Volume 23 Issue 3 6th March2015

Editors Mr Felix Patton Mrs Jenny Walker Mrs Chess Forster

RSC NEWSLETTER

PARENT- TEACHER INTERVIEWS

Monday 16th March 12:00 – 7:00pm STUDENT FREE DAY

XUNO Parent Portal opens Tuesday 10th March for Bookings

(Enter via RSC Website - www.rsc.vic.edu.au)

COLLEGE CAPTAINS 2015



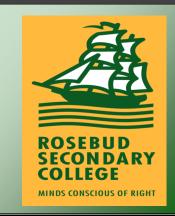
It is with great pleasure that we introduce the college leadership team for 2015. We look forward to a fantastic year with these wonderful students leading the College community and student cohort. Above from left to right: VCAL Captain Brooke Kinna, VCAL Vice Captain Ashlee Burke, College Captains Alex Dellaportas & Cooper Corbett, College Vice captains Sarah Mann & Dean Patton and VCAL Vice captain Tom Stoffels.

The students were announced at our College assembly on Tuesday morning. Along with Sports captains Dylan Dunstan and Lily Thomson. Congratulations to all our leaders. Below: Ebony Gray Year 11 belts out a tune.



Rosebud Secondary College 245 Eastbourne Road, Rosebud 3939
Email: rosebud.sc@edumail.vic.gov.au - Tel: 5986 8595 Fax: 5981 2276
Absence line: Leave a message any time day/night if you know your son/daughter will be absent.
Subscribe to our newsletter online and have it delivered to your inbox in colour!
Follow the link at www.rsc.vic.edu.au

OFFICE HOURS: MONDAY-THURSDAY, 8:00AM - 5:00PM; FRIDAY, 8:00AM - 4:00PM



WHAT'S ON AT RSC

MARCH

9th: LABOUR DAY -SCHOOL CLOSED

10th: SMT Parent Portal Opens for Parent -Teacher interview bookings & Report Downloads

12th: Division Swimming

13th: Yr 11 Outdoor Ed -Wetlands Discovery

16th: Parent Teacher Interviews
- STUDENT FREE DAY

16th -

20th: Yr 10 Work Experience

17th: Senior Sport

20th: National Day of Action against Bullying & Violence.
Casual Clothes & \$2 Donation.

23rd: Yr 7 & 10 Immunisation

24th: ATHLETICS DAY

27th: LAST DAY OF TERM 1

APRII

13th: FIRST DAY TERM 2 (Day 1)

CREDIT CARD PHONE PAYMENT AND BPAY ARE AVAILABLE THROUGH THE ROSEBUD SECONDARY

NEW TIMES

At Rosebud Secondary College, Teachers are on bus duty from 8:05 to 8:30am and 3:15 to 4:00pm. The yard is supervised from 8:20am in the morning until 3:30pm in the afternoon

SUBSCRIBE TO OUR ELECTRONIC NEWSLETTER

Please note that the RSC Newsletter is only available online.

Please subscribe to get an electronic version each fortnight by following the link on our Website: www.rsc.vic.edu.au

Please add <u>newsletter@safenewsletters.com</u> to your contact list once you have subscribed.

Hard copies are available at the front office for anyone with no internet access.

A Great New Way to Keep in Touch.

Rosebud Secondary College has subscribed to a school – parent mobile phone service which will hold valuable information accessed via iPhones and Smartphones.

Following in the newsletter is a step by step guide to downloading this free app, which will not only enable you to view events, newsletters and many other valuable items but most importantly it will send "push notifications" to your phone to alert you to any urgent messages or information updates.

This app will make you instantly aware for example if we have had to change a sports day through poor weather, or if a bus is delayed back from an excursion etc.

We would hope that as many parents and students who have either an iPhone or Smartphone, do download this free app as we aim to further improve our communications between school and home.



FROM THE PRINCIPAL'S OFFICE

Andrew Nicholls Principal



Hello to the Rosebud Secondary College community. We are now heading into the end of term and interim reports. Soon the reports will be available for you to view and online bookings will open on Xuno. This is a very important part of tracking the progress of your child and we would like to see as many parents as possible on the day.

We have been very active on our new website and Facebook page since launching it in the last few weeks. We have been able to highlight many student activities and achievements. If you want to stay up to date with the latest stories "Like us" on Facebook to see what has been happening at the school.

Last week we held a very successful Year 7 parent lunch as a follow up to our information night the previous week. This was a great chance to informally catch up with the staff who supporting our Year 7 students in 2015. There was some information given on the day regarding access to the Parent Portal on Xuno and I would ask if you haven't yet logged on that you do. Soon student reports will be uploaded to the portal for access. The school only produces hard copy reports by request and access is now primarily online. All student reports are archived on Xuno for easy access at later dates. You can access Xuno from the homepage of the new website on the left hand menu. If you have any concerns regarding access to the portal please contact the office.

On Tuesday 3rd March we held our whole assembly and presented our new school captains to the student body. The captains gave very insightful speeches to the students and encouraged them to actively participate in the school and make the most of the opportunities while at Rosebud Secondary College. Follow the link: http://www.rsc.vic.edu.au/?p=1190

School Captains- Alex Dellaportas & Cooper Corbett Vice Captains- Sarah Mann & Dean Patton VCAL Captains- Brooke Kinna & Tom Stoffels VCAL Vice Captain- Ashlee Bourke

This week I was asked to judge with Mr Patton three dishes prepared by students in Ms Sharp- Tetley's Year 10 Catering class. This was a great opportunity to engage with the students and look at what they had been learning. We had to look at presentation and taste each dish and make a final decision. The competition was won by the team led by Skyla Lauch. All the students did very well and their effort should be praised. Follow the link: http://www.rsc.vic.edu.au/?p=1194

Recently I attended the Lions Youth Of The Year competition round held by Dromana Lions Club. We had three students speak on the night. They were Matthew Clayton, Megen Anderson and Rachel Slocombe. This was a fascinating night where students speak on a prepared topic and complete an impromptu speech. Matthew won the Public Speaking Award and Megen the Overall Speaking Award. Megen will now through to the next round with other round winners Lee Komesarook and Sophie Armstrong.

ORGANISATIONAL MATTERS:

16th March 12:00 - 7:00pm Parent-Teacher Interview day: Please make bookings online via Xuno from Tuesday 10th March. Students are expected to attend interviews on the day, as there are no regular classes.

24th March: Athletics Day at Truemans Road Reserve - all students are expected to attend.

YEAR 10 WORK EXPERIENCE 16th - 20th MARCH

There are still a number of Year 10 students who have not organised a Work Experience placement and the week of Work Experience is fast approaching.

A reminder that normal Year 10 classes will not run during this week and that ALL Year 10 students are expected to participate. There is not an alternative program. Many parents have been contacted over the last week via phone, with messages left and it would be greatly appreciated if parents could help to encourage their students to organise themselves, as there are DEECD documents to be signed prior to commencing Work Experience. Students were informed about Work Experience in November 2014 and have been reminded constantly since returning after the Christmas Holiday break.

Students are also required to complete two OHS modules prior to Work Experience, A General Module and an Industry Specific Module. Both of these have been organised at school but a number of students have still not completed them. Students will not be able to attend Work Experience unless these are completed. If parents could be alert to messages sent home over the next few days via SMT about OHS modules and help their students to complete the online tests. Students who know they have NOT completed these OHS modules are more than welcome to come to the Careers Office at lunchtime to seek help.

There are also a large number of Year 10 students who have organised Work Experience but are yet to return the necessary signed paperwork, so if this could be attended to as quickly as possible it will help The Careers Office to finalise arrangements.

Congratulations to the 18 Year 10 boys who completed the one day CIC training on February 11th and now hold a White Card enabling them to undertake Work Experience and Work Placement on designated building sites.

Any queries contact The Careers Office at Rosebud Secondary College on 5986 8595

Janette Pearman Jackie Voigt Heather Mason





SECONDARY SCHOOLS TAX FILE NUMBER (TFN) PROGRAM

Many families will have had students who have applied for their TFN through the school as part of this program. We have received notification that the Secondary Schools Tax File Number (TFN) Program between the Australian Taxation Office and schools ceased from 31st December 2014.

Why was the program terminated?

The Australian Government is strengthening proof of identity (POI) processes through a standardised national approach for government agencies. The Secondary Schools TFN program does not comply with these guidelines which require sighting and verification of original proof of identity documents.

How can students apply for a TFN?

Applying online and presenting POI documents at a participating Australia Post Office is the fastest and most convenient way for students to get a TFN. More information on applying online can be found at **ato.gov.au** by searching for 'OC27248'

Students who are unable to visit a participating Australia Post office will need to complete the application form *Tax file number - application or enquiry for individuals form* (NAT 1432). More information about lodging this form can be found at **ato.gov.au** by searching for 'QC22604'

OES CATHEDRAL RANGES HIKE



From the 25th to the 27th of February my Year 11 OES class went to the Cathedral Ranges on a bush hike. We climbed to 840 meters above sea level, rock climbed, abseiled and slept under the stars.

Ms Picot pushed the class on this climb making it one of discovery for the whole group; we strengthened our friendships, while tightening our bonds. Mistakes were made, people forgot things like pegs and poles, but all up it was a great hike. We found out how far we can push ourselves and our gear, truly learning what TO and what NOT TO bring, on a hike of this nature.

Some of the highlights of the camp were the views from the top of the mountains something that was needed to be seen after climbing that steep path, the creek that we swam in after coming down off the mountain, the stars that we slept under on the last night, the amazing rock climbing and abseiling that we had thanks to UCC's Laura and Dave and last but not least, the Buxton Burger challenge at the Igloo.

This camp has given me memories that I will cherish until I am old, I will definitely be going to the Cathedrals again.

Written by Jordan Hocking year 11A

The Easter art show is in its final stages of planning. This major fundraiser for the Chaplaincy Program is now into its sixth year and it showcases the considerable talent of local artists and invited artists from further afield. The Rosebud, Dromana and Rye Branches of the Bendigo Community Bank have been the major sponsor throughout this time, and we are very grateful for their strong support. Similarly the Mornington Peninsula Shire have been major supporters of the show, providing an acquisitive award to the artist whose painting of a local scene is judged to be the best in this category. The Shire are seeking to support the local artists through this award, whilst building up a body of work for posterity.



The show opens at 7pm, Wednesday April 1, with tickets available for pre-purchase via www.mpartshow.com

The art show is open daily from April 2 to April 6, with admission at \$5. For each Year 7 student coming in, their family will receive free entry.

Spread the word amongst family and friends, and come along to the Mornington Peninsula Art Show to support the work of Chaplaincy in the wellbeing support given to so many of our students.

It is also not too late to volunteer to assist during the show itself, we are always happy to have people assist in some way. The specific jobs for which we will gratefully receive all offers of help include:

Date	Time	Job
Friday 27 March	3.30pm	Setting up display boards.
Sat 28 March	Anytime from 10am	Receiving paintings, assisting with moving paintings for hanging.
Sunday 29 March	Anytime from 10am	Assisting with moving paintings for hanging.
Monday 6 April	From 2pm	Assisting with the collection of artworks.

Anyone able to assist should register their interest at the College office (5986 8595).



Students and teachers from Gamagori Senior High School, our sister school in Japan, will once again be visiting Rosebud SC this year!!

We are now looking for host families for approximately 14 students, aged 15 to 17.

Is YOUR family interested in being part of this amazing program??

The dates are Tuesday 28th July to Monday 3rd August, 2015.

The homestay is always a valuable and worthwhile experience, for both the Japanese student, and Australian family. Lifelong friendships are formed, and it is a chance for both sides to experience a little of a different culture.

Being a host family requires no previous experience – just a willingness to open your home and share your life with a student from Japan. They will be 'part of the family' and experience whatever you normally do as a family. It is also a fantastic opportunity for the Australian students to practice their Japanese, and gain some first-hand knowledge and experience of the Japanese culture.

Please complete the form below and return to Mrs Sherryn Downing, or call me at the school on 5986 8595.

Kind regards,

Sherryn Downing

Yes! We are interested in hosting a Japanese student from July 28 th To August 3 rd , 2015.	
Student Name	
Form	
Parent/Guardian Name	
Contact Phone Number	

Please return to Mrs Downing (Year 12 Co-ordinators office)



INTER HOUSE ATHLETICS SPORTS

The annual Inter House Athletics Sports will be held at the Truemans Road track in Tootgarook on Tuesday 24th March. The day is a full program of track and field, with the day commencing at 9 O'clock. Normal school buses will drop students off at the Truemans Road Reserve instead of at school. The drop off times will be the same as they are on a normal school day. Afternoon pick-ups will be from the track also. Parents who drop students off at school normally are asked to do the drop off at the track also. The school mini bus will run a drop off for students who have no other way of getting from the school to Tootgarook.

A close contest is expected with 3 Houses very anxious to prove that last year's win by the Murray Marlins was just a one off. Parents are very welcome to attend the carnival and your support would be much appreciated in cheering on the athletes.

If any parents would like to help with the officiating, their assistance would be appreciated. Please contact egan.patrick.t@edumail.vic.gov.au or leave a message at the office.

INTERMEDIATE GIRLS VOLLEYBALL

The Girls team started the day off very keen and determined to complete a 'THREE PEAT'. Most of the team had been successful in procuring Volleyball wins in Years 7 and 8, so really wanted to continue on their winning way.

The Intermediate team is made up of students from Years 9 and 10, so this year the team was able to add a couple of senior players to the team. The team was strengthened by the addition of Izabella Woinarski and Suede Croad from Year 10, as those two provided extra height and defence on the net and their serving prowess helped lift the team.



Consistent serving from Molly Austin, Olivia Okeyand Bonnie Street- Harris kept pressure on at all times.

Jordy Allen was a great scrambler and her diving for every loose ball was inspirational.

Macy Hall, Rediet Gifford and Lily Wills played well in all games to complete a very even team effort.

Big wins were achieved against Mornington, Dromana, Westernport and finally Mount Eliza in the Grand Final. Well done to all girls and good luck at regional level next term.

Pat Egan

Back row: Lily, Macy, Jordy, Suede, Rediet.

Front row: Bonnie, Isabella, Olivia



INTERMEDIATE CRICKET

On the 17th February 10 boys ventured to Emil Madsen reserve in Mt Eliza to represent the school at super 8's cricket. On pitches that make the sub-continent look like bowling greens the boys had what could be described as a bit of a 'hit and giggle'. They tried their hardest and finished third on the day. The boys all represented the school very well with special mentions to Cameron Chrystie who shone with both bat and ball, captain Jackson Allen, Jacob Long, Max Cairns (twice) and Billy Swayn who all had to retire at some stage after making over 25 runs.

Game 1 Vs Dromana:- Dromana made 147 and we were always struggling with Hussy opening the batting and going out first ball. Cameron's sixes were the highlights and he nearly got us over the line. We finished on 134.

Game 2 Vs Somerville:- Somerville batted first and were bowled out for 17, Jarrah the best with 2/1. We went in a smashed them around making 92, trying hard to get our run rate up.

Game 3 Vs Western Port:- Playing the inform team and learning we had to win big we went out swinging, making 107. Unfortunately Western Port made 117.

Final for 3rd Vs Mornington:- We were victorious in this final, scoring 133 to their 104. Cameron once again the pick of the bowlers with his spinners and Max and Billy retiring.

Mr Powell

SENIOR SCHOOL BOYS' CRICKET

The senior boys were victorious in the first round of the Senior Boys' Cricket. Led admirably by Caolan 'Red' O'Connor the team played consistent cricket throughout to comfortably account for the opposition. The only concern during the day was when laziness set in for 5 overs against Western Port and they started to get away from us. However, the team prevailed and after a team chat, went into the final focused and determined to play their best.

Stars on the day included Jacob 'Wee Man' Raphael who bowled well in all games and took the most wickets. Chad Harris, Adam Jared and Matt King also contributed with the ball. Brayden Glaum went from zero to hero in the field. After dropping what could only be described as a 'lolly-pop' he went on to take a running, diving miracle catch in the outfield in the very next over. Sammy 'The Rat' Fowler, Chad Harris, Brock 'Loves Bridie' MacKenzie and Coen 'Corn' Packer all batted very well. Sam, Chad and Brock retiring not out on multiple occasions.

As expected from a Rosebud sporting team, the boys were impeccably behaved and represented the school with pride. Super effort!

Rd 1: Rosebud def Mornington by 10 runs Rd 2: Rosebud def Westernport by 12 runs Grand Final: Rosebud def Mt. Eliza by 5 wickets

Mr Albress



ON FRIDAY 20TH MARCH, OUR SCHOOL WILL BE 'TAKING A STAND TOGETHER' ON THE NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE.

The National Day is an annual event for Australian schools and a day where school communities across the nation stand as one.

Rosebud Secondary College is dedicated to creating safe and supportive school environments, free from bullying, harassment and violence.

Together, we can send clear messages to young people that bullying and violence, in or outside the classroom, are not okay at any time.

At our school we have a number of programs in place that counter bullying. These include addressing the issues through curriculum programs in Personal Development classes, early identification through notifications to teachers and Year Level Coordinators and support for victims through Restorative Practice conferences. Our Bullying Policy and procedures are reinforced through the well understood ethos of "Hands Off".

We are formulating plans and activities to celebrate the National Day of Action against Bullying and Violence on Friday, 20th March 2015. The students will have a casual dress day to mark the event, with a \$2 donation which will cover costs for the day's events and begin the contributions towards the building of our Wellness Pavilion (see more details in this newsletter). Lunchtime activities in addition to programs delivered in classes will help mark the day.

Please note the date in your diaries.

ORDERING A HOTMATHS CODE

(students with a second-hand book)

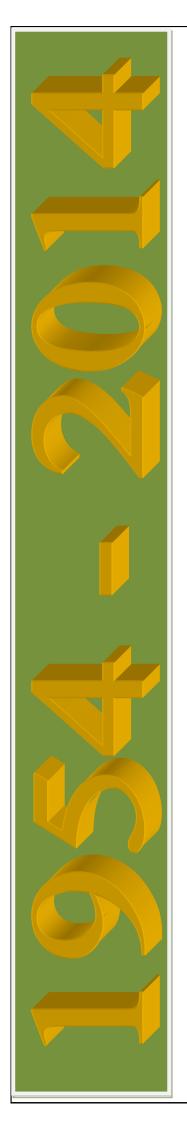
- STEP 1 Using a web browser go to www.campion.com.au then click on "ORDER NOW"
- **STEP 2** Use the drop down menu and choose Rosebud Secondary College then click Resource List
- **STEP 3** Type in the school code, XDPX and click on "Get Resource List"
- **STEP 4** Select the student's year level
- STEP 5 Click on "Order Using the Standard Home Delivery Service" then enter the student details and credit card information. Scroll down to the Mathematics section and click on box 25. (Hotmaths Code)
- **STEP 6** Scroll to the bottom of the page and click "calculate order total" and follow the directions.

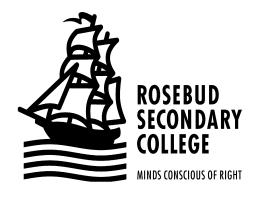
INSTRUCTIONS FOR PAYING 2015 LANGUAGE PERFECT SUBSCRIPTION FEE

Language Perfect is a compulsory item on the resource list for students studying

Year 7-12 Indonesian or Year 8 -12 Japanese in 2015
Please make sure you have paid for your Language Perfect subscription **BEFORE Friday 27th February** as you will no longer have access after this date if not paid.

- **STEP 1** Using a web browser go to www.campion.com.au then click on "ORDER NOW"
- STEP 2 Use the drop down menu to choose Rosebud Secondary College then click "Resource List"
- **STEP 3** Type in the school code, XDPX and click on "Get Resource List"
- **STEP 4** Select the student's year level
- STEP 5 Click on "Order Using the Standard Home Delivery Service" then enter the student details and credit card/debit card information
- **STEP 6** Scroll down to the LANGUAGES section and click on: Rosebud SC Language Perfect Digital Subscription (\$31.50)"
- STEP 7 Scroll to the bottom of the page and click 'calculate order total' and follow the directions (note, you should not be charged a home delivery fee if you are only paying for Language Perfect





60th ANNIVERSARY +1 1954 - 2014/15.

CELEBRATIONS

WILL BE HELD

SATURDAY
MARCH 21st 2015
12.00, 1.00,2.00 and 3.00pm
For Tours of the College.
4.00pm-6.00pm
For AFTERNOON TEA and Drinks.

Cost \$20 per head Children under 10 FREE Drinks available to purchase

Afterwards you can get together at venues of your choosing

Contact the College to purchase your ticket.

Bpay available

Phone: 59868595.

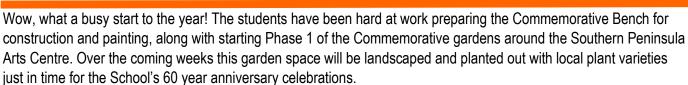
Email: rosebud.sc@edumail.vic.gov.au

Website: www.rsc.vic.edu.au

Rosebud Secondary College

HANDSONLEARNING







Ryan and Hunter setting out and marking the garden bed lines in preparation for digging.



Jordan, Griffin and Tyler hard at work digging the first trench line for the garden edging



Canteen Spot-March 2015

This month's FEATURED Product

Sweet Chilli Wrap

One of the most popular canteen items is the 'sweet chilli wrap'. Made with a 12" tortilla wrap, fresh iceberg lettuce, mayonnaise, cheese, sweet chilli strips, tomato and sweet chilli sauce. If you are not into sweet chilli you can choose what you would like in your wrap from our amazing array of fresh fillings. Check out our menu or come and visit us at the canteen for ideas.



Special offer!!!!

Tell us at the canteen that you have read this ad and you will receive a 10% discount on your next purchase*

Half Wrap (1 piece) = \$4.00 Full Wrap (2 pieces) = \$7.00

Did you KNOW? ...

- Your canteen runs a 'healthy eating' raffle sponsored by Peninsula Surf. Prizes include Peninsula Surf vouchers. Entry to the raffle is gained through making a healthy 'green' choice on your lunch order. To learn more come and visit us at the canteen.
- Your canteen is owned and run by Morgen Brown and Mark Plumridge. Both Morgen and Mark have nearly 14 years experience in running food businesses including a cafe and milkbar take-away. Prior to running food businesses Morgen was involved in computer design and staff training and Mark was, and continues to be, a tennis coach.
- Your canteen menu is developed along with government guidelines regarding the nutritional make up of food sold at the canteen and provides a comprehensive range of food choices to suit all tastes.

2014 SCHOOL MAGAZINE

The 2014 School Magazine is available for collection from the Front Office.

1:1 Managed BYOD Program

For 2015 Year 7, 9B (SEAL) & Year 10 students

Families are now ordering computers for 2015 classes. Edunet are happy to take calls and answer any technical questions you may have as part of this program. We are looking forward to the implementation of this program next year and encourage all families involved to order ASAP. The portal will be kept open for the remainder of the year and there is a link at the bottom of the school website homepage that takes you to this.



Lenovo 11E Yoga Convertible Notebook



*Multimedia option for senior only Lenovo L440

Rosebud Secondary College Canteen Menu

Canteen Meal of the Day - Semester 1/2015

Mon-Pasta Napolitana (chicken/veg); Tues-Butter Chicken&Rice; Wed-Tortellini (Beef/veg); Thurs-Bolognese/Veg Pasta; Fri-Fried Rice (prices for meal of the day range from \$2.50 - \$4.50)

Orders for Recess are welcomed but <u>must</u> be made before school and labeled 'Recess'.

Orders for Lunchtime <u>must</u> be made by 12.00pm to ensure you receive your desired choice.

Deserting the Control of Control	illauc L	7 12.00	Hat Food	irea olioloe.		_
Breakfast & Snacks		40.50	Hot Food			- 1
Crumpets (2) \$2.50 Café Style (extra thick) Raison Toast (2) \$2.50			Ples & Pastries (Education approved	range)		
Café Style (extra thick) Raison Toast (2) \$2.50 Fruit - by the piece - Fresh or Frozen (seasonal) \$1.00			Ples Aussle Schools 4 'n 20			\$3.50
,			4 'n 20 traveller			\$3.20
Fruit Salad - Fresh or Frozen (seasonal)	small	\$2.00	Mrs Mac Good Eating Range			
	large	\$3.50	Good Eating Beef Ple (200			\$3.50
Egg & Bacon	Roll	\$4.20	Good Eating Mini Ple (120			\$2.00
	Mumn	\$3.90	Good Eating Snack Pie (50	(g)		\$1.00
Egg, Bacon & cheese toasted wrap \$4.50			Vegetable Pastle			\$3.50
Cereal' Bowl with milk and/or yogurt			Ples Gourmet varieties			\$4.00
eg Nutra Grain, Sultana Bran etc.		\$2.00	Sausage Rolls - 4 'n 20/Mrs Mac			\$2.50
Dell Yogurt plain	with cou	ıls	Spinach & Ricotta Roll (Mrs Mac)		\$3.00
small \$2.00	small	\$2.50	Schnitzels	•		
large \$3.00	large	\$3.50	chicken schnitzel roll (lettuce & mayo)	half \$4.00	full	\$5.50
Norl Rolls (chicken, tuna, salmon, beef & vegetarian)		\$2.80	chicken schnitzei focaccia	reg \$5.00	large	\$6.50
lelly cup		\$1.00	(cheese, lettuce & mayo)	109 40.00	ango	\$0.00
Chocolate mousse small \$1.00	large	\$1.50	Burgers (extras charged by Item eg. C	'heese = + 50c\	from	\$4,50
Cookie	naryo	\$0.50	vegetable burger (includes lettuce and mayo)	110000 - + 500)	nom.	\$4.50
		\$0.80				
Popcom			Lean Beef Burger (100%Lean Boof with lettuce			
com on the cob		\$1.00	Chicken Burger (marinated seared breast, hone)	mustard mayo & reduce	ALL MATHEMATICAL	n)
Sandwiches & Rolls (toasted options & a variety of bread		$\overline{}$	Tasty Treats			
						*4 50
Sandwiches: wholemeal, multi-grain or white	from	\$3.00	Fisherman's Roll (oven baked fish filet, tertereh	neyo & tettuce on long roll	,	\$4.50
ROIIs: wholemeal, multi-grain or white rolls	from	\$3.50	hot roast beef/chicken & gravy roll			\$4.50
Fillings:	_	40.00	sweet chilli wrap	half \$4.00	full	\$7.00
salad items (tom., lettuce, carrot, beet., cucumber, onion, capsicum) each	\$0.30	Sweet chill roll (2 tender, cheese; lettuce; ton			\$6.00
full salad (includes all salad items)		\$1.00	SOUVIAKI - Chicken (includes tomato, lettuce and	yogurt dressing)		\$5.00
cheese - tasty or cheddar		\$0.50	nachos (com chips/salsa/cheese)			\$3.50
deli meats - ham, salami, silverside, tuna, egg	each	\$0.80	add guacomale and/or sou	r cream	each	\$0.50
chicken (fresh breast cooked daily); turkey		\$1.00	pizza silce (mediterranean/garden veg./hawai	lan/margherita)		\$3.00
avocado		\$0.80	Pizza Roundas			\$2.50
spreads (mayo, mustard, marg., cranberry etc.)		N.C.	hot dog (Inc. sauce)			\$3.00
opicado (majo, madara, maig., dianocirj cia.)		11.0.	potato wedges (bucket)			\$3.00
Evamples On make un veus aum I	- buich					
Examples: Or - make up your own !	s'wich	roll	steamed dim sims			\$8.00
Egg & Lettuce	\$3.80	\$4.30	sweet chill tenders			\$1.50
33						
chicken, lettuce and mayo	\$4.00	\$4.50	mini dim sims/hash browns	40c each		\$1.00
33	\$4.00 \$4.80		mini dim sims/hash browns nuggets (stayorisp full breast)	40c each		
chicken, lettuce and mayo		\$4.50 \$5.30				\$1.00
chicken, lettuce and mayo chicken and avocado	\$4.80	\$4.50 \$5.30	nuggets (stayorisp full breast)	40c each	or 3 for	\$1.00 \$1.00
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad	\$4.80 \$4.50 \$4.00	\$4.50 \$5.30 \$5.00 \$4.50	nuggets (staycrisp full breast) Soup (seasonal)	40c each	or 3 for	\$1.00 \$1.00
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham , cheese and full salad	\$4.80 \$4.50 \$4.00 \$5.30	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages	40c each	or 3 for	\$1.00 \$1.00 \$3.00
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothle (Low Fat Milk)	40c each cup \$2.50	or 3 for mug	\$1.00 \$1.00 \$3.00 \$4.00
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham , cheese and full salad	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00	40c each	or 3 for	\$1.00 \$1.00 \$3.00 \$4.00 \$3.00
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothle (Low Fat Milk)	40c each cup \$2.50	or 3 for mug	\$1.00 \$1.00 \$3.00 \$4.00
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml	40c each cup \$2.50 small \$2.00	or 3 for mug large	\$1.00 \$1.00 \$3.00 \$4.00 \$3.00 \$1.00
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothle (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50	40c each cup \$2.50 small \$2.00	or 3 for mug large	\$1.00 \$1.00 \$3.00 \$4.00 \$3.00 \$1.00 \$2.00
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich filling	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothle (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water	40c each cup \$2.50 small \$2.00	or 3 for mug large	\$1.00 \$1.00 \$3.00 \$4.00 \$3.00 \$1.00 \$2.00 \$3.50
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich filling	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00	nuggets (stayorisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water Mizone	40c each cup \$2.50 small \$2.00	or 3 for mug large	\$1.00 \$1.00 \$3.00 \$4.00 \$3.00 \$1.00 \$2.00 \$3.50 \$3.70
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich fillin Tandoorl Chicken, red cap, spin, tandoorl dressing (cucumber, carrot & Iceberg	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeroplane)	40c each cup \$2.50 small \$2.00 Cool Ridge	or 3 for mug large 600ml	\$1.00 \$1.00 \$3.00 \$4.00 \$3.00 \$1.00 \$2.00 \$3.50 \$3.70 \$0.80
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich filling	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeroplane) Golden Circle varieties	40c each cup \$2.50 small \$2.00 Cool Ridge	ar 3 for mug large 600ml 110ml 350ml	\$1.00 \$1.00 \$3.00 \$3.00 \$1.00 \$2.00 \$3.50 \$3.70 \$0.80 \$2.00
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich fillin Tandoorl Chicken, red cap, spin, tandoorl dressing (cucumber, carrot & Iceberg	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeroplane)	40c each cup \$2.50 small \$2.00 Cool Ridge	or 3 for mug large 600ml	\$1.00 \$1.00 \$3.00 \$4.00 \$3.00 \$1.00 \$2.00 \$3.50 \$3.70 \$0.80
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich filling Tandoorl Chicken, red cap, spin, tandoorl dressing (cucumber, carrot & Iceberg Calabrese	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeroplane) Golden Circle varieties	40c each cup \$2.50 small \$2.00 Cool Ridge	ar 3 for mug large 600ml 110ml 350ml	\$1.00 \$1.00 \$3.00 \$3.00 \$1.00 \$2.00 \$3.50 \$3.70 \$0.80 \$2.00
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich fillin Tandoorl Chicken, red cap, spin, tandoorl dressing (cucumber, carrot & Iceberg Calabrese Mild Salami, Red Capsicum, Onlon, Tomato, Olives, baby spinach and Wellington	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeroplane) Golden Circle varieties Berry Juice varieties Berry Juice varieties	40c each cup \$2.50 small \$2.00 Cool Ridge	ar 3 for mug large 600ml 110ml 350ml 200ml	\$1.00 \$1.00 \$3.00 \$3.00 \$1.00 \$2.00 \$3.50 \$3.70 \$0.80 \$2.00 \$1.50
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich fillin Tandoorl Chicken, red cap, spin, tandoorl dressing (cucumber, carrot & Iceberg Calabrese Mild Salami, Red Capsicum, Onlon, Tomato, Olives, baby spinach and Wellington Roast Beef, Seeded Mustard, tomato, tasty cheese,baby spinach	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeropiane) Golden Circle varieties Berry Juice varieties Berry Juice varieties	40c each cup \$2.50 small \$2.00 Cool Ridge	ar 3 for mug large 600ml 110ml 350ml 200ml 350ml	\$1.00 \$1.00 \$3.00 \$3.00 \$1.00 \$2.00 \$3.50 \$3.70 \$0.80 \$2.00 \$1.50 \$2.50
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich filling Tandoorl Chicken, red cap, spin, tandoorl dressing (cucumber, carrot & iceberg Calabrese Mild Salami, Red Capsicum, Onion, Tomato, Olives, baby spinach and Wellington Roast Beef, Seeded Mustard, tomato, tasty cheese,baby spinach Vegetarian	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30 gs	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00 \$6.80	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeropiane) Golden Circle varieties Berry Juice varieties Berry Juice varieties Milk (plain) cup	40c each cup \$2.50 small \$2.00 Cool Ridge	arge 600ml 110ml 350ml 200ml 350ml 350ml	\$1.00 \$1.00 \$3.00 \$3.00 \$1.00 \$2.00 \$3.50 \$3.70 \$0.80 \$2.00 \$1.50 \$2.50 \$1.50 \$2.00
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich filling Tandoorl Chicken, red cap, spin, tandoorl dressing (cucumber, carrot & Iceberg Calabrese Mild Salami, Red Capsicum, Onion, Tomato, Olives, baby spinach and Wellington Roast Beef, Seeded Mustard, tomato, tasty cheese,baby spinach Vegetarian Avo, Cap, Onion, SDT/Tomato, cheese & spin (cucumber, carrot & Ice	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30 gs In wrap) d Cheese.	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00 \$6.80	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeropiane) Golden Circle varieties Berry Juice varieties Berry Juice varieties Milk (plain) cup Up & Go (choc/vaniliaflavoured)	40c each cup \$2.50 small \$2.00 Cool Ridge	Jarge 600ml 110ml 350ml 200ml 350ml 300ml 600ml	\$1.00 \$1.00 \$3.00 \$3.00 \$1.00 \$2.00 \$3.50 \$3.70 \$0.80 \$2.00 \$1.50 \$2.50 \$1.50 \$2.00 \$2.00
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich filling Tandoorl Chicken, red cap, spin, tandoorl dressing (cucumber, carrot & iceberg Calabrese Mild Salami, Red Capsicum, Onlon, Tomato, Olives, baby spinach and Wellington Roast Beef, Seeded Mustard, tomato, tasty cheese,baby spinach Vegetarian Avo, Cap, Onlon, SDT/Tomato, cheese & spin (cucumber, carrot & ice Focaccia (+ 50c for Avocado) reg \$5.00	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30 gs in wrap) d Cheese.	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00 \$6.80	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeroplane) Golden Circle varieties Just Juice varieties Berry Juice varieties Berry Juice varieties Milk (plain) cup Up & Go (choc/vaniliaflavoured) Big M (flavoured)	40c each cup \$2.50 small \$2.00 Cool Ridge	arge 600ml 110ml 350ml 200ml 350ml 300ml 600ml	\$1.00 \$1.00 \$3.00 \$3.00 \$1.00 \$2.00 \$3.50 \$3.70 \$0.80 \$2.00 \$1.50 \$2.50 \$1.50 \$2.00 \$3.70
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich filling Tandoorl Chicken, red cap, spin, tandoorl dressing (cucumber, carrot & Iceberg Calabrese Mild Salami, Red Capsicum, Onion, Tomato, Olives, baby spinach and Wellington Roast Beef, Seeded Mustard, tomato, tasty cheese,baby spinach Vegetarian Avo, Cap, Onion, SDT/Tomato, cheese & spin (cucumber, carrot & Ice	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30 gs in wrap) d Cheese.	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00 \$6.80	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeropiane) Golden Circle varieties Berry Juice varieties Berry Juice varieties Milk (plain) cup Up & Go (choc/vaniliaflavoured)	40c each cup \$2.50 small \$2.00 Cool Ridge	Jarge 600ml 110ml 350ml 200ml 350ml 600ml 600ml	\$1.00 \$1.00 \$3.00 \$3.00 \$1.00 \$2.00 \$3.50 \$3.70 \$0.80 \$2.00 \$1.50 \$2.50 \$1.50 \$2.00
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich fillin Tandoorl Chicken, red cap, spin, tandoorl dressing (cucumber, carrot & iceberg Calabrese Mild Salami, Red Capsicum, Onlon, Tomato, Olives, baby spinach and Wellington Roast Beef, Seeded Mustard, tomato, tasty cheese,baby spinach Vegetarian Avo, Cap, Onlon, SDT/Tomato, cheese & spin (cucumber, carrot & ice Focaccia (+ 50e for Avocado) reg \$5.00 Schnitzel Focaccia	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30 gs in wrap) d Cheese.	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00 \$6.80	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeroplane) Golden Circle varieties Berry Juice varieties Berry Juice varieties Milk (plain) cup Up & Go (choc/vaniliaflavoured) Big M (flavoured) Diet Soft Drink	40c each cup \$2.50 small \$2.00 Cool Ridge	arge 600ml 110ml 350ml 200ml 350ml 300ml 600ml	\$1.00 \$1.00 \$3.00 \$3.00 \$1.00 \$2.00 \$3.50 \$3.70 \$0.80 \$2.00 \$1.50 \$2.50 \$1.50 \$2.00 \$3.70 \$2.00 \$3.70 \$2.00 \$3.70
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich fillin Tandoorl Chicken, red cap, spin, tandoorl dressing (cucumber, carrot & iceberg Calabrese Mid Salami, Red Capsicum, Onlon, Tomato, Olives, baby spinach and Wellington Roast Beef, Seeded Mustard, tomato, tasty cheese,baby spinach Vegetarian Avo, Cap, Onlon, SDT/Tomato, cheese & spin (cucumber, carrot & ice Focaccia (+ 50e for Avocado) Schnitzel Focaccia Wraps (Your choice of filling from s wich or focaccia)	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30 gs in wrap) d Cheese.	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00 \$6.80	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeroplane) Golden Circle varieties Berry Juice varieties Berry Juice varieties Berry Juice varieties Milk (plain) cup Up & Go (choc/vaniliaflavoured) Big M (flavoured) Diet Soft Drink Milk Shake (low fat, scoop of ice-cream	40c each cup \$2.50 small \$2.00 Cool Ridge \$1.00 300ml \$2.50	Jarge 600ml 110ml 350ml 200ml 350ml 600ml 600ml	\$1.00 \$1.00 \$3.00 \$3.00 \$1.00 \$2.00 \$3.50 \$3.70 \$0.80 \$2.00 \$1.50 \$2.50 \$1.50 \$2.00
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich filling Tandoori Chicken, red cap, spin, tandoori dressing (cucumber, carrot & iceberg Calabrese Mild Salami, Red Capsicum, Onlon, Tomato, Olives, baby spinach and Wellington Roast Beef, Seeded Mustard, tomato, tasty cheese,baby spinach Vegetarian Avo, Cap, Onlon, SDT/Tomato, cheese & spin (cucumber, carrot & ice Focaccia (+ 50e for Avocado) Schnitzel Focaccia Wraps (Your choice of filling from s wich or focaccia chalf \$	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30 gs in wrap) d Cheese. eberg in wra large large	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00 \$6.80	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeroplane) Golden Circle varieties Berry Juice varieties Berry Juice varieties Berry Juice varieties Milk (plain) cup Up & Go (choc/vaniliaflavoured) Big M (flavoured) Diet Soft Drink Milk Shake (low fat, scoop of ice-cream Chocolate, Strawberry, Car	40c each cup \$2.50 small \$2.00 Cool Ridge \$1.00 300ml \$2.50	arge foomi 110mi 350mi 200mi 350mi 300mi 600mi 600mi 600mi	\$1.00 \$1.00 \$3.00 \$3.00 \$1.00 \$2.00 \$3.50 \$3.70 \$0.80 \$2.00 \$1.50 \$2.50 \$1.50 \$2.00 \$3.70 \$2.00 \$3.70 \$2.00 \$3.70
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich fillin Tandoorl Chicken, red cap, spin, tandoorl dressing (cucumber, carrot & iceberg Calabrese Mild Salami, Red Capsicum, Onlon, Tomato, Olives, baby spinach and Wellington Roast Beef, Seeded Mustard, tomato, tasty cheese,baby spinach Vegetarian Avo, Cap, Onlon, SDT/Tomato, cheese & spin (cucumber, carrot & ice Focaccia (+ 50e for Avocado) Schnitzel Focaccia Wraps (Your choice of filling from s wich or focaccia wrap (choice of filing in a tortile wrap) + 50e Wraps (Your choice of filling from s wich or focaccia wrap (choice of filing in a tortile wrap) + 50e	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30 gs in wrap) d Cheese. eberg in wrap large large examples (4 full to: Avo)	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00 \$6.80	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeroplane) Golden Circle varieties Berry Juice varieties Berry Juice varieties Berry Juice varieties Milk (plain) cup Up & Go (choc/vaniliaflavoured) Big M (flavoured) Diet Soft Drink Milk Shake (low fat, scoop of ice-cream	40c each cup \$2.50 small \$2.00 Cool Ridge 41.00 300ml \$2.50 amel) reg. \$2.00	Jarge 600ml 110ml 350ml 200ml 350ml 600ml 600ml	\$1.00 \$1.00 \$3.00 \$3.00 \$1.00 \$2.00 \$3.50 \$3.70 \$0.80 \$2.00 \$1.50 \$2.50 \$1.50 \$2.00 \$3.70 \$2.00 \$3.70 \$2.00 \$3.70
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich filling Tandoori Chicken, red cap, spin, tandoori dressing (cucumber, carrot & iceberg Calabrese Mild Salami, Red Capsicum, Onlon, Tomato, Olives, baby spinach and Wellington Roast Beef, Seeded Mustard, tomato, tasty cheese,baby spinach Vegetarian Avo, Cap, Onlon, SDT/Tomato, cheese & spin (cucumber, carrot & ice Focaccia (+ 50e for Avocado) Schnitzel Focaccia Wraps (Your choice of filling from s wich or focaccia wrap (choice of filling in a tostid tortile wrap + 50 Parma Pocket (xSchnitzel/Nepolicheese/upinach in tostid tortile wrap + 50	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30 gs in wrap) d Cheese. eberg in wrap large large full oc Avo)	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00 \$6.80	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeroplane) Golden Circle varieties Berry Juice varieties Berry Juice varieties Berry Juice varieties Milk (plain) cup Up & Go (choc/vaniliaflavoured) Big M (flavoured) Diet Soft Drink Milk Shake (low fat, scoop of ice-cream Chocolate, Strawberry, Car	40c each cup \$2.50 small \$2.00 Cool Ridge \$1.00 300ml \$2.50	arge foomi 110mi 350mi 200mi 350mi 300mi 600mi 600mi 600mi	\$1.00 \$1.00 \$3.00 \$3.00 \$1.00 \$2.00 \$3.50 \$2.00 \$2.50 \$2.50 \$2.50 \$2.50 \$3.50 \$2.50 \$3.50 \$2.50 \$3.50
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich filling Tandoorl Chicken, red cap, spin, tandoorl dressing (cucumber, carrot & iceberg Calabrese Mild Salami, Red Capsicum, Onion, Tomato, Olives, baby spinach and Wellington Roast Beef, Seeded Mustard, tomato, tasty cheese,baby spinach Vegetarian Avo, Cap, Onion, SDT/Tomato, cheese & spin (cucumber, carrot & ice Focaccia (+ 50e for Avocado) reg \$5.00 Wraps (Your choice of filling from s wich or focaccia in reg \$5.00 Wraps (Your choice of filling from s wich or focaccia in toasted tortile wrap + 50 Parma Pocket (Maximosol/selse/choiceon/spinach in toasted tortile wrap Mexi Pocket (Maximosol/selse/choiceon/spinach in toasted tortile wrap Mexi Pocket (Maximosol/selse/choiceon/spinach in toasted tortile wrap Mexi Pocket (Maximosol/selse/choiceon/spinach in toasted tortile wrap	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30 gs in wrap) d Cheese. eberg in wrap large large large large farge	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00 \$6.80 \$6.50 \$6.50 \$4.50	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeroplane) Golden Circle varieties Berry Juice varieties Berry Juice varieties Berry Juice varieties Milk (plain) cup Up & Go (choc/vaniliaflavoured) Big M (flavoured) Diet Soft Drink Milk Shake (low fat, scoop of ice-cream Chocolate, Strawberry, Car	40c each cup \$2.50 small \$2.00 Cool Ridge 41.00 300ml \$2.50 amel) reg. \$2.00	arge foomi foomi soomi	\$1.00 \$1.00 \$3.00 \$3.00 \$1.00 \$2.00 \$3.50 \$3.70 \$0.80 \$2.00 \$1.50 \$2.50 \$1.50 \$2.00 \$3.70 \$2.00 \$3.70 \$2.00 \$3.70 \$2.00 \$3.50 \$3.70 \$2.00 \$3.50 \$2.00 \$3.50 \$2.50 \$3.50
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chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich filling Tandoori Chicken, red cap, spin, tandoori dressing (cucumber, carrot & iceberg Calabrese Mid Salami, Red Capsicum, Onlon, Tomato, Olives, baby spinach and Wellington Roast Beef, Seeded Mustard, tomato, tasty cheese, baby spinach Vegetarian Avo, Cap, Onlon, SDT/Tomato, cheese & spin (cucumber, carrot & ice Focaccia (+ 50e for Avocado) Schnitzel Focaccia Wraps (Your choice of filling from s'wich or focaccia Wrap (choice of filling in e tortile wrap + 50 Parma Pocket (Mad meet/salawkhepoli/cheese/spinach in toested tortile wrap Mexi Pocket (Mad meet/salawkhepoli/cheese/spinach in toested tortile wrap Hawailian Pocket (Ham/theese/spinachspinach in toested tortile wrap Hawailian Pocket (Ham/theese/spinacphi/spinach in toested tortile wrap GardenSalad bowl* reg. \$3.50 **Saliad GardenSalad bowl** **Toested contile wrap-filling-from solicy contile wrap **Saliad GardenSalad bowl** **Toested contile wrap-filling-from solicy contile wrap **Saliad GardenSalad bowl** **Toested contile wrap-filling-from solicy contile wrap **Saliad GardenSalad bowl** **Toested contile wrap-filling-from solicy contile wrap **Saliad GardenSalad bowl** **Toested contile wrap-filling-from solicy contile wrap **Saliad GardenSalad bowl** **Toested contile wrap-filling-from solicy contile wrap **Saliad GardenSalad bowl** **Toested contile wrap-filling-from solicy contile wrap **Saliad Contile wrap-filling-fillin	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30 gs In wrap) of Cheese. cheese in wrap large large examples (4 full be Avo) (1) rep) (2)	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.80 \$6.50 \$6.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy baby \$1.00 water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeroplane) Golden Circle varieties Berry Juice varieties Berry Juice varieties Berry Juice varieties Milk (plain) cup Up & Go (choc/vaniliaflavoured) Big M (flavoured) Diet Soft Drink Milk Shake (low fat, scoop of ice-cream Chocolate, Strawberry, Car Hot Chocolate Chal Latte Cold Milo asonal availability) **** Specialty salads	40c each cup \$2.50 small \$2.00 Cool Ridge es \$1.00 300ml \$2.50 reg. \$2.00 reg. \$2.00 reg. \$2.00 reg. \$2.00	arge large fooml 110ml 350ml 200ml 350ml 600ml 600ml can 600ml large large large	\$1.00 \$1.00 \$3.00 \$3.00 \$1.00 \$2.00 \$3.50 \$3.70 \$0.80 \$2.50 \$1.50 \$2.50 \$2.50 \$3.70 \$2.50 \$3.50
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich filling Tandoori Chicken, red cap, spin, tandoori dressing (cucumber, carrot & iceberg Calabrese Mid Salami, Red Capsicum, Onlon, Tomato, Olives, baby spinach and Wellington Roast Beef, Seeded Mustard, tomato, tasty cheese, baby spinach Vegetarian Avo, Cap, Onlon, SDT/Tomato, cheese & spin (cucumber, carrot & ice Focaccia (+ 50e for Avocado) Schnitzel Focaccia Wraps (Your choice of filling from s'wich or focaccia Wrap (choice of filing in a tortille wrap + 50 Parma Pocket (Maxi meet/salad-hoese/tomato/spinach in toested tortille wrap Mexi Pocket (Maxi meet/salad-hoese/tomato/spinach in toested tortille wrap Hawailian Pocket (Henricheese/pineappis/spinach in toested tortille wrap Hawailian Pocket (Henricheese/pineappis/spinach in toested tortille wrap GardenSalad bowl* reg. \$3.50 **Sali GardenSalad bowl* reg. \$3.50 add lite ha	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30 gs In wrap) d Cheese. large large examples (4 full be Avo) (1) rep) (2) large (3) large (4) large (4) large (5)	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.60 \$6.80 \$6.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeropiane) Golden Circle varieties Berry Juice varieties Berry Juice varieties Berry Juice varieties Milk (plain) Up & Go (choc/vaniliaflavoured) Big M (flavoured) Diet Soft Drink Milk Shake (low fat, scoop of ice-cream Chocolate, Strawberry, Car Hot Chocolate Chal Latte Cold Millo asonal availability) Specialty salads Tandoorl Chicken, carrot, cucumber, i Mediterranean Cherry tomatoes, Olive	40c each cup \$2.50 small \$2.00 Cool Ridge es \$1.00 300ml \$2.50 reg. \$2.00 reg. \$2.00 reg. \$2.00 reg. \$2.00	large fooml 110ml 350ml 200ml 350ml 300ml 600ml can 600ml large large large	\$1.00 \$1.00 \$3.00 \$3.00 \$1.00 \$2.00 \$3.50 \$2.00 \$1.50 \$2.50 \$1.50 \$2.00 \$3.70 \$2.50 \$3.50 \$2.50 \$3.50
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad chicken, cheese, avocado & full salad Focaccias Examples: Or - make up your own from sandwich filling Tandoori Chicken, red cap, spin, tandoori dressing (cucumber, carrot & iceberg Calabrese Mid Salami, Red Capsicum, Onlon, Tomato, Olives, baby spinach and Wellington Roast Beef, Seeded Mustard, tomato, tasty cheese, baby spinach Vegetarian Avo, Cap, Onlon, SDT/Tomato, cheese & spin (cucumber, carrot & ice Focaccia (+ 60e for Avocado) reg \$5.00 Schnitzel Focaccia reg \$5.00 Wraps (Your choice of filling from s wich or focaccia Wrap (choice of filing in a tertille wrap)-(+60e Avofuel) half \$ Toasted Panini Pocket (choice of filing in a toested tortille wrap Mexi Pocket (Maxi meet/salad-heese/tomato/spinach in toested tortille wrap Mexi Pocket (Maxi meet/salad-heese/tomato/spinach in toested tortille wrap Hawailian Pocket (Henricheese/pineappin/spinch in toested tortille wrap GardenSalad bowl* reg. \$3.50 Sali: GardenSalad bowl* reg. \$3.50 add lite ha	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30 gs In wrap) d Cheese. deberg in wrap large large examples (4 full be Avo)) rap) p) large ing +60cavo im, tuna or ti chicken bre-	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.60 \$6.80 \$6.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeropiane) Golden Circle varieties Berry Juice varieties Berry Juice varieties Berry Juice varieties Milk (plain) Up & Go (choc/vaniliaflavoured) Big M (flavoured) Diet Soft Drink Milk Shake (low fat, scoop of ice-cream Chocolate, Strawberry, Car Hot Chocolate Chal Latte Cold Millo asonal availability) Specialty salads Tandoorl Chicken, carrot, cucumber, i Mediterranean Cherry tomatoes, Olive	40c each cup \$2.50 small \$2.00 Cool Ridge e6 \$1.00 300ml \$2.50 reg. \$2.00 reg. \$2.00 reg. \$2.00 reg. \$2.00	large fooml 110ml 350ml 200ml 350ml 300ml 600ml can 600ml large large large	\$1.00 \$1.00 \$3.00 \$3.00 \$1.00 \$2.00 \$3.50 \$2.00 \$1.50 \$2.50 \$1.50 \$2.00 \$3.70 \$2.50 \$3.50 \$2.50 \$3.50
chicken, lettuce and mayo chicken and avocado ham, cheese & tomato full salad ham, cheese & tomato full salad chicken, cheese and full salad chicken, cheese and full salad chicken, cheese, avocado & full salad chicken, cheese, avocado & full salad chicken, cheese, avocado & full salad sa	\$4.80 \$4.50 \$4.00 \$5.30 \$5.50 \$6.30 gs In wrap) d Cheese. large large examples (4 full be Avo) h large large ing +60cavo im, tuna or t chicken bre- large	\$4.50 \$5.30 \$5.00 \$4.50 \$5.80 \$6.00 \$6.80 \$6.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50	nuggets (staycrisp full breast) Soup (seasonal) Drinks & Beverages Fruit Smoothie (Low Fat Milk) 99% Fruit Slushy water 350ml 600ml \$1.50 Smart Water Mizone Juice Varieties Berri (aeropiane) Golden Circle varieties Berry Juice varieties Berry Juice varieties Milk (plain) Up & Go (choc/vaniliaflavoured) Big M (flavoured) Diet Soft Drink Milk Shake (low fat, scoop of ice-cream Chocolate, Strawberry, Car Hot Chocolate Chal Latte Cold Millo asonal availability) Specialty salads Tandoorl Chicken, carrot, cucumber, i Mediterranean Cherry tomatoes, Olive Sweet Chilli	40c each cup \$2.50 small \$2.00 Cool Ridge es \$1.00 300ml \$2.50 reg. \$2.00 reg. \$2.00 reg. \$2.00 reg. \$2.00 reg. \$2.00	large fooml 110ml 350ml 200ml 350ml 300ml 600ml can 600ml large large large	\$1.00 \$1.00 \$3.00 \$1.00 \$3.00 \$1.00 \$2.00 \$3.50 \$2.00 \$1.50 \$2.00 \$1.50 \$2.00 \$2.50 \$2.50 \$3.50 \$2.50 \$3.50

This menu contains only a sielection of the items available at the canteen and is subject to change without notice.

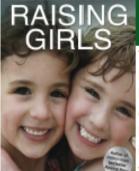
N.Y.A. = Not Yet Available N.C. = No Charge

What's on @SPAC



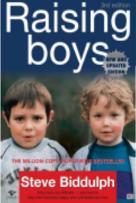
Two evenings with Stephen Biddulph

Author, psychologist and retired family therapist Stephen Biddulph is one of Australia's most respected parent educators. For 30 years he has given talks that make audiences laugh, cry, as well as better understand their children and teenagers.



Raising Girls: Wed 6 May 2015 7.30pm

This new talk covers girls at every age - from newborn to their twenties. You'll hear stories about girls who have overcome tough situations and how you can help your daughter become wise, warm and strong. Learn about the five stages of girlhood, and the unique roles played by mums, dads, and aunties in girls lives. Discover how to give your daughter inner security, a feeling that the world is hers to explore, confidence in friendship, and a sense of herself that goes beyond the trivialities of looks, fashion, or pleasing boys.



Raising Boys: Thurs 7 May 2015 7.30pm

Everyone who has boys is concerned for them. We want them to grow up safe, caring and positive about life. Come and hear from one of the world's leading voices on the psychology of boys and men. Topics include: the three stages of boyhood; keeping the special qualities of boys; the importance of dads; testosterone!; hat to do if you're a single mum; why boys love rough and tumble games; boys and housework; and much more!

We regret that, for these events, babies and children cannot be accommodated in the theatre.

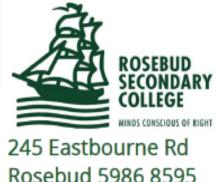
Tickets: \$25 per adult

Special price for both evenings: \$45 per adult

\$4 from each ticket sold will assist in fundraising for Rosebud Secondary College's Wellness Pavilion

Please purchase tickets at www.southernpeninsulaartscentre.com





What's on @SPAC

Southern Peninsula

"FUNNY, INTELLIGENT, CHARMING AND AMAZING!"



JOSEPH SIMONS

FIRST THINGS FIRST

There's a first time for everything...

Southern Peninsula Arts Centre

Monday 16 March 7:30pm

www.southernpeninsulaartscentre.com or 5986 8204 Adult \$29.50 Concession/Groups 8+ \$25.50

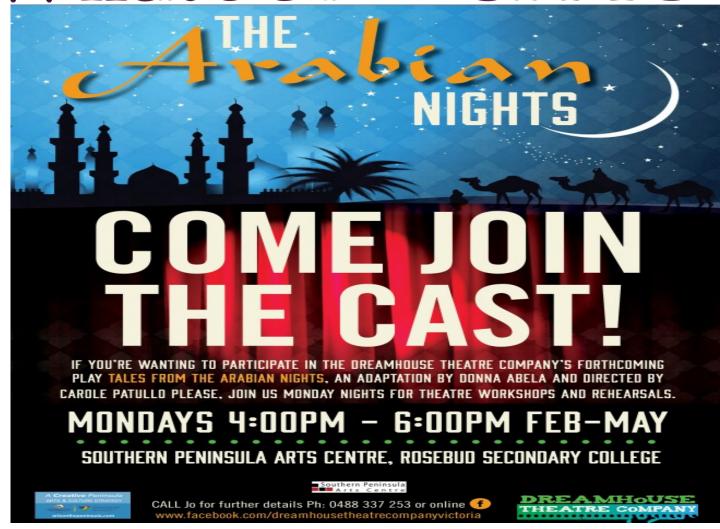








What's on @SPAC



GO Overseas Student with WEP

Applications are now open for WEP student exchange programs commencing from July 2015 onwards.

Imagine:

- Hopping on a yellow school bus and dressing up in preparation for Friday night football games
- Making friends with people from all corners of the world
- Becoming a member of an overseas host family

We are now looking for welcoming volunteer host families for our exchange students due to arrive in July 2015 for a semester or year.

Imagine:

- Having a photo taken and sent overseas of a meal you have prepared, because it looks so different!
- Knowing someone who is amazed that we can travel for hours and still be in the same state of one country!

Find Out More

Request a FREE information pack for your family today! www.wep.org.au 1300 884 733 info@wep.org.au

Sunday 2nd March 2015

Neighbour Day 2015

Eaa Spoon

Presentation of Good Neighbour Awards plus Scarecrow & Garden Decoration

Awards

Where: Eastbourne Primary School Allambi Ave; Rosebud West Time: 10.00 am—2.00 pm

Pet Parade with prizes for: 'So Ugly it's Cute', 'Most Outstanding Trick', & more

Displays & Devonshire Teas at the Seawinds Community Hub

FREE DELICIOUS FOOD AND FUN ACTIVITIES FOR ALL THE FAMILY!

- Displays from local services include:

 Play activities for pre-schoolers and their parents
- 285 Information on Early Learning and Child Development
- zác LIFE assessments and information on services
- available at Community Health
- Information on Family Life programs
- 7ÅC Local Community Services
- Stage entertainment,

Sausage Sizzle Devonshire Teas Giant slide Jumping Castle Facepainting

For info call: Family Life 5985 1297 Email: tootgarook@familylife.com.au











SUNDAY 5 APRIL 2015, 10AM - 4PM

Bring the kids to the National Trust for an eggstravagant day out! Join in the Easter egg hunts, fun activities, games, picnics and house tours. Get hopping:



Rippon Lea House & Gardens 192 Hotham Street, Elsternwick



Barwon Park Mansion 105 Inverleigh Road, Winchelsea



Mulberry Hill 385 Golf Links Road, Langwarrin South

Book tickets at WWW.NATIONALTRUST.COM.AU/VIC

Call (03) 9656 9889 for enquiries

AFS-SCHOOL EXCHANGE PROGRAM

AFS Australia, world leader in High School Student Exchange to over 57 countries are kicking off their 2015 information sessions and invite you to come along and find out if a student exchange program is for you.

An AFS student exchange is all about excitement. New countries. New cultures. New friends. There are heaps of countries to choose from. If you want to experience something new, take the leap and join the hundreds of young Aussies who head overseas with AFS every year.

Students in years 10-12 can spend anywhere between 2 weeks to 11 months studying abroad, learning a language and becoming a part of a whole new culture. Learning by doing. You'll be supported the entire way by AFS.

We will be running a free information session for you and your parents to find out more:

When: 11am Sunday March 15th 2015

Where: Boyd Community Hub, 207 City Road, Southbank, Melbourne

For more information and to register your attendance or to see the many other locations and dates of upcoming Information Sessions, head to www.afs.org.au/opendays or call the AFS Sending Team on 1300.131.736 or email ausafs@afs.org

UNIFORM SHOP NEWS

Unfortunately the second order of Year 11 VCE Jumpers have been delayed and are due for delivery in TERM 2, this is due to a manufacturing fault.

I would like to apologise for the delay and thank you for your patience and will let everybody know once they have arrived.

Many Thanks

HOURS 2015

TUESDAYS 8:30AM -11:30AM

THURSDAYS 12:00PM - 4:00pm

PLAYERS WANTED – Rosebud Football Club Inaugural Women's Team!!



Kick 2015 off with a Sherrin ladies and find out why Football has captivated our partners, brothers and male friends for years...

It's bloody good fun! - Learn new skills - Get super fit

Meet a great bunch of girls and mums who are supportive, funny and who share a common love of Aussie Rules!!

Enjoy the benefits of team sport and boost confidence Age, fitness and skill level don't matter – that's what pre-season is for!



If you're interested in finding out more; come down to training Monday and Thursday 6.30pm at Olympic Park – the back oval.

Or contact Claire Story on clairestory01@optusnet.com.au







Mornington Peninsula Hockey Club Introductory Hockey Program

Come and learn all about Hockey!

A fun and enjoyable way to try out a new sport and meet new friends

Come & Try Night: Tuesday 3rd March 2015 @ 5.30pm

Program Dates: Tuesday's 10th March, 17th March, 24th March & 31st March

Time: 5.00 – 6.00pm

Venue: Peninsula Hockey Centre, Monash University Frankston (off Bloom St) Melways Ref: 102 F4

All up cost of \$20, sticks & shin guards may be borrowed Own mouthguard essential

Each Participant may purchase their own kit which includes Kookaburra sport hockey stick, hockey ball, reversible singlet, shin guards, mouth guard, stick bag, umpire cards & whistle for \$40

This program is suitable for both Boys and Girls aged 5 to 13 years

Experienced Coaches

Expressions of interest, please email:

junior.vice.president@mphc.org.au or phone 9766 7478

If you know anyone who would be interested in playing hockey for the 2015 winter hockey season please contact Cheryle.

We can provide Grades to suit all levels of experience and skills

Male and Female Junior teams, Men's and Women's teams, Masters and PWHA.

Everyone is very welcome to join our inclusive, family friendly club

www.mphc.org.au

sportsco

BE LEGENDARY BY GIVING BACK.

10% LOYALTY DISCOUNT FOR ROSEBUD SECONDARY COLLEGE

ROSEBUD SPORTSCO WILL DONATE 10% FROM EVERY FULL PRICED PURCHASE TO ROSEBUD SECONDARY COLLEGE. REBATE WILL GO TOWARDS NEW SPORTS EQUIPMENT FOR THE SCHOOL.

CONDITIONS APPLY.

SPORTSCO ROSEBUD



RYE JFC

PLAYERS NEEDED

BOYS - U12 & U17 & GIRLS - U13 (9 - 12yo)

Register for the 2015 Junior Football Season.

REGISTER FOR THE 2015 SEASON ONLINE AT

ryejfc.vcfl.com.au

CLICK ON THE REGISTRATION FORM.
*NEW PLAYERS WILL NEED TO PROVIDE A COPY OF THEIR
BIRTH CERTIFICATE.*

2015 REGISTRATION FEES

\$190.00 individual - \$350.00 a family (2 or more players)

*All fees include a team photo and our NEW Under 10's will receive a junior footy.

For further information please contact the club:
Registration Officer: Jenny Walker 0408 125 051
President: Allan Barnes 0401 584 952
Or the club at email: ryejfc@gmail.com
or visit the club website ryejfc.vcfl.com.au