TERM 1

MARCH

Tues 6  C3 Parent Teacher Meeting - 6:30pm
Thur 8  C11 Kayaking Excursion - 8:30am-12:00pm
Sun 11-Fri 16  C7 (Wardong) Sailing Camp to Albany
Sun 11-Fri 16  C11 Walpole Camp
Tues 13  SCHOOL TOUR - 9:00am-10:00am
Sun 18-Fri 23  C7 (Kulbardi) Sailing Camp to Albany
Mon 19  C9 Parent Teacher Meeting - 6:30pm
Thur 22  C12 Parent Teacher Meeting - 6:30pm
Tues 27  Primary Easter Palm Walk
Thur 29  Primary Easter Foot Washing Assembly

APRIL

Tues 3-Fri 6  CBB Camp to Dwellingup
Thur 12  C9A Play
Fri 13  C9A Play

NEXT WEEK

SCHOOL TOUR
Tuesday, 13th March, 9:00am-10:00am
*See next page for details.

TERM 1, Week 6

Tuesday, 6th March, 2018

Last Thursday morning, there was an incident on the Buswest bus that brings children from Cockburn train station to school. Some children may have been upset by seeing a driver not manage his anger about seat belt compliance appropriately. Children should feel safe and not threatened on a bus and we take this incident very seriously. Please provide your child with the opportunity to debrief if they were on that bus. Our Class Teachers, Guardians and the Pastoral Carer have also been asked to provide the students with an opportunity to talk about what happened if they feel they need to.

The children should know the school has confirmed that an investigation will be held and the driver will not be driving for PWS again. Any feedback from the investigation will be provided to families who have registered their children as bus users. This bus service has been provided by the school for a number of years and the relationship between Buswest and PWS has always ensured a quick response to any matters of concern. I apologise that earlier notice of the incident was not provided to families so they could follow up with their children over the long weekend.

Any further concerns should be directed to me or the Class Guardian/Teacher.

Last week, the Class 9 Main Lesson play was a delight to watch. The students brought to us all a warm, humorous story of times gone by. The Class can be extremely proud of what they achieved in working together and providing generous performances. Thank you to Donna, Glenis and Matt Blackwell for all their work. Special thanks to Matt who is taking extended leave to work interstate. He has been fantastic in his drama technician role.

Last week, the Class 8 students were away on camp in Dwellingup and had a great time. Next week Class 11 will be doing a Deep Ecology, Kayak and trekking camp in Walpole. The school Camps are experiences providing students with new opportunities, a chance to bond and work together, to overcome obstacles and to create a new narrative about themselves with the peers and teachers. They are also lots of fun! Thank you to Sven and the class guardians and assistants for organising and managing the camps.

Last week, we welcomed Yvette Selwood to the High School Admin officer role. Yvette will be full time in the High School office and has said she is already feeling the warmth of both staff and students and the buzz of being in a busy, active role. Please be welcoming if you meet her. Thank you to Nick Oomen, a former student who acted in the role over the last five weeks.

The school is pleased to congratulate Julie Penin on news that she is expecting a baby later in the year. Julie will now be working in a relief capacity in the school. Welcome to Class 2 Judith Schipkie. Judith with replace Judith Herrmann who is taking maternity leave until the end of the year. Judith Schipkie has been the primary school’s first priority relief staff member for some years now and last year worked for six months with Class 6 and this year for five weeks with Class 7 (Wardong). We appreciate her willingness to support the school in this way. Please make her feel welcome. It is never easy taking a class over from the Class Teacher when they are so much loved by the children.

Bruce Lee
School Administrator

IN THE LIGHT OF A CHILD

In striving forth toward the goal,
I feel new firmness in my soul.
The I-of-God in knowing sight
Fills all my will with gleaming light.

And in these hidden depths, this radiant glow;
By bringing light to darkness, makes the good fruit grow.

-Michael Hedley Burton

STUDENT ABSENCES: Please let the office know by 8:30am.
Text: 0429 680 969
Email: absence@pws.wa.edu.au
Phone: 9417 3638

PABULUM INFORMATION: Pabulum contributions need to be emailed to pabulum@pws.wa.edu.au by 2:15pm Thursdays.

To view Pabulum as a PDF, go to www.pws.wa.edu.au

To receive the link via email, please send a request to pws@pws.wa.edu.au

Don’t forget to join us on Facebook - Perth Waldorf School
**FROM FINANCE**

**SCHOOL FEES ARE NOW OVERDUE** - Term 1 Due Date: Friday, 9th February, 2018.

<table>
<thead>
<tr>
<th>CREDIT CARD/ONLINE PAYMENT</th>
<th>ELECTRONIC FUNDS TRANSFER</th>
<th>CHEQUE AND CASH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Payments by Credit Card can be made by visiting the Bpoint website: <a href="https://www.bpoint.com.au">https://www.bpoint.com.au</a></td>
<td>Payments by Electronic Funds Transfer (EFT) can be made to the school’s banking details as follows:</td>
<td>Payments by cheque can be made payable to Perth Waldorf School. Please have a copy of your statement attached when mailing your cheque.</td>
</tr>
<tr>
<td>Biller Code: 147 2133</td>
<td>Account Name: Perth Waldorf School</td>
<td>Postal Address: PO Box 1247 Bibra Lake WA 6965</td>
</tr>
<tr>
<td>Reference: Family Code</td>
<td>BSB: 066 000</td>
<td>Cheques and Cash Payments can also be made during office hours at the School Reception.</td>
</tr>
<tr>
<td>Phone payments can also be made by calling Reception on 9417 3638 during Office Hours.</td>
<td>Account Number: 1205 1015 Commonwealth Bank Perth</td>
<td>EFTPOS terminal also available</td>
</tr>
<tr>
<td>We accept VISA and MASTERCARD.</td>
<td>Reference: Family Code</td>
<td></td>
</tr>
</tbody>
</table>

A late payment fee will apply to all accounts not paid by the due date. This does not apply if you have a payment plan arrangement in place.

**UN-REFERENCED PAYMENTS**
The Finance Department have received payments without Family Code’s with the following details:

- Thursday, 1st February, 2018 - $60.00
- Friday, 9th February, 2018 - $753.00
- Friday, 23rd February, 2018 - $753.00

If you believe any of these payments were made by you, please contact the Finance Department at account@pws.wa.edu.au.

Thank you.

**GENERAL NEWS**

**In Remembrance...**

Dear Community of Steiner Schools,

It is with sadness that the Mount Barker Waldorf School community grieve for the loss of our beloved Eurythmy Teacher, colleague and friend, Brian Cusack who passed suddenly on Friday, 2nd March. We are in shock and feel a deep sense of loss.

In sadness,

Helen Platell - Principal at Mount Barker

---

**SCHOOL TOUR**

**NEXT WEEK!**

Our School Tour will be on **Tuesday, 13th March, 9:00am-10:00am.**

Come along to view our Classrooms and explore our school’s grounds. This is a wonderful opportunity to get to better understand our school’s ethos and meet some of our wonderful families and staff. A light morning tea will be provided with discussions after the tour.

If you are wanting to attend please contact reception (9417 3638) to book a place.

We hope to see you there!
Position Vacant

PWS invites applications for:

Community Support Officer (10 hours per week).

This role involves working to build a sense of community in the school and ensure that, as much as possible, it is a ‘healthy’ community by way of clearly communicating school expectations and provisions for parents and students and keeping in touch on a human level with members of the community - both staff and parents. A high degree of social-emotional intelligence and diplomacy when working with people as well as an ability to plan and coordinate others is required.

Working in this role requires fitting in with school culture and the needs of the school and evolving in the position with changing needs as they occur.

Full job description is available on our website.

All written applications, including a CV and three referees, should be marked ‘private and confidential’ and forwarded to:

The Administrator, Perth Waldorf School, PO Box 1247, BIBRA LAKE WA 6965
OR employment@pws.wa.edu.au

From The School Nurse

A Healthy Lunchbox

Healthy lunches and snacks are important for keeping active kids alert and focused and providing them with the nutrition they need every day.

A healthy lunch box should include:

- **Fruit** - at least one serve of fresh seasonal fruit. If you don’t have fresh fruit, canned (in natural juice) is a good substitute. Dried fruit is high in sugar and should be avoided.
- **Vegetables** - vegetable sticks, salads or a mix of raw (with dip) or grilled vegetables.
- **Dairy** - one serve of milk, yoghurt or cheese supports optimal growth and development in children. If your child can’t tolerate dairy, provide a suitable alternative.
- **Protein** - lean meat or poultry, fish, eggs, tofu, legumes/beans, or nuts and seeds.
- **Grain foods** - wholegrain and high fibre varieties are best.
- **Water** - the best drink to keep children hydrated.

Remember, children who help plan and prepare their own lunch are more likely to eat it. Your child might like to try out this fun, ‘Interactive Lunchbox’ website: www.goforyourlife.vic.gov.au.

From Community Support

**Palm Sunday Walk**

We look forward to sharing with you and your children the Palm Sunday walk coming up on **Tuesday, 27th March**. Our children’s walk through the school with the donkey and with their colourful crosses is a celebration of the entrance of Jesus into Jerusalem during Holy Week. This is a very significant festival in a Steiner School and we ask parents and the wider community to remember that this is time for reverence and for being truly present to the sacredness of this event. We will be asking the market stall holders and the canteen to cease trading before the procession so that we can all be ready to receive our children as they walk under palm fronds and are bathed in our voices.

If you have any palm fronds please drop off on the veranda of Cedar House (near lost property)on the morning of the walk.

The Perth Waldorf School Parents and Friends (P&F) have an open meeting every first Wednesday of the month at 6:30pm. This is an opportunity to sit in and experience the wonderful fundraising work they do without any pressure to join. The next meeting is this **Wednesday, 7th March** in the Cedar House Kindergarten. Gabby and her team look forwards to seeing you.

If you have any questions regarding the P&F please contact Gabby on 0439 919 926. Thank you.

Penny Champ, Renae Fassom and Heidi Halter - Community Support Team
**EARLY CHILDHOOD**

**FROM THE CO-ORDINATOR**
Our combined Kindy 5/6 parent morning began with an enlivening singing session. We had 52 parents in attendance, with the promise of an introduction to music, Eurythmy and Extra Lesson in our Kindergartens. It is meetings such as these that inspire and connect us. The richness of our curriculum reveals itself as parents take it in experientially. The ripple effect is felt by the children too.

Next Pabulum, I am asking for some parent’s comments about the morning, to come forth. Just a sentence or two will suffice: text me your comment and I shall collate a word picture to share with our school community. Thanks all for your participation.

Jennifer Byrne - Early Childhood Co-ordinator

**PARENT and BABY GROUP**
The Parent and Baby Group is ready to meet some new babies!

If you have a baby or know of anyone who has a baby anywhere from newborn to one year of age, please contact Rosemary or Jennifer to see how you can attend.

The Parent and Baby Group runs on Thursday afternoons each week of term. Our aim is to provide a nurturing meeting place for parent and baby, holding them in a space of warmth, reverence and acceptance. We meet and create community over a piece of cake, a cuppa, and sharing.

Everyone is welcome to attend
Cost $10 per session
12:15pm-2:00pm

Parent and Baby Group - Rose Hughes - phone 0430 207 577
Early Childhood Coordinator - Jennifer Byrne - 0407 391 482

**WHAT’S HAPPENING IN THE STAR ROOM**
The year has started very happily in Kindy Four. Everyone is settling into a rhythm and routine that feels very nourishing. We are spending lots of time getting to know each other and to revel in Summer’s transition into Autumn.

The children have been introduced to baking bread from scratch. They are loving getting their hands really gooey as they mix the flour, water, salt and magic fairy dust together and then knead the dough into a lovely glistening ball. After this the Yeast Fairies work their magic and make the dough get bigger and bigger and bigger. Wow!!

We are hearing lots of early birthday and Summer stories and becoming acquainted with the rhythm, routines and reverence that make up the cornerstones of our kindy programs.

The children have been busy tending the sweet potatoes and sunflowers, growing in the garden and planting bean seeds. It has been truly miraculous for the children to see how quickly they have grown into merry little seedlings. I wonder if Jack will be able to climb our beanstalks?

To the broader school community we invite you all to come and have a wander round the garden and discover our growing world.

Love and respect,
Fiona and Eva - Kindy Four (Star Room) Teachers
The Meaning of Easter

What is Easter? Why do we celebrate it? How do we celebrate it?

These are the questions we will explore in more detail. Come and join us in discovering and deepening our understanding of Easter as celebrated in a Steiner school.

Fiona McVey will be giving a talk on the meaning of Easter and how to bring its significance into our family life.

Wednesday 21 March 2018
Seekers Place
6.00 - 7.00 pm
REMINDERS FOR THIS WEEK

Tuesday, 6th March - Class 3 will be having a Parent Teacher Meeting at 6:30pm. Parent Teacher Meetings are wonderful opportunities to discuss with your child’s teacher about how your child in progressing and behaving at School, as well as to better understand what they are currently learning in the classroom.

Sunday, 11th March - Class 7 (Wardong) will be heading off on their camp down south to Albany where they will be practicing their sailing skills at the Princess Sailing Club. The students will also get to participate in various activities such as visiting the Albany Museum, Whale World, swimming at the beach, boat tours at various farming tours. The Class 7’s will return on Friday, 16th March.

EASTER FESTIVAL

As we have entered the time of Lent, we begin to prepare ourselves for the Easter Festival. This year the Easter week falls in Week 9. Starting on Tuesday, 27th March with our Easter Palm Walk, we will follow our Little Donkey around the school, holding our beautifully decorated Crosses aloft and joyously singing. In order for us to do this we need to prepare our Crosses which most students will already have from last year. For our new students a basic cross needs to be made using the pattern below and return with it to school by Monday, 19th March, as this is the day when we decorate the crosses in the afternoon.

EASTER CROSSES

The Cross is to be constructed using dowel approx. 12mm in diameter; the vertical piece is to be 72cm long and the horizontal piece 45cm long. The dowel should “cross” 22cm from the top of the vertical and be wrapped with wool or wire to stay together. Take some thick wire and make a circle around the cross with a 20cm radius from the crossover section. To make it easier to attach the Easter Roosters, attach a long nail to the top of the cross.

ALL Crosses are to be brought to school by Monday, 19th March, 2018.

PRIMARY MUSIC NOTES

Class One and Three students recently received their new flutes, after great anticipation. Class Fours have started instrument lessons and are happily tootling, bowing and tonguing, and class sevens have formed a new 50 piece orchestra, fabulously balanced with 21 violins, 6 violas, 11 cellos, 1 double bass, 6 flutes and 6 clarinets. Our primary has 3 orchestras and 3 ensembles. Everyone learns the recorder, sings, and three classes play the lyre.

This year our instrument teachers are: Jenny Williams (violin), Michelle Fong (viola/violin), Nick Pitt (cello), Ruth Thomas (flute), Kieran Toye (clarinet) and myself (violin, ensemble, orchestra and class music). Janet Wilson sings with classes 1-4.

It is vital that parents play an active part in music practice. Children need your support. Check the music practice books, send a note to the teacher if need be, listen to your child, practice as often as you can, provide space in their lives to practise, organise a mini-concert for granny, etc. Music is such a gift, but it also requires regular patient work.

"If music be the food of love, play on" - (Shakespeare).

Paul Lawrence - Music Teacher
REMINDERS FOR THIS WEEK

Thursday, 8th March - Class 11 will be going on an excursion to practice and escalate their kayaking skills at Bicton Baths in preparation for their camp on Sunday.

Sunday, 11th March - Class 11 will be heading off on their camp, where they will participate in a bushwalking and sea kayaking journey through the forests and inlets of Walpole - Narnalup National Park. Class 11 students will return on Friday, 16th March.

REVISITING CLASS 9 PLAY

Congratulations to Class 9A for their wonderful performances of ‘Stories From Suburban Road,’ last week.

It was such a joy to sit in the audience and to witness the skill and energy that were present in every performing student. It was such a privilege to watch each and every member of the class transform through their striving - to witness the shared experience of pride and accomplishment and the strengthening of the class bonds.

A big thank you to Sanchi who mentored Finian and played the didgeridoo with him during the performances. Thank you also to Paul Lawrence and the talented Class 10 ensemble students, Katherine Kraayvanger, Sophie Halbert, Mayo Wright-Shogaki and Grace Barlow for the beautiful music and Sharon, Glenis, Fiona and Matt who offered our young people wonderful opportunities for mentorship and skill building in set building, costumes, prop creation and behind the scenes tasks. Thanks also to Claudia for her wonderful support in so many ways and Ken for taking our beautiful photos. Most of all thank you to Class 9A students for their beautiful performances!

Donna Kerr - Drama Teacher

(Continued on next page...)
‘THE CARRIAGE’ SCHOOL SHOP

Open Tuesday to Thursday, 8:15am-9:30am

We stock all your school stationery supplies, uniforms & bags. We also have a large range of craft supplies, jewellery, knitted items, cleaning products, salt lamps, essential oil holders, amber teething necklaces, wooden toys, books and Moondust Tooth Powder.

VOLUNTEERS NEEDED!
The Carriage is always looking for volunteers to help run the shop. If anyone is available to please contact me on 0439 919 926.

We also look for new products to stock, if you would like to help or have a product you think is suitable please call Gabby on 0439 919 926.

THE EASTER MARKET
This year our Easter Market will be held in conjunction with the Primary Easter Donkey Walk on Tuesday, 27\textsuperscript{th} March. The P&F would like each class to make three (3) cakes for the Easter Market Cake Stall. Please fill in an ingredients label to put with your cake (available on the back of this week’s Pabulum). Please deliver to the table outside the canteen on the morning of the Easter Market.

If you have any questions regarding the Easter Market please contact Gabby (head of P&F) on 0439 919 926. Thank you.

COLES SPORTS FOR SCHOOLS PROGRAM
This year Perth Waldorf School will be participating in Coles Sports for Schools program that is currently running. Tickets can be dropped at The Carriage.

MAINTENANCE & GARDENING

We are a waste wise school!

Reduce, Reuse, Recycle - words that we all know.
We have to save the Earth, so we can live and grow.
Our School separates and recycles everything we use,
And we need you to do it too!
Glass, paper, plastic and tin,
All must go in the recycle bin!

Students are to refrain from bringing mobiles or electronic devices into school, unless permitted by their parents and class guardian. Devices brought to school are to be switched off and kept in school bags until the end of school.

BUSY BEE
You are invited to join our gardening Busy Bee each Wednesday morning from 9:00am till 10:00am. This will count towards your family participation hours. Let’s make our gardens and grounds all the more beautiful for our children. We will meet in the Rainbow/Rose Room kindy garden after morning drop off at 9:00am. No gardening experience necessary, just bring your enthusiasm. Please contact Heidi on 0427 445 754 for more information.
COMMUNITY CLASSES

Groups/Classes
Participating in any of these activities goes towards Family Participation Hours.

Mondays, 8:50am-10:15am  Parents and Friends Study Group by Anne Williams (in the Library, no children please) 0424 771 217.
Mondays, 10:30am-12:00pm (fortnightly) 12/03  Biodynamic Group with Heidi Halter (in the Playgroup garden).
Tuesdays 9:00am  Craft Group with Pixie Stott (outside the Canteen).
Tuesdays, 2:15pm-3:00pm  Eurythmy with Kristina Hamilton (in Williams Hall).
Wednesdays 9:00am  Adult Singing Come and join Claire Williamson and discover your inner voice (in the Music Office).
Fridays, 9:00am-9:45am  Listening Circle with Bruce Lee - the Administrator (in the Library).
Saturdays 1:00pm-4:00pm  Waldorf Wood Workers with Christian Geyer (meet in Plaza) 0409 267 178.

These groups for parents are run or led by teachers or parents. Members of the school community are encouraged to join any of the groups and enjoy the experience of personal growth and learning in this beautiful environment - a great inspiration for our children!

PARENTS AND FRIENDS STUDY GROUP - with Anne Williams.
Mondays, 8:50am-10:15am in the Library.

The Anthroposophical study group for parents and friends meets on Mondays from 8:55am to 10:15am in the Library. No children please. For further information contact Anne Williams, 0424 771 217.

BIODYNAMIC GROUP - with Heidi Halter.
Next week - Monday, 12th March, 10:30am-12:00pm in the Playgroup garden.

Please join us next week on Monday, 12th March for our compost making workshop. It's a great practical way to learn the basics of making a foolproof compost. Guiding notes will be given out to take home. Meet at the Playgroup garden at 10:30am. A gold coin donation is appreciated. If you have any questions feel free to phone Heidi on 0427 445 754.

CRAFT GROUP - with Pixie Stott.
Tuesdays, 9:00am outside the Canteen.

Come join our lively group of crafters and learn some new skills or polish up some old ones. All levels of ability are catered for. It will be run as "first you make you keep and then make one for the group to be sold". This will go towards completing your community hours. Children welcome but do need to be supervised. We are working with Easter Crafts this term so come make something for your child and help make something towards the Easter market stall. We look forward to seeing you next week.

EURYTHMY - with Kristina Hamilton.
Tuesdays, 2:15pm-3:00pm in Williams Hall.

Rudolf Steiner’s art of movement, EURYTHMY, helps to connect the spirit within each human being to the world at large. As well as being a much respected performance art, Eurythmy is recognized world-wide for its practical applications in education and therapy. At PWS Eurythmy is an essential component of the Waldorf Curriculum and is currently being offered from Kindy to Class 6. Each lesson is created anew to help the child meet the particular challenges of each stage of child-development.

In these free Eurythmy classes designed for adults, the aim is to share the life-affirming benefits of Eurythmy movements. After doing Eurythmy many people remark how they feel so much more relaxed, at one with the world, and ready to meet the challenges of life. Happy parents mean happy children, so do come and try this wonderful elixir! No experience is necessary, only a wish to enrich your soul in the joyful company of others.
**SCHOOL NOTICES**

School notices are strictly for members of the school only and may consist of: lost and found items, items for sale (student/school related), and classes/lessons within the school, etc. Please restrict your notice to two lines (this is free of charge). School notices will appear in this section for two weeks. If you would like the ad to appear for longer, please contact the Fabulum on 9417 3638 each week. Thank you.

**BABYSITTING** - available from Jena Payne. I attended PWS from Kindy to Year 12 and just recently graduated. I live locally and am available if you need a childminder for school drops or pickups. Please give me a call on 0450 123 272.


**LOST** - one high school calculator (name in texta on side and back) left in maths room above upper school kitchen. Please call Hunter on 0435 755 658 if you have found it.

**FOR SALE** - 1 x full size cello and bow with soft case - $400. Please call Lena Durbridge on 0409 350 114.

**BABYSITTING** - Avalon of last year’s Class 12 is available for babysitting. Avalon is experienced, caring and brings some Waldorf magic to her work. Please phone or text 042 698 7630.

**WANTED** - High School Craft is in need of some (1.5 - 2 litre) glass jars with lids. If you have any jars spare that you would like to donate, or know of anyone who does, we would greatly appreciate them. Please leave any jar donations at the Front Office.

---

**COMMUNITY NOTICES**

Community Notices are for members of the school's community only and may consist of: business adverts, producers, services, items for sale (non-school related), etc. Keeping in mind that they need to be consistent within our schools' ethos. Please restrict your notice to two lines (this is free of charge). All Community Notices will appear in this section for two weeks only. If you would like a ¼ page advert, a $10 fee is required and will only appear in Week 2 and Week 8.

**SHORT TERM HOUSE/PET SITTER NEEDED** - from 15th April-16th July, 2018. Lovely Hamilton Hill home, 2 bedroom, large low maintenance garden, quiet street, beautiful sunsets, large covered outside area. Please call 0423 948 267 for more information!

**DÉ DANANN'S HENNA ART** - Temporary henna tattoos. Individual from $20 up. Party for $60/hr. Dé Danann 0438 774 768. Perth, WA.

**HOUSE FOR RENT** - in North Lake. 4x2, Lush garden, wood heater and gas bayonet, evap. a/c, bright and sunny. Very close to Bibra Lake, in walking distance of PWS. Quiet and safe neighborhood. $400 pw. Please contact 0408 650 215 for more info.
Canteen Open times:
Mon and Fri, 8:10am-2:00pm.
Tues and Wed 8:10am-2:00pm. After school 3:00pm-3:15pm.
Thurs 8:10am-1:30pm. After school 2:10pm-2:30pm.

All Primary school students must order before school for morning tea and lunch.

**Menu for Term 1**

**Daily specials (must be ordered):**

**Monday** - Vegetable chilli served with rice, corn chips, natural yoghurt and cheese. $5.00

**Tuesday** - Chicken and vegetable pie, vegetable pie, chicken korma pie, or chunky beef and vegetable pie. $5.00

**Wednesday** - Sushi hand rolls (gf & egg free) - tuna and cucumber or avocado and mixed vegetables. Miso Soup. $4.00

**Thursday** - Whole meal rolls - egg and salad, cheese and salad or ham and salad. $4.50

**Friday** - Beef burger with salad or tempeh burger with salad. $6.00

**Available everyday (items with a ★ must be ordered):**

**Savoury:**
★Veggie roll (gf). $5.00
★Beef pie (gf). $5.50
Rice paper rolls. $5.00
Spinach and ricotta rolls. $4.50
Cheese and tomato toasties. $2.50
★Toasties (gf). $3.00
★Ham, cheese and tomato toasted sandwiches. $3.50
★Ham, cheese and tomato toasted sandwiches (gf). $4.50
★Pizza - vegetable or meat. $3.00
Salad bowls. $4.00
Boiled egg. $1.00
Popcorn. 50c

**Sweet:**
Cakes (assorted variety)
Bliss balls $3.00
Cookies from $1.00
Fresh fruit from 50c
Smooze (primary only after school) $1.50
New Icy Poles (primary only after school) $2.00

**Drinks:**
*(Bring your own take away cup for 50c discount)*
Slushies’ refund of 50c on return of small cup Sm $2.50 / Lg $4.00
Large juices $3.50
Small juices $2.50
Coconut water Sm $3.00 / Lg $4.00
Fresh coconuts $4.50
Hot Chocolate Sm $3.00 / Mug $3.50 / Take away $4.50
Ice Chocolate Mug $3.50 / Take away $4.50
Coffee Mug $3.50 / Take away $4.50
Long Black Mug $3.50 / Take away $4.50
Tea Mug $3.00 / Take away $4.00
Herbal Tea Mug $2.00 / Take away $3.00

*Almond or coconut milk extra $1.00
AUTUMN APPETISERS

Autumn signifies the in-between stage of seasons and life. It is the time of afternoon, of slowing down, acknowledging changes and of determination. It is the entrance to Winter isolation. As the Earth changes from green to yellow to orange and red, harvest is gathered as temperature and weather fluctuate.

Harvest is when we see the fruits of our toil. We should now eat grains, dense fruits (e.g. apple), dense vegetables (e.g. beans and carrots), dairy foods, chicken, seafood, nuts, seeds and warming spicy foods.

The autumnal equinox around the 21st March was considered by our ancestors to be a time of celebration for the gifts of fruit and vegetables from Mother Earth and was oftentimes marked by huge feasts. Following the equinox we celebrate Easter, a time of resurrection. It is said that if you wake at dawn on an Easter Sunday, you will see the sun dance in the water and an angel praying.

We say blessing:

\[
\begin{align*}
\text{Autumn has come to the country and town} \\
\text{Wearing her garments of gold and brown} \\
\text{Apples she brings us so ripe and so red} \\
\text{Brings us the corn that we bake for our bread.} \\
\end{align*}
\]

To my house I find my way \\
And with my blessed angel stay \\
From the classroom \\
To scatter all I know.

**Lentil Stew**

2 tbspn olive oil 1 medium zucchini
2 brown onions, peeled and 425g tin of tomatoes
chopped 3 cups vegetable stock
1 - 2 cloves garlic, crushed ¼ cup dry white wine
2 sticks celery cut into 2 cm 1 tsp dried basil or 1
chunks dessertspoon of fresh
freshly ground black pepper 1 cup brown lentils
2 tsp turmeric 1 egg per person
2 tbspn chopped fresh parsley
1 tbspn grated parmesan per person

1. Heat a large saucepan and when hot add oil.
2. Sauté onions, garlic and turmeric until tender.
3. Add wine and basil and reduce for one minute.
4. Add celery, tomatoes and juice.
5. Break up tomatoes and cook for one minute.
6. Add zucchini and stock and bring to the boil.
7. Add lentils, cover and simmer for 30 minutes or until lentils are tender.
8. Fold in parsley and makes wells for eggs.
9. Break in eggs and sprinkle with cheese.
10. Cover and simmer until eggs are poached.
CAKE LABELS FOR THE EASTER MARKET

These labels are a requirement from the Department of Health for parents baking and donating cakes for the Easter Market.

Please fill out a label below with all ingredients used, cut your label out and attach to your donated cake. Ensure you include: flour, shortening, eggs and nuts. Don’t forget to label your plates, dishes, etc and collect them at the end of the day.

Your cakes may be dropped off at the Canteen on the day.

If you have any questions regarding the Easter Market please contact Gabby on 0439 919 926.

Thank you!