



Newsletter

Term 4 - Issue 3 - 2019

Macksville Lions Youth of the Year

The Macksville Lions Club Youth of the Year final was held on the 27 November at the Blue Gum Restaurant at Autumn Lodge. This program focuses on developing young people's interview skills. The two Year 10 students who participated this year were Lillah Hoffman and Elliot Joyce. The competition began with an interview at the Nambucca Shire Council Chambers where they were judged by a panel on their extra-curricular activities, sporting and cultural achievements. After the interview, Lillah and Elliot attended a dinner with the Lions Club members at the Blue Gum Restaurant. The impromptu speeches were carried out before dinner and the two competitors had to respond to two questions involving the effects of social media on young people and the capacity of the community to respond in a crisis or disaster. After dinner, Elliot presented his speech on marine conservation, a subject that he is both knowledgeable and passionate about. This was followed by Lillah's speech on people who have inspired her. This proved to be an interesting insight into Lillah's personal drive to succeed. Elliot was awarded the winning speech as well as the overall winner of the Lions Youth of the Year club final. In 2020, Elliot will continue on to the next round of the competition, which will be held in March at Sawtell.

*Photos (below): Lillah Hoffman and Elliot Joyce with Lions Club President Janette Welsh and Youth of the Year Co-ordinator Brian Hemsworth
(Right): Lillah and Elliot delivering their speeches*



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Message from the Principal

Dear Parents and Community,

It is with pleasure and pride that I can say we are successfully concluding another fine academic year at Macksville High School. On behalf of the staff, I would like to thank you for giving us the opportunity to educate your children this year. Earlier this week we celebrated the successes of so many students at our Presentation Awards Ceremony and as always I am inspired and amazed by the varied talents that our students possess. I again want to recognise the effort and dedication our students have shown over this year and hope they continue to give their personal best in all aspects of their school life.



I would also like to acknowledge the hard work, dedication and commitment of the staff at Macksville High School. They provide the opportunities for the successes of our students and support our students to be the best that they can be. The teachers, support staff, office staff and cleaners all contribute to making Macksville High a great place to learn.

To our parents and carers, we also thank you for your enduring support of your children, for encouraging their talents and for the partnerships you create with us in educating your children.

Congratulations to our HSC students who have achieved very solid results. Our outstanding achievers were Astrid Smith and Matiese Trisely who both made the HSC Top Achievers list. Astrid was 11th in the State in Personal Development, Health and Physical Education. Astrid achieved Band 6's in Ancient History, English Advanced, Food Technology and PDHPE. Matiese scored an HSC result of 98% for Community and Family Studies and came 5th in the State. Matiese achieved Band 6's in CAFS and PDHPE and Band 5 results in English Advanced and Mathematics Standard 2. Cassandra Ferris made the Distinguished Achievers list for her Band 6 result in Hospitality and Band 5's in Visual Art and English Advanced. Overall, we achieved 7 Band 6 results and 38 Band 5's.

Other High Achievers were Cilla Bashforth, Amy Martin, Jordan Moore, Ruby Moore, Maddison Roberton, Ebony Stride, Johanna Walsh and Sarah Watson.

Congratulations to Year 12 and their teachers! We wish all of the Class of 2019 the very best for their future endeavours.

Finally I would like to wish each and every one of you a very happy, safe and restful holiday and trust that 2020 will provide even more exciting opportunities and successes.

Erica Lyne

Principal



WHAT'S ON AT MHS

Important Dates and Information

Note: dates are subject to change. Visit www.macksville-h.schools.nsw.edu.au.

28 Jan	Staff Development Day
29 Jan	Year 7 Return
30 Jan	Years 8 - 12 Return
6 Feb	School Photos
7 Feb	School Photos - catch ups only
10 Feb	MHS Swimming Carnival - Macksville Pool
11 Feb	Year 11 Conference - Bonville
12 Feb - 14 Feb	Year 9 My Skills - MHS Stadium
17 Feb	Year 11 Parent Information Evening
18 Feb	Olympics Unleashed NSW Program - Year 9
21 Feb	Uni Roadshow - Year 12
24 Feb	LNC Swimming
25 Feb	Immunisations



We're a **stymie**. school.

stymie.com.au



<https://www.facebook.com/MacksvilleHS/>

FENCING FOR FIRES

Macksville High School students give back to the community

Students from Macksville High School have been out assisting farmers with the massive job of removing destroyed fences and building new ones over the past couple of weeks. They have been working together in some tough conditions, faced with steep slopes and temperatures in excess of 35 degrees to get the job done.

The students would like to thank everyone who have donated materials and food to keep them going each day, as well as the BlazeAid volunteers they are working alongside.

These students are a credit to the school and should be proud of the effort they have been putting in to support their community.

Mr Luke Smith



Above: Tying off

Right: Corinne McFadyen and Paige Mesiti



Below: Jamieson Jansen



Above: Thomas Stanford



DANCE RITES - SYDNEY

A Celebration of First Nations Dance



Sydney Opera House forecourt transformed into an outdoor stage on November 23 and 24 to showcase First Nations dance from over 300 performers from all over the country in a powerful collaboration of traditional customs, language and contemporary culture.

They performed two dances, The Warrell Creek and The Waterhole.

Unfortunately the group did not make the finals but competition was tough due to the high standard of other troupes.

All students are to be congratulated on their commitment and effort in the performances, they were outstanding representatives for our entire community.

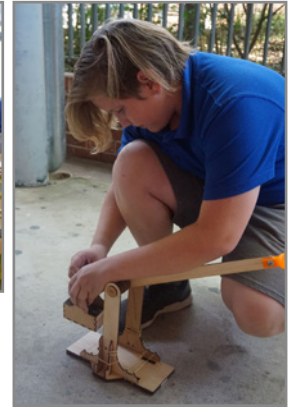


Our student dance group representing Gumbaynggirr were named Yiliwiayagundi Gundi Yuludarla Gumbaynggirr and comprised of students from Macksville High, Nambucca High, Toormina High, Bellingen High and Bowraville Central.



Photo above from left: Tiujana Rosser, Tahlia Pritchard, Zenobia Hicklin, Charlize Blair

YEAR 6 ORIENTATION DAY



On Tuesday 5 December over one hundred Year 6 students joined us for their final orientation day before starting Macksville High School in 2020.



Students made their way to school by walking, bus or bike and were greeted in the COLA by their Year Advisor Mr Aaron Parker. Many students took the opportunity to catch up with old friends and have some toast, fruit and juice from the Breakfast Club.

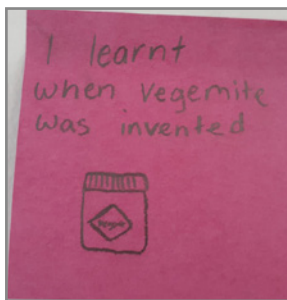
They then all headed to the stadium to be greeted by our Principal Mrs Erica Lyne, Deputy Principal Ms Linda Mc Gregor and our School Captains and Vice Captains. Students were placed into one of five classes for the day and all students completed lessons in Maths with Mr Mills, Indonesian with Bu Urquhart, HSIE with Mrs Bailey, Technology with Mr Jordan and Art with Ms Hardingham.

Our wonderful Year 9 student leaders supported all students in following their timetable and high school expectations. We enjoyed a great BBQ lunch cooked by our Year 11 students and Mrs Robertson.

All students were provided with an information booklet which will assist families in ensuring students have correct uniform and equipment to make a great start to Year 7 in 2020.

Year 7 students will be issued with their timetable on their first day in 2020.

Mrs Jennifer Conway



FROM THE SPORTS DESK

North Coast Blues Awards



In 2019, four students from Macksville High School received North Coast sporting awards for their excellent performances in their chosen sport.

Matiese Trisley received an Honours Blues Award for Touch Football for both North Coast and NSW. Matiese has been a member of the NSW Open Touch Team for the past two years and was a member of the winning team at the Australian Titles in 2018. In 2019 she was voted North Coast players' player at the State Championships as well as receiving player of the tournament. She is a respected member of all teams she is a part of and well deserves this great award.

Blake Howell received a Blues Recognition Award for Rugby Union. Blake has represented the North Coast in Rugby Union for the past three years and was voted captain of the team this year. Congratulations Blake.

From left: Nick Gough, Arrin Stirrat-Black, Matiese Trisley and Blake Howle

Arrin Stirrat-Black received a Blues recognition award. In 2019, Arrin represented the North Coast at State Championships in three sports - athletics, swimming and netball. She was also selected in the NSW 15 years State netball team to compete against the NSW Catholic and NSW Independent Schools in a Tri-series competition. Arrin has worked very hard and thoroughly deserves this award.

Nick Gough also received a blues recognition award. Nick represented North Coast at state athletics where he won Boys 400m for 15 year olds and fourth in the 800m. He also represented North Coast in Squash at state titles and was chosen in the NSW CHS 15 years state team to play Qld and New Zealand. Congratulations to Nick.

Ms Helen Black



West Tigers Roar for Fire Affected Students

After the recent devastating bush fires in the region, Mr White (MHS Rugby League coach) wanted to help out two of his footy players, namely Finnian and Alfie Walsh. Both boys are mad keen West Tigers fans. Mr White approached the West Tigers who happily obliged with a NRL West Tigers players jersey for both boys.

The boys were completely stunned when they received their jersey.

A big thank you to the West Tigers!

Cooking for the Crowd

It has been a busy last couple of weeks in our hospitality kitchen. I was pleased to work with a dynamic group of students from Year 10 and one from Year 9 when preparing the muffins for white ribbon day in week 6. Equally pleasing was their enthusiasm to not only prepare the food for the 6 into 7 Parent Information Evening but to also dress up in the black and whites and serve.

Personally, I have been a little fretful with Year 12 having finished their time at Macksville High School, I had enjoyed their enthusiasm, professionalism and willingness to work on many school based functions during 2018-19.

I am now looking forward to what I believe will be an equally capable Hospitality class in 2020-21.

Thank you to (Yr 10) Chloe Azzopardi, Claire Barber, Zara Brown, Kiraleigh Bloomfield, Rhiannon Cooke-Jones, Amber French, Brendyn Gaymer, Tayla Graham, Tamsyn Spear and Harmony Marley (Yr9).



YEAR 8 FOOD TECHNOLOGY

The Year 8 Trimesters this year have been busy. This year students were provided with the opportunity to explore the methods of cookery.

Students produced a range of dishes including; cheesy jacket potatoes (microwave), chicken vegetable pies (stewing), caramel dumplings in caramel sauce (boiling), fried rice (pan frying), roast chicken drumsticks (roast) and potato rosti (shallow fry). They finished off the course with a batch of muffins (baking).



Year 10 Food Technology

with Mrs Denise Alchin

It was hot in the kitchen on Friday 6 December, but we finally got to make our ginger bread houses!

Year 10 has had so much on over the past couple of weeks with alternate programs, master classes and sporting commitments it made things a little tricky. We had originally made the dough on 28 November, the dough was rolled, cut and cooked Monday 2 December and on Friday eight members of the class made their ginger bread houses.

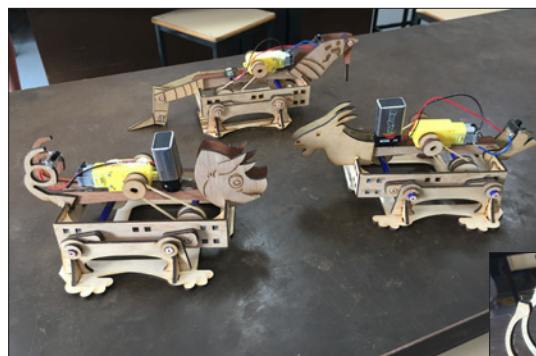
This has been an interesting class to work with and I hope they have enjoyed their experiences in Food Technology this year.



YEAR 9 ENGINEERING

with Mr Greg Hill

This class has been studying mechanisms this term. Students are developing their computer aided design (CAD) to create a head, tail and feet for their creations. The goal is to have a race where each robotic walker competes to see who is first to the end of the track. Current testing is proving to be quite funny as some walkers have difficulties walking in a straight line!



9 Macksville High School

INDUSTRIAL TECHNOLOGY

Stage 5 Timber and Metal projects are heading home.

Particularly pleasing, Lillah Hoffman's (Yr10) bed side table featuring a variety of native timbers, incorporating design features such as inlay. Lillah mitred the edges for aesthetic affect and finished with a light oil.

Charlotte Kearney (Yr9) has created this unique foot stool with built in storage. She featured two contrasting timbers to produce the laminate top and legs. The decorations were produced both by hand on the laser cutter to great effect.



Ayden Miles (Yr10) created a mobile workbench in Metalwork. It was constructed from 75mm galvanised RHS and fitted with break cast wheels. This was finished to a very high standard and would be proudly housed in any workshop.



CAPAFORMS NEWS LETTER

Visual Arts celebrates a successful and creative year

The images below capture some of the many exciting projects our students have been involved in as we draw an end to semester two. As we look back on a creative year it is rewarding to see the wonderful achievements of our students and reflect on their creative growth over the teaching year.

We are in the process of planning our programs for 2020 and we look forward to seeing our students' engagement in many new creative opportunities.

The CAPA Team, Miss Hardingham, Mrs Laverty and Mr Battery and I wish our students and their families all the very best for the Christmas Season and New Year. We look forward to an enjoyable 2020.

With our thanks and best wishes,

Miss Yvette Wallis

Picture on top: Layla Simpson



Isabella Patmore



Chloe Azzopardi



Jamm Malimad



Tayla Graham



Rhiannon Cooke-Jones

Music program fun!

During this semester on each Tuesday afternoon, it has been wonderful to hear the music and singing from the music rooms. The music program, co-ordinated by Mrs Karolyn Laverty, has proven to be a real winner amongst the team of our musicians and singers. The images below capture one of their rehearsals. It has been great to see their obvious enjoyment in the program. We hope the New Year provides opportunities for its continued success.

Miss Yvette Wallis



Mahtob Amijee and Alice Burns



Mrs Karolyn Laverty and Ella Bradford

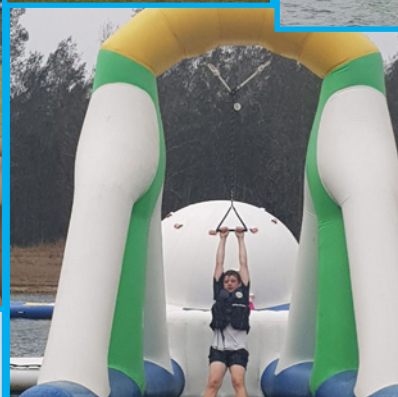


Jack Fanning, Jonah Werner and Tazmyn Punton

Gold Merit Excursion

On Thursday 12 December students who had reached the appropriate level on the Macksville Reward System travelled to Stoney Aqua Park for a day of fun. The Aqua Park is based on a man made lake and has a variety of inflatable obstacles to overcome. These included slides, blast bags, trampolines, swings, challenge tracks, balance beams, and wobble pads. We all enjoyed a BBQ lunch and games on the lawn before travelling back to school. This was a wonderful day with students having lots of fun.

Ms Kelly Hardingham



MHS Students Stand Strong

Miimi's Remember Your Dreaming Program collaborated with Interrelate, Headspace, Ngambaga Bindarry Girrwa (NBG) and Galambila, to deliver a Girl's Outdoor Engagement Program in Term 4, 2019. This program ran with students from Nambucca Heads High, Bowraville and Macksville High School.

The program's objective was to give the girls a variety of positive learning experiences, whilst providing opportunities to have meaningful discussions and learning about real life issues, including alcohol and other drugs, domestic violence, sexting and other internet related crimes. The program also aimed to help build self-confidence, mindfulness and develop and improve social skills.

On our final day of the program the girls participated in go-karting at Rally Raceway. Some were initially nervous but soon took on board the skills of a rally driver and gained much confidence and speed! Great job Girls!

Thank you to Rinoa Dice, Zoe Ennis, Jessica Evelyn, Indianna Mills, Lailee O'Brien, Tahlia Pritchard for doing our school proud!

Ms Kelly Hardingham



2020 Bus Passes

All students who are eligible for free travel require a bus pass. To avoid delays with your child's pass for the commencement of the 2020 school year we encourage you to apply early. Please refer to the Rural and Regional School Travel flyer below for information relating to applying for or changing a school bus pass.

Rural and regional school travel

Your child may be eligible for free travel between home and school

Apply online for free school travel in rural and regional NSW

You only need to complete one form, even for journeys using more than one bus company. It's now easier for schools and bus companies, as Transport for NSW handles the applications.

Who can apply

To be eligible for free school travel, students may need to live a minimum distance from their school:

Years K-2 (Infants)

There's no minimum distance.

Years 3-6 (Primary)

More than 1.6km straight line distance or at least 2.3km walking.

Years 7-12 (Secondary)

More than 2.0km straight line distance or at least 2.9km walking.

Who needs to apply

You only need to apply if the student has never been approved for free school travel before. Students in a shared parental responsibility situation (e.g. joint custody) should submit a separate application for both addresses.

How to update your details

You need to update student details online if the student is changing their name, address, school or campus, or their Transport operator. You can update them at apps.transport.nsw.gov.au/ssts/updatedetails/#/updateDetails

Frequently asked questions

Does the approved free travel include travel outside school hours?

Approved free school travel is only for travel to and from school. So for travel after hours, on weekends or during school holidays, students will need to buy a ticket.

What if there's no public transport in my area?

In areas where there is no public transport, you may be able to get a subsidy for driving the student to school. For details visit transportnsw.info/school-students

How do I apply if the student needs to travel from two addresses because the parents live separately?

Each parent (or the student if aged 16 or over) needs to apply separately for each address. The same minimum distances apply.

How to apply for free travel for the first time

You can apply for free school travel for next year from the start of Term 4 this year.

Step 1

Once you have enrolled your child at the new school, apply online by giving your home address and telling us which bus company the student needs to travel with between home and school. You can apply online at apps.transport.nsw.gov.au/ssts/home/#/howToApply

Step 2

The school then confirms to us that your details are correct.

Step 3

We will then work on your application. You will get an email confirming if the student is approved for free travel. If so, we will tell your local bus company who may send a school travel pass (if needed) to your school or, in some cases, the bus company will contact you directly about travel arrangements.

A parent or guardian must apply for students aged 15 years and under. Students who are 16 years and over must apply for themselves.

What will my card look like



Want to know more?

For more information, visit transportnsw.info/school-students

For help in your language, call the Translating and Interpreting Service (TIS) on 131 450.



P R E S E N T A T I O N D A Y



Year 12 Formal 2019



'Class Above' Exhibition



It is with great pride that teaching staff attended the exhibition of Year 12 Higher School Certificate Visual Art Major works currently showing at Sawtell Regional Gallery. The opening night, Saturday 7 December saw a great turn out of young artists, their families and proud teachers to see their wonderful results. It was lovely to see Cassandra Ferris and her parents attend on the night.

The exhibition comprises of Higher School Certificate works from local schools and is sponsored by the Department of Education and Coffs Harbour Council. It runs until 21 December and provides a great opportunity to see the success of our graduating Year 12 Visual Arts students.

Well done to our Year 12 class of 2019, we wish them every success.

Miss Yvette Wallis



Year 12 Breakfast

A tradition of Macksville High School is the Year 12 results breakfast held the day following the release of the HSC results. It is the final opportunity for our staff to congratulate Year 12 students for their hard work throughout their senior studies.

Thank you to Roses Cafe for hosting the event and for the staff who were able to attend the celebration.



Valley Performing Arts Centre
Presents

Steps In Time

22nd & 23rd
February 2020

At The Nambucca High School
Performance Space

Saturday 22nd February
12:30pm & 6:00pm
Sunday 23rd February
12:30pm & 6:00pm

Tickets available from the
Valley Performing Arts Centre
Studios from 2nd December
2019 Until Sold Out

ADULTS \$24
KIDS 16 YEARS AND UNDER \$15

RIVERVIEW ISLAND PRESENTS
LOCAL RFS FUNDRAISER
GUINNESS WORLD RECORD HOLDER
NATHAN 'WHIPPY' GRIGGS

29
FEBRUARY

LIVE
PERFORMANCES
SHOW KICKS OFF AT 4PM

TICKETS \$30
KIDS UNDER 16
FREE

TICKETS AVAILABLE AT GOOD YEAR
AUTOMOTIVE MACKSVILLE &
RIVERVIEW ISLAND FACEBOOK PAGE.
RFS & FIRE BRIGADE MEMBERS FREE.
FREE CAMPING (GATES OPEN AT 2PM).
B.Y.O ALCOHOL, BBQ'S, MEET THE
FIRES, BRING THE KIDS. ENJOY THE
SHOW AND SUPPORT OUR LOCAL
FIRES!

LOOSE CANNONS!

RIVERVIEW ISLAND
841 RODEO DRIVE
TEWINGA 2447

COMMUNITY FUNDRAISER Saturday 29 February 2020

Firefighters and Kids - will need ticket but at no cost.

Tickets can be purchased on-line \$30

<https://www.ticketebo.com.au/river-view-island/rfs-fundraiser.html>

Gold coin donation for the following:

- Snags and salad - sponsored and cooked by Woolworths Macksville
- Soft drinks/water (if you don't bring your own)
- Face painting
- Raffle tickets- prizes will be listed closer to the date
- Plus lots more.

Free Camping available. BYO event... bring the esky, rug and chair.

Parking available on site.

Courtesy bus - from Bowraville pub, Macksville RSL, Nambucca Heads RSL and Club Scotts. (Prior bookings needed for times that will be confirmed at later date).

Under 16 yrs must be accompanied by an adult.



*We wish all our families
peace and happiness during
the Holidays and the coming
New Year
Giingan Yuludarla*

2020 Macksville High School Canteen Menu – HEALTHY CANTEN

E – Everyday O – Occasional MO – Must Order V – Vegetarian GF – Gluten Free HM – Homemade

SNACKS

APPLE \$1.00 (E)
 ORANGE \$1.00 (E)
 PEAR \$1.00 (E)
 BANANA \$1.00 (E)
 MANDARINE \$1.00 seasonal (E)
 NECTARINE \$1.00 seasonal (E)
 FRUIT SALAD small \$1.50 large \$3.00 (E)
 WATERMELON small \$1.50 large \$3.00 (E)
 GREEK YOGURT & OATS \$2.50 (E) (HM)
 CHOBANI YOGURT \$3.00 (E)
Flavours: plain, raspberry, blueberry, passionfruit, mango, or vanilla
 POPCORN \$1.00 (E) **Monday & Thursday**
 GRAIN WAVES \$1.00 (O)
 BLISS BALLS \$1.00 (HM) (E) **Vegan**
 RICE CAKES (2) (E) cheese & tomato \$2.00
 ROASTED FAV-VA BEANS \$1.00 (E) **Vegan**

HOT FOOD

SPICY CHICKEN WING \$1.50 (E)
 CHICKEN BREAST POPS (4) \$3.00 (E)
 SWEET CHILLI CHICKEN TENDERS \$1.50 (O)
 PIZZA \$4.00 (HM) (E)
Filling: chicken, onion, cheese, bbq sauce

TRAVELLER FOUR N TWENTY PIE \$2.50 (O)
 LEAN SPAGHETTI BOLOGNESE & VEG \$5.00 (HM) (E)
 CHICKEN CURRY & RICE \$5.00 (HM) (E)
 LEAN BEEF OR VEGETABLE LASAGNE \$4.50 (HM) (E)
 LEAN BEEF BURGER \$6.50 (HM) (E) (MO)
Filling: beef, lettuce, tomato, carrot, beetroot, bbq sauce
 CHEESE BURGER \$5.00 (HM) (E) (MO)
Filling: beef, cheese, tomato sauce
 TACO BOAT (HM) (E) (MO) (V) small \$3.50 large \$6.50
Filling: tortilla boat, beans, salsa, lettuce, tomato, carrot, cheese
 FRITTATA SLICE \$3.50 (HM) (E) (V)
Filling: Egg, zucchini, carrot, onion, tomato
SALAD TUBS Cheese - \$1.00 extra
 SALAD (E) V small \$5.00 large \$8.00
Filling: lettuce, tomato, cucumber, carrot, beetroot, onion
 EGG SALAD (HM) (E) (MO) V small \$5.00 large \$8.00
Filling: egg, lettuce, tomato, cheese, cucumber, carrot, beetroot
 FALAFEL (HM) (E) (MO) V small \$5.00 large \$8.00
Filling: falafel, baby spinach, sundried tomato, carrot, cucumber, red onion, beetroot, feta, hummus

MOROCCAN LENTIL (HM) (E) (MO) V small \$5.00 large \$8.00
Filling: lentils, baby spinach, sundried tomato, carrot, cucumber, red onion, beetroot, feta, hummus
 GREEK (HM) (E) (MO) V small \$5.00 large \$8.00
Filling: baby spinach, olives, tomato, cucumber, carrot, feta

SANDWICHES – WHOLEMEAL or WHOLEGRAIN

SALAD (E) V \$5.00
Filling: lettuce, tomato, cucumber, carrot, beetroot, onion
 CHICKEN BREAST & SALAD (E) \$5.00
Filling: chicken, lettuce, tomato, cucumber, carrot, beetroot, onion
 TUNA (E) V \$5.00
Filling: tuna, lettuce, mayonnaise
 HAM SALAD (E) \$5.00
Filling: ham, lettuce, tomato, cucumber, carrot, beetroot, onion
 CHICKEN BREAST, AVOCADO, CHEESE, LETTUCE (E) \$5.00
 HAM, CHEESE, TOMATO (E) \$5.00
 HAM, CHEESE, TOMATO (E) \$5.00
 HAM, CHEESE, TOMATO & LETTUCE (E) \$5.00
 CHICKEN, LETTUCE, AIOLI (E) \$5.00

WRAPS

FISH WRAP (O) (MO) V **small \$5.00 large \$8.00**

Filling: lettuce, aioli, crumbed fish

MOROCCAN LENTIL (HM) (E) (MO) V **small \$5.00 large \$8.00**

Filling: lentils, spinach, sundried tomato, carrot, cucumber, onion, beetroot, feta

FALAFEL (HM) (E) (MO) V **small \$5.00 large \$8.00**

Filling: falafel, baby spinach, sundried tomato, carrot, cucumber, red onion, beetroot, feta, hummus

CHICKEN BREAST SALAD (HM) (E) **small \$5.00 large \$8.00**

Filling: chicken, lettuce, tomato, carrot, cucumber, onion, beetroot, feta

HAM SALAD (E) **small \$5.00 large \$8.00**

Filling: ham, lettuce, tomato, carrot, cucumber, onion, beetroot, cheese

SALAD (E) **small \$5.00 large \$8.00**

Filling: lettuce, tomato, carrot, cucumber, onion, beetroot

EGG SALAD (E) **small \$5.00 large \$8.00**

Filling: egg, lettuce, tomato, carrot, cucumber, onion, beetroot

DRINKS

WATER (E) **small \$1.00 large \$2.00**

UP & GO (E) \$2.50

Flavours: chocolate, vanilla or banana

NORCO MILK (E) – 300mls \$2.50

Flavours: FM chocolate or FM strawberry

NORCO MILK (E) – 500mls \$4.50

Flavours: NATURAL, REAL chocolate, REAL strawberry, or FM chocolate

NIPPY'S COFFEE (O) **GF** – 375mls \$3.00

NIPPY'S CHOCOLATE (E) **GF** - 250mls \$2.00

GLEE (E) – 250mls \$2.00

Flavours: raspberry, apple blackcurrant, tropical

ORCHY (E) – 100% juice – 250mls \$2.50

Flavours: orange, or pineapple

LIPTON LITE ICED TEA (O) – 500mls \$4.00

Flavour: Peach

BUNDY POP TOP 100% - 200mls (E) \$2.00

Flavours: apple or apple blackcurrent

FROM THE FREEZER

BULLA LIGHT ICE CREAM CUPS (O) - \$1.00

QUELCH (E) - \$0.70

Flavours: raspberry, strawberry, apple, apple blackcurrant

MILO CUPS (E) - \$3.50

Frozen Milo – Nestle

FROZEN PINEAPPLE (E) - \$0.50

FROZEN WATERMELON (E) - \$0.50

FROZEN STRAWBERRIES (E) - \$0.50

100% JUICE ICE CUPS (E) - \$1.00

Flavours: orange, apple & blackcurrant

ICEMONY (E) - \$1.00

Flavours:, blue raspberry, chocolate, or lemon ice

WEEKLY SPECIALS

MONDAY - SUSHI & WATER \$5.00

Filling: tuna, carrot, cucumber or avocado & aioli

THURSDAY - STIR FRY & RICE NOODLES BOX \$7.00 & WATER

Filling: rice noodle, onion , bean , carrot , capsican , garlic & soy sauce

SPECIALS – see the blackboard menu each day.