



Pabulum

Perth Waldorf School

14 Gwilliam Drive,

Bibra Lake WA 6163

Telephone: 9417 3638

Email: adminpws@pws.wa.edu.au

Website: www.pws.wa.edu.au

TERM 4 CALENDAR

NOVEMBER

| | |
|---------------------|---|
| Tue 5 - Thur 7 | Class 3 in-class Play Performance |
| Wed 6 | Class 7K Teacher Parent Meeting |
| Thur 7 | Class 6 Teacher Parent Meeting |
| Mon 11 - Fri 22 | Class 10B Work Experience |
| Tue 12 | Class 3 Teacher Parent Meeting |
| Fri 15 | Early Childhood and Primary PUPIL FREE DAY |
| Sun 17 - Fri 22 | Class 10 Surveying Camp |
| Mon 18 - Fri 22 | Class 9A Camp |
| Tue 19 | Advent Market |
| Tue 26 | Class 4 Teacher Parent Meeting |
| Wed 27 - Thur 28 | Class 5 Play |
| Fri 29 | Class 12 Play at Subiaco Arts Centre - 7:00pm |
| Sat 30 | Class 12 Play at Subiaco Arts Centre - 1:30pm and 7:00pm |

DECEMBER

| | |
|---------------------|--|
| Mon 2 | High School PUPIL FREE DAY |
| Tue 3 | Class 12 Graduation |
| Wed 4 | Class 7 2020 Orientation Day - 8:35am start |
| Tue 10 | Class 7 Graduation Assembly - 8:45am |
| Thur 12 - Fri 13 | High School Art Exhibition |
| Tue 17 | Kindergarten Crowning - 9:15am in the Hall (K6 Parents Invited) |
| Tue 17 | LAST DAY OF TERM 4 (half day) |



NEXT WEEK

Friday, 15th November

Early Childhood and Primary Pupil Free Day

Term 4, Week 4

Tuesday, 5th November, 2019

Additional High School Campus - Talks Underway

On October 23rd Perth Waldorf School invited representatives from all WA Steiner Schools to participate in a working group to discuss the feasibility, development and establishment of a second High School campus to the current campus in Bibra Lake.

All the Perth Schools were represented and at this first meeting the focus was on what participants imagined a second campus would look like and what are the ingredients that are necessary to ensure it can be established and run successfully.

Although there is a long way to go in this process you should feel confident that steps are being taken to cater for all Steiner primary school graduates, either at our Perth Waldorf School Bibra Lake campus or a new campus planned for the not too distant future.

Whilst we imagine the school will be unique and creative in its imaginings into realisation, a feasibility study, including **being able to leverage the strength and knowledge of our current PWS High School** is a highlight of this proposal. Research into other Waldorf–Steiner high schools Australia wide will add to our conceptual and knowledge base to help ensure comprehensive planning and a successful uptake.

The next meeting is in week 5 and we intend to keep the community up-to-date. Watch this space!

Superb Finish

The Class 12 Projects were excellent! Well done.

In today's edition of the Pabulum there are many "Thanks" for the efforts of the many who supported our young adults through the Class 12 projects. We are blessed to have such a strong community that holds them so well.

As you will know, the years from 14 to 21 are just as amazingly complex and difficult to navigate as the years from 0 to 7. Just as the infant, toddler and young child require care and support to transition into middle childhood, the teenager needs special care and support to transition through to adulthood. Many of these Class 12 students have commented publically and privately what a struggle these transitional years have been and they have thanked the adults who have stood by them and let them develop and grow and thrive, in spite of their difficulties they have faced. Stronger for it they have all emerged! Thank you.

Bruce Lee
School Administrator

IN THE LIGHT OF A CHILD

*The light that is streaming through air all around,
Which, sparkling and gleaming, now warms the earth's ground,
Reveals the stars' handwork where flowers abound.
And, wondrous and radiant, an Angel I see.
He shines with God's light and he smiles upon me.
It is I! He it is whom I one day will be,
In my heavenly mantle, from darkness set free!*

Michael Hedley Burton

STUDENT ABSENCES:

Please let the office know by 8:30am.

Text: 0429 680 969, Phone: 9417 3638, Email: absence@pws.wa.edu.au.

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 adminpws@pws.wa.edu.au

FROM FINANCE

SCHOOL FEES ARE NOW OVER DUE - Term 4 Due Date: Friday, 25th October, 2019.

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

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.

UNREFERENCED PAYMENT

Our Finance Dept. has received an unknown payment for school fees with the following details:

24th October, 2019 - \$1855

If you think this transaction was made by you please contact the Finance Department on **9417 3638** or by emailing **account@pws.wa.edu.au**.

TERM 4 FEES

Term 4 fees are now over due. Fees were due to be paid on **Friday, 25th October, 2019**.

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.

Please contact Leisa Clarke in the finance department if you have any issues or inquiries - **9417 3638** or **account@pws.wa.edu.au**.

GENERAL NEWS

Connect Learning WA Before and After School Care

The service is available for children aged from 6-12

PUPIL FREE DAY - Connect Learning is now taking bookings for **Friday, 15th November** (Early Childhood and Primary Pupil Free Day).
Get in quick as spaces are filling fast!

Casual bookings are available all year round if you ever need last minute care. Feel free to pop in for a chat with Nicola (in the Extra Lesson Room before and after school).

| | |
|-------------------------------|-------------------------|
| Before School Care | 6:30am to 8:25am |
| After School Care | 2:00pm to 6:00pm |
| Vacation Care | 6:30am to 6:00pm |
| Early Finish Thursdays | 2:30pm to 6:00pm |
| Pupil Free Days | 6:30am to 6:00pm |

If you are interested in your child attending please contact Nicola.
0420 667 904 / Perthwaldorf@connectlearningafterschool.com.au

SPACES ARE FILLING FAST!

**PUPIL
FREE DAY**

15 NOVEMBER | 6:30AM-6PM

Contact Nicola for more information on
0420 667 904 or
perthwaldorf@connectlearningafterschool.com.au

POSITIONS VACANT

"At Perth Waldorf School we are committed to promoting the safety, health and wellbeing of children and young people and expect all school staff, parents, students, volunteers and visitors to the school to share that commitment"



Perth Waldorf School invites applications for...

High School Teacher Assistant - Part-time (11 hours per week).

A full job description can be found on the school website, SEA website and on SEEK.com.

Applications close 4.00pm, Friday 8th November 2019.

EARLY CHILDHOOD

FROM THE COORDINATOR

The semester of woodwork with teacher Judy Gray is much looked forward to by the Swans. They have been working with their will, with their hands and with tools to form beautiful useful objects. Their pride in their work is clearly visible.



This term, parent nights will be especially aimed at nourishing and supporting you. Your attendance at one parent night per term is expected.

In preparation for Advent, we offer an artistic workshop for Cygnet and Swan as your "parent night" at **6:00pm, Tuesday 26th November or 9:00am, Wednesday 27th November**. Lesley Cotter will lead participants through a very easy technique with softly coloured pastels expressing the Madonna and child. The picture that she helps you create serves as a way to open into the pure gesture of the mother and child. It is a universal expression of the arriving soul being nurtured by the enfolding parent.

*Participants are limited at 15 for each workshop. **Booking is essential** - please contact Reception to put your name on the list.

Kindy 4 Parent Night will be with Fiona in Marri Miah at **6:00pm, Tuesday 19th November**. Fiona will be giving the developmental picture of the children as they enter the next phase of growth, and sharing some background to the stories and circles for the term.

Parent Participation hours opportunity:

We are seeking a parent with woodwork skills to help construct some basic playframes and benches for our Kindergarten. Please contact Jennifer Byrne at the school for details - **9417 3638**.

Jennifer Byrne - Early Childhood Coordinator

PRIMARY SCHOOL

CLASS 6 PLAY

The People of Mars

Class 6 students gave a lively, vibrant performance of their Roman history play last week.

The play encompassed the stories of Aeneas, Romulus and Remus, Caesar, Augustus and concluded with the birth of Jesus.

Students capably took on multiple parts, managing the entries, exits, and costume changes that came with this. Each and every one was assured, and really lived into their parts.

The class would like to thank Sarah for costumes, lights, sets, and direction.

Paul for the wonderful music, especially the setting of Emily Dickinson's poem 'Hope'!







Bravo, Class 6!

Val Ashman - Class 6 Teacher.



Concert Season!

Perth Waldorf School invites everyone to attend the following end-of-year concerts:

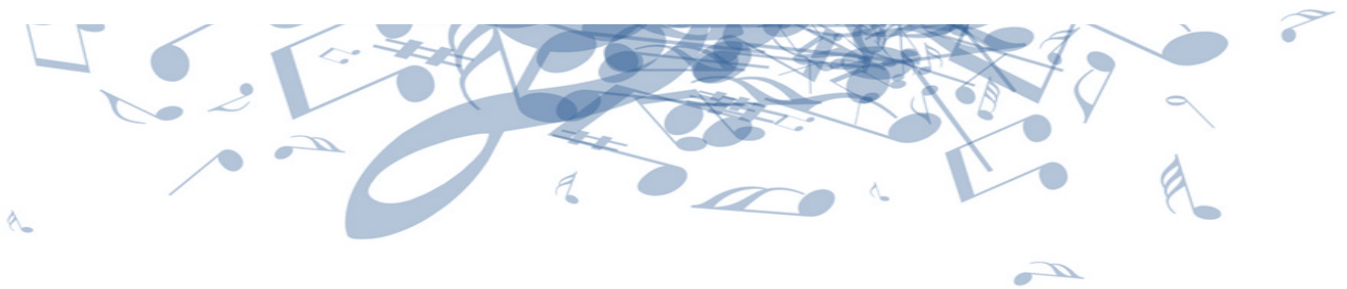
Friday 22nd November, 2:15pm Seekers Place: Class 5 Orchestra and Choir

Friday 29th November, 12:00 noon: Class 7 Pre-Tour Concert

Friday 13th December, 2:15pm Seekers Place: Class 6 Orchestra and Ensemble

Wednesday 11th December: Instrument Concerts- solos and small groups

10:00am: class 4; 11:15am class 5; 12:00 noon class 6; 1:30pm and 2:15pm Class 7.



PRIMARY CRAFT



HIGH SCHOOL

2019 CLASS 12 PROJECT PRESENTATIONS

The following is the speech given by Wim Matthys to the audience at the Class 12 Project Presentations last week. It was so good we wanted to share it with the whole school community.

Good evening everybody,

When we were invited to share a few things about our Steiner journey I started looking for something visual to represent it and I decided to use Herve's Class 7 crest because it's spot on and might also help you place the accent.

Anyway, our Steiner journey started in Belgium and this is the second time we have a student in Year 12 here at school. I would like to share a few things about our experience as a Steiner parent and with the Year 12 projects. I did the maths to check our experience and was a bit surprised to find out that at the end of this year, we will have completed 63 school years as parents in Steiner Education, and I leave to you to work the number of parent meetings we attended.

In 2001 we stumbled in to the Steiner world as we didn't like all the mainstream kindies we visited. Fortunately my wife Katrien remembered that one of her friends was a teacher in an alternative school in a neighbouring town. We liked the school instantly, got really enthusiastic and then ended up on the dreaded waiting list. But the universe intervened and we were in right before the start of the school year.



Just being part of the school community, parent meeting and talking to teachers taught us a lot.

And the Belgian teachers were happy to give parents a clear opinion on issues when needed, which was an eye-opener for us, and parent meetings could sometimes get really intense.

Looking back, I think that mums are often the early Steiner adopters and that my early thoughts were like: "It is fine, we can still move schools after kindy or primary," this might sound maybe a bit more familiar to part of the male audience here tonight. But I have been happily proved wrong over and over. And this year's presentations are again confirming what a great choice we have made.

When I talk to people about Steiner education, I always get excited about the creativity that is embedded in all subjects of the curriculum and I really enjoy how it gives students additional skills and insights in a very subtle way.

There is a story about the Picasso-looking picture on the right. Around ten years ago I heard Maxine and Louis cracking up about a drawing she made and I barely managed to save it from the bin as they thought it was terrible. They told me: "Dad, this is how we think children in a Belgian mainstream school would draw a face."

I immediately thought that I was holding a unique piece of art that I'd never seen before from an 11 year old. And it just confirmed that a Steiner education makes you think out of the box and gives you the tools to act on it. Our 5 children have different personalities but the curriculum works for all of them. We have never had a single day where they didn't want to go to school, it's usually like "Hurry up, let's go!"

They know we think highly of Steiner education and that we expect them to do their best to become the best version of who they actually are by the time they finish year 12.

At one time we considered moving to a different part of Belgium and went to the Open Day at a nearby Steiner-school. We were guided around by two year 12 students and the first thing we both said to each other after the tour was: "Were you like that in year 12?"

We have witnessed this magical process twice in our family now and it has been great to see how all the different skills they acquired along the way come together in the Year 12 project.



(continued over next page...)

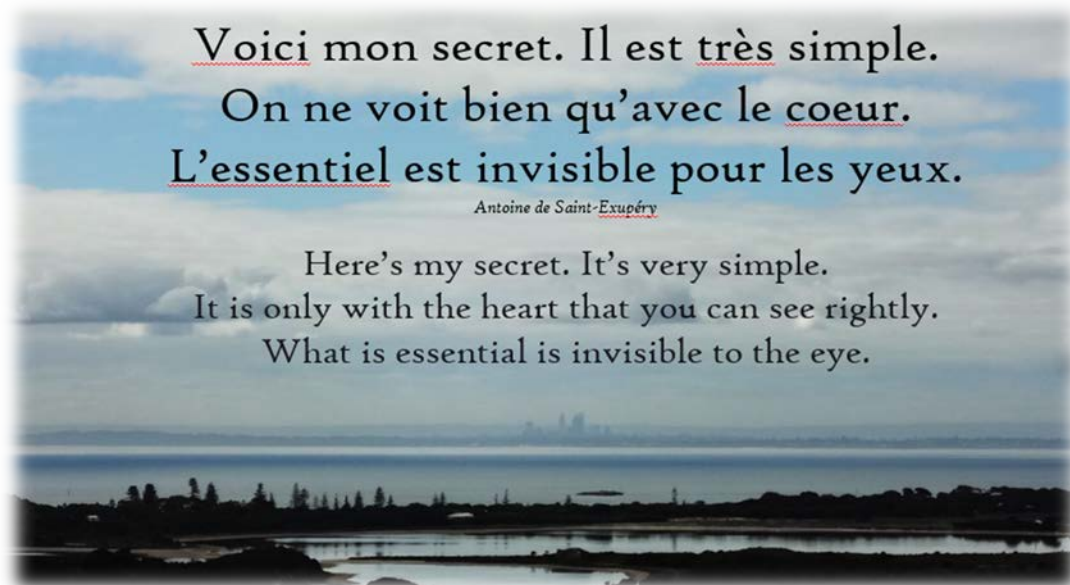
There is actually not a lot for me to tell you about how we experienced the project process as parents, except that it was interesting and that we just enjoyed it. In both cases it definitely was an independent project as our support was barely needed and they both managed their project really well.

We tried and I guess succeeded in taking away the idea that the project is by definition a highly stressful and life-threatening event. A bit of coaching on picking an interesting & personal topic and trying to be efficient in setting up a practical never hurts of course. Treating the project as a kind of long-term main lesson and encouraging regular journal entries did the rest. I might be mistaken but I think I saw some smiles now and then when they experienced how this just organically comes together if you keep the ball rolling.

I assume that by now you are convinced that we have a high level of trust in the Steiner education.

There's a saying say that trust comes on foot and leaves on horseback, but apart from horse camp I haven't seen many horses around and neither have I looked for one.

The homepage of the Steiner school where it all started for us has this nice quote that perfectly covers this feeling of trust we have. It was of course in Flemish, but I like the original French version:



I would like to encourage parents and students to continue in this education and to stay on board for the entire trip. It's an amazing journey with plenty of interesting guides taking you along.

There is only one thing that I have never understood during this 18 year long journey, and that is when I hear the comment: "This teacher has no Steiner experience or OMG we're getting a new Steiner teacher."

We had no Steiner parent experience or qualifications we had to show when we enrolled our children. But teachers seem to have to be like this high-end multi-tool Swiss army knife from a very exclusive brand, and once that is sorted, we tell the staff "Can you make sure it has been used before?" I guess we all would have very different professional careers if nobody had ever given us an opportunity and had not been willing to invest time and effort to allow us to grow.

Dear year 12 students, I hope you have enjoyed your journey and have discovered a passion or strong interest along the way and use your gut-feeling when making plans for what comes next.

A few years ago, I read an article that encouraged engineers to embrace the arts to boost creativity and innovation. "Aesthetics is part of it" was a key statement, which reminded me of something a Bulgarian Aviation Engineer told me when I asked him how you start designing a plane: "Looks good, flies good" he replied and so it seems to me that Steiner students are well ahead of the curve in so many ways.

I'd like to close my talk with another quote. Not from a famous writer, philosopher or Rudolf Steiner, but just from a new colleague at work. I have some drawings and a drama poster near my desk and she asked me if my children were at PWS. When I replied "Yes, sure they are." She said this:



Thank you.

'THE CARRIAGE' SCHOOL SHOP NEW CHRISTMAS STOCK NOW AVAILABLE!



OPENING TIMES: Tuesday and Thursday from 8:15am-9:15am, and Wednesday from 2:30pm-3:30pm.

We stock all your school stationery supplies, uniforms and 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 and books.

COMMUNITY CLASSES

Groups/Classes

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

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!

Mondays, 9:00am-10:15am

Parents and Friends Study Group with Anne Williams (in the Library, no children please) **0424 771 217.**

Mondays, 10:30am-12:00pm
(fortnightly)

Biodynamic Group with Heidi Halter.

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 join Claire Williamson and discover your inner voice (in the Music Office)

Thursdays, 9:00am-9:45am

Listening Circle with Bruce Lee - the Administrator (in the Library). Come in for a conversation, concern, query or just to listen.

Saturdays, 1:00pm-4:00pm

Waldorf Wood Workers with Christian Geyer (meet in Plaza) **0409 267 178.**

FREE EURYTHMY CLASSES FOR ADULTS - with Kristina Hamilton

Tuesdays, 2:15pm-3:00pm in Williams Hall.

Class 12 Projects have now finished, Eurythmy will resume today (Tuesday, 5th November), 2:15pm-3:00pm. To celebrate Springtime we will be exploring Eurythmy colour gestures with poetry and music. Hope to see you there! No experience necessary.



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 try to restrict your notice to three 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 Pabulum on 9417 3638 each week. Thank you.

The Complete Leader

Leading with wisdom, compassion and integrity

A comprehensive foundation course in leadership for heads of school, administrators, college members, faculty heads, teachers, board members and parents

Steiner schools and other initiatives for cultural renewal are faced with key leadership challenges in our time. Amongst these are the following:

- How to create the organisational environment and 'social architecture' for the creative human spirit to flourish and for people to make meaningful and fulfilling contributions to the organisation;
- How to create an energised and purposeful workplace based on communal support and ongoing renewal;
- How to establish an effective leadership form and style, whether principal-led or based on collegial self-management;
- How to develop future leaders.

The Complete Leader program is a journey of discovery and growth, with the focus on leadership as it relates to self-development, interpersonal skills, team development, and organisation development. Through a range of engaging activities and interactive exercises the program demystifies leadership and enables participants to build a repertoire of transformational leadership insights and skills. A comprehensive Workbook will be provided.

Program structure and outline

The program will be run over one year, comprising four 3-day workshops, one per quarter. Participants will be expected to commit to attending all four workshops. Key topics that will be addressed include:

- New, enlivened leadership perspectives
- The planetary model
- Group dynamics and interpersonal skills
- Creative cooperation in a team
- Building the social fabric of the organisation
- Inter-group collaboration
- Understanding organisation culture
- Organisation diagnosis and development
- Power and ethics in organisations
- Leading change – strategic, operational and cultural
- Freedom and trust: The Mandate Organisation
- Personal development: The inner path of the leader

Program facilitator



David Liknaitzky has 30 years' experience as an independent organisation development consultant, based on an anthroposophical foundation. He runs *spiritatwork*, a consultancy that empowers leaders to think creatively and strategically about leadership and organisation development, and to build ethical and collaborative workplaces. David has had a long-standing involvement with the Steiner school movement in Australia and other parts of the world.

David has a Master of Arts in Professional and Applied Ethics and is currently completing a PhD at the University of Melbourne, focusing on leadership based on individual freedom and inter-personal trust. He is a Professional Support Panel Member of *Steiner Education Australia*.

Registering for the program in 2020

| Venue | 1 st workshop | 2 nd workshop | 3 rd workshop | 4 th workshop |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| Melbourne – Sophia Mundi Steiner School, Abbotsford | 20 – 22 January | 7 – 9 April | 1 – 3 July | 28 – 30 September |
| Cost of the program per person: \$2000 + GST \$200 = \$2200 total. Teas will be provided; Self-funded lunches at local eateries. A deposit of 20% (\$440) is required to secure a place; The balance to be paid 3-weeks prior to the first workshop. | | | | |

Contact David Liknaitzky now to receive a registration form and to book your place on the program.
Email: dliknaitzky@gmail.com Mobile: 0415 529 120

Rudolf Steiner College Perth

A Journey of Becoming

A Teacher Development Course with
Dr. Lakshmi Prasanna and Ptries Orange

Modules One, Two and Three
January 23rd-26th, 2020.

This course is for all those who are working as teachers, who are already part of a teacher training course, and anyone who is looking to deepen their understanding of anthroposophy through education.

The course includes:

- eurythmy to discover ourselves, each other and the child anew.
- nature observation, practicing our ability to observe the other and ourselves.
- working deeply in an explorative way with the first lecture of the lecture cycle 'Study of Man' to discover some of the treasures in this unique approach to education.
- conversation, artistic work.
- lectures at the end of our afternoon program bringing human physiology and embryology to help us understand the relationship between the development of the child and the curriculum Rudolf Steiner developed out of spiritual science.

The process relies on the individual and group work we develop between us.

*"Teacher Professional Development with Lakshmi and Ptries is just extraordinary!
All our fires burn brightly after each Module." Amy Berridge*

Cost: \$485 Deposit \$200 by 15th of November

For more information or to book contact Jenny Hill
jennyhill@iinet.net.au / 0432 735 744

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 try to restrict your notice to three 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.

RENTAL AVAILABLE - Christmas Holiday rental in Dunsborough (private home) available 18th-31st Dec, from \$600 p/w phone **0411 795 589** for me details.

TAOIST ENERGY MOVING MEDITATION CLASS - Cultivating internal energy for wellness, resilience and coherence. Monday 18th Nov and Monday 2nd Dec, from 9:00am to 10:00am @ Bibra Lake reserve park on the green opposite Adventure World car park. Please e-mail tcraies@yahoo.com.au for more info and to attend.

HENNA BODY ART - as found at our Open Day with Mamatree available every Sunday morning at the Freo Farmers Market. Also available for private appt and events. Please contact Kiah for more info on **0448 206 262** or check out her social media [@mamatree__ Facebook.com/mamatree5](https://www.facebook.com/mamatree5)

INSPIRED INFILL MASTERCALL - Would you consider a better and more sustainable way of building design and land development. If so, the "INSPIRED INFILL MASTERCALL" is for you. This workshop talks about Lot Specific design advice, effective infill planning and eco design. Visit www.inspiredinfill.eventbrite or call Chris Ferriera on **0409 662 704** for more info.

SPRING CLEANING WORKSHOP - Spring Clean cheaply with a next to no time fun workshop showcasing a household cleaner, hand wash and jiff replacement (think sparkly oven and no toxic fumes). You get to make these in under 5mins each and take them home for the cost of the materials. \$20 for all 3. Sun, 10th Nov @10:30am in Bibra Lake. Ph April **0413 159 815** to book.



Pacifica College
of Eurythmy

Sign up for just Term one
Open Intensive 3rd Feb - 27 March

Full Time Eurythmy Training in Australia

Applications open for 2020

3.2.2020 - 27.11.2020

A comprehensive,
four-year professional training,
preparing eurythmists for work
in artistic, educational,
therapeutic and social spheres.

For more information contact:
+61 403 171 651 email: pacificacollege@gmail.com
Samford Valley, Queensland, Australia

FOOD FOR THOUGHT

Warm water with lemon to start the day.

As a nutritionist I always recommend starting the day by drinking lemon juice with warm water.

Without a doubt, the lemon is the queen of alkalizing fruits. Many fruits and vegetables, rich in Vitamin C have the problem that when they reach our plate they no longer contain the volume of this valuable vitamin. This does not happen with the lemon. Lemons contains powerful flavonoids that protect the Vitamin C from degradation, in addition to providing incredible qualities of antioxidants (lemons contain more than 30 different antioxidants in addition to Vitamin C).

Thanks to the lemons high levels of hesperidin and Vitamin C, it is a good ally of the cardiovascular system. It improves the elasticity of the blood vessels, improves hypertension, varicose veins, haemorrhoids and other circulatory disorders.

The antiaging effect of the lemon is indisputable and is reflected in the quality of our skin. Lemon is also a great ally for the eyes, since anti-oxidants such as lutein greatly improve vision. Lemon is a blood detoxifier helping to reduce impurities, crystals and other toxins. It can help patients with gout or elevated uric acid, inflammation of the joints, as well as those with renal lithysis.

For all this and much more, I recommend drinking one or two lemons with warm water on an empty stomach every morning as a fantastic routine. Use a glass or metal drinking straw to avoid damaging tooth enamel.... and start the day full of energy and health.



"When the body, mind and soul are in harmony, diseases disappear" Dr Bach

Marijo Murillo
Nutritionist

PIXIE STOTT CANTEEN

Canteen Open times: **Mon, Tues, Wed and Fri, 8:10am-2:00pm. Thurs 8:10am-1:30pm**
After school - Tues and Wed 3:00pm-3:15pm and Thurs 2:10pm-2:30pm.

Menu for Term 4

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

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

| | | |
|--------------------|---|---|
| Monday - | Vegetable chilli served with rice, corn chips, natural yoghurt and cheese. (GF) (vegan available) | \$5.50 |
| Tuesday - | Chicken and vegetable pie, vegetable pie, chicken korma pie, or chunky beef and vegetable pie. | \$5.00 |
| Wednesday - | Sushi hand rolls (GF and egg free): Tuna and cucumber or avocado and mixed vegetables (vegan). Miso Soup. | \$4.00 \$4.00 |
| Thursday - | Wraps: Egg and salad, cheese and salad or ham and salad. Toasted chicken, spinach, sundried tomato and cheese wrap. Toasted spinach, sundried tomato and cheese wrap. | \$4.50 \$6.00 \$5.00 |
| Friday - | Beef burger with salad (GF available) or tempeh burger with salad (vegan) (GF available). | \$6.00 |

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

Savoury:

| | |
|--|--|
| Rice paper rolls – tempeh, bean noodles and vegetables (GF and vegan). | \$5.50 |
| Salad bowls | \$4.50 |
| *add boiled egg or cooked chicken extra \$1.00 | |
| ★ Gluten free beef pie. | \$5.50 |
| ★ Beef sausage in wholemeal bread. | \$2.50 |
| Spinach and ricotta rolls. | \$4.50 |
| Cheese and tomato toasties. | \$2.50 ★ Gluten free \$3.00 |
| ★ Toasted ham, cheese and tomato sandwiches. | \$3.50 ★ Gluten free \$4.50 |
| ★ Pizza - vegetable or meat. | \$3.00 |
| Boiled egg (GF). | \$1.00 |
| Popcorn (GF) (vegan). | 50c |

Sweet:

| | | |
|---|------|---------------|
| Cakes (assorted variety). | from | \$2.00 |
| Bliss balls (GF) (raw) | | \$2.50 |
| Cookies. | from | \$1.00 |
| Dried fruit and nut pack (GF) (vegan). | | \$1.00 |
| Fresh fruit. | from | 50c |
| Icy Poles (primary only after school). | | \$1.50 |

Drinks:

| | |
|--|--|
| Carton water. | \$2.00 |
| Organic Kombucha (high school only). | \$4.00 |
| Flavoured chocolate or mango Bannister Downs pouches (primary only after school). | \$2.50 |
| Slushies (primary only after school). | Sm \$2.50 / Lg \$4.00 |
| Organic Juices. | Sm \$2.50 / Lg \$3.50 |
| Coconut water. | Sm \$2.50 / Lg \$4.00 |
| Plain Milk. | Sm \$1.50 / Lg \$2.50 |
| Hot Chocolate. | Sm \$3.00 / Mug \$3.50 / Take away \$4.50 |
| Coffee. | Mug \$3.50 / Take away \$4.50 |
| Long Black. | Mug \$3.00 / Take away \$4.00 |
| Tea. | Mug \$2.00 / Take away \$3.00 |
| Herbal Tea. | Mug \$2.50 / Take away \$3.50 |

***Almond or coconut milk extra \$1.00.**

Bring your own take away cup for 50c discount!