**P&C News**

**Dates for your Diary**

**Canterbury Crunch Pancake**
**Morning:** Tuesday 17th February from 7.30am outside the staffroom

**Canteen Meeting:** Wednesday 18th February 6.00pm in the Staffroom

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

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

**Garden Working Bee:** Saturday 28th February 2.00pm - 5.00pm

**P&C Annual General Meeting:**
Wednesday 18th March 7.30pm in the Staffroom

**Election Day Market:** Saturday 28th March 8.00am - 2.00pm

**Fete:** Sunday 3rd May

---

Welcome to all the new parents to the school. For those new to the school, the P&C meet one a once month (third Wednesday of every month at 7.30pm in the staff room), the first meeting of the year is next week on the 18th – all are welcomed to attend.

This year is gearing up to an exciting one, starting with the mini fair at the State Election in March and the bi-annual school Fete in May. I would encourage parents to be involved in the various school activities.

The P&C and the school are always looking for volunteers to assist in a large range of activities – all of which assist the students and the school.

Please feel free to contact me if you have any questions about the P&C or volunteering.

Thanks and Regards,

David Taffa, P&C President Canterbury Public School  
mob. 0413 595 469
Pancake Day

Date: Tuesday 17th February
Time: from 7.30am until school bell

Pancakes with lemon and sugar
Pancakes with maple syrup
Pancakes with fruit

Price: $2.50 or $3.00 for pancakes with fruit

Gold coin donation for tea and coffee

Wednesday
Rice Paper Rolls
$4.00

Thursday
Nachos
$3.50

Friday
San Choy Bow
$3.50
Canterbury Crunch is a member of Healthy Kids Association and as such adopts its principles in the running of the canteen. Please take time to read their philosophy below.

**Healthy Kids Nutrition Philosophy**

Healthy Kids mission is to promote and influence healthy food choices for children. Our work is guided by following 6 key messages:

1. **Variety** - mix things up every day at every meal with foods from all 5 food groups. Include lots of colour and different textures

2. **Whole core foods** - choose nutritious foods from the 5 core food groups with minimal processing. Make sure you can identify what is in the food you are eating

3. **Balance** - remember 'extra' foods aren't every day foods. Enjoy core foods first and incorporate 30mins of planned exercise daily

4. **Portions** - get to know appropriate serving sizes and read labels for guidance

5. **Eat meals together** - sit down to share food moments with family and friends without distraction

6. **Practice mindful eating** - be aware of hunger cues and take time out to eat and experience the moment

Healthy Kids Association is a not-for-profit, non-government, health promotion organisation based in Sydney, Australia. The Association works according to the principles and values articulated in the Ottawa Charter for Health Promotion and the guiding principles for Health Promoting Schools.
Garden Goings-On: Plans, progress and participation for 2015

The Canterbury School Gardens (the vegie, herb and Indigenous gardens) are under the care of students, teachers and parents. The vegie and herb garden is slowly emerging again and with the efforts of students, teachers and parents it will continue to be restored over the coming weeks. Everyone is welcome to visit, contribute and harvest.

Recovery

During the school day the recovery and preparation will be by teachers and students. Before and after school there will be willing parents and carers giving of their time to right the gardens, everyone is welcome to join. There will also be a working bee where all are welcome on Saturday 28 February which sees parents, carers and students involved. Working bees will be scheduled regularly throughout the year and while they are hard work, lots of fun too for all.

Markets

The Grow, Make and Bake markets will be on again, at this stage the first will be in early March. More updates to come and for some background, see: Making Market Sense.

Goal

As many of you know the long term goal for the gardens are to be vibrant, educational and productive; a place inclusive of the entire school community and reflects the School’s commitment to learning and sustainability in the way that it operates.

Progress

Great gains have been made over the many years the gardens have been in operation and this had involved so many who give of their time, efforts and ideas so generously. In 2014 a detailed business plan was developed. Part of this was to see the garden self sustaining within the year. This was done. From the business plan there is lots more to do (including updating for 2015) and if you are interested, please let Ms Heath know.

2015 will be a busy year with the junior students giving of their time in Green Thumbs program (a lovely way for the students to contribute to the garden after school every third Friday or so). There will also be the senior No Waste! team hard at work and the results of both these initiatives will be showcased at the once-a-term markets where school grown and school made produce along with surplus home grown produce and kind donations of homemade delights are swapped and sold.

Fete

The garden will also be having a big presence at this year’s fete on Sunday 3 May including the chance for students to enter their own homegrown and/or homebaked produce putting what they learn at home and school ‘on show’.

For more information on all garden goings-on, see the garden notice board, the P&C Facebook page, updates in the newsletter, student notes and assembly information.
Welcome back to CPS families and welcome to new families for 2015. The CPS P&C organises a number of events each year, to bring the school community together and to raise money for resources and school amenities to benefit all our kids. We hope to have many families join us for these events and contribute in whatever way you can.

First up, **Saturday 28th March** is the State Election and CPS is a polling booth. We will be holding a Cake Stall and BBQ from 8am-2pm. We will need your best cakes, biscuits, rocky road or whatever you like to bake. And we will also need some people to put aside an hour or so to help on the day. If you would like to be involved in organising this event, please get in touch.

**Sunday 3rd May** is the big event – our biannual School Fete. This was a hugely successful day in 2013, and we hope to involve many families again this year. Many people have already volunteered themselves to run a stall and help with the overall organisation, but we never say no to more. We need your ideas, energy, second-hand goods, cakes, muscle, cooking skills, green thumbs, prize donations, sponsorship, craft skills and whatever else you have to contribute. Watch this space for more information during Term 1 and put 3 May in your diary.

Annabel Kain annabel.kain@bigpond.com

---

**P&C Uniform Shop**

As of 2015, the P&C Association will be operating the school uniform shop.

Uniforms are no longer available through Ms McGill’s Office but can be purchased from the shop in the canteen at the following times: Tuesday 8.50am – 9.20am; Wednesday 3.00pm – 3.30pm; Thursday 8.50am – 9.20am

Orders can also be placed at other times by completing an order form and leaving it with Nicole at the canteen. You will be contacted when your order is ready for payment and collection. An online ordering system will soon be added to the P&C website. Stay tuned.

We are in need of...

**Bags:** Please bring any spare re-usable paper or thick plastic bags to the canteen for use in the shop (please no grocery bags).

**Volunteers:** If you can volunteer 30 minutes of your time for just one morning or one afternoon every week, please see me at the canteen or leave your number with Nicole.

Many thanks, Genevieve
We are excited to announce our new Outer Space Savers reward items.

**Term 1** - ET DVD and Planet Handball

**Term 2** - Invisible Ink Martian Pen and Intergalactic Rocket

**Term 3** - Glow-in-the-Dark Solar System and Cosmic Light Beam Torch

**Term 4** - Outer Space Savers Money Box and Lunar Light Band

All you need to do is save, fill out your deposit slip and bring to lines each Friday for School Banking and you will earn one silver Dollarmite token toward your reward. Save up 10 tokens, choose your reward, fill out your reward slip request along with your 10 tokens and hand in at lines on School Banking Day.
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 McGills’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

The P&C has now signed up to Aussie Farmers Direct - an Australian owned, award winning, home delivery food business for their ongoing Fundraising Program. Aussie Farmers range of fresh goods continues to grow and now includes more than 170 different products; from fruit and vegetables, to a range of dairy, bakery, deli, meat, chicken, seafood, pasta and fresh gourmet meals.

If you are a member of Aussie Farmers Direct, simply nominate Canterbury Public School on your order and 2% of weekly grocery spends are donated back every six months to support CPS fundraising.

For more information: http://www.aussiefarmers.com.au

To link your existing account go to: http://www.aussiefarmers.com.au/fundraising/linkyouracc.php

Do you have a spare 2 hours each Term??
We need a Volunteer to sort the 2nd Hand Uniforms a couple of times a Term.
This easy job would be great for someone with a toddler in tow and can be done at any time that suits you (before school, after the bell, after school).
Please contact Suzanne for more information chris_suzanne@optusnet.com.au
Canteen Volunteer Roster

Are you able to volunteer your time, even just for an hour? We need help to keep the canteen open 5 days a week and keep the costs down.

Shifts are usually 9 – 10.30 and 10.30 – 12.30, but if you can spare any time that would be great, or if you can do all morning, even better!

Below are the shifts we need to fill. If you are able to help, either fill your name in the table below and return the form to the canteen or just email the times and days you can work to Linda at: landmclark1998@yahoo.com.au

Thank you.

Term 1 2015

<table>
<thead>
<tr>
<th>week</th>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 (16-20/02)</td>
<td>9.00-10.30</td>
<td></td>
<td></td>
<td>Shifts covered</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10.30-12.30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 (23-27/02)</td>
<td>9.00-10.30</td>
<td></td>
<td></td>
<td>Shifts covered</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10.30-12.30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 (2-6/03)</td>
<td>9.00-10.30</td>
<td></td>
<td></td>
<td>Shifts covered</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10.30-12.30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 (9-13/03)</td>
<td>9.00-10.30</td>
<td></td>
<td></td>
<td>Shifts covered</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10.30-12.30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 (16-20/03)</td>
<td>9.00-10.30</td>
<td></td>
<td></td>
<td>Shifts covered</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10.30-12.30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 (23-27/03)</td>
<td>9.00-10.30</td>
<td></td>
<td></td>
<td>Shifts covered</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10.30-12.30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 (30/03-2/04)</td>
<td>9.00-10.30</td>
<td></td>
<td></td>
<td>Shifts covered</td>
<td></td>
<td>Public Holiday</td>
</tr>
<tr>
<td></td>
<td>10.30-12.30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Parent Name:_________________________________________________________________________________

Child’s Name:_________________________ Class:_________________________

Email:_____________________________________________________________________________________

Mobile:____________________________________________________________________________________
**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 - Nippy's (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 $0.80
Juices $1.80

**Thirst Quenchers**
Reduced Fat Flavoured Milk (250ml) $2.30
Sparkling Water $2.30
Pop Top Fruit Juice (200ml) $2.30
Nippy's Juice Combi (250ml) $2.30
Fresh Fruit Smoothie $1.20

**Lunch (MUST be pre-ordered)**
Super Sandwiches (high fibre white & wholemeal bread) and Wraps (wholemeal unless otherwise specified) $3.50
Canterbury Crunch $3.50
Rainbow Delight - V $3.50
Layers of grated carrot, cucumber, capsicum, tomato, lettuce and beetroot $3.00
Egg Head - V $3.00
Mashed boiled egg with mayonnaise and shredded lettuce $4.50
Chicken Wrap $5.00
Lean chicken breast, lettuce and mayonnaise on Lebanese bread $3.00
From the Sea $2.00
Tuna, lettuce and mayonnaise
Aussie Style - V $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

**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 - Fried Rice - GF $3.50
Tuesday - Sushi (Teriyaki Chicken, Beef, Tuna, Vegetarian) - GF (vegetarian with any of cucumber, carrot, avocado, egg) - V $3.50
Wednesday – Rice Paper Rolls - GF V $4.00
Thursday – Nachos $3.50
Friday – San Choy Bow - GF $3.50
Knife, Fork, Spoon (free with purchase of meal, yoghurt or ice cream) $0.10

**Extras**
Lettuce, tomato, carrot, cucumber, capsicum, beetroot
Chicken, ham, cheese, egg $0.50 each

**GF** - Gluten free option available on request
**V** - Vegetarian option available on request
Wednesday 11th February 2015

Dear Parents, Carers & Students,

Please find the Canterbury Crunch Summer Menu attached which is effective from Term 1, Week 3.

**Wednesday** will remain **Specials Day** - the current Wednesday Special is Rice Paper Rolls - *Delicious!!*  **Thursdays** will be **Nachos** and **Fridays** will be **San Choy Bow**. Watch out for announcements in Canterbury Tales and on the Menu Board in the canteen for the lunch items you can look forward to.

We also cater for students who are gluten intolerant or vegetarian and many menu items are either Gluten Free Option or Vegetarian Option available on request.

We hope you enjoy the menu. Look out for the ‘Suggestion Box’ in the Canteen – please let us know what other foods you want to see in the canteen, ideas for Wednesday specials or a special “Theme Day”.

Yours truly,
The Canteen Committee.

**Some Useful Reminders**

**Credit & Debit**

Please note that Credit is not available at the canteen. However, you may set up a Debit account. *Cash payments for Debit accounts MUST be made by an adult & initialed at the time of payment.* Alternatively, funds may be deposited directly into the Canteen account. Please see Nicole, the Canteen Manager if you would like to do this.  

*Thank you!! We appreciate your support*

**Opening Hours**

- **Breakfast** 8:50am – 9:15am  *(Please note that students will be able to buy breakfast from 8:40 when they are accompanied by their parent)*
- **Lunch** 11:30am – 12:15pm
- **Recess** 2:00pm – 2:20pm

**How to Place a Lunch Order**

- Choose the lunch items you would like from the canteen menu
- Write your child’s name, class and order items on a paper bag
- Total up the cost and write this clearly next to the items
- Place the money for the order in the bag and fold the bag over firmly
- If you don’t have the correct change it will be put back in the lunch bag
- Place the lunch order in the **Lunch Order Box** in the front office or drop it into the canteen before school. *Late orders after 9.20am must be taken to the canteen.*
- Alternatively, lunch orders may be written on bags provided by the canteen before school.
- *Students who don’t order their lunch before school will receive a vegemite sandwich at lunchtime.*