct money** is provided. Remember, if you place a phone or internet order to Scholastic, please ensure that the order form still comes through the school.

**BALGOWNIE P&C NEWS**

Welcome back, and a welcome to new families with students starting at Balgownie PS this year. We have an incredible P&C with many wonderful volunteers. We had an amazing year last year, raising money and obtaining a substantial grant to fund the installation of playground equipment at the school. We will be sending out a P&C newsletter shortly detailing all of the great things achieved in 2014, and our plan for activities for 2015.

Thanks to P&C funding, we now have a paid canteen assistant, to provide a reliable and quality canteen service. We still rely on volunteers, so please, if you haven't already, please contact us at p.and.c@hotmail.com about helping out. It is rewarding and fun.

**Next meeting**

The Next P&C meeting will be held on Wednesday 11 February at 7.15 in the school library. Parents, family and community members are welcome to attend, and hear about the great things planned for 2015. P&C meetings are held on the second Wednesday of the month, with the AGM held in March.

**UNIFORM SHOP**

We encourage you to try our online uniform shop at <http://Balgowniepnc.com/uniforms>. Have the ease of paying with credit card, Paypal or even direct deposit. No more queues... Just order and deliveries will be made within the week to your nominated Child's classroom. For further enquiries or to book an appointment if you need to try things on please email [uniformshop@balgowniepnc.com](mailto:uniformshop@balgowniepnc.com). However if you have trouble, the old paper order form is still available from the office and payment is made via the canteen slot.

We are open on Friday morning by appointment, but if we can get more volunteers we may be able to open other mornings... If you have an hour free on ANY morning or afternoon please let me know as the saying

goes..."many hands make light work" the P&C and the school community will greatly appreciate any help you can give!

### CANTEEN NEWS

The Balgownie Canteen each year has to implement a small price change to cover the running costs of the canteen. As such we have attached the 2015 Canteen Menu.

We would also like to encourage any members of our community to volunteer in the school canteen. The canteen is entirely run by volunteers, providing a great service to the children and staff.

If you are able to join our team of volunteers within the canteen please contact [ballycanteen@gmail.com](mailto:ballycanteen@gmail.com)

***We need your help.***

Your Canteen Team



### ILLAWARRA SPORTS HIGH SCHOOL

SUPPORTING TALENTED ATHLETES THROUGH  
EDUCATION

### YEARS 5 & 6 OPEN NIGHT | SCHOOL HALL

#### MONDAY 16TH FEBRUARY 6PM

Illawarra Sports High School will be having the **Year 5 & 6 Open Night on Monday February 16th**, 6pm in the school hall.

The Open Night will be a parent / student information session followed by a tour of the school.

It is recommended that students interested in trialling for the selective Talented Sports and Development Program attend the Open Night to seek information concerning the upcoming trials on March 10th.

# Term 1 2015

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/ SUN
<b>W k 1</b>	26 Jan Australia Day Holiday	27 Jan SDD 9-	28 Jan <i>Students return Best Start</i>	29 Jan	30 Jan	31 Jan 1 Feb
<b>2</b>	2 Feb <i>Kinder begin</i>	3 Feb	4 Feb Swimming carnival uni pool 9.30-2.30	5 Feb	6 Feb <i>Dance 2bfit - hall</i>	7/8 Feb
<b>3</b>	9 Feb <b>Meet the teacher this week</b>	10 Feb	11 Feb P and C -7.15pm	12 Feb	13 Feb <i>Dance 2bfit - hall</i>	14 15 Feb
<b>4</b>	16 Feb Fire drill this week <i>Leaders Induction 2.20pm</i>	17 Feb Scripture starts 9.30am	18 Feb Brokers swimming carnival-Corrimal Pool	19 Feb	20 Feb <i>Dance 2bfit – hall</i>	21 22 Feb
<b>5</b>	23 Feb	24 Feb <i>RSVP Resilience workshops</i>	25 Feb	26 Feb	27 Feb <i>Team meeting 8.20am</i>	28 Feb 1 Mar
<b>6</b>	2 Mar	3 Mar  Resilience Workshops 7-8.30pm Nikki D-P	4 Mar	5 March	6 March Region Swimming <i>Dance 2bfit – hall</i>	7 8 Mar 1967 6 <sup>th</sup> Class reunio
<b>7</b>	9 March	10 March	11 March  Principal's report 6.45pm AGM – P and C 7.15pm	12 March Selective High School assessment	13 March <i>Dance 2bfit - hall</i>	14 15 Mar
<b>8</b>	16 March Seniors Week – Grandparents Day	17 March  Resilience Workshops 7-8.30pm	18 March	19 March <b>School Photos</b>	20 March <i>Dance 2bfit - hall</i>	21 22 Mar
<b>9</b>	23 March	24 March	25 March <i>Exec Meeting 8am Stage Three Assembly 2.15?</i>	26 March <i>Commun Meeting 8.20</i>  Cross country 12pm	27 March <i>Dance 2bfit - hall</i> Earth Hour for schools	28 29 Mar Electi on?
<b>10</b>	30 Mar <b>Parent teacher interviews</b>	31 Mar	1 Apr Theatre – Jumping Jack Flash 9.30am	2 Apr <i>Communication Meeting 8.20</i> Back up X Country	3 Apr Good Friday	

## Composites - Stages not Ages

**At the beginning of a new school year, many parents find their child in a composite class. Naturally, questions arise: for the older group - will my child be held back? For the younger group - will my child be able to keep up?** In primary schools, classes are organised in a wide variety of ways. Composite classes are one such type.

**Background** Classes that are made up of children of different year levels have traditionally been called composite classes. In recent times, these classes have also been labelled multi aged or stage classes. There are two reasons why these classes are formed:

- Educational - where classes are formed on the basis of educational rationale as they are seen to have educational benefit for the student. Our teachers spend a long time working together to form classes that offer the best possible learning for all of our students. We do most of this at the end of the year and the teachers who know the students best make the decisions together.
- Administrative - this is where there is an uneven enrolment in school years and classes need to be formed across a number of school years. This occurs in most primary schools and especially in smaller primary schools.

Composite classes have been the source of much controversy over the years, with parents often believing that their children are being disadvantaged in some way by being in one. Even within a 'straight' class ( eg Year 2 class), children will be at different levels. If your child is in a class with younger children, this doesn't mean that your child is not smart nor will it hold them back in their learning.

Teachers at Balgownie PS are experienced in teaching composite classes. Our staff work in stage based teams and plan together. The formation of our classes helps consistency between classes as it facilitates team planning and children benefit from the joint expertise of staff. Stage teams often group children across classes or teach different lessons to deepen the learning of students. (eg rotational groups)

Older students are not held back in composite classes. Teachers manage different grades in the one class by grouping children according to what they already know and giving small group instruction. This is achieved through continual assessment for learning. Learning programs are 'differentiated' or made different for the different levels of student achievement by teachers extending the work of those who learn more quickly and giving more support to those who are need it, through group work and individualised learning. The class then becomes outcome based and or 'differentiated.'

Children in composite classes do no better or worse academically than their peers in straight grade class, and, socially, their development can be enhanced. They can be more confident, can operate better as part of a group, become more independent learners and better problem-solvers. They also make friends outside of their standard age-groups.

Multi-age classes work well where both teachers and parents believe that the quality of the teaching & learning taking place is far more important than whether or not the class was formed on an age basis. Children need time to settle into their new class and get to know their new classmates and teachers. If you have any concerns, please see your class teacher, the Assistant Principals or myself.



# BALGOWNIE PUBLIC SCHOOL P & C UNIFORM SHOP ORDER FORM

Clothing Item	Sizes Ordered	Price	QTY	Total
Jacket	6 8 10 12 14	\$35.00		
Polar Fleece Jumper	4 6 8 10 12 14	\$23.00		
Long Sleeve Polo	4 6 8 10 12 14	\$20.00		
Short Sleeve Polo	4 6 8 10 12 14 16	\$15.00		
Sports Shirt	6 8 10 12 14 16	\$33.00		
Sports Shorts	4 6 8 10 12	\$10.00		
Microfibre Long Pants	6 8 10 12 14	\$23.00		
Boys Cargo Pants	4 6 8 10 12 14	\$18.00		
Boys Cargo Shorts	4 6 8 10 12 14	\$18.00		
Girls Culottes	4 6 8 10 12 14	\$24.00		
Bucket Hat	XS / S-M / M-L	\$12.00		
School badge		\$3.00		
<b>Clearance items* While stocks last!</b>				
Sloppy Joe *	Limited Sizes	\$15.00		
Boys Long Pants (plain)*	4 6 8 10 only	\$15.00		
Boys Shorts (plain) *	4 10 only	\$14.00		
Girls Winter Pants	6 only	\$15.00		
Girls Winter Pants	14 16 only	\$10.00		
Short Sleeve Polo with old logo*	14 only	\$10.00		
Long Sleeve Polo with old logo*	12 14 only	\$10.00		
<b>2nd Hand Items# Please check sizing...</b>				
2nd hand jacket#		\$10.00		
2nd hand dress/tunic#		\$5.00		
2nd hand other items#		\$1.00		
			<b>TOTAL</b>	<b>\$</b>
<b>INVOICING INFORMATION: Please complete.</b>				
<b>Parent's Name:</b>				
<b>Phone Number:</b>				
<b>Address(for invoicing/receipting information purposes):</b>				
<b>Child's Name:</b>				
<b>My Child is in Class:</b>				

## **Important Information:**

- Uniform Shop is now ONLINE....visit <http://balgowniepnc.com/uniforms> ONLINE orders are payable via credit card, PayPal and Direct Deposit
- We still accept Cash & Cheque via the canteen slot. Please make all cheques payable to **BALGOWNIE PUBLIC SCHOOL P&C**
- Uniform Shop is open by appointment only. If your child needs to try things on, wish to check sizing and availability of 2nd hand stock or clearance items. Please contact [uniformshop@balgowniepnc.com](mailto:uniformshop@balgowniepnc.com)
- ALL** orders are delivered within 7 days.
- Please note: Although we try to keep all items in stock, there are times when we do run out. Most items will be restocked within 1-3 weeks.

Thank you for your Order

*Effective June 2014*



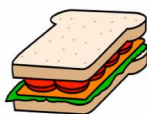
## SANDWICHES

(by order only)

\*are also available for recess orders

- **No Margarine** unless requested
- Sandwiches on **wholemeal bread** unless white is requested
- Extra items **20c each**
- Toasted **FREE** on request

☺ Bread & Margarine*	\$1.00
☺ Cheese	\$1.50
☺ Tomato*	\$1.50
☺ Cheese & Tomato	\$1.50
☺ Egg	\$1.50
☺ Egg & Lettuce	\$1.50
☺ Tuna	\$2.00
☺ <b>NEW</b> Tandoori Chicken	\$2.00
☺ Salad	\$2.00



(Lettuce, Cucumber, Carrot, Beetroot, Tomato)

☺ with Cheese	\$2.50
☺ with Egg	\$2.50
☺ with Tuna	\$3.00
☺ with Ham	\$2.50
Vegemite & Margarine*	\$1.00
Vegemite, Cheese & Margarine	\$1.50
Ham	\$1.70
Ham & Cheese	\$2.00
Ham, Cheese & Tomato	\$2.00

## HEARTY HOT FOOD

(by order for lunch only –  
also see 'MEAL DEALS')

☺ Lasagne	\$2.50
☺ Macaroni & Cheese	\$2.50
☺ Vegetarian Fried Rice	\$3.20
☺ Savoury Muffin (Cheese, Cheese & Tom)	\$0.50
☺ Garlic Bread	\$0.50

Please label order bags clearly with: Lunch / Recess, Name, Class Name, Order and Cost, preferably with correct change. Orders are to be placed in the canteen slot **by 9:00am**.

Please provide your own bag where possible.

**Bags are an additional 20c.**

Look for the ☺  
for healthier choices!

Handballs are available for \$2.50



## DRINKS

Remember to drink plenty of water!

\*also available for recess orders

☺ Bottled Water*	\$1.00
☺ Flavoured Milk – Reduced fat (Chocolate, Strawberry)	\$1.30
☺ Juice 200ml (Apple, Orange, Apple/B'currant)	\$1.50
Pura Plain Milk	\$1.00
Hot Chocolate	\$1.50
Aroona Fizz	\$1.70
(Orange, Apple/Raspberry, Blue, Cola)	



## FROZEN FRIENDS

(available before 2<sup>nd</sup> bell at 11:30)

☺ Moo cubes (frozen flav. milk)	\$0.10
☺ ¼ Frozen Orange	\$0.10
☺ Frozen Fruit Cup (Orange, Apple, Apple/B'currant)	\$0.50
☺ Quelch Stick (assorted flavours)	\$0.50
☺ Frozen Yoghurt Tub	\$1.20
Moosies (Choc, S'berry, B'gum)	\$1.00
Lite Vanilla Tub	\$1.00
Slushie	\$1.40



## MAGPIE SALADS

(by order only)

Freshly made, healthy and tasty choice!

☺ Magpie Salad Dome	\$2.70
(Lettuce, Cucumber, Carrot, Beetroot, Tomato)	
☺ with Egg	\$3.00
☺ with Cheese	\$3.00
☺ with NEW Tandoori Chicken	\$3.50
☺ with Tuna	\$3.50
Add mayo	\$0.20

## SUSHI FRIDAY

Pre-order on Thursdays

☺ Vegetable	\$3.00
☺ Tuna	\$3.00
☺ Teriyaki Chicken	\$3.00
Cut into 6 pieces, comes with soy sauce sachet	



## FRUIT AND MORE

Orders and over the counter

\*are also available for recess orders

☺ Watermelon slice*	\$0.30 or 2 for \$0.50
☺ Fruit of the day*	\$0.50
(cut OR individual fruit in season)	
☺ <b>NEW</b> Vegie Sticks*	\$0.50
Add 10c for hummus dip	
☺ Apple Slinky*	\$0.50
☺ Apple from home slinkied	FREE
☺ Custard Cup	\$1.00
☺ <b>NEW</b> Sultana Bran Buds (sml bag)*	\$0.20
☺ <b>NEW</b> Popcorn (sml bag)*	\$0.20
Pretzel Bag*	\$0.50
Rice Crackers*	3 for \$0.10
Mini Muffin*	\$0.20
Sumo Biscuits*	\$0.50
Potato Chips (Honey Soy)*	\$1.00
JJs (Chicken, Salt/Vinegar)	\$1.00



## MEAL DEALS

(by order for lunch only)  
\*add 20c for hummus

### Meat Pie

+Fruit of the Day OR Vegie Sticks\* OR Frozen Fruit  
Cup OR Popcorn Bag **\$3.50**

### Sausage Roll

+Fruit of the Day OR Vegie Sticks\* OR Frozen Fruit  
Cup OR Popcorn Bag **\$3.00**

### Party Pie

+Fruit of the Day OR Vegie Sticks\* OR Frozen Fruit  
Cup OR Popcorn Bag **\$2.00**

### 4 Chicken Wedges

+Fruit of the Day OR Vegie Sticks\* OR Frozen Fruit  
Cup OR Popcorn Bag **\$3.00**

**Chicken Burger** (crumbed chicken breast fillet) or  
**Veggie Burger** on roll with lettuce and mayo  
+Fruit of the Day OR Vegie Sticks\* OR Frozen Fruit  
Cup OR Popcorn Bag **\$3.50**

### Chicken Noodle Cup

+Fruit of the Day OR Vegie Sticks\* OR Frozen Fruit  
Cup OR Popcorn Bag **\$2.50**

### Pizza Single

**(Cheese & Bacon, Ham & Pineapple or Cheese)**  
+Fruit of the Day OR Vegie Sticks\* OR Frozen Fruit  
Cup OR Popcorn Bag **\$3.00**

Can you spare **JUST FOUR HOURS A MONTH** to volunteer in the school canteen from 8:30-12:30?

That's all it takes! We have parents and grandparents who would welcome you into the team!

**Your children would LOVE having you at school for the day.** You also get to meet new people and teachers and make good friends within the school community.

**You contribute to our wonderful school by helping our very resourceful canteen.** The profits from the canteen are spent on purchasing valuable resources for the school.

**To volunteer, or to find out more:**  
**Contact Faye Southcombe, the Canteen Volunteer Coordinator on**  
0401520632.

Alternatively, email  
[ballycanteen@gmail.com](mailto:ballycanteen@gmail.com) or visit  
[www.balgowniepnc.com](http://www.balgowniepnc.com)



# BPS CANTEEN MENU

Effective January 2015

Our menu has been reviewed by the Healthy Kids Association according to the Fresh Tastes @ School NSW Healthy School Canteen Strategy.

'GREEN' (everyday foods) are labeled with a smile 😊

There are no 'RED' items on our menu - these items are limited to special days which are held no more than twice a term.