In the morning we will worship to the glory of God and the first one we pray. We pray: Thank God this morning we will tell the goodness of God in our lives that we often cannot understand but God continues to help us. In the name of the Father, Jesus Christ and the Holy Spirit. Amen.

God’s Word for us this morning that Jeremiah 33:3  
Call to Me and I will answer you and show you great and mighty things, fenced in and hidden, which you do not know (do not distinguish and recognize, have knowledge of and understand).

Often many things in life we cannot understand and the results that we see do not turn out as we expected, even for the faithful. God’s way of helping is not like the ones in our brain and I think in this life nothing happens by chance. God has designed it so well and it is hard to understand but we always cry and call on Him to help us.

My experience started my 2nd grade elementary school, my mom so sick of all the work that should be done is done by the mother of my father. My father always is people who serve the Lord and truly follow God. I often ask God why this should happen? Why? Why? When I went to school in high school every night I woke up at 12 and I pray for healing of my mother. While boarding my friends all were asleep, but I kept waking up to pray with tears. But until I was in College/University my mother was not healed. I often advise my Father in order to remain happy through life but when prayed with my father and I cry, often heard my father say to God, Help me God to remain faithful to provide the best for my children.

My mother is now getting better and I ask the Lord will get better and hope in her old age to enjoy a wonderful life with the Lord Jesus. Here I often pray before God to open my eyes and now I enjoy it. This is the first time for me to visit another country and this is the first time on a plane and here I got a lot of things. My eyes began to open to many things. God answered through you and God blessed me through you.

I have a lot of struggle and pray because I have 4 children and limited salary. May God open my eyes again to do something better. Teaching is a calling but I believe everything is prepared by God in a way I do not understand. May we all be blessed to hear that God still answers us and show the great things we do not understand before.

‘Thank God for all the goodness that we feel. Let the Holy Spirit of God keep working our hearts that what we were accustomed in accordance with Your will. Bless us and the people who bless us. Bless this school and growing and our school in Indonesia and for the glory of God. Let us all work to tell the goodness of God.’ Amen

Submitted by: RISTA HENNI PURBA S.Pd. Economic Teacher from Indonesia. GOD BLESS US
FROM THE PRINCIPAL........

SEPCIAL VISITORS

Navigator College has had the pleasure of hosting our Indonesian visitors from our SMA GKPS Partnership School in North Sumatra. Teachers Rista Purba, Juandi Damanik and student Anni Saragih. A very big thank you to the staff and families who have hosted our visitors over the past 4 weeks, opening up your homes and sharing with them some Australian culture.

AFTER SCHOOL CARE / VACATION CARE

Navigator College is pleased to announce that we have engaged Sherpa Kids, Port Lincoln to operate after school care and vacation care here on site at the College Resource Centre. For further information please attend the Parent Information night as below or contact Sherpa Kids, Port Lincoln on 0419 524 563.

Stuart Cox,
Acting Principal

NAVIGATOR NIGHT OF NIGHTS

The ‘Navigator Night of Nights’ is on Saturday the 21st of June at 7.30pm at the Marina Hotel Function room. Tickets are on sale NOW from our front office. Cost is $45 per person which includes a complimentary drink on arrival, luxury ‘Tapas’ style platters and local band ‘Ethnic Cowboys’ This year we have introduced a theme ‘Vintage Glam’. See Night of Nights flyer for more details.

ROAD CONSTRUCTION OF WINDSOR AVENUE

The Port Lincoln City Council is currently undergoing consultation into project priorities for the 2014-2015 financial year and are seeking community input. One of these is the; ‘Road construction of Windsor Avenue from Stamford Terrace to the end’, ie. The extension of the bitumenised road from Windsor Avenue into Navigator College. Currently this is not guaranteed to occur in the next 12 months and your support in identifying this as a priority to the Port Lincoln Council would be appreciated. This can be done through a survey available at https://www.surveymonkey.com/s/6RXH5J7, or during a Special Meeting of Council on Monday the 26th of May at 7:30pm in the Council Chambers. Thank you for your support.

GENERAL NEWS

COLLEGE PHOTOGRAPHS

College Photographs will be held on Tuesday the 3rd of June. Official Winter uniform will need to be worn on this day, please see our Uniform Policy for more details. Each student was given a named envelope last week regarding school photos. Every student MUST return the envelope – whether or not an order is being placed. Envelopes are to be returned to the school with the correct payment enclosed, prior to Tuesday the 3rd of August. Family envelopes are available from the front office.

BOOK FAIR

May is National Family Reading Month and to encourage reading Navigator College is hosting its fifth Scholastic Book Fair.

Date: Wed 28 – Fri 30 May 2014
Times: 8.30 – 10.00, lunchtime from 1.00 – 1.30pm, after school from 3.00 – 4.00pm
Location: Navigator College Resource Centre

Students, parents and friends of the College are welcome to visit the fair during the above mentioned times.

The Book Fair offers a wide range of books, including popular series, new releases, picture fiction, chapter books, fiction, nonfiction, activity and other great reads from more than 60 publishers.

Funds raised will help our Resource Centre to increase its collection with a current emphasis on catering for our growing number of Navigator students.

The Fair provides a wonderful opportunity for children to find exciting new books to celebrate reading.

We look forward to seeing you at the Book Fair.

Mrs Uta Enneking-McQuillan, Mrs Annette Mesecke Navigator Resource Centre Team

Read More in May Scholastic Book Fairs
PARKING AND PICKUP AROUND THE COLLEGE

As our College grows it is important that we ensure the safety of our students by having designated parking and pickup zones. With our growth this year these areas have changed and the use of different areas may have brought some confusion to parents. Please see the below map for the safe and appropriate park or pickup areas applicable to you. Please Note:

Late After School Pickup: Any students being collected from the College after 3:20pm will need to be collected from the Administration / Senior School Windsor Avenue Pick up.

(This provides us the ability to supervise the congregation of students that sometimes occurs)
Well it is already week four and I hear this often, but how quickly the time flies. I thought that I would take this opportunity to remind parents and students of a few of our Junior School routines. This way we can all be on the same page regarding expectations.

**LATE ARRIVALS**

Please remember that our school day officially begins at 8:45am. In order to set your child up for success, please make sure that students are at school and settled ready for their day by this time. If you arrive after this time, please sign in at the office so that students are not accidently marked as absent and a late note will be issued.

**BEFORE AND AFTER SCHOOL**

It is wonderful to see a buzz of adults and young children in and around the classrooms at the beginning of the school day. Please remember a couple of things:

- Students should not be playing on the school playgrounds before school, nor should they be playing chase.
- When the class reading begins, please ensure that younger siblings are quiet so as not to cause a distraction for the students that are reading. Also check that any equipment used by younger siblings is tidied up. This ensures that the class teacher and the students can get on with the very important business of learning.
- After school a number of our students are playing ball games. Please remember that our school rule is “no ball games after school.” Thankyou for your cooperation in these matters!
- Please remember all students need to be collected from their classroom after school. If your child/ren are being collected by someone other than a family member, we require notification either via a phone call or a note in the diary.
- A number of parents have noticed cars speeding in the carpark. Please keep the speed limits to ensure all students are safe.

**OTHER NEWS**

As part of Navigator College’s Inclusive Compassionate Community, we would like you to keep the Woolford family in your prayers. Grant has suffered a severe heart attack and as a family with 4 young children, your prayers are important at this time.

*Stephen Jude*

*Head of Junior School*

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**READING WORKSHOP FOR PARENTS**

Navigator College is very excited to present a **FREE** reading workshop for parents:

- **Date:** Monday 30th June
- **Time:** 7:00 - 8:30pm
- **Where:** Navigator College Multipurpose room
- **For:** Parents looking to support their kids to read at home

**Helping Children To Read – Workshop**

Come along to this fun and engaging workshop to learn the best way you can help your child with home reading.

- Learn the difference between reading and decoding.
- Learn how to set your child up for success by using a book introduction.
- Learn how to have your child read ‘just right’ books so they can improve as readers.
- Learn how you can use ‘Pause, Prompt, Praise’ to help your child.

How children learn to read has changed since we went to school, so come along and have a fun time learning ways you can make reading more enjoyable for your child.

*You don’t want to miss this exciting learning opportunity!*

The workshop will be run by **Margaret Menner**. Margaret has worked in education for over 29 years as a Teacher, a Reading Recovery Teacher and a Literacy Consultant. In addition, she has lectured at several Universities and published many books on Literacy. Margaret has worked in New York, USA and Hong Kong as a Literacy Consultant. She has worked predominately in South Australia, Victoria and Western Australia and intermittently in other Australian states. Margaret currently manages and consults for Advance Teacher Training.
JAMIE OLIVER’S FOOD REVOLUTION DAY
Jamie Oliver’s Food Revolution Day was held last Friday. The Year 4/5’s made Rainbow Wraps along with students from all around the world. A great way to be Internationally Minded students and think about the health of our nation.

- Today I learnt things that say they’re healthy aren’t really that healthy.
- I learnt that it is best to start from scratch when cooking so that you know what is in your food.

Food Revolution Day gets kids excited about cooking and it celebrates the importance of cooking healthy food.
Food Revolution Day is about saving peoples health by changing the way people eat.
An amazing learning opportunity where we all discovered our cooking skills.
It is important to have fruit and veg for health and fibre.

FROM THE JUNIOR SCHOOL CONTINUED....

FROM THE PYP COORDINATOR....
Last week our Year 1 classes took part in a Celebration of Learning. This was a great opportunity for the students to share their knowledge about various inquiry units with their parents. Another focus of their Celebration of Learning was about skills. Parents and students were asked to reflect on the skills that they have developed throughout their inquiry units.

The PYP has five essential elements:
- Knowledge
- Concepts
- Skills
- Attitudes
- Action

When planning inquiry units, our teachers are mindful of creating challenging, engaging, relevant and significant learning opportunities for their students. Appropriate skills are identified by the teachers to compliment particular inquiry units and these are taught and then practised by the students. Within their learning throughout the PYP the students acquire and apply a set of transdisciplinary skills. These are: social skills, communication skills, thinking skills, research skills and self-management skills. ‘These skills are valuable, not only in the units of inquiry, but also for any teaching and learning that goes on within the classroom, and in life outside of school.’
I encourage you to have a chat with your child about what skills they feel they are really strong in, and what skill areas they feel they need to develop further. Over the next 5 weeks, I will go into more detail about the PYP transdisciplinary skills.

Gemma Leonard
PYP Coordinator

Water is essential to life. The ‘living water’ that Jesus offers is essential to healthy spiritual life. We all have a thirst for something to fill the spiritual thirst that is deep within us. Jesus offers living water to quench that very thirst:

“Anyone who is thirsty may come to me! Anyone who believes in me may come and drink! For the Scriptures declare, ‘Rivers of living water will flow from his heart.’” [e] (When he said “living water,” he was speaking of the Spirit, who would be given to everyone believing in him.) (John 7:37-39)

“But those who drink the water I give, will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life.” (John 4:14)

I have a simple encouragement for all today. If you’re feeling thirsty, dry about life, dry spiritually, the refreshment you are looking for can be found in Jesus Christ. I believe His word is truth, calling on the name of Jesus is the ultimate quencher for your spiritual thirst.

**MIDDLE SCHOOL: REFRESHED AND READY TO LEARN**

Last week I gave some friendly tips to improving health and vitality, and ultimately your capacity to learn and work. This week in the Middle School we launched a campaign to have every student equipped with a drink bottle and hydrating throughout the day. The motivation behind this is threefold.

- Improve students capacity to learn
- Minimise time out of class ‘getting a drink’
- Maximise time available to learn and work.

This seems like a simple initiative, but when we actually consider the benefits of water to the human body, this simple habit could smash the barrier to our learning or productivity. Consider the benefits outlined below by Abby Phon, a Certified Holistic Health & Wellness Coach.
What can you do to support this initiative?

- Ensure your child has a water bottle with them every day.
- Encourage them to keep filling it throughout the break times in the day.
- Model this healthy habit, by doing the same for yourself.
- Enjoy the refreshment and vitality.

Top 10 Benefits of Drinking Water: Don’t Medicate, Hydrate!

1. **Increases Energy & Relieves Fatigue** – Since your brain is mostly water, drinking it helps you think, focus and concentrate better and be more alert. As an added bonus, your energy levels are also boosted!
2. **Promotes Weight Loss** – Removes by-products of fat, reduces hunger and raises your metabolism and has zero calories!
3. **Flushes Out Toxins** – Gets rid of waste through sweat and urination which reduces the risk of kidney stones and UTI’s (urinary tract infections).
4. **Improves Skin Complexion** – Moisturizes your skin, keeps it fresh, soft, glowing and smooth. Gets rid of wrinkles. It’s the best anti-aging treatment around!
5. **Maintains Regularity** – Aids in digestion as water is essential to digest your food and prevents constipation.
6. **Boosts Immune System** – A water guzzler is less likely to get sick. And who wouldn’t rather feel healthy the majority of the time? Drinking plenty of water helps fight against flu, cancer and other ailments like heart attacks.
7. **Natural Headache Remedy** – Helps relieve and prevent headaches (migraines & back pains too!) which are commonly caused by dehydration.
8. **Prevents Cramps & Sprains** - Proper hydration helps keep joints lubricated and muscles more elastic so joint pain is less likely.
9. **Puts You in a Good Mood** – When the body is functioning at its best, you will feel great and be happy!
10. **Save Money!** - Water is FREE! Even if you choose bottled/filtered water, it’s STILL cheaper than that high sugar and fat-filled latte!

**MIDDLE SCHOOL ASSEMBLY**

Congratulations to those students received Merit awards at the recent assembly. Be sure to celebrate these achievements with your families. I would also like to thank Our Saviour’s Lutheran Church Congregation for their donation of NIV Bibles to our Year 8 and New 2014 Year 9 students, this last week. It was a great privilege to present these. I personally know the amazing message that lies on the pages of this book, the power to transform lives, to set people free, to build confidence in identity and learn the deep heart of our loving God. It was an honour to present these and I trust that the students will encounter the transforming power that lies in the Bible.

**UNIFORM**

The Navigator College uniform has always been something we are proud of, and has set us apart in the community of Port Lincoln. We are continuing to value this and equip our students so that they look amazing and present themselves exceptionally well when in uniform. As a Middle School we discussed this value and I have encouraged student to put their uniform on in the morning in a way that speaks “I am going places, I am ready for what today brings my way. I look sharp. I am sharp!” Please continue to support your child in wearing the correct uniform well.

Thank you.

*Andrew Jericho*
*Head of Middle School*
YEAR 12 DRAMA
Tonight marks an exciting milestone in the development and expansion of Subjects and Curriculum offering at Navigator College. Our first Year 12 Drama class will be completing their external assessment performance. Tonight, the SACE Board will send a Moderator to the College to watch and grade our Year 12’s during their play performance.
Annette Mesecke and the class have been working tirelessly for the past few months to prepare for this and the Matinee and practise performances have been very promising. Good luck and ‘Break a Leg’ Annette, Chelsea Dunn, Hannah Bockman, Jesse Lee-McLeery, Moriah Santostefano, Tahlia Whillas and all the Year 11 Students and staff helping out with the performance.

YEAR 10 CAMP / MATTHEW FLINDERS HOME COMMUNITY OUTREACH
As an International Baccalaureate (IB, in teacher talk) College we are required to approach education as something to develop the students as a person, not just an empty vessel to be filled with information. While we move from IB to SACE in Year 11 and 12, the IB philosophy is well and truly ingrained in the fabric of the College and we try to maintain this into the senior years. In keeping with this philosophy, this week our Year 10 students have been engaging in either a bushwalking camp, as part of their Health and Physical Education Program, or a Community Outreach Program at Matthew Flinders Home. Both of these programs are excellent extra-curricular activities which lead to significant personal growth and an appreciation for the wider community and environment in a way that is often difficult to achieve within the walls of the College. This only works, however, with the commitment and effort of staff, students and parents willing to step outside their comfort zone and try new things. I congratulate Greg Maxfield and Stuart Cox for all the work they have put into developing these activities. The parents who have embraced them and the students for the way they have (to this point) engaged with these activities. With your support we will continue to push our students to look for new opportunities and hopefully develop an understanding that the world always has more to offer.

Nathan Wohling
Acting Head of Senior School

THE PREFECTS

Wow, how fast this first term has gone! This year it is Tahlia Whillas, Moriah Santostefano, Tim Kidney and Max Cooper representing you as your 2014 prefects, and Max and Moriah leading the group as College Captains. At the end of First Term we had the privilege of experiencing our Year 12 Formal. Thanks to the huge efforts of the formal committee the night was a huge success. A special thanks to Mrs Moseby for leading the committee, Mr Maxfield for being our MC and Summer Search Party for providing entertainment for the night. It was definitely a night to remember!
Throughout the first term we flew over to Adelaide to attend two leadership meetings with other Lutheran Schools in South Australia. This was an amazing opportunity to see the other schools and meet their student leaders. While there we learnt new and improved ways to be a better leader and develop skills, we then brought back to Navigator College.
As part of our Prefect role, we are also continuing to welcome you at the gate in the morning. We thank you for your friendly good morning and hope you enjoy our presence as much as we enjoy yours. Please don’t hesitate to have a chat with us, as we’d love to hear from you!
Thank you for your support.
In God’s Grace
The Prefects of 2014
PLAYGROUP
As part of our Year 11 VET Course, we are studying a Certificate II in Community Services, we are very fortunate to run a Playgroup every Wednesday morning. This gives us more a practical task towards our Tafe Certificate. Every week we have 10 or more children coming to attend and enjoying themselves in themed activities. We have themes each week, so the craft activities have a focus and makes activities the children do, different each week. It has been great getting to know the children who come in each week, as we get to watch them grow in confidence, by leaving their parents side a bit more.

Playgroup makes a day of studying a lot more fun, and allows us to enjoy hands on certificate training.

We would love to see any new faces who would like to join us each Wednesday during school terms from 9am-10:30am.

Tamika Rehn
Year 11 Student

Senior School
Celebration of Learning

Wednesday the 11th of June
from 6.00pm to 9.00pm
at the Ravendale Community Sports Centre

We are pleased to be able to invite you, our College community to come along and see some of the exceptional work that our students have been producing this year. Guests will have the opportunity to get involved with some learning activities on the night, which will highlight the exciting environment the students are exposed to here at the College.

There will be a $5 charge at the door to help support the catering. This will be supplied by our very talented Year 12 Food and Hospitality students. Their culinary skills are to be admired and the dishes on offer are sure to be a real treat.

This is an opportunity to celebrate the diversity and depth of learning taking place here at the College.
College Community Announcement

After School Care at Navigator College!

Navigator College is pleased to announce that we have engaged Sherpa Kids, Port Lincoln to operate after school care and vacation care here on site at the College Resource Centre. For further information please attend the Parent Information night as below or contact Sherpa Kids, Port Lincoln on 0419 524 563.

After School Care & Vacation Care Parent Information Night

Tuesday 10th June 7-8pm
College Resource Centre
Night of Nights
Vintage Glam

$45 per person

Included in the ticket price is a complimentary drink on your arrival, luxury 'Tapas' style platters and the Local Band, “Ethnic Cowboys”. This year we are introducing a theme “Vintage Glam”. So come dressed in your pearls, fake fur, lace, velvet, crystals, silk and bling – think Gatsby!

Featuring local band
Ethnic Cowboys

As part of the festivities there will be a Silent Auction on the night offering a number of exciting items including; Accommodation, Seafood, Student Art works and much much more. Drinks are available at the bar. Please note: this is an 18 years and over event.

Saturday 21st of June at 7.30pm
Marina Hotel Function Room
PORT LINCOLN DENTAL CLINIC

CHILD DENTAL BENEFITS SCHEDULE gives eligible children (aged 2 – 17 years) access to up to $1000 in benefits per child for dental services over two consecutive calendar years.

You don’t need to register; eligible families and teenagers will receive a letter from the Australian Government.

Services covered include: examinations, x-rays, cleaning, fissure sealing, fillings, root canals, extractions.

If your child is eligible, please don’t hesitate to phone and make an appointment as soon as you receive your letter, allowing maximum appointment opportunity for your child’s dental treatment before their eligibility ceases.

When arranging your child’s first appointment, please advise that you have received your child’s letter and that they are eligible for the Child Dental Benefits Schedule.

PORT LINCOLN DENTAL CLINIC is a participating private clinic in this scheme; we are situated at 8 Eyre St, Port Lincoln and can be contacted by phone 86822855.

Is Proud to Support Our Community & Welcome...
Special Guest Speaker

Lisa Curry

“.....Australian swimming international multi gold medallist......”
Her tour is all about motivation, inspiration and education...spreading the word about healthy living, weight loss, nutrition, healthy lunchboxes for kids, effective, functional exercise for all ages, and most importantly, illness and disease prevention.

Monday 2nd June @ 6pm
Ravendale Sporting Centre - Stamford Tce, Port Lincoln SA 5606
Meals available at Cost - please advise at time of RSVP
RSVP essential – Anne-Marie Hammond - Mob: 0417 829 972
Or Email: anne-marie.hammond@ceg.net.au
# 2014 Canteen Price List

All Recess and Lunch orders must be pre-ordered and submitted by 9.15am each day by the lunch bag system.

Name and room number is to be written on the bag along with the amount enclosed and change required - ensure current price list is used. Please note any food allergies.

Emergency lunch will be available to any student with no lunch. An account will be issued to the student and payment will be due on the following day.

Please note: Any items on the Menu marked with an * is not recommended to be ordered daily, in accordance with the "Healthy Food Policy".

Only limited food is available over the counter at lunch time.

**SANDWICHES - WHITE OR GRAIN**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Vehemite</td>
<td>$2.00</td>
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<tr>
<td>Cheese</td>
<td>$2.50</td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$3.50</td>
</tr>
<tr>
<td>Chicken Extra Fillings</td>
<td>$4.00</td>
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<tr>
<td>Lettuce</td>
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</tr>
<tr>
<td>Tomato</td>
<td>$0.20</td>
</tr>
<tr>
<td>*Half Hot Dog</td>
<td></td>
</tr>
<tr>
<td>Carrot</td>
<td>$0.20</td>
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<tr>
<td>Cucumber</td>
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</tr>
<tr>
<td>Cheese</td>
<td>$0.20</td>
</tr>
<tr>
<td>*Lettuce &amp; mayo</td>
<td></td>
</tr>
<tr>
<td>*Lettuce, carrot, tomato &amp; light mayo</td>
<td>$4.50</td>
</tr>
<tr>
<td>Chicken Noodle Cup</td>
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</tr>
<tr>
<td>*Ham/Cheese Toasted Hamper Roll</td>
<td>$4.00</td>
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<tr>
<td>*Ham/Chese/Tomato Toasted Sandwich</td>
<td>$3.80</td>
</tr>
<tr>
<td>*Chicken/Chese/Mayo Toasted Sandwich</td>
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<tr>
<td>*Soup</td>
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**HOT FOOD**

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<td>*Pastie</td>
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<tr>
<td>Sausage Roll</td>
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<tr>
<td>*Vanilla Slice</td>
<td>$3.20</td>
</tr>
<tr>
<td>*Smr Finger Buns</td>
<td>$1.50</td>
</tr>
<tr>
<td>*1/2 Vanilla Slice</td>
<td>$2.00</td>
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<tr>
<td>Muesli Bars</td>
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<tr>
<td>Tiny Teddies</td>
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<tr>
<td>Jumpy's - Chicken or BBQ 18g</td>
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<tr>
<td>Sunfruits</td>
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**ICE CREAMS**

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<td>*Chocolate, Rainbow</td>
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**SNACK FOOD**

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<tr>
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<tr>
<td>Pop Corn - gluten free</td>
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**DRINKS**

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<tr>
<td>Chocolate</td>
<td>$2.80</td>
</tr>
<tr>
<td>Honeycombe</td>
<td>$2.80</td>
</tr>
<tr>
<td>Big M (Milk)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Chocolate</td>
<td>$2.00</td>
</tr>
<tr>
<td>Strawberry</td>
<td>$2.00</td>
</tr>
<tr>
<td>Pop Top Juice</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

**SALAD TUBS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lettuce, Tomato, Carrot, Cucumber, Cheese</td>
<td>$4.50</td>
</tr>
<tr>
<td>*Caesar Salad-Lettuce, Parmesan Cheese, Bacon, Egg, Caesar Dressing</td>
<td>$5.00</td>
</tr>
<tr>
<td>Ham or Chicken (Chicken Breast) extra</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

**MIDDLE/SENIOR SCHOOL STUDENTS**

Can purchase directly from the canteen at recess and lunch time however stock is limited.

**EMERGENCY LUNCH**

Cheese or vegetables sandwich and Muesli bar for $3.50

**Cantion Opening Times:**

Recess: 10:40 - 11:00am
Lunch: 12:40 - 1:20pm