**Mother of God**

*A community growing in faith, love and compassion as we learn together.*

Dear Parents,

Welcome back to school for the 2017 school year. A special welcome to our new families in the school. It has been a wonderful start to the year and I have been so impressed with how quickly students across the school have begun to settle into their class routines. Thank you to the staff who have ensured they are prepared and provided such welcoming learning spaces for our students. Thank you to all parents for also ensuring students have correct uniform and for supporting your child/ren to have a positive mind set as they face the 2017 school year.

In the newsletter you will find information about sports days, Parent Information evening, School Masses, Classroom Helper Program, PRC and our Welcome to School Picnic. We ask that parents read the newsletter which is published each fortnight to ensure that you are informed of all school events.

Staff News
We welcome Bek Iezzi and Sylvia Holroyd to the Mother of God staff. The staff officially met on Monday and we began the school year by celebrating Mass with our colleagues from St. Bernadette's and Mary Immaculate. Fr Bill Edebohls our Parish Priest was the celebrant and he gave an inspiring homily based on the readings of the day. He concluded his homily by saying:

>Never doubt the sacredness of your vocation. Nothing can be more important than to be involved in the education of a child. To enable the ability to enquire, question, grow in wisdom and understanding – to grow in humanity – a humanity that reflects the humanity of Jesus where mercy, justice, compassion and love – are primary. You hold a child in your hands and with Christ you mould a child of the Creator God – with your gifts and talents you assist in allowing the image of God that is imprinted within all of us to shine through in the lives of the children whose lives you touch day by day.

The MOG staff look forward to working with you the parents of our students as together we help each student to shine in their special way.

**Level 2 First Aid** – Congratulations to all staff for obtaining their Level 2 First Aid qualifications on the 16th December.

School/Class Masses:
Classes will be rostered to attend Mass on a Tuesday morning at 9:15am at Mother of God Church at least once a term. Next Tuesday 7 February the whole school will be attending Mass. Parents, grandparents are welcome to attend these masses. Our first School/Parish Mass will be held at 10:30am on Sunday 26 February we invite all families to attend this Mass and celebrate the beginning of the school year with our Parish. Our students will be involved in planning this Mass.

Parent Information evening – Wednesday 15th February
This is an opportunity for the staff to share with parents the learning focus for their particular year levels or specialist areas. It is an opportunity for parents to gain greater insight into learning and teaching strategies. We strongly encourage at least one parent from each family attend this information session. More information will be sent home about the evening next week.

Extra – curricular activities at MOG
Chess Club will be held during 2nd recess each Monday this year. Melody’s Creative Music Program will run each Monday and Tuesday and Loren our school counsellor from NIRODAH will be here each Tuesday. Please find information about these extra curricular activities in this newsletter and they will also be advertised on our school website.

Superspeak run a Drama and Public Speaking class after school on Monday evenings in our Marian Centre. Their website is http://www.superspeak.com.au/ where you will find more information about these programs.
Communication / TIQBIZ
Mother of God’s main form of communication is the fortnightly newsletter. Newsletters are published on the 1st Thursday of each term and every second Thursday after that. It is an expectation that parents ensure they read the newsletter so that they are up to date with what is happening at MOG. The fortnightly newsletter can be accessed through TIQBIZ, on the Mother of God website through news and events or can be emailed if requested. At our upcoming information nights and at the beginning of each term classroom teachers will publish a term overview for each class. This will inform parents of the key teaching foci for the term, upcoming incursions/excursions and class Mass dates.

The tiqbiz App is our main means of communication. Newsletters are uploaded onto this App and classroom teachers are able to share some of their class news through the App throughout the year. The calendar will be uploaded and you will be sent reminders through this App on your mobile device. Video links as to how to download and update the App are below. If you experience any difficulties please contact Rebecca in the office.

FOR NEW FAMILIES TO FIND & TICK SCHOOL LINK;
https://www.youtube.com/watch?v=En7a2RFnGzI

FOR CURRENT FAMILIES TO UPDATE 2017 CLASSES
For Apple users:  https://www.youtube.com/watch?v=sCTVsuzYR9A
For Android users:  https://www.youtube.com/watch?v=2KEZgWpe3Mg

UNIFORM – Our school uniform is to be worn with pride. We ask parents to support us in ensuring that students are wearing the correct uniform. School hats are to be worn every day between September and May. Please see the Uniform policy which is included in this newsletter. (Please also see Sports News for class sports days.)

I encourage parents to consider supporting the school through volunteering at events or on the Parent Representative Council through being a classroom representative or a classroom helper. Looking forward to seeing you all at our Welcome to School Picnic/Sausage Sizzle to be held in the school grounds next Friday 10 February between 5:30pm and 7:00pm.

Louise McGrath
Principal

UNIFORM POLICY
School uniform is compulsory at Mother of God Primary School. The appropriate sport/physical education uniform is to be worn for sport and physical education activities.

Track pants/ runners are only to be worn on sport/physical education days and not as part of the normal school day uniform.

BOYS – SUMMER    GIRLS – SUMMER
Short sleeved printed polo top    Check school dress
Navy shorts (longline)    White anklet socks
Navy anklet socks    Black shoes
Black shoes

BOYS – WINTER    GIRLS – WINTER
Long sleeved printed polo top    Maroon tunic
Long navy pants    Navy pants (students in Year 5/6 have this option.)
Maroon school jumper    Maroon school jumper
Navy socks    Navy sock/tights
Black shoes    Black shoes
Navy Japara (waterproof jacket) is also available
SPORTS UNIFORM

- White short sleeve school polo
- Maroon sports shorts
- Track pants
- Rugby school top
- Sports school socks or anklet white socks.
- Hats are compulsory in 1st & 4th terms.

It is also recommended children wear hats on other warm days throughout the year.

THE ONLY ACCEPTABLE HAT IS A SCHOOL HAT.

There are two choices of hats – maroon school legionnaires hat or maroon school slouch hat. There is a maroon school bag.

Jewellery/nail polish

Students are allowed to wear watches. Necklaces and rings should not be worn and can be dangerous in game situations. Silver or gold studs are recommended as ear rings.

Students should not wear nail polish to school.

Hair

- Hair that is below the shoulder should be tied back at all times. Maroon, white or blue ribbons/head bands are recommended.

Sports Uniform Days– see sports news below.

SCHOOL FEES AND CHARGES FOR 2017

A school fee letter and account will be sent home during week 3 of term 1.

The schedule of school fees and charges for the 2017 academic year are as follows:-

- Tuition fee $2756 per family
- Levy fee $497 per student
- Technology levy $85 per Student
- Maintenance Levy $150 per family (attend one working bee to receive a rebate)
- Urban Camp $ per Senior School Student (the amount will be finalised by the end of February)

RE NEWS

Welcome back to the new school year. I hope you have had a wonderful holiday and are looking forward to the year ahead.

An important part of a child’s faith development is their experience of Liturgy. At Mother of God classes are rostered to attend one class mass each term as well as one or two whole school Masses. Each term the school also joins with the Parish for a Sunday Mass. We encourage all families to put these dates in your calendar and attend where possible. Next Tuesday 7 Feb, we invite all parents to join us for a Beginning of School Year Mass at 9:15 in the Church. All students will attend Mass. We will host a morning tea afterwards. If class reps could please organise a plate each or someone to bring a plate to share that would be great. We only need one plate to share per class.

Also put in your calendar Sunday 26 February for the First School/Parish Sunday Mass where all school families are invited to attend.

This term our year 3 students will begin preparing for their Sacrament of Reconciliation. There will be a family evening for parent and child on Tuesday 28 February commencing at 6:30pm at Mary Immaculate Primary School.

The Sacrament of First Reconciliation will be celebrated on Tuesday 28 March at 11:45am.

Ash Wednesday marks the beginning of Lent is on Wednesday 1st March. All children will travel by bus to Mary Immaculate Church to attend Mass on this day.

Class mass dates will be in the next newsletter.

Brian Anderson
Deputy Principal/Religious Education Leader
**SPORTS NEWS**

Interschool sport commences this Friday for all students in Years 4/5/6. We are playing against Alphington Grammar away. The bus departs school at 9:00am so please ensure your child is on time. On tiqbiz there is now an Interschool Sport Box. Please add this to your list of boxes. The students have received a permission note today. Please ensure it is signed and returned tomorrow or at the latest Friday morning so your child is not disappointed and is able to play his/her first game. We have a boys’ softball team, a boys and girls’ volleyball team and a girl’s bat tennis team this year. **There will be training tomorrow at 11:45 for this. Each Monday there will also be a training session.**

**Sports Days for classes are as follows:**
- Prep/1S – Wednesday & Thursday
- Year 2MG – Monday & Wednesday
- Year 3/4H & 3/4HA – Wednesday & Friday
- Year 5/6I – Wednesday & Friday
- Years 4, 5 & 6 students should bring their runners in their bag to school on Mondays for inter school sports training.

**Thankyou**
Brian Anderson

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**LEARNING AND TEACHING NEWS**

**Parent Helper Program**

Welcome back to another year of learning at MOG. 2017 has started off smoothly and throughout the school students are working with their peers and teachers, enjoying the challenges which come with a new year. Thank you to all the parents who have already contacted me about our parent helper program. Parent helpers in classrooms will begin: **Monday 27th February.** Roster timetables will be made available outside classrooms as of Monday 6th February. Please feel free to come up to school and record your name on these timetables if you are trained and available to help (please ensure you have a current Working with Children’s Check).

Training sessions for parents who are not currently part of our parent helper program will be held on:
- **Monday 13th February** 9:00-10:00am
- **Monday 20th February** 9:00-10:00am
- **Monday 27th February** 9:00-10:00am (Current parent helpers are encouraged to attend this session which will be followed by morning tea).

I welcome all parents to come along to these sessions. The invitation is extended to current parent helpers who would like a refresher. Please fill out the attached form if you are attending the training session.

If you require further information or have any questions please feel free to contact me.

_Miranda Montalti_
_Learning and Teaching Leader/_
_Student Wellbeing Leader_
_mmontalti@mogivanhoeeast.catholic.edu.au_

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**PARENT HELPER TRAINING:**

I will be attending the parent helper training sessions.

Name:

Contact number:

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**STUDENT WELLBEING NEWS**

Welcome back to the 2017 school year. I hope all families had a restful holiday! Week one has started well with ‘happy faces ready to take on challenges’ present in all classrooms. It is with great pleasure I take on the role of Student Wellbeing Leader for 2017 and look forward to working with you all within this new capacity.

Please feel free to contact me at any point in time if you have any questions or are looking for support/resources. The following is a recently published article which may provide you with some insight or ideas into setting the school scene for 2017 (Taken from the following link: [http://www.abc.net.au/news/2017-01-19/back-to-school-survival-tips/8192046](http://www.abc.net.au/news/2017-01-19/back-to-school-survival-tips/8192046))

**Back to school: A psychologist’s tips to ease the journey**

ABC North Qld

By Nathalie Fernbach

Updated 20 Jan 2017, 3:21pm

The school gate farewell can be as emotional for parents and carers as it is children, while some families sail through the transition to school with all parties excited and enthusiastic.

Others have reluctance, anxiety, or floods of tears as the start of school approaches. Psychologist Dr Joann Lukins said many of our emotions around the return to school stem from our fear of change.
"Change is something that humans typically react to ... we don't always love change when it comes along," Dr Lukins said.

The James Cook University associate professor said it is not just the parents of prep students who struggle with firsts, the commencement of high school or the beginning of the final year of school can also be significant and stir up similar emotions.

"We often see, around some of those pivotal points, reactions from parents to what their children are going through because it signifies a new phase of family life," she said.

Routine the key for young children

For the little kids in prep and grade one, easing in to school routines early can help the transition to school life. Dr Lukins advises moving away from 'holiday bedtimes' and sleep-ins several days ahead.

"It is a bit of a rude shock come Monday if that is when we start to change those habits," she said.

Talking about and even practising the school-day routine of putting on a uniform, getting ready, and getting in the car can help too.

"Particularly if they are little ones. I think practising things like making sure they can open their lunchboxes ... so it feels more familiar for them on the first day," Dr Lukins said.

"Lots of little ones are generally excited about starting school, but don’t be surprised if you’re very excited child suddenly becomes more apprehensive as the day approaches."

Encourage independence in older children

Dr Lukins said older primary and secondary children should be encouraged to be more self-reliant when it comes to their school preparation.

"Obviously as children get older they can take on more responsibility, perhaps they will pack their own lunchboxes, or do part of the lunchboxes, and do that the night before," Dr Lukins said.

"I certainly know in my household the school bags are going to be packed before Sunday night."

Even for families who do not usually have a strict schedule, creating some structure for the first few weeks can help ease anxiety.

A few pre-prepared meals in the freezer and open discussion as a household can help the family negotiate those first few weeks back.

"It can be a bit of a rude shock heading back into school after several weeks away from it," Dr Lukins said.

"Everyone is going to have to find their feet, everyone is going to have to pitch in, so some of those conversations can be useful as a household to manage that time."

Picking yourself up after the drop-off

Even if your child has sailed through the gate smoothly, you might be left feeling flat or worried after the school drop-off.

Dr Lukins said having a treat or a time out for yourself, planned for the first day, can be a useful strategy to take your mind off your worries.

"So perhaps you are going to work, and maybe you have got flexibility in your work, that you can give yourself half-an-hour to pop out and get a coffee on the way to collect your thoughts," she said.

Dr Lukins believes that children are very perceptive and can pick up on parents' emotions, and will often reflect them.

She recommends parents try to monitor their thoughts and feelings so they can identify and deal with them.

"Anxiety you have, as a parent, may rub off on to your child. So being aware of that," Dr Lukins said.

"We need to be mindful and portray positivity, but we also need to be honest. It is okay to say to your child 'I think you're going to have a great year this year, I'm excited for you, and I am going to miss you as well'."
ASTHMA
With the beginning of the school year we are currently updating all our student asthma action plans. As recommended by the National Asthma Council Australia:

Regular review of the asthma action plan is important as a person’s level of asthma severity or control may change over time. (https://www.nationalasthma.org.au/health-professionals/asthma-action-plans)

All students who are currently on an asthma plan will be required to visit their doctor in order to update plans. If you have not communicated with the school that your child has asthma please do so as soon as possible. Current families will be receiving relevant documentation shortly. 

Miranda Montalti
Learning and Teaching Leader/
Student Wellbeing Leader

LIBRARY NEWS – Welcome to 2017!
Library classes commence next week and once again, we’re looking forward to another year of great literature related activities throughout the year.
Research shows that school libraries have a positive impact on a range of learning areas including reading, literacy development and broader learning areas of the curriculum.
School libraries can also make a positive difference to student’s self esteem, confidence, independence and a sense of responsibility in regards to their own learning.
Our students are fortunate to be able to participate in a weekly library session to help support the curriculum programs in the school.
During their sessions the students experience a range of literature, develop research skills and have the opportunity to browse and borrow books.
This year we will again have a host of author visits, performers and Book Week, of course!

2017 Theme: Escape to Everywhere

2017 Dates: CBCA Children’s Book Week will be 18 - 25 August.

More details about this week will be published in newsletters closer to the date.

Could you please encourage your child(ren) to return their books every week and ensure that they have a library bag to protect books.

Library classes are as follows:-

MONDAY – 2MG
TUESDAY – P/1 S
WEDNESDAY- 3/4H and 5/6I
THURSDAY – 3/4 HA

The Library is also open at lunchtime on Wednesdays 1:50 – 2:15 and after school on Thursdays until 4 o’clock.

Students must be accompanied by a parent on Thursdays after school.

Looking forward to another exciting and literature filled year!
Vicki Gualano

SCHOLASTIC BOOK CLUB

Issue 1 catalogues were sent home this week.

Classroom orders (using the catalogue order form) are due back to school by Monday 13 February.

Online orders for Issue 1 will remain open until later in the term and can be accessed via the LOOP system at scholastic.com.au/LOOP. Please note online orders placed after Monday 13 February 2017 will be delivered to the class separately from the main order.

Orders placed by 13 February 2017 should be delivered to students during the week commencing 27 February 2017. If you are ordering a gift and require your order earlier than this please let me know and I will place a special order for you. If you are ordering a gift and would prefer your order to be left at the office (rather than returned to your child) please let me know.

If you have any questions I can be contacted via the office or on 0412 114 386.

Simone Game (Sadie 5/6I)
Book Club Volunteer

CDF STUDENT BANKING

Teach your child the good habit of regular saving…with a CDF Student Account.
A welcome gift to all students who open an account.
Bankbooks are collected on Monday morning and returned on Thursdays each week.
Application forms are available from the office.
UNIFORM SHOP
The uniform shop will be open next Thursday 9 February from 8.45. Second hand uniforms are also available. Uniform order forms are available at the office, if paid in full items will be sent home via the tote system.

Thankyou - Noelle & Susie

CREATIVE MELODY MUSIC PROGRAM
An information and enrolment pack was sent via Tiqbiz yesterday 2 February.

MOG CHESS CLUB
Chess club commences on Monday 6 February. If your child would like to join chess club please see the flyer attached to this newsletter.

CANTEEN NEWS - SUSHI DAY
Tuesday 21 February please note that there will be no other lunch orders on this day.
A sushi lunch order form and a Term 1 Canteen Menu are attached to this newsletter.

On behalf of the Parent Representative Council we would like to welcome all families to the 2017 school year.

The PRC meet twice a term with the school leadership team to provide advice on school matters and to continue coordinate social events for our school community.

We need at least 3 new members to join the Parent Representative Council. If you would like to nominate for a position on the council please fill in the form below or speak to Louise, Jane Mancini 0408 663 088 (Francis Year 6, James Year 4) or Clare Mikus (Julia Year 6, Luca Year 2).

Our first meeting for the year will be Wednesday 22nd February at 7:00pm in the school library. Please join us at our next school event.

I am interested in nomination to the Mother of God Parents Representative Council.

Name_____________________________________
Contact____________________________________
Position____________________________________
MOTHER OF GOD
CUM MARIA
EAST IVANHOE

MOG WELCOME PICNIC

FRIDAY 10TH FEBRUARY 2017
ON THE SCHOOL GROUNDS FROM 5.30PM

FREE SAUSAGE SIZZLE
BRING ALONG RUG, SNACKS AND DRINKS.
NIRODAH COUNSELLING SERVICE AT Mother of God Primary School

Mother of God School uses a counselling serviced provided by NIRODAH. NIRODAH’s primary goal is to provide exemplary services and training to enhance the physical, social and emotional health of people in our community.

NIRODAH’s ADVANCE Program provides an easily accessible service to the community by utilising the Medicare Mental Health Rebate System to place psychologists/social workers into schools and provide a service that is can be accessed by all members of the school community.

With a referral from a GP, psychiatrist or pediatrician stating a Mental Health Plan in place, a client will have access up to ten individual sessions per calendar year through Medicare. Group sessions are also available.

This is at no cost to the family.

NIRODAH offers counselling for individuals with a range of presenting issues such as depression, anxiety, grief/loss, social skills, sleeping difficulties, trauma and many more. The service provides significant benefits to the school and its community:

- School setting is a safe environment for students to access counselling services
- Little disruption to school attendance as the sessions are timetabled within the school day
- Qualified and experienced psychologist or social worker(s)
- Behavioural and emotional issues within the school are targeted with professional guidance
- Commitment to provide communication with the referring doctor, client and/or guardian and school staff
- No travel and time issues for parents

Loren Byford who will be working in this school weekly, is a very experienced psychologist and an associate member of the Australian Psychological Society. She has extensive experience providing counselling services to a broad client group including children, adults and those with special needs.

NIRODAH offer additional programs such as the Respect Ambassador Program (Primary & Secondary), Cyber Wise and Be the Hero (Secondary) which aim to educate staff, students and parents about the factors that motivate violent behaviours. They also provide parent/student workshops on topics such as mindfulness, anxiety/resilience and bullying.

To access this service please contact Louise McGrath Principal or Miranda Montalti Student Wellbeing Leader. Also check the website www.NIRODAH.com
MOG CHESS CLUB 2017

2017 LESSON DATES

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<thead>
<tr>
<th>Term</th>
<th>First</th>
<th>Last</th>
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<tbody>
<tr>
<td>1</td>
<td>6/2</td>
<td>27/3</td>
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<tr>
<td>2</td>
<td>24/4</td>
<td>19/6</td>
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<tr>
<td>3</td>
<td>24/7</td>
<td>11/9</td>
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<tr>
<td>4</td>
<td>16/10</td>
<td>11/12</td>
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</tbody>
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Think!  Concentrate!  Gain Confidence!  Have FUN!

Coach: Jim Cannon, PhD (UMelb), Dip Ed (UMelb)  Email: jimphd2000@gmail.com

RETURNING STUDENTS: Please do NOT fill in this form unless updating your details

Term 1 fees ($60 / child) due: MONDAY 6/2/17

SPECIAL OFFER (TERM 1 ONLY):
PAY FOR THE YEAR AND PAY ONLY $220 (SAVE $20)

Payment Options: Please circle payment method used:

1. EFT* (preferred)  2. Cash  3. Chq (to “J.F. Cannon”)

*EFT (JF Cannon, 037-138 56-4211) with name, school and date in description eg “J SMITH MOG T1”

Please note: if paying by cash or cheque, please lodge this form together with your payment in a clearly-labelled envelope at the office. Thank you.

Name of Child(ren) 1. __________________________ in Year P 1 2 3 4 5 6

2. __________________________ in Year P 1 2 3 4 5 6

Name of parents / guardians 1. __________________________ 2. __________________________

Signature of parent / guardian __________________________ Date / /

Phone: Home________________________ mob________________________

Email __________________________

Term enrolling (Please tick ✓)

MOG

NEW STUDENTS ONLY: Commencement Date:

/ / /
# Canteen Sushi Lunch

**Tuesday 21 February 2017**

**NO other lunch orders on Sushi Day**

**Return by Friday 10 February 12pm**

USE sticky tape only to attach to front of paper bag but first fold page under at the dotted lines here and below.

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**NAME:** __________________________  **CLASS:** ___  

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Selection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prawn &amp; Cucumber Roll</td>
<td>@$2.70</td>
<td></td>
</tr>
<tr>
<td>Tuna Roll</td>
<td>@$2.70</td>
<td></td>
</tr>
<tr>
<td>Teriyaki Chicken Roll</td>
<td>@$2.70</td>
<td></td>
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<tr>
<td>Vegetarian Roll</td>
<td>@$2.70</td>
<td></td>
</tr>
<tr>
<td>Flavoured Mineral Water</td>
<td>@$1.50</td>
<td></td>
</tr>
<tr>
<td>(Circle flavour: Cola, Lemon/Lime, Orange)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit Juice Box</td>
<td>@$1.30</td>
<td></td>
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<tr>
<td>(Circle flavour: apple, tropical, apple &amp; blackcurrant)</td>
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</tbody>
</table>

Individual soy sauces provided.

Fold page under here before taping.

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**Return every day up to and including Friday 10th February @ 12midday.**

Please attach to paper bag with sticky tape. No staples please. No late orders can be accepted.

Sonia Stier
# Canteen SUMMER Menu

**IVANHOE EAST**

**Term 4 2016 & Term 1 2017**

## Hot Food Daily Specials

**MONDAY**
*No lunch orders available-counter sales only!*

<table>
<thead>
<tr>
<th>Item Descriptions</th>
<th>Price</th>
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<tbody>
<tr>
<td>Pasta Salad</td>
<td>4.50</td>
</tr>
<tr>
<td>Super Snag</td>
<td>3.00</td>
</tr>
<tr>
<td>Handmade butcher's beef sausage in a roll&lt;br&gt;Coleslaw (optional) – extra 30 cents</td>
<td></td>
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**TUESDAY**

<table>
<thead>
<tr>
<th>Item Descriptions</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home-made Sausage Roll</td>
<td>3.50</td>
</tr>
<tr>
<td>tomato sauce (optional-no charge)</td>
<td></td>
</tr>
<tr>
<td>Super Snag</td>
<td>3.00</td>
</tr>
<tr>
<td>Handmade butcher's beef sausage in a roll&lt;br&gt;Coleslaw (optional) – extra 30 cents</td>
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**WEDNESDAY**

<table>
<thead>
<tr>
<th>Item Descriptions</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Lasagne</td>
<td>4.50</td>
</tr>
<tr>
<td>Super Snag</td>
<td>3.00</td>
</tr>
<tr>
<td>Handmade butcher’s beef sausage in a roll&lt;br&gt;Coleslaw (optional) – extra 30 cents</td>
<td></td>
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**THURSDAY**

<table>
<thead>
<tr>
<th>Item Descriptions</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>BLT Burger</td>
<td>4.50</td>
</tr>
<tr>
<td>Homemade beef patty, lettuce, tomato, cheese and sauce</td>
<td></td>
</tr>
<tr>
<td>Super Snag</td>
<td>3.00</td>
</tr>
<tr>
<td>Handmade butcher’s beef sausage in a roll&lt;br&gt;Coleslaw (optional) – extra 30 cents</td>
<td></td>
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**FRIDAY**

<table>
<thead>
<tr>
<th>Item Descriptions</th>
<th>Price</th>
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<tbody>
<tr>
<td>Fresh Salad Bowl – lettuce, tomato, carrot, cucumber, capsicum &amp; beetroot</td>
<td>5.50</td>
</tr>
<tr>
<td>Additional fillings: cheese, avocado, egg, chicken, ham</td>
<td>0.50 each</td>
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</table>

## Sandwiches, Rolls & Wraps

Choose from wholemeal or white.<br>

<table>
<thead>
<tr>
<th>Item Descriptions</th>
<th>Price</th>
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<tbody>
<tr>
<td>Salad</td>
<td>3.50</td>
</tr>
<tr>
<td>Lettuce, grated carrot, tomato, cucumber, cheese, capsicum and currants</td>
<td></td>
</tr>
<tr>
<td>Tuna</td>
<td>3.50</td>
</tr>
<tr>
<td>Lettuce, tuna, sweet corn, red capsicum and mayonnaise</td>
<td></td>
</tr>
<tr>
<td>Chicken Salad</td>
<td>3.80</td>
</tr>
<tr>
<td>Fresh chicken, lettuce and coleslaw (cabbage, carrot, apple, celery and mayonnaise)</td>
<td></td>
</tr>
<tr>
<td>Roast Beef</td>
<td>3.80</td>
</tr>
<tr>
<td>Roast beef, lettuce, tomato and tomato chutney</td>
<td></td>
</tr>
<tr>
<td>Chicken and Cheese</td>
<td>3.50</td>
</tr>
<tr>
<td>Ham, Cheese and Tomato</td>
<td>3.50</td>
</tr>
</tbody>
</table>

**Build your own sandwich/roll/wrap**

*With one filling*

<table>
<thead>
<tr>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.00</td>
</tr>
</tbody>
</table>

*Additional fillings* 0.30 each

Choose from: (GREEN) cheese, egg, pineapple, hummus, tomato, carrot, beetroot, cucumber, roast beef, chicken, lettuce *OR* (AMEER) ham, vegemite, mayonnaise

**Toasting / heating** 0.30

## Counter Sales

Available at recess and lunch times<br>*Can be purchased over the counter or in lunch orders*

<table>
<thead>
<tr>
<th>Item Descriptions</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoothie (200ml)</td>
<td>1.50</td>
</tr>
<tr>
<td>Seasonal fruit, light milk, yoghurt in a reusable cup (Tuesday &amp; Wednesday only)</td>
<td></td>
</tr>
<tr>
<td>Bottled water (350 ml)</td>
<td>1.00</td>
</tr>
<tr>
<td>Fresh light milk (plain) 200ml</td>
<td>1.00</td>
</tr>
<tr>
<td>Snack Items (see menu for individual prices)</td>
<td></td>
</tr>
<tr>
<td>Ice-creams</td>
<td></td>
</tr>
<tr>
<td>fruit sticks</td>
<td>1.00</td>
</tr>
<tr>
<td>Paddle Pop (chocolate, triple swirl, banana)</td>
<td>1.60</td>
</tr>
<tr>
<td>Icy Twist</td>
<td>1.50</td>
</tr>
<tr>
<td>Calippo Mini</td>
<td>1.50</td>
</tr>
<tr>
<td>Muffins (Changing flavours)</td>
<td></td>
</tr>
<tr>
<td>Large</td>
<td>0.50</td>
</tr>
<tr>
<td>Small</td>
<td>0.20</td>
</tr>
</tbody>
</table>

## Drinks (amber=sometimes)

<table>
<thead>
<tr>
<th>Item Descriptions</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Juice</td>
<td>1.30</td>
</tr>
<tr>
<td>Apple, blackcurrant and apple, paradise punch</td>
<td></td>
</tr>
<tr>
<td>Big M</td>
<td>2.00</td>
</tr>
<tr>
<td>Chocolate, strawberry</td>
<td></td>
</tr>
<tr>
<td>Mineral water</td>
<td>1.50</td>
</tr>
<tr>
<td>Cioa, lemon lime, orange</td>
<td></td>
</tr>
</tbody>
</table>

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All orders to the canteen by 9.30am. If there is not enough money in the order items will not be supplied. If a paper bag is supplied by the canteen there is a charge of 10 cents. No staples on paper bags please. Smoothies and plain milk served in reusable cups.

**CANTEEN Phone: 9499 2171 Ext. 238**
COMMUNITY NEWS

SUPERSPEAK – ENROL NOW
Weekly public speaking & drama program for children aged 6 – 15. Mother of God School Monday afternoons at 4.15pm. Other venues throughout Melbourne also. For more information go to info@SuperSpeak.com.au or 9572 5249

The staff, parents and children at East Ivanhoe Preschool invite you to discover more about the kindergarten at the OPEN DAY Saturday 25th of February 2017 9am – 12pm 1 King Street, Ivanhoe East

SealPony Football is a developmental & participation program that introduces boys and girls aged between 5-10 to the game of football (soccer). It focuses on teaching the basic/intermediate skills.

* Fun games & activities * Great giveaways
For more information, call Joe (0415-388-028) or visit www.sealpony.com.au

Time: Every Sunday Morning
Starting Date: 12th of March 2017
Finishing Date: 28th of May 2017
Registration Date: Saturday 10 - 11 am
4th of March 2017
Address: James Street Reserve
Heidelberg Heights 3081