



COOLAH CENTRAL SCHOOL

Heart of the community ... Key to the world



Newsletter:

Tuesday 14th May 2019
Week 3B - Term 2

150
YEARS

Serving the Coolah Community

1868-2018

School Information

Address:

13 Binnia Street
Coolah 2843

Phone: 63 77 1101

Fax: 63 77 1004

Email:

coolah-c.school@
det.nsw.edu.au

Website:

www.coolah-c.
schools.nsw.edu.au

Principal:

Winston Hughes

Deputy Principal:

Melissa Parrotta

Head Teachers:

Linda Milford
Evelyn George

Assistant Principals:

Megan Wesley
Kate Simmons

**School Administration
Manager:**

Lenore Curtis

Parents & Citizens Association

President:

Andrew Thomas

Vice Presidents:

Kathy Rindfleish
Torie Martin

Secretary:

Allison Mudford

Treasurer:

Lucinda Miller



CCS Calendar of Events - Week 3B

Mon 13th	• Secondary Open Touch
Tues 14th - Fri 17th	• NAPLAN
Wed 15th	• Year 12 Macquarie Marshes Excursion
Thurs 16th	• X Country & Colour Run
Fri 17th	• Primary Zone Netball & Softball - Coolah • UNE Maths Day - Armidale

P&C Meetings
Third Tuesday
each month
@ 5.30pm
CCS Staff Room
Everyone Welcome

"The virtue is in the struggle not the prize"

Principal News with Mr Hughes



Congratulations to all students who have made a very positive start to Term 2. As I walk around the school and visit classes I am seeing students engaged in their classwork doing their best to learn all that they can, helping their classmates learn and allowing their teachers to teach effectively.

I was particularly impressed by the way our students in Years 9-12 engaged with the presenters organised by Sally Staniforth as part of the, "What Employers Want" seminar. The most important message for students from this presentation is that "Reputation is Everything!" Students must ensure that they are seen by others, especially potential employers, as a positive person. Someone who is respectful, polite, motivated, proactive and supportive of others. Someone who can work easily as part of a team, will work hard to achieve a goal and will go above and beyond to do the best in everything

they do. I often ask students how they want to be perceived by other people and ask them to reflect on their behaviours. Do their actions reflect the person they want to be?

Later in this newsletter you will see information about the "Skoolbag App." Parents are encouraged to download this app as Coolah Central School is moving towards this platform as our main source of communication between school and home. Most importantly this app will allow us to tailor the information we send to those parents who need it. We will be able to communicate with classes, stages or the whole school community as required.

As always I can be contacted at the school with any questions.

Deputy Principal News with Ms Parrotta



Winter is coming! The change in the temperature has been substantive and it is good to see so many of the students in their winter uniform. All students should now have a jumper either on them or in their bags. Over the past week we have had many a cold student coming to the front office seeking to borrow a jumper. Today on assembly students were spoken to about being in uniform and I ask that parents and carers please assist us in getting them into it. We understand that at times it is impossible for them to be in it due to a washing issue etc and if this is the case then a note to explain it is all

that is required. If you need assistance to purchase a uniform please contact us here at the school and we will do all that we can to assist.

The Mother's Day luncheon at the school was lovely and I have heard many a compliment on the lunch that was provided by the students with the assistance of Mr Beohm. Fantastic stuff is happening here in our Food Technology unit. I hope all the Mother's out there had a lovely weekend.

Canteen Weekly Specials



Thurs 16th

No Special
Today
Cross Country

**LUNCH
SPECIAL**

\$6



Tues 21st

Chicken
Parmigiana
& Veggies

Secondary Homework Centre

The Secondary Homework Centre will be operating at the following times in the Computer Room.

Mondays - 1.30pm to 2.00pm

Tuesdays - 1.30pm to 2.00pm

Wednesdays - 1.30pm to 2.00pm

Thursdays - 3.00pm to 5.00pm



SECONDARY SCHOOL ASSESSMENT/ASSIGNMENTS

Year 7	<ul style="list-style-type: none"> ◆ Maths - completion of class exercises ◆ Bookwork up-to-date for all subjects
Year 8	<ul style="list-style-type: none"> ◆ Maths - Weekly Homework Booklet ◆ Bookwork up-to-date for all subjects
Year 9	<ul style="list-style-type: none"> ◆ Maths (Green) - Weekly Homework Booklet ◆ Bookwork up-to-date for all subjects ◆ Food Technology—Food for special occasions, assessment checkpoints throughout term final due 11/6/2019
Year 10	<ul style="list-style-type: none"> ◆ Maths (Green) - Weekly Homework Booklet ◆ Bookwork up-to-date for all subjects ◆ Food Technology—Food for special occasions, assessment checkpoints throughout term final due 11/6/2019
Year 11	<ul style="list-style-type: none"> ◆ Advanced English – ‘Reading to Write’ folio - Discursive Task ◆ Maths - Complete class exercises ◆ Geography - SGP (ongoing; Final due 31st May) ◆ Bookwork up-to-date for all subjects ◆ SIT20416—Certificate II Kitchen Operations Term 2 Assessments, finish Cluster 2, Cluster 3 and on going Cluster 10
Year 12	<ul style="list-style-type: none"> ◆ Advanced English: TS Eliot Booklets—Last Day of Term ◆ PDHPE - ensuring all class work is up to date ◆ Biology— Practice exam type questions for handing in ◆ Bookwork up-to-date for all subjects ◆ IT Metals Major Project and Folio (ongoing, Due 15.8.2019) ◆ SIT20416—Certificate II Kitchen Operations Term 2 Assessments, finish Cluster 4, Cluster 5, Cluster 6 and on going Cluster 7, Cluster 10
Can parents and guardians please check student diaries as there may be additional homework or teacher correspondence	



St Lawrence's Primary School Coonabarabran

2019 HORSE SPORTS

**Thursday & Friday
29 & 30 August 2019**

*TWO DAY, SCHOOL
HORSE SPORTS EVENT
KINDERGARTEN - YEAR 12*

Coonabarabran Showground
(Cheap Camping Available)





Events

- Cross Country
- Stockhorse
- Sporting
- Show Jumping
- Dressage
- School Team Events
- Campdraft & MORE

For more Info:

@horsesports2019

02 6842 1732

Email: stlawrencescoona@bth.catholic.edu.au

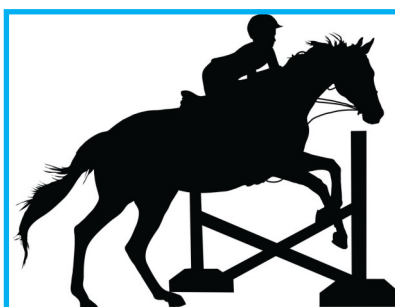
LOADS OF PRIZES



St Lawrence Primary School Coonabarabran Horse Sports 2019 Thursday 29th & Friday 30th August

St Lawrence Horse Sports will be held over two days on Thursday 29th and Friday 30th August 2019 at the Coonabarabran Showground.

This event is for students Kindergarten to Year 12. If you are interested in attending Please see Mrs Kerrie McMaster at the School Office to put your name down.



WEEK 2 IN SECONDARY AT CCS

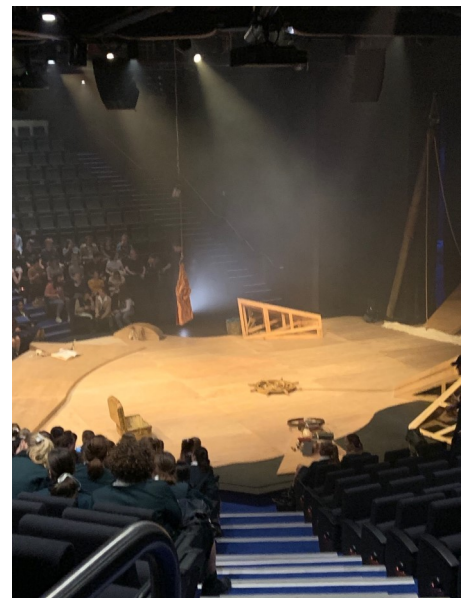


Secondary Debating

On Wednesday 8th May our Senior Debating team travelled to Coonamble High School to compete in the first round of our regions Premier's Debating Challenge. The team, consisting of Korina, Georgiah - Rose, Bonny and Isis represented the school fantastically well coming away with a win. The girls drew the affirmative, debating that *Aboriginal Studies should be a compulsory subject for all senior students*. The team now travel to Dubbo to take on Dubbo Senior Campus in the coming weeks.



Tempest & HSC Symposium Excursion - Sydney



Year 12 UAC Course Selections

Get Ready - How to Easily Select Your Courses

Watch this 3 minute video. It will show you how to select and store your favourite courses in seconds. From there you have your 5 choices (and any back up preferences) ready to apply for UAC as per their advice below.

<https://www.youtube.com/watch?v=oaFLwCv9QHE>

UAC Advice

To start your application you will need your Year 12 student number (issued through your school) and your UAC PIN (supplied by UAC).

You can manage your application after you have applied. Simply use your UAC Application Number (generated once you put in your personal details) and UAC PIN to login.

NOTE: Some Tertiary Institutions haven't supplied all 2020 course information to UAC. In the meantime you can select any course commencing in 2020 to get your application underway. You can always come back later to review, modify and update your preferences.

All courses will be available by August.

The UAC application process steps

Go to [Current Applicants](#) and identify yourself as an undergraduate, international or postgraduate applicant and select the appropriate application button. Or click on the 'Apply or log in' button at the top right of the page and select the relevant application type.

Enter your personal details.

Provide details of your studies and qualifications.

Select your course preferences.

Accept the applicant declaration and pay for your application.

Your application is now complete.

Log in to your application to keep track of its progress and to change your preferences if you want to.

Log in to check your offers.

Here you go!!! [https://](https://www5.uac.edu.au/uacug/)

www5.uac.edu.au/uacug/ **UAC**

youtube video support

https://www.youtube.com/watch?v=_hZapVNXwDw



K-6 News

We trust that all of our mothers had a fabulous day on Sunday, for Mother's Day. It was so great to see so many of our mothers, grandmothers and special friends on Friday for our special Mother's Day lunch. A huge thank you to Mr Boehm and his students for the fabulous food and also to the P&C coffee van for looking after us all again.

Congratulations to all students who attended Zone Touch Football and Rugby Union in Coonabarabran last Thursday. Congratulations to all students who have now made it to the next level. Southern Zone Rugby Union will be in Gunnedah on Tuesday May 21st and North West Touch Football will be held in Tamworth on Friday May 31st. Notes for both these events will be sent home this week. Notes for Schools Netball Cup in Dubbo on Tuesday 28th of May will also be sent home this week.

Our school's Cross Country will be on Thursday. Students will walk across to Bowen Oval with their teachers after recess. The Colour run will follow after all of the races have been completed. Students are asked to remember some warm clothes, as the weather is set to turn cold, water and a hat. Children are also encouraged to wear their house colours. A canteen will be available on the day. If you normally pick your child(ren) up from school, please come to Bowen Oval to do so.

NAPLAN commences this week for Years 3 and 5 students. These assessments will begin on Tuesday and will go through to Thursday.

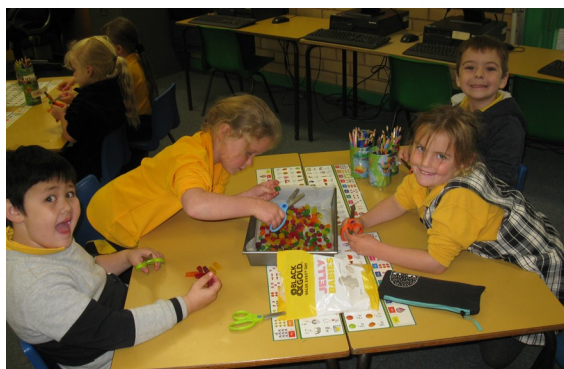
Tuesday : Writing Year 5 (online)
Writing Year 3 (written)
Reading Year 3 and 5 (online)

Wednesday: Language Conventions Year 3 and 5 (online)

Thursday: Mathematics Year 3 and 5 (online)



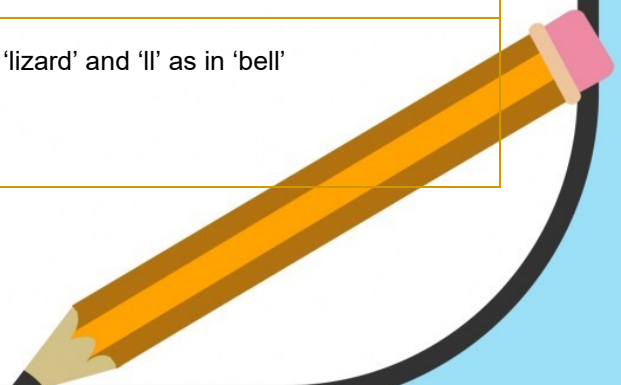
Kinder & Year 1
Mother's Day Rocky Road



K-6 News

Homework and Assignments Due

Kindergarten/ Year 1	Homework Home reading Spelling	<p><u>Kindergarten</u></p> <ul style="list-style-type: none"> ◆ Homework– unit 11 ◆ Home Reading– daily. As the readers are becoming more difficult, the children will now need to keep the same reader for two nights and we will change readers each Monday and Wednesday. ◆ Sight words– please write out the weekly sight words each night and learn. Don't forget to keep revising Term 1's sight words regularly as well. ◆ <u>Year 1</u> ◆ Homework book– unit 12 ◆ Home Reading-daily ◆ Spelling-please write out the weekly words each night and learn..
Year 1/2	Homework Contract Spelling Home Readers	<p>Students are to complete homework contract 12 this week.</p> <p>Students are to write their words out each night in their homework spelling books.</p> <p>Students are to read each night and fill in their reading logs. Students can bring these in when they have reached the milestones to receive their reading certificates.</p>
Year 3	Spelling Homework Reading Maths	<p>* Spelling sound this week is 'ai' snail, 'ay' hay, 'a_e' cake, and 'a' lady. Please note that due to NAPLAN this week there will be no spelling test on Friday for year 3.</p> <p>* Contract 12 and is due by Friday.</p> <p>* Please read every night and remember to complete you nightly Home Reading Log and return it when you have reached your milestone.</p> <p>* In preparation for NAPLAN, I have scheduled some practice online maths tests for Year 3. Students can access these tests at home via their Mathletics login.</p>
Year 4	Homework Spelling: Reading:	<ul style="list-style-type: none"> • Contract 14 Due Friday • ai' as in 'snail', ay' as in 'hay', a_e' as in 'cake' and a' as in 'lady' • Please remember to read for 15-20 minutes each night.
Year 5/6O	Homework Spelling words 20 minutes of reading	<p>Contract 13</p> <p>Spelling focus 'l' as in 'lizard' and 'll' as in 'bell'</p> <p>Daily</p>
Year 5/6W	Homework Spelling 20 minutes reading	<p>Contract 13</p> <p>Spelling focus 'l' as in 'lizard' and 'll' as in 'bell'</p> <p>Daily</p>
Learning & Support	Homework Spelling words 15-20 minutes of reading	<p>Contract 13</p> <p>Spelling focus 'l' as in 'lizard' and 'll' as in 'bell'</p> <p>Daily</p>



CCS Calendar of Events - Week 4A

May Mon 20th - Fri 24th	<ul style="list-style-type: none"> Year 10 Aspire Sydney
Tues 21st	<ul style="list-style-type: none"> Primary Southern Zone Rugby Yr 9/10 Try-A-Trade Mudgee P&C Meeting
Fri 24th	<ul style="list-style-type: none"> Primary Zone Cross Country

How to Install The Skoolbag App

Instructions for parents installing Skoolbag.



For Apple Users

1. From your iPhone/iPad, click on the "Download on the App Store" button above or open the Apple App Store and search for "SkoolBag"
2. Download the free SkoolBag app
3. Opening the app, and add your school(s) and you're ready to go!

For Google Android Users

1. From your Android device, ensure you have an account in the Google Play Store
2. Click on the "Get it on Google play" button above or go to the Google Play Store and search for "SkoolBag"
3. Download the free SkoolBag app
4. Open the app, add your school(s) and you're ready to go!

For more info visit skoolbag.com.au



Secondary PBL Raffle Winners

Gwyn Yr 9 – School Services
Hannah Yr 9 – English
Jake Yr 9 – English
Fiora Yr 7 – Maths

Students receive a \$5.00 voucher to spend at the School Canteen.



Shop

Earn one sticker for every \$10* spent at Woolworths.

- ◆ Every student received a sticker book today.
- ◆ Between 1st May and 25th June 2019, collect as many stickers as you can.
- ◆ Stick them on the sticker sheets and bring them into the office. If you don't have a sticker book, you can always drop your stickers into the Earn and Learn box at the front office.

It's back!

Help make a difference for your local school or ELC



PH: 02 6377 1101

Fax: 02 6377 1004

Email: coolah-c.school@det.nsw.edu.au

National Competitions

CCS has received information for national competitions running in 2019. If parents/guardians would like to enter their child in any of the competitions below, please tick the relevant box and return the slip with the money enclosed to the front office no later than **Friday 5th July 2019**. Entries will not be accepted after this date.

All Entries Close Friday 5th July 2019

Subject	Year Levels	Test Dates 2019	Entry Fee Per student	Please tick box to enter
Australian Mathematics Competition	3-12	1st August	\$6.50	
ICAS Digital Technology	2-10	3rd September	\$14.50	
ICAS Science	2-12	5th September	\$14.50	
ICAS Writing	2-12	10th September	\$14.50	
ICAS Spelling	2-7	12th September	\$14.50	
ICAS English	2-12	17th September	\$14.50	
ICAS Mathematics	2-12	19th September	\$14.50	
			Total Enclosed	\$

Name:.....

Year:.....

Parent/Guardian's Signature:

Date:.....



The School Run4Fun Colour Explosion is this week! The event will start after lunch on Thursday after our Cross Country Carnival at Bowen Oval. Don't forget to bring a white t-shirt and a change of clothes as you will be covered in vibrant, non-toxic colour powder.

If you want more information on the colour powder we will use in our event, please request the Test Report at the School Office. The powder we will use

is sourced from India, the home of Holi Powder. It's non-toxic, environmentally friendly, biodegradable and skin safe. Only the best for our students!

It's your last chance to raise funds for our great school. Jump online to www.myprofilepage.com.au and share your Profile Page using the share buttons. You'll achieve your fundraising goal in no time.

HOW TO ORDER YOUR PRIZE? EASY!

You have two options to order your prizes - either by completing and returning the back page of the Sponsorship Form to the Front Office or login or create a Profile Page at www.myprofilepage.com.au. You have 7 days from 25th May to order your prize.

#austalianfundraising #colourexplosion #schoolrun4run #colourblast
#schoolcolourexplosion #schoolfunrun #australianfundraising



PH: 02 6377 1101

Fax: 02 6377 1004

Email: coolah-c.school@det.nsw.edu.au

Cross Country & Colour Run

The annual Cross Country and Colour Explosion run are on this Thursday. Cross Country will begin after recess. All students will come to school as normal and have lessons until recess. Students will then move over to the oval where they will have the rest of the day. The canteen will operate from the oval for this day. There is a timetable and canteen list attached in the newsletter.

Students are encouraged to wear house colours for this day and also bring a light coloured shirt for the colour explosion run. There will be some water used if weather is favourable which helps to bring out the colour. **If your child is travelling home on a bus it is important that they bring a change of clothes to get on the bus in the afternoon.**

Students in secondary who attempt a credible run will be considered for representation at the regional carnival. Primary students who finish in the top six places will represent at the zone carnival.

Careers

Thank you to all the presenters who came and spoke at our 'What Employers Want' seminar last Tuesday. Our students gained a real insight into what employers look for when employing someone and what the expectations of an employee is in a variety of workplaces. Thanks to the following people who came and spoke to the students: Scott Witton, Randolph Rindfleish, Dennis Power, Jarrod Bennetts, Tony Staniforth, Jack Ticehurst, Jo Jones and Keegan Tucker. There were very favourable comments from the students at the conclusion of this seminar and hopefully this has helped our students to see how relevant learning is not only at school but continues on throughout our lives.

A reminder for Year 10 students to get work experience permission notes in as soon as possible. Placements will begin to be sought very soon.

For Year 12 students there is an information flyer in the newsletter providing all the information required to submit UAC entries.



Menu

Cross Country & Colour Run



<p>Sausage Roll \$3.00 Hamburger - \$5.00 Pizza Single - \$2.50 Potato & Leek Soup & Bread Roll - \$4.00 Chicken Wedges - \$1.50 Scallops - \$1.00 Mini Pie - \$2.00 Toastie - \$3.00</p>	<p>Sandwiches - \$3.50 Egg & Bacon Roll - \$4.00 Hot Dog - \$3.00 Pies \$4.00 - Bacon & Cheese - Beef & Mushroom - Potato - Beef - Chicken & Veg Fruit Salad Bowl - \$4.00 Small Fruit Salad Cup - \$2.00</p>
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Cross Country Order Form Thursday 16th May 2019

Name:.....

Class:.....

Order:.....

Money Enclosed:

.....

.....

Please fill in the pre-order form and
return to school by this Wednesday 15th
May 2019!



COOLAH CENTRAL SCHOOL
CROSS COUNTRY CARNIVAL – WHOLE SCHOOL DAY

Thursday, 16th May 2019

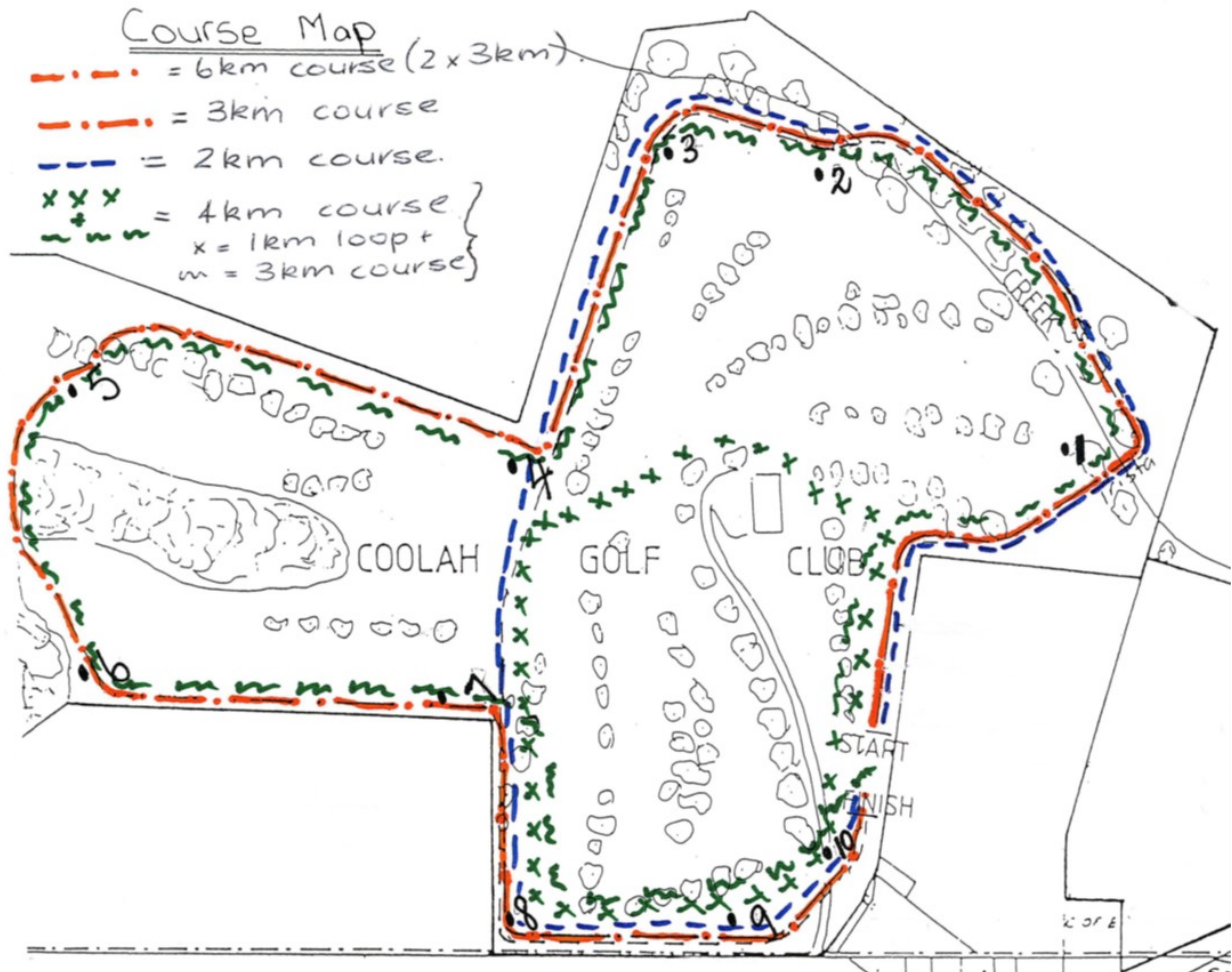
Time	Event	Age Group	Distance
9:00am	Period 1		
10.00am	Period 2		
11.00am	Assemble in Quadrangle & Proceed to Oval for Recess		
11:30am	1	Boys 16,17+ yrs	6 km
11:40am	2	Sec. Boys/Girls 12,13 yrs	3 km
11:50am	3	Boys 14,15 yrs / Girls 14,15,16,17+ yrs	4 km
12:00am	4	Infants 5, 6,7 yrs	1 km
12:10pm	5	Prim. Boys/Girls 11 yrs	3 km
12:20pm	6	Prim. Girls/Boys 12,13 yrs	3 km
12:30pm	7	Prim. Boys/Girls 10 yrs	2 km
12:40pm	8	Prim Boys/Girls 8,9 yrs	2 km
12:50pm	Lunch- Handing out ribbons		
1:30pm	Colour Explosion		

11.00am – RECESS at Bowen oval.

Lunch will be at Bowen Oval.

1.30pm - Students assemble on grass in front of grandstand in their house groups.
then move to starting points for Colour Explosion.

1.45pm – Start Colour Explosion.



Kindy & Year 1

Taronga Western Plains Zoo Excursion





Mother's Day Luncheon



PH: 02 6377 1101

Fax: 02 6377 1004

Email: coolah-c.school@det.nsw.edu.au

TERM 2 AT A GLANCE

Term 2 2019

Wk	Monday	Tuesday	Wednesday	Thursday	Friday
1.	29 th SDD	30 th WS ANZAC Assembly @ 11am	1 st May	2 nd	3 rd K-1 Zoo Visit
2.	6 th Pri NW RL- Tamworth	7 th What employers want! Diocesan Cross Country	8 th Premier's Debating Challenge - Coona	9 th Pri Zone Rugby Union & Touch Coona	10 th Tempest & HSC Symposium - Sydney Mother's Day Lunch UNE Open Day
3.	13 th Sec Open's Touch	14 th NAPLAN	15 th Macquarie Marshes	16 th School Cross Country & Colour Run	17 th Pri Zone Netball & Softball Coolah UNE Maths Day
4.	20 th	21 st Pri Sth Zone Rugby P & C Meeting Yr9/10 Try-a-Trade Mudgee	22 nd Year 10 Aspire - Sydney	23 rd	24 th Pri Zone Cross Country K-6 Assembly K/1
5.	27 th	28 th Primary Schools Netball Cup - Dubbo	29 th 16's Boys and Girls Touch Dubbo	30 th Opens Boys and Girls Touch Dubbo	31 st Pri NW Touch
6.	3 rd June Pri NW Rugby	4 th	5 th Girls David Peachey-Dubbo Australian History Comp Yr 7 - 12	6 th	7 th Pri NW Netball
7.	10 th Queens' Birthday	11 th Pri NW Softball (G) Pri Rugby Knockout	12 th Pri NW Softball (B)	13 th	14 th NW Cross Country @ Mullaley
8.	17 th	18 th P & C Meeting	19 th 16's Netball Dubbo	20 th Opens Netball Dubbo	21 st School Athletics Carnival
9.	24 th	25 th 16s League Dubbo	26 th	27 th Opens League Dubbo	28 th
10.	1 st July	2 nd	3 rd	4 th	5 th Term 2 Assembly





Coolah Central School P & C Canteen Menu

Snacks

Pikelets (Canteen made, 2 per serve)	\$1.00
Popcorn	\$.50c
Potato Chips 28g	\$1.50
Sea Salt Grain Waves	
BBQ Snaps Light Tangy	
Honey Soy Chicken	
Scones (Canteen made, ½ portion)	\$.50c
Muffins (Canteen made) 80g	\$1.00
Fruit Salad Bowl	\$4.00
Small Fruit Salad Cup	\$2.00
Jelly/Yoghurt/Custard Cups	\$1.00
Fresh Fruit	\$1.00
Apple	
Orange	
Banana	
In Season	
Frozen Yoghurt	\$2.00
Chocolate/Vanilla	
Raspberry/Coconut	
Strawberry/Mango	
Icy Mony	\$1.00
TNT Sour Ice block	\$1.00
Quelch Fruit Juice Sticks	\$.50c
Calippo	\$1.00
Moosies	\$2.00
Chocolate Bluemoon	

Drinks

Water Normal	\$2.00
Flavoured (Blackcurrant, Fruit Fix, Raspberry)	
Sparkling	
Milkshake med	\$2.00
lge	\$3.00
Chocolate	
Banana	
Vanilla	
Strawberry	
Caramel	
Flavoured Milk 300ml	\$2.00
500ml	\$3.50
Chocolate	
Vanilla Malt	
Strawberry	
Iced Coffee (Secondary Only)	
Juice Brothers 300ml	\$2.50
Apple & Raspberry	
Morning Start	
Orange	
Pop Top Fruit Juice 250ml	\$2.00
Apple	
Apple Blackcurrant	
Orange	
Popper Fruit Juice 250ml	\$1.50
Apple	
Apple Blackcurrant	
Orange	
Apple Raspberry	
Tropical	

Please note that there is a restriction on the size of the portion that can be served to students.

Portion Sizes for Flavoured Milks are limited to:

300ml for Primary Students

500ml for Secondary Students

Portion Sizes for Fruit Juices are limited to:

250ml for both Primary & Secondary Students

Juice Bombs	\$2.00
Apple Blackcurrant	
Watermelon	
Apple Cola	
Vanilla Lime	
Apple Raspberry	
Grape	
Orange Passionfruit	
Chill J	\$2.00
Grape	
Orange Passionfruit	
Slush Puppie	\$2.00
Strawberry Vanilla	
Cola	
Cloudy Lemons	
Tropical	
Lime	
Cans (Sugar Free) (Secondary Only)	\$2.50
Hot Chocolate	\$2.00

We offer homemade, tasty, nutritious meals and snacks in accordance with NSW Healthy Schools Canteen Strategy 2017. Recipes, suppliers and methods are available on request. All feedback and suggestions are welcome.

Come and see us or email

coolahcentralschoolpandc@gmail.com

- All food is made fresh daily
- Canteen made means that it was made in the canteen.
- **Green** means it is an Everyday Food
- **Black** means it is an Occasional Food
- **Please Note:** Not all drinks and sizes are available for primary students





Coolah Central School P & C Canteen Menu

Sandwiches/Rolls/Wraps/Bowls

Chicken, Lettuce, Beetroot, Carrot, Tomato, Cheese Cucumber & Mayo Sandwich	\$4.50
Ham, Lettuce, Beetroot, Carrot, Tomato, Cheese Cucumber & Mayo Sandwich	\$4.50
Salad – Lettuce, Beetroot, Carrot, Tomato, Cheese Cucumber & Mayo Sandwich	\$4.50
Chicken, Onion, Celery & Mayo Sandwich	\$4.50
Ham, Lettuce, Beetroot, Carrot, Tomato, Cheese Cucumber & Mayo Roll	\$4.50
Salad – Lettuce, Beetroot, Carrot, Tomato, Cheese Cucumber & Mayo Roll	\$4.50
Chicken, Lettuce, Beetroot, Carrot, Tomato, Cheese Cucumber & Mayo Wrap	\$4.50
Ham, Lettuce, Beetroot, Carrot, Tomato, Cheese Cucumber & Mayo Wrap	\$4.50
Salad – Lettuce, Beetroot, Carrot, Tomato, Cheese Cucumber & Mayo Wrap	\$4.50
Chicken Tender Cheese, Lettuce & Mayo Wrap	\$4.50
Salad Bowl - Lettuce, Beetroot, Carrot, Tomato, Cucumber, Cheese, Egg	\$5.50
Small Salad Cup - Lettuce, Beetroot, Carrot, Tomato, Cucumber, Cheese	\$4.00
Meat/Salad Bowl - Lettuce, Beetroot, Egg Carrot, Tomato, Cucumber, Cheese	\$6.00
Egg Lettuce Sandwich	\$3.50
Ham Cheese Tomato	\$3.50
Chicken Mayo	\$3.50
Chicken, Celery, Onion, Mayo	\$3.50
Turkey Cheese Avocado	\$3.50
Egg	\$3.00
Vegemite	\$2.00
Cheese/Tomato	\$3.00
(Extra fillings \$.30c) (Dressing \$.50c)	

Hot Foods

Chicken Wedges (1 serve = 2 wedges)	\$1.50
Chicken Tenders	\$2.00ea
Sweet Chilli Chicken Tenders	\$2.00
Scallops	\$1.00ea
Pies 180g	\$4.00
Mini Pies	\$2.00
Sausage Rolls	\$3.00
Beef Lasagne	\$5.00
Spaghetti Bolognese	\$5.00
Ham/Cheese/Tomato Toastie	\$3.00
Ham/Cheese Toastie	\$3.00
Ham/Pineapple/Cheese Sub	\$3.50
Pizza Sub	\$3.50
Meatball Sub	\$4.00
Hamburger	\$5.00
Chicken Burger	\$5.00
Salmon Pattie Burger	\$5.00
Ham/Pineapple Pizza Single	\$2.50
Ham/Cheese Pizza Single	\$2.50
Hot Dog	\$3.00
Soup of the Day (Terms 2-3 Mon, Wed, Fri) (Served with Bread Roll)	\$4.00
(Chicken/Plain Salt) (Tomato/BBQ Sauce \$.30c)	

Lunch Special - Every Tuesday & Thursday

Keep an eye out in the school's newsletter every Tuesday for the details

Primary Students 250g - \$5.00

Secondary Students 350g - \$6.00





SHOOSH FOR KIDS



Shoosh for Kids is a collaborative effort between the Office of Sport and State Sporting Organisations to promote positive behaviour to members, clubs and associations.

The general rule is if you haven't got anything nice to say, not to say anything at all.


Visit the Office of Sport website to find out more and show spectators and members where you stand on poor spectator behaviour during awareness week, **20 – 26 May**. Let's keep kids coming back to junior sport!



#shooshforkids | sport.nsw.gov.au



Some tips for adults at kids sport:

-  Keep it fun - don't take it too seriously
-  Be enthusiastic - but don't scream and shout instructions from the sideline
-  Emphasise trying hard - not winning
-  Cheer and acknowledge good play from all sides and teams
-  Accept decisions from officials. They're human - they make mistakes.
-  Let coaches do the coaching.
-  Always remember - volunteers run kids sport.
-  Understand, uphold and support your club's code of conduct.
-  Allow your child to play for themselves. Let kids make decisions, on and off the field.
-  Think before you speak - your words may harm others.

SHOOSH
FOR KIDS



#shooshforkids | sport.nsw.gov.au



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Email: coolah-c.school@det.nsw.edu.au

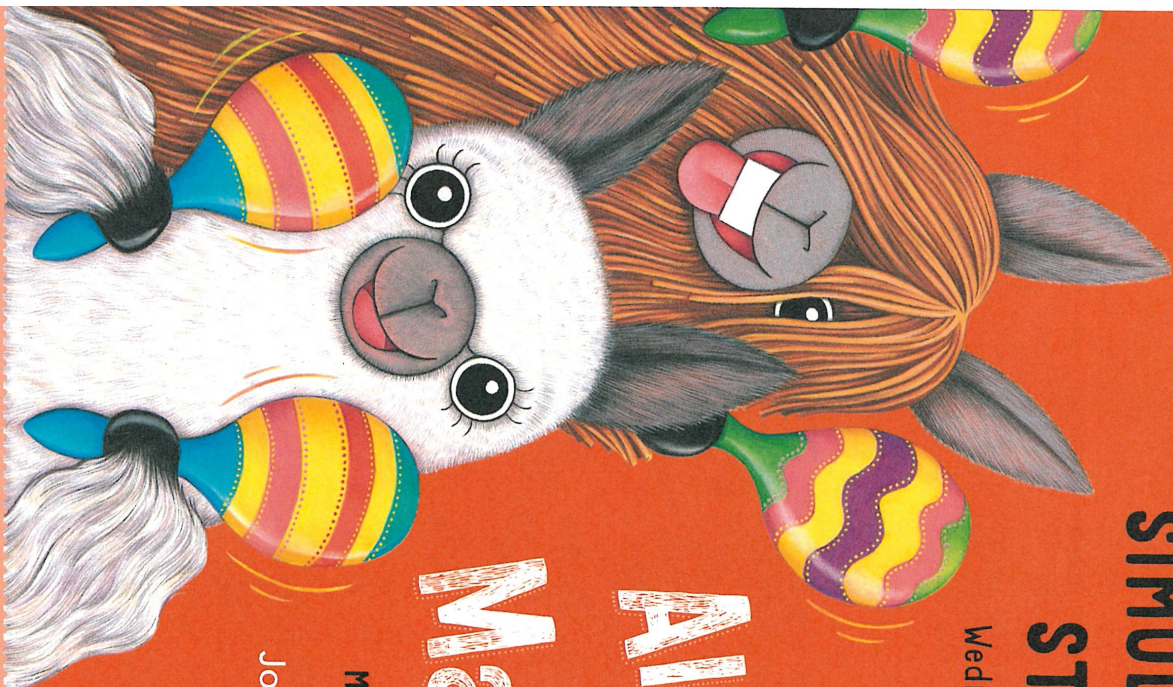
NATIONAL SIMULTANEOUS STORYTIME

Wednesday 22 May 2019
alia.org.au/nss

Alpacas with Maracas

MATT COSGROVE

Join guest storyteller
Mick McLeod
Coolah Library
11am
Free · 6377 1910



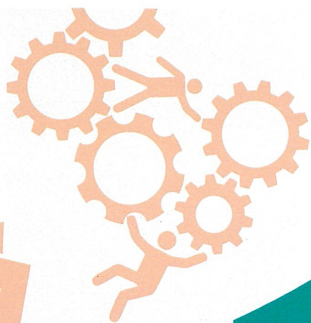
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Tuesday 21 May 2019, 11am - 5.30pm at Coolah Library
Morning tea provided · Free · Enquiries: 02 6377 1910



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