WAKAKIRIRI

DOES YOUR SCHOOL HAVE A STORY TO TELL? THE SEARCH IS ON!

NATIONAL WINNERS

A HUGE congratulations to our amazing, beautiful, wonderful, fabulous 2015 Wakakirri family!!!! We are both so so so proud of every single one of you and we want to thank you all for helping us create something we will never forget. We love you all!!!! And we love you Miss Low!!!!!!! DANCE IS LIFEálido!!! From Sophie and Alex.

You can watch the results announcement here: http://www.wakakirri.com/category/waka-tv/

And don’t forget to vote for the peoples choice award here: http://www.wakakirri.com/mainsite/peoples-choice-awards-rosebud-secondary-college/

2015 RESULTS

NATIONAL RESULTS
Primary School Challenge STORY OF THE YEAR – Rosary Primary School, ACT
Secondary School Challenge STORY OF THE YEAR – Rosebud Secondary College, VIC
Screen Challenge STORY OF THE YEAR – Enoggera State School, QLD
An Meà Environmental Award – Boyne Island State School, QLD
Allen & Unwin Health Story Award – Albion Park Rail Public School, NSW

WHAT’S ON AT RSC

OCTOBER
14-16: Yr 11 OES
Grampians Camp
15: Yr 11 Peninsula Youth
Summit @ Mt Eliza SC
16: AIME Mentoring
@ Monash Uni Clayton
Yr 12 Art Exhibition
4-6:00pm Art Foyer
20: Yr 8 Immunisations
22: School Assembly
Yr 12’s Final Day
28-30: Yr 10 OES Camp
Wilsons Prom

NOVEMBER
3: Melb Cup Day
Public Holiday
11: Principals Awards
12-19: Yr 10/11 Exams
15: Lamont Books free
delivery deadline
20: Bookselling & Lamont Books
Collection Day
STUDENT FREE DAY
20: Jumpstart begins

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

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.
STUDENTS WHO ARE UNWELL

A REMINDER TO ALL PARENTS (AND STUDENTS TO NOTE). IF YOUR CHILD IS UNWELL THEY ARE TO GO TO SICK BAY FIRST

STUDENTS ARE NOT TO PHONE THEIR PARENTS. STUDENTS WHO DO WILL BE IN BREACH OF SCHOOL RULES AND THIS WILL LEAD TO CONFISCATION OF MOBILE PHONES

JENNY BUCKLEY, SICK BAY COORDINATOR, WILL CALL PARENTS IF THEIR STUDENT IS UNWELL AND NEEDS TO GO HOME

ROSEBUD SECONDARY COLLEGE HAS A CLEAR MOBILE PHONE POLICY:

Unless directed by a teacher for a specific education purpose, all mobile devices including iPod's & mobile phones should be switched off at school.

Where a teachers direction is not followed, electronic devices will be taken for the day and returned at the end of the day. In the case of repeated transgressions the device will be returned to a parent.

SUBSCRIBE TO OUR ELECTRONIC NEWSLETTER

Please note that the RSC Newsletter is only available online.
You can subscribe to receive a fortnightly electronic version through our Website: www.rsc.vic.edu.au
or directly at http://eepurl.com/blPcPH

Hard copies are available at the front office for anyone without internet access.

THANK YOU

A BIG thank you to all students and the broader community whom placed their Woolworths Earn and Learn stickers in the Rosebud Secondary College box at participating Woolworths stores.

Our Integration, Science, Sport and Physical Education Departments were able to purchase much needed items with the 18,360 points you earned for us. Models of the liver, brain, lung, heart, kidney along with a sport goal, balls, clock showing analogue and digital time, jumbo dice and magnetic money will arrive at school in time for the commencement of classes in 2016.

Once again, thank you to all concerned and we look forward to your continued support and participation in the event the program continues in 2016.

Carolyn Page
Hello to the Rosebud Secondary College community. Welcome back to term four and I hope you had a safe and restful break. We are now heading into the final weeks of Year 12 and I encourage you to support your child in this busy and stressful time. It is time to limit late nights, and part time work and make sure your child gets plenty of rest during this important period. For our Year 7-11 students we are now on the final run towards Jumpstart. I encourage all students to finish the school year well through hard work and good planning.

During the last week of term our students participated in the state final of the Wakakirri Dance Challenge. The students did themselves and the school proud with another brilliant performance and then won the National Dance Story Award which was announced on October 14th. It was great to see so many families and staff present on the night supporting our students. Congratulations on this fine effort and thanks to Brea Low and our student leaders Alex Dellaportas and Sophie Armstrong.

Last term we held our Interim report night using our new Attitudes To Learning report format. All reports are available via the Xuno parent portal. During the report night we surveyed parents about the new report format and the feedback was overwhelmingly positive. I have included some of the data and comments below.

Did you find the report more or less informative than the previous Interim report?
75.9% - More informative

Have you found the report gives you more to discuss with your child/ren about their learning?
66% - Yes

What do you think about the look of the report?
82.3% - I like it....

Sample of comments:

- Less is more. It's clear and concise—I like it
- I like the way that it is based on improvement. Now I can see the effort he makes
- The use of colour makes it easy to see how well the student is learning
- I like the ability to see at a glance the same learning skill across subjects (horizontally) and to be able to isolate a subject vertically. I was able to identify patterns of concerns and likewise, a stand out to be addressed that was not consistent across all subjects.

I would like to thank the staff involved in the recent Central Australia Camp and Indonesia study tour. These were wonderful opportunities for our students to gain experience of other places and cultures. Our students are very fortunate that we are able to offer such a variety of camp opportunities.

On Friday 11th September the College participated in RUOK day by wearing something yellow. This initiative highlights the importance of looking out for each other by asking RUOK? As a part of this day Geoff Seletto hatched a cunning plan by combining the evacuation drill with an RUOK sign made up of students on the oval! The picture attracted much interest via our Facebook page and promoted an important message. I would like to thank Jeanette Trembearth for promoting this initiative in the school.

During the last week of school we held the annual Harmony Week celebration. This started with an assembly early in the week promoting the message of harmony and acceptance. We held a Harmony Day celebration on the Friday with music, face painting and food stalls. I would like to thank Nicolle Bridgen who coordinated this event.

On Thursday 7th October I attended the annual VCAL Awards for the Frankston and Mornington Peninsula with VCAL coordinator Andrew Glover. It was a pleasure to see Brylee Robinson receive an award for her project work this year.

**ORGANISATIONAL MATTERS:**

Rosebud Secondary College Art Show - Friday 16th October 4:00pm-6:00pm
Final Day for Year 12 students - Thursday 22nd October
PROMOTION OF POSITIVE MENTAL HEALTH AND WELLBEING

As we settle into the fast pace of Term 4 we can recognise the significance and importance of promoting positive mental health and well-being.

Mental Health Week ran from the 4th - 10th October 2015. As a national event, it was held to coincide with World Mental Health Day (10th October). This event aims to promote awareness about mental health and wellbeing, equip people with knowledge about mental health, and eliminate the stigma surrounding mental illness. The official theme for Mental Health Week this year is Act-Belong-Commit.

At Rosebud Secondary College we can reflect on important health promoting activities that students and staff have participated in throughout Term 3 to educate and increase awareness of mental health and wellbeing. As a College we saw the launch of the Wellness Pavilion, celebrated R U OK? Day with activities that included: briefing and assembly announcements to students and staff of the relevance of R U OK? Day, a staff morning tea, the creation of a human sign “R U OK?” on our hockey oval, the selling of yellow 😊 cupcakes to raise money for our local Headspace youth service, a photo booth, displays of mental health service support and R U OK? Day posters, and Year 10 student R U OK? Day champions/leaders providing peer education.

The College was well supported by the generous efforts and hard work of Mornington Peninsula Shire Youth Services and Communities That Care (CTC). Working in partnership, together we celebrated the launch of CTC’s action plan of mental health strategies for our local community on Friday 11th September as part of our R U OK? Day celebrations. During the term a large number of students participated in mindfulness education and activities through the Smiling Mind Project, and the College now looks forward to implementing the long term plans of preparing for and building a purpose-built Wellness Pavilion at our College, for use not only for our students during school hours but as a facility available to the wider community.

Jeanette Trembearth, Adolescent Health Nurse
COLLEGE NEWS

BOOKLIST REMINDER

Online ordering is now open. Go to www.lamontbooks.com.au, select Textbooks and Stationery and select Rosebud Secondary College from the list or follow the link on the Rosebud Secondary College website.

Orders placed on time will receive: FREE postage and handling for orders over $60.00 (one or more combined family orders) for home delivery OR FREE packing and handling for all school collection orders.

To take advantage of this offer orders must be placed by: For students in Years 8 – 12 in 2016: 15th November 2015

Online payment options are credit card, PayPal account or direct bank deposit.

School collection orders do not need to be paid by this time. You can pay on collection, your order just needs to be submitted online by these dates.

Book Collection Day Friday 20th November, 12pm – 6.30pm for students in Years 8 – 12 in 2016 (STUDENT FREE DAY)

YEAR 12 PARENTS & STUDENTS

IMPORTANT END OF YEAR INFORMATION

Dear Parents/Guardians and Year 12 students,

The final stage of Year 12 VCE will be soon upon us, with Practice Exams and revision lessons for final exams taking up the Term 4 schedule (Monday 5th – Thursday 22nd October.)

We aim to make the final term very productive for all of our Year 12 students, so please take note of the following arrangements.

The final day for Year 12 classes is Thursday 22nd October. All students will be in normal, timetabled lessons until the end of Period 4. VCAL students are invited to arrive at school at 12:45pm to meet the rest of the cohort at the stadium for a rehearsal for their final whole school assembly which will take place during Period 5. A BBQ will be provided in the Year 12 area after the assembly. Parents, guardians and relatives are welcome to attend the assembly which will begin at 1:25pm.

All students will need to be in full, correct school uniform in accordance with the College uniform policy and rules. Students who fail to conform to this requirement will not take part in the assembly.

At the conclusion of this assembly at approximately 2:15pm, all Year 12 students will assemble back in their Study Centre with their Coordinators, Head of Senior School, Mr. Albress, Assistant Principal, Mr. Patton and other Year 12 teachers. Final messages and information will be distributed during that time.

The students will then be involved in a designated “run through” the school at 2:50pm. The students are expected to respect that teaching and learning is taking place throughout the school at this time.

Any behavior during their run through, or any other time during the day, which is considered disruptive or interferes with the normal running of the school will not be tolerated. Safety of all students, teachers and school property will be strictly monitored.

Anyone who cannot abide by these parameters or who fails to comply with instructions from a staff member, will face consequences including (but not limited to)

Exclusion from the final assembly
Exclusion from the Valedictory Dinner

Will be required to sit his/her exams at an alternate exam Centre.

We all look forward to celebrating the success of our fine group of 2015 Year 12’s and hope that you can attend their final assembly to enjoy this experience.
Rosebud Secondary College

1:1 Laptop information night: Wednesday 21st October in the SPAC
(Southern Peninsula Arts Centre- Rosebud Secondary College)

This information session is for both parents and students.

Time: 5:30pm
(Session will run for approximately 45 minutes)

This session is for all Year 7-2016 students
(current Grade 6 enrolling at Rosebud Secondary College)

This session will outline how the program will run at the College and the ordering process. There will be representatives from supplier Edunet also attending to answer questions.

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VET PROGRAMS IN 2016

Letters to parents confirming your student’s choice of VET program in 2016 and the associated costs have been posted out to parents during the last week of Term 3. This letter will outline payment costs and due dates, as well as the options for establishing a payment plan with the College.

Students should have already paid a $50 deposit with their Expression of Interest Form to be enrolled with the program provider. Enrolments will occur early in Term 4.

If you believe your student has included a VET program in their 2016 course and you have not received a VET information letter, please contact the Careers Office as soon as possible.
PENINSULA FAMILIES PRESS THEIR HAPPINESS BUTTONS

PENINSULA YOUTH AND FAMILIES are invited to take time out together while enjoying wellbeing workshops, empowering guest speakers and live music to make you feel good. There’s plenty of family chill out time in store at the Mindfulness Festival at Boneo Maze and Mini Golf, Limestone Rd, Boneo on Saturday 28th November from 11:00am – 5:00pm.

The family-friendly community festival is the signature fundraising event for the Wellness Pavilion - a new facility to enhance mental health and wellbeing for youth on the Peninsula. The Wellness Pavilion will offer meditation sessions, counselling support and innovative programs for students at Rosebud Secondary College and youth and families within the wider community.

With all profits raised going to the Wellness Pavilion, The Mindfulness Festival is a feel-good opportunity in our busy lives to encourage happiness and wellbeing. With tickets only $25 per adult, $20 per child or $80 per family, Peninsula families are urged to pack a picnic and enjoy a post-exams or early Christmas happy gathering with family and friends.

There’s live music from The Warrains, SugaTree, Drew Bowden, Lady and the Tramps, The Daddios and other great acts. Guest speakers will join specialist yoga, meditation and nutrition practitioners as they demonstrate child and teen friendly techniques to empower kids to better address life’s challenges and feel calm and energised. There’s yummy food to complement BYO picnic hampers, and acres of outdoor fun for kids to explore at Boneo Maze and Mini Golf, as well as its popular Adventure Zone.

Mindfulness and mental health guest speakers Dr Craig Hassed and Dr Geoff Toogood and Ian Ward of Inward Healing will add their voices to the Festival encouraging youth to consider alternative techniques to address life’s challenges and to find ways to develop their personal resilience and passions.

“What a great way to nurture our youth as they develop their personal resilience and feel encouraged to thrive. There’s such a pressing need to provide broader support and life-skills for children and adolescents and mindfulness is life’s most important life-skill,” said Dr Craig Hassed, Senior Lecturer at Monash University and co-author of Mindful Learning.

“It is so important that we remember as families to take time out, and set good habits for life. Our communities thrive when we feel happy and connected,” added Beyond Blue Ambassador, Cardiologist and open water swimmer Dr Geoff Toogood. Wellness advocate and author Ian Ward will also share motivating and life affirming advice and tips to teenagers.

The Mindfulness Festival fun kicks off at 11:00am on Saturday 28th November, 2015, but visitors are welcome to arrive for 10am to enjoy a round of mini golf or to explore the mazes. The Mindfulness Festival tickets are $25 per adult, $20 per child, $23 per Senior, $80 per family of 4 (additional children $15pp and all tickets include Mini Golf. The Adventure Zone is an additional $5 per ride. All profits from the day go towards the Wellness Pavilion. Call Boneo Maze on 5988 6385 to pre-purchase tickets, or order online at www.southernpeninsulartscentre.com. Full program of events is at www.boneomaze.com.au

See full Poster on last page of Newsletter.
Dear Parent/Guardian,

We wish to inform you that Head Lice has recently been detected at school. This is a common problem in all schools from time to time, and Rosebud Secondary College is committed to supporting families in the early detection and management of Head Lice.

Facts about head lice:

Head lice will be a problem from time to time at Rosebud Secondary College and it is important to work together as a school community to minimise the frustration caused by this problem.

If your child has head lice – tell anyone who has had head to head contact with them. Half the people who have head lice never scratch their head. If you don’t know about the head lice then they don’t know to look and treat for head lice.

Head lice are not fussy about the heads they live on – they make no consideration for income, ethnicity or hair colour. They live their entire lives on human heads and their entire food and water source is supplied from the scalp.

Head lice have been around for many thousands of years and they will not be eradicated. Head lice don’t fly or jump – they crawl from head to head. This often happens when people play or work closely together.

Head lice (*Pediculosis humanus capitis*) are small (3-4mm) wingless insects, which are common particularly in school aged children. It is estimated that 6 million American primary school aged students, equivalent to 1 in 4 were infested with head lice in 1998. Head lice are a common problem in Australian schools and exact figures on the size of the problem vary.

Eggs can be difficult to see; use a strong light (such as sunlight) and look on the hair shafts. If you are not sure whether an object you find is a head louse egg, try sliding it up the hair shaft using your fingers. Eggs are usually quite difficult to move, whereas dandruff and other items slide easily.

Information pamphlets about treatment and controlling head lice are available from the school office.

Please refer to the information sheet we have provided with this letter to assist you in detecting and managing Head Lice.

Feel free to contact the First Aid office, on 5986 8595 if you have any questions or concerns.

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HANDS ON LEARNING

With a big effort last week, the HoL students have almost completed the reflection garden along Eastbourne Rd. Under hot conditions, the students dug in the last of the steelwork, laid out the 170m² of turf to complete the grassed areas and they shovelled 10 tonne of crushed rock to consolidate the pathways and the raised platform, where the Rosebud High seat will be placed. This project has required a huge effort from all the students involved. At times, I am sure you all thought Liam and I were crazy, but slowly the demolition site has turned into something we are all very proud of.

I would like to thank Hillview Quarries, MAW Civil Engineering and Middy’s Rosebud for donating materials and machinery. Rock and Redgum Garden supplies, Rosebud Engineering, Anco Turf, G P Hire and Mornington Shire Nursery for generously supplying materials at bargain basement prices, and one last thanks needs to go to Rob Nigro who has once again donated his time and energy to a Rosebud Secondary College garden project.

There are still a number of small projects to finish off in the reflection garden to make it complete and open to all students. These will hopefully be done over the next few weeks.
COLLEGE NEWS

ROSEBUD ART STAR
A big congratulations to Emily Humble of Year 10 who recently won 1st Prize for her artwork at the Royal Melbourne Show this year. Emily also received a ‘highly commended’ for her other artwork also submitted in the senior student section.

Earlier this year Emily also won the Principals Award for her outstanding Visual Diary for Studio Art.

7B MEDIEVAL PROJECTS
As part of their Humanities work 7B studied Medieval Times during Term 3. Students produced some amazing projects that combined historical research, creative writing and design skills. So that all their teachers could view their amazing efforts, they staged a mini-expo in the Library last Wednesday.

VIETNAM VETERAN’S MUSEUM
On Friday 9 March, 30 VCE History Students travelled to Phillip Island to visit the Vietnam Veteran’s Museum. At the museum, students viewed a sound and light show about Australia’s involvement in the Vietnam War and completed a guided tour of the museum’s exhibits which includes medals, artwork, posters and military vehicles and aircraft. They also had the opportunity to examine artefacts such as ration packs, maps and radios and tried on flak jackets, hats and fully loaded back packs.
ROSEBUD SECONDARY COLLEGE CANTEEN MENU

Canteen Meal of the Day—Summer 202/20

Non-Pasta Napolitana (Chicken/Veg); Tues—Butter chicken & Rice; Wed-Tuscan Meatballs & Rice or 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 must be made before school and labelled ‘Recess’

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

BREAKFAST & SNACKS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crumpets (2)</td>
<td>$2.50</td>
</tr>
<tr>
<td>Café Style (extra thick) Raisin Toast (2)</td>
<td>$2.50</td>
</tr>
<tr>
<td>Fruit -by the piece-Fresh or Frozen (seasonal)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Fruit Salad -Fresh or Frozen (seasonal)</td>
<td></td>
</tr>
<tr>
<td>Small</td>
<td>$2.00</td>
</tr>
<tr>
<td>Large</td>
<td>$3.50</td>
</tr>
<tr>
<td>Egg &amp; Bacon</td>
<td></td>
</tr>
<tr>
<td>Roll</td>
<td>$4.20</td>
</tr>
<tr>
<td>Muffin</td>
<td>$3.50</td>
</tr>
<tr>
<td>Egg, Bacon &amp; Cheese Toasted Wrap</td>
<td></td>
</tr>
<tr>
<td>Cereal Bowl with milk and/or yoghurt</td>
<td>$4.00</td>
</tr>
<tr>
<td>Eg Nutri Grain, Sultana Bran etc</td>
<td>$2.00</td>
</tr>
<tr>
<td>Dell Yoghurt Plain</td>
<td></td>
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<tr>
<td>with Coulis</td>
<td></td>
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<tr>
<td>Small</td>
<td>$2.00</td>
</tr>
<tr>
<td>Large</td>
<td>$3.50</td>
</tr>
<tr>
<td>Nori Rolls (chicken, ham, salmon, beef &amp; vegetarian)</td>
<td>$2.80</td>
</tr>
<tr>
<td>Chocolate Mousse Small</td>
<td>$1.00</td>
</tr>
<tr>
<td>Large</td>
<td>$1.50</td>
</tr>
<tr>
<td>Cookie</td>
<td>$0.50</td>
</tr>
<tr>
<td>Popcorn</td>
<td>$0.80</td>
</tr>
<tr>
<td>Corn on the cob</td>
<td>$1.00</td>
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</tbody>
</table>

SANDWICHES & ROLLS (toasted options & a variety of breads available)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandwiches: Wholemeal, multi-grain or white</td>
<td>$3.00</td>
</tr>
<tr>
<td>Rolls: Wholemeal, multi-grain or white</td>
<td>$3.50</td>
</tr>
<tr>
<td>Fillings:</td>
<td></td>
</tr>
<tr>
<td>Salad items: tom, lettuce, carrot, beef, cucumber, onion, capsicum</td>
<td>$0.30</td>
</tr>
<tr>
<td>Full Salad (all salad items)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Cheese: Tasty or Cheddar</td>
<td>$0.50</td>
</tr>
<tr>
<td>Deli Meats: ham, salami, silverside, tune, egg</td>
<td>$0.80</td>
</tr>
<tr>
<td>chicken (fresh, cooked) (dairy)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Avocado</td>
<td>$0.80</td>
</tr>
<tr>
<td>Spreads: mayo, mustard, marg, cranberry etc</td>
<td></td>
</tr>
<tr>
<td>Examples—Or make your own!</td>
<td></td>
</tr>
<tr>
<td>S’wich Roll</td>
<td></td>
</tr>
<tr>
<td>Egg &amp; lettuce</td>
<td>$3.80</td>
</tr>
<tr>
<td>Chick, lettuce &amp; mayo</td>
<td>$4.00</td>
</tr>
<tr>
<td>Chicken &amp; avocado</td>
<td>$4.80</td>
</tr>
<tr>
<td>Ham, cheese &amp; tomato</td>
<td>$4.50</td>
</tr>
<tr>
<td>Full salad</td>
<td>$4.00</td>
</tr>
<tr>
<td>Ham, cheese &amp; full salad</td>
<td>$5.30</td>
</tr>
<tr>
<td>Chicken, cheese &amp; full salad</td>
<td>$5.50</td>
</tr>
<tr>
<td>Chicken, cheese &amp; avocado &amp; salad</td>
<td>$6.30</td>
</tr>
</tbody>
</table>

FOCACCIAS Examples: Or make your own from sandwich fillings

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tandoori: Chicken, red cap, spinach, tandoori dress (cucumber, carrot &amp; iceberg in wrap)</td>
<td></td>
</tr>
<tr>
<td>Calabrese: Mild salami, red cap, onion, tomato, olive, baby spinach &amp; cheese</td>
<td></td>
</tr>
<tr>
<td>Vegetarian: Avocado, cap, onion, 5D Tomato, cheese &amp; spinach (cucumber, carrot &amp; iceberg in wrap)</td>
<td></td>
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<tr>
<td>Focaccia (+ 50c for avocado)</td>
<td></td>
</tr>
<tr>
<td>Reg</td>
<td>$5.00</td>
</tr>
<tr>
<td>Large</td>
<td>$6.50</td>
</tr>
<tr>
<td>Schnitzel Focaccia</td>
<td></td>
</tr>
<tr>
<td>Reg</td>
<td>$5.00</td>
</tr>
<tr>
<td>Large</td>
<td>$6.50</td>
</tr>
</tbody>
</table>

WRAPS Your choice of filling from s’wich or focaccia examples

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wrap: Choice of filling</td>
<td></td>
</tr>
<tr>
<td>Half</td>
<td>$4.00</td>
</tr>
<tr>
<td>Full</td>
<td>$7.00</td>
</tr>
<tr>
<td>Toasted Panini pocket: Choice of filling in toasted tortilla wrap + 50c Avocado</td>
<td>$4.50</td>
</tr>
<tr>
<td>Parmo pocket: 1/2 schnitzel, Napoli, cheese spinach in toasted tortilla wrap</td>
<td>$4.50</td>
</tr>
<tr>
<td>Mexi pocket: Mexi meat, salsa, cheese in toasted tortilla wrap</td>
<td>$4.50</td>
</tr>
</tbody>
</table>

SALADS (subject to seasonal availability)****

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garden Salad bowl*</td>
<td></td>
</tr>
<tr>
<td>Reg</td>
<td>$3.50</td>
</tr>
<tr>
<td>Large</td>
<td>$5.00</td>
</tr>
<tr>
<td>Garden Salad + Deli Meat or Egg</td>
<td></td>
</tr>
<tr>
<td>Reg</td>
<td>$5.80</td>
</tr>
<tr>
<td>Garden Salad + Chicken</td>
<td></td>
</tr>
<tr>
<td>Reg</td>
<td>$6.00</td>
</tr>
<tr>
<td>Fruit Salad</td>
<td></td>
</tr>
<tr>
<td>Small</td>
<td>$2.00</td>
</tr>
<tr>
<td>Large</td>
<td>$3.50</td>
</tr>
</tbody>
</table>

HOT FOOD

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pies &amp; Pastries (Education approved range)</td>
<td></td>
</tr>
<tr>
<td>Aussie schools 4’N 20</td>
<td>$3.50</td>
</tr>
<tr>
<td>Aussie schools 4’N 20 Traveller</td>
<td>$3.20</td>
</tr>
<tr>
<td>Mrs Mac Good Eating Beef pie 200g</td>
<td>$3.50</td>
</tr>
<tr>
<td>Mrs Mac Good Eating Mini pie 120g</td>
<td>$2.00</td>
</tr>
<tr>
<td>Mrs Mac Good Eating Snack pie 50g</td>
<td>$1.00</td>
</tr>
<tr>
<td>Vegetable Pastie</td>
<td>$3.50</td>
</tr>
<tr>
<td>Gourmet Variety pies</td>
<td>$4.00</td>
</tr>
<tr>
<td>Sausage Rolls</td>
<td></td>
</tr>
<tr>
<td>4’N 20, Mrs Mac</td>
<td>$2.50</td>
</tr>
<tr>
<td>Mrs Mac Spinach &amp; Ricotta Roll</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

Schnitzels:

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken schnitzel roll (lettuce &amp; mayo)</td>
<td></td>
</tr>
<tr>
<td>Half</td>
<td>$4.00</td>
</tr>
<tr>
<td>Full</td>
<td>$5.50</td>
</tr>
<tr>
<td>Chicken schnitzel focaccia</td>
<td></td>
</tr>
<tr>
<td>Reg</td>
<td>$5.00</td>
</tr>
<tr>
<td>Large</td>
<td>$6.50</td>
</tr>
<tr>
<td>Burgers: (extras charged by item) (Etch + $50)</td>
<td></td>
</tr>
<tr>
<td>From</td>
<td>$4.50</td>
</tr>
<tr>
<td>Vegetable burger (includes lettuce &amp; mayo)</td>
<td></td>
</tr>
<tr>
<td>Lean Beef burger</td>
<td></td>
</tr>
<tr>
<td>$100 Lean beef with lettuce &amp; sauce in a wholemeal roll</td>
<td></td>
</tr>
<tr>
<td>Chicken burger</td>
<td></td>
</tr>
<tr>
<td>(marinated seared breast, honey mustard mayo on a w’mel bun)</td>
<td></td>
</tr>
</tbody>
</table>

Tasty Treats

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fishermans Roll (Oven baked fish fillet, tartare &amp; mayo &amp; lettuce on long roll)</td>
<td>$4.50</td>
</tr>
<tr>
<td>Hot Roast beef / chicken &amp; gravy roll</td>
<td>$5.00</td>
</tr>
<tr>
<td>Sweet Chili wrap</td>
<td></td>
</tr>
<tr>
<td>Half</td>
<td>$4.00</td>
</tr>
<tr>
<td>Full</td>
<td>$7.00</td>
</tr>
<tr>
<td>Sweet Chili roll (2 tenders, cheese, lettuce, tomato, s.c.s in long roll)</td>
<td>$6.00</td>
</tr>
<tr>
<td>Souvlaki - Chicken (includes tomato, lettuce &amp; yoghurt dressing)</td>
<td>$5.00</td>
</tr>
<tr>
<td>Nachos: Corn chips, salsa &amp; cheese</td>
<td>$3.50</td>
</tr>
<tr>
<td>Add Guacamole and or sour cream</td>
<td>$0.50</td>
</tr>
<tr>
<td>Pizza slice (Mediterranean, garden veg, Hawaiian, margherita)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Pizza Roundas</td>
<td>$2.50</td>
</tr>
<tr>
<td>Hot Dog inc sauce</td>
<td>$3.00</td>
</tr>
<tr>
<td>Potato wedges (bucket)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Steamed dim - sim</td>
<td>$0.80</td>
</tr>
<tr>
<td>Sweet Chili tenders</td>
<td>$1.50</td>
</tr>
<tr>
<td>Mini dim – sim / Hash browns</td>
<td></td>
</tr>
<tr>
<td>40 Ea or 3 for</td>
<td></td>
</tr>
<tr>
<td>Chicken nuggets (staycrisp full breast)</td>
<td></td>
</tr>
<tr>
<td>40 Ea or 3 for</td>
<td>$1.00</td>
</tr>
<tr>
<td>Soup (seasonal)</td>
<td></td>
</tr>
<tr>
<td>Cup</td>
<td>$2.50</td>
</tr>
<tr>
<td>Mug</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

DRINKS & BEVERAGES

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Smoothie (low fat milk)</td>
<td>$4.00</td>
</tr>
<tr>
<td>99% Fruit slushy Baby</td>
<td></td>
</tr>
<tr>
<td>Small</td>
<td>$1.00</td>
</tr>
<tr>
<td>Large</td>
<td>$2.00</td>
</tr>
<tr>
<td>Large</td>
<td>$3.00</td>
</tr>
<tr>
<td>Water</td>
<td></td>
</tr>
<tr>
<td>350ml</td>
<td>$1.00</td>
</tr>
<tr>
<td>600ml</td>
<td>$1.50</td>
</tr>
<tr>
<td>Cool Ridge</td>
<td>$2.00</td>
</tr>
<tr>
<td>Smart Water</td>
<td>$3.50</td>
</tr>
<tr>
<td>Mitzone</td>
<td>$3.70</td>
</tr>
<tr>
<td>Juice Varieties</td>
<td></td>
</tr>
<tr>
<td>Berri (aeroplane)</td>
<td></td>
</tr>
<tr>
<td>110ml</td>
<td>$0.80</td>
</tr>
<tr>
<td>Golden Circle</td>
<td></td>
</tr>
<tr>
<td>350ml</td>
<td>$2.00</td>
</tr>
<tr>
<td>Just Juice</td>
<td></td>
</tr>
<tr>
<td>200ml</td>
<td>$1.50</td>
</tr>
<tr>
<td>Berry Juice</td>
<td></td>
</tr>
<tr>
<td>350ml</td>
<td>$2.50</td>
</tr>
<tr>
<td>Milk (plain)</td>
<td></td>
</tr>
<tr>
<td>100ml cup</td>
<td>$1.00</td>
</tr>
<tr>
<td>300ml cup</td>
<td>$1.50</td>
</tr>
<tr>
<td>Up &amp; Go (chocolate or vanilla)</td>
<td></td>
</tr>
<tr>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Big M (Flavoured)</td>
<td></td>
</tr>
<tr>
<td>300ML</td>
<td>$2.50</td>
</tr>
<tr>
<td>600ML</td>
<td>$3.70</td>
</tr>
<tr>
<td>Diet Soft drink</td>
<td></td>
</tr>
<tr>
<td>can</td>
<td>$2.20</td>
</tr>
<tr>
<td>600ML</td>
<td>$3.50</td>
</tr>
<tr>
<td>Milk Shake (low fat + scour ice-cream. Choc, Straw, Caramel)</td>
<td></td>
</tr>
<tr>
<td>$3.50</td>
<td></td>
</tr>
<tr>
<td>Hot Chocolate</td>
<td></td>
</tr>
<tr>
<td>Reg</td>
<td>$2.00</td>
</tr>
<tr>
<td>Large</td>
<td>$2.50</td>
</tr>
<tr>
<td>Chai Latte</td>
<td></td>
</tr>
<tr>
<td>Reg</td>
<td>$3.00</td>
</tr>
<tr>
<td>Large</td>
<td>$3.50</td>
</tr>
<tr>
<td>Cold Milo</td>
<td></td>
</tr>
<tr>
<td>Reg</td>
<td>$2.00</td>
</tr>
<tr>
<td>Large</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

THIS MENU CONTAINS ONLY A SELECTION OF THE ITEMS AVAILABLE AT THE CANTEEN AND IS SUBJECT TO CHANGE WITHOUT NOTICE

N.Y.A= NOT YET AVAILABLE
NC = NO CHARGE
clk2sell app – a fast way for parents to buy and sell second hand uniforms.

Last year State Schools’ Relief launched clk2sell – a smartphone solution to buy and sell second-hand school uniforms. With the new Term and season change, it’s a great time to upload and sell those unwanted uniform items.

Close to 100 schools are now using the app - saving time and money. State Schools’ Relief is encouraging more schools and parents to get on board to reap the benefits. “Parents have saved 50-70 per cent”, said State Schools’ Relief CEO, Stephen Isles.

By being able to purchase uniforms at a reduced price, children can wear the appropriate uniform and in turn gain the confidence to attend school without feeling embarrassed or being bullied.

Hear about how the clk2sell app works and the benefits experienced by parents and schools already using the app. Watch the clk2sell video.

By the end of this month clk2sell will be expanding its functionality to include musical instruments and text books. Stay tuned for more information.

For more information about this resource go to www.clk2sell.com or email info@clk2sell.com.
SPAC NEWS
SOUTHERN PENINSULA ARTS CENTRE CALENDAR

THE SOUTHERN PENINSULA ARTS CENTRE PRESENTS

A Woman’s Place
FRIDAY OCTOBER 30TH - SUNDAY NOVEMBER 1ST 2015

A weekend of local stories in a local place.
PERFORMANCE. CONVERSATION. WORKSHOPS.

Friday - Theatre Show - Button featuring local Carole Patullo & Jane Bayly with Peter Farnan (Boom Crash Opera)

Saturday - Morning Tea - Share your Stories: with Evelyn Krape
- Workshops - Experience: Writing with Andrea Louise Thomas
                  Singing with Colleen Rees

Sunday - Performance - A Woman’s Place: Local stories in the spotlight

All Weekend - Pop Up Op Shops & Star Weaving

Information and Tickets: Tel. 03 5986 8204  |  www.southernpeninsulartscentre.com
Southern Peninsula Arts Centre, 245 Eastbourne Rd, Rosebud 3939

Facebook: /southernpeninsulartscentre
Twitter: @southernpeninsulartscentre

Southern Peninsula Arts Centre
Mornington Peninsula Shire

A Woman’s Place
In a unique Peninsula event, Op-Shops combine with performing artists to bring local stories centre stage.

From October 30th to November 1st, the Southern Peninsula Arts Centre in Rosebud will come alive with pop-up Op-Shops, theatre, workshops and conversations.

Cosy spaces will be created to share cake and stories with Evelyn Krape. Then immerse yourself in the craft of autobiographical poetry with Andrea Louise Thomas and sing from the heart with Colleen Rees.

“Op shops are such an integral part of our community”, theatre manager, Anthea Mackenzie explains. “And we loved the idea of working with them creatively. We can’t wait to see how they transform the theatre space at SPAC.”

There will also be an opportunity to join in star weaving. The delicate paper stars will be collected as part of a national and international project, One Million Stars to End Violence.

The weekend will culminate with a performed reading by actors Carole Patullo and Jane Bayly. Using the real words from stories shared over the weekend, they will create a Verbatim theatre style piece, ‘A Woman’s Place’.

The weekend will be launched on Friday, October 30th at 7:30pm with the play, ‘Button’. To register your interest in ‘A Woman’s Place’, please contact Anthea Mackenzie on 5986 8204 or email: mackenzie.anthea.l@edumail.vic.gov.au
SOUTHERN METRO REGIONAL ATHLETICS CHAMPIONSHIPS

This is the penultimate event and lead up qualifying event to the Victorian Secondary Schools Championship. Winners here qualify for that championship which will be held at the Lakeside track on Tuesday October 20th.

Congratulations to Skyla Lauch who won the sprint treble in the 15 year old girls, taking out the 100, 200 and 400 metre events, as well as Max Kleverkamp who won the 17 year old boys High Jump and Lachie McKenzie who won the 16 year old boys Javelin.

These three now all progress to Albert Park in those events.

Holly Garac in the 12 – 13 year old girls was unlucky, finishing second in her two events. Holly finished second in the 100m event but actually ran the second fastest time of the day and would have won any other age group. She lost the long Jump by 4 centimetres.

Other placegetters on the day were Sam Closter, second in the 13 year Hurdles, Brittney Lee, third in the 16 year Shot Put, Aaron Hamzsak third in the 17 year Shot Put and Ebony Chambers in the 18 year Hurdles.

Congratulations to all of our athletes on the day and best wishes to Skyla, Max and Lachy for next week.

Pat Egan

Entry forms are available at the front office or online at the link below. Money raised through this important event is used to provide the traffic safety program ‘Fit To Drive’ for Year 11 students.

We are also calling for student and parent volunteers for the Arthurs Seat Challenge on Sunday 8th November. If you would like to be involved as a volunteer (water station, set-up / pack up etc) please give your contact details to the front office and you will be contacted by the school. The more volunteers we provide reduces the cost for the Fit To Drive traffic safety program delivered to Year 11 students at RSC. http://www.arthursseatchallenge.com.au/
COMMUNITY NEWS

Strengthening our Community
Rosebud West Action Group
Invites you to
Have your say in shaping the future of
Rosebud West and Tootgarook

Saturday
21 November 2015
1pm – 3pm
at
Rosebud West Bowling and Croquet Club
66a Elizabeth Ave
Rosebud West

Afternoon tea provided
RSVP for catering purposes
or Phone
Seasands Community Hub
Ph: 5982 9994

After 3pm join us
for a complimentary
game of
Barefoot
Bowls
Please turn over for the Program...

Rosebud Secondary College 16th of October ART SHOW

4-6pm.
The annual Year 12 VCE Visual Art Exhibition
Featuring works from
the
Arts
Media
Visual Communication
Studio Art and
Multimedia
Come and cast your vote for the annual
Art Aquitain award

245 Eastbourne Road
Rosebud 3939
59858695

SOMERS ARTS FAIR
SUNDAY 25TH OCT
10AM – 5PM
WWW.SOMERSARTSFAIR.COM

SMALL SCHOOL, BIG ART!
The Somers Arts Fair is a family friendly event that showcases amazing local artists in a unique beachside location.
ART AUCTION AT 2PM

THE SOMERS ARTS FAIR IS A FUN DAY FOR THE WHOLE FAMILY FEATURING HUGE KIDS ACTIVITY PRECINCT, AMAZING LIVE ENTERTAINMENT, BOUTIQUE CRAFT MARKET, CREATIVE WORKSHOPS, GOURMET FOOD, LOCAL BEER & WINE AND OF COURSE ONE OF THE FINEST ART EXHIBITIONS ON THE NORMAND PENINSULA.

“IT’S ALL ABOUT YOUR PERFECT PLACE”
THE COAST REAL ESTATE

www.somersartsfair.com
THE MINDFULNESS FESTIVAL

A community picnic at Boneo Maze and Mini Golf with family-friendly live music, yoga, meditation, mazes, mini golf and outdoor games

ALL PROFITS FROM THE DAY GO TOWARDS THE BUILDING OF THE WELLNESS PAVILION AT ROSEBUD SECONDARY COLLEGE

TICKET PRICES: Adult: $25pp | Children: $20pp | Seniors: $23pp | Family $90.00 (2 Adults + 2 Children)
Additional Children at $15pp (incl Mini Golf) - Access to the Adventure Zone an additional $5 per ride at the door

LIVE MUSIC WITH:
• The Warrains
• SugaTree
• Drew Bowden
• The Daddios
• Lady and the Tramps
• Rosebud Secondary College bands
• Plus more great local artists

MINDFULNESS AND WELLBEING FOR THE FAMILY:
• Mindfulness & mental health speakers: Dr Craig Hassed - Co-author of Mindful Learning, Dr Geoff Toogood - Beyond Blue Ambassador, Ian Ward - Inward Healing & MC Andrew Gill
• Meditation, massages & yoga workshops
• Nutrition & wellbeing stalls
• Yummy food to complement your picnic hampers
• Face painting & family fun
• BYO picnic hamper & have a happy day with the kids

SAT NOVEMBER 28TH 2015
11AM – 5PM | BONEO MAZE AND MINI GOLF, LIMESTONE ROAD, BONEO MORNINGTON PENINSULA

FOR INFORMATION & BOOKINGS
Call Boneo Maze on Tel 5988 6385 to pre-purchase your ticket or order online via www.southernpeninsulartscentre.com

PROUDLY SUPPORTING

OUR EVENT PARTNERS