



## Hawkesdale P12 College Newsletter

No.10 - 4th April 2025

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### Upcoming Events

2025

Friday 4 <sup>th</sup> April 2025	Do It For Dolly Day - Colour Run
Friday 4 <sup>th</sup> April 2025	Last day of Term 1 - 2025 - Buses leave at 2.30pm
Tuesday 22 <sup>nd</sup> April 2025	Terms 2 Begins - Students Return
Wednesday 23 <sup>rd</sup> April 2025	College Anzac Service -10.15am
Friday 25 <sup>th</sup> April 2025	Anzac Day Public Holiday
Monday 28 <sup>th</sup> April 2025	Yr 12 Curriculum Melbourne Camp
Wednesday 30 <sup>th</sup> April 2025	Yr 7&10 Vaccinations (parents to register online prior to 30th)
Thursday 1 <sup>st</sup> May 2025	May Races Public Holiday
Friday 2 <sup>nd</sup> May 2025	Primary Division Athletics
Monday 5 <sup>th</sup> May 2025	Moyn District Cross Country & Soccer
Thursday 8 <sup>th</sup> May 2025	Mothers & Others Celebration Night
Thursday 15 <sup>th</sup> May 2025	Moyne Trades Event
Monday 26 <sup>th</sup> May 2025	Roses Gap Yr 7 Camp





## Principal Report 4<sup>th</sup> April 2025

**I am pleased to announce that the Acting Principal recruitment process has concluded, and that Mr Paul Webster has been appointed to this position.** Mr Webster will begin his new role at our school at the beginning of next term, and is looking forward to getting to know students, staff and families. His role is directly tied to our ongoing school improvement goals and actions, and Mr Webster will be an important part of the work that will be doing together over the next few years. Mr Webster is currently a Learning Specialist at Warrnambool College and has extensive experience in curriculum reform and student engagement; I am looking forward to working with Mr Webster next term and beyond!

**I'm incredibly grateful for the work of Mrs Butters and Mrs Dart in their respective acting roles over the past two and a bit years.** They have both been great supporters of our school and school community during this time, and I really appreciate their assistance as I made the journey from Assistant Principal to Acting Principal to Substantive Principal. Mrs Butters will return to her Learning Specialist role next term with an ongoing focus on Disability Inclusion, while Mrs Dart will return to her classroom teacher and Mental Health and Wellbeing Leader roles.

**This time last week our Year 4-6 primary students travelled to Port Fairy for the annual Moyne District athletics carnival.** Our students had a very successful day out. Laylah and Hartley won first places in their discus and triple jump events respectively, with second and third placings for Jack, Addisyn, Phyllis, Phoebe, Blake, Saith, Pirra and Zoe in various events, and lots of happy students and spectators on a very warm day. A big thanks to our secondary VM students who assisted with the running of events and the canteen on the day - well done to Shane, Zac, Macie, Mackensie, Mia, Charlotte and Xavier. The next-level Division athletics carnival is scheduled for May 2.

**This week will conclude with another Student Voice event - a Dolly Day and Colour Run.** Leadership students have been working with Mr Gordon and Ms Roney to set up the oval and school grounds for the obstacle course that will be used in the colour run, and I'm grateful for the many haybales, tyres and donations that have organised via our local and wider community. This will be a fun and active way to finish the term! I have also been very impressed to see the student contributions to our 10am Dolly Day assembly, in which students will reflect on bullying and ways that this issue can be reported and sorted out.

**Please note that students are currently preparing for two upcoming ANZAC Day commemorations following the Easter break.** Our VCE VM students will lead a College ceremony on Wednesday April 23, starting at 10:15am in the Stadium, while our School Captains and local township students will lead a community ceremony at the Hawkesdale Memorial Hall on Friday April 25 beginning at 6am, and with a cup of tea and a sausage in bread in the Hall afterwards. ANZAC Day is a significant national tradition, and a time for reflection about sacrifice, freedom and the values that bind us together - I would encourage families to attend one or both of these commemorations once we return to school next term.





**Works within our Planned Maintenance Project have almost been wrapped up, with final painting and window fitting jobs being finished this week.** The tea house looks great with its heritage red recoating, and it has been pleasing to see weathered window and exterior wall surfaces looking fresh and clean once more. Ceiling replacement and repainting works will occur in the main classroom wing outside the canteen over the holidays, and some more tree trimming will occur around the perimeter of the school grounds also.

**Our College website contains a range of policies that outline the expectations and procedures of our school, and which will be fully updated over the term one school holidays.** The updated 2025 Administration of Medication Policy will describe the responsibilities of staff, parents and students in administering medications at school, and provides information about the permissions, recording and authorisations required when students are provided with medication at school. The Medication Authority form that needs to be completed by families or a family GP will also be shortly uploaded under the Policies, Reports and Plans tab on our website - this form will need to be completed, signed and returned to school before medication can be given to students at school.



**The Bullying Prevention Policy on our website explains** the definition of bullying, outlines the strategies and programs in place at Hawkesdale P12 College to build a positive school culture and prevent bullying behaviour, and makes it clear that no form of bullying at Hawkesdale P12 College will be tolerated. We ask that everyone in our school community is alert to signs and evidence of bullying behaviour and understands the importance of reporting bullying behaviour to school staff so that issues can appropriately investigated and addressed. As a school we ensure that support is provided to students who may be affected by bullying behaviour (including bystanders, witnesses and students engaging in bullying behaviour), and seek parental and peer group support in addressing and preventing bullying behaviour at our school. I recognise that significant impact that bullying can have on students and families, and am always available to chat about this policy, or about bullying concerns.

**Parents are always welcome to provide feedback about our school policies, and particularly at this time as updated policies are being uploaded to our College website.**

**This has been an extremely busy term, and as always, I would encourage students and families to scroll back through our Facebook pages to review the many and colourful events of January to April.** I wish everyone a safe break and an enjoyable Easter, and look forward to seeing students back at school for the first day of term two - on Tuesday, 22<sup>nd</sup> April.

Regards,

**Mr Ralph  
Principal**





Happy birthday Blake!

# HANDS ON LEARNING

## Term 1 wrap up!

We have completed some great work in the bird aviary in preparation for getting birds back! We installed some perches, seed feeders, water system and branch holders.



We removed 2 classroom doors, sanded them, gave an undercoat and applied 2 coats of paint, then hung them back up.



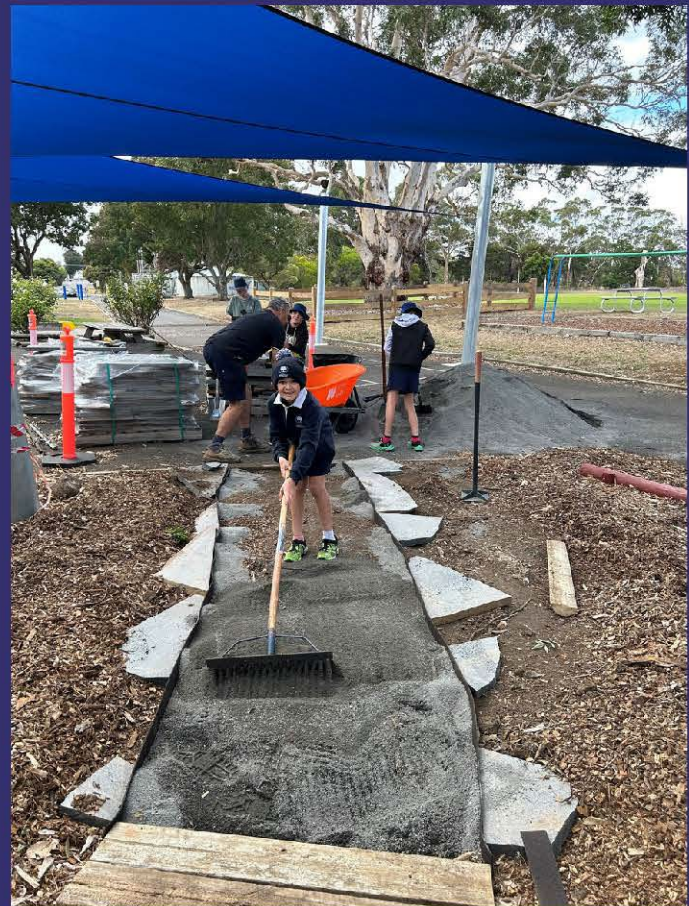


'The pathway through the Indigenous Garden is underway, with plenty of paving, measurement, cutting, levelling and teamwork skills being taught. It's starting to look great!



HANDS ON LEARNING







## Moyne Sports Report

Last Friday the 28th of March it was Moyne District Athletic Day, an event held for second level for sports day. Students got to participate in their sport that they qualified for while versing six other schools. Here is what the students felt on the day.

Amelia- I enjoyed watching Rydah do the 1500 metre run.

Phoebe- it was very hot.

Zoe- the events were quite difficult but I had fun.

Phyllis- I had a fun time with my friends here and from other schools, although some of the running events were very tiring. I placed in every one and we all tried our best!

Laylah - it was surprisingly fun and I enjoyed the day.

Jeht- it was fun and relaxing cheering on others.

Sean- it was very fun.

Jack- it was stressful before I started running.

Saith - First I thought it was going to be really hard, but it was really easy.

Addisyn - the day was really fun and I love watching and cheering for my friends. I came second in my long jump and my relay.

Memphis - I almost lost my voice cheering.

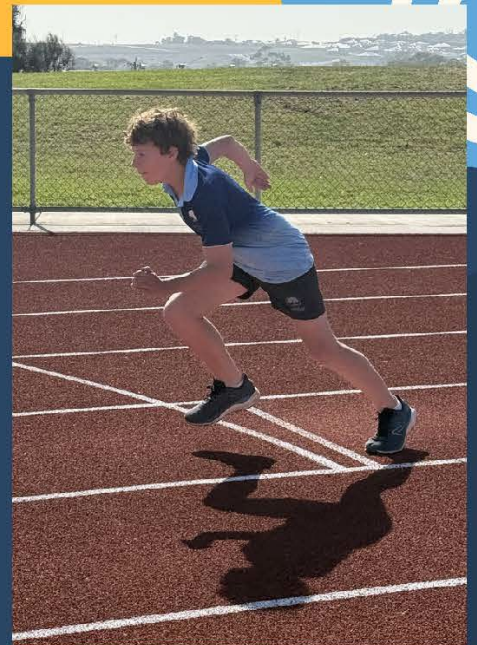
Pirra - the weather was good and I did lots of cheering, and I got second in 800 metres and my relay team got second.

Overall, we all had lots of fun and students got to buy food from the canteen. we will try to have this and some even got a ribbon!

By Zoe and Phyllis











# Happy Easter







**Happy Easter**





## For parents and carers

# Wellbeing support for students during the school holidays

This guide provides tips and resources for parents, carers and families to support the mental health and wellbeing of children and young people in their care during the school holidays. This includes services to reach out to if more support is needed.

## Actions that support positive mental health

- Exercise boosts mood and mental health – make it fun!
- Eating healthily to improve mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things they enjoy
- Practice positive self-talk – and remember they are not alone
- Seek professional help if needed.<sup>1</sup>

The Department have developed wellbeing activities and conversation starters for parents and carers of [primary school-aged children](#) and [secondary school-aged children](#).

Feeling it: mindfulness resources and activities for senior secondary students: Smiling Mind gives tips on self care, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.

## Signs a child or young person may need mental health support

In some cases, these actions will not be enough to support positive mental health.

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.<sup>2 3</sup>

<sup>1</sup> headspace – a parents guide to school issues and stress <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>

<sup>2</sup> headspace 'mental health and you' poster <https://headspace.org.au/assets/uploads/Mental-Health-Posters-monoff.pdf>

<sup>3</sup> headspace – how to talk to your children about mental health <https://headspace.org.au/dads/>

## Young people supporting each other

Young people are most likely to turn to each other for support before seeking out an adult or service provider.

Young people can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting their friend know they may need to tell a trusted adult about their concerns.

Having these types of conversations can be difficult for young people. Information for young people on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#)

## Mental health support

- Your local GP
- [headspace Counselling](#): Victorian Government secondary school students including those who have just finished schooling can access counselling services from headspace. During the holidays, students can self-refer by calling their local headspace centre. Students can self-refer by calling their [local headspace centre](#).
- eheadspace, online and phone counselling for young people aged 12 to 25 and their families: 1800 650 890 [www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace)
- Kids Helpline, online and phone counselling for young people aged 5 to 25: 1800 551 800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
- Parentline, counselling and support for parents and carers: 13 22 89 <https://services.dffh.vic.gov.au/parentline>
- Lifeline, crisis support and suicide prevention for all Australians: 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)
- Beyond Blue, online and phone support service for individuals experiencing depression and anxiety and their families: 1300 224 636 [www.beyondblue.org.au](http://www.beyondblue.org.au) (including [translated resources to help parents and families support young people's mental health](#)).
- Head to Help, digital mental health resources from Australian organisations: 1800 595 212 [www.headtohelp.org.au/](http://www.headtohelp.org.au/)
- Suicide Call Back Service, online, phone and video counselling for anyone affected by suicidal thoughts: 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)
- contacting 000 if you are in an emergency, or at immediate risk of harm to yourself or others.



## Family violence support and resources

- **Safe Steps**, support for anyone in Victoria who is experiencing or afraid of family violence: 1800 015 188 [www.safesteps.org.au](http://www.safesteps.org.au)
- **1800RESPECT**, sexual assault, domestic family violence counselling service (including [information in 28 different languages](#)): 1800 737 732 [www.1800respect.org.au](http://www.1800respect.org.au)
- **What's okay at home**, a domestic violence resources centre: [www.woah.org.au](http://www.woah.org.au)
- [Family violence support](#)

## Self-harm and suicide prevention resources

- [Getting a mental health care plan](#) (ReachOut)
- [What you need to know about self-harm](#) (headspace)
- [How to help when someone is suicidal](#) (SANE Australia)

## Mental health resources

- [Mental Health Toolkit](#): contains resources for students, parents and carers to support the mental health and wellbeing of children and young people in their care including:
- [Raising Learners Podcast Series](#): providing expert advice/information to parents/carers on topics including how to keep your child safe online.
- [Understanding mental health – fact sheet](#) (Orygen)
- [Learn how to handle tough times](#) (headspace)
- [Get into life \(to keep your headspace healthy\)](#) (headspace)
- [Supporting your young person during the holidays](#) (headspace)



# Cyberbullying

Cyberbullying is a serious issue that affects many young people today. It involves using technology, such as smartphones, social media and the internet, to harass, threaten, humiliate or spread rumours about someone. Cyberbullying can cause deep emotional harm and have long-lasting effects. It's important for parents and caregivers to talk to their children and teens about cyberbullying, so they understand what it is and how to protect themselves and others. Having a discussion about staying safe online will help your child navigate the digital world with confidence.

**Empower confidence.**  
**Start the conversation using these strategies:**

- 1. Definition of cyberbullying:**  
Explain what cyberbullying is and how it differs from traditional bullying.
- 2. Forms of cyberbullying:**  
Discuss the various forms of cyberbullying, such as harassment, spreading rumours, threatening messages and cyberstalking.
- 3. Effects of cyberbullying:**  
Emphasise the harm that cyberbullying can cause, including feelings of sadness, anxiety and fear.
- 4. Report cyberbullying:**  
Encourage your child to report any instances of cyberbullying to a trusted adult.
- 5. Protect personal information:**  
Teach your child about the importance of keeping personal information private and how to set strong passwords.
- 6. Be an ally:**  
Explain how they can be an ally to others by speaking out against cyberbullying and supporting those who have been targeted.
- 7. Digital footprint:**  
Discuss the concept of a digital footprint and how their actions online can impact their future.
- 8. Online behaviour:**  
Encourage your child to think before they post and to be respectful in their online interactions.
- 9. Parental monitoring:**  
Let them know that you may need to monitor their online activity to help keep them safe.
- 10. Open communication:**  
Encourage open and honest communication with your child about their online experiences, and let them know they can come to you with any concerns.





# SchoolTV

## In this edition of SchoolTV - CYBERBULLYING

This week at school we have reflected on Dolly and her short life. It is a timely time to share this special report by SchoolTV. The death of Dolly highlighted the tragic number of teen suicides as a result of cyberbullying and how serious an issue it has become due to the digital world we now live in.

Dolly, as she was affectionately known, has since become the face of a campaign to raise the awareness of bullying, teen anxiety and depression as well as youth suicide. A legacy that Dolly's bereaved family fully support in the hope of sparing other families from the same grief.

In this Special Report, Dr Michael Carr-Gregg highlights the dangers associated with social media and outlines what parents can do to protect their children. Preventing such a tragedy from reoccurring again, needs to have the support of parents, schools and the wider community. All must work together towards reducing the risks associated with it. Parents especially, need to be aware of dangers and be proactive in not accepting bullying behaviour of any sort.

Let's do it for Dolly.

We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

**If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.**

Here is the link to your special report:

[https://hawkesdalecol.vic.schooltv.me/wellbeing\\_news/cyberbullying-special-report](https://hawkesdalecol.vic.schooltv.me/wellbeing_news/cyberbullying-special-report)



SPECIAL REPORT

**Cyberbullying:**  
*Let's do it for Dolly*





# SchoolTV

## In this edition of SchoolTV - CYBERSAFETY

Young people today are growing up in an increasingly connected world where technology is part of their everyday lives — for learning, socialising, and entertainment. While the digital world offers enormous benefits, it also comes with serious risks. From cyberbullying and online predators to inappropriate content and screen time concerns, navigating the online environment can be challenging for young people and their families.

Cybersafety is not just about blocking access — it's about empowering young people with the knowledge and skills they need to use technology responsibly and safely. This includes understanding privacy settings, recognising scams, and developing healthy digital habits. At the same time, it's important for parents and caregivers to stay informed, have open and judgement-free conversations with their children, and lead by example through positive online behaviour.

In today's digital age, safeguarding a child's wellbeing must also include protecting their online life. This edition of SchoolTV will help you better understand the digital landscape your child is navigating and offer practical strategies to help them stay safe, confident and in control online.

Here is the link to your Edition <https://hawkesdalecol.vic.schooltv.me/newsletter/cybersafety-au>



## Cybersafety

A SchoolTV topic supporting  
modern-day parenting





# From the wellbeing team

## Included in this newsletter:

- ♦ A Key points factsheet on Cyberbullying and how you can support your young person.
- ♦ A factsheet outlining wellbeing support for students during the school holidays.
- ♦ A list outlining a range of services that can be accessed for wellbeing support outside of school.

**When needing support outside of school there are a range of services you can access:**

**CONTACT A HELPLINE OR SUPPORT SERVICE TO SPEAK TO SOMEONE**  
IN AN EMERGENCY CALL EMERGENCY SERVICES - 000

 <b>kidshelpline</b>	 <b>Beyond Blue</b>	 <b>Lifeline</b>
<b>Kids Helpline - 24/7 Support</b> Call: 1800 55 1800 Website: <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>	<b>BeyondBlue - 24/7 Support</b> Call: 1300 22 4636 Website: <a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a>	<b>Lifeline - 24/7 Crisis Support</b> Call: 13 11 14 Website: <a href="https://lifeline.org.au">https://lifeline.org.au</a>
 <b>headspace</b>	<b>13 YARN</b>	 <b>QLife</b>
<b>Headspace</b> Available 9am - 1am Call: 1800 650 890 Website: <a href="https://headspace.org.au/">https://headspace.org.au/</a>	<b>13Yarn - 24/7 Aboriginal &amp; Torres Strait Islander Crisis Support</b> Call: 13 92 76 Website: <a href="https://www.13yarn.org.au/">https://www.13yarn.org.au/</a>	<b>QLife - LGBTQIA+ Support</b> Available 3pm - 12am Call: 1800 184 527 Website: <a href="https://qlife.org.au/">https://qlife.org.au/</a>

**DOWNLOAD AND USE A MINDFULNESS OR MENTAL HEALTH APP**

 <b>Calm</b> A unique app to help you practice your daily meditation and mindfulness exercises to help manage stress	 <b>MOST</b> MOST - (For ages 15+ and Over) A digital mental health service where you can access tailored strategies and resources to manage stress & chat with a qualified clinician.
 <b>Headspace</b> A helpful app which provides mindfulness tools for everyday life and meditations to help release tension	 <b>Calm Harm</b> A free app that helps you manage or resist the urge to self-harm. Providing a range of activities and strategies which can be used to stay in the moment, regulate difficult emotions, and reduce tension.
 <b>My Coping Plan</b> A useful app for developing and using healthy coping/regulation strategies.	



# FROM MRS DART

Mental Health and Wellbeing Leader

## WELLBEING BAROMETER SURVEY – 2025 WE WANT TO HEAR FROM YOU!



The Wellbeing Barometer survey is an invaluable tool for schools, providing critical insights into the mental health and wellbeing of young people. This survey identifies areas of concern, highlights resilience and adaptability in students, and emphasises the importance of preventative strategies to promote positive outcomes.

The survey helps to identify strengths and areas for improvement, as well as pinpoint opportunities for early intervention. We hope you take time to complete this survey so that we can gain valuable insight into the mental health of both our primary and secondary students.

Responses remain anonymous and should be based on your observations over the last 12 months.

Here is the link to the report and survey

[https://hawkesdalecol.vic.schooltv.me/wellbeing\\_news/special-report-wellbeing-barometer-2025-au](https://hawkesdalecol.vic.schooltv.me/wellbeing_news/special-report-wellbeing-barometer-2025-au)

SPECIAL REPORT



## Wellbeing Barometer Survey 2025







HAWKESDALE P12 COLLEGE

FOR THE MOYNE CAREERS DAY - WE  
ARE...

# LOOKING FOR PARENTS WITH TRADES

**MAY 15TH 2025**

## MORTLAKE COLLEGE

WHERE: MORTLAKE COLLEGE

WHEN: THURSDAY 15<sup>TH</sup> MAY

TIME: 9.30AM-11.00AM

ACTIVITY: STUDENTS WILL BE SHOWN A PARTICULAR SKILL, SPECIFICALLY RELATED TO THE ORGANIZATION'S BUSINESS AND STUDENTS THEN TRY TO REPLICATE THAT SKILL. STUDENTS WILL ALSO BE GIVEN A SET OF QUESTIONS THAT THEY CAN ASK THE TRADESPERSON. STUDENTS WILL ROTATE THROUGH 4-5 ACTIVITIES DEPENDING ON TIME.

Please contact Mr Gordon at the College if you are a tradesperson interest in contributing in this event 5560722

**goodFriday appeal** THE ROYAL CHILDREN'S HOSPITAL

# MACARTHUR AND DISTRICT GOOD FRIDAY APPEAL

We invite you to a special evening dedicated to supporting The Macarthur and District fundraising efforts for the Royal Children's Hospital GFA. Come along for a meal with an auction to follow.

**MENU**

Kids - under 12	Adults
Fish & chips or Chicken nuggets & chips	Fish, chips & salad or Chicken schnitzel, chips & salad

**Drinks at bar prices...NO BYO**

**BOOKINGS ESSENTIAL!**

**Sandra Addinsall** - 0448 999 262  
**Narelle Smitten** - 0428 761 729  
**Anna Wortley** - 0437 573 836

Meals from 6pm | Auction starts at 8pm  
**Macarthur Recreation Reserve**

**18 APRIL 2025**

**WE DO IT FOR THE KIDS...**





## 2025 Youth Mental Health Roadshow

Featuring Dr. Michael Carr-Gregg



Monday 5 May, 2025

**Parent & Carer  
Information Evening**

**7 pm - 8 pm**

**The Lighthouse Theatre**  
185 Timor St, Warrnambool

Suitable for: Parents, grandparents  
and caregivers supporting school  
aged young people.

**FREE EVENT**  
Registration is essential.



Join Dr Michael Carr-Gregg, one of Australia's leading child and adolescent psychologists, for a presentation on youth mental health. His invaluable insights will equip parents and caregivers with practical strategies to support youth wellbeing build resilience, and navigate the challenges young people face today.

Topics will include:

- Nurturing growth and development
- The stages of adolescence
- Understanding key milestones
- Tips for effective communication
- Tips for thriving in school
- Strategies to help with anxiety
- Building resilience
- Trauma and recovery

Proudly supported by:





CHOOSE YOUR

# FOOTY ADVENTURE REGISTER TODAY!

Register to any Auskick, Superkick, or School Holiday Program  
before SUNDAY 30th MARCH 5:00 PM

GO into the DRAW to win a  
Signed Geelong Cats Playing Jumper



4-12 year olds



Come find your awesome at NAB AFL Auskick. An introductory program to Australian rules football, teaching skills through fun activities and mini games.

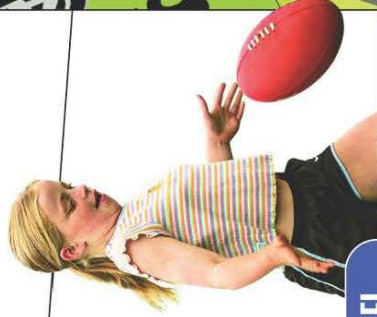


## Superkick

8-12 year olds



Level up your footy with skills and modified match play in weekly sessions. NAB AFL Superkick is tackle-free and great for Auskick grads and newbies alike.



VISIT [PLAY.AFL](http://PLAY.AFL)

PLAY



# GOOD CLEAN FUN

[PLAY.AFL/AUSKICK](http://PLAY.AFL/AUSKICK)

## HAWKESDALE AUSKICK CENTRE

Starting: April 29th and finishes on July 1st

LOCATION: Hawkesdale College Oval

DAY & TIME: Tuesdays, 3:45pm - 4:45pm

10 WEEK PROGRAM - \$ 85, Open to all Children aged 5 - 12

ALL WELCOME

Further information Contact Centre Coordinator

REGISTER USING THE QR CODE



PLAY

For any Enquires

Contact: [jono.box@afl.com.au](mailto:jono.box@afl.com.au)





# SAVE THE DATE






Mothers and Others  
Celebration Night  
**Thursday 8th May @  
6.30pm**

Hawkesdale Memorial Hall



## YOUNG MOB INSPIRATION DAY with Eddie Betts

All Aboriginal and Torres Strait Islander young  
mob aged 5 to 25 are invited

-  Sunday 6th of April 2025
-  11am start
-  Mack Oval, Warnambool VIC 3280
-  Eddie Betts Storytelling Yarn with Youth 12-25
-  Health Kicks Clinic for children aged 5-12 with Eddie Betts & special guests

PLUS MORE ACTIVITIES

**BBQ Lunch Provided**



 For more information  
contact us on 5559 1234





## **Canteen Menu – 2025 term 2**

### **Recess and Lunch**

Mini Chicken Wrap -	\$2.20
Chicken Mini Muffin Pizza	\$1.80
Ham, Cheese Mini Muffin Pizza	\$1.80
Ham, Cheese, Pineapple Mini Muffin Pizza	\$1.80
Egg and Bacon Muffin	\$3.00
Hash Browns	\$1.00
Sweet Chilli Chicken Tender	\$1.80
Toastie	\$3.00
Party Pies / Sausage Rolls	\$1.80
Homemade Slices / Muffins / Banana Bread	\$1.80
Homemade Biscuits	\$1.20
Truffles	\$0.60
Banana bread - (gluten free) must be pre-ordered	\$1.80

### **Lunch Only**

Angel Bay Light Beef Burgers with Salad	\$6.00
85gm Canteen Approved Chicken Burger with Salad	\$6.00
Salad Roll or Sandwich with or without Meat	\$6.00
Salad Tubs with or without Meat	\$6.00
Sandwiches - selected fillings eg: egg & lettuce / ham & pickles (must be pre ordered)	\$3.00
Vegie Burger with lettuce, tomato, beetroot, cheese, mayo on a wholemeal roll	\$6.00
Sweet Chilli Chicken Wrap - with lettuce, tomato, mayo and cheese	\$6.00
Chicken Crackles and Wedges	\$4.00
Pastie slab - must be pre-ordered	\$4.50
Meat Pie	



## Drinks

Water – 600 ml	\$2.00
Nippy's Milk – 250 ml – Strawberry, Honeycomb, Chocolate, Coffee	\$2.40
Fresha Juice – 250 ml - Apple or Apple & Blackcurrant or Orange	\$2.40
Nippy's Milk – 375 ml – Strawberry, Honeycomb , Chocolate, Coffee, Banana	\$3.50
Fresha Juice – 500 ml - Apple & Blackcurrant or Orange	\$3.50

## Frozen Yoghurt or Icy Poles – lunchtime only

Lemonade Icy Poles (gluten free)	\$1.60
Zooper Dooper – Maximum of 2 – Temp must be over 25°C	\$0.50
Dixie Cups (gluten free)	\$2.50
Frozen Yoghurt	\$2.50

## Chips

Chips (28 gms) - Honey Soy or Sea Salt or Salt & Vinegar (gluten free)	\$1.40
Snaps (28 gms) (gluten free)	\$1.40

### LUNCH TIME SPECIAL

Monday	Hot Dogs Baked Potatoes	\$3.00 \$6.00
Tuesday	Butter Chicken & Rice	\$6.00
Wednesday	Beef pasta Bake	\$6.00
Thursday	Chicken Fried Rice	\$6.00
Friday	Chicken Enchalida	\$6.00

**Dim Sims available at recess on Monday, Wednesday & Friday  
\$1.00**