Principal’s Message

Another fortnight has passed and I have so much to share and celebrate!

On Saturday 25 October staff and two parents representing the community, Zoe Jenkins (Ruskin (KF) mum) and Matshepo (Rato (K/1V) mum), attended a planning day focused on synthesising data gathered from staff, students and the community into 3 strategic directions that reflect the whole school community’s vision for the future.

After many hours of creative thinking, brainstorming and reflection we came up with the following:

1. Future focused teaching, learning and communication
2. Success for every student in a supportive learning environment
3. Belonging to a connected community

Over the coming weeks these will be further developed into a strategic plan which will clearly articulate the purpose of each strategic direction, the strategies we will implement and the milestones we’ll celebrate, to make progress towards achieving them. These include the 5 Ps—People, Processes, Products, Practices and Performance measures.

It was wonderful working at the elbow with staff and the community to achieve what I believe will be a meaningful working document that will be referred to often.

Following are excerpts from feedback received from Zoe and Matshepo.

“Thanks for involving me in the staff development day. It was really interesting for me. Not having a background in education, there was a lot to learn! I was very impressed by the sense of agency so many teachers showed. The pride and drive was obvious and it struck me that this is only possible with strong leadership, which is simultaneously collaborative and encouraging as well as giving recognition—no simple task. I will be advocating the school’s efforts far and wide. Matshepo and I intend to report back to the P&C meeting briefly” - Zoe

“ It was great to be part of the planning day and I am amazed/energised by the good things the school does and the dedication of the teachers to achieving the best for the school. I was really worthwhile and I’m glad I could be of service.” - Matshepo

The ‘wordle’ alongside lists words that reflect how everyone felt about the day.
Come Together—A Celebration of Excellence Awards

Late last term our school had the opportunity to nominate staff and community members to be the recipient of these prestigious awards. The executive team and I nominated (Grace Valastro for a Classroom Teacher award), Lisa Haller & Sharon Muir (Executive Teacher award), Meghan Ryan (Early Career Teacher award) Jennie Hanna (School Administrator award) and the P&C (Community award). Unfortunately I missed the publication of these nominations and almost missed the deadline to submit them. Therefore I did not highlight this opportunity to the community but will do so in the future. Fortunately two of our nominations were successful and on Wednesday evening I had the pleasure of attending the presentation at Sydney Town Hall to see Sharon Muir and Meghan Ryan proudly receive their awards. Please read their nominations in the body of the newsletter. Lastly I’d like to thank Lisa Wright for her significant contribution in preparing the nominations.

Congratulations to
Stephanie Howes and
Cecilia Maddox who represented our school at the State NAIDOC Public Speaking Competition at Parliament House over the weekend and to Lisa Wright (Assistant Principal 3-6) for accompanying them.

This was an extraordinary opportunity for our students to show their talents in public speaking and to learn from other students just how high the bar can be raised.

Thank you to Kandal Sharratt mum to Lucas 2/3W for confessing to being the creator of the Monte Carlo creation at the Car Sool Sale: next—recipe on facebook please.

Harvey and David Taffa cooking a delicious bacon and egg breakfast for World Teachers’ Day celebrations.
Multicultural Day & Grandparents Day

The school will be celebrating Multicultural Day on the 27th November. It is a day to celebrate the nation, its people and our multicultural values. This is also the day that the school will be celebrating Grandparents day to recognise the contributions that grandparents make to their families and communities. The school will be holding a bilingual assembly followed by workshops run by grandparents and then community lunch. The community lunch will comprise of five tables of food each displaying food from Asia, Europe, Australian/Aboriginal, Middle East and Pacific Islands. The school community will contribute a plate of food to a table of choice and teachers will have the responsibility of decorating tables and displaying the food. We are also looking for a parent volunteer to put together a book of recipes and facts representing our school community. If you would like to share a responsibility or have a say in the organisation of these events or would like to set up a workshop to share your knowledge with students, please join us at school at 2:30pm on Monday the 10th of November to discuss details.

Photos for the Elwell photobook

Please send any photos, memories or best wishes in the form of a jpeg to grace.valastro@det.nsw.edu.au.

No later than the end of week 7 (21st November).

Thank you,

Grace Valastro K/1V teacher
Meet Our Resident Scientist

This week we had a special visit from our resident scientist Marc West. Marc comes to Canterbury Public School as part of the Scientists in Schools Partnership Program. He currently works for the Defence Science and Technology Organisation (DSTO) and brings with him a wealth of knowledge and experience in the areas of science and mathematics. The partnership will enable Canterbury Public School to plan and deliver exciting science and maths programs as well as utilise Marc’s knowledge and expertise in planning for science fairs, competitions and long-term projects. His first visit to the school was a success with students and staff thoroughly enjoying the exciting science show and question and answer session. We look forward to a long and mutually productive partnership with our resident scientist!

Mrs Madzar

Marc West

Canterbury Aboriginal Advisory Group Quarterly Meeting

Tuesday 18 November, 6pm-7.30pm
Canterbury Earlwood Caring Association (CECAL) Hall

The Canterbury Aboriginal Advisory Group was formed in March 2006 as a direct result of open consultations held with the Indigenous residents of the Canterbury area. The Group aims to promote Aboriginal heritage and culture and contemporary issues faced by Aboriginal people. Meetings are held at Canterbury Earlwood Caring Association (CECAL) at 15 Clarke Street, Earlwood or at Council on a quarterly basis and are sometimes followed by public forums involving special presentations and activities open to the public.

Community Gift for Mr & Mrs Elwell

Your contribution towards a substantial farewell and thank you gift for Janette and David is appreciated. So far we have collected $75.00. Please forward any donations to the front office labelled, Community Gift for the Elwell’s. Grace Valastro (class teacher K/1V) is also coordinating a community keepsake in the form of a book. If your family would like to contribute a page to the booklet please make contact with her - grace.valstro@det.nsw.edu.au. Please read instructions about this in the body of the newsletter.
Dwali Celebration at Parliament House

Last night Lisa Wright (Assistant Principal 3-6) and Kiranjit Randhawa (English as an Additional Language teacher and Coordinator of the India Calling Program) escorted Caitlyn Smith-Coghlan, Grace Anthes, Sascha Craney, Ava Haywood White and Darcy Pritchard to Parliament House to celebrate the Dwali Festival. We feel very privileged to be invited to such a special community event. See Captains report on the next page for photos of the night.

2015 Enrolments

We need to know as a matter of urgency if you are travelling overseas or taking an extended family holiday at the commencement of the 2015 school year. Please put in writing your plans and your intended date of return to school in 2015 so a position will be kept available for your child. This information should be given to Ms McGill as soon as possible.

Thank you.

NAIDOC Public speaking and debating competition

On Sunday 2nd November we went into the city with Mrs Wright to participate in an indigenous cultural learning experience. We played traditional indigenous games in the Domain alongside primary and high school students from all around New South Wales. They had all come to participate in the NAIDOC Public Speaking and Debating Competition 2014. We then went to the Sydney Botanic Gardens to learn about native plants with Clarence Slockee. We stayed at Y Hotel overnight and made lots of new friends. In the morning we travelled to the NSW Parliament House where we presented our speech on this year’s NAIDOC theme, ‘Serving country; Centenary and beyond’. Our adaption of this topic was ‘Indigenous Soldiers in World War 1’. After that, we saw a performance by indigenous hip hop artist ‘Brothablack’. Though we did not win the competition, it was altogether a good experience.

By Stephanie Howes and Cecilia Maddox
Kate Forsyth and Diwali Celebration

Captains Article

Kate Forsyth

Author Kate Forsyth visited our school on Monday the 3rd of November. She told us about her childhood dreams and how she dreamt of becoming an author. She endeavoured to become a best-selling author from when she was 16. She started writing novels when she was 7 years old. She finally got one of her books published, which she described as her biggest achievement. Her visit was inspiring and lots of fun, she showed us cool relics from her novels and introduced her new series “The Impossible Quest”.

Diwali Celebration

On Wednesday the 5th November, five Stage 3 students attended a festival of light held at Sydney Parliament house. They met with NSW Premier Mike Baird and performed the Diwali Poem and the Stick Dance. The costumes were fantastic and we had a lot of fun. We all learnt about Indian culture.

By Tom and Grace
Nomination for the ‘Come Together a Celebration of Excellence’ Awards – Sharon Muir

Sharon Muir is the District Guidance Officer based at Canterbury PS. Sharon is recognised by her peers, leadership teams across all her schools and the broader school community as being an outstanding, highly skilled and talented practitioner who exemplifies professionalism in all her educational pursuits. In 2014 this has been recognised through a secondment to the role of Educational Services Manager Student Welfare and Counselling one day per week. While Sharon is only officially appointed to the school counsellor service at Canterbury Public School one and a half days per week she often spends many more hours of her own time consulting, providing advice, mentoring, coaching and advising staff, parents and the executive team. Canterbury PS is a small yet highly complex school with three special education classes and several students with special needs in mainstream classes. Sharon shares her extensive professional knowledge and demonstrates leadership at every opportunity to ensure the provision of the highest quality learning opportunities and support for students across a range of complex learner profiles and family contexts. In addition to all her professional knowledge she frequently contributes wise insights, thoughtful perspectives, a calming word, an intuitive direction and most importantly a good old laugh and tension beaker!

Sharon demonstrates professional knowledge and wisdom is all areas of Student Welfare. Sharon’s professional knowledge extends to a broad range of students’ needs. She is equally passionate and knowledgeable about the spectrum of intellectual disabilities, learning difficulties, challenging behaviours and gifted and talented students. This coupled with an extensive knowledge of the strengths and resources of the local community and a willingness to share this knowledge extensively with others has greatly contributed to building the capacity of teachers and executive teams to make a difference to the educational outcomes and lives of students in the communities she leads. Equally she advocates importance of respecting students’ social, cultural/religious backgrounds and the influence that this has the development of a child’s self-concept and esteem at school.

Sharon holds high expectations for herself and models high expectations and effective practice to those around her. Student engagement, student voice and inclusive student participation are equal passions of Sharon’s as an educator. She builds strong relationships with students, her staff, colleagues and families by taking the time to get to know them, their skills and interests and using this knowledge to build on their achievements and success in and beyond the classroom. Sharon has developed a strong rapport with the school counsellors across her patch and is committed growing, nurturing and strengthening networks among staff in the pursuit of excellence of behalf of students.

Sharon is deeply analytical and critical thinker who is continually reflecting on her practice. She demonstrates a commitment to continuous professional learning, participating in a range of professional learning opportunities during school hours and in her own time, including network meetings and action research groups. Sharon developed detailed professional learning plans for herself and members of her team, which include both long and short term goals. Her active involvement in professional bodies across schools and learning networks coupled with her willingness to work collaboratively and respectfully with students, staff and community has earned her the respect and admiration of many whole school communities. She is just one of those special magic people in schools who makes a huge difference but rarely gets acknowledged for it.

Nomination for the ‘Come Together a Celebration of Excellence’ Awards – Meghan Ryan

Meghan Ryan is a strong believer in Sir Ken Robinson’s philosophy that we are teaching students today to be prepared for a future that as yet unknown. She is passionate about Creative Arts as a means for provoking thought and building skills to address the unknown. Meghan enthusiastically demonstrates how drama, visual art, dance and music techniques give students and teachers opportunities to explore the unfamiliar. She has worked closely with colleagues from across the school and parents to develop and deliver a Performing Arts Program that engages, challenges and excites the adults of tomorrow. Meghan has an extensive knowledge of the cross curricular priorities and uses Creative Arts build skills in imaginative and abstract thought, problem solving, self-confidence, self-regulation, self-reflection and personal discovery. She has an understanding of how these skills enhance literacy whilst being transferable to other areas, and necessary for the rest of one’s life. Drama, Choir and Dance give students a chance to step out of their comfort zone, try new things in the protective environment of the classroom, and can lead to success for all students regardless of academic strengths.

Despite being an early career teacher Meghan has confidently mentored peers in pilot studies of the School Drama project with Sydney University and Sydney Theatre Company. She wrote an action research study on the efficacy of this project which uses authentic relevant texts and drama techniques to enhance targeted literacy outcomes, which in turn, Sydney University used to help their application for funding of this project. The results conclusively showed that these techniques enhanced all students’ literacy outcomes, and some students, with identified learning difficulties, were given more opportunities to demonstrate success in front of peers through performance.

Meghan co-led our 2012 Drama Evening ‘Off The Page’ where each class ‘lifted’ a known picture book, and scripted it for their whole class to perform. The production included training for students in stage management, stage craft and voice projection.

Meghan leads our senior 40 voice choir, in 2 parts, at many events within the school as well as Ashfield Mall and Yeo Park fete. Under her leadership and training, the Senior Choir has also performed at the Sydney Town Hall for the Celebration Concert led by Mal Hewitt, Forever Young concert with the Sydney Region Arts Unit, and the Sydney Opera House for the Expanding Horizon’s concert for visiting Chinese Schools, as well the opening ceremony of the Junior Olympics in January 2013 at the Sydney Entertainment Centre. Meghan also led the school to participate in the Music: Count Us in program empowering every student to participate in this world record simul-sing.

Meghan holds the role of Music Liaison Teacher with the parent-run music committee. Meghan acts as a liaison between performers, tutors, parent, ensemble leaders and staff, as well as sourcing and organising events and musical opportunities for our students. Meghan has also consistently worked to develop her general classroom skills. In 2012, over 75% and in 2013, over 50% of her literacy group exceeded 18 months’ growth in reading. Three of her students gained three years’ growth.
Multicultural Day and Grandparents’ Day

Thursday 27th November

Please note: The date for this celebration has changed from what was published in the last newsletter. It is now Thursday 27th November. Please save the date.

Dear Grandparents,

On Thursday 27th November, Canterbury Public school will be celebrating the diversity of our community with a joint Multicultural Day and Grandparents’ Day celebration. On this day biological grandparents, "grandfriends" and other older adult mentors are welcome. It's a celebration of the value of all generations and the special relationships between them. We would like to invite you to run a workshop to share your expertise with the students, for example read to kindergarten, share a recipe or special memorabilia from school, press flowers, painting, and stories of cultural heritage. Our Stage 3 students would assist you in setting up and running the workshops.

If you are willing to run a workshop please fill and return the slip below. We look forward to celebrating with you on the day.

Kind regards,

Kiran Randhawa (event coordinator) and Canterbury School Staff

_____________________ (name) grandparent/grandfriend of _______________________
in class __________ would like to run a 15-20 min workshop on __________________.

I can be contacted on: Ph:______________________ Email:__________________________

Signature: ___________________ Date:________________________
On the 16th October, Canterbury Public exploded with artistic flair at the CPS Creativity Festival. This was a night to showcase the achievements of all our students in areas of visual art, dance, and music. The staff room was transformed into a colourful art gallery, where families could view artworks from all students, whilst having dinner or supper - economical use of time! The students then provided a performance exhibiting the talents of a large number of our students through music, dance and song. This concert was, as always, proficiently hosted by our school leaders and gave families a chance to view and celebrate the depth of talent at Canterbury.

This was a whole community event and it was a great opportunity to share our student successes in the area of the Creative Arts. It should be noted that all the staff were involved in the production of this event, and should be congratulated for their efforts with our children, and for their work towards the evening.

Bravo everyone!

Meghan Ryan and the Creative Arts Committee
News from Primary OSH Care

As you are aware Primary OSH Care is now the provider at Canterbury OSHC as of the beginning of Term 4. We are thrilled to have a brand new look at the centre, as well as a supportive and committed team. We have retained almost all of our existing staff, and our objective is to provide a safe and welcoming environment for the CPS community.

We have had a busy 1st month back at before and after school care investigating water sources for National Water Week—keep an eye out for the Facebook link soon and don’t forget to vote for the Canterbury submission! We have also been preparing for a thoroughly spooky and creative Halloween.

The weekly program for this term in OSHC is as follows:

<table>
<thead>
<tr>
<th>Day</th>
<th>Club</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Science Club</td>
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<tr>
<td>Tuesday</td>
<td>Drama Club</td>
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<td>Wednesday</td>
<td>Homework Club</td>
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<td>Thursday</td>
<td>Cooking Club</td>
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<td>Friday</td>
<td>Sports Club</td>
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We will be hosting a welcome BBQ on Thursday, 13th November at 4.30pm. Both new and existing families are most welcome and we would love to see you there.

Jessica Dutton – Primary OSH Care Coordinator Canterbury PS
Families can contact staff at the Centre by calling: 0417 267 719 or emailing: cboshc@primaryoshcare.com.au
Please feel free to have a look at the Primary OSHC website: www.primaryoshcare.com.au
Dates for your Diary

**Fundraising & Event Meeting:** Thursday 6th November 7.30pm in the Staffroom

**Canteen Meeting:** Friday 7th November 1.30pm in the Library

**Canterbury Crunch Gelato Stall:** Friday 7th November & Friday 12th December 3.20pm outside the staffroom

**Canterbury Crunch Lebanese Theme Day:** Wednesday 12th November

**Blokes & Barrows:** Friday 14th November 2.30pm-4.30pm

**Green Thumbs:** Friday 14th November 3.20pm - 4.15pm & Friday 5th December

**P&C Meeting:** Wednesday 19th November 7.30pm in the Staffroom

**Garden Working Bee:** Saturday 22nd November 2.00pm- 5.00pm, Saturday 13th December followed by end of year BBQ & Welcome to Kindy families

**Green Thumbs Market Stall:** Friday 5th December 3.15pm - 4.00pm under the Jacaranda Tree

**Canteen Meeting:** Wednesday 10th December 2.00pm in the Library

**Election Day Market:** Saturday 28th March 2015

**Fete:** Sunday 3rd May 2015

Concert & Training Band and Strings Program

Do you want to play in the School Concert or Training Band or the String Ensemble?

Our year 6 students will be leaving next year and we need to balance our Band & String Ensembles.

We have enough percussion & guitar players for both bands however are in need of flute, saxophone, trumpet, trombone & clarinet players in the Band.

We need violin & cello players in the String Ensemble.

The School has a 1/2 size cello, two 1/2 size violins, 1/4 size violin & a euphonium for hire.

Please see Mrs Ryan or talk to the Music Committee for more information.
LEBANESE FEAST DAY
Wednesday 12th November
orders in by Monday 10th

FATTOUSH
Salad of cherry tomatoes, cucumber, shallots, capsicum, radish, lettuce with lemon & Lebanese bread wedges with a luscious pomegranate dressing and a sprinkling of sumac.

KAFTA WRAP
Ground beef with lettuce, tabouli, hummus, tourn (Garlic Dip) or Sauce on fresh Lebanese bread.

FALAFEL WRAP
Deep fried patty made from ground chickpeas topped with pickled tomato, lettuce & pickles with tahini sauce on fresh Lebanese bread.

KAFTA MAH BATATA
Ground beef with lettuce, tabouli, hummus, tourn (Garlic Dip) or Sauce on fresh Lebanese bread.

MEAL DEALS $7.00
FOOD ONLY $5.50

Tasty Lebanese snacks available over the counter so bring your money! Cheese & Spinach Triangles, Lebanese Kibbeh, Dolmades (vine leaves) and Falafel.
Looking for volunteers for shifts in the canteen in Term 4.

If you can spare some time, that would be great.

Please email Linda Clark at landmclark1998@yahoo.com.au with your availabilities.
Green Thumbs and Blokes & Barrows
Friday 14 November: Blokes & Barrows 2.30 pm – 4.30 pm
Green Thumbs, senior & junior 3.20 pm – 4.15 pm

Heavy lifting is needed in the veggie garden to help bring the plans of the students and teachers together now and for 2015. This is a call out for dads, granddads and carers who can make it on a Friday afternoon – just this once. It is to install a shed, pave an outdoor learning space and dazzle up the entrance. The students will be working with you and alongside you learning from you. Together you will make the CPS garden space functional and inspirational. Come on your own, with another dad or a mate, can you help?

More updates via Facebook and the Garden noticeboard.

Upcoming events: Green Thumbs and end of year market, Friday 5 Dec.
This Thursday, 6th November, 7.30am in the Staff Room will be a P&C Events/Fundraising Committee Meeting. This is a very loose committee of people who have been or are wanting to be involved in school community events put on by the P&C. You don’t have to attend every meeting, nor do you have to work at every event. We need people with ideas and vision as much as we need people who are happy just to cook the BBQ. And we need to know your special skills or the skills you would like to discover.

This week’s meeting is to have a review of things we have done this year and to do some preliminary planning for next year, so it’s the time for you to add to the conversation. If you can’t make the meeting but have an idea please email me at annabel.kain@bigpond.com.

The big events held by the P&C this year were the Movie Night in Term 1, the Trivia Night in Term 2 and the Car Boot Sale just recently. Our aim is always to put on events that bring people in our community together. The spin-off has been some great fundraising this year, around $15,000 total from these events plus some smaller fundraisers. This has been possible with the support of many businesses as well as our families. Those businesses are acknowledged on our P&C website. This fundraising also includes the Market Stalls put on by the Garden Committee, with money going towards ongoing improvements in the school gardens.

The plan for some time has been to put the greater portion of our savings towards our longer term goal of upgrading the outdoor environment, especially the play areas and equipment. The first stage of this was completed earlier this year when the climbing frame was installed. Such equipment is quite expensive and further developments will need to wait for extra funds in 2015. Your views on P&C expenditure are welcome at P&C meetings or in email correspondence with the P&C Executive.

Next year we will have to get to work early – Saturday 28th March is the NSW State Election, and the school is a polling booth and we hold a BBQ and Cake Stall. And then, Sunday 3rd May is our biannual CPS School Fete.

Fete planning needs to get underway soon, at the very least we need some names against the main jobs and some thinking about changes we might make to our template from 2013. So far I have volunteers for the Second Hand Stall, Garden Stall and Cake Stall, and Sponsorship. Now is the time to put your dibs in on a stall! Ideas welcome, it can be something completely new. Just let us know you’re interested. If you can make the meeting this Thursday, please RSVP at annabel.kain@bigpond.com, 0434878965. If you can’t attend but have some ideas or interest please let me know anyhow.
**REWARDS FOR REGULAR SAVERS**

School Banking is rewarding regular savings by sharing the Dollarmites latest find, precious prizes from the ancient Clam of Fortune a mythical shell packed with precious prizes. **What’s even better is that they want to share their haul with you.**

All you need to do for a chance to win is make a deposit of any amount through School Banking between 20th October - 30th November 2014, each deposit automatically receives one entry into the competition.

The precious prizes you could win:
- 40 x GoPro Hero3 White Edition Cameras
- 150 x Slip 'N Slide Double Wave Riders

The more regularly you save, the more chances you have to win a prize.

SMART SCHOOL SAVERS COMPETITION

We recently measured the Savings IQ of the nation and found that Australians who learn about money management at school grow up to become smarter savers in their adult life. So we know that our School Banking program pays off.

To celebrate our next generation of skillful savers, we have launched a Search for Australia’s Smart School Savers.

Parents can visit [www.commbank.com.au/smartschoolsavers](http://www.commbank.com.au/smartschoolsavers) and have their child tell us in 50 words or less what they are saving for and how they plan to achieve it. The competition is open to children aged between 5 to 12 years of age.

There are some great prizes up for grabs – including a national prize of $1,000 and iPads for six regional winners.

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**Ways to help without even trying...**

**2nd Hand Uniforms**

A selection of pre-loved uniforms are available from the drawers outside Mrs McGill's office. Shirts, Shorts, Pants, Skorts are priced at $2 each and Jumpers and Jackets are priced at $5 each.

Money for pre-loved uniforms should be left in the P&C money box located in Mrs McGill's office. Any donations of unwanted, washed uniforms can be left in the marked drawers.

All proceeds from 2nd hand uniforms will be used by the P&C to help fund resources for our students.

**DON’T LOSE HATS & JUMPERS IN 2014!**

Order Stuck on You Labels

Have you lost a hat, jumper, drink bottle or lunchbox at school? Was it labelled? The P&C receive fantastic commission for each product purchased from "Stuck on You" Labels.

Order your labels online - please remember to enter Canterbury Public School in the fundraiser field when placing your order [http://www.stuckonyou.com.au](http://www.stuckonyou.com.au)
Lebanese Fattoush: Salad of Cherry Tomatoes, Cucumber, Shallots, Capsicum, Radish, Lettuce with Lemon & Lebanese Bread Wedges, Pomegranate Sauce & Sumac

Lebanese Kafta Wrap: Ground Beef with Lettuce, Tabouli, Hummus or Toum (Garlic Dip) or Sauce on Lebanese Bread

Lebanese Falafel Wrap: Deep fried patty made from Ground Chickpeas topped with Pickled Tomato, Lettuce & Pickles with Tahini sauce on Lebanese Bread

Lebanese Kafta mah Batata (Kafta, Potatoes & Rice): Ground Beef in a Tomato based sauce, cooked with Potatoes served on a bed of Rice

Lebanese snacks- Lebanese Kibbeh, Dolmades (vine leaves), Falafel, Cheese & Spinach Triangles will be available to buy over the counter so bring your money!

For catering purposes you will need to pre-order. **Please complete and return the order form by Monday 10th November** so you don’t miss out!

*LATE ORDERS CANNOT BE GUARANTEED and may need to be substituted with a vegemite sandwich No other lunch menu options are available*

Wednesday 12th November Lebanese Day Feast Menu

Child’s Name: ____________________________ Class: _______

Meal Deal (Tick One) $7.00

<table>
<thead>
<tr>
<th>Food</th>
<th><strong>Please circle selection</strong></th>
<th>Drink (Please circle)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lebanese Fattoush</td>
<td></td>
<td>Juice – Apple/Orange</td>
</tr>
<tr>
<td>Lebanese Kafta Wrap</td>
<td>Lettuce, Tabouli, Hummus, Toum, BBQ/Tomato Sauce</td>
<td>Sparkling Water</td>
</tr>
<tr>
<td>Lebanese Falafel Wrap</td>
<td>Lettuce, Pickled Tomato, Pickles, Tahini, BBQ/Tomato Sauce</td>
<td>Flavoured Milk</td>
</tr>
<tr>
<td>Lebanese Kafta mah Batata</td>
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</tbody>
</table>

Food Only (Tick One) Main Meals all $5.50

<table>
<thead>
<tr>
<th>Food</th>
<th><strong>Please circle selection</strong></th>
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<tbody>
<tr>
<td>Lebanese Fattoush</td>
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<td>Lettuce, Tabouli, Hummus, Toum, BBQ/Tomato Sauce</td>
</tr>
<tr>
<td>Lebanese Falafel Wrap</td>
<td>Lettuce, Pickled Tomato, Pickles, Tahini, BBQ/Tomato Sauce</td>
</tr>
<tr>
<td>Lebanese Kafta mah Batata</td>
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</tbody>
</table>

I have enclosed: $
Do you often dream of ‘Dinner-Fairies’ who have prepared a delicious home-made and reasonably-priced meal for you and your family?

Canterbury Crunch has made your dream come true!

Parents and carers often ask if there are any left-overs from our special days so we are making extra for those who would like to order a “Family-Sized” versions of our Lebanese Day Feast.

Don’t miss out on these guaranteed delicious meals – please complete and return the order form by Monday 10th November.

Food can be picked up any time after recess from the canteen. (Please indicate below if you would like to arrange for your child to collect your order)

**Menu**

**Lebanese Fattoush**: Salad of Cherry Tomatoes, Cucumber, Shallots, Capsicum, Radish, Lettuce with Lemon & Lebanese Bread Wedges, Pomegranate Sauce & Sumac

**Lebanese Kafta mah Batata (Kafta, Potatoes & Rice)**: Ground Beef in a Tomato based sauce, cooked with Potatoes served on a bed of Rice

**Lebanese Falafel**: Deep fried patty made from Ground Chickpeas with Pickled Tomato, Lettuce & Pickles & Tahini Sauce and a side of Lebanese Bread

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**Wednesday 12th November Lebanese Day Feast**

**Take Home Menu Order Form**

Family Name: ___________________________ Child & Class: _______

**Menu** Meals are served in a chinese food container (large serving suitable for an adult sized meal)

<table>
<thead>
<tr>
<th>Menu</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lebanese Fattoush</td>
<td>$8.50</td>
</tr>
<tr>
<td>Lebanese Kafta mah Batata</td>
<td>$8.50</td>
</tr>
<tr>
<td>Lebanese Falafel</td>
<td>$4.00 for 6 pieces</td>
</tr>
<tr>
<td>Lebanese Falafel</td>
<td>$8.00 for 12 pieces</td>
</tr>
</tbody>
</table>

I have enclosed: $

**Collection** (please tick)

- € I will pick up from the Canteen before 3:20 pm
- € I’d like to arrange for my child to pick up the order (contact Nicole at the canteen for details on 0401428905)
The Wellness Walk Superheroes campaign aims to raise $55,000 for RichmondPRA's innovative young people's services, which improves the wellbeing and mental health of young people.

Take the following superhero actions to help us reach our target:

- **REGISTER**
  - Register at: [www.wellnesswalk.org.au](http://www.wellnesswalk.org.au) select RichmondPRA in the Charity drop down box or you can join the Wellness Walk Superheroes team!

- **INVITE**
  - Spread the word; invite family, friends and work colleagues

- **FUNDRAISE**
  - Set yourself a Wellness Walk superhero challenge and ask people to sponsor you or organise a team

- **DRESS UP**
  - Release your inner superhero and strut your superhero getup on the day. Prizes for best dressed.

- **DONATE**
  - Unable to do the Wellness Walk? You can support young people through a donation to RichmondPRA at: [www.richmondpra.org.au/donate-now](http://www.richmondpra.org.au/donate-now)

- **LIKE US**
  - Like RichmondPRA on Facebook for Wellness Walk Superhero updates!

- **# TAG**
  - #WELLNESSWALKSUPERHEROES with photos of your Wellness Walk journey and superhero inspirations

Your Wellness Walk Superhero efforts will be rewarded with:

- Wellness Walk Superheroes T-Shirt
  - Superhero snacks to sustain you at the Wellness Walk
  - Superhero incentives for top fundraisers (stay tuned on Facebook for details)

Contact Alison Peruzzi, RichmondPRA Fundraising Manager on alison.peruzzi@richmondpra.org.au or 9393 9049 for further information
HOW YOUR MONEY HELPS

$55
- can provide 1 week of physical health activities to improve a young person's health and wellbeing

$95
- can provide 2 hours of social support to help a young person establish social networks and reconnect with the community - overcoming isolation

$140
- can provide 3 hours of mental health support to help a young person identify recovery goals, manage symptoms and connect with the services they require

$360
- can provide a day of outreach support to develop goals and map pathways towards them - like learning to drive or furthering education

$720
- can provide two days of employment support to improve a young person’s chances of getting and keeping a job

$1620
- can provide 3 months accommodation and housing assistance to help a young person find an affordable and safe place to call home

$3240
- can provide half a year of transition support to help a young person move from supported accommodation to independent living

To register for the Wellness Walk, donate or find out more visit:
REGISTER: WWW.WELLNESSWALK.ORG.AU
DONATE: WWW.RICHMONDPRA.ORG.AU/DONATE-NOW
INFO: alison.perizi@richmondpra.org.au
Marrickville High School INFORMATION NIGHT

WHEN
WEDNESDAY 12th NOV 2014
5.30PM—7.00PM

WHERE
Marrickville High School
Northcote Street, Marrickville

http://www.marrickvil-h.schools.nsw.edu.au
Telephone: 02 9569 2444

MHS - BEST KEPT SECRET in the inner west
Meet our teachers
Talk to our students
Find out more about our learning, extra curricular and enrichment programs.

Principal Arety Dassaklis will begin presentation at 6.00pm.

Baby sitting provided for siblings.
Bookings essential rsvp by Mon 10th November.
lauren.hetreles@det.nsw.edu.au

MARRICKVILLE HIGH SCHOOL
Exceptional Learning Opportunities For All
Supporting

YOUR YOUNG PERSONS’ MENTAL HEALTH

DATE       THURSDAY 20 NOVEMBER
TIME       6.30 - 8.30pm
VENUE      TORWOOD LOUNGE
ADDRESS    247 ROCKY POINT RD, SANS SOUCI
GUEST      PETER SLATTERY
RSVP       (02) 9580 8700

About our guest - Therapist Peter Slattery

Peter has worked with young people and families for 30 years. He has worked in Australia, Asia, Europe and North America. He is passionate about developing new, exciting and ever more useful ways of helping people explore what troubles or inspires them. Peter has published a number of resources including “Youth Works and Thoughtpics”.

Refreshments will be provided on the night. Please RSVP for catering purposes.