

Marrickville West Primary School

newsletter



Work as One

NSW DEPARTMENT OF EDUCATION AND TRAINING

TERM 3 · WEEK 9 2017



Marrickville West Primary School Beauchamp St, Marrickville NSW

Ph: 02 9558 1137 Fax: 02 9559 5961 Email: marrickviw-p.school@det.nsw.edu.au



We acknowledge the original owners of this land, the Cadigal People of the Eora Nation and their elders past and present.

proudly
supporting





From the Principals' desk...

Marrickville West has always been a school that supports, promotes and encourages pride in the diversity that exists throughout our wider community. We will be celebrating a Week of Diversity next term beginning Monday 13 November.

We understand that children live in at least three worlds – their family, their community and their school. The stronger the relationship between these worlds, the more effectively we can work together to help ensure every child feels connected, develops a positive sense of self and is able to achieve their full potential.

All children have the right to feel valued and accepted regardless of their gender, identity, ability, religion or family circumstance. They have the right to a sense of belonging and



Thank you for putting your rubbish in the bin so that these girls can go back to playing at lunch time.

to see themselves and their worlds reflected positively in the learning and culture of their school. They have the right to feel pride in themselves, their families, their achievements and their heritage. They have the right to feel safe.

As a public primary school, we try to remain impartial when it comes to political debate. But in this increasingly complex world, the line between politics, education, human rights and our duty of care can sometimes be more difficult to discern.

Families come in all shapes and sizes. Our school community includes foster families, adopted families, grandparents, single parents, multiple households, 2 or more mums, two or more dads, small and large, extended and nuclear ... At Marrickville West, we remain committed to the wellbeing, dignity and success of all our students, and all their families. We believe this is best achieved through a respectful and inclusive learning community.

Our diversity is our strength. Our children are our future. And at Marrickville West we believe that our success comes from – *Many families; One community.*

Ruth Bradfield-Ling
Principal

Congratulations!
Super Stars

**These students have earned a SCHOOL AWARD
for collecting 10 Merit Awards**

Diya L. Sasha R. Tova B.

Harper Z. Ali B. Robbie C.

Thai P. Khalarney D. Emmily

Riwaj S. Baran K.

Congratulations to Jo!

Congratulations to Jo Smith, Mum of Caitlyn in Yr 6 and Micah in Yr 2 who has been awarded Public School Parent of the Year by the Public School Foundation.

Jo has been an active member of the Marrickville West Primary School Community for 7 years. During that time she has volunteered for almost



all parent helper activities throughout the school. She has worked both with teachers and other school staff in classroom activities and also worked in partnership with the P&C to help at many of their events and activities. Her friendly personality makes her a hit with students and adults alike.

Her volunteering started with reading groups in classrooms. She has also helped with many small-group guided literacy



activities such as “Conversations with Kids” and “Multilit” programs over various years. Each week she helps run

the school banking program accepting savings deposits from children. She also does canteen duty once a week and in the past has helped make coffees at the canteens cafe for parents and teachers. She is a regular helper at all P&C events such as BBQs, festivals, walkathons and performances. She has sold cakes, taken money, applied makeup for performances, stamped walkathon cards, sprayed colour dust and more. She even helps out with making sure all students can attend out of school functions such as Opera House performances by offering to take them along with her family. She has been at each and every Mothers and Fathers Day stall throughout her years at Marrickville West. We estimate she has done over 1000 hours of helping out the school.



Hers is almost always the first name to go on rosters for whatever is happening around the school and her concern for all the families in the school is always apparent.

Our school is very proud to have such a dedicated parent in our midst.



SAFETY IN CAR PARKS

All students, parents and visitors need to walk through the pedestrian walkways allocated. No-one should be walking through the carpark.



**NO PARENTS ARE TO PARK
IN ANY OF THE CARPARKS**



From The Office

Holidays

Have a happy and safe holiday. Students return back on Monday 9th October 2017.

Intensive Swimming

Intensive swimming starts Wednesday 11th October 2017 week 1 Term 4

Please ensure you have paid the balance owing for your place.

Uniform Shop

The Uniform Shop is open ONLY on Monday, Wednesday and Thursday 8:30-10:30am.

Medicine

Any medicine that needs to be taken at school has to come down to the office. A form has to be filled in by the parent or guardian before we can administer any medication.

Contact Details

If you have not already done so, please ensure you complete your forms with updated parent & emergency contact details and return them to the office.

by Miss Anne



The Surfing Scientist showed us lots of experiments. He used liquid nitrogen in fun ways but also showed us how dangerous it was. We learnt that clouds won't go green even when there is food dye in the water. We learnt that pressure makes balloons pop and air can behave in strange ways.

By Zach 5/6C

From the Surfing Scientist ...

"And thank you for having me... what a fun morning! I had a spring in my step all day thanks to those happy, chirpy, enthusiastic kids at Marrickville West Public School. Please thank them for reminding me that I have the best job in the world!"

Hope you have a cracker Book Week and please let me know if you or the teachers or kids would like any more info about any of the demos I showed them this morning."

*Cheers
Ruben*



Even superheroes need to rehearse for their big performances!





MUSIC

update

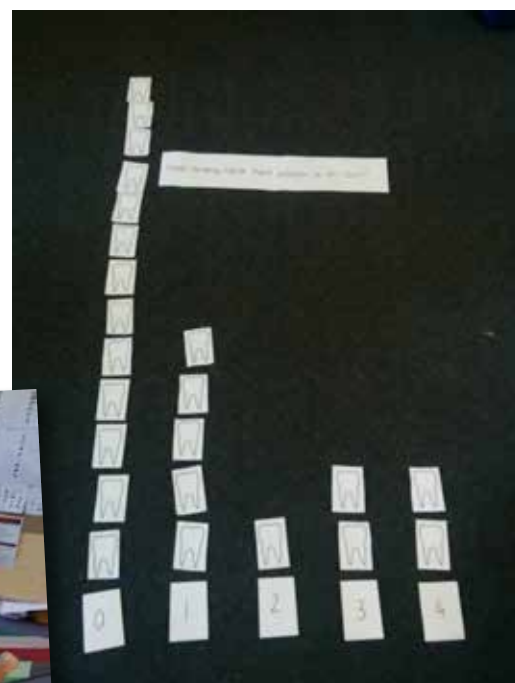
The cantabile choir enjoyed their rehearsals at the Sydney Opera House on a blistery day at Circular Quay.



Hip Hop group in their new hoodies thanks to a successful grant application. A BIG thank you to Bechope, Mel and Softly for all your help.

early STAGE ONE page

Kindergarten have been learning about division, as well as data in maths. The children have been playing a division bingo and using counters to show how you can share equally between friends.



They have also been looking at collecting data and graphing the information in the form of picture and column graphs.





Sydney Thunder Holiday Camp
Mon 25 & Tue 26 Sept
Girls & boys aged 6-13 years
9am-3pm @ Marrickville High School

- 🔪 Fun games & skill development
- 🔪 Net sessions
- 🔪 T20 mini tournament
- 🔪 Equipment & coaching provided
- 🔪 Thunder Bus and more ...

Cost: \$60 for 1 day or \$110 for 2 days

BOOK NOW: trybooking.com/Rynd

For more info contact Carla 0408 604 001



STAGE

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page

1C : Ordering and Counting Money



Year 2 have been working very hard rehearsing their items for the school production ‘The Seedling’ coming up in Week 10! Students have been practising their lines, dance movements and stage cues.



Costumes and stage props are taking shape in preparation for the big show! Year 2 can’t wait to perform and show everyone what we’ve all been working hard on. Have you got your tickets for the show?



Bookweek Parade!





Deadly Kids Doing Well Awards

Kyle Case was recognised at the 2017 Deadly Kids Doing Well Award Ceremony last week. This event began 9 years ago in Sydney Region to recognise Aboriginal and Torres Strait Islander students (K-12) who are outstanding role models in learning, citizenship and attendance at school.

Kyle received his award for maintaining excellent attendance and for his enthusiastic approach to learning.

Also at the awards was Obinna Nwamadi who performed as part of the exceptional Indigenous dance group, the Gilli Dancers.

Ms Ling joined families, Principals, Directors, Aboriginal Programs staff, the Governor General and many other dignitaries to witness this special event in the Great Hall at UTS, Sydney.



Kyle and Obinna.



Students celebrating NAIDOC week at ACU.



A brilliant job Coco on your award winning artwork!

Coco’s “Water is Life” poster placed third in the Sydney Children’s Festival poster design competition. Well done Coco!



School banking is
Wednesday 9-9.20am
in the LIBRARY



Phone, iPad and iPod Touch app:
· Open the App store, search for “Marrickville”
Android app:
· Open the Play store, search for “Marrickville”
Windows and Windows Phone app:
· Open Windows Store, search for “School Enews”.
Download, open app and search for “Marrickville”

2017 TERM 3 WK9: MWPS CALE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Week 10 17	18	19	Yr 4 Opera Excursion Performances Yr3-6 5:30pm
Holidays1 24	25	26	
Holidays2 1 Oct Daylight savings starts	2 Labour Day Public holiday	3	
Week 1 8	9 Term 4 starts	10 Yr 5 Dulwich High Excursion	Intensive sw
Week 2 15	16	17	Intensive sw
Week 3 22 Marrickville Festival	23	24	Intensive sw

CALENDAR

pullout & keep!

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20 Opera House Performance 5:30pm	21 Performance YrK-2 5:30pm	22 Last day of term 3	23
27	28	29	30
4	5	6	7
11 swimming	12	13	14
18 swimming	19	20	21 Garage Sale Trail
25 swimming	26 P&C Meeting 7pm	27	28

Stage 2 has been studying measurement this term as part of maths.

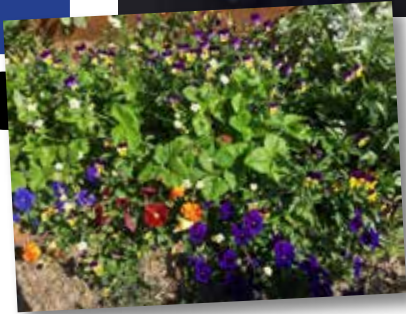
STAGE
2
page



Amelia and Naomi.



Tane problem solving.



Students have practised measuring volume and capacity outside in the garden, telling the time and creating school timetables, and studying the angles in paper planes.

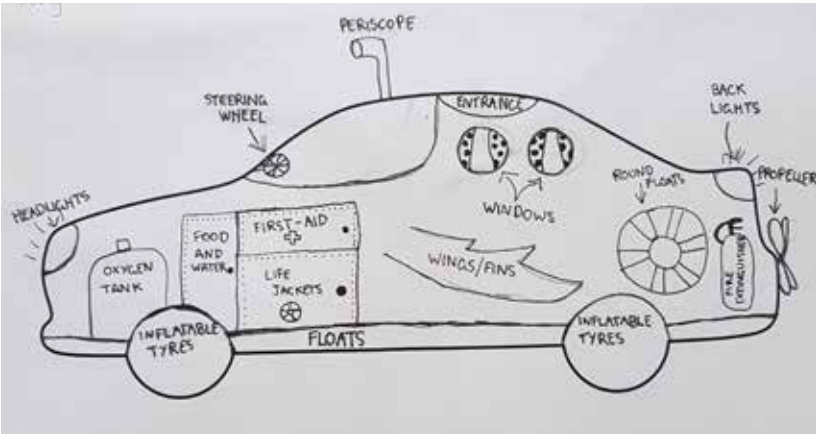
The beautiful learning environment in the garden.



56P trying the new Ukelele's during music with Ms Caponas.



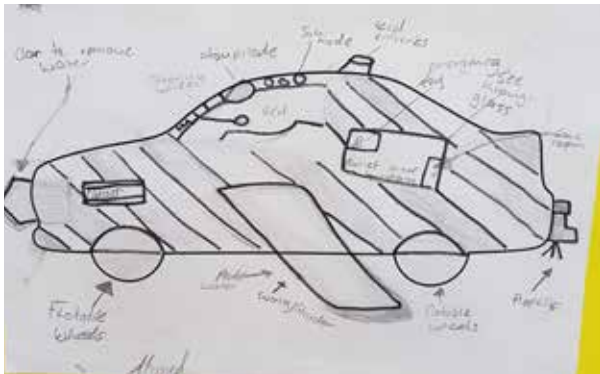
Stage 3 on their excursion to the Opera House to watch Little Big Shots.



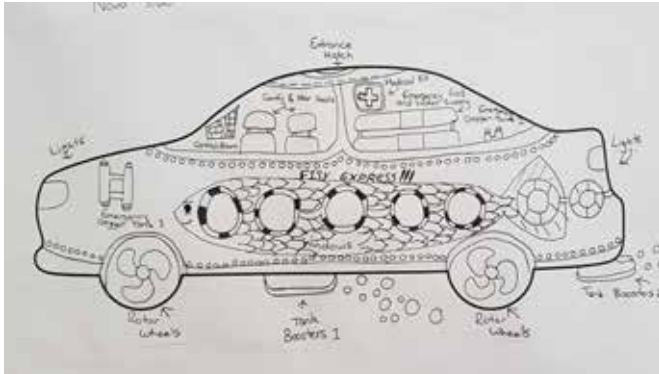
Thuong's car.



Billie's car.



Ahmed's car.



Nova's car.

STAGE 3 page

In the past couple of weeks, many homes have been destroyed by natural disasters such as the Hurricane Harvey in Texas and the flooding in Houston. Stage 3 has been learning about Natural Disasters in Science.

So in 5/6C we designed family cars that would keep everyone inside safe from a flood. Some had oxygen tanks installed in the back, others had propellers so that you could drive your car under water and snorkels in secret compartments under your chair. Here are a couple of fabulous examples of the cars you might be buying in the flood-filled years to come.

by Wavey & Billy





KITCHEN GARDEN

update

Pasta with tomatoes and basil

Fresh from the garden: Cherry tomatoes, Basil

Ingredients:

- 2 packets Spaghetti
- 2 punnets of Tomatoes
- 1 jar of pitted Kalamata Olives
- Garlic crushed
- Parmesan Cheese
- Basil
- Olive oil
- Salt and pepper



Zachary helping cook the tomatoes with the garlic.



What to do:

1. Cut the tomatoes in halves.
2. Bring the water to a boil to cook the pasta
3. While pasta is boiling, add oil to fry pan and add crushed garlic.
4. Add the halved tomatoes and stir
5. Once tomatoes are cooked, add olives and toss through.
6. Add salt and pepper to taste.
7. Drain pasta, reserve 1 cup of water from the boiled pasta and add to the pan. Simmer.
8. Toss through with the pasta.
9. Serve with parmesan cheese and a sprinkle of basil.



Ingredients and setup.

Yum!



A good harvest.



Proud students deliver the delicious pasta to teachers.



New snow peas growing...

Bankstown to be painted in the colours of many cultures

Hundreds of children dressed in traditional national costumes and uniforms will parade through Paul Keating Park in the centre of Bankstown on Sunday 17th of September for the 19th Multicultural Children's Festival.

The festival's founder, Thuat Nguyen, today invited families of all backgrounds, from all over Sydney to come to Bankstown and join in the fun and the highly colourful entertainment.

"Children proudly displaying the national dress of thirty different backgrounds will create a spectacular sight accompanied by lively lion dancers, marching bands and drum bands.

"The costumes will portray Aboriginal, Arabic, Russian, Burmese, Philippine, Bosnian, Indonesian, Croatian, Macedonian, Chinese, Vietnamese, Indian, Chilean, Nepalese and Scottish tradition. They will be joined by children of many backgrounds in their Scouting or school uniforms.

"Many of these cultures will also be on show in song and dance on stage in Paul Keating Park between 11am and 6pm.

"But this is not just a colourful spectacle – it is a demonstration of the powerful lessons in harmony and acceptance which children deliver to us all.

"During the day children of all backgrounds will play together, learn new skills and share new experiences as they engage with Under 5's area, animal balloons, bubbles blowing, games with parachute, lion dance workshop, bracelet making, face painting, rock climbing, Scouting activities, kite making and an animal farmyard.

"There will also be multicultural food stalls and important information stands. So the whole family can enjoy the day.

"This festival is a wonderful reflection of the diversity and harmony of the community who live in western Sydney", he concluded.

The event sponsored by the City of Canterbury-Bankstown, Multicultural NSW and other project partners.



Six tips to counter cyberbullying

From an article by Robert Ballantyne

A survey of 1,000 respondents aged 14-25 by mental health service, ReachOut, shows that a quarter of those surveyed had been the victim of bullying over the last 12 months and 25% of these bullying incidents occurred online.

With digital devices present in almost every home, workplace and classroom, cyberbullying is becoming increasingly difficult to address.

If these devices are used to spread messages or posts which have the potential to be viewed as offensive and can cause anger, outrage, disgust or humiliation, the penalty for those responsible can be up to three years in jail.

We want the students to feel safe to tell staff if there is something wrong. If you notice cyberbullying occurring, take immediate action. Inform the school and if appropriate, the Police.

Notifications are available to monitor children's use apps on their smartphones and tablets. This includes enterprise grade security to protect all the connected devices in your home from cyber threats. Parents need to be aware that use of Apps that allow sharing of photos or messaging, can open their children up to the possibility of being contacted by other adults.

Below, are some counter-cyberbullying tips for parents and principals:

1. Have an open two way conversation with your children about the risks
2. Encourage your children to share their profiles and blogs with you
3. Establish some general rules: Set time limits on when they can go online and guidelines on what sites they can and can't visit
4. Consider requiring Internet use in a high-traffic place in your home
5. Parents should react calmly to information shared by their children – to avoid running the risk of scaring them from talking to them next time
6. Invest in a solution that offers parental controls like Home Network Security



P&C UPDATE

 facebook.com/MWPandC

Father's Day Stall and Raffle

We hope all the Dad's loved their presents from the Fathers' Day stall – a LOT of umming and ahhing went in to some of them.

Many thanks to all the wonderful women who helped put together and run the Fathers' Day stall on Friday including Mel, Christine, Jo, Lisa, Sophia, Cassandra, Cynthia, Kate, Carole, Trang, Marcela, Deb, Najmeh, Nimfa, Sharmila, Lindy, Jane, Ann and Jo. Check out our Facebook page to see photos of the stall and our lucky raffle prize winners. Congrats to the Dads who won the two prizes in our raffle. Year 1 definitely won the jackpot this time! Many thanks to Interactive Projects, Jo Haylen, Yeah Hair Baby, Choice, LazyBones Lounge and Cornersmith Picklery for the wonderful donations.

Election Day

Many thanks go out to the families that donated food and/or time to our stalls for Election day. Thank you to Melanie S., James G., Peter H., and Lindy A. for getting it all organized.

The cake stall showcases many delicious treats and was a huge hit with the voters. Thank you Richard N., Alex R., Bronwen M., Janine H., Jodi B., Cynthia B., Beck G., Imala A., Sarah N., and Lizzy for all your help running the stall on the day!

The BBQ was a major effort and without the amazing team cutting, cooking, serving

it wouldn't have been possible. Thank you to Peter H., James G., Melanie S., Gerri C., Paul R., Liz R., Sophia L., Tomomi A., Softly D., Jen M., Jo T., Saun T., Marcella C., and Lindy A. for all your efforts on the day and Jane, Maddy, Sharmilla M. and Richard S. for chopping onions prior!



Thanks to Lauren H., Chris L. and Shelley W. who were stellar in the café.

It is difficult to say who enjoyed the gelato cart more, visiting voters or the students running the stall. Thank you to Jo S., Ange B., Jess M., Lizzy for overseeing the stall and all the student volunteers: Caitlyn, Ernie, Eddie, Nick, Romy, Edie, Remy, Charmaine who represented the

5/6's in their fundraising efforts.

We would be remiss in not also mentioning Stella, Anna, Olivia, Sarini, Amaya, and Ari efforts in supporting the stalls, sales, and their parents on the day!

BBQ for Performances

School performances are next week! Wednesday at 5:30pm students in years 3-6 will be on stage and Thursday (also at 5:30pm) students in year K-2 will perform. The school will provide supervision and sausages to the students after school so there will be no need to rush and collect and feed them on the night. However, we are looking for help to man the BBQs. If you can cook or serve from 3pm-4:30 either Wednesday or Thursday, please let the school

office know.

Garage Sale Trail

Marrickville West will be participating in the Garage Sale Trail on Saturday 21st October 9am-2pm. Registrations are open at <https://www.garagesaletrail.com.au/group-sale/marrickville-west-secondhand-wonderland> to reserve your spot for an area to sell your items in and amongst the crowd. Follow updates on <https://www.facebook.com/MWPandC>.



com/Marrickville-West-Secondhand-Wonderland-273098416537223. Reverse Garbage will be holding workshops and there will be gold coin donation kids and craft activities as well as a car wash. Save the date and come to Marrickville West's Second-hand Wonderland!

P&C Pulse

With election BBQ on the horizon last Thursdays P&C meeting offered more than enough pre-sizzle. Top pulse take-outs included:

Ruth updated us on initial NAPLAN results demonstrating strong growth across the school, value added growth in Yrs 3 & 6 outperformed the state & Yr 5 grew largely in line with the state.

Remember 2012... Obama was re-elected... and the Eco-Garden was first approved!! After much persistence from the school the Eco-garden development will commence in Term 4.

Special thanks from all Father's to the volunteers and raffles donors who drove the Father's day stall which raised over \$1,000 for the school.

Our next family sociability idea is forming so get your board games dusted off find the dice and look out for more news on a family games night in the hall in November.

And talking of sizzle the school Performance nights are coming together well...but every good sizzle needs a sausage so we're looking for volunteers



to cook some pre-performance sausages for the kids set-up 3pm and feed from 4pm...put your hand up on Facebook or at the school office.

Grants provide a great source of support for the kids with the music program recently receiving funds to invest further in the program. Another grant we're exploring is internal to Telstra.....does someone in your family work for Telstra?

Garage Sale Trail....perfectly timed for your spring clean with MWPS hosting stalls at the school on October 21st called "Marrickville West Secondhand Wonderland. Get your items ready and look out for more info soon.

On behalf of the school, kids and P&C we'd like to thank all those who volunteered over the last year.... your all volunteers of the year!! From this big pool of volunteers the P&C nominated Softly for NSW P&C Volunteer of the Year Award for her drive and energy which has delivered car washes, Halloween disco, Winter Chill, Newsletter designs, and much much more...congrats Softly!!

Did you know humans are hard-wired to give to others...the more we give, the happier we feel which was evident by all the smiles at the election BBQ. So invest in happiness & look for opportunities to volunteer on the P&C Facebook

page.

Canteen helper needed

Can you help out in the canteen on a Wednesday morning. Due to work changes Richard Nash can no longer do Wed mornings – thanks for all your help this year Richard. If you can help 9-10am on a Wed morning taking money and orders please let Melanie Stopic know (mstopic@exemail.com.au). No experience necessary, we'll let you know what to do.

And a reminder you're already a P&C member so why not join us at our next P&C meeting Thursday 26th October. And a reminder you're already a P&C member so why not join us at our next P&C meeting Thursday 26th October.

NEXT P&C MEETING: Thursday 26 Oct 7pm

in the Staff Room. All parents are welcome to come along and learn more about the school and give their ideas on how to make it a better place.



Aged & Community Services Australia



AbSec



NAIDOC

Family fun day

Celebrating Aboriginal culture



CULTURE

Tuesday 26 September

10am-3pm



ANIMALS

Steel Park

531-565 Illawarra Road

Marrickville



FREE FOOD



MUSIC

Everyone welcome

FREE ENTRY!



GAMES

CRAFTS

With thanks to our partners and sponsors:



THE SYDNEY INNER WEST

COMMUNITY A FAIR

Wednesday 4th October

10am to 1pm

What's on:

- Free jumping castle.
- Free recreational games and creative activities for infants, kids and teens.
- Free picnic BBQ lunch.
- Community information & workshops.
- Performances & more!

Gumbramorra Hall & outdoor green space

142 Addison Rd, Marrickville

Parking on site & 428 bus stops outside



FREE SCHOOL HOLIDAY EVENT for infants, kids & teens

(02) 9569 7633

www.arcco.org.au



Musical Pals



Musical Pals is a 5-week program for children aged 3 - 4 years, which aims to strengthen their confidence and social skills.

The program uses a fun learning approach, with songs, a variety of musical activities and listening games to learn and practice social skills in a safe and supportive environment.

Parental involvement is required and supported

Where: Connect Marrickville, Marrickville West Public School

When: Wednesday mornings 10.15 – 11.45am

18th October – 15th November

Enquiries: Please contact Vivi on 0421 550 119

Facilitators:

Child and Family Social Work, Sydney Local Health District and Jeannette Harvey, Registered Music Therapist and Occupational Therapist



Funded by an Inner West Small Grant through Resourcing Parents

Celebrate Family Fun Day

Parliament of NSW

Children from 4 to 12 years

Friday 6 October, 10am - 3 pm


Ghosts of our Colonial past

Fun educational activities at Australia's oldest Parliament; Children's trail, guessing competition, arts and crafts, role plays, tours of the Chambers, and the opportunity to visit areas rarely open to the public.

Family Fun Day is also renowned for its highly entertaining theatrical re-enactments. This year some very special 'ghosts' from the Parliament's past will engage visitors with intriguing stories and interactive performances.

Sausage in a bread roll - \$3.00 per person

Public Café will be open.



FREE EVENT

T (02) 9230 2047 E: dps.education@parliament.nsw.gov.au



Parliament of NSW, Macquarie Street, Sydney

www.parliament.nsw.gov.au

KIDS IN COMMON Spring Vacation Care

25 SEPTEMBER - 6 OCTOBER 2017

CAMPERDOWN COMMONS
31A MALLET ST CAMPERDOWN

Please see over for activity descriptions

CAMPERDOWN TENNIS
33 MALLET ST CAMPERDOWN

MONDAY 25 SEPTEMBER	TUESDAY 26 SEPTEMBER	WEDNESDAY 27 SEPTEMBER	THURSDAY 28 SEPTEMBER	FRIDAY 29 SEPTEMBER
MULTI SPORT MORNINGS 8.00am - 12.30pm tennis & football learn & play	COOKING DAY by INNER WEST COUNCIL at acre eatery www.innerwest.nsw.gov.au	MULTI SPORTS MANIA 8am - 5pm tennis, soccer & basketball learn & play	MUSIC MAYHEM 8am - 12.30pm learn to sing & jam	MULTI SPORT MORNINGS 8am - 12.30pm tennis & basketball learn & play
LITTLE FARMERS 12.30pm - 5pm fun on the farm with Pocket City Farms	TENNIS HOT SHOTS 8am - 5pm	LITTLE FARMERS 8am - 5pm fun on the farm with Pocket City Farms	SOCCER STARS 12.30pm - 5pm soccer skills learn & play	COOKING STARS 12.30pm - 5pm learn to make wraps with acre eatery *includes lunch
MONDAY 2 OCTOBER	TUESDAY 3 OCTOBER	WEDNESDAY 4 OCTOBER	THURSDAY 5 OCTOBER	FRIDAY 6 OCTOBER
PUBLIC HOLIDAY	MUSIC MAYHEM 8am - 12.30pm learn to sing & jam	MULTI SPORTS DAY by INNER WEST COUNCIL at Camperdown Tennis www.innerwest.nsw.gov.au	LITTLE FARMERS 12.30pm - 5pm fun on the farm with Pocket City Farms	MULTI SPORTS MANIA 8am - 5pm tennis, soccer & basketball learn & play
	SOCCER STARS 12.30pm - 5pm soccer skills learn & play	COOKING STARS 8am - 12.30pm learn to make pastries with acre eatery *includes morning tea MUSIC MAYHEM 12.30pm - 5pm learn to sing & jam	TENNIS HOT SHOTS 8am - 12.30pm tennis skills learn & play	COOKING STARS 8am - 12.30pm learn to make raw bars with acre eatery *includes afternoon tea LITTLE FARMERS 12.30pm - 5pm fun on the farm with Pocket City Farms

*Spring Vacation Care is available to primary school students. During times outside of organised activities children will participate in supervised 'free play'. Unless specified food is not provided, children should bring a packed lunch for the day. A late pick up fee will be charged at \$50 per 15 minutes or part thereof. Out of respect to other families, sick children will not be permitted to attend. All sales are final and no refunds or transfers are permitted.

BOOK A HALF DAY OR FULL DAY ACTIVITY OR COMBINE 2 SESSIONS FOR A WHOLE DAY

HALF DAY 8am - 12.30pm or 12.30pm - 5pm - \$40 FULL DAY 8am - 5pm - \$75 FREE AFTERCARE 5pm-6pm (placed limited please only book if necessary)

BOOKINGS CLOSE TUESDAY 19 SEPTEMBER

CAMPERDOWN.COMMONS.COM.AU/KIDS or CAMPERDOWNTENNIS.COM.AU/KIDS

camperdown
COMMONS

acre

common
SPACES

POCKET CITY
FARMS

camperdown
tennis



Inner West Girls Only T20 Blast

Petersham Oval, West St - Petersham

Friday's 5.30pm-7pm - October 20th - 8th December

Play with your sisters and your friends!

Go to playcricket and search for Inner West Girls or enter the postcode 2049



VISIT PLAYCRICKET.COM.AU/GIRLS TO FIND OUT MORE

SYDNEY'S BEST SCHOOL HOLIDAY BASKETBALL CAMP

BOYS & GIRLS 5-14 YRS
First Time Beginners / Intermediate / Advanced

JUNIOR BASKETBALL ACADEMY

6 LOCATIONS:

- NORTH SYDNEY
- REDFERN
- KILLARA
- DULWICH HILL
- BALMAIN
- RIVERWOOD

ascour. FRESHTEES

CAMP DATES & ONLINE REGISTRATION:
www.juniorbasketballacademy.com.au



MARRICKVILLE WEST MUNCHIES CANTEEN MENU



(PRICES SUBJECT TO CHANGE)

UPDATED FEBRUARY 2017

Before School – Fuel Up!

Cheerios.	50c
Sultanas.	50c
Seasonal Fresh fruit from	70c+

(No snack foods will be sold to students before school)

Super Sandwiches, Toasties & Salad

Buttered.	\$1.30
Vegemite	\$1.60
Baked Beans	\$2.80
Vegemite & Cheese	\$3.00
Egg/Cheese/tuna/chicken slice/ham	\$3.00
Cheese & tomato	\$3.30
Egg & lettuce	\$3.30
Chicken, lettuce & mayo	\$3.50
Tuna & mayo	\$3.30
Tuna or Ham or Cheese with Salad	\$4.20
Ham & cheese	\$3.30
Ham & tomato	\$3.30
Cheese & tomato	\$3.30
Ham, cheese & tomato	\$3.70
Salad	\$3.90

extras

Filling (each)	60c
Roll or wrap.	60c
Mayo/tomato sauce	30c
Sweet chilli/BBQ/soy sachets	30c
Salad plate/ box	\$4.50
(lettuce, tomato, cucumber, celery, carrot)	
Add – Tuna/egg/ham	+60c ea
EXTRA Plastic Spoons.	5c

Drinks

Up & Go.	\$2.50
200ml 100% Juice (box)	\$1.50
200ml 100% Juice (bottle)	\$2.20
Plain milk	\$1.50
Yoghurt.	\$1.30
Flavoured Milk (lite)	\$2.20

Frozen Treats Sold after the second lunch bell

Frozen fruit pieces (bag).	20c
99% fruit juice ice sticks.	60c
Juicies Rectangle Treat	\$1.20
Juicies Tube	\$1.20
Moosies.	\$1.20
Gelato cups – 2 flavours.	\$2.00
Frozen Yoghurt.	\$2.20

Available every day!

Steamed Vegetarian Gyoza (V.	80c
Cheese & Spinach Triangle (V)	\$1.30
Vegetarian Rice Paper Rolls (V).	\$2.00
Pizza Wrap (meat or Cheese)	\$4.00
Mini Potato Top Beef Pie.	\$1.50
Fried Rice (gluten free)(V)	\$4.00
Vegetarian Lasagne	\$4.00
Fruit Salad Cup.	\$2.00
Hot Corn Cob.	\$1.00
Hard-boiled egg	\$1.00

Snacks

Popcorn.	\$1.20
Roasted Seaweed	\$1.20
Potato Chips (28g)	\$1.50
Grainwaves	\$1.50
Gingerbread Folk.	\$1.80
Vegetable Sticks (bag)	30c
Sultanas (box)	80c

DAILY SPECIALS

MONDAY: CHOOK CHOOK

5 Chicken wedges or Chicken Burger (Halal) . . .	\$4.00
Chicken Wedges each	80c

TUESDAY: PASTA & CURRY & PIZZA

Homemade Bolognese Pasta	\$4.00
Lasagne.	\$4.00
Juicy Pizza Slice – Ham & Pineapple	\$3.00
Vegetarian Pizza	\$4.00
Mild Butter Chicken Curry with rice.	\$4.00

WEDNESDAY: SUSHI (pre-order Tuesday)

Tuna or Chicken Roll.	\$3.20
Mini 8 piece pack – Tuna.	\$3.90
Mini 8 piece pack – Cucumber	\$3.60
Large 5 piece pack (Tuna or Chicken)	\$5.20
Large 10 piece pack (Tuna or Chicken).	\$8.50

THURSDAY: CHOOK CHOOK

5 Chicken wedges or Chicken Burger (Halal) . . .	\$4.00
Chicken Wedges each	80c

FRIDAY: PIES

Chicken Pie	\$4.00
Halal Beef Pie.	\$4.00
Traveller Beef Pie.	\$4.00

Foods coloured GREEN are approved by The Healthy Kids Association for eating everyday. The other foods are recommended as occasional foods.

Vegetarian (V) & Halal food options available everyday. Gluten free bread also available for all sandwiches. Please ask Wendy in the canteen.