

### Principal's Report

NOVEMBER	
17 <sup>th</sup>	• School Council Meeting
30 <sup>th</sup>	• 2021 Prep Parent Information Night via Zoom
DECEMBER	
2 <sup>nd</sup>	• School Captain Speeches
3 <sup>rd</sup>	• House Captain Speeches
4 <sup>th</sup>	• CURRICULUM DAY
14 <sup>th</sup>	• UP DAY 9am – 1pm • Reports available on Compass
15 <sup>th</sup>	• Grade 6 – Big Day Out
16 <sup>th</sup>	• Grade 6 Graduation
17 <sup>th</sup>	• Grade 6 Games Day & Dinner/Disco
18 <sup>TH</sup>	• 1.30pm FINISH LAST DAY OF THE YEAR
JANUARY	
26 <sup>th</sup>	• AUSTRALIA DAY
28 <sup>th</sup>	• TERM 1 BEGINS

The term is certainly flying as we now only have five more weeks left of schooling for 2020, and what a year it has been. Students have settled back into school routine with vigor, displaying a thirst for learning. It is also a delight to look out my office window each day to see students happily interacting with each other, connecting with their friends and forging new friendships. This is how a school should be.

Since our last newsletter, the staff have been busily not only preparing the learning but also organising the assessment schedule, which is to commence in the coming week. The student achievements will be a celebration of parent's endeavours during home learning as well as the carefully prepared learning activities developed by teachers. So, when you receive your child's Semester Two report on Monday 14<sup>th</sup> December, please sit with your child and acknowledge the contributions that all have made in the achievements. Please note, that the report format will consist of the following sections:-

- ✓ Comments
  - General
    - Literacy – Reading (what they have achieved)
    - Literacy – Writing (what they have achieved)
    - Numeracy (what they have achieved)
- ✓ Areas of improvement
  - Literacy – Reading
  - Literacy – Writing
  - Numeracy
- ✓ Progression points for only Literacy and Numeracy, which reflect the data from assessment schedule and student bookwork.
- ✓ Effort and behaviour (overall not per subject)
- ✓ Attendance (Days absent and days late)

The Specialist section of the report will consist of the following:-

- ✓ General overview of semester
- ✓ Effort and behaviour

This is also the time of the year where we are organising the classes for 2021. As mentioned in the last newsletter, students will remain in their current class for 2021. Those classes, who have had their class teacher move up to the same level, will remain with this teacher. Students and the 2021 teachers will get to know each other in the 2021 learning space, on Monday 14<sup>th</sup> December 9:00am-1:00pm.

### EARLY PICK UP

**If you need to pick up your child early, please email your child's teacher through compass or call the office at least ½ hour prior to the pickup time**

The 2021 teachers and year levels are as follows:-

### **Prep**

- ✓ Rachael Ellis
- ✓ Bianca Swaine
- ✓ Katrina Pullin
- ✓ Courtney Ferdinands/Anneliese Green

### **Year One**

- ✓ Jillian Buckleigh/Bree Jones
- ✓ Phoebe Katos
- ✓ Kirsty Allan
- ✓ Annie McGeachin

### **Year Two**

- ✓ Brett Sargeant
- ✓ Fiona Adams
- ✓ Hannah Murname
- ✓ Susannah Christian

### **Year Three**

- ✓ Amy Sharman
- ✓ Bri O'Callaghan

### **Year Four**

- ✓ Georgie Callanan
- ✓ Kristine Portier
- ✓ Ashlie Rich
- ✓ Tess Ryan

### **Year Five**

- ✓ Teena Muscat/Anna Slykhuis
- ✓ Mel Gibson
- ✓ Nicole Lowe
- ✓ Alistair Feary

### **Year Six**

- ✓ Maddie Dossor
- ✓ Catherine Panoussis
- ✓ Isabella Kelly

### **Learning Support**

- ✓ P-2 Anneliese Green/Sally Northcott
- ✓ 3-6 Anna Slykhuis

### **Specialists**

- ✓ PE-Tom Scott
- ✓ Japanese- Na Gu
- ✓ STEAM- Ann-Marie McCann
- ✓ Art- Sarah Migliaccio

At the end of this year, we will farewell the following teachers:-

Arran Armitage, Shannon Gallagher, Sally Coote and Paula Bain. We thank them for their commitment and dedication whilst they have been teaching at Parktone and we wish them all the best for the future.

## **Child & Adolescent Psychologists at Parktone 2021**

As 2020, COVID pandemic has had an impact on us all, to support children socially and emotionally, we have secured the services of Kerry Smith-Amato. Kerry will come one day a week in 2021. To source her expertise you will need to contact your child's class teacher for the necessary paperwork to commence sessions. Children will undertake these sessions in the little office next to my office.

**Kerry Smith-Amato**  
**Child & Adolescent Psychologist**  
BA: GradDipPsych; PGDipPsych;  
MProfPsych MAPS

**Family Centred Practice**  
**Counselling, Intervention and**  
**Assessment**

Kerry provides Psychological services to children, adolescents and their families. She has extensive experience working collaboratively with children, adolescents and their families across several settings including childcare centres, kindergartens, schools, private practice and in the home. Kerry frequently works with other professionals within multi-disciplinary teams to best assist the individual client.

Kerry services include counselling, intervention, and assessment for children and adolescents presenting with:

- Behavioural and emotional concerns
- Anxiety concerns
- Social skills deficits
- Autism Spectrum Disorders
- Attention Deficit and Hyperactivity Disorders
- Learning difficulties

Kerry has a strong belief that everyone has the right to reach their full potential, and deserves to live an enjoyable, fulfilling and happy life within their community. Kerry enjoys meeting and interacting with children, adolescents and their families and is passionate about supporting them to reach their desired goals. Kerry is a mother of three children and understanding of both the enjoyment and demands involved in family life.



## **Families leaving in 2021**

If there are families from levels 1-6 (for 2021), moving house or schools for next year, we need to know so that we can plan accordingly. Many thanks in advance for letting us know. This has an effect on our budget and staffing and is urgent. If five students leave, it has a huge impact. Five students equate to \$35,000 so it is very important that we know to balance our budget.

## **PLEASE, PLEASE, PLEASE**

Once again, I need to plead with parents to use the Kiss and Go correctly, as well as following the road rules. If you are using the Kiss and Go to drop off or collect your child please make sure you are following the below rules:-

- ✓ Stay in your car at all times, as our staff will assist children to disembark safely and will even assist to collect school bags from the boot if required.
- ✓ At all times students are to disembark from the vehicle on the passenger side to ensure everyone's safety. Under no circumstances are children to disembark from the driver side of the car.
- ✓ You are only to be in the Kiss and Go space for no longer than 2 minutes. Please do not arrive early and park in this area. School staff have been instructed to ask drivers to move on if they are not complying with the 2 minute rule.
- ✓ When collecting your child/ren staff will assist them to enter the vehicle.

To ensure the safety of all road users including pedestrians, the following needs to take place:-

- ✓ No U turns are to be made in Mc Swain and Roberts Streets
- ✓ Parents are not to congregate near the road barrier at the crossing. Please stand along the fence line to wait for your child/ren. This helps children to see if their parents are waiting for them whilst still in the school grounds.
- ✓ Children and parents are to use the crossing if they need to get across Mc Swain Street or the corner of Robert St/Mc Swain to get onto the church side or the roundabout at the other end of Robert St before heading home.

I am hoping you can support me in ensuring the safety of all at pick up and drop off time at Parktone.

## **Remembrance Day**

On Wednesday we held a special assembly to commemorate the end of the First World War. The students spoke of the significance of the poppy and origin of its use a symbol. The last post was played and we held a minutes silence to reflect on the sacrifices that so many have made and as still making for our country. We thank all our service men and women who have helped keep us safe and give us the opportunity to live in a peaceful Australia.



## **Interesting Parent Event**



A special event for parents and carers that we have coming up soon. Kingston Libraries is hosting an online talk by a local speech pathologist as part of Speech Pathology Australia's 'Speechie Library Talks' program of events. Dr Rebecca Waring (senior lecturer at

Melbourne University and local Kingston resident) will do an online presentation for parents and carers of children aged 3-5 to support their communication, speech and literacy development. The event is via Zoom on Saturday 14 November at 10:30am. Families with younger children may be interested in attending.

More details and the link to register for the event (the Zoom link will be sent after registration) are on the Kingston Facebook page and website:

<https://www.facebook.com/events/1250285545349099>

<https://www.kingston.vic.gov.au/library/Lists/Events-Listing/Speechie-Library-Talk-2020>

For further information please contact:-

[Shelley Gasperino](#)

CHILDREN AND YOUTH SERVICES COORDINATOR | LIBRARIES & SOCIAL DEVELOPMENT

[kingston.vic.gov.au](http://kingston.vic.gov.au) | [kingston.vic.gov.au/library/home](http://kingston.vic.gov.au/library/home) | [www.facebook.com/kingstonlibraries](https://www.facebook.com/kingstonlibraries)

**p** 1300 135 668 **m** 0427 616 002

**e** [shelley.gasperino@kingston.vic.gov.au](mailto:shelley.gasperino@kingston.vic.gov.au)



## Thunderstorm asthma season is on now. Are we ready for another event if it happens during COVID-19?

Michelle Griffiths remembers November 21, 2016 well.

It had been a windy, warm day in Melbourne, so that evening she and her husband opened up the big glass doors off their lounge room to air their house after the warmth of the day.

"I do remember being quite hayfevery and agitated in my sinuses," she says.

"I remember just getting very tight in my chest and wheezing."

Michelle had been diagnosed with mild asthma as a child, but aside from a little bit of exercise-induced asthma it hadn't bothered her much since.

That was until she got thunderstorm asthma during a previous Melbourne event in 2010. So when the winds started blowing that night in 2016 she knew something wasn't right.

"I knew at that point that I needed to shut the doors because we had all of the air blowing through the house, which is the worst thing you can do."

Luckily, Michelle had an asthma reliever on hand to treat her symptoms, but she still remembers feeling scared and obsessed with trying to get her airways clear. She wasn't the only person affected that night.

### A catastrophic event

Melbourne's 2016 thunderstorm asthma event was the largest and most devastating thunderstorm asthma event ever recorded worldwide, says Frank Thien, director of respiratory medicine at Eastern Health. It resulted in over 3,500 emergency presentations, 35 ICU admissions and 10 deaths. The majority of those affected were younger people.

"Of the people who turned up into our EDs in the thousands in 2016, the median age was 32," Professor Thien says.

Before that night, there had been one or two reports of deaths associated with thunderstorm asthma in the distant past, but never so many on one occasion, says Jo Douglass, a physician in allergy and clinical immunology at the University of Melbourne and the Royal Melbourne Hospital.





## How can you protect yourself from thunderstorm asthma?

On The Health Report: The peak of the hay fever season is nearly upon us, which brings with it the risk of a thunderstorm asthma event.

"One of the big risks about thunderstorm asthma is that for many people it's completely unexpected, and so they may not have awareness of or access to reliever treatment [the blue puffers] or an action plan to keep themselves safe," Professor Douglass says. "In the 2016 event and perhaps in those similarly earlier — 2010 — emergency departments and emergency facilities were somewhat overwhelmed by the volume of asthma sufferers who presented."

About two-thirds of the people who went to hospital in 2016 didn't know they had asthma, but when questioned, a further half of those people reported previous asthma symptoms including shortness of breath, cough, wheeze and night waking with cough or wheeze. The 2016 event taught us how severe thunderstorm asthma can be and that people's lives can be at risk, Professor Douglass says.

"I think it changed our perception of hay fever as being a benign but troublesome condition," she says.

"It has caused us to recognise the risk of hay fever and asthma when they are together, to try and remember people with asthma are at great risk of thunderstorm asthma.

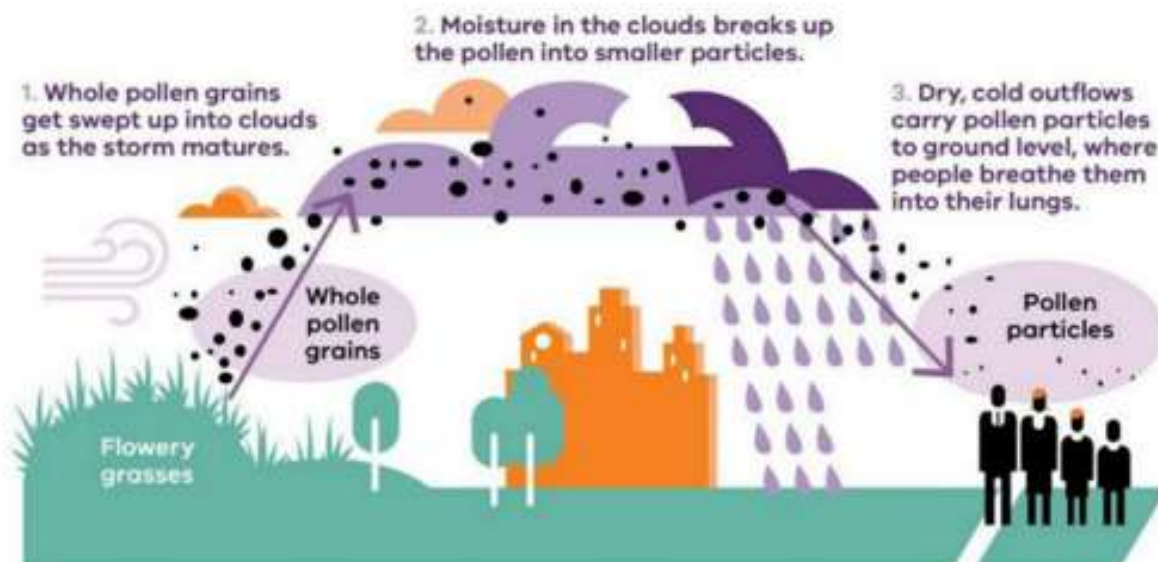
"And to really encourage both prediction, so people can stay out of harm's way, and also preventative treatment, to keep people with asthma safe."

## What causes thunderstorm asthma?

While Melbourne is well-known for the severity and regularity of its thunderstorm asthma events — they occur on average every five to seven years in the Victorian capital — they've been reported in other parts of Australia too, including Wagga Wagga and Sydney.

Grass pollen is usually the cause of thunderstorm asthma in Australia, Professor Douglass says. In other parts of the world, a range of pollens and even fungi can be the driver. You usually get a thunderstorm asthma event after a few warm days of high pollen count and you then get a severe storm. But not every spring thunderstorm leads to thunderstorm asthma.

### What is thunderstorm asthma?





It's to do with a change in humidity and a drop in pressure.

Grass pollen gets sucked up into the storm as it's forming, and that's what then gets pushed down in the downdraft of the initial storm front and triggers most of the thunderstorm asthma. When these pollen grains are exposed to a great rise in humidity, they burst and release the fragments inside them. These fragments are small enough, at two to five microns, to be breathed right down to the bottom of the lungs. "So the lungs are getting a dose of grass pollen allergen they wouldn't normally see because it's normally filtered out by the upper airway," Professor Douglass says.

The epidemic of asthma triggered by a thunderstorm asthma event occurs abruptly, she says. The bulk of people present to hospital within a few hours of the event passing, but asthma presentations remain very high for the subsequent day. "So there is both an early acute phase and also a later phase of asthma as well, which fits with what we know about the allergic response to grass pollens."

### Long-term effects

Professor Thien and colleagues recently published [a three-year longitudinal study](#), following up with people who were impacted by the 2016 Melbourne event. It's the first study of its kind to follow patients for so long after a thunderstorm asthma event. What they found is that there were a lot of patients who had very persistent asthma symptoms even three years after the event. "It suggests that it's not just a one-off thing that you just get over after a few weeks," Professor Thien says. So for people who have had thunderstorm asthma symptoms, this can be a trigger for worsening asthma overall, Professor Douglass says.

"It does suggest that there is something very important about this initial exposure that might actually be triggering asthma symptoms or airway hyperresponsiveness in people. "Airway hyperresponsiveness is a cardinal feature of asthma, and I often describe it as the airway being twitchy, so super-sensitive, more sensitive than someone who doesn't have asthma to environmental triggers, things like allergens, but also things like cold air that will cause the airways to constrict."

### The complication of COVID-19

Currently we're looking at this year [being an average to slightly above average grass pollen season for Melbourne](#), says coordinator of the Melbourne Pollen Count, Ed Newbigin of the University of Melbourne. "Our average would be about 20 of these high and extreme grass pollen days across the season [from October to December], now currently we're expecting around about 25," Dr Newbigin says. Whereas, according to his colleagues in Sydney, they're having a bumper year, particularly as it's been a lot wetter further north.

"Sydney gets very few high and extreme days across their season," Dr Newbigin says.

"But they've already had quite a few already, and Canberra's the same."

This year we're also approaching the height of the hayfever season with the added burden of the coronavirus pandemic.

"I think the spectre of an overwhelming emergency presentation in the setting of a potential COVID epidemic is particularly concerning because emergency department resources are somewhat stretched by COVID, and the necessity of managing people who are potentially infected," Professor Douglass says.



"That already is a drain on resources, and every emergency department in Victoria has been reconfigured to manage that risk.

"And so further overwhelming that with people with respiratory difficulties will make it even harder to manage a very big event."

### What you can do to be ready for a future thunderstorm asthma event?

There are three pieces of advice Professor Douglass would like people to follow this year, in case of an upcoming thunderstorm asthma event.

**If you have hay fever and asthma, recognise that you could be at risk of thunderstorm asthma.** Speak to your doctor, have an asthma plan and reliever medication on hand so you know what to do if you have sudden asthma symptoms.

**Heed the thunderstorm asthma warnings available in your local area.** For example, warnings are available in Victoria on the Melbourne Pollen and Vic Emergency apps. If a warning is in place, stay indoors at the time the thunderstorm is predicted.

**Manage your hay fever with antihistamines and nasal sprays to keep your symptoms under control.** Some symptoms of COVID-19 and hay fever overlap, so by keeping your hay fever well-controlled there will be no risk of you confusing it with COVID-19.

Having reliever medication handy is advice Michelle Griffiths has taken to heart.

"I can't remember the last time that I have had to have some of my asthma pump," she says. "But when it hits spring I am now very aware of it, and I do go and buy new Ventolin. Just having it around gives me peace of mind for those times just in case.

"We can't control the weather but you can have your asthma pump around."



## Parktone Prep 2021 Final Transition

Dear Parents,

We are writing to inform you that due to ongoing COVID restrictions, unfortunately we are unable to proceed with our final transition session plans as we had hoped.

Currently, schools are only permitted to have one small group visit one teacher at the school at any one time.

In order to maximise opportunities to support students in their transition from kindergarten to school, it has been necessary for us to amend arrangements and facilitate sessions on different days/times than previously communicated.

Updated arrangements for our Final Transition Session, Parent Information Night and 'Meet Your Teacher' and program are detailed below. Once again, we apologise for these necessary changes in dates and thank you for your understanding, flexibility and cooperation.

What you need to know	When to expect communication
<p>Parents informed of 2021 Teacher and Class via email. Please note that extensive work has gone into forming classes using a range of factors including but not limited to:</p> <ul style="list-style-type: none"> <li>- Transition Surveys (<u>all students have been placed with at least one friend listed on this form</u>)</li> <li>- Discussions with kinder teachers (where necessary)</li> <li>- Boy/girl ratios.</li> </ul>	Monday 16 <sup>th</sup> November 9am
<p>2021 Class Teachers will email a Doodle roster link for parents to select either the morning or afternoon transition session. Transition sessions for each class will be held on the following dates:</p> <p>Prep C- Monday 30/11 Prep D- Tuesday 1/12 Prep B- Wednesday 2/12 Prep A- Thursday 3/12</p> <p><i>Please note that due to COVID restrictions, we are limited in our capacity to provide more flexibility around these arrangements.</i></p> <p><i>*Please arrive and wait outside the front office entrance (Robert St) where your child's teacher will greet you and escort the group into the school. Unfortunately, <u>parents are not permitted on-site for these sessions</u>. Staff members will be available to support students that may find it difficult to leave their parents.</i></p>	Tuesday 17 <sup>th</sup> November 8.30am
<p>YouTube links emailed for pre-recorded lessons for each of our Specialist subjects (PE, Art, Japanese and STEAM). <i>*These can be undertaken at a time that suits each family.</i></p>	Monday 23 <sup>rd</sup> November 9am
<p>2021 Class Teachers will email a Doodle roster link for parents to select a time for students to meet individually with their teacher. This session will run for 20 minutes. During this time, teachers will be taking the time to learn student interests, as well as completing learning observations. Please note that this session is strongly encouraged but optional.</p> <p>Prep C- Monday 7/12 Prep D- Tuesday 8/12 Prep B- Wednesday 9/12 Prep A- Thursday 10/12</p> <p><i>Unfortunately, due to COVID restrictions, we are limited in our capacity to provide more flexibility around these arrangements.</i></p>	Friday 27 <sup>th</sup> November



**PLEASE DO NOT U TURN IN MCSWAIN  
OR ROBERT STREETS**

There have too many cases of dangerous driving this week. Robert and McSwain Streets are too busy to perform a U Turn at drop off and pick up times. Please use the side streets to navigate safely around the school at these busy times.



**NO  
U  
TURN**

# STUDENT ENTRY AND EXIT GATES



**Surname A-C Entry & Exit:**  
New bike shed gate near the oval



**Surname D-I Entry & Exit:**  
Single gate cnr Robert & McSwain St

ALL GATES WILL BE  
LOCKED AT 9am. ALL  
CHILDREN ARRIVING  
AFTER THIS TIME,  
MUST ENTER  
THROUGH THE OFFICE



**Surname J-M Entry & Exit:** Double gate near the stadium car park



**Surname N-S Entry & Exit:**



**Surname T-Z Entry & Exit:**



The Kiss & Go program is an initiative to help improve the road safety of children and traffic congestion around the school.

#### The Kiss & Go program:

- The Kiss & Go program is designed to provide families with a safe and convenient area for dropping off and picking up children.
- Is a short term stopping area for children to be able to walk between the car and the school using the safety of the footpath.
- Is controlled by the regulatory street signs and is enforced by Kingston City Council.

#### The Kiss & Go Zone

- The Kiss & Go zone is a short term stopping area where drivers are allowed to stop and park the vehicle for a short time – no longer than two minutes – while the student exits or enters the vehicle from the kerbside doors. This enables students to walk between the car and the school, using the safety of the footpath.
- The zone operates during peak periods allowing parents to park their vehicles for up to two minutes outside the school gates.
- This area is not a parking space and fines and demerit points apply if the driver leaves the vehicle unattended longer than 2 minutes and no more than 3 meters away.

## THE KISS & GO ZONE IS A BENEFIT FOR ALL.

Thank you to all parents, guardians, teachers and students for your cooperation to ensure the safety of children at our school.

Please drive carefully around the school zones.



Kingston's programs provide encouragement, education, engineering and enforcement support to improve safety, reduce congestion and promote walking and cycling as a healthy and viable way to get to and from school.

For more information on the Kingston Road Safety Programs please contact:

Community Road Safety Officer  
Kingston City Council  
Phone: 1300 653 356  
Email: [traffic@kingston.vic.gov.au](mailto:traffic@kingston.vic.gov.au)



## KISS & GO ZONE

HOW TO SAFELY USE THE KISS & GO ZONE

KINGSTON  
ROAD SAFETY  
PROGRAMS



## UNDERSTANDING THE RULES

Kiss & Go zones are for your child's safety, your convenience and to minimise congestion and confusion.

#### Kiss & Go rules

- The Kiss & Go zones operate under the same conditions as 'No Parking' zones. You may stop in this area for up to 2 minutes to drop off or pick up children.
- The driver may not leave the vehicle unattended. This means no more than 3 metres away from the vehicle.
- This zone applies only during the hours of operation as indicated on the sign.



#### Remember

- **Do not leave your vehicle**  
To assist with traffic flow, drivers should remain in the car whilst children get in and out.
- **Be timely**  
If your child does not get in or out of the vehicle within 2 minutes you must leave and re-enter the Kiss & Go zone.
- **Child safety**  
Please ensure children get in or out of the vehicle on the kerb side. The back seat is the safest seat for children to travel in. Ensure children have their restraints securely fastened before driving off.
- **Stay in sequence**  
Drop off or pick up your child close to the top of the zone, as far forward as possible. This allows vehicles following you to enter the zone in an orderly manner.
- **Driver duty of care**  
Observe traffic when entering or leaving the zone. Use your indicator to advise when moving into or out of the zone.
- **No U-turns**  
Do not do U-turn in busy school zones. They are dangerous and put children at risk.



Please do not stop the car until you reach the top of the queue. This helps other cars arriving behind you and shares the zone in the safest way.



# PARKING AROUND SCHOOL





# Walk & Wheels Route Map

## yellow route

Continue along Blackwood Ave until turning left on to Broome Ave. Continue then cross over Broome Ave on to Coolabah St. Turn left on Lower Dandenong Rd. Use the pedestrian operated lights to cross over and head down Ivy St (on the west or left side). Turn left on Robert St and continue to the school entry.

20 minute walk

## orange route

Park and stride from Mentone Racecourse Reserve. Travel down Glenelg Rd → left on Lower Dandenong Rd. Use the pedestrian operated lights to cross over and head down Ivy St (on the west or left side). Turn left on Robert St and continue to the school entry.

22 minute walk (1.4kms)

## green route

Park and stride from Duggan Street Reserve. Head along Scarlet St → Warren Rd. Use the pedestrian operated lights at the crossing near Parkdale Secondary College. Cross over Warren Rd and then head to Clare St. Continue all the way along → turn right on to McSwain St. Use the school crossing just after Grey St for entry to the school.

20 minute walk (1.3kms)

## blue route

Park and stride from Walter Galt Reserve → along reserve footpath. Stay on the west side of the footpath (left) as heading down McSwain St. Arrive at the school.

5-7 minute walk (530m)



Park and Stride

Reducing traffic congestion makes our school a safer, healthier and more pleasant environment for everyone.

# PARKTONE PRIMARY SCHOOL

## HEALTHY KIDS CAFÉ MENU



### HOW TO ORDER

#### Paper Bag

- If you require a paper bag, please add 20c to your order.
- DO NOT use staples or paper clips on the paper bags.
- Please write the following details for your child's lunch order:

Child's Name, Grade, Food Order & Cash amount enclosed

#### Online

You can order your child's lunch on line at -

[Quickcliq.com.au](http://Quickcliq.com.au)

All you need to do is make an account.

Please have orders in by 8.45am.

If your child has a food allergy, please inform the office and Cheryl.

#### Canteen hours of operation

Recess : 10.40am – 11.10am

Lunch : 1.00pm – 1.50pm

Reusable lunch bags = \$11

\*(v) = vegetarian

\*(vg) = vegan

\*(gf) = gluten free

### SPECIAL MEAL DAYS

#### Monday only - \$6.50

- Recess –
- Cup of Noodle and Hot Chocolate
- Lunch - Chicken Wrap with Chicken Tender Lettuce and Sweet Chilli Sauce  
1 Banana Pop or Melon Pop

#### Tuesday only - \$6.50

- Recess - Mini Pizza and Hot Chocolate
- Lunch - Nachos with Cheese and Mild Salsa  
1 Bag of Popcorn

#### Wednesday only - \$2.40

Sushi Hand Roll - Crispy Chicken Teriyaki, Tuna or Vegetarian (Cucumber and Carrot)

#### \$6.50 Lunch/Special

2 Sushi Hand Rolls  
1 Fruit Smoothie

### SNACKS – RECESS & LUNCH

Muffin	\$1.00
Popcorn-Homemade	\$1.00
Anzac Biscuit-Homemade	\$1.00
Raisin Toast	\$1.00
Homemade Mini Pizza	\$1.00
Boiled Egg	\$1.00
Corn on the Cobb	\$1.00
Carrot Sticks	\$1.00
Apple Slinky	\$1.00
Hot Chocolate	\$2.00
Chocolate Mousse and cream – Homemade	\$2.00
Jelly Cup w/juice	\$1.00

#### SNACK ORDERS

Order over the counter at recess and lunch

### DRINKS & FROZEN TREATS

Fresh Fruit Smoothie	\$3.00
Bottled Water (600 ml)	\$2.00
Flavored Springwater	\$2.00
Frozen Fruit Cup (100% juice)	\$1.00
Apple/Blackcurrent/Mango	
Ice-Cream Cones	\$1.00
Pineapple Ring	\$0.50
Watermelon Pop	\$0.50
Banana Pop (Choc Tip)	\$1.00
Paddle Pop Chocolate Rainbow	\$2.00
Icy Twist	\$1.50



## HOMEMADE SANDWICHES, WRAPS & ROLLS

• Fresh Sandwich (White or Whole meal bread)	
• (GF add \$1.00) white or Whole meal roll and wrap add 50c	
Cheese	\$2.30
Vegemite	\$2.30
Choose from the following fillings:	\$3.30
Ham, Chicken, Tuna, Egg or Egg & Lettuce, Tomato, Cheese, Carrot, Beetroot, Cucumber, Lettuce	
• Sauces: mayo, tomato, sweet chilli	No Charge
Salad wrap /or Plate (Lettuce, Tomato, Carrot, Cheese, Mayo)	\$4.00
Salad Plate with Ham, Chicken, Tuna or Egg	
Salad Wrap with Sweet Chilli Tender	\$6.00
(Lettuce, Tomatoes, Carrot, Cheese, Beetroot, Cucumber, Mayo and Sweet Chilli Sauce)	

## GLUTEN FREE VEGETARIAN/VEGAN

Veggie not Burger with Lettuce (Mayo Optional)	v/vg	\$4.50
Noodle Box with Vegetables	v/vg	\$4.00
Pastie	v	\$4.00
Pizza Margarita	v/gf	\$3.50
Nachos (Mission Corn Chips)		\$4.00
And salsa	v/gf	
Hot Dog	v/gf	\$4.00
Strawberry Smoothies with Soy Milk	v/vg/gf	\$3.00
GF Bread add \$1.00 to Sandwich		

## JAFFLES – HOT BAGELS

Cheese	\$3.00
Cheese and Vegemite	\$3.00
Ham and Cheese	\$4.00
Ham Cheese and Tomato	\$4.00
Ham and Pineapple	\$4.00
Ham Cheese and Pineapple	\$4.00
Baked Beans / Spaghetti	\$4.00

(GF Bread or Bagel add \$1.00)

## PARKTONE PRIMARY SCHOOL HEALTHY KIDS CAFÉ MENU



## HOT FOOD

Spaghetti Bolognese	\$4.00
Beef Lasagna	\$4.20
Macaroni & Cheese	\$4.00
Nachos Cheese & Salsa	\$4.00
Noodle Box Chicken and Vegetables	\$4.00
Pizza (Hawaiian or Margherita)	\$3.20
Cheese Burger with Cheese and Tomato Sauce	\$4.00
Chicken Wrap Sweet Chilli Tender	\$4.00
Lettuce Sweet Chilli Sauce	
Chicken Burger with Lettuce (Mayo Optional)	\$4.00
Chicken Nuggets – 4	\$3.00
Hot Dog – with or without sauce	\$4.00
Lite Pie, Pastie	\$4.00
Sausage Roll	\$4.00
Party Pie	\$1.20
Dim Sim	\$1.20
• Sauces: mayo, Tomato, Sweet Chilli	No charge
Nuggets Meal (Peas, Corn on the Cob and Seasoned Wedges)	\$4.80