



Immanuel Lutheran College

# Immanuel IN *touch*

15 July 2020 | ISSUE 10

**Inspiring Learning - Building Community - Enriching Lives**



Contents | From the Principal | Primary School | Secondary School

T: 07 5477 3444 | E: [immanuel.qld.edu.au](mailto:immanuel.qld.edu.au) | [www.immanuel.qld.edu.au](http://www.immanuel.qld.edu.au)

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OF AUSTRALIA  
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## From the Principal

Dear Parents

A warm welcome to Semester Two. I trust students and parents enjoyed the recent holiday break (if you had one!), and have come back ready and eager for a new term.

### Drop-off and Pick-up

Thank you for your support for the revised pick-up and drop-off arrangements at the end of last term. The arrangements we trialled will continue as follows:

- Families are welcome to continue to use the Drop and Go Zones with staff on duty
- All Prep children will be escorted by Prep staff to their relevant zone at either the Worship Centre or Rim Road car parks
- Families who are parking are welcome to arrive in the PS Quad from 2.50pm and wait (socially distanced) for children to be released from class and come to you

As we are still maintaining reduced adult-adult contact, I remind you not to approach classrooms / your child's teacher at this time – they are very happy to respond to email or give you a phone call.

### Parent Teacher Interviews

This year, our parent teacher interviews have had to be quite different, due to the COVID-19 restrictions. This term, Secondary School interviews will take place on Monday 20 July and Wednesday 22 July from 3.30pm to 5.30pm and will be conducted remotely as a video conference via the Microsoft Teams platform on your child's device. You should have received an email with a link to book your interview. If not, please contact the Secondary School office on T: 5477 3461. Please note the booking sheet is now open and will close tomorrow, Thursday 16 July.

*Immanuel Lutheran College Careers*



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In the Primary School, interviews have been calendared on Wednesday 19 August from 3.20pm to 8.30pm. It is planned for these to be held face to face in classrooms with teachers, subject to the continued easing of COVID-19 restrictions. More details will be sent to families early this term.

If the timing of interviews is not practical for you, or the teacher you want to see is fully booked, please email or phone the relevant sub-school office to make an alternative arrangement. Without exception, students who reach their potential are those whose parents and teachers remain closely collaborative, ensuring that the needs of all stakeholders are understood and valued.

### 2020 Semester Two Primary School Student Leadership Team

At the end of last term, the 2020 Semester Two Primary School Student Leadership Team was announced. We congratulate:

- *PS Captains* Ashton Rogers and Elsa Walker
- *PS Vice-Captains* Joshua Lo and Elle Richardson
- *Worship Captains* Zoe Douglas, Keira Pope and Charlotte Morris
- *House Captains:*
  - ~ *Bribie* Lily Orchin, Hailey Willis and Luke Rychvasky
  - ~ *Fraser* Hugo Przewlocki, Ruby Williams and Katja Baarslag
  - ~ *Moreton* Amelie Hewitt and Ava Frazer
  - ~ *Stradbroke* Alisha Kerr and Abby Kerrison

Please pray for these students as they prepare for these important roles of service.



### Soothing a Child's Meltdown

When children are stressed and anxious, a fight-or-flight response kicks in, producing higher heart rate, breathing and blood pressure along with clinging, shaking, hiding, screaming, acting out, running away and sometimes nausea. It's extremely difficult – if not impossible – for children to think logically or control their behaviour until the fight-or-flight response has dissipated and that can take up to an hour.



Strategies to help children calm down, regain a sense of safety, and come to terms with their feelings are listed below.

**Take deep breaths.** Anxiety is often accompanied by rapid, shallow chest breathing. Inhaling for three seconds from the abdomen, holding it for three seconds and exhaling through pursed lips for three seconds can lower heart rate and induce relaxation.

**Get active.** Physically demanding tasks like wall push-ups, walking up the stairs or climbing a jungle gym can help calm and centre a child.

**Make a plan.** Taking specific actions can help children understand and tolerate stress.

**Use rituals.** These can be stability anchors that relieve stress if they're rolled out before, during, or after, anxiety-producing events – for example, always taking a child out for ice cream after a doctor's appointment.

**Name it to tame it.** Children can be asked to tell a story about what they're worried or upset about and why.

**Narrow the focus.** Meditating, colouring or focusing on a specific feeling, activity, sight or conversation can produce relaxation.

**Laugh.** Humour can distract, reframe, relax muscles and release endorphins. Try playing a goofy game, watching a cartoon or telling family jokes.

**Reflect.** After dealing successfully with a fraught episode, walk the child through what worked: *On a scale of 1 to 10, how hard was it? What is one thing that helped you get through it?*

Acknowledgement: "8 Simple Ways to Soothe an Anxious Child" by Erin Leyba in *Psychology Today*, May/June 2020

Every blessing to our families for the coming term.

**Colin Minke**  
Principal

## Chaplaincy Chat



2020 - Chaplaincy Chat with Mrs Matthews. Term 3, Week 1.

**Gayla Mathews – Chaplain**

## College Counsellor

The term begins with a true tale of two cats . . .

George (surname Fluff) loves a raindrop. He is mesmerised by the path the droplets take as they run in rivulets over the car. George begins on the roof. He bats the drops, rounding them up like tiny mice as they roll towards the windscreen. He noisily sucks the water off his soggy paws. He stretches out to extended downward dog pose to catch the drops, without fail loses his footing and screeches down the windscreen, legs stiff, eyes wide. He lands with a hefty thump as his fluffy butt hits the bonnet. George has done this many, many times before. Nonetheless, George is surprised and then instantaneously, joyously distracted by the waterfall of droplets cascading in crazy brooks around him. He is sodden, upside down, and undignified in his aqua exploration activities. George wants to be the raindrop.

Barry (surname Furr) stays grimly hunkered undercover, glowering at George with the feline disdain. Barry does not want to be the raindrop. Barry wants to be the sofa (sadly the sofa is indoors, and Barry is not. This makes Barry want to be the sofa even more).

What does George get for his efforts? If we were to seek the viewpoint of Barry, he would opine that George receives nothing but cold paws, sodden fur and a sore butt. If George were an articulate cat, he might say that he certainly gets all of those things, but that he also gets the adrenaline zap of a racing heart and butterflies in his tummy. He might make reference to the exhilaration of the windscreen slide and his learnings about raindrops and gravity (never mind that he has forgotten all this again by noon). If he were a poetic cat, he might make mention of the manner in which the light bounces off the water.

As the new term dawns, raindrops and sofas are there for the choosing. We can be Barry – hunkered undercover, paws dry and fur intact. Or we can be curious George – occasionally landing on our butts as we slide full tilt into living and learning.

**Tarnya Mitchell – College Counsellor**

## Immanuel Lutheran Church

### Immanuel Youth is Back!

It's a new term with some new, exciting information to be shared! We are very excited to announce that Immanuel Youth is recommencing! We want to safeguard our youth so have a few new systems in place and ask that if your child is unwell, please keep them at home. Any questions about anything youth related, please feel free to contact Ben ([ben@ichurch.net.au](mailto:ben@ichurch.net.au)).

### Soularise

Soularise starts on 24 July from 6.30pm to 8.30pm and will continue fortnightly. Please make sure your children have eaten before they come and that they bring a named water bottle. Our first night is going to be a games night so come prepared to run around on the oval and have an awful lot of fun! We really have missed hanging out and growing with the youth community and are so excited to be able to get back together again.

### Radical Camp

We are excited to announce that we will be running RADICAL CAMP in the September holidays. The plan is to run from Tuesday 22 September until Friday 25 September. This is always a highlight of our year and we are super keen to play some incredible games, dive deep into our study 'Firm Foundation' and eat the incredible Luther Heights food. Put the dates into your calendar now and keep an eye out for registrations which will open soon.

### GIG

GIG will start on 31 July after school every Friday until 4.30pm. Because we know that kids need to eat, we will provide a pre-packaged snack. We will have games and small groups, just like normal.

We will have a leaders' meeting on 24 July until 4.30pm. If your children are GIG leaders and plan to stay for SOULARISE, please make sure they have some food to eat in between activities.

**Benjamin Lyons**  
Youth Ministries Coach – Immanuel Lutheran Church Buderim

## Primary School



A very warm welcome back to a new term! Second semester will present many wonderful opportunities for our students to strive for their personal best in a variety of pursuits. We ask that you continue to work with us as educators, so that together we can encourage our students to always give their best effort.

After talking with so many children already, students have enjoyed holidays full of interesting and varied activities. Although holidays present some challenges for working families, many parents have expressed their enjoyment at having a break from the usual school routine.

### Parent Teacher Interviews

Parent/Teacher interviews will be held on Wednesday 19 August from 3.20pm to 8.30pm. Families will receive a link to the online booking system this week. Class and specialist teachers will be available. Thank you in advance for your involvement in these important discussions regarding your child's progress and goal setting for Semester Two. We look forward to seeing you there. A reminder that our delayed Primary School reports will be issued on Friday 7 August.

### Primary School Sport

The much anticipated Primary School sporting program restarts tomorrow with Years 4 to 6 SCISSA training, followed by our Years 3 to 6 Athletics Carnival on Friday. A reminder, as per recent communication, that no spectators are permitted at these events due to gathering restrictions in schools, but we will be sure to take many photos to share with you.

The Years P to 2 Athletics Carnival will now be held on Tuesday 18 August.

### Morning Program

In the Primary School, our morning program begins at 8.30am across Years P to 6. Classes will generally be involved in Devotion, roll marking and general housekeeping matters prior to commencing the first formal lessons of the day. It is important that all students are at school on time each day, so that these sessions are not missed. Please ensure your child is at school by 8.25am ready to learn. School finishes for all Primary School year levels at 3.00pm.

## Primary School Photo Day

Monday 7 September is our rescheduled Photo Day. More information will be sent to parents soon regarding relevant requirements.

Thank you for the continued support of your child's learning journey at Immanuel and best wishes for an outstanding Term Three ahead.

**Scott Moore – Head of Primary School**

**STOP**  
the spread  
of  
**GERMS**

**1** WASH your HANDS

**2** COVER your COUGH

**3** STAY HOME if you're sick

If you're concerned, visit your GP or call 13HEALTH (13 43 25 84).

## Secondary School



A warm welcome back to everyone for the commencement of Term Three. We were delighted to greet three new families to the Secondary School on Monday and wish them all the very best as they settle into our College Community. Though we are slowly getting back to some regular routines, we will continue to navigate through a number of changes to accommodate the

current health climate. As such, I encourage you to access our fortnightly newsletter and College website for updates. Should you have any queries over the coming term, we are always here to assist.

## COVID-19 Management

Further to my email last week, please be reminded that COVID-19 social distancing requirements will continue to affect some of our regular school routines. Large events (such as carnivals) will remain on hold, whilst year level assemblies, House assemblies, and pastoral/academic classes will continue. When transporting students to and from school, parents are asked to remain consistent with our social distancing measures by using the Bus Turnaround drop-off area for their Secondary School children or the Worship Centre drop-off area should they have children across the secondary and primary campuses. Parents are to avoid exiting the car or come on campus. Hand sanitiser will continue to be available in all rooms and common areas, and students are asked to apply it on the entry and exit of each lesson. Individual bubblers will remain inaccessible, and students will be required to bring a water bottle that can be refilled using our drinking water stations.

## College Honours and Full Honours Applications

We are pleased to announce that we will be presenting eligible students with College Honours and Full Honours this term. To qualify for this award, students must have demonstrated a significant commitment to the College in a wide range of endeavours over Years 10, 11 and 12. Though the presentation may take a different form, it will be wonderful to acknowledge this achievement for them. To apply for College Honours, students will need to collect and complete an application form from Miss Karageorge in the Secondary School Office. We are asking that these forms be returned by the end of this week, or Monday at the very latest please.

## Parent/Teacher/Student Interviews (20 and 22 July)

Interviews will take place next week on Monday 20 July and Wednesday 22 July from 3.30pm to 5.30pm. Similar to last term, these interviews will be conducted remotely as a video conference via the Microsoft Teams platform. To access the interviews remotely, students are asked to have their device charged and available with Microsoft Teams open at the allotted appointment time. Just a reminder also that the booking sheet for these interviews is open and accessible at: [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) using the code: **t7mjf**. The booking sheet will close tomorrow at the conclusion of the school day.

## Year 11/2021 Subject Selection Process

Year 10 students will undergo their Year 11, 2021 Subject Selection process during Week 3. Families will receive their subject selection package via email this coming Friday, which will include arrangements details and provide:

- The Year 11, 2021 Curriculum Handbook
- 2021 Year 11 Subject Video Links
- A copy of the QCAA's 'QCE - Planning Your Pathway'
- The QCAA Senior Schooling Guide for Parents and Carers
- The QTAC ATAR Overview
- QTAC Fact Sheets
- The Career Coaching Guide for Parents

To remain consistent with social distancing recommendations, our Subject Selection Information Evening will take the form of a remote presentation via Microsoft Teams from 7.00pm to 7.45pm on Monday 27 July. Following this, a remote Q&A session with teachers will be offered via our subject channels in the form of a Microsoft Teams Chat mode from 7.45pm to 8.30pm.

On Thursday 30 July and Friday 31 July all students, with their parent(s), will be required to sit a subject selection interview, also remotely, using the Microsoft Teams platform. Further information on how to book an interview will be provided in the email on Friday.

## Year 8 Camp (4-7 August)

In consideration of the advice from the Queensland Government around the management of COVID-19, and the importance of our outdoor education program for students, we will continue with plans for our Year 8 camp from 4 to 7 August at our Mt Binga campus. During this time together, students will work to develop a sense of place through critical thinking activities. It is important that students have all medical, contact and dietary information up to date on SEQTA so that Mt Binga staff can best prepare for their stay. It is asked that parents attend to this as a priority should they not have already done so. A link with regard to what students need to take to the camp can be accessed at: [Year 8 Camp - What to Take List](#). Should families have any queries regarding the camp, they are asked to contact Year 8 Coordinator Mrs Selina Manton at E: [mantons@immanuel.qld.edu.au](mailto:mantons@immanuel.qld.edu.au)

**Nick Cheyne – Head of Secondary School**

## Secondary School Sport

It has been very pleasing to hear how students, in the absence of organised interschool sport, did their best to find new ways of maintaining a healthy level of physical exercise. Riding, walking, surfing and online dancing lessons are a few activities that students have participated in during recent times.

This term, we are pleased to be entering College sporting teams into a variety of competitions. There are protocols which will need to be adhered to by players and spectators, but we are glad to be competing.

### Basketball

The Sunshine Coast Secondary Schools Basketball competition will commence this Friday 17 July with Senior Boys and Senior Girls teams playing their first games of the season. We wish them well. Details are as follows:

- Senior Boys v MFAC at MFAC at 5.00pm
- Senior Girls v Mountain Creek State High School at SCGS at 5.00pm

It has been decided by the basketball organising committee that no spectators are permitted to attend these games at any of their listed venues. Players will be expected to arrive having already changed into their uniform, ready to play. They will enter and exit the courts via designated doors on the hour, to ensure that the court convenors can clean the various surfaces before the next teams are permitted to enter the venue.

### SCISSA

The SCISSA Term Three Touch Football Competition will commence next Wednesday 22 July and we wish each of the College's seven teams well in their games.

- Junior Boys v MFAC on ILC's Main Oval at 4.30pm
- Junior Girls v St Andrew's at Peregrin Springs Sports Fields at 4.00pm
- Intermediate A Girls have a Bye
- Intermediate B Girls v St Andrew's at St Andrew's Anglican College school oval at 4.00pm
- ILC Senior Boys v ILC Senior Girls in a practice game on ILC's Main Oval at 3.30pm

The SCISSA Committee has recommended that a No Spectator rule apply to this competition with parents required to remain in their cars at the venues.

The Sunshine Coast Water Polo Competition will commence in coming weeks. We expect to receive information in due course.

## ILC Secondary Schools Athletics Sports Update

Following considered discussion at the College and with USC, it has been decided to postpone the ILC Interhouse Athletics Carnival to a date in late August. Due to this change, we will not be staging this event at the USC track.

The National Schools Sports Board has cancelled most national sporting competitions which had a flow-on effect to the various state and regional offices. As a result, there will not be a Queensland Schools Track and Field Competition or a Sunshine Coast Regional Track and Field Competition.

The Independent District Committee of Management decided that they would still like to provide opportunities for students in our schools whose main sports include track and field. As such, a District Track and Field Trials program will be held in Week 9 of this term.

Students wishing to nominate in a particular event for these trials should see me in the Stadium Office before Friday 1 August. It would be expected that students who nominate for these events are at a highly proficient standard and would have previously finished in the top five places in their event in previous athletics carnivals at an interschool level.

## Interhouse Athletics Carnival

In order to provide Year 12 students with an opportunity to enjoy a last school athletics carnival, a modified interhouse athletics event is being organised for later this term. This modified carnival will emphasise participation and House spirit. Students will participate in a number of activities including a limited number of track and field events (e.g. long jump, 100m etc.), various relays and other physical competitions such as a Tug of War.

More details about the carnival will be communicated in coming weeks. Current government advice precludes us from having spectators for events, but we will update families closer to the time.

**Craig Harris – Head of Sport Years 8-12**

T: 5477 3444 E: [harrisc@immanuel.qld.edu.au](mailto:harrisc@immanuel.qld.edu.au)

## Careers Website

[www.immanuelcareers.com.au](http://www.immanuelcareers.com.au) is a dedicated careers website for both parents and students. It provides information on career planning, post school options and job opportunities. Information on the website will be continually updated so please check the website regularly.

## Cocurricular Music

### Keeping Families Informed

We are working through the logistics of a number of events for the remainder of the year to ensure we are working within COVID restrictions and providing safe learning experiences for our students. The Cocurricular Music Calendar has been updated with this information as well.

### Strings LIVE Showcase

We will be sharing LIVE on Facebook performances by Middle String Ensemble and Vivace String Ensemble at the following times:

- Tuesday 28 July – 4.00pm (Vivace String Ensemble)
- Thursday 30 July – 8.00am (Middle String Ensemble)

Students will be rehearsing at their normal times on the 'concert' days.

### Beginner String Program and Beginner Woodwind Brass and Orchestral Percussion Program LIVE Concert

We will be sharing LIVE on Facebook performances by Beginner Band and Beginner String Ensemble at the following times:

- Tuesday 18 August – 3.30pm (Beginner Band)
- Wednesday 19 August – 3.30pm (Beginner String Ensemble)

Students will be rehearsing at their normal time of 3.00pm to 3.40pm on the 'concert' days.

### Immanuel Loud 2.0

On Wednesday 19 August, we will be holding Immanuel Loud 2.0, with a strict 'no audience policy' and using this time to record our ensembles associated with the Rock Band Mentoring Program and also recording selected soloists. This will then form a concert video that we will share with families. If students would like to be considered as a selected soloist for Immanuel Loud 2.0, they need to email me before the end of this week. A selection panel will then pick the soloists that will be recorded as part of Immanuel Loud 2.0.

### State Honours Ensemble Program Middle School Bundaberg

We have some exciting news! In addition to students who will be offered places at the State Honours Ensemble Program in Brisbane (senior musicians), we have 24 intermediate students who have been offered places at the State Honours Ensemble Program Middle School Bundaberg for 2020! This is an outstanding result.

Families will have received information directly from SHEP.

### Secondary School Assembly Performances

We are looking ahead this term and are keen to hear from students who would like to perform either live, or be recorded for Secondary School Assembly. If interested, please email me. Thank you to Joshua Linnett, Shamia Turnbull and the Senior Flute Ensemble who will feature on Secondary School Assembly in Week 1, Week 2 and Week 3 of this term.

Stay up to date with Cocurricular Music at Immanuel via the closed Facebook group 'Immanuel Lutheran College Music'. We invite you to look us up on Facebook and request to join the closed group. By joining this group, you will be able to view photos from performances, receive updates regarding music events and concerts, and read stories about what our students are achieving during their musical journey at Immanuel.

**Emily Bonar – Cocurricular Music Coordinator**

**T: 5477 3444 E: [bonare@immanuel.qld.edu.au](mailto:bonare@immanuel.qld.edu.au)**



## Commercial Operations

### College Shop

The College Shop has been repaired and is looking great!

Jumpers will arrive this week and along with the netball dresses, most other stock is here.

#### New Uniform Items

- Socks should be available by the end of August.
- The girl's blouse and shorts are at the College Shop and we are taking orders so we can have this stock available for the start of Term Four. As we will not be carrying stock, so they need to be pre-ordered. Blouses are \$45.00 and shorts \$36.50 please have your orders placed by Friday 24 July 2020.

#### Used Uniform Items

Parents are always looking for second-hand uniforms which sell for half the cost of new items. Perhaps you have uniform items that you could sell back to us? As long as they have the current logo, are washed and ironed, with no marks or stains, we can accept them back into our supplies.

#### Shop Hours

As we are keen to reduce the number of customers in the shop at present, to help with social distancing, you can order your uniform requirements online via [Flexischools](https://www.flexischools.com.au). Items will be delivered directly to your child's classroom.

If you need any help with sizes or advice, please call T: 5477 3457 and we will assist you. Alternatively please view the College Shop Hours below. We ask that you kindly wait outside until you are called into the shop. Your understanding is greatly appreciated.

#### College Shop Hours Term Time

Monday 7.30am–9.30am

Tuesday and Thursday we are closed

Wednesday 7.30am–9.30am and 2.00pm–4.00pm

Friday 7.30am–9.30am

Alternatively, items can be ordered online via [www.flexischools.com.au](https://www.flexischools.com.au) and delivered to your child's teacher.

### Tuckshop

Thank you to those who voted for the spaghetti jaffles for the Primary School Tuckshop. These are now available Monday, Wednesday and Friday at recess for \$5.00 and can be ordered online via Flexischools. We have also added it to the Secondary School Tuckshop menu. A reminder that the Secondary School Tuckshop remains cashless.

### Tuckshop Volunteers

If you are considering joining the team, we have some spaces for help in the Term Three roster. No experience is needed as tuckshop staff are more than willing to assist. We welcome any time you can give, whether it is once a week, fortnight, term or month, even if only for a few hours. In both the Primary and Secondary Schools, we require assistance from 8.30am to 1.30pm. We provide you with a cuppa and some lunch. Volunteering is a great way to meet other parents and become part of our College community. Please contact me in the College Shop if you can assist.

**Diane Paterson – Commercial Operations Manager**

T: 5477 3457 E: [patersond@immanuel.qld.edu.au](mailto:patersond@immanuel.qld.edu.au)

**Where help is needed is highlighted in 'Yellow' below**

**Secondary Tuckshop**

**Primary Tuckshop (operates M/W/F)**

**July 2020**

<b>Week 1</b>	Monday	13	Winnie Liu			
	Tuesday	14				
	Wednesday	15	Melissa Holzberger		Cheryl McLean	
	Thursday	16				
	Friday	17	Adele Snyman		Danni Cleary - Frazer	
<b>Week 2</b>	Monday	20	Winnie Liu		Heather Turner	
	Tuesday	21	Corin Kelly (until 10 am)			
	Wednesday	22	Kerri Barr		Renee Welsh	
	Thursday	23				
	Friday	24	Mellisa Cridland	Adele Snyman		
<b>Week 3</b>	Monday	27				
	Tuesday	28				
	Wednesday	29	Cheryl McLean		Joyclyn Turner	
	Thursday	30	Mirka Pesek			
	Friday	31	Claire Lunny		Tess Bamford	

**August 2020**

<b>Week 4</b>	Monday	3	Winnie Liu			
	Tuesday	4				
	Wednesday	5	Melissa Holzberger		Nikki Sergeant	
	Thursday	6				
	Friday	7	Mellisa Cridland	Adele Snyman	Kerri Barr	
<b>Week 5</b>	Monday	10	Winnie Liu			
	Tuesday	11				
	Wednesday	12	Melissa Holzberger		Renee Welsh	
	Thursday	13	Karen Ward			
	Friday	14	Mellisa Cridland	Adele Snyman	Claire Lunny	
<b>Week 6</b>	Monday	17	Winnie Liu		Christine Sue See	
	Tuesday	18	Corin Kelly (until 10 am)			
	Wednesday	19	Melissa Holzberger			
	Thursday	20				
	Friday	21	Esther Wong	Adele Snyman	Danni Cleary - Frazer	
<b>Week 7</b>	Monday	24	Winnie Liu			
	Tuesday	25				
	Wednesday	26	Melissa Holzberger		Joyclyn Turner	
	Thursday	27	Mirka Pesek			
	Friday	28	Adele Snyman		Nathalia Yaghdjian	
	Monday	31	Winnie Liu		Heather Turner	

**September 2020**

<b>Week 8</b>	Tuesday	1				
	Wednesday	2	Melissa Holzberger		Nikki Sergeant	
	Thursday	3	Cheryl McLean			
	Friday	4	<b>Student Free Day</b>			
<b>Week 9</b>	Monday	7	Winnie Liu			
	Tuesday	8				
	Wednesday	9	Melissa Holzberger		Shona McDonald	
	Thursday	10	Karen Ward			
	Friday	11	Esther Wong	Adele Snyman	Kerri Barr	
<b>Week 10</b>	Monday	14	Winnie Liu			
	Tuesday	15	Corin Kelly (until 10 am)			
	Wednesday	16	Melissa Holzberger			
	Thursday	17	Mirka Pesek			
	Friday	18	Adele Snyman	Mellisa Cridland	Danni Cleary - Frazer	

**END OF TERM**



## Primary School Tuckshop Menu Term 3, 2020

### Snacks

■ Fresh fruit salad cup 😊	\$4.50
■ Watermelon cup 😊	\$4.00
■ Yoghurt tub with fruit & muesli 😊	\$4.50
■ Custard tubs	\$2.00
■ Vaalia Yoghurt tub	\$2.50
■ Vege chips (GF)	\$1.50
■ Popcorn various flavours	\$1.50
■ Fruit Muffin 😊	\$2.00
■ Cookie 😊	\$2.00

### Hot Selections

■ Toasted sandwiches 😊	from \$4.00
■ Chicken Fried Rice 😊	\$5.00
■ Chicken Curry & Rice 😊	\$5.00
■ Spaghetti Bolognaise 😊	\$5.00
■ Vegetable Curry & Rice 😊	\$5.00
■ Spaghetti & Cheese Jaffle 😊 M/T only	\$5.00

### Friday only

■ Sausage rolls & sauce	\$4.00
■ Steak Pie	\$4.50

### Cold Selections ☺

Please note: Salads & wraps for lunch only

■ <b>Salad Tub</b> ☺	from \$5.00
Chicken, Ham, Egg or Cheese with salad	
■ <b>Salad Wraps</b> ☺	from \$4.50
Chicken, Ham, Egg or Cheese with salad	

### Sushi

■ <b>Sushi</b> – Crumbed chicken or Tuna mayo	\$4.00
available Friday only Term 3	

### Sandwiches

■ Vegemite or strawberry jam 😊	\$2.50
■ Cheese 😊	\$3.00
■ Egg & lettuce 😊	\$4.00
■ Ham 😊	\$4.50
■ Salad & cheese 😊	\$4.50
■ Chicken 😊	\$4.50

## NEW Late Order Menu – cut off 12 noon

**Choice of sandwich:**  
**Ham & Cheese, vegemite or jam**  
**With your choice of a popper**  
**\$8.00**

**Sorry no orders will be accepted after the cut off time of 12 noon, thank you.**

**Operates Monday, Wednesday & Fridays**  
**All orders via Flexischools - cut off is 9.00 am**

### Drinks

■ Water - plain 600ml	\$2.00
■ Milk – Chocolate or Strawberry 300ml	\$2.50
■ HOT Milo cup – milk with a scoop of milo	\$2.50
■ Krazy Homestyle Lemon Lemonade 250ml	\$2.50
■ Juice - Poppers 250ml	\$2.00
Apple, tropical, apple & black current or apple & mango	

### Ice creams

■ Bulla frozen yoghurt – strawberry or mango	\$2.00
■ Bulla Vanilla tub	\$1.50
■ Billabong Ice-creams – chocolate or rainbow	\$2.00

☺ = Denotes items made in the Tuckshop



**Cupcakes available for birthdays!**

**Meal deal**  
**\$7.50**

Curry Chicken ☺ or Pasta Bolognaise ☺  
Garlic Bread ☺  
With your choice of juice popper

Volunteers are always welcome and appreciated if you can help, please contact:

Linda Ahrens  
Diane Paterson

T: 5477 3462 or  
T: 5477 3457



## Secondary School Tuckshop Menu Term 3, 2020

### Snacks

■ Fresh fruit salad cup ☺	\$4.50
■ Watermelon cup ☺	\$4.00
■ Fruit & yoghurt with muesli ☺	\$4.50
■ Custard tubs	\$2.00
■ Vaalia Yoghurt tubs	\$2.50
■ Cheese and Crackers (large)	\$3.50
■ Banana bread	\$2.50
■ Chocolate chip cookies ☺	\$2.50
■ Cupcakes ☺	\$2.00
■ Chips: Smith or Red rock	\$1.50
■ Vege chips (GF)	\$1.50
■ Popcorn – various flavours	\$1.50

### Hot Selections

■ Toasted sandwiches ☺	\$4.00
■ Chunky Steak Pie	\$5.00
■ Feta & spinach roll	\$4.50
■ Sausage rolls	\$4.00
■ Sauce Sachet – Tomato or BBQ	.30
■ Zucchini Slice ☺	\$5.00
■ GF Zucchini Slice ☺	\$6.00
■ Zucchini & Corn Fritters	\$5.00
■ Butter Chicken & Rice ☺	\$5.00
■ Spaghetti Bolognaise ☺	\$5.00
■ Chicken Curry & Rice ☺	\$5.00
■ Vegetable Curry	\$5.00
■ Chicken Fried Rice ☺	\$5.00
■ Fried Rice ☺	\$4.50

### Cold Selections

Please note: Salads & wraps for lunch only

■ Salads – Chicken, ham, egg or tuna salad ☺	\$5.50
■ Salad Wraps ☺	\$4.50
■ Egg Salad Wrap ☺	\$5.50
■ Chicken or Ham Wrap ☺	\$5.50
■ Chicken and Egg Salad Wrap ☺	\$6.00
■ Sandwiches from ☺	\$4.00
■ Sushi-Crumbed chicken & Avocado FRIDAY ONLY	\$4.00

### Drinks

■ Water - plain 600ml	\$2.00
■ Milk - Chocolate/Iced coffee/Strawberry 300ml	\$2.50
■ Milk - Chocolate/Vanilla/Strawberry 500ml	\$4.50
■ Ice Break Milk - 500ml	\$4.50
■ Iced Tea – Lemon/peach/mango 500ml	\$4.50
■ Juice Poppers - assorted flavours 250ml	\$2.00
■ Barista Bros Iced Coffee or Chocolate 500 ml	\$4.50
■ Assorted Emma & Tom's juices	\$4.50
■ HOT Chocolate	\$2.50

### Ice creams

■ Bulla frozen yoghurt - straw & mango	\$2.50
■ Icy poles - lemonade	\$1.50
■ Life savers	\$3.00
■ Bulla Vanilla tub	\$1.50
■ Billabong Ice-creams - chocolate or rainbow	\$2.50
■ Milo scoop ice cream	\$3.50
■ Sunshine Frozen icy poles	\$2.00
■ Twisted Yoghurt – Watermelon & mango	\$2.50

☺ = Denotes items made in the Tuckshop

### Daily Lunch Specials

#### Monday

Nachos ☺	\$5.00
Beef mince, corn chips & cheese	

#### Wednesday

Bacon & egg burger ☺	\$5.00
Bacon, egg & BBQ sauce	

#### Thursday

Beef Burrito Wrap ☺	\$5.00
Mexican beef, rice & cheese in a tortilla wrap	

#### Friday

Chili chicken Sub ☺	\$5.00
Chili tender, lettuce, cheese & sweet chili sauce	

<http://www.flexischools.com.au>

Want to get your favorite food, jump the queue, order online and collect at the end window.

Remember you can upload money onto your student ID card, so you do not need cash. We have **EFTPOS** available too!

Volunteers are always welcome and appreciated, if you can help please contact:

Cherrie Mobbs T: 5477 3456 or  
Diane Paterson T: 5477 3457