Singleton High School News

HONOUR THROUGH WORK

DUNKED! IN REALLY COLD WATER
MR BRIAN MEANS
(Yes, that’s right you can pay money to DUNK OUR MASTER CHEF INTO A TANK OF WATER)

WHEN: SAT 30th MAY
WHERE: BUNNINGS SINGLETON
TIME: 11 AM TILL 12 NOON

Don’t miss this unique opportunity!
$555 SUPPORTING SPECIAL EDUCATION $555

DUNKED! IN REALLY COLD WATER
MS JO GRAY
(Yes, that’s right you can pay money to DUNK OUR PRINCIPAL INTO A TANK OF WATER)

WHEN: SAT 30th MAY
WHERE: BUNNINGS SINGLETON
TIME: 11 AM TILL 12 NOON

Don’t miss this unique opportunity!
$555 SUPPORTING SPECIAL EDUCATION $555

DUNKED! IN REALLY COLD WATER
MR GLENN YATES
(Yes, that’s right you can pay money to DUNK OUR DEPUTY PRINCIPAL INTO A TANK OF WATER)

WHEN: SAT 30th MAY
WHERE: BUNNINGS SINGLETON
TIME: 11 AM TILL 12 NOON

Don’t miss this unique opportunity!
$555 SUPPORTING SPECIAL EDUCATION $555

DUNKED! IN REALLY COLD WATER
MRS KRISTEN STRACHAN
(Yes, that’s right you can pay money to DUNK OUR HEAD TEACHER SPECIAL EDUCATION INTO A TANK OF WATER)

WHEN: SAT 30th MAY
WHERE: BUNNINGS SINGLETON
TIME: 11 AM TILL 12 NOON

Don’t miss this unique opportunity!
$555 SUPPORTING SPECIAL EDUCATION $555

Term 2 . Week 6

DUNKED • DARCY MAKES NATIONAL TEAM • CAREERS EXPO DAY • OUTWARD BOUND 2015 • ROADWHYZ
**Events**

**1 JUNE**  
KNIGHTS KNOCKOUT 14S AND 16S  
THANK A TEACHER HOSPITALITY  
ASSESSMENTS (ALL WEEK)

**2 JUNE**  
SCHOOL PHOTO DAY  
FOOD FIGHT HOSPITALITY EXCURSION

**3 JUNE**  
EC 2016 EXAMINATION  
ICAS SCIENCE TEST

**4 JUNE**  
ART WORKSHOP

**5 JUNE**  
SCHOOL PHOTO CATCH UP DAY  
ABORIGINAL DANCE AT KAWUL

**8 JUNE**  
QUEENS BIRTHDAY HOLIDAY  
YEAR 10 OUTDOOR RECREATION CAMP

**10 JUNE**  
10AM PLAYGROUP  
SPECIALIST HOMELESSNESS YOUTH SUPPORT PROGRAM

**11 JUNE**  
MSP SPORT PHOTO DAY  
BLOOD SERVICE VISIT

**12 JUNE**  
ZONE ATHLETICS

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**School Information**

**Inside**

**Jo Gray**  
Principal

**Ian Skilton**  
Deputy Principal Yr 7, 11

**Roschelle Dooley**  
Deputy Principal Yr 8, 12

**Tracey Holloway**  
Deputy Principal Yr 9, 10 (rel)

**Kathleen Ballard**  
Wellbeing HT

**Nicole French**  
Assistant Wellbeing advisor

**Dayna Cowmeadow**  
HT Staff Administration (rel)

**Graeme Lindsay**  
Administration HT (rel)

**Margaret Richardson**  
Admin Manager

**David Welsh**  
HT English

**Leanne Mullen**  
HT Science (rel)

**Kathleen Prudence**  
HT Maths

**Brian Means**  
HT Home Economics (rel)

**Tracey Holloway**  
HT Languages

**HT Aboriginal Education**

**Jason Kolatchew**  
HT Industrial Arts

**Clemma Bendeich**  
HT PDHPE

**Kirsten Strachan**  
HT Special Ed

**Bruce Withers**  
HT HSIE

**Annie Phillips**  
HT VET

**Martin Gray**  
Librarian

**Jane Johns**  
HT CAPA

**Linda Wilkes**  
HT Teaching and Learning

**Year Advisors 2015**

**Cindy Koletsis-Tatt & Tristan Chapman**  
**Year 7**

**Leanne Mullen & Margaret Bagnall**  
**Year 8**

**Nathan Jones & Jaye Sunerton**  
**Year 9**

**Andrew Sommerville & Daniel Mead**  
**Year 10**

**Daniel Higgins & Megan Smith**  
**Year 11**

**Bob Collins & Maddy Valentine**  
**Year 12**

**P&C Association meets the 3rd Monday of the month in common room at 7.30pm**

**Next meeting 15 June 2015**

President, Mrs Salli Avard  
Secretary, Mrs Cynthia Mulholland  
Treasurer, Mr Simon Rock  
Canteen Coordinator, Tracy Johnson  
Canteen Phone 02 6572 2373

**School Office Hours**  
8.30am - 4.00pm

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**News**

**WE HAVE A NEW SIGN....**

Next time you drive past the school take a look at our new electronic message sign that was switched on this week.

It has replaced our old sign that was donated by Year 12 in 2001 as their gift to the school. The old sign is currently being refurbished and will be placed outside the Multi Purpose Centre as a message board for our students.

Messages are being relayed 24 hours a day, so keep an eye open when you drive past to keep up with the latest news.

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**UNIFORM SHOP IS NOW OPEN**

**ON MONDAYS**

8.30AM TO 11.00am and 3.30pm to 5.00pm

Alternatively place and pay for uniform orders online and collect from the school office any time within office hours.
Dunk Tank at Bunnings
Tomorrow at Bunnings, a number of brave, or foolish staff are volunteering to be dunked in very cold water for a good cause. The money raised will support our Special Education classes. If you feel the need to pay $5 for a chance to dunk the staff members on the front of this newsletter along with Mrs Dooley, come along to Bunnings at 11am.

Reconciliation Week
On Wednesday a ceremony was organised by Singleton Council to mark the start of Reconciliation Week. Four of our Aboriginal students who are members of the SHS junior AECG represented the school proudly. Tammie Neal and Travis Burns spoke eloquently about what this week means to Aboriginal youth, and about the importance of education. You can read an interview with Tammie in this edition of the newsletter. I was very proud of these students who, along with Blake Barnes and Ethan Martin, were very impressive representatives of our school.

New Sign
We have a new school sign! If you have passed the school since Wednesday afternoon, no doubt you will have noticed this giant installation. It is an important part of improved communication with our school community.

HSC Seminar Day 2015
The HSC Seminar Day was held today. This event is well known throughout Newcastle, the Hunter Valley and the Central Coast. Hundreds of senior students from other schools pay substantial money to travel to Singleton where they move about the town and participate in a series of workshops. These workshops are delivered by experienced HSC teachers and markers, and are full of valuable exam and preparation ideas. I would like to thank Mr Ian Skilton for his organisation of this enormous logistical exercise, which benefits our own and many other senior students. Many thanks also to the hospitality students for the amazing lunch! I have heard that many presenters return year after year simply for this.

Well Done Everyone
I would like to congratulate the majority of our students for the way they conducted themselves during the half yearly examination period. It was encouraging to see that many of our students take this seriously and prepare thoroughly. Remember if you didn’t, you can start to prepare now for the yearly exams! Have a safe weekend and remember to drop into dunk a teacher as it really is for a great cause!

Jo Gray, Principal
Deputy’s Report

Start of term brings its challenges
The commencement of Term 2 has given us all many challenges as a school and as a community.

Storms that created chaos and forced some families to re-arrange their whole lives, motor accidents that rippled through and across the lives of many have made for a very compressed and unsettled term. I can say with much pride that the Singleton High learning community has rallied around, supported each other and enabled healing processes to more quickly occur.

Our students have been exemplary in their respect, conduct and comfort to affected families, affected colleagues and with staff. We are a community that has dealt with many serious incidents over the years, on every occasion the Spirit of Singleton High School has shone brightly. An example of the spirit was when, unrequested, a group of seniors exited their seats in All Saint’s Anglican Church to allow members of the public, some elderly to sit down. It was a privilege, along with Mrs Holloway, to be able to deliver from the schools perspective eulogies at one of the funerals. These times have been not only about pushing on with the curriculum but more about life development and the recognition that we all have a part to play each and every time. Sincere thanks goes to students and staff, parents and our wider community.

NAPLAN and Half Yearly Exams
Of recent weeks the NAPLAN Tests have been conducted. Year 7 had their first taste of sitting in the MPC as a whole year group. The experience was a little daunting but handled well by all. The students were the first to have the luxury of the new heating in full operation as well. This is a more conducive atmosphere for being able to give all students the opportunity to demonstrate their best in exams. The half yearly exams follow directly after NAPLAN and have gone smoothly. Students have engaged more in their learning and seem eager to show this learning has been embedded. We are keen to view all the students reports and read about the successes as well as areas for development.

Work Health and Safety
Work Health and Safety is enormous and involves us all in our daily lives. All industries are required to comply with evacuation, lockdown and lockout practices each year. As a school we conduct practices of these every semester. The training requires complete co-operation between staff, students, community. On our whole school assemblies items of WH&S are raised and then discussed at year assemblies. I wonder if conversations at home occur about your work environment and the requirements for WH&S in the industry in which you work. It could prove a great conversation piece and open other lines of communication between parents/carers and our teenage children.

In recent times two of our students assisted in the fire on Bridgeman Rd when the house was alight. The knowledge gained from participating in Rural Fire Cadets here at school as a sport enabled the young ladies to be of great assistance. This program runs in Terms 2 and 3 as a sport and is a great life skill.

The latest Safety Alert for the DEC contains information about and is titled “ADMINISTRATION OF PRESCRIBED MEDICATION AT SCHOOL”.

These alerts occur to assist in achieving best practice in all this WH&S across all schools.

H.S.C Seminar Day 2015
Lastly, a comment about the HSC Seminar Day that was held today, 29 May. Each year Singleton High School organises this event as a way to balance the exposure to high profile presenters who has extensive knowledge and experience in the Higher School Certificate courses and examinations.

This year we had an increase in topics, presenters and students. A wonderful venture that enables rural students to gain the knowledge which is available to city students on any weekend in Sydney.

Ian Skilton, Deputy Years 7 and 11

Free Tutoring
From 4pm every Wednesday during school terms
Singleton Youth Venue
Cnr Bathurst & Pitt Streets
Year 7 to Year 12
Maths English Science
More information
02 6571 4687
rstalker@singleton.nsw.gov.au
Wellbeing News

What is Positive Psychology?
Positive psychology is a relatively new branch of psychology that shifts the focus from what is wrong, to the promotion of wellbeing and the creation of a satisfying life filled with meaning, pleasure, engagement and positive relationships. Positive psychology is not about putting on a happy face all the time. Life can be hard and challenges are inevitable. However research has shown that there are some strategies and skills that allow people to navigate the challenges of life more effectively and enjoy life despite the upsets.

Mindfulness Meditation
Jon Kabat-Zinn—a leader in the field of mindfulness and health—has defined mindfulness as “paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.” This means consciously paying attention to our senses, and to our feelings, without further judgment. For example, mindfulness could be practiced by focusing on the sensation of water rushing over your hands as it falls from a faucet, or by feeling and accepting the sensation of sadness without trying to push it away or to evaluate it. Research has linked mindfulness meditation with reduced anxiety, more positive emotions, and, with enough practice, permanent structural changes in the brain that sustain these benefits. Before beginning, know that meditation is a skill that requires practice. In the beginning it might seem as if unwanted thoughts constantly intrude your mind and the serenity associated with meditation might be brief. With time your ability to meditate, and to control your focus, will improve. Listed below are instructions to help you begin mindfulness meditation.

Planning. For the best results meditation should be a daily exercise. Meditating for 30 minutes a day might be a great goal, but it might not be realistic for your life. If 30 minutes doesn’t seem doable, try to start with 10 to 15 minutes a day. Create a schedule that you can stick to, rather than one that you will give up on in a week.

Posture. How you sit isn’t too important—just make sure you are comfortable, but not so relaxed that you will doze off. It will be OK to sit on the floor, in a chair, and with your legs either crossed or straight. Keep your spine upright and find a pose that you can maintain without too much discomfort.

Thoughts. Allow your thoughts to come and go. The more you try to control them, the more invasive they will become. Like our senses, thoughts are a normal part of our existence. Acknowledge your thoughts and let them pass naturally.

Breathing. Focus on your breathing. Take full but gentle breaths through your nose and notice the rising and the falling of your belly. Notice how your body changes as air enters and then leaves your lungs. This is the key to mindfulness meditation. Focusing on the sensation of your breathing will quickly bring you into the present and connect your mind with your body.

Kathleen Ballard and Nicole French
Wellbeing Team

Be kind to yourself
Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days. Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.

Exercise regularly
Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy. Get outside, preferably in a green space or near water. Find an activity you enjoy doing, and just do it.

Take up a hobby and/or learn a new skill
Increase your confidence and interest, meet others, or prepare for finding work.

Have some fun and/or be creative
Having fun or being creative helps us feel better and increases our confidence. Enjoy yourself!

Help others
Get involved with a community project, charity work, or simply help out someone you know. As well as benefiting others, you’ll be doing something worthwhile which will help you feel better about yourself.

Relax
Make time for yourself. Allow yourself to chill out and relax. Find something that suits you—different things work for different people. Breathe... (imagine a balloon in your belly, inflating and deflating as you breathe in and out)

Eat healthily
Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables, drink water.

Balance sleep
Get into a healthy sleep routine – including going to bed and getting up at the same time each day.

Connect with others
Stay in touch with family and friends – make regular and frequent contact with them.

Beware drink and drugs
Avoid using alcohol (or non-prescribed drugs) to help you cope – it will only add to your problems.

See the bigger picture
We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture (the helicopter view)

Accepting: ‘It is as it is’
We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle. Some situations we just can’t change. We can surf those waves rather than try to stop them. Allow those thoughts and sensations just to be – they will pass.

Positive Steps to Wellbeing

What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year’s time? What can I do right now that will help most?

http://www.getselfhelp.co.uk

(C) Carol Vivyan 2010. Permission to use for therapy purposes.

www.get.gg
safeTALK for
Venue:
Singleton Heights Public School, Dorsman Drive, Singleton
Date: Friday 12 June 2015
Time: 9.00am-12.30pm
Cost: Gold coin donation
Registration:
Companions must register at www.goodgrief.org.au
All other participants please phone 49791355 or email jenny.harris@mn.catholic.org.au
Participants at a safeTALK presentation are often keen to attend the 2-day LivingWorks ASIST workshop Visit www.lifelinehunter.org.au for info.

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**YEAR 7**

Congratulations to Year 7 on making it through several solid weeks of examinations as they sat both NAPLAN and their Half Yearly exams.

This was their first exam period since entering high school and while there are still some adjustments to make the majority of the year behaved admirably.

Prior to this we had the School Athletics carnival and again it was pleasing to see Year 7 there in numbers and eager to participate despite the very windy conditions. We hope to maintain this enthusiasm as our year group progresses through their schooling.

Recently there have been an increasing number of reports of rough play on the back oval involving Year 7 students. As we enter colder and wetter months it’s even more important that we practise safe play on the oval as the conditions make accidents and injury more likely.

On the note of winter, remember to wear your school jumpers on colder days as the blue of our uniform really helps to make the school look better and feel more welcoming. If you don’t currently have a school jumper they are available from the school’s uniform shop.

Let’s show our school pride!
**Tristan Chapman and Cindy Koletsis-Tatt**

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**NEW BULK BILLING DOCTORS SERVICE at Ungooroo**

If you would like to make an appointment to see a local doctor, Dr Kumar please call 6571 5111

**OPERATING HOURS:**
DUE TO COVID: Wednesdays
10am - 2pm

**FOR APPOINTMENTS CONTACT:**
Ungooroo or 6571 5111

**LOCATION:**
129 George Street, Brighton
(Beside Brighton Ambulance station)

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**YEAR 8**

Wow – how busy has everyone been this term!

By the time this report hits the newsletter, Year 8 will have completed their scheduled examinations. For those students who are yet to complete an exam they are to see their teacher and organise a time in which to complete it. All examinations will be marked within the coming weeks as reports are to be written soon.

The annual athletics carnival was held on Monday 11 May with a strong contingent of Year 8 attending. Although it was a little chilly, the students appeared to have a great day, whether they were competing or supporting other students. Well done!!

Over the past few weeks there has been a friendly competition happening between year groups in relation to a fundraising initiative for the local SES. As many may know, after the recent storms SES had equipment stolen. In an effort to replace this equipment, year groups have been donating $2 coins with Year 8 raising a whopping $382. This is a fantastic effort so thank you Year 8.

With the cold weather well and truly upon us it is timely to remind parents/carers of the appropriate school uniform, especially in regards to jumpers. All jumpers must be navy blue in colour. No hoodies or logo jumpers are permitted. If any student is having difficulty obtaining the correct winter jumper, please see Head Teacher Welfare or Year Advisers.

Yours in education,
**Mrs Bagnall and Mrs Mullen.**
A number of events organised within the school have kept Year 12 on their toes over the past two weeks.

Many Year 12 students participated in the school Athletic carnival on May 11. Sam Barry and Sam Howard both showed outstanding form in their preferred events and will progress to the Zone Athletics carnival. Sam was able to set a new record in the 17 plus boys Triple Jump when he broke the old record by 2 centimetres. Congratulations to all those from year 12 who attended and participated on the day.

The High School’s Professions Forum was held at the Singleton Christian School on May 15. Student leaders from across Singleton have been able to persuade local business people to get behind the Singleton Professions Forum and provide valuable guidance on making post school career choices. The Professions Forum Steering Committee, were able to secure more than a dozen local business professionals including from professions such as IT, law, physiotherapy, personal training, psychology, surveying, media and environment. Leaders from Singleton High School, St Catherine’s College and Australian Christian College have been meeting before school to plan and progress the annual Singleton Professions Forum with the support of teachers, staff from local businesses and event mentor Kylie Devine from Coal & Allied.

The ROADWHYZ – ‘Choice and Consequence’ program is a joint initiative of NSW Police, ambulance officers from the NSW Ambulance Service and parents within the community. The program has been developed to assist drivers, in particular those young drivers from the age of 17 – 25 as this category is over represented in road trauma statistics. It is also aimed at Learner drivers and their parents with the aim to provide all involved with the tools, skills and knowledge needed to stay safe on our roads.

The program exposed L and P Plate drivers to an informative opportunity of learning. The program is facilitated by an experienced TAFE teacher / lecturer with over 5 years experience in teaching and presenting to students from aged from 16 years upward. The core information is delivered by the highway patrol and Ambulance representative, who collectively have over 20 years experience in their relevant fields. It is anticipated that participants will be able to take information from the experts and apply it to their driving experiences, helping them to see they are in charge of the choices they make while driving and as such can have control of the consequences.

Year 12 participated in the Roadwhyz Program on Tuesday May 19 and four lucky students, present at the program, were fortunate enough to be given free, 5 driving lessons each worth $60 per lesson. As well all students present were able to access free NRMA membership and Road Service up until they turn 20 years of age.

Bob Collins and Maddie Valentine
At the Singleton Council National Reconciliation Week ceremony, Tammie Neal and Travis Burns spoke articulately and passionately about what the week means to young people. We asked Tammie a few questions.

How did you feel about delivering the speech?
I have had experience doing the acknowledgement of country so I am used to representing the school and speaking in public so I wasn’t too nervous.

What makes you so passionate about Aboriginal education programs?
Mum has told me about things in the past that happened with our family. The Ka-Wul centre has also helped with knowing the impact of cultural things. It is something that is connected to me and something I can relate to.

Do you have any plans for when you leave school?
I plan to go to university. Lots of options and I haven’t narrowed it down yet.

Who was your childhood hero?
I loved Hi 5! I never had an idol, I loved music...

Name some things you can’t live without...
Family, Social media, friends.

Something that makes you happy?
Friends! Boyfriend, touch football, volleyball. I like less competitive sports.

Favourite thing about Singleton High School
The Ka-Wul centre. Once you get to know about it, there is so much welcome there. They welcome ALL students and it feels so nice to walk in there.

Wedding Scallop Pops

Ingredients
20 scallops
10 slices of smoked dry-cured bacon, cut to the length of the scallop’s circumference
25g of unsalted butter
vegetable oil
St Lorenzo Sea Salt
black pepper

Equipment
Skewers
Cocktail sticks

Method
1. Wash the scallops and dry well with a cloth. Lay the thinly sliced bacon on a chopping board and turn the scallop on its side. Roll and wrap the bacon carefully around the scallop and pin through the center, horizontally, with a cocktail stick to hold the bacon in place. Repeat for each scallop.
2. Heat a frying pan with a small amount of vegetable oil, season the scallops well. Once the pan is hot, sear the scallops on the bacon covered sides. The scallops will take longer to cook as they are insulated by the bacon, which also needs to cook.
3. Once the bacon is cooked, flip the scallops onto one of their exposed sides for 30 seconds. Flip to cook on the other exposed side and add the butter.
4. Baste the scallops in the butter until cooked. This should take no longer than 4-5 minutes - scallops are cooked when you prod them and receive a little resistance, if they are still soft - continue to cook.
5. Once cooked, drain on parchment paper. Remove the cocktail stick, hold the bacon in place and insert the skewer through the scallop. Repeat for each scallop pop. Season and serve immediately.
Jo Vinson is our Yinpi coordinator in the Ka-Wul Centre. We asked her a few questions.

How long have you worked at Singleton High School
Since March 2010 – just over 5 years.

Tell us about your experience as a school student
I attended a school in the shire (Sutherland Shire), now known as Endeavour Sports High but it was plain old Endeavour High School back then. I was not academic but loved sport. I represented the school in netball and basketball. I made lasting friendships and really enjoyed the social aspect of school. I met my husband at High School. We were the only 2 lefthanded students in our Year 10 music class and we had to sit together as back then the music desks were joined in pairs and there was only 1 left handed pair. I loathed him back then but he must have grown on me as 6 years after leaving school in Year 10 we got married and have been happily married for 33 years!

What was your favourite subject at school?
Sport & PE.

Best memory of your childhood school
Being in the school play in primary school. I thought I was wonderful. I had 3 words to recite “Yes your Majesty” then I accidently tumbled off the stage into the front row of the audience!!!

What does ‘Yinpi’ mean
Yinpi is a Wanaruah word meaning to “kindle a fire”. We hoped it would spark some interest with students in regards to their career choices.

What do you enjoy most about your role as the Yinpi coordinator
I love assisting our Koori students with their chosen career pathways and working as part of a dynamic Aboriginal Education team at Singleton High.

Something that makes you happy
My fantastic family. My 4 gorgeous sons and hubby Rowan. (and my 8 dogs).

What is the best thing about Singleton High School
The supportive caring attitude staff have towards each other, regardless of faculty or job description. Our school community has been through a really tough time lately and the support, understanding and empathy displayed towards our students and fellow staff members has been nothing short of exceptional.

Tip to win the 2015 NRL premiership
Sharkies.

Anything you would like to add
I feel very fortunate to be able to work with my mob, promoting our culture and assisting and supporting our kids. Of all the jobs I have undertaken, this has been the most intensive but also the most rewarding.
Reconciliation Day 2015
Four Aboriginal students attended the Flag raising and commencement ceremony for Reconciliation Week.

Our students spoke about the necessity for mainstream Australia to honour their commitment to Aboriginal Australia through the Reconciliation process by allowing Aboriginal people to have a place and space within society that is free from racism and discrimination.

Singleton High School has shown its commitment to this process by allowing Aboriginal students to learn about culture whilst studying their academic subjects. The Aboriginal students at Singleton High School have excelled in the state NAPLAN results proving that allowing our culture to be practised combined with academic excellence allows us to be as successful as any other group.

Our students were excellent ambassadors not only for the school but for the Aboriginal youth in the Singleton area.

Deirdre Heitmeyer, Ka-Wul

Roadwhyz
Choice and Consequence

Roadwhyz
On Tuesday May 19, the Roadwhyz program was offered to Year 12 students in the Library and went for 4 hours.

The workshop was funded by Ungooroo Aboriginal Corporation through the PaCE program and is aimed at educating students on road safety and also included general license information. There was a team of presenters including a Paramedic with 19 years experience, Police Officer, RMS officer, road accident victim and the main facilitator Michelle Davis who started the Roadwhyz program after the death of her two sons in a motor vehicle accident 10 years ago.

As a school body, we have experienced immense tragedy in the last month with a number of our past students being involved in fatal car accidents and so we were fearful that the timing of this workshop, which was organised last year was not ideal. However after consulting with Year 12 students and teachers and staff within the school we decided to go ahead.

We had approx 55 students attend on the day which was extremely difficult to sit through at times however both myself and Year 12 advisors were so proud of the fortitude and bravery displayed by all of our students to attempt to view the entire workshop.

Jo Vinson, Ka-Wul

UNGOOROO
SPECIALIST HOMELESSNESS YOUTH SUPPORT PROGRAM FOR THE UPPER & LOWER HUNTER

Providing strengths-based, client-focused casework & support for Aboriginal & Torres Strait Island Youth

Referrals can be made via:
PHONE 6571 5111
6571 5777
EMAIL admin@ungooroo.com.au
Agriculture Report

Junior Cattle Judging
In early May, 23 students completed in Cattle Judging Competition at Singleton Showground. Several schools from the Hunter and Central Coast competed in this competition. Singleton High achieved third place in senior teams division. Team consisted of Brendan Horadam, Ella Palmer and Hayden Ferricks-Bellamy. Ella Palmer also achieved 2nd place in seed identification competition.

Cows Create Careers
This several agriculture classes are currently participating in the raising of two dairy calves over a 3 week period. Participating classes have been bottle feeding the calves morning and afternoon and tending to their health and wellbeing. At the end of this term class groups will attend a awards day at Tocal College to present project work based on their experiences of raising dairy calves.

Aquaponics
The agriculture department would like to thank Michael Spitteri from Hebden who has donated rainbow trout for the schools aquaponics system. This will allow students to see in operation the raising of fish and plants together in a sustainable farming system.

Languages

Japan Trip – 1000 Origami Cranes
In September a group of Singleton High School students and staff will be travelling to Japan for a fortnight. We are planning to take 1000 origami cranes with us to place in the Hiroshima Peace Park. Students have made a good start on the cranes. We meet at the back of the Library every Wednesday lunch so come and join us!

Karaoke Club
The Karaoke Club has made a good start in D6, Week A at Recess. Come along and sing a song or just enjoy the music!

Expression of Interest to Host Takahatta Visitors
My child __________________________
of Year _________
is interested in hosting a Japanese exchange student from Tuesday 28 July until Monday 3 August 2015.

We understand this note is just an expression of interest and does not indicate a final decision of host families.

Signed __________________________
Home Economics Faculty

Thailand Community Service Tour
The Home Economics Faculty are hosting a community service tour to Thailand in the September School Holidays 2016. A parent information night was held on 19 May and a representative from Antipodeans abroad gave a detailed presentation about the proposed Thailand trip. Open to all Home Economics Students, we received an excellent turn out where we received all the exciting information about how an exceptional opportunity this would be for our students. The next phase is for students to obtain a booking form, returning this by the 2 June 2015, with the hope of numbers to make this a viable trip. For more information please don’t hesitate to contact Mrs Holloway or Miss Sunerton.

Ms J Sunnerton, Home Economics

Outward Bound was a fun and exciting experience that I will never forget. During the program I had the opportunity to meet and befriend many new people, and I was able to learn so much about myself. The program involved working through problems associated with developing my leadership, and through challenging myself, I was able to gain confidence in my own ability.
One of the most amazing parts of the program was climbing Mt. Warning. The climb was really tough but the view from the top was awe-inspiring. We were the first landfall of mainland Australia to see the sunrise.
I have made new friends from different schools, who I still am in contact with, and if it wasn’t for the Outward Bound program I would have never been able to make those connections. The Outward Bound leadership program allowed me to develop a better understanding of myself, especially my individual strengths and weaknesses. I was able to develop strategies to best utilise my strengths and improve my weaknesses, as well as developing life skills that I will utilise forever.

Daniel York
Year 10 Leadership Program

The opportunity to participate in the Outward Bound Foundations program was a fulfilling experience. It allowed me to better myself through numerous educational activities. We participated in activities ranging from bushwalking and abseiling through to canoeing and raft building.
During the program, I made many new friends and when we got home from the course, I had many new stories to tell. I also have become closer friends with the other students from Singleton High that participated in the course with me.

Connor McLoughlin
Year 9 Foundations Program

Any student that would be interested in the Outward Bound program can speak to any of the students that have participated over the past few years. Alternatively, Mr Jones in Science is happy to answer any questions that you may have about the program.

Students in Years 8 and 9 will have the opportunity to listen to a presentation about the 2016 Year 9 and 10 programs later this year.

Nathan Jones
Organising Teacher
Year 8 Gym Program

For the past 4 weeks, 12 Year 8 boys have been attending the “Teen Gym Connect Engagement Program” at Singleton Swim and Gym on Thursday afternoons. The program, run in partnership between the YMCA NSW & Youth Express, is designed to improve the participants’ awareness of the importance of regular exercise and overall fitness.

The boys have developed their own warm up regimes and as is the want of young men, physical challenges are set, attempted and achieved. Once heart rates are up and muscles stretched the boys move to circuit work under the guidance of Swim and Gym staff members. To date activities have included boxing routines, skipping, lunges, planking (safely at ground level) and various styles of push ups and sit ups. Of particular benefit to the students is the time they spend on the weight machines. Understanding what muscles should be working when lifting a particular way is essential and reduces the risk of injury.

The boys appreciate the time to spend with their peers and challenging the teacher to do the same activities as they do. Singleton High School wishes to thank the staff of Singleton Swim and Gym for their cooperation, guidance and instruction during this highly rewarding activity.

Brian Means

SINGLETON HIGH SCHOOL
School Photographs
Information Sheet 2015

1. Individual photographs will be taken on Tuesday, June 2, 2015, in the Multiple Purpose Centre.
2. Photographs will be taken as individuals for all years.
3. **ALL STUDENTS MUST WEAR CORRECT SCHOOL UNIFORM**
   T shirts, excessive jewellery will need to be removed.
4. Year Advisers and assistants to be taken so they can appear in year photo.
5. Staff are asked to have individual photo taken at some time during the day. (Before school, recess, or lunch) – these will be used to compile the staff photograph, which should allow staff to continue with all normal duties for the day.
6. **TIMETABLE FOR PHOTOGRAPHS**
   a) All students are to attend Roll Call / Dear
   b) **Before School:** (8.30 am to 9.25 am) Year 12
   c) **Period 1:** (9.45 am to 10.40 am) Year 7
   d) **Period 2:** (10.40 am to 11.35 am) Year 10
   e) **Recess** (11.35 am to 12.05 am) (Staff as convenient)
   f) **Period 3:** (12.05 am to 1.00 pm) Year11 plus Special Unit classes
   g) **Period 4:** (1.00 pm to 1.55 pm) Year 9
   h) **Lunch** (1.55 pm to 2.25 pm) (Catch up, staff, families)
   i) **Period 5** (2.25 pm to 3.20 pm) Year 8
7. **STAFF ORGANISATION ON THE DAY**
   - Class teacher to meet and organise class at the MPC steps at the beginning of the period allocated to that year group
   - Each class to be escorted by their teacher through the photography process
   - As soon as all the class has been photographed the class is to return to the room with their teacher who will **mark the roll and record any discrepancies** and continue with the lesson if time permits.
8. Photo re-shoot will occur on **Friday, 5 June 2015**, for students absent on 2 June.

**SPORTS AND OTHER GROUP PHOTOGRAPHS**
These will be taken Thursday, 11 June 2015, in the Multi Purpose Centre.
Any questions or problems please contact me - Bruce Withers.
Equestrian Team News

While most students enjoyed Friday 22 May inside a nice warm, dry classroom, our equestrian team were up very early getting ready to enjoy a day’s competition at the Singleton Horse Sports day. Held at Singleton Show Ground, the day started well with all 15 students and horses presenting in excellent uniform. Unfortunately, just before lunch the rain came as the heavens decided to open up giving everyone a good drenching.

As the conditions deteriorated, it was decided not to run the events in the afternoon and point scores and presentations were awarded based on the events that had been completed.

Our team was:
Sarah Giggins, 3x 1st places, Champion overall highest point score girl 18 years, Highest overall pointscore for a local rider
Elise Keeley, 2 x 5th places. Encouragement Trophy for a local student
Madison Sargent, 1 x 2nd, 1x 4th place. Encouragement award 15 years age group
Brendan Horodam, 1 x 1st, 1x 4th. Champion 16 years Boys
Aiden Sargent, 1 x 2nd place, Reserve Champion 13 years Boys
Ethan Sargent, 1 x 4th, 1x 2nd place, Reserve Champion 17 years Boys
Renae Atfield, 1 x 4th place
Tomekia Bond, 16 years encouragement award
Candice Gardiner, 1 x4th place and Best and Fairest
Taylor Giggins, 1 x 3rd place

Other team members whose results are not available are:
Nikita Roberts
Josie Brown
Rachel Cramp

A big thank you to Mount Pleasant Public School for hosting the day (especially under the conditions that developed), to all our parents also a special thank you.

Bruce Withers, Manager

Rugby League

University Shield Rugby League
On Wednesday 20 June the Singleton High School open league side travelled to Lakeside Sporting Complex to take part in the University Shield Super 8s carnival.

The first game was against Whitebridge High School and early points came with 2 tries to Brandy Hardy. Strong performance from the Singleton forwards resulting in Singleton winning 28-10. The team now progresses to the regional final against Toronto High School to be held in Singleton on 9 June with an 11:45 kick off.

The performance of the open’s team at this carnival will also see them progress through into the Country Cup and the School Boy Trophy Competitions which will be held on 23 June in Maitland.

Buckley Shield Rugby League
The regional Buckley Rugby League Super 8s Carnival was held at Lakeside Sporting Complex. The side played Great Lakes High School in a closely contested match. A strong running game from Maui Carroll was a feature of the game along with a massive workload by Jack Turner resulting in a Singleton victory.

In the second game Singleton met a strong Warners Bay side with defence again being a feature of the game. Singleton held in pressure situations and lifted the intensity in the second half to come away with a win and move through to the regional final against Callaghan College Wallsend to be held in Singleton on 9 June with a 10:15 kick off.
Open Girls Touch Football
Friday 18 May, the Open Girls Touch Football travelled to Newcastle to compete in the Combined High School finals, after receiving a late call up to compete in this competition following another team pulling out. The girls had their doubts about competition as their first game was to play against 2014 state champions Warners Bay High School. The team played well with only 7 players, 1 reserve. Unfortunately they lost the first game 5-0, doing well to keep the score low, last year’s score verse the same team was 12-3. They played a second game and came out on top winning 7-0 against Taree. Special mention to Daven Patton and Reece Morris for assisting with refereeing for the day, both boys were congratulated by the organisers for their conduct and professionalism.

Jocelyn Johnson, Coach

Open Girls AFL
Thursday 21 May Singleton High school competed in the AFL girls Swans tournament. We had 13 enthusiastic girls eagerly awaiting their opponents for the day. Competing amongst some tough competition including Saint Marys, Tomaree High School and Newcastle High School, the girls took to the field with talent, skill and competitiveness. Although we were not victorious on the day the girls’ sportsmanship, hard work and teamwork made them stand out amongst the rest. Congratulation girls on competing in the competition. We cannot wait to tackle it again next year.

Jaye Sunerton

Open Boys Tennis
Singleton High’s Open Boys Tennis team this year displayed their best ever winning streak earning their way to the regional grand final.

After reversing last year’s result and easily accounting for Rutherford High in their Round 2 match, the boys, consisting of Ben Wylie, Cameron Phillips, Pat Bagley and talented brothers Sam and Isaac Barry travelled to District Park, Broadmeadow for the business end of the competition.

Here they met a strong Maitland Grossman side who recently defeated Hunter Sports High. The boys made an excellent start in the doubles with the combination of Phillips and Bagley winning the first set followed by the Barry/Wylie combination. Maitland fought back in the singles to claim 2 more sets, however Singleton’s number 2 seed Cameron Phillips and Sam Barry had convincing singles wins. The semi final against Warners Bay Hhigh proved a breeze for the boys smashing their lakeside rivals 5 sets to nil. And through to the district grand final against last year’s winners Merewether High.

The well oiled and enthusiastic Merewether doubles teams made a strong start giving them the upper hand in the final winning the first 2 sets. The Singleton boys fought back as they did in every tough match this year with our top seed Ben Wylie too classy for the Merewether top seed beating him 6-3. All matches were extremely close however Merewether was too strong at the end of the day. This has been an incredible performance and journey by the Singleton boys. A huge effort.

Liam McKechnie
Cross Country Zone Report
On 3 March, the zone cross country day was held at Rose Point Park. Although the day started off wet and drizzly the rain never stopped the kids participating in their event. It was a wonderful day full of excitement and exhaustion. The winners of each Age group event are, 12 years girls Ashley Halliwell from Muswellbrook, 12 years boys Daniel Pope from Singleton. 13 years girls Kristen Cox from Singleton, 13 years Boys Cooper Andrews from Singleton. 14 years girls Jacinta Ballard from Muswellbrook, 14 years boys Nicholas Watson from Singleton. 15 years girls Makayla Linddell from Muswellbrook, 15 years boys Joshua Shade from Singleton. 16 years girls Taylor Giggins from Singleton, 16 years boys James Bradley from Singleton. 17 years girls Taylah Blackader from Merriwa, 17 years boys Jessie Mackaway from Singleton. 18 boys Noa Durham from Muswellbrook. Congratulations to all competitors on a successful day.

Regional Success
After dominating the Zone Cross Country Carnival, Singleton High School’s best long distance runners travelled to Broadmeadow to compete against the best runners in the Hunter Region. Mitchell Bradley and Taylor Giggins, competing in strong age groups, both achieved a state championship spot. This is a great effort and we wish them well at the state championships.

Swimming
Darcy continues his rise to stardom… but he needs our help.
Darcy Gilson has once again represented Singleton High School, this time at the NSW All Schools Swimming Championships on Monday 11 May. Darcy competed in 6 races with finishes in the top 4 in all races.

This was on the back of some exciting news that he had broken an Australian record for 200 metre breast stroke for 13 years sb14, which occurred last year at the NSW State Championships. From the fantastic results at the All Schools Carnival, he has been selected for the National Swim Team. In September the team will head off to the Global Games in Ecuador.

This is a fantastic opportunity and there are only 29 other Australian swimmers to be invited to go. Darcy is one of the youngest to ever be invited. Darcy’s family are seeking sponsorship so he can attend this event and if anyone knows of any business that can help him achieve this dream, please contact Kristian Strachan at Singleton High School.

This is an amazing achievement for such a young man and Singleton High School are extremely proud of our super swim star.
**Teachers are Awesome**

**Thank you Morning Tea**
On Wednesday 20 May, Singleton High office staff hosted a morning tea to say thankyou to all our teachers.

The recent events of the last few weeks have been felt widely amongst our school community and not least our teaching staff. The SASS staff wanted to remind our teachers that we all think they do a fantastic job teaching our children.

The common room was decorated and a beautiful cake was cut by Principal Jo Gray and Valerie Ellis on behalf of the administrative staff.

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**Singleton High School**
Contact: Margaret Richardson  Phone: 02 6571 1199  Email: margaret.richardson2@det.nsw.edu.au

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Thanks for your support! 20% from each book sold contributes to our fund-raising.
Successful strategies for transition to a new classroom/teacher/school for children with autism spectrum disorder
By Sue Larkey

• Use visual timetables and visual cues to indicate changes.
• Schools should send home the timetable as soon as possible. Then the parents can discuss changes and the student can learn the timetable.
• Use photographs for example, new teachers, students in class or playground.
• Ensure the student has strategies to stay calm. This may include a quiet area, walkman with calming music and favourite book or activity.
• If the student has difficulty finding their way from one class to another, allocate a ‘Hall Buddy’ who helps the student find the next class.
• Allocate a place where the student can go if they get lost or to get help (e.g. Front desk, School Library, Special Education Teachers’ classroom). Choose a place that is easy to find and always has an adult to quickly help the student before they become anxious. Ensure the staff in this area know the student and can help. It is a good idea to have a folder with the student’s timetables, information and strategies at this place to help ensure the student can be assisted quickly. Practise with the student going to this area when they are calm.
• If the student has difficulty with organisation, put strategies in place to help such as for each class have the required materials in separate bags in their locker (e.g. in the Art bag have a smock, pencil case, map to find classroom etc).
As part of our 10th birthday celebrations we set ourselves a goal of getting 10,000 members and we made it! One lucky member will win a weekend away to the vineyards. Join us for the draw and be entertained by Sarah De Bono’s troupe of musical students. One of Australia’s biggest selling and most awarded authors, John Marsden will speak about his first adult novel, South of Darkness. John Marsden has published over 40 books, selling over 2.5 million books in Australia alone. Books will be available for sale and signing.

Wednesday 3rd June 5:30pm – 8:00pm
5:30pm – Sarah’s troupe rocks the library
6:20pm – Lucky winner announced
6:30pm – John Marsden author talk

Bookings Essential

Opening Night & Winners Announced Friday 17 July 2015
$25 per head including finger food, wine & entertainment
Viewing from 6.00pm Food 7.00pm Prize Winners announced 8.00pm

Music by Cavalier Acoustica
Open daily 10am to 6pm (entry $2)
Saturday 18 July to Tuesday 21 July.

Venue Singleton Civic Centre - Queen Street Singleton NSW 2330
For further information contact David Gausden 0429 775 556 or John Drinan 02 6577 6156
www.singletononhunterrotary.org.au
Fluorescent tubes contain heavy metals that are toxic, and impose a major risk to human health and the environment.

Up to 15 milligrams of mercury is found in one fluorescent tube.

The mercury, glass, aluminium and phosphor powder from fluorescent tubes can all be recycled – saving valuable resources and helping to prevent environmental damage.

As of 2009, incandescent light bulbs can no longer be sold in Australia.
Real time access to a wealth of information on your child

Singleton High School is proud to have the opportunity to offer the parents of student’s free access to information on their children via an individualized portal to the schools online record keeping system. The portal to our Millennium system will give you daily updates on each of your children through one access point. Information can be accessed real time. As information is entered at the school level it is available to you through the parent portal.

- **Classes** (subjects / courses studied at Singleton High)
- **Timetable** (Day to day information relating to subject, period, teacher and room)
- **Mark book** (Every assessment task result and relative position within the course for that task)
- **Reports** (Access to Semester 1 and Semester 2 reports as they are entered by teachers)
- **Attendance** (Daily information relating to whole day absence, justified reasons for absence and identified occurrence of truancy)
- **Parent Teacher Booking** (Book parent teacher interviews online to guarantee your appointment)
- **Register** (Information that lets you know if your child has had a behavior incident, student recognition, student intervention, administrative action, etc recorded and the date on which it was actioned)

### Return Slip:
To receive your e-mail containing your login details to access portal information relating to your children simply complete the return slip below. Parents may be contacted to verify e-mail addresses.

The names of my children enrolled at Singleton High School are:
1: ______________________________________
2: ______________________________________
3: ______________________________________

A contact telephone number to verify these details is: ______________________________________

My e-mail address is listed accurately below:

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A Singleton High School Playgroup Announcement

Join us and celebrate NAIDOC Week!

Wednesday 10th June 2015
10am - 11.20am

As a light morning tea will be provided, it would be appreciated if you could register your participation on 65711199.

A gold coin donation would be welcome.

All enquiries to Sharon Bourne
Teacher of Child Studies.
Singleton High School
Canteen and Uniform Shop

Uniform Price List
- Skirt - Checked grey 8-20 $46.00
- Skirt - Checked grey 22-26 $52.00
- Blouse - Blue or White $23.00
- Polo Shirt - Blue or White $27.00
- Pants (girls) - Nvy hipster $40.00
- Pants 3/4 (girls) $38.00
- Shorts - Grey longer leg $5.00
- Shorts - Grey short leg $27.00
- PE / Sport polo Shirt $27.00
- PE / Sports shorts $22.00
- Woolen Jumper 12-14 $63.00
- Woolen Jumper 16-22 $70.00
- Woolen Jumper 24-28 $76.00
- Tracksuit pants $30.00
- Tracksuit Jacket $50.00

*****Specials*****
We have the longer older style shorts for boys still available and all must go $5.00 a pair

Second hand clothing is available and all items are $5.00 each.
Donations of second hand uniforms would be greatly appreciated. All money raised is donated back to the school. Unfortunately we do not sell preloved uniforms on consignment.

Payment: Cash, cheque or eftpos/credit card facilities available
Location: Near the MPC building, enter through the main office and follow the signs.

Opening Times have changed
Monday 8.30am till 11.00am and 3.30pm till 5.00 pm
Online orders can be placed and paid for via the Singleton High School website and collected from the front office Tuesday to Friday.

Canteen Roster

<table>
<thead>
<tr>
<th>Uniform Price List</th>
<th>Canteen Roster</th>
</tr>
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<tbody>
<tr>
<td>Monday 1/6/15 R Worgan</td>
<td>Tuesday 2/6/15 A Watts</td>
</tr>
<tr>
<td>Wednesday 3/6/15 K Ruigrock K Hitchcock</td>
<td>Thursday 4/6/15 K Fry</td>
</tr>
<tr>
<td>Friday 5/6/15 V Waugh C Higgins M Higgins</td>
<td>Monday 8/6/15 PUBLIC HOL</td>
</tr>
<tr>
<td>Tuesday 9/6/15 L Knox</td>
<td>Wednesday 10/6/15 J Hayes</td>
</tr>
<tr>
<td>Thursday 11/6/15 H Forbes S Cochrane</td>
<td>Friday 12/6/15 P Hannan</td>
</tr>
<tr>
<td>Monday 15/6/15 D Stewart</td>
<td>Tuesday 16/6/15 J Groucutt</td>
</tr>
<tr>
<td>Wednesday 17/6/15 K Power</td>
<td>Thursday 18/6/15 A Johnstone</td>
</tr>
<tr>
<td>Friday 19/5/15 N Jones, C Holz</td>
<td>Monday 22/5/15 D Stewart, K Hitchcock</td>
</tr>
<tr>
<td>Tuesday 23/5/15 S Cameron L Knox</td>
<td>Wednesday 24/5/15 Help Needed J Marcheff (2pm)</td>
</tr>
<tr>
<td>Thursday 25/5/15 M Lancaster M Jack K Anderson S Van Eerde</td>
<td>Friday 26/5/15 P Hannan</td>
</tr>
</tbody>
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Hot Food
- Nuggets (5) $2.00
- Sausage Roll$3.50
- Meat Pie $4.00
- Cheese and Bacon Pie $4.50
- Chicken Burger $4.50
- Beef Burger $4.50
- Sweet Chilli Wrap $5.00
- Pizza Roundas $2.50
- Noodles $2.50
- Sauce $0.30

Orders only
- Healthy Meal Deal $4.50
- Soup $2.50
- Mac N Cheese $4.00

Daily Specials
- Monday Egg and Bacon Roll $4.50
- Tuesday Toasties $2.00
- Cookies $2.50
- Wednesday Hot Dogs $3.50
- Thursday Mini Pizzas $2.00
- Friday Chicken and Gravy Roll $5.00

Drinks
- Cans of drink $2.50
- Powerade $4.00
- Dare iced coffee $4.00
- Plain milk $3.00
- Juice (large and small) $3.00
- Mineral water (large and small) $2.00
- Iced Tea $3.00
- Slushies $2.00
- 600ml Water $2.00

Sandwiches
- Salad Roll (with meat) $5.00
- Salad Tub (with egg) $5.00
- Fruit Salad Tub $4.00
- Frozen Pineapple $0.50

Garlic Bread Sweet Chilli Subs $1.00
Salt and Vinegar Tenders each (Not every day)

Snacks
- Pretzels (large) $2.00
- Red rock deli chips (large) $2.00
- Red rock deli chips $1.00
- Smiths Chips $1.00
- Jumpy’s $1.00
- Grain Waves $1.00
- Twisties $1.00
- Assorted Ice blocks from 50 cents

Brekkie Ideas (before 9.30am)
- Hash Browns $1.00
- Brekky Wrap $2.00
- Assorted Slice $2.00
- Muffins/Finger bun $2.00
- Coffee and Hot Chocolate $3.00