Principal’s Message

This week in all public schools across the State we celebrate Education Week and the theme this year is ‘Celebrating Local Heroes’. Our stage 3 students are particularly well-versed in this theme having studied past World War 2 veterans from Canterbury Public School as listed on our memorial and the local Chinese trader and businessman Mei Quong Tart. You’ll find some of their work in the body of the newsletter.

I thought I’d take this opportunity to acknowledge the present day local heroes. Firstly what is a hero? To me, it’s a person who is admired by others for their courage, outstanding achievements, or noble qualities. Qualities like being reliable, helpful, trustworthy, courteous, kind, thoughtful, caring and basically being of service to others.

We have so many local heroes at CPS. This week we honour and celebrate your contribution towards the provision of a quality public school education for our students, our community and our country’s future. Thank you to the...

Members of our school community who generously give their time, talents and professional skills to help make our school the best place it can be.

♦ Gardening committee members, market garden and Stephanie Alexander program champions, the volunteers that water and weed the garden during the school holidays and weekend working bees

♦ Parent and family members who volunteer in the canteen, in classrooms and on excursions (even overnight ones)

♦ P&C members, executive and coordinators of P&C subcommittees—music, gardening, Indigenous, uniform, canteen, KidsMatter and parents that sit on merit selection panels and attend school functions in and outside of school hours

♦ Parents who transport other students to extra-curricula events

♦ Families who donate their professional skills, resources and materials we can use at school

Students who go out of their way to make the school a better place.

♦ Environmental Warriors who led the school in sustainable practises and challenge us to change our behaviour and mindsets.

♦ Green Thumb members who weed, tender and sow fruit and vegetables for our canteen and markets

♦ School leadership team, SRC and sports captains who exercise leadership and give service to the school in numerous ways

♦ Our proud Indigenous students who inspire the whole school community towards reconciliation

♦ Students in all our extracurricular arts programs who share their creative talents and demonstrate to us the joys, benefits and results of commitment, hard work and persistence in developing an interest/passion

♦ Students in every class who are always friendly, respectful and inclusive of their classmates

Staff who exhaust themselves in pursuit of the best possible educational, personal and social outcomes for students.

♦ Executive team who Rod Leonarder, Director Public School, Canterbury Network affectionately refers to as ‘the Dream team’ - they are a dream to work with and they dream big on behalf of students and the school as well.
♦ Staff who give generously of their time (outside of school hours) to attend fundraisers, overnight camps, pre-visit excursion sights, attend school celebrations and network to sing the praises of our school and community.

♦ Staff who lead and are members of curriculum, project teams and initiatives who source additional funding, resources and opportunities for students.

♦ Staff who are professional, hard-working, knowledgeable, focused on continuous improvement and care deeply about the students and this community.

Our supporters and partners in the community add depth and richness to school life and in many instances help us turn dreams into reality.

♦ Canterbury Hurlstone Park RSL, Campsie rotary, the Mens’ Shed, Wests Ashfield, PCYC, Cooks River Sporting Alliance, Canterbury and Ashfield Councils, Scientist in Residence program, our local schools and businesses.

It's one thing me thinking our students, community and staff are wonderful and even more special when this is observed and mirrored by others in the community. Please enjoy reading some of the feedback I've received in the past two weeks.

I hope you've enjoyed the Education Week celebrations as much as I have.

Berlinda Cook
Principal

Sharing Fabulous Feedback

Dear Berlinda, I just wanted to email quickly to say what a fabulous time we all had this evening. From cooking damper on the open fire, to the fabulous performer (so confident and engaging) - we had a ball. A huge thank you to everyone who helped organise the event. What a great celebration! Kind regards, Terésa Barker (Mabel Grogan's Mum)

Dear Berlinda, I'd like to sincerely thank you, Lisa Wright and Bryony Herborn for attending our Ramadan Iftar as part of our initiative to bring the community together and show solidarity with the youth. On behalf our team, I would like to thank you for sharing your evening with us. We believe it was a great success thanks to your attendance and the attendance of our other invitees who were able to accompany us. It was great to have the opportunity to meet you face to face and we are looking very forward to meeting with you again. Best Regards, Hajar Noufl, Public Officer, Coexistence Inc.

Dear Berlinda, I was wondering if I could have a chat to you or your colleagues about your Aboriginal Education Program ...as we are very interested in developing a program here. I chair our Aboriginal Education Committee here and I was really excited following the community of schools session last term, your colleagues are so motivated and committed it really inspired me. Jenny McLoughlin, teacher (Stage 2) Ashbury Public School.

Dear Berlinda, Just wanted to pass on my thanks and admiration for the teachers who organised and accompanied Stage 2. Their dedication, unflagging enthusiasm and kindness were always evident in the care of the children. I feel truly blessed and grateful that my children enjoy such a wonderful public school education and learning experiences in a great school community. Regards Dawn

Hi Berlinda, Just wanted to say how fabulous the Zoo Snooze experience was! It was so great as a parent to get the opportunity to do this kind of excursion. All the kids were so incredibly well behaved and it wasn't only the parents who thought this but the zoo staff as well, it was noted among all of them how attentive, interested and calm our Canterbury kids were. Of course a special mention to the teachers, Bryony, Alenka, Amanda and Michele. After witnessing their management of the kids, the care, the attentiveness, the patience.... I truly believe teaching is a calling and these ladies have it! I don't know how they do it, I was exhausted after a day and a half just watching them. I really felt privileged to be a part of this excursion and it reinforced just how fabulous our school is. Thank you Ann-Marie (Lily's mum)
I’m lost in the supermarket. I can’t find my Mum or my little brother even though a second ago they were standing right next to me.

“Mum?” I call. “Cooper?” It’s no use, I should go to the car and wait for them there. I walk over to where the car is parked. It’s not there. That’s weird.

Maybe I should go to the neighbour’s house and ask the neighbour to call my Mum. I walk over to the neighbour’s house. It’s not there. That’s double weird. That’s when I wake up. It was all a dream. Wait… where’s my bed? Where am I?

I’m… in some sort of supermarket. “Mum?” I call. “Cooper?”

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**Future Events**

**Term 3**

**JULY**

27th till 31st—Education Week

29th—Carnival of Codes

30th—Performance at Ashfield Mall

**AUGUST**

3rd—Strings Concert

4th—Zone Athletics Carnival

11th—ICAS Maths

14th—Aboriginal Dance Workshop

12th—Kindergarten – Reverse Garbage

17th till 21st—Book Fair

17th till 21st—Science Week

17th—Expanding Horizons

24th—Campsie Library Book Week Performance

26th—Book Parade

**SEPTEMBER**

2nd—Book Swap
Dear Lucille McKenna,

I address this letter to you because I believe that the Mei Quong Tart statue should not be taken down and replaced by a new construction. This commemorative statue of Mei Quong Tart has been unveiled in Ashfield from 1998, I strongly believe that there is no reasons for this statue to be replaced by any chance. Quong was born at Hsinning, Canton Province, China. He travelled to Australia at the age of 9 with his uncle as a refugee. Quong was the only Chinese who succeeded in being accepted fully by the New South Wales community. Mei Quong Tart is a Chinese general merchant that lived in Ashfield. When he visited his family in China in 1881 and on his return opened in Sydney a tea and silk store, followed by a tea shop which was intended to provide customers with samples of China tea. He also opened restaurants in George, King and Pitt Streets, Sydney. Quong Tart lived his wealthy life from 1850 to 1903. This significant statue should not be taken down.

Stage 3 student at Canterbury Public School,
Jessica Le 5/6G
William William Sing was born in 1886, Clermont, Queensland. His parents were John Sing who is Chinese and his mother Mary Ann Sing who is English. At this time in Australia, there was an astronomical anti-Chinese sentiment. When Sing was a little lad, he was well known for his shooting skills, but was a statement of racial prejudice, due to his ancestry. William grew up to be a teenager and started work as hauling timber.

When William heard that war broke out in Europe, he rushed to sign up. At the age of 28, he joined the AIF (Australian Imperial Force). William was a preeminent sniper in the 6th Light Horse Regiment, 31st Infantry Battalion. His epithet was the ‘The Murderer’ considering his fame was spreading around the Allies. He took 150 confirmed kills, and as his record got bigger, the Turks brought out there best sniper, Abdullah Elmir also known as ‘Abdullah the Sniper’. William used a Lee Enfield 303 Rifle to shoot down all his enemies.

“It is a country mad of snipers. The Turkish and the ANZACs over looked each other. Each side sent out marksmen to hunt and stalk and snipe to wait and shoot and kill creeping with stealth around the green and brown and brown shrubberies.” – John Hamilton.

http://en.wikipedia.org/wiki/Billy_Sing


Written by Sai Cropper
Start collecting for your school today

Earn Woolworths Em's

the fresh food people

and conditions and answers to frequently asked questions. Go to woolworths.com.au/earnandlearn for more information.

It is easy to earn valuable resources to help your local school so start collecting your Woolworths Em's to learn stickers today.

- music rooms
- science labs
- masterclasses from renowned scientists
- book clubs

Last year more than 1,450 schools and Early Learning Centres claimed over 20 million Woolworths Em's.

Once it's completed, pop it into a collection box at your school or local store. You can download more Sticker Sheets from our Woolworths Em's website. woolworths.com.au/earnandlearn

You can earn more Woolworths Em's by learning to stick the Woolworths Em's Stickers onto the Sticker Sheet inside.

For every $10 spent:

- Simply shop at Woolworths and you will
- receive an Em's to learn Sticker Sheet
- make a difference for your local school

Educational Resources:

- Australian the chance to earn new
- schools and Early Learning Centres around
- The Woolworths Em's to learn program gives

Start collecting for your school now

Earn Woolworths Em's to learn stickers now.
President’s Report

World Record Stargazing Event

**Friday 21 August 2015** Canterbury Public School joins with Canterbury Boys High School and stargazers across Australia to join the attempt at the Guinness World record for most people stargazing across multiple sites in one country. We invite friends, families and locals to help us reach our target of at least 3,000 people across Australia.

The night’s activities will include a talk by our very own real scientists, a STARDOME light projection show and a screening of some space themed documentaries. We’ll be able to see the Moon, Saturn, the Southern Cross and a few clusters of stars. The world record attempt will be happening at 8:30pm. This is when we do our official headcount.

Gates will be open from 5pm and activities will start at 6pm. Entry is $5 for adults and free for kids. A BBQ dinner will also be available for purchase on the night.

BYO telescope or you can purchase small, commemorative telescopes for $5. These are about the same size Galileo used and are good enough to resolve some craters on the Moon.

CPS families are also invited to camp out after the evening’s events wrap up. Bookings are essential for the campout as we will have limited campsites available. Each campsite will cost $50 and will include breakfast in the morning, and up to 2 telescopes.

Payment for the camping will be done through PayPal (http://canterburypublicschoolpnc.org.au/portfolio/stargazing-night-at-cps/)

 Funds raised on the night will be used to upgrade our library furniture. All P&C fundraising events support learning across the whole of school.

**TERM 3 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.

**When**

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<thead>
<tr>
<th>When</th>
<th>Where</th>
<th>Focus Topics</th>
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<tbody>
<tr>
<td>Wed, 19th August, 7.30pm</td>
<td>The staff room,</td>
<td>School Canteen Review</td>
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<td>Canterbury PS</td>
<td>Indigenous Education</td>
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<tr>
<td>Wed, 16th September, 7.30pm</td>
<td>The staff room,</td>
<td>Kids Matter</td>
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<tr>
<td></td>
<td>Canterbury PS</td>
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What would you like P and C meetings to focus on this year? Email your ideas to Sascha Jenkins at info@cpspnc.org.au
Dates for your Diary

**Canterbury Crunch Gelato Stall:** Friday 7th August 3.20pm outside the staffroom

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

**Camp & Stargazing World Record Attempt:** Friday 21st August from 5.00pm

**P&C Meeting:** Wednesday 16th September 7.30pm in the Staffroom

Reminder

**FRIDAY is School Banking Day**

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

Please collect the Woolworths Earn & Learn stickers for our fabulous School.

Ask your family and friends to give you theirs too!

Drop off your stickers in the colourful Woolworths Earn & Learn box in the school foyer or leave with the OSHC staff.

Stay tuned for more details about where your friends & family can deliver stickers and completed sticker sheets.

Please help so CPS can benefit from the educational equipment that's on offer.

Week 3 Special from Canterbury Crunch

**Minestrone Soup for lunch & take home meals Tuesday - Friday.**

The soup is spicy & aimed at the adult palate) (while stocks last)

$5 Medium (500ml)

$7 Large (700ml)

Bread Roll 50c
Stargazing night & Campout

Stargazing: 21\textsuperscript{st} Aug 15

Canterbury Public & Canterbury Boys High invite you to break a stargazing record!

Where: Canterbury Public School
When: Friday 21\textsuperscript{st} August
Time: 6pm (8:30pm record attempt)
Finish: Gates close at 8:45pm
Cost: $5 Adults, kids free

BBQ, Stargazing talks and star-dome, short film start from 6pm.
Bring your money $$ to purchase:
- BBQ dinner on the night ($ gold coin)
- Telescopes ($5)
- Lollies & cans of drink ($1)
- Glow sticks ($1)

Contribution for the BBQ:
K-2 to bring a salad/ pasta
3-6 to bring some bread rolls

Bring: telescopes, binoculars, blanket, thermos & your curious mind.

NOTE: If raining: BBQ, star-dome, talks & short film will go ahead.

Camping: 21\textsuperscript{st} to 22\textsuperscript{nd} Aug 15

Come and have a CPS family campout & help raise funds for the Library.

Where: Canterbury Public School
When: Friday 21\textsuperscript{st} - Sat 22\textsuperscript{nd} August
Time:
  - Fri: 5pm to 6pm cars in tents up.
  - Sat: 10am finish & gates closed.
Sites: 30 campsites available.
Cost: Donation for campsite $____? (suggested $50)

Cost includes:
- Campsite with car space
- 2 telescopes
- Breakfast at canteen in morning
  (Cereal/toast, tea and coffee)

Bring your tent, bedding, lighting/ torches, food/ Esky etc.
  - STRICTLY NO ALCOHOL.
  - Camping info pack provided.

NOTE: If raining camping may be called off.
Notification given Thursday 20\textsuperscript{th} Aug to registered campers.

RSVP by Fri 14\textsuperscript{th} Aug: Please place this form in the white box attention: STARGAZING at school or email Tom Gordon tom@gordeaux.com

☐ Yes, we are coming to stargaze.
Family name ______________________________ No. coming for BBQ________________

☐ We will bring ☐ Salad/pasta or ☐ Bread rolls

☐ Yes, we would like to camp out.
Family Name____________________ Main contact person ___________________________
Mob & email: ________________________

☐ I have enclosed a Campsite donation of $50 or Other $______
☐ I have already paid $_______ via PayPal.
Canterbury Crunch has revised the Menu for Term 3 -- due to popular demand a weekly soup special for lunch & take home meals Tuesday - Friday will now be available (the soup will be spicy & aimed at the adult palate) (while stocks last)
-- the Tuesday lunch special will also be available as a take home option (while stocks last)
Please see the flyers 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.

Thursday
Chicken Stroganoff Pie
$4.00

Looking for volunteers for shifts in the canteen in Term 3
If you can spare some time, that would be great.
Please email Linda Clark at landmclark1998@yahoo.com.au with your availabilities.

Thank you to everyone who volunteered at the Canteen in Week 1 & 2: Dorothy Jamieson, Linda Clark, Suzanne Trimmer, Cathy Miller, Jacquie Cheetham, Natalie Bishop, Imogen Craney, Cindy Utari-Pandjaputre, and new volunteer Amy Mills (mum to Ethan in 3/4M)

Monday
Chicken Wings & Rice
$4.00

Tuesday
Chicken & Vegetable Caserole
$4.00

Wednesday
Tuna Mornay
$4.00

Thursday
Chicken Stroganoff Pie
$4.00

Friday
Nachos
$4.00
GELATO!
FRIDAY 7th AUGUST
3.20PM OUTSIDE THE STAFF ROOM
DON’T FORGET TO BRING YOUR MONEY
Chocolate, Lemon, Vanilla, Banana & Strawberry
NO ARTIFICIAL COLOURS, NO ARTIFICIAL FLAVOURS
JUST
$2
Position vacant – Canterbury Crunch Canteen Committee Secretary

The CPS Canteen Committee is looking for a new secretary to organise and attend meetings, circulate agendas and record and distribute minutes. The committee meets twice per term, once during school hours and once in the evening, children welcome. We are very welcoming and would love to see some new faces getting involved in the committee.

Follow the link below for more information:

Please contact melbruniges@yahoo.com or 0411 605 181 to discuss.

Ways to help without even trying...

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

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.

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
Rewarding regular savers with amazing prizes.

We're bringing the exciting news that an intergalactic Prize Portal has appeared on Planet Savings, giving students who demonstrate good savings behaviour the chance to win amazing prizes.

- 75 x IPad minis Wi-Fi 16GB
- 125 x Beats by Dr. Dre Solo2 Headphones
- 200 x $30 Booktopia Gift Certificates

Help the Dollarmites activate the Prize Portal for a chance to win

To activate the Prize Portal, students must simply make three or more School Banking deposits during Term 3 and they will automatically be entered into the competition for a chance to win one of hundreds of prizes. Students can also complete a Money Mission at commbank.com.au/prizeportal to double their chance of winning a prize. (Please note, students can start the Money Mission at any time, but are required to make three deposits by the end of Term 3 to double their chance of winning.

Win books for your school library

We're also giving schools participating in the School Banking program a chance to win one of 75 sets of children's books for their school library, valued at $200.

For more information, visit commbank.com.au/prizeportal

Things to know before you Can

Conditions apply. See commbank.com.au/prizeportal. Promotional offer 28/05/20 - 17/08/20. StudentEntrant Entry is open to all Australian citizens aged 4-13 years. 1 entry allowed whenever 3 deposits are made through the School Banking Program. Entry is not received if completing a Money Mission activity at commbank.com.au/prizeportal and submitting a fully completed entry form. Mail of 7 entries per person. Entries will be divided into the following Share/Interest groups: NSW/ACT, Vic/Tas, SA/NT and WA. A total of 450 prizes comprising 75 Prize Portal Mini-i Pads ($299 each), 125 Beats by Dr. Dre Solo2 Headphones ($200 each), 200 x $30 Booktopia Gift Certificates will be displayed amongst the prize categories. The prize winners will be published in the public media under the Total Savings total.

Entry is open to all schools operating in Australia who participate in the School Banking Program and have at least 1 student entered into the Student Entrant of this promotion. Each 7 entries per student. Entries will be divided into the following Share/Interest groups: NSW/ACT, Vic/Tas, SA/NT and WA. A total of 75 prizes of a selection of children's books to the value of $200 for each winning school's library will be distributed amongst the installs. The prize winners will be published in the public media under the Total Savings total.

By entering this promotion, the participant agrees to the terms and conditions of the promotion. The participant agrees that any disputes arising out of or in connection with this promotion shall be subject to the laws of Australia. The Organiser is not responsible for any errors or omissions or any other incorrect or incomplete information. For more details, visit commbank.com.au/prizeportal.
Welcome back from your winter break. Whilst the sun does seem to shine all year in Sydney, term 3 is the cold, wet and windy term of the school year. Keep your kids warm and dry against the elements in:

- **Long Sleeve polos $22** (all sizes now available)
- **CPS Jumpers and Zip Jackets $20**
- **Fly Jackets – rain & wind-proof on outside, soft and warm on inside** $30
- **Gaberdine Pants (unisex) $28**

If your kids play in PSSA, come and grab some shorts for the season

- **Microfibre shorts – $16**
- **Rugby knit shorts – on SALE at $10 only** (sizes 4, 12, 14 & 16)

Uniform shop hours are:

<table>
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<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tuesday morning</td>
<td>8.50 – 9.20</td>
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<tr>
<td>Thursday afternoon</td>
<td>3.00 – 3.30</td>
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<tr>
<td>Friday morning</td>
<td>8.50 – 9.20</td>
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Alternatively, orders can be left with Nicole in the canteen any day between 8.30 – 2.00pm

Thanks, Genevieve
Breakfast
Cheese Toasties .......................................................... $2.50
Cheese & Ham Toastie .................................................. $3.20
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 ....................... $1.00
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 - Nipps (110ml) ............................................. $1.20
Bulla Ice Cream Cups (100ml) ....................................... $1.80
Calippo Mini/Rainbow Stick/Moosies/Icy Twist ...................... $1.20
Paddle Pop ....................................................................... $2.20
Home-made Ice Blocks ................................................ $1.00
Juiceies/Super Dooper .................................................. $1.00
Thirst Quenchers
Reduced Fat Flavoured Milk (250ml) ............................... $2.30
Nudie Sparkling Soda .................................................... $2.30
Pop Top Fruit Juice (200ml) ........................................... $2.30
Nudie Juice Combi (250ml) ............................................ $2.30
Fresh Fruit Smoothie ..................................................... $1.20

Choose mostly from green items
Choose occasionaily from amber items
TH - Take home option available medium $6 large $8
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 ....................................................... $3.50
Lettuce, ham, tomato ...................................................... $3.50
Rainbow Delight - V ........................................................ $3.50
Layers of grated carrot, cucumber, capsicum, tomato, lettuce and beetroot $3.50
Egg Head - V ................................................................. $3.50
Mashed boiled egg with mayonnaise and shredded lettuce
Chicken Wrap ................................................................ $4.50
Lean chicken breast, lettuce and mayonnaise on Lebanese bread
From the Sea ................................................................ $3.50
Tuna, lettuce and mayonnaise ........................................... $2.00
Aussie Style - V ............................................................. $3.50
Vegemitter ................................................................. $3.50
Chicken Salad Wrap ...................................................... $5.50
Lean chicken breast with mixed salad on Lebanese bread
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 $4.50
Mega Salad as above plus one of chicken, tuna or egg - GF V $4.50 $5.00
Pasta Salad - Pasta with cherry tomatoes, celery, carrot & corn & mayonnaise - V ......................................................... $4.00 $4.50
Tuna Pasta Salad as above with tuna - V ......................... $4.50 $5.00
Hot Food (all Home-Made)
Home Made Lasagne - GF ............................................. $4.00 $5.00
Pasta Napolitana - GF .................................................... $3.50
Sausage Roll ............................................................... $3.50
Specials (all Home-Made)
Monday - Chicken Wings and Rice - GF ....................... $4.00 $5.00
Tuesday - July/August - Chicken & Vegetable casserole - GF TH $4.00 $5.00
September - Porcupine balls in home made sauce & rice - GF TH $4.00 $5.00
Wednesday – Tuna momay ............................................. $4.00 $5.00
Thursday – Pie of the Week ............................................. $4.00
Friday – Nachos ........................................................... $4.00 $5.00
Knife, Fork, Spoon (free with purchase of meal, yoghurt or ice cream) ......................................................... $0.10

Term 2 & 3 2015
Delicious Hand Made healthy WARM & TASTY SOUP Available Tues, Wed, Thur, Fri For lunch or TAKE HOME

$5 Medium (500ml) $7 Large (700ml) Bread Roll - 50c

New Flavour EVERY WEEK

Week 1: Spicy Roasted Pumpkin
Week 2: Spicy Lentil
Week 3: Minestrone
Week 4: Vegetable, Bacon & Risoni
Week 5: Cream of Chicken

Week 6: Thai Chicken
Week 7: Sweet Potato
Week 8: Asian Chicken & Corn
Week 9: Roasted Tomato
Week 10: Wonton

THAT’S DINNER SORTED ONLY WHILE STOCKS LAST
What is MyTime?
MyTime groups provide local support for mums, dads, grandparents, carers and anyone caring for a child with a disability or chronic medical condition. Socialise and share ideas with others who understand the rewards and intensity of the caring role. Groups are free and supported by a Play Helper.

www.mytime.net.au

Hosted by Playgroup NSW  Friday Mornings
9.30am - 11.30am
During School Terms
Canterbury Public School – Church Street
Meeting in the School Library (Block A)

<table>
<thead>
<tr>
<th>24th July</th>
<th>31st July</th>
<th>7th August</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decorative Frames</td>
<td>Truck Tracks Painting &amp; Book</td>
<td>The Hungry Caterpillar Book &amp; Craft</td>
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</tbody>
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<tr>
<th>14th August</th>
<th>21st August</th>
<th>28th August</th>
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<tr>
<td>Create Your Own Peg Doll</td>
<td>Exploring Emotions Craft &amp; Memory Game!</td>
<td>Touch and Feel Duck/ Story &amp; Songs</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4th September</th>
<th>11th September</th>
</tr>
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<tbody>
<tr>
<td>Fathers Day Craft</td>
<td>Spring End of Term Party &amp; Edible Sensory Craft!</td>
</tr>
</tbody>
</table>

Playgroup NSW
Call Playgroup NSW for more information:
1800 171 882
A new weekly Sunday Markets conveniently located at Canterbury Racecourse

Welcoming the new Canterbury Family Market located at Canterbury Racecourse. The opening day includes special visits from your favourite Disney Characters. Lots of Free Parking & FREE ENTRY!

For any general information or stall bookings please contact Sam on 0405 668 278 or email theweekendmarkets@mail.com

Brought to you by 'The Weekend Markets Pty Ltd' ABN: 48927867817
Celebrating 100 Years of Women in Policing

Ashfield Local Area Command
Invites you and your family to join us in celebrating
100 years of Women in Policing

Time: 10 am to 12 pm
Date: Saturday, 29 August 2015
Location: Gough Whitlam Park
Bayview Avenue, Earlwood

Free BBQ, Specialist Police Units, Displays and more!

RSVP to Constable Lisa LATU 9797 4099
<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Karate</td>
<td>Monday</td>
<td>6.00pm – 7.00pm</td>
</tr>
<tr>
<td>Learn to Play Basketball</td>
<td>Wednesday</td>
<td>5.00pm – 6.00pm</td>
</tr>
<tr>
<td>Junior Boxing</td>
<td>Monday &amp; Wednesday</td>
<td>4.30pm – 5.30pm</td>
</tr>
<tr>
<td>Belmore HC – Homework Club</td>
<td>Thursday</td>
<td>4.00pm – 6.00pm</td>
</tr>
<tr>
<td>Drop In Basketball</td>
<td>Monday to Friday</td>
<td>Call for availability</td>
</tr>
<tr>
<td>Drop In Table Tennis</td>
<td>Monday to Friday</td>
<td>Call for availability</td>
</tr>
</tbody>
</table>

**ALL PARTICIPANTS MUST PCYC MEMBERS**

Please check our website for more details. [www.pcycnsw.org/belmore](http://www.pcycnsw.org/belmore)