**Mental Health Awareness Month**

"Mental health issues will affect 1 in 5 Australians every year. Anxiety disorders are often the most common mental health challenge, followed by depression. Mental Health Month is co-ordinated every October by the Mental Health Association of NSW. This year the theme is ‘Value your Mind’ People across Australia come together during the month to hold events and promote good mental health and wellbeing in their local communities." [http://www.mentalhealth.asn.au/](http://www.mentalhealth.asn.au/)

At Canterbury Public School we are very proud of our KidsMatter Initiative which is aimed to develop a culture of collective responsibility and partnership with our families and the broader community about the importance of students’ emotional and social well-being and mental health.

We value *Success for every student in a supportive learning environment.* This is the second strategic direction in our school plan. Our aim is to ensure school is a secure and supportive environment that allows students to flourish and succeed. We want social and emotional learning and students’ well-being to be at the centre of school programming and practice. We want our students to be confident, resilient, organised and persistent and to have the skills to get along with others.

As a community we try to achieve this through;
- fostering mental and emotional wellbeing in the school community through whole school planning and approaches.
- ensuring that social and emotional competencies are explicitly planned for, assessed and reported on
- clearly communicating school rules, expectations and our positive behaviour system for learning
- planning and delivering learning programs, tasks and assessments that are differentiated and cater to individual students’ needs

As a school we recognise that our students need every opportunity to succeed and the strength of our partnerships with the community is vital to the ongoing provision of these opportunities and the achievement of school and community goals.

In less than two years the KidsMatter Action team/whole school community has achieved;

- Launch during Education Week 2014 with an Open Day in 14&15, with parent workshops and open classrooms where all lessons focused on social and emotional learning
- KidsMatter Competency (Social and Emotional Learning) training in Modules 1, 2 and 3 for all staff (teachers, executive, administration and support staff)
- Community awareness raising of KidsMatter and fundraising at a community events - 2014 (Car Boot Sale - raised approx. $300) and School Fete 2015 (raised approx. $300) and presentation at a P&C meeting as a focus topic
- Creative Arts night raised funds for student assistance/student welfare programs
- Personal Development program, ‘You Can Do It’ used to explicitly teach social & emotional learning in all classrooms 2015
- Professional learning on best practice in differentiated and personalising learning for students.
- Review of Learning Support team procedures were undertaken and processes streamlined and strengthened
- Positive Behaviour for Learning team being established and undertook PBL training
- Tracking and analysis of all student behaviour data
- Whole school review and update of the school’s Anti-Bullying Plan
- Trial of Classroom Walkthroughs in 2015 supported by staff-developed, rubrics of best practice. All staff have engaged in three walkthroughs, demonstrating best practice in social and emotional teaching and learning to their colleagues in and across a community of schools.
- Purchase of community resources and borrowing procedures (in progress)

School evaluation and data is showing that the KidsMatter initiatives are having a significant impact on classroom pedagogy, practice and student outcomes. Data from Classroom Walkthroughs has identified;
- that there is evidence of environmental print focused on social and emotional learning in all classrooms
- most classrooms had tools to assist with self-regulation (emotional thermometer, calm corner) and there was evidence that students were referred to them
- students were engaged in their learning in all classes and were able to discuss/describe their learning in meaningful ways
- there was strong evidence of a range of self/peer assessment strategies as well as strong evidence of positive relationships between peers and student to teacher.
- overall, more students were making choices about their learning.
- Tasks were student centred and in some cases, students were given choice. Tasks clearly identified/outlined what students are expected to demonstrate.
- All classes used explicit lesson and success criteria and the tasks allowed students to express emotional responses.
The NSW Tell Them From Me "Focus on Learning" Teacher Survey Report, also identified that the KidsMatter initiative was making a difference as the report identified that the driver of student learning, an inclusive school environment, was a core strength. The following elements were identified as teacher/school strengths (out of a total of 10). Teachers:
  - talk about strategies that increase student engagement. 8.3
  - use two or more teaching strategies in most class periods. 8.3
  - monitor the progress of individual students. 8.3
  - use assessments to help them understand where students are having difficulty. 8.4
  - discuss learning problems of particular students with other teachers. 8.4
  - make an effort to include students with special learning needs in class activities. 8.4
  - set high expectations for student learning. 8.6
  - present a new concept and try to link it to previously mastered skills and knowledge. 8.6
  - establish clear expectations for classroom behaviour. 9.1

In 2014 Canterbury Public School first participated in the Nationally Consistent Collection of Data for Students with Disabilities. Our results showed 105 students (41% of CPS students) with disabilities; of these, 93 students had adjustments made in accordance with disability legislation and school standards (88% of total with disabilities). This is further evidence of effective Learning Support Team procedures and best practice in differentiated and personalising learning for students.

The number of partnerships with community agencies has grown exponentially from one partnership prior to 2013 to now strong and authentic partnerships with the following; Learning Links, MyTime, Triple P, Koorana, Ability Links, The University of Technology, Police Youth Liaison and Breakthru.

While we’ve begun the journey there’s still a lot we can achieve. I’d like to take this opportunity to thank the members of the KidsMatter Action team - Mel Bruniges (mum to Darcy Stage 3), Mel Benn (mum to Emily K/1Q), Nola Williams (mum to Rhys Stage 3), Elise Howe (mum to Emma 1/2R), Marie McCarthy (mum to Roisin 3/4M), Sue Fowles (mum to TJ 2/3J), Sidney Sure (family to TJ), Bryony Herborn (Facilitator), Griffen Jones, Sadie Davies, Gina Perez, Dora Koursaris and Berlinda Cook (teacher representatives)

Staffing news

- Grace Valastro will be taking leave for the remainder of this year and we are very fortunate to have Ljiljana Kocic teaching KV during this time.
- Natalie Anagnostopoulos is the School Learning Support Officer on K/3A for the remainder of the term. Natalie is in the final stages of completing her teaching degree and we feel very fortunate to have her as part of the Special Ed. Team.
- Carmel Aiello (currently a temporary teacher at Ashbury PS) has been appointed as a permanent classroom teacher to CPS in 2016. Lisa Haller, convened the panel with Sascha Jenkins as the community representative and Sean Kelleher as the teacher representative. Carmel comes highly recommended by the staff at Ashbury PS who are all very sad to see her leave their community.
- Katie So has been appointed as the K-6, English as an Additional Language Teacher (EALD) for 2016, replacing Kiranjit Randhawa. Lisa Wright, convened the panel with David Lewis as the community representative and Bryony Herborn as the teacher representative. Katie is in the final stages of completing her formal training as an EALD teacher. Katie is currently working at Quakers Hill PS in a temporary capacity and will join us every Wednesday for the rest of the year, back-filling a small vacancy we have. Please make her feel very welcome.
- As you may have read in the last P&C meeting minutes, the school was approached by the Department of Education to create a new Autism class in our Special Education Unit. With the support of the staff, school executive team and P&C, this class will begin in 2016. The class has a capacity of 7 students with a fulltime teacher and teacher’s aide. Robert Lay (much respected temporary teacher who is currently team teaching with Kristy Do Canto on K/6D) has been appointed to the position. Robert was ranked 1st on the eligibility list for the recently advertised Special Education teaching position in which James Lockward was the successful applicant. James and Robert will take up their positions in 2016.
- Bryony Herborn will convene the panel to appoint a School learning Support Officer for the new Autism class. The advertisement will be published in JobsNSW within the month.
- Jennie Hanna has officially lodged her retirement paperwork and the process for filling this position substantively for 2016 will begin shortly. Community members interested in being on the committee to plan and organize Jennie’s farewell celebration please email dora.koursaris@det.nswedu.au
Highlights from the past fortnight...

Deadly Kids Doing Well Awards
Congratulations to Dean Touma who was the deserving recipient of the Deadly Kids Award. This was awarded to him in recognition of his academic achievement, outstanding leadership skills, perseverance with learning and school citizenship. It was privilege to join him and his father Travis at the ceremony help at the University of Technology last Tuesday.

Interschool Public Speaking Competition
Congratulations to the following students for being great ambassadors for our school—Henry Luo Kindergarten, Daniel Iliffe Stage 1, Hugo Caren-Jerusalem Stage 2 and Greta Lewis Stage 3.

Teddy Bears’ Picnic
Thank you to you and the team for a wonderful morning at the Teddy Bear’s picnic last Saturday. Evie had a great time and felt very welcome. We really appreciate the extra effort and time it took for everyone to put this together on a Saturday—what a great school community (as I keep telling everyone!). Thanks so much, Philippa and Justin

(Some photos are in the body of the newsletter)

The Create South Performance was also a highlight. Simone Waugh and Sia Cropper were selected to be part of the performance through an audition process and from all accounts were outstanding ambassadors for our school every step of the way—please read Simone’s account of the whole process in the body of the newsletter.

Thank you to Kerrie Maguire-Lipiec (mum to Addison K/1Q) and Amanda Barker (mum to Alexandra 3/4K) for their leadership and organisation of the Woolworth’s Earn and Learn Promotion as well as all the families who collected stickers, the school benefited from just under a $1000 worth of educational material—including literacy and numeracy resources, sporting equipment and an iPad storage unit.

Lastly please keep our dearly loved school counsellor, Sharon Muir in your thoughts. She has recently been diagnosed with cancer. She began treatment this week and while she is hopeful that the cancer will respond positively to treatment, she has a long road ahead.

I look forward to seeing lots of parents at the P&C meeting tonight—7.30pm in the staffroom (Focus: NAPLAN results) and lots of families at the Halloween Disco next Friday evening.

Enjoy the rest of the week.
Berlinda Cook - Principal
<table>
<thead>
<tr>
<th>STUDENT</th>
<th>NOMINATOR</th>
<th>NOMINATED FOR........................</th>
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<tbody>
<tr>
<td>K/6D</td>
<td>Angela Nguyen</td>
<td>Improved confidence and communication skills.</td>
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<td></td>
<td>Kristy Do Can-</td>
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<td>to</td>
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<tr>
<td>K/6L</td>
<td>Tony Tran</td>
<td>Improved social interaction and working cooperatively during group activities.</td>
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<td>Robert Lay</td>
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<td>K/5A</td>
<td>Daniel Rata</td>
<td>Improved behaviour and social interaction.</td>
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<td>Mrs Perez and</td>
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<td>MrsNasser</td>
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<tr>
<td>3/4M</td>
<td>Ruby Tiedemann</td>
<td>Excellent organisation skills and commitment with her school work.</td>
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<td>Alenka Madzar</td>
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<tr>
<td>2/3 J</td>
<td>Ollie Eason</td>
<td>For always being a supportive friend and for always following teacher instructions.</td>
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<td></td>
<td>Griffen Jones</td>
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<td>1/2S</td>
<td>Maggie Chen</td>
<td>For showing great resilience.</td>
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<td>Kim Santarossa</td>
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<tr>
<td>1/2S</td>
<td>Suzi Ganzorig</td>
<td>Excellent English progression and being a supportive and mature student.</td>
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<td>Kim Santarossa</td>
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<tr>
<td>KV</td>
<td>Daniela Barreto</td>
<td>Offering to help students with their work.</td>
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<td></td>
<td>Grace Valastro</td>
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<td>KV</td>
<td>Chace Pastorelli</td>
<td>Great efforts to improve his behaviour.</td>
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<td></td>
<td>Grace Valastro</td>
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<tr>
<td>K/3D</td>
<td>Jack Iverson</td>
<td>Great progress academically and improved behaviour.</td>
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<td>Sadie Davies</td>
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<td>5/6W</td>
<td>Quang Tran</td>
<td>For his positive attitude towards learning and his persistence in academic and social situations.</td>
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<td>Dora Koursaris</td>
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<td>For his positive attitude towards learning and his persistence in academic and social situations.</td>
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<td>&amp; Stage 3 staff</td>
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<td>5/6W</td>
<td>Yana Strakhova</td>
<td>For his positive attitude towards learning and his persistence in academic and social situations.</td>
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<td>Dora Koursaris</td>
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<td>&amp; Stage 3 staff</td>
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<td>5/6W</td>
<td>Camila Godoy Maluenda</td>
<td>For his positive attitude towards learning and his persistence in academic and social situations.</td>
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<td>Dora Koursaris</td>
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<td>&amp; Stage 3 staff</td>
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<td>5/6W</td>
<td>Alessandro Farina</td>
<td>For his improved confidence and collaborative teamwork in Drama/English.</td>
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<td>Dora Koursaris</td>
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<td>&amp; Stage 3 staff</td>
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<tr>
<td>5/6W</td>
<td>Gabriel Da Fonseca Reis</td>
<td>For his improved confidence and collaborative teamwork in Drama/English.</td>
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<td>Dora Koursaris</td>
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<td>&amp; Stage 3 staff</td>
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<td>KF</td>
<td>Ridaan Ka</td>
<td>For his confidence and persistence during reading and writing.</td>
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<td>Nicole Fay</td>
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<td>KF</td>
<td>Chloe Amorim</td>
<td>For being a great role model on the playground and playing like Gaby get along.</td>
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<td>Nicole Fay</td>
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<tr>
<td>K/1Q</td>
<td>Addison Lipiec</td>
<td>Great persistence in all areas of her work and improvement in her resilience.</td>
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<td>Mai Quintal</td>
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<tr>
<td>K/1Q</td>
<td>Michael Oliveira</td>
<td>For always having a 'red hot go' and improvement in his social and emotional learning.</td>
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<td></td>
<td>Mai Quintal</td>
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<td>12R</td>
<td>Dean Courtis</td>
<td>For his leadership skills and ‘Gary Get-Along’ work habits in groups.</td>
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<td>Meghan Ryan</td>
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<tr>
<td>12R</td>
<td>Sebastian Santos</td>
<td>For his persistence on improvement in all areas, thus being a class role model.</td>
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<td></td>
<td>Meghan Ryan</td>
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<tr>
<td>3/4K</td>
<td>Sinead Smith-Coghlan</td>
<td>Her commitment to learning by persisting when tasks seem difficult or boring.</td>
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<td></td>
<td>Mrs Kellington</td>
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<td>3/4K</td>
<td>Siena Field</td>
<td>Confidently taking risks with her learning in order to extend herself.</td>
</tr>
<tr>
<td></td>
<td>Mrs Kellington</td>
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</table>
My experience at Create South 2015

It was amazing. The tutors, the play, the people, were all incredible.
I had a great time at Create 2015. Yes, of course it was hard to memorise 7 songs in 3 days, but we did it! All the other groups were great too. I couldn't help but glance over my shoulder at the terrific dancers. Imagine having to remember all those moves! In between all of the singing we did, we also had great fun singing silly songs and doing funny dance moves.
The final day was fun too. We didn't do much work on that day, most of it was spent decorating t-shirts and singing about sharks. And that was my experience at Create south 2015.

Simone Waugh
World Teachers' Day is an important day internationally to acknowledge the skills and efforts of teachers in an increasingly complex society.

Most countries celebrate World Teachers' Day on 5 October but, since that date falls in the Australian school holiday period, NSW Public Schools celebrate it on Friday 30th October. At Canterbury Public School will be celebrating on Wednesday 28th October 2015 with a BBQ breakfast for the teaching staff.

The Partners in Learning parent feedback survey

Our school is participating in the Partners in Learning parent survey, part of the Tell Them From Me suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents’ and carers’ perspectives on their child’s experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school’s support of learning and behaviour. This valuable feedback will help

The survey is conducted entirely online at home or on public computers. The survey will typically takes 15 minutes or less to complete and is completely confidential. The parent survey must be completed by Friday 23rd October.

Participating in the survey is entirely voluntary, however, your responses are very much appreciated.

To participate in the survey please go to https://www.tellthemfromme.com/login.htm

User name: parent16904
Password: Can1497

OR try the hyperlink


Photos from the Principal's Morning Tea
LOST PROPERTY
PLEASE LABEL ALL SCHOOL ITEMS SO THEY CAN BE RETURNED.

Selective High School Applications
Online application for Year 7 entry to selective high schools in 2016 is now open.
Find out more: http://www.schools.nsw.edu.au/learning/k-6assessments/shsplacement/index

SCHOOL TERMS & VACATION DATES

2016

<table>
<thead>
<tr>
<th>Term</th>
<th>Start Date</th>
<th>End Date</th>
<th>Eastern Division</th>
<th>Days</th>
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<tbody>
<tr>
<td>Term 1</td>
<td>Wednesday, 27 January 2016</td>
<td>Friday, 8 April 2016</td>
<td>51</td>
<td></td>
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<td></td>
<td>Wednesday, 3 February 2016</td>
<td>Friday, 8 April 2016</td>
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<td>Autumn vacation</td>
<td>Monday, 11 April 2016</td>
<td>Friday, 22 April 2016</td>
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<td>Term 2</td>
<td>Tuesday, 26 April 2016</td>
<td>Friday, 1 July 2016</td>
<td>48</td>
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<tr>
<td>Winter vacation</td>
<td>Monday, 4 July 2016</td>
<td>Friday, 15 July 2016</td>
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<td>Term 3</td>
<td>Monday, 18 July 2016</td>
<td>Friday, 23 September 2016</td>
<td>50</td>
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<td>Spring vacation</td>
<td>Monday, 26 September 2016</td>
<td>Friday, 7 October 2016</td>
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<td>Term 4</td>
<td>Monday, 10 October 2016</td>
<td>Tuesday, 20 December 2016</td>
<td>52</td>
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<td>Summer vacation</td>
<td>Wednesday, 21 December 2016</td>
<td>Thursday, 26 January 2017</td>
<td>Eastern Division</td>
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<td>Wednesday, 21 December 2016</td>
<td>Thursday, 2 February 2017</td>
<td>Western Division</td>
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</table>

ENROL NOW – enrol siblings now
If you have not done so already, it is time to enrol your child for Kindergarten 2016.
Garden update

It’s been a busy few weeks in garden with a lot of work still to be done.

In 1/2S we are experimenting with straw bale gardens. We are currently preparing our straw bales by adding cow manure on top then watering for a couple of weeks. The idea is that the straw will begin to decompose. When the straw bales are ready, we will fill holes with compost and plant our tomatoes. We'll see how well it works.

We have also planted ginger which will be ready to harvest in autumn. We are also preparing for our big summer crops like pumpkins and watermelons. You may have also noticed that the grapes are growing. These will be netted to keep the birds off them so we can get the best crop ever.

Canterbury Fresh is open for business Friday 30 October

What’s for dinner? Fresh picked vegies from the CPS Garden! Bring your money and your shopping bag on Friday 30 October. Canterbury Fresh is open for business. Pick up your cabbage, broccoli, spring onions, lettuce, garlic and beetroot as well as fresh herbs like mint. All produce is grown ‘chemically free’. All money goes back into the garden.
School Uniform

Canterbury Girls is a proud uniform wearing school. This is in accordance with Department of Education and Training policy and the wishes of the whole school community – students (represented by Student Representative Council and Prefects), parents and families (represented by the P&C), and staff.

Wearing school uniform presents a positive public image to the community of our school. School uniform also fosters a safer school environment by enabling students to be easily identified. All students are expected to wear full school uniform every day.

In practical classrooms (Science Labs, Food Technology Rooms, Art Rooms) enclosed leather style shoes must be worn for safety reasons. Also for safety reasons, jewellery is to be minimal and small.

The uniform supplier is Lowes at Beamish Street, Campsie. Uniforms can also be purchased online at:-


**CANTERBURY GIRLS HIGH SCHOOL UNIFORMS FOR SALE**

YR7-10 (Worn for only 1 year/2nd hand)

**CANTERBURY GIRLS HIGH SCHOOL UNIFORMS FOR SALE**

*School Shirts* x 2 size 10
*School Skirt* x 2 size 8
*School Sports Tshirt* size 12
*School Sport Shorts* size 10
*School Winter Pants* x 2 size 12

All of the above for $120

Enquiries for all the above please call Leah 0409 308 488
NOVEMBER 3RD 2015

Agenda:
- 9:50-10:00am- Parents to attend the front office at Canterbury Public School and sign in. A teacher will take students to a designated classroom for some activities/games.
- 10:05am- Parent’s will go to the staffroom and receive information packs and listen to a brief presentation.
- 10:20am- Parents to meet and socialise with other families.
- 10:45-11am ‘Support Unit Tour’ lead by Kristy Do Canto (Assistant Principal)
- 11am- Orientation finishes, pick up children from classrooms.

RSVP: kristy.docanto@det.nsw.edu.au or call Canterbury Public School on 9718 2884.
Thank you for celebrating our Teddy Bears’ Picnic 2015!
Solar Absorbers and the Future of Electricity

### Jeff can change the world

MIT

Converting the light we get from the sun into usable electrical energy

"Jeff like working for the earth"

Solar energy is very important because we can create electrical energy without polluting

"If scientists like Jeff are successful, the world would be able to get all its electricity from clean renewable source. This would make our world safer and cleaner to live."

by: Jennifer Nguyen
THE LADY

Boom! went the lift. Me, and my class were exploding an elevator.
On a stage. In a hall. In a school.
In MY school. I went outside to sit with my parents. We were all eating. I was eating a burger, cooper was eating a hotdog, my dad was having a coke and my mum was drinking tea. I spotted a fireman in the smoking elevator and went to see if he was alright. I go to the lift and realised he is not a fireman but a clown. Then he says these words:

"I see, you see me, we see each other, hee, hee, hee."

Then I see some eyes in the darkness. Out of the darkness jumps a 3-eyed lady...

"BOO!" she shouts.
RIDE 2 SCHOOL DAY
@ CPS
THURSDAY 29th OCTOBER
8:30 - 9:15am

GET ACTIVE!!
FREE bike safety checks
FREE cycling maps + more!

RIDE WALK SKATE
Keeping children healthy and happy involves looking after their mental health as well as their physical health. Mental health is how we think or feel about ourselves and what is going on around us, and how we cope with the ups and downs of life.

Good mental health helps us to form positive relationships with others, handle challenges and be able to generally enjoy life. With good mental health, children think positively about themselves and learn and achieve better results at school. Good mental health in childhood lays the foundations for positive mental health and wellbeing, now and into the future.

Mental health difficulties in children

Mental health difficulties affects children's behaviour, feelings, ability to learn, social relationships, as well as their physical health and wellbeing. About half of all serious mental health problems in adulthood begin before the age of 14 years. In Australia it is estimated that approximately one in seven children experience mental health difficulties. There are many ways that parents, carers and school staff can support children who are experiencing mental health difficulties. Some of these may be parents, carers and school staff working in partnership to come up with ways of supporting the child, attending information sessions on particular childhood mental health difficulties or getting a referral to a mental health professional.

Although there are many effective supports for children experiencing mental health difficulties, many children do not receive the help they need. This can happen because families are unsure of whether their child has a difficulty, or they do not know where to go or what to do to get mental health support. Schools can be an ideal place for families to access information about supporting the mental health and wellbeing of their children. Sometimes parents and carers may feel concerned about raising mental health concerns due to misunderstandings and negativity that they feel may exist about mental health difficulties.

The positive way in which families and schools support each other in relation to mental health and wellbeing will help parents and carers to seek support and assistance in a timely way.
Everyone has difficulties at times

Most people will experience mental health difficulties at some point in their life, including children. Getting help early for children's mental health difficulties is important. When children don’t get help for mental health difficulties they can end up feeling bad about themselves.

They might have trouble getting on with others or struggle with their school work. It can also lead to health problems and family conflict. Problems that are not addressed can get bigger and affect children as they grow up. The earlier in life mental health difficulties are addressed, the better chance a child has at improving their long-term mental health and wellbeing.

Your child’s school will have further information and resources that can help parents and carers understand more about children’s mental health and wellbeing. School staff can also help you find out what children’s mental health services are available in your local area.

To help parents, carers and teaching staff understand about children’s mental health difficulties, KidsMatter Primary has developed a series of information sheets. Available at www.kidsmatter.edu.au, these resources provide information about children’s mental health difficulties, how you can help and how you can find professional help when needed.

Mental health professionals have developed a number of very successful ways for helping children with mental health difficulties and their families. Just like taking your child to the doctor with physical health problems, it is important to get help and advice for mental health difficulties.

Helping children to be mentally healthy is a major part of caring for kids. Caring families, schools and communities working together offer strong support for children’s mental health and wellbeing. Sharing knowledge about what to do and where to go for help can make a big difference to children’s lives.

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au

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Stage 3 Study Club

Some extra help for Stage 3 students after school in Term 4

For Year 5 and Year 6 students

- Extra teacher support
- Revising class work
- Help with Stage 3 Literacy and Numeracy
- Developing research/study habits for High School

Every Wednesday 3.20-4.00pm in the Library

Run by:
Mrs Herborn (Learning and Support Teacher)
Ms Koursaris (English as and Additional Language/Dialect)
October Mental Health Month

THIS MONTH IS AN OPPORTUNITY TO LEARN ABOUT MENTAL HEALTH

CANTERBURY PUBLIC SCHOOL & KIDSMATTER

As a KidsMatter school we think October is the perfect month for our community to focus on mental health and wellbeing. Make sure you look at some of the uplifting goodies on sale at the front office to fundraise throughout October for our KidsMatter programs. Take a moment to read the information page included in this newsletter on children's mental health and wellbeing.

IN HONOUR OF OCTOBER MENTAL HEALTH MONTH CHECK OUT OUR KIDSMATTER FUNDRAISING:

KIDSMATTER MAGNET
$2.00 EACH OR $5.00 FOR 3

Practical and beautiful. Enjoy our uplifting KidsMatter logo on your fridge or give one as a gift.

WELLBEING BOOKMARKS 50C EACH OR $4.00 FOR 10

Choose from a range of designs. Each bookmark comes with useful links and phone numbers on the back.
Mental Health Month
What is it all about?

Mental Health Month is celebrated each year in the month of October in NSW. This awareness month encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not. This month also gives us the opportunity to understand the importance of mental health in our everyday lives and encourages help seeking behaviours when needed.

In today's society, most of us face increasing commitments. Unfortunately, with so many commitments in our lives, our mental health & wellbeing can become less of a priority. This year, we are focusing on encouraging everyone to prioritise taking care of their mental health and wellbeing. Taking care of our mental health and wellbeing is just as important as our family, friends, physical health and work life commitments. Keeping this in mind, the theme for Mental Health Month 2015 is:

Value your Mind!

The main message of this theme is to prioritise our mental health and wellbeing just as much as we would to maintain our physical and social health. When we make our mental health a priority, we are actively practicing self-care, which is an important part of our daily life. Similar to being physically healthy, maintaining a healthy mind helps to prevent mental illness and other issues that can make daily living a struggle and it also allows for a positive lifestyle.

With each individual being unique, it is important to recognise that our mental health needs are diverse, as is the way each individual looks after their mental health and wellbeing.

While it may seem challenging at first, here are a few ways we suggest will help you better value your mind!
**Sleep**

One way of valuing our mind involves engaging in physical self-care. While there has been a great focus on the importance of having a balanced diet and participating in regular exercise to look after one’s mental health, unfortunately sleep is often a key factor that is overlooked. Sleep is one of the simplest ways of looking after our mental health and it is important that we maintain a balanced duration and quality of sleep. It has been well established that individuals who sleep poorly are likely to suffer from fatigue, frustration, irritability, significant memory loss, develop weakened immune systems and are more likely to make mistakes involving daily tasks. A lack of sufficient sleep may also have a profound effect on one’s relationships and social activities, which can also be a contributing factor in those developing anxiety and/or depression.

Taking this into consideration, here are some ways to try improving your sleep!

1. Make a routine for your sleep by having regular bed and wake up times. This will help you gain a healthy sleeping routine.

2. Reduce distractions that can interfere with your sleep such as the use of mobile phones, laptops and other technological devices in bed. It is vital that you make your bed a place for sleeping only. Use a traditional alarm clock as opposed to your phone alarm and check any emails on your laptop before you lay on your bed.

3. Find a relaxation technique that works for you! It’s important that you try not to take worried feelings to bed, as this can impact the quality of your sleep. Try some meditation techniques or breathing exercises that can help you feel calm and at ease when you go to sleep (Sleep Health Foundation).

**Positive self-talk**

Even if we’re not aware of it, we’re all engaging in self-talk every day—‘Am I running late?’ ‘Am I capable?’ Unfortunately for most of us, stressful situations can result in our self-talk and thinking becoming negative, impacting on how we view ourselves and the actions we take. As humans, we are prone to negative evaluations of ourselves. However, this is not a true evaluation of who we truly are and what each of us is capable of achieving.

Recognising this pattern of self-talk can be challenging but it will ultimately allow for a healthier and calmer mind. When we engage in positive self-talk, it gives us the opportunity to explore our strengths and qualities. This can help build on our levels of self-confidence and ability to strive towards new challenges, with the aim of producing a positive and productive outcome.

**Our tip – Visualise something positive**

(See 10 tips 2015)
Take time out

An important aspect of prioritising our mental health is acknowledging when we have taken on too much, whether it be work commitments, study or even our everyday responsibilities. In our everyday lives, we need to take part in activities that support our mental health and wellbeing.

As important as it may be for us to get through our work schedules and still attend to personal matters, we must also give ourselves permission to take some quiet time, either to rest, reflect or disconnect from some of our persistent distractions. Taking time out can also help us evaluate our priorities and understand the things that matter to us and make us happy.

We all take part in some activity that helps us alleviate the stresses in our lives and find enjoyment. If we don’t take part in enjoyable activities, our mood and motivation to complete tasks and/or address situations can decrease. If we do something that we enjoy every day, our overall mood can improve and we can develop a positive outlook towards our mental health and wellbeing.

Share this value!

When we acknowledge that prioritising our mental health and wellbeing is crucial to our overall health and maintaining a good quality of life, it is equally important to share this value with our family, friends, colleagues and peers. While research has taught us about how common mental illness is within our society, unfortunately stigma associated with mental health and illness has become an ongoing barrier to encouraging help seeking behaviours. It is essential that we learn to change our attitudes towards seeking help and gain a positive insight into achieving emotional balance. When the stresses in our lives start to overwhelm us or you notice this happening to someone close, start a conversation about the areas that are causing stress, your emotional state and the willingness to seek help. Explore and research ways of looking after your mental health and wellbeing and that of others.

Remember to remain open minded by understanding that all of us are different and thus have different ways of looking after our mental health and wellbeing. Overall however, our aim for improving our wellbeing is the same.

Our tip – Make time for you! (See 10 tips 2015)

Our tip – Reach out before things get tough (See 10 tips 2015)
Sometimes our biggest priority will be getting some help for things that are causing us problems or for changes in the way we are feeling and thinking.

Often, a good first step is having a chat to a local doctor who can refer you to someone who can help. You may be able to obtain a Medicare rebate for some sessions with a psychologist when your GP develops a management plan.

For more information on how to find help, call the Mental Health Information Service on 1300 794 991 (9am – 5pm, Monday - Friday) or the NSW Mental Health Line on 1800 011 511 (24hrs). Another option is to connect to an online database of mental health services via www.wayahead.org.au

If you would like more information regarding Mental Health, support or about maintaining wellbeing, please visit our website www.mentalhealth.asn.au to download and view our numerous factsheets and support programs.

If you need to talk to someone now call Lifeline on 13 11 14

If you are from a culturally or linguistically diverse background, contact the Transcultural Mental Health Centre (TMHC) Information and Clinical Consultation Line on (02) 9912 3851.

Finally, remember that if you don’t find the right help the first time you try, it’s important to keep trying. It’s okay to ask again or to talk to another mental health professional until you find the support and help that is right for you.

For 24/7 counselling and support
- Lifeline - 13 11 14
- Kids Help Line - 1800 551 800
- Mensline Australia - 1300 789 978
- Suicide Call Back Service – 1300 659 467
- Domestic Violence line – 1800 656 463
These numbers are either free or the cost of a local call.

The Mental Health Association NSW (MHA) is a community-based organisation and registered charity that has worked since 1932 to address stigma and to promote mental health and wellbeing through education, support and advocacy in NSW. Our vision is a society that understands, values, and actively supports the best possible mental health and wellbeing.

Visit our website to find out more www.mentalhealth.asn.au or call 1300 794 991.

Our programs include:
- Mental health promotion, including coordinating Mental Health Month in NSW
- Workplace Health Promotion Network, working to improve employee wellbeing
- Anxiety support and self-help groups – for more information, please visit: http://understandinganxiety.org.au/
- Small Steps, providing education to teachers and parents about anxiety in children
- Visit our Stress less website - www.stresslesstips.org.au
- A mental health information and referral service and database www.wayahead.org.au
Dear Parents and Carers,

Vacation Care was fantastic! We were visited by some of the friends we met from different schools during the last program and we also got to team up on some excursions with the Campsie OSHC Centre. The sun was out for all of the second week and it was really lovely to relax and hang out together. Check out some of our favourite memories in the photos below!

Off on an adventure for bowling and laser tag!

The “Red Knights” protecting their castle!

Getting ready to learn roller blading with Peter!

Making green pancakes at Groovy Green Day!

The “Canterbury OSHCare Mechanics”!

Having loads of fun at Sydney Park!

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
P&C News

President’s Report

The Kids Matter program was the focus of our last P and C meeting in September. The School has put a lot of thought and work into the implementation of the Kid’s Matter Program which focuses on the social and emotional health of all students. If you would like to know more about this program speak to your child’s teacher, or Bryony Herborn, or visit the website at kidsmatter.edu.au

Watch out for more information on Facebook and in the Newsletter.

NAPLAN results and what they mean will be the focus of our next P and C meeting. If you would like to know more about NAPLAN, or have questions about how the School uses the results to inform their education strategies, please join us on Wednesday 21st October.

Can you or someone you know help us to plan a quick bathroom renovation for the toilets near the flagpole? The kids have raised this as a concern, and the P and C would like to show that we can listen and respond to their issues. The P and C will pay for costs and organize labour, but we need a handyman who can advise us on the renovation and do a little project management. If you can help, please contact Sascha Jenkins at info@cpspnc.org.au

TERM 4 P and C MEETINGS

I would like to encourage all parents to join the Canterbury P and C. It is a great way to get to know other parents, to find out more information about what is happening at Canterbury PS and to provide community input into the school’s strategic direction

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<tr>
<th>When</th>
<th>Where</th>
<th>Focus Topics</th>
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<tbody>
<tr>
<td>Wednesday 21st</td>
<td>The staff room,</td>
<td>NAPLAN</td>
</tr>
<tr>
<td>October 7.30pm</td>
<td>Canterbury PS</td>
<td>Fundraising Ideas for 2016</td>
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<tr>
<td>Wednesday 18th</td>
<td>The staff room,</td>
<td>Annual Review Subcommittees</td>
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<tr>
<td>November 7.30pm</td>
<td>Canterbury PS</td>
<td>End of Year Drinks</td>
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</tbody>
</table>

What would you like P and C meetings to focus on this year? Email your ideas to Sascha Jenkins at info@cpspnc.org.au
P&C News

Dates for your Diary

P&C Meeting: Wednesday 21st October 7.30pm in the Staffroom

Canterbury Crunch Gelato Stall: Friday 30th October 3.20pm outside the staffroom

P&C Meeting: Wednesday 18th November 7.30pm in the Staffroom

Canterbury Crunch Gelato Stall: Friday 27th November 3.20pm outside the staffroom

Reminder
FRIDAY is School Banking Day

Students should bring in their weekly deposit and hand it at morning dots.

For all the latest information, dates, notes and canteen specials

go to the P&C Webpage
http://canterburypublicschoolpnc.org.au

The P&C is live on Facebook - go ahead and like us

Email
info@cpspnc.org.au

Week 4 Mediterranean Chicken Salad
red onion, cherry tomatoes, chicken, ciabatta bread and mixed salad leaves with a balsamic dressing

$5 Medium (500ml) $7 Large (700ml)
add an extra $1.00 to add chicken, tuna or ham
**Week & Regular Lunch Order**

Canterbury Crunch is trialling a new method to order lunches - lunches can be pre-order in advance either for every/several days a week or each day weekly. Payment for lunches needs to be paid in advance, either by cash or deposit into the Canteen bank account. Please contact a member of the Canteen Committee if you have any queries.

Please see the flyer in this Newsletter for details.

Please note the Canteen will not be open for recess on Monday - please ask your child to buy their recess at lunch time.

---

**Monday**

**Sushi Rolls**

$3.50

**Tuesday**

**Rice Paper Rolls**

$3.50

**Wednesday**

**Chicken Schnitzel on a Roll with Lettuce & Mayonnaise**

$4.50

**Thursday**

**Nachos**

$4.00

**Friday**

**San Chow Bow**

$4.00

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Thank you to everyone who volunteered at the Canteen last Term in Week 9 & 10 and Week 1 & 2: Dorothy Jamieson, Linda Clark, Suzanne Trimmer, Georgette Koorey, Kate Cooke and Mel Brungies, Nicole Sun, Amy Mills and Melissa Benn.

---

No energy after the last day of Swim Scheme Friday 30th October ??.

Reengergize after School with a refreshing Gelato (even if you haven't been to Swim Scheme)
It's official.
We are a part of a World Record

At 7,960 people across 37 sites in Australia, we have set the Guinness World Record for Most People Stargazing Across Multiple Sites in a Country!

Canterbury Public school contributed 114 to the total. An outstanding effort!
The school will be receiving the official certificate soon!

Want proof? Here’s the GWR website. You might recognise some participants!

http://www.guinnessworldrecords.com/world-records/most-people-stargazing-multiple-venues
P&C News

GELATO!
FRIDAY 30th OCT
3.20PM OUTSIDE THE STAFF ROOM
DON’T FORGET TO BRING YOUR MONEY
Chocolate, Lemon,
Vanilla & Strawberry
NO ARTIFICIAL COLOURS, NO ARTIFICIAL FLAVOURS

JUST
$2
Do you love to cook? Can you spare an hour or so? If you answered yes to these questions – **WE NEED YOU!**

We urgently need volunteers to help out in the canteen, especially on Wednesdays, Thursdays and Fridays.

If you can help, please contact Linda at landmclark1998@yahoo.com.au

---

**P&C Uniform Shop**

Can you help sell uniforms at Orientation?

It’s fun and a good chance to meet new parents.

**Orientation is on:**
- **Wednesday 11th November** 9.30 – 11.00 am
- **Wednesday 18th November** 9.30 – 11.00 am
- **Wednesday 25th November** 9.30 – 11.30 am

Please text Genevieve on 0419016140 if you are interested or would like to know more.

**Uniform shop hours are:**

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<tr>
<td>Tuesday morning</td>
<td>8.50 – 9.20 (on the bell)</td>
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<tr>
<td>Thursday afternoon</td>
<td>3.00 – 3.20 (on the bell)</td>
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<tr>
<td>Friday morning</td>
<td>8.50 – 9.20 (on the bell)</td>
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Alternatively, orders can be left with Nicole in the canteen.

Thanks, Genevieve
Term 4 – Outer Space Savers Rewards

Alongside our Outer Space Savers Money Box, students’ savings efforts can now be rewarded with our new Galaxy Glider (available while stocks last replacing the lunar light band). Students will be able to test their skills with a game of frisbee with our new reward item.

Still in stock are the following reward items from our 2015 Outer Space Savers range:

- Galaxy Glider
- Outer Space Savers Money Box
- ET DVD
- Intergalactic Rocket
- Invisible Ink Martian Pens

Plus, we have limited stock available from our 2014 Deep Sea Savers range of reward items including:

- Scented Pencils
- Shark Plush Toy Keyring
- Swimming Bag

N.B. No longer in stock: Glow in the Dark Solar System; Lunar Light Band & Torch

We’ve created a deposit wallet slip that lists all the available reward items. Look in your School Banking Wallet or ask your School Banking Co-ordinator.
## Student & Staff

### Week & Regular Lunch Order Form

Student Name: _______________________________________

Class: _________

<table>
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<tr>
<th>Day</th>
<th>Date or Dates</th>
<th>Weekly Lunch Order each week</th>
<th>Lunch Order</th>
<th>Total Amount</th>
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<td>Monday</td>
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<td>Yes / No</td>
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<td>Friday</td>
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I have enclosed $ ______ or I have deposited $ ______ into the Canteen Bank account details below (funds may take up to two days to be cleared)

☐ I have attached copy of direct debit transfer receipt

### Credit & Debit

Please note that Credit is not available at the canteen & that payment for lunch orders is required in advance. However, you may set up a Debit account. *Cash payments for Debit accounts MUST be made by an adult & initialled at the time of payment.*

Alternatively, funds may be deposited directly into the Canteen account.

*(please note your child’s name and class as a reference)*

Commonwealth Bank Leichhardt Market Place

Account Name: Canterbury Public School P&C Association – Canteen

BSB: 062- 770

Account No. 1010 1747

Please see Nicole, the Canteen Manager if you would like to do this.

Thank you from the Canteen Committee 😊 😊
### Breakfast
- Cheese Toasties .......................................................... $2.40
- Cheese & Ham Toastie ................................................ $3.10

### Snacks (available Lunch & Recess)
- Home Made Fruit Muffins ........................................ $1.20
- Seasonal Fruit Cups .................................................. $1.20
- Fruit & Custard Cups .................................................. $1.20
- Fruit - Banana, Apple, Mandarin, Pear (Seasonal) ....... $1.00
- Biscuits or Carrot, Cucumber & Celery Sticks w/ Hommus/Tzatziki/Com Dip ........................................... $1.00
- Tamari Seeds (Pumpkin & Sunflower seeds seasoned with Tamari Sauce) .................................................. $0.30
- Pretzels or Rice Crackers ........................................... $1.20
- Grainwaves or Red Rock Chips ................................. $1.50
- Popcorn small ........................................................... $0.50
- Popcorn large ........................................................... $1.00
- Bulla Fruit’n Yoghurt (100gm tub) ......................... $2.20

### Frozen Treats (available Lunch & Recess)
- Orange Quarters ......................................................... $0.25
- Juice Cup - Nippys (110ml) .................................... $1.20
- Bulla Ice Cream Cups (100ml) .................. $1.80
- Icy Pole/Calippo Mini/Rainbow Stick ...................... $1.20
- Paddle Pop ................................................................. $2.30
- Home-made Ice Blocks .............................................. $2.30
- Juices ................................................................. $1.80

### Thirst Quenchers
- Reduced Fat Flavoured Milk (250ml) ...................... $2.30
- Sparkling Water ......................................................... $2.30
- Pop Top Fruit Juice (200ml) .......................... $2.30
- Nippys Juice Combi (250ml) ................................ $2.30
- Fresh Fruit Smoothie ................................................ $1.20

Choose mostly from green items
Choose occasionally from amber items

GF - Gluten free option available on request
V - Vegetarian option available on request

### Lunch (MUST be pre-ordered)
- Super Sandwiches (high fibre white & wholemeal bread) and Wraps (wholemeal unless otherwise specified) ................................................................. $3.50
- Canterbury Crunch - Lettuce, ham, tomato .................. $3.50
- Rainbow Delight - V .................................................... $3.50
- Layers of grated carrot, cucumber, capsicum, tomato, lettuce and beetroot ....................................................... $3.00
- Egg Head - Mashed boiled egg with mayonnaise and shredded lettuce - V ....................................................... $3.00
- Chicken Wrap - Lean chicken breast, lettuce and mayonnaise on Lebanese bread .................................................. $4.50
- From the Sea - Tuna, lettuce and mayonnaise ............... $3.00
- Aussie Style - Vegemite - V ........................................ $2.00

### Extras
- Lettuce, tomato, carrot, cucumber, capsicum, beetroot . $0.50 each
- Chicken, ham, cheese, egg ...................................... $0.80 each

### Salad Box
- Super Salad - Low fat cheese, lettuce, carrot, tomato, cucumber, capsicum, beetroot with mayonnaise - GF V ................................................... $4.00
- Mega Salad as above plus one of chicken, tuna or egg - GF V ................................................... $4.50
- Caesar Salad - Lettuce, Egg, Bacon, Croutons, Parmesan - GF V ................................................... $4.00
- Pasta Salad - Pasta with cherry tomatoes, celery, carrot & corn & mayonnaise - V ................................................... $4.00
- Tuna Pasta Salad as above with tuna - V ................. $4.50

### Tuesday Weekly Salad Special
See separate menu ....................................................... $4.00

### Hot Food (all Home-Made)
- Home Made Lasagne - GF V ........................................ $4.00
- Pasta Napolitana - GF ................................................. $3.50
- Sausage Roll - V ........................................................... $3.50

### Specials (all Home-Made)
- Monday - Sushi (Teriyaki Chicken, Tuna, Vegetarian (carrot, cucumber, avocado, egg)) - GF V $3.50
- Tuesday - Rice Paper Rolls (Chicken or Tuna with finely sliced vegetable) - GF V ................. $3.50
- Wednesday – Week 1-5 Chicken Schnitzel on roll with lettuce and mayo ........................................ $4.50
- Week 6-10 - Vegetable Frittata & Salad - GF V .......... $4.00 M , $5.00 L
- Thursday – Nachos ........................................................ $4.00 M , $5.00 L
- Friday – San Choy Bow - GF ........................................ $4.00 M , $5.00 L

Knife, Fork, Spoon (free with purchase of meal, yoghurt or ice cream) ......................... $0.10
Salad of the week

Available each Tuesday
medium $5 large $7
Add $1 to add chicken, tuna or ham to any vegetarian salad

Week 1 Brown Lentil Salad
lentils, red onion, tomato, green capsicum and coriander with an asian chilli/lime dressing

Week 2 Brown Rice and Mushroom Salad
brown rice, assorted sautéed mushrooms, stuffed olives and shallots with a balsamic/tarragon dressing

Week 3 Chargrilled Tomato and Bean Salad with Spicy Dressing
tomato medley, red onions, green beans, kidney beans and parsley with a dressing of red wine vinegar, cumin and paprika

Week 4 Mediterranean Chicken Salad
red onion, cherry tomatoes, chicken, ciabatta bread and mixed salad leaves with a balsamic dressing

Week 5 Pancetta Pasta Salad
shell pasta, asparagus, pancetta, green onions and parsley with a lemon/mustard mayonnaise dressing

Week 6 Quinoa and Haloumi Salad with Chilli Coriander Dressing
kumara, red onion, quinoa, pan fried haloumi and mint leaves with coriander/chilli/lemon dressing

Week 7 Salad Nicoise
potatoes, green beans, cherry tomatoes, black olives and tuna with a red wine vinegar dressing

Week 8 Salmon and Bean Salad
salmon, cannellini beans, red onion, cucumber and green capsicum with a lemon dressing

Week 9 Vegetable and Couscous Salad
kumara, eggplant, squash, red capsicum, red onion, chick peas and couscous served with lemon wedges

Week 10 Vietnamese Noodle Salad
rice noodles with bean sprouts, mint, coriander and red onion with an asian dressing