



ST JOHN'S NEWS

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Issue No 12- 4th May 2017

PRINCIPAL NEWS

Dear Parents,

The teachers met yesterday to discuss the messages we received at our professional learning experience last Monday at St Paul's Catholic College. In Pope Francis' Papal letter to the world, Caring for our Common Home (*Laudato Si'*), in typical Pope Francis fashion, he speaks simply but so powerfully about our need to be in relationship with God and this gift he has entrusted to us – the Earth. Pope Francis challenges us to treat the earth as carefully and lovingly as we would a member of our family.



Raising awareness about and demonstrating care for our common home (the earth) is central to our role as educators and parents. It literally is a matter of survival; for our children and especially for theirs. The teachers are looking at ways to embed some of the ideas from this wonderful document into their teaching topics throughout the year. Our curriculum presents many opportunities for us to raise the children's awareness about the practical things that they can do at our school to show they do care. You will begin to hear and see reference to ecological issues and matters in weeks and months to come and we encourage you to support us in helping to raise a sense of ecological responsibility within the hearts of the children.

Our second learning day was spent with Sheena Dempsey and Louise Cameron on Friday. The day was incredibly stimulating for everyone who came along. The teachers were introduced to a plethora of ideas about teaching writing in an engaging and meaningful way. As a result of the experience of this day, the teachers have been working as a grade and stage to identify how they will incorporate their learning into their daily writing work with the children. The result will be added depth and quality to the learning that is already happening in each class.

We were very pleased to receive recent positive feedback concerning the learning happening in our classrooms. Each year, a group of schools is required to gather to assess each other's compliance in two Key Learning Areas. This year the focus was on Science and Technology and Mathematics. We were compliant in both areas. More importantly, following guidance from the School Review Officer we were commended for our ability to differentiate the curriculum (cater for different learning needs); use relevant and effective assessment; consistently plan and program for learning and to implement professional learning that supported the direction of the school. My thanks to Mrs Douglas, Ms Cahill and Ms Ingram as well as our hard working teachers for their involvement in the review process.

Sincerely

Mark Bateman – Principal

Anti-bullying Focus Groups:

The Education Officer (Pastoral Care and Wellbeing) from the Catholic Schools Office, Jane Nethery, will be running two focus groups May 9th and May 11th (9-10 am) on processes and procedures used by the school in relation to bullying issues. The aim is to gather data concerning a parent perspective then to use it in reviewing those procedures and processes. An email invitation has been sent to a selection of parents across our grades. If you are interested in taking part, please contact the school office for more information.

New Canteen Menu

Our new canteen menu will be launched next week. Following changes to the guidelines for school canteens initiated by the state government, our menu has been reviewed and renewed and is ready to launch on Monday next week. The menu will be posted on our school website and Weebly this weekend.

Online ordering via Qkr! is increasing in popularity each week and families are encouraged to register.

Winners of the school canteen naming competition and logo competition will be announced following our prayer assembly on Monday morning.

TIQBIZ – CHANGE OF NAME – FLEXIBUZZ

All parents who have subscribed to TIQBIZ will find an automatic name change will be implemented to the application on your phone. The company has changed its name to FLEXIBUZZ and has also introduced a new logo. You are automatically registered with FLEXIBUZZ and it will be used in the same way as we have been using TIQBIZ.

Coffee Cups

A reminder to all parents and carers that hot take away coffee cups are not permitted on school grounds (permission will occasionally be given for special events nominated by the principal). The combination of soccer balls, tennis balls and a large number of enthusiastic children using the yard does create a potential hazardous situation. We appreciate your cooperation.

Peace and Best Wishes

Mark Bateman – Principal

DIARY

| Week 3 Term 2 Mon 8 May | Week 3 Term 2 Tues 9 May | Week 3 Term 2 Wed 10 May | Week 3 Term 2 Thurs 11 May | Week 3 Term 2 Fri 12 May | Week 3 Term2 Sat/Sun 13/14 May |
|-----------------------------|--|-----------------------------|--|-----------------------------|--------------------------------------|
| | NAPLAN Language Conventions and Writing | NAPLAN Reading | NAPLAN Numeracy Mother's Day B'fast 7-9am | | |
| Week 4 Term 2 Mon 15 May | Week 4 Term 2 Tues 16 May | Week 4 Term 2 Wed 17 May | Week 4 Term 2 Thurs 18 May | Week 4 Term 2 Fri 19 May | Week 4 Term2 Sat/Sun 20/21 May |
| | Open Morning 9.15-10.30am Advisory Council Meeting 6.30-9pm | | | | |

WINTER UNIFORM TRANSITION

We will officially transition to winter uniform on Monday 15th May (Wk 4).

In the meantime, you can elect to wear full summer uniform or full winter uniform, depending on the weather.

Click here for details of our uniform: [UNIFORM INFORMATION](#)

Thurs 11th May

Mothers' Day Breakfast – 7am – 9am

Sat 13th May

Confirmation 10am, 12pm & 3pm

Tue 16th May

Open Morning 9.15-10.30am

Tues 23rd May

ICAS Digital Technology 8-8.45am

Sat 27th May

Parish School Mass Yrs 5&6

Parish International Food Night

Tues 30th May

ICAS Science and Technology 8-8.45am

Mon 12th June

Queens Birthday

Tuesday 13th June

ICAS Spelling 8-8.45am

Friday 16th June

Broken Bay Cross Country

ICAS Writing 8-8.45am

Saturday 17th June

Parish School Mass – K, 1 & 2

Friday 30th June

Last Day of Term

AWARDS



Please note: Awards will be given out as follows:

FRIDAY MORNINGS – 8:45am Kindergarten – Year 2

FRIDAY AFTERNOONS – 2:40pm Year 3 – 6

STRENGTH & GENTLENESS will be presented on MONDAY mornings during Prayer Assembly

| Strength & Gentleness | | | | | | |
|-----------------------|--|------------|--------------------------------------|--------------|-----------------------------------|---------------------------------|
| KB | Liam F Lucas J Senuk R | 2G | Georgia G Sophie M Darcy M | 4R | Lachlan D Jasper K Rose R | Sport Ava H (3D) |
| KJ | Brandon D Florence K Fletcher Mc | 2N | Charli B Jasmin C William M | 4SC | Braxton V Patrick V | Library |
| 1G | Melissa B Evan C Aiden M | 3D | Kai K Cameron O | 5/6DF | Joshua B Hayley B Joel I | |
| 1JB | Aaron D Ruby G Crystal L | 3NG | Jayden B Christian C Nelson D | 5/6L | Georgie A Lucinda B | Music Sienna N (5/6L) |
| 2C | Marcus H Anika K Natalia T | 4B | Lucas D Max K Emma S Ella T | 5/6O | Larissa C Mikayla H Angel M | |
| | | | | 5/6B | Mackenzie B | |

SPIRITUAL NEWS

Confirmation

This weekend the children receiving Confirmation will complete their final preparation group. We ask you to keep them in your prayers as they look forward to this exciting step on their faith journey. A huge thank you goes out to all of the parents who have volunteered as facilitators for this Sacrament. Your generosity and your commitment to encouraging the faith life of our families is appreciated.

Rehearsal for Confirmation will take place next **Thursday night – 11th May at 7pm.**

If you are making your Confirmation at 10am or 12pm – your rehearsal will be at St John's Church, Narraweena.

If you are making your Confirmation at 3pm your rehearsal will be at St Kevin's Church, Dee Why.

Your sponsor does NOT have to attend the rehearsal.



School Parish Masses in Term 2

PLEASE NOTE:

We have moved our School Masses this term in order to take advantage of the Parish's International Food Night (see details below).

Saturday 27th May at 5pm – will be hosted by Yr 5 & 6 but **EVERYONE** is invited to attend and take part in what will be a very special celebration.

Saturday 17th June at 5pm – will be hosted by Kindergarten, Year 1 & Year 2.

Please put these dates in your diary and come and help us make our School Parish Masses the joyful celebrations of our Faith that they can be.



PARISH NEWS

International Food Night – 27th May starting with 5pm Mass at St John's

Come and enjoy the best of Australian BBQ, Italian and Indian cuisine while listening to the brilliant sound of Brazilian Music as we celebrate our Parish's cultural diversity.

Mr Frazer is also organising some of our groups to perform on the night!

We would love the children (and the adults) to dress up in a way that reflects your cultural heritage. If you don't have a "costume" you could still dress up in the colours of your flag – or in something that is symbolic.

Details on the different cuisines on offer will be confirmed next week. (So far we have an Aussie BBQ, Italian Pasta and Indian Curry! Cost will be minimal - \$2 sausage sandwiches, \$5 for pasta or curry – salads and desserts are included in the price).

PUT THE DATE IN YOUR DIARY NOW! Details will follow next week.



UPDATED WEEBLY

We have been very busy behind the scenes making some updates to our St John's Weebly - <http://stjohnsnarraweena.weebly.com/>. We would love your feedback with any suggestions for the site – you can let us know via the site (on the Parent and FAQ pages) or by emailing sian@dbb.catholic.edu.au

NAPLAN

Students in Year 3 and Year 5 at St John's will participate in the national NAPLAN tests in Week 3 this term. Whilst it is natural for children to be feeling a bit nervous prior to the tests, we talk to them about it being only a small part of their schooling life. We encourage them to come to school ready to do their best for the NAPLAN tests, but to remember there is no one way to 'test' all of the things that make each of them wonderful and unique people. Parents may wish to use similar language when speaking with their own children about NAPLAN. A letter to our Year 3 and Year 5 students will be sent home tomorrow.

Parent information regarding NAPLAN can be found at <http://www.nap.edu.au/naplan/parent-carer-support> and can be found on the Year 3 and Year 5 pages on our Weebly.

123 MAGIC!

The Catholic Schools Office Parent Education Team are offering the very popular 1-2-3 Magic Workshop once again. This workshop is for parents to help their children build their emotional intelligence and to help parents and children with strategies for managing behaviour. It is a very worthwhile workshop, and it's free! More information can be found on the flyer attached to this week's newsletter.

CROSS COUNTRY



Cross country report

On May 3rd 2017 children from Saint John's went to compete in the Peninsula Cross Country at Rat Park. We ran well and ended up with 14 students going through to the next carnival.

Congrats to Jesse M, Massimo L, Isaac B, Bella G, Kyla G, Lucinda B, Max K, Oscar H, Christian C, Andie M, Ella D, Ave R, Ellie G and Ava H.

Also a very special thanks to Warren Hodge and Sian Goodwin for being outstanding parent helpers... we could not have done it without you!

Written by Penelope and Noa.

ICAS

A poster with the names of students participating in the various ICAS tests this term will be displayed in the foyer.

A reminder to parents to please put these dates in your phones:

| | |
|-------------------|------------------------------------|
| ICAS Digital Tech | Tuesday 23 rd May (W5) |
| ICAS Science | Tuesday 30 th May (W6) |
| ICAS Spelling | Tuesday 13 th June (W8) |
| ICAS Writing | Friday 16 th June (W8) |

Tests will begin at 8am in the school library. Students will need to bring a 2B pencil, sharpener and rubber with them.

The English and Maths ICAS tests will be held in Term 3.

IMPETIGO

A case of impetigo has been diagnosed with a school student. An information sheet is attached to this week's newsletter.

CHESS CLUB

Chess club will start next Friday 5th May from 1.30pm in the school library.

If your child expresses an interest in chess please send them along.

We still require parents to help supervise so if you could help supervise or would like to know more about the chess club please contact Rachael Crookwell at rach_crookwell@yahoo.co.uk



CANTEEN

IMPORTANT NOTE: Canteen is CLOSED every THURSDAY

| W3 Term 2 Mon 8 MAY | W3 Term 2 Tues 9 MAY | W3 Term 2 Wed 10 MAY | W3 Term 2 Thurs 11 MAY | W3 Term 2 Fri 12 MAY | CANTEEN CLOSED THURSDAYS We require 2 volunteers each day to operate the canteen. If anyone would like to join our group of canteen volunteers, click here or email cendrine@heartfelthampers.com.au Canteen Coordinator: Cendrine Lambert(0435030903) |
|-------------------------|--------------------------|---------------------------|------------------------------------|--------------------------------|--|
| S Goodwin MA Bell | M Boulos J Woolford | S Forrester K Thompson | CLOSED CLOSED | K Blyth L Lapa R Plester | |
| W4 Term 2 Mon 15 MAY | W4 Term 2 Tues 16 MAY | W4 Term 2 Wed 17 MAY | W4 Term 2 Thurs 18 MAY | W4 Term 2 Fri 19 MAY | |
| MA Bell D Galuge | N Biddle S Walker | M Myers C Glover | CLOSED CLOSED | A Amoroso K Ward M Ball | |

LIBRARY NEWS



Change to Library Opening times.

Tuesday After School - 3.05 – 3.35 / Thursday Before School - 8.15 -8.40

Parents and students are welcome to come into the library borrow, read, play chess or view some of their work.

We have lots of new books in the library if you are able to help with covering them we will provide the contact you need. Just pop into the library or ask at the office and we will send home a bag with the books and contact.



Changes to Library Day. **Please ensure your child has a Library Bag on the correct day.**

| Tuesday | Wednesday | Thursday |
|---------|-----------|----------|
| KJ | 2G | KB |
| 1G | 3NG | 2G |
| 1JB | 4SC | 3D |
| 2N | 4R | 4B |
| | 5/6DF | |
| | 5/6O | |
| | 5/6L | |

FAMILY LIAISON OFFICER NEWS

Parent tip:

How to help your child to read (and understand) texts.

Are you using the right technique to help your child learn how to read and understand texts? Follow the link and read this great and short article published by the NSW Department of Education on how to help your child with their reading.

<http://www.schoolatoz.nsw.edu.au/en/homework-and-study/english/english-tips/three-little-words-to-help-your-child-to-read>

P&F NEWS



The P&F Gazette

News and info from YOUR Parents & Friends Association

Our Delicious new Canteen Menu starts Next Week!

Get ready to be tempted by a whole new range of delights at the Canteen.



As you'll see from the Canteen Menu included today's newsletter, Cendrine has created a mouth-watering new menu for St John's – and it launches next week! There's amazing variety on offer, delicious and fresh, and best of all compliant with the new NSW Government's Healthy School Canteens initiative.

The new menu means there'll be a bit of a learning curve for all of us, and especially for our wonderful Canteen Volunteers who give so generously of their time and enthusiasm. They will be learning how to prepare the new items, working out the best methods of getting everything ready and on time. **So we ask for your patience, understanding, and most of all support during the coming weeks.** The rewards will make it all worthwhile.

Cendrine's Top 5 Tips for the New Canteen Menu

- Use Qkr! to place your order – it's super easy and super fuss free, no loose change or paper bags required!
- Make sure you've told your child they have a lunch order
- Fresh hot Raisin Toast and Pikelets will now be available at recess – just pre-order on Qkr! and let your child know to come to the Canteen when the bell goes.
- If your child is having hot items such as Nachos & Soup, they will need to collect them from the Canteen when the lunch bell goes. All other items will be sent to classrooms in the lunch bags as usual.
- Sushi Wednesday is back, but now with Teriyaki Chicken Sushi & Edamame. ***Oishii desu!***

* Thank you for all the fantastic entries submitted to the Canteen Naming & Logo competition, Cendrine will be announcing the winner very soon!

Mother's Day – Thursday 11th May from 7am

We can't wait for the Mother's Day Breakfast on Thursday morning next week! What better way to celebrate all the wonderful things the mums and carers in our community do for us, day in, day out.



With coffee vans, photo booths, classroom visits, a fabulous raffle prizes, it's guaranteed to be a fabulous celebration! A huge thanks to the wonderful & hard working Year 1 Parents who are working so hard to make the day every bit as special as our mums ☺

(NB – if you're not yet registered with Qkr! – we warmly encourage you to join up. Otherwise food items and tickets can be pre ordered at the School office.)

School Uniform Shop Next Week

The School Uniform will not be opening on Thursday morning next week due to the Mother's Day event, however it will be open in the afternoon as usual.

Bel, Pip, Gen, Russell & Caroline

CROSS- COUNTRY FUNDRAISER.

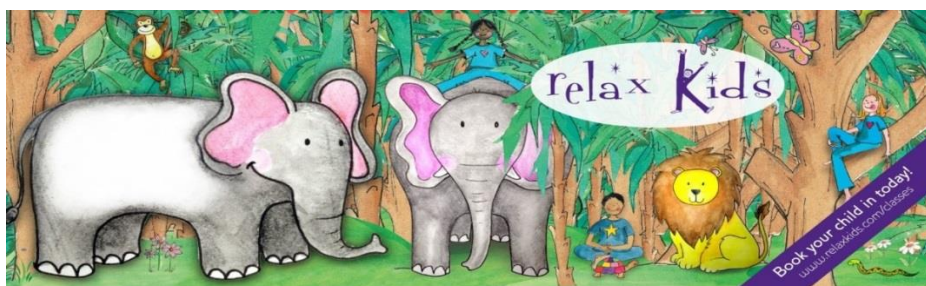
Congratulations again to all the children who participated in the cross country colour run event with so much enthusiasm.

Don't forget,

- * sponsorship monies are due back to school by **Friday 12th May**, (If paying by QKR please **also** return your envelope to the office),
- * all monies raised will go towards playground improvement.
- * **Pizza lunch** for the class that raises the most money and returns all their money by the due date.
- * **\$200 Criniti's voucher** for the family that raises the most money by the due date.
- * For all those who return their money and envelopes by the due date go in the draw for some great prizes including **zoo vouchers and a Domino's pizza making experience.**

COMMUNITY NEWS

RELAX KIDS



Enrolments for Relax Kids Term 2 are now OPEN!

Spaces are limited so please contact Elizabeth Byrne on 0413 786 588 or ebyrne5@yahoo.com to register your child now.

MOTHERS DAY RAFFLE

TICKETS

1 for \$2.00

3 for \$5.00

5 for \$7.00

Some of the great prizes on offer



Fashion Footware

*Anna's Hair and Nails
Ladies Haircut and blowdry*

Artifex - custom solid premium timber chopping board



Shampoo, Style Cut and Blow wave

HOYTS

Movie Vouchers

GIFT PACKS TO SPOIL MUM

MOTHERS DAY BREAKFAST

Thursday 11th May 2017 from 7am

MENU

| | |
|----------------------------------|--------|
| Bacon and Egg Roll | \$3.00 |
| Bacon Roll | \$2.50 |
| Egg Roll | \$2.50 |
| Bacon and Egg on plate (no roll) | \$2.50 |
| Savoury Muffin (Vegetarian) | \$3.00 |
| Banana Muffin | \$3.00 |
| Blueberry Muffin | \$3.00 |
| Yoghurt with Berries | \$3.00 |

Tea and Juice will be available

Expresso Coffee will be available to purchase from coffee van



Food and Raffle tickets can be purchased via

QKR is the preferred method of purchase.

Food and Raffle tickets are now available for purchase through School Office

Ordering CLOSES Tuesday 9th May 2017

Communicable Diseases Factsheet

Impetigo is a highly contagious bacterial infection of the skin. Good hygiene helps prevent spread of infection. If antibiotics are given it is important to finish the whole course to make sure the impetigo will not recur.

Impetigo

Last updated: May 2016

What is impetigo?

Impetigo is a bacterial skin infection caused by *Streptococcus* and *Staphylococcus* bacteria. It is commonly known as 'school sores' because a majority of cases are in school-aged children. However, it can also affect infants, adults and adolescents.

Uncomplicated impetigo does not cause permanent damage to the skin, but is highly contagious.

What does it look like?

Impetigo occurs in two forms, blistering and crusted. In blistering impetigo the blisters arise on previously normal skin, and rapidly grow in size and number. The blisters quickly burst and leave slightly moist or glazed areas with a brown crust at the edge. The spots expand even after they break open and can be many centimetres wide. They sometimes clear in the centre to produce ring shaped patterns. They are not usually painful, but can be itchy.

Crusted impetigo has a thick soft yellow crust. Beneath this crust is a moist red area. Crusted impetigo spots grow slowly and are always smaller than the fully developed spots of blistering impetigo. They are not usually painful, but can be itchy.

Impetigo can occur on top of other skin conditions, particularly itchy ones. When the skin is scratched the infection can enter through the broken skin. Some of these conditions are atopic dermatitis (eczema), scabies, insect bites and head lice.

In cases where a larger area of skin is affected, patients may also have a fever, swollen lymph nodes or feel generally unwell.

How is it diagnosed?

Your doctor may diagnose impetigo based on a visual inspection of the blisters/ sores, or by taking a swab to test for bacteria and check which antibiotic to use. The result of the swab takes several days.

How is it treated?

Depending on how bad the infection is, your doctor may recommend the use of an antibiotic ointment or oral antibiotics in severe cases. Antibiotic ointment should be continued until the sores have completely healed. If oral antibiotics are given it is important to finish the whole course of treatment (usually 5 days) and not stop when the impetigo starts to clear.

Sores should be cleaned every 8 – 12 hours, dried thoroughly and covered with a waterproof dressing. Bathing the blisters with salty water will help to dry them out (use saline solution or dissolve about half a teaspoon of salt in a cup of water).

How is it spread?

Impetigo is very easy to catch from other people. Impetigo is usually spread through direct contact with other infected people.

The bacteria primarily enter through damaged skin. People with conditions causing long-term damage to their skin, such as eczema or atopic dermatitis, are at greater risk of infection.

How can you avoid spreading the infection?

While you have the infection:

- Sores should be kept clean and covered with a waterproof dressing to prevent them being touched or scratched.
- Used dressings should be placed in a sealed bag and put in the garbage bin as soon as they are removed.
- Hands should be washed with soap after sores are touched or redressed.
- Children with impetigo should be kept home from school or other group settings if their wounds cannot be kept covered until 24 hours after antibiotic treatment has been started, or until the blisters have dried out if antibiotics are not used.

To prevent impetigo children should be taught:

- To wash their hands often with soap,
- Not to scratch scabs or pick their nose,
- Not to share their clothes, towels, or toothbrushes.

Parents should be careful not to allow items such as bed linen, nail scissors, tweezers or razors used by the affected person to be used by others.

In addition to general hygiene measures, specific measures to prevent spread in schools and childcare include:

- teachers, children and families should understand the importance of hand washing, covering sores and staying home if sick
- hand washing products (soap dispensers, running water and paper towels) should be available and accessible
- activities should allow time for hand washing (before eating and after going to the toilet)
- temporary exclusion from child care or school if their wounds cannot be kept covered until 24 hours after antibiotic treatment has been started, or until the blisters have dried out if antibiotics are not used
- surfaces such as counters, desks and toys that come in contact with uncovered or poorly covered infections, should be cleaned daily with detergent, and whenever visibly contaminated.

Impetigo is dangerous for babies

It is important for people with impetigo to keep away from newborns and young babies. Newborn babies are particularly susceptible to impetigo because their immune systems are not fully developed.

What is the public health response?

Impetigo is not notifiable in NSW. Public health units can advise on the control of outbreaks.

In communities in Australia that have cases of rheumatic heart disease, episodes of acute rheumatic fever are thought to be triggered by impetigo as well as by throat infections with group A *Streptococcus*. In those communities prompt treatment and control of impetigo is an important part of preventing rheumatic heart disease.

Group A streptococcal infection may lead to other rare conditions such as acute post-streptococcal glomerulonephritis 3–6 weeks after the skin infection, which is associated with antibodies produced to fight streptococcal infection.

For further information please call your local Public Health Unit on 1300 066 055



Parent Education Program

Catholic Schools Office Diocese of Broken Bay – Parent Education Team



1-2-3 Magic Workshop

Building emotional intelligence & managing behaviour

Parents/caregivers are warmly invited to attend the following **1 2 3 Magic** workshops available at host schools listed below. The **1 2 3 Magic** Program consists of three, 2 hour sessions facilitated by a trained presenter. A comprehensive resource book is available for participants.

The program supports parents and caregivers with effective strategies to help their children self-regulate and manage their emotions and behaviour. Children who have developed social and emotional skills find it easier to manage themselves, relate to others, resolve conflict, and feel positive about the world around them. The program is free. Resource books are available for purchase at the first session for \$10.

| | | |
|----------------------------|--|--|
| St Martin's, Davidson | Ph: 94522022 smd@dbb.catholic.edu.au | Monday 15 th , 22 nd and 29 th May 7pm-9pm |
| St Kieran's, Manly Vale | Ph: 99493523 skmv@dbb.catholic.edu.au | Wed 17 th , 24 th & 31 st May 7pm -9pm |

Registration: Please register with the host school by calling the number provided, or email your name and the course. If you have any questions about the program please email Jo Spek jo.spek@dbb.catholic.edu.au. If you would like more back ground information on the program you can visit the following website www.parentshop.com.au



**RIDING TO
CURE
CANCER**

Hi my name is Khyla.

I am sending this to you in the hope that you will sponsor me in a bike ride to raise money to help kids with cancer. On the 21st May I will ride approximately 25kms with 100 other kids who also would like to raise money for this fantastic cause.

This is something very close to my heart, as in 2015 I was diagnosed with Leukaemia. I was in hospital for 6 months having lots of treatment. So I understand how it feels to have cancer and how hard it can be, as a patient and for their families.

It's a part of my life I will never forget and now I want to help other kids and their families deal with cancer and give them the support they need.

If you would like sponsor me, any amount, big or small, would be amazing and will be very much appreciated by all the families out there going through this.

The link to sponsor me is [Tour de Cure—Khyla](#)



Healthy • Active • Happy • Kids

"It's so **wonderful** to have my **active**,
happy, **motivated and confident**
10 year old boy back."
Go4Fun Parent.



GO4FUN IS A FREE TEN WEEK HEALTHY
LIFESTYLE PROGRAM FOR KIDS AGED 7-13
YEARS WHO ARE ABOVE A HEALTHY WEIGHT.

Sessions run once a week for two hours after school,
during school term.

The program is run by a trained and qualified
health professional.

WHY JOIN GO4FUN?

- Get expert advice on healthy eating
- Get active playing fun games
- Make new friends
- Build confidence
- Make changes as a family
- Get support on goal setting
- All for FREE!

WHEN

Tuesdays
4.30pm-6.30pm
Starts 2nd May 2017

WHERE

Fresh Start
Pittwater Sports Centre
1525 Pittwater Rd, North Narrabeen

REGISTER NOW

FREECALL 1800 780 900
OR GO4FUN.COM.AU



Health
Northern Sydney
Local Health District

Recess Specials - please pre-order

Raisin toast with margarine per slice 50c

Pikelets with Jam or Honey (2) \$1.00

St John's Narraweena Canteen

Term 2 2017 Menu



Everyday

Hot Food

| | |
|---------------------------------|--------|
| Twista Bolognese Pasta | \$3.50 |
| Macaroni Cheese Pasta | \$3.50 |
| GF Fried Rice | \$3.50 |
| GF Beef Lasagna | \$4.50 |
| Freshly Steamed Chicken Dim Sim | \$1.50 |
| Fresh Tomato Chicken Penne | \$4.00 |
| Fresh Tuna & Pasta | \$4.00 |
| Corn on the Cob | \$0.90 |

Toasties

| | |
|------------------------|--------|
| Ham & Cheese | \$3.00 |
| Cheese | \$2.00 |
| Ham, Cheese and Tomato | \$3.50 |
| Chicken, Cheese & Corn | \$3.50 |

Sandwiches/Rolls

| | |
|----------------------------------|--------|
| Vegemite or Jam | \$1.50 |
| Cheese | \$2.00 |
| Tuna or Ham | \$2.50 |
| Ham, Cheese & Tomato | \$3.50 |
| Tuna & Cucumber | \$3.00 |
| Salad (lett,tom,car,cucu & beet) | \$3.50 |
| Cheese & Tomato | \$2.50 |
| Chicken Breast & salad | \$4.50 |
| Chicken Breast, Lettuce & | |
| Chipotle Mayo | \$3.50 |

***Please add 70c for Rolls**

***Tomato/Sweet n Sour Sauce 30c**

Specials

Monday Mexican

Nachos with Chilli Con Carne **\$4.50**

Soft Taco with Chilli Con Carne

Cheese, tom, lettuce **\$3.00**

Tuesday Super Soups

Soup of the day

Chicken and Vegetable served

with a Fresh Roll **\$3.80**

Wednesday Sushi

Avocado, Tuna, Vegetable, Tuna & Cucumber,

Tuna & Avocado, Teriyaki chicken **\$3.20**

Friday Nugget Snack Pack

Nuggets (3)

with Carrot and Cucumber Sticks **\$2.50**

Friday Meal Deal
A Nugget Snack Pack
w/ Fruit Salad Cup &
Bottle of Water **\$5.00**

* Please remember the canteen is closed on Thursdays

Ice Creams

| | |
|---------------------------|--------|
| Icy Bites (Quelch Sticks) | 50c |
| Frozen Juice Cups (Orchy) | 80c |
| Moosies | \$1.00 |
| Frozen Yoghurt | \$2.00 |

Drinks \$1.50

Water
100% Fruit Juice
Reduced Fat Plain Milk
(Add a Flavoured Sipahh Straw)

Snacks

| | |
|-------------------------------------|--------|
| GF Fruit Salad Cup | \$1.50 |
| GF Yoghurt Fruit Cup | \$1.80 |
| Cheese & Wholemeal crackers | \$2.00 |
| GF Slinky Apples | \$1.00 |
| GF Hommus Dip n Veg Sticks | \$1.50 |
| GF Red Rock Deli Chips Plain | \$1.00 |
| GF Mamee Rice Sticks | \$1.00 |
| GF Mamee Cornitos | \$1.00 |
| Bread sticks | 20c |
| GF Popcorn Full bag | \$1.00 |
| Half bag | 50c |

