PRINCIPAL’S MESSAGE

Welcome back to all the Reservoir families; I trust you had a wonderfully relaxing and happy time over the Christmas and New Year period. Students are settled already; feeling happy and comfortable in their new environment. Our school is a very positive, happy place for all our students; the welcoming of new students by others is a particularly pleasing aspect of the community.

As this is the first newsletter for the year: It includes loads of information, so we have decided to distribute a paper copy to every child – just this time! Normally newsletters will be distributed via emails once a fortnight, and will soon appear on Compass. It is also on our school’s website.  [www.reservoirps.vic.edu.au](http://www.reservoirps.vic.edu.au)

In the first few weeks, teachers will be talking with your children about ongoing policies and practices, so I thought it wise to keep you informed and remind you also; that way you will understand exactly what your children are telling you.

We are a “water only” school! School Council agreed a few years ago that other drinks are unsuitable to bring to school: milk or yoghurt based drinks are unsafe to keep out of a fridge for a period of time and fruit based drinks and cordials are full of sugar (either natural or added). Both cause problems after those little spills too! Therefore water is the best, and Melbourne water is probably the best you can get anywhere.

**Water bottles** are compulsory, and our school bottles are provided to all students; new students also receive one on arrival. You can take them home to clean, rinse out or even freeze overnight; but they can only contain water and they must be at school every day. If your child needs a new bottle, they are available at the office for $4.00. New lids are available on request free of charge. Students playing sport must have their water bottle with them. **The bottles we provide are safe for regular use (BPA free).**

**Healthy food** is very important for all children. When we have our break at 11.00am a small snack is eaten and then at 1.30pm the children eat their lunch. When you organise lunches for your children, please consider the health value as well as the appropriateness of what they bring to school. Meats and yoghurts are always risky and are not recommended, particularly in warmer weather. Consider also those processed snacks you might include such as packets of chips; I know it’s easy to pop them in, but they have absolutely no health value at all and will not sustain your child throughout the day; definitely not brain food! Fruit is always a great option as are those vegetables that are easy to eat such as carrot, celery, tomatoes and cucumbers.

**Our Free Fruit Friday** program begins this week; your child will receive free fruit on Friday mornings at their break. This means only fruit can be eaten at recess on Fridays. We will inform the children on Thursdays, which fruits will be available. That way, if they choose not to eat the ones we offer, they may bring their own fruit from home.

Just a final reminder that bubble gum and soft drinks are banned from the school at all times. **Lollies are also discouraged;** kids come to school to learn and concentration is required. We know that children cannot concentrate after a handful of “red lollies”. The colouring and sugar in lollies is certainly not helpful in providing the necessary attentiveness.

Students **should not have mobile phones or iPhones** at school. If there is a specific reason why you feel your child needs to bring a phone, you need to speak to Connie Williams, Elizabeth Bogdanovski or myself.

We will send home with children a small pack of “pay-in” envelopes; these should be used for any amount of money brought to school at any time. For amounts over $20.00 we do have an EFTPOS facility at the office.

It is a regulation to inform us if your child is absent from school, and “unauthorised” absences are not ideal from anyone’s point of view. If you have any concerns or questions don’t hesitate to contact your child’s teacher or someone at the office. All parents will be able to access Compass on either a computer, ipad or phone to record absences for their children; this will be available as soon as you receive your individual logins.
Subway Lunches: start this week. For new families to the school: Order forms are available in your children's classroom. The order needs to be completed clearly and placed in one of our envelopes with the CORRECT money. This order then needs to be brought to school on Thursday. But the actual lunch is for FRIDAY. Please find attach the Subway order form for 2017. Please note that there are a few changes to the pricing in 2017.

Notes to sign: On Monday your child brought home two notes; to be read, signed and returned to school as soon as possible.

1. The first is a multi-permission note which includes permission for local walking excursions, having photographs taken and published at school and medical information.

2. The second note is our e-Smart Student/Parent agreement and contract which outlines expectations for the safe and acceptable use of digital devices.

Here is a complete list of staff and classes, for your information:

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<th>Group 1</th>
<th>Prep</th>
<th>Mrs Angela Gregorc</th>
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<td>Group 2</td>
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<td>Ms Delen McWaters</td>
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<td>Ms Rebecca Franzone</td>
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<td>Group 16</td>
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<td>Mrs Luisa Macheda / Mrs Elizabeth Bogdanovski</td>
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<td>Mrs Tammy Angelevski</td>
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<td>Group 14</td>
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<td>Mr Robbie DiMarco</td>
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**Principal:** Helen Miller

**Assistant Principals:**
- Elizabeth Bogdanovski
- Connie Williams

**Office Manager:** Kerry Placek

**Business Manager:** Melissa Southern

**Other Education Support Staff:**
- Gaye Clark
- Andrea Hull
- Amanda Harrison

**Performing Arts:** Maria Mirasgentis

**Phys. Ed. & Sport**
- Stuart Taylor, John Briggs

**Art**
- Sonia Boots, Jennifer De Silva, Chris Franzone

**Science**
- Chris Franzone, Stuart Taylor, Jennifer De Silva & Penny Grbevski

**COMPASS IS COMING!!**
Once you receive your login this week, take a look. You can use it to let us know about absences and next week we will be opening the online access for you to BOOK YOUR OWN INTERVIEW TIMES.
Our first parent–teacher interviews will take place on Tuesday and Wednesday the 21st and 22nd February. Please use COMPASS to book a time that suits you. This interview is really an information sharing one; finding out how your child has settled in to the new school routines for the year.

**GATES**
The gates will be closed each morning at 9:05am so if children arrive at school after 9:05am they must come to the front office in Duffy Street to get a Late Pass. In the afternoon the gates will be open at 3:15pm.

**SCHOOL PHOTOS**
The School Photos will take place on Monday the 27th February 2017. Envelopes will be sent home with the children as soon as they arrive so you are able to select your pack and return envelope and money to school.

**RPS ATHLETICS CARNIVAL**
When: 9am – 2:30pm, Friday February 17th.
Where: Edwardes Park Athletics Track.

In 2017 we will be hosting our very own school athletics carnival for students in years 3-6. The date has been set and is fast approaching. All students will participate in a range of track and field events, with outstanding performers chosen to attend the upcoming Keon Park Sports District Association (KPDSA) athletics carnival. As we will be walking to the park on the morning of the event it is important that a multiple permissions form has been returned to school prior to the day. This will ensure your child can participate in the carnival. We invite all families along to show their support!

**Family Night**
Our family night is being held on Tuesday the 7th of March. Please keep this date free. Flyers will be sent home soon with more details.

**School Council**
Our first School Council meeting for 2017 will be held on Monday the 20th of February at 7:00pm.

Term One is busy and very short; events are listed on our Diary Dates. It might be a good idea to put these in your own diaries if they apply to your children.

**Helen Miller**
Principal

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**As we grow in number, management of situations arise that we need to address. One of these is the access through the front door of the main building.**

**The office does get very busy, so we ask you to use other ways of accessing the school yard.**

**Please only us the main building if you need to speak with Kerry or Melissa in the office.**

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**When bringing your children to and from school, we ask that you do not walk through the main building!**

**Gates on either side are open at the usual times.**
DIARY DATES

10th Feb. Assembly at 9:05am
Parents most welcome to attend

13th Feb. Swimming program begins – Year 3/4

15th Feb. No School for Preps
Swimming program Year 3/4

16th Feb. Swimming program Year 3/4

17th Feb. School Athletics

20th Feb. Swimming program Year 3/4
School Council meeting

21st Feb. Ride2School Day
Parent Teacher interviews

22nd Feb. Swimming program Year 3/4
Parent Teacher interviews
No School for Preps

23rd Feb. Swimming program Year 3/4

27th Feb. School Photos

28th Feb. Swimming program Year 3/4

1st March Swimming program Year 3/4

7th March Family Evening at school

8th March District Athletics

13th March Labour Day Holiday – no school

14th March Pupil Free day – no school

15th March Year 5 students visit Reservoir High

17th March National Ride2School Day

27th March Ride2School Day

31st March Last Day of Term 1

‘Happy Birthday’ to the following children who celebrated birthdays in January:


‘Birthday Greetings’ to the following students who are celebrating a birthday in February or in the next two weeks:

Taraf, Essie, Isabella Y., Danah, Reece, Riya, Gabriel, Aleena, Audrey, Jomana.

Never leave your most precious valuables, your children, alone in the car

Every year over 5000 children are rescued after being left alone in a car.
To avoid potentially tragic consequences, the Never Leave Kids in Cars campaign reminds parents to take their
kids with them whenever they get out of the car, just as they do their valuables.

The risk of heatstroke and dehydration is very real

A child’s body temperature rises three to five times faster than an adult's
* Even on a mild day, the temperature inside a parked car can be 20 to 30 degrees hotter than the temperature outside
* When it’s 30 degrees outside, a child could be suffering in up to 60-degree heat
* Leaving the windows down has little effect on the inside temperature of the car
* Large cars heat up as quickly as smaller cars

For more information, see: Kidsafe Victoria

Cost to families
In Victoria, it is against the law to leave a child unattended in a car. Penalties include:
- fines, or up to six months’ jail
However the cost to families can be far higher. Children can die in hot cars and the risk is highest in summer.

Fatal Distraction
Over the past few years in Australia, there have been a small number of cases of children dying as a result of fatal distraction. Fatal distraction can happen to anyone and occurs when parents or carers unknowingly leave their child in a car, owing to extreme exhaustion, stress or a change in routine, it can lead to serious injury or, in extreme cases, the death of a child.

What can parents and carers do?

There are several routines to remind parents or carers to check the back seat, such as:
- leaving a bag, phone or wallet in the back of the car
- placing a child’s bag in the front seat
- having a stuffed toy in the front seat whenever they put the child in car
- creating a mental list of the things to check each time they leave the car – e.g. baby, keys, wallet, phone
- using a mirror for rear-facing car seats to remind them that their child is in the car.

Importance of eating breakfast

It’s the most important meal of the day – but one in four children in Australia skips breakfast. At school, a hungry child can lose concentration in class, have no energy for playtime and snack on unhealthy foods, such as chips or biscuits. A calm and healthy breakfast every day is the best defence against this happening. It also helps children to get into good habits that they can carry through life.

Breakfast ideas
Breakfast can include all sorts of options: cereals, bread, fruit, dairy products (such as eggs, milk, yoghurt and cheese) and meats. A number of factors influence what people like to eat at breakfast, such as their food preferences, cultural background, religious beliefs and the time available before they have to head out the door.

Quick and easy ideas

- Cereal with milk*, yoghurt and/or fruit
- Wholegrain toast, raisin bread or muffins with a little polyunsaturated or monounsaturated margarine (not butter), fruit spreads, Vegemite or sliced banana
- Fresh fruit with yoghurt
- Fruit smoothies made with fresh or canned fruit
- Porridge with warm milk and stewed fruit

*Note: The Australian Dietary Guidelines (2013) advise whole (full fat/cream) milk for children under 2 years of age. Milk
Fat is an important source of energy and fat-soluble vitamins required for normal growth and development. After the age of 2, most kids can begin to drink low-fat milk as part of a varied diet. Skimmed (no-fat) milk can be included as a drink for children aged 5 and older and can also be used in family meals for children older than 2 years.

**If you have a little more time**

- Omelette with lean ham and tomatoes
- Boiled egg with bread fingers (cut slices of bread into dipping sized portions)
- Pancakes with fresh fruit filling
- Wholegrain toast or fresh bread with eggs (not fried), baked beans, cooked mushrooms or tomatoes
- Plain wholegrain muffin with lean bacon and cooked tomatoes

It is also important to have healthy drinks with breakfast. Water or low-fat milk (for children over 2 years) is best. Try to limit fruit juice to $\frac{1}{2}$ a glass a day as fruit juice contains lots of sugar. Instead give a piece of fruit to your child to get fiber into their diet.

**Handy tip:** Discourage your child from eating breakfast in front of the television. This can also help speed up your morning routines!

**Nature activities for Kids**

*Who needs a list of activities that will get the kids outside in nature a bit more?*

Remember those days as a child when you would leave home in the morning, spend the whole day exploring the neighbourhood and your backyard, only to return just before the sun went down (or because you got hungry?). Back in the day...

Although things are different now (seat-belts anyone?), it doesn’t mean that our kids can’t enjoy the outdoors and all its simple delights as much as we did.

We are sharing our favourite nature activities for kids – so apply some sunscreen on them and send them out the door!

**Map out your backyard**
Get one of the kids to hide some treasures and then draw a map of the backyard so their siblings or friends can find them.

**Plant a vegetable or herb garden**
Encourage them to start a kitchen garden by planting herbs, fruit and vegetables such as basil, baby tomatoes, lettuce and strawberries. They can water it daily, watch it grow and harvest for meal times.

**Collect flowers and make a flower arrangement**
Send them out to pick flowers from the garden and arrange them in a vase. Show them how to put taller clippings in the back than filling the bunch with shorter flowers at the front. Leafy tree branches also make great foliage if you don’t have many flowers to fill a vase.

**Paint rocks and sticks**
Painting faces or patterns on rocks and sticks is always a hit. They could also turn the sticks into a hanging wall mobile.

**Fairy garden**
Encourage them to collect mini flowers, sticks, rocks, sand and moss to make a mini fairy garden. Twine, sticks and bark can be used to make little furniture!

**Press flowers**
Who of you used a flower press? You don’t see them too much anymore but they are easily made using baking paper and a heavy, thick book.

**Daisy chains**
Do you remember threading and tying daisies together as a child to make crowns and necklaces? Sigh, good times.

**Record a year in your garden**
How fun would it be to document the change in seasons by having the kids photograph or draw what they find each month in the garden.
Plant seeds
Give them seeds to sow and watch them grow.

Backyard picnic
Make a picnic lunch to enjoy in the backyard.

Nature scavenger hunt
Write a list of things your kids might find outside - send them out to find them all and tick them off the list.

Observe wildlife and insects
Get them to document what they hear and see whilst wandering around outside. Give them a magnifying glass to discover all the little things too!

Backyard camping
During the day they can find shapes and animals in the clouds and at night you can point out star constellations.

Herbarium
For the scientific minded kids, encourage them to make a collection of outdoor finds and document them in a notebook.

DIY nature paint
Show them the wonders of making paint from crushed up rocks, sand, plants etc - Just add water!

Be a pet detective
Challenge the kids to follow your pet around the yard without them knowing - be a super sleuth - identify their fave spots? Ask how they spent their day - and have them write a ‘The life of *your pet’s name here*** story.

Build a cubby house
Get out there with them and build a cubby house.

DIY Terrarium
Make a terrarium using a giant bowl. Add moss, dirt, sand or grass and include some of their small toys.

**Special events in Melbourne** February 2017

**Pregnancy, Babies and Children’s Special Edition Expo**
Melbourne Exhibition Centre
Saturday 25th and Sunday 26th February 2017
10am- 5pm Tickets required

FREE Sunday 12th February From 11 am  **St Kilda Festival**
A celebration of summer with music, carnival rides, entertainment and a dedicated Kidzone. stkildafestival.com.au

FREE 11th and 15th Feb  **Sidney Myer Music Bowl Free Concerts**
The Melbourne Symphony Orchestra presents these family concerts in the city’s most iconic outdoor venue.
MSO Plays Romeo and Juliet 11th February
MSO Plays La Valse  15th February
At 7:30pm (Gates open 4:30pm)  9929 9600 mso.com.au

FREE 11th Feb **Whittlesea Country Music Festival**  10am – 9:30pm
A street party, talent stage, busking competition, stalls, art, crafts, free concert (5pm) and fireworks.
Church St and Walker reserve, Whittlesea  9217 2170 whittlesea.vic.gov.au

FREE 18th and 19th **White Night Melbourne**
An all-night cultural event with visual art, illuminations, music, food, theatre, sport, fashion, film, design and performances on display with activities in city streets, parklands, laneways, public spaces and cultural institutions. 7pm- 7am Melbourne
CLEARING THE CLUTTER

Clearing the Clutter – How to get started

Want to know the key to getting rid of those miscellaneous piles of ‘stuff’ that seem to build up around the home? If you’re not sure what your first move should be or which room to start with, get the answers to these questions and more.

Professional organiser, Wendy Hanes, will provide advice and tips on how you can declutter, avoid stress and get organised.

Book online or call 1300 655 355.

Thurs 16 February 6.45–8pm
Preston Library

BEGINNER’S GUIDE TO FAMILY HISTORY ONLINE

Convict, opera singer, poet, rogue… What fascinating characters await discovery in your family’s past? Learn how to use the online family history resources available at Darebin Libraries and begin your family tree adventure. An overview of Ancestry, Find My Past and British Newspapers Online will be followed by hands-on practice, so bring along some family names to search. BYO device or use our laptops.

Book online or call 1300 655 355.

Wed 15 February 6.30–8pm
Northcote Library

1000 BOOKS BEFORE SCHOOL

0 – 5 years

We’re very excited to be launching 1000 Books Before School!

Research tells us that the most reliable predictor of school success is being read to at home during early childhood. This program is designed to help you make reading a regular part of your routine with your child, and support you to reach the wonderful milestone of reading 1000 books before they start school.

Pop into the library to register and collect your free Starter Pack.

Friday 17 February 10.30am–12pm
Preston Library
Ride2School

Bicycle Network’s Ride2School program supports thousands of schools across Australia to develop a healthy active travel culture.

Who are we?

*Ride2School is more than just a day.*

Ride2School is a nationwide initiative by Bicycle Network, supported through the Victorian State Government, New South Wales Government and Tasmanian Government. We’re a support team who work to address physical inactivity in young Australians by empowering and enabling schools to ride and walk to school.

Why?

Over the past 40 years the number of children who are physically active everyday has significantly dropped. Today, levels of physical activity are at an all time low. In the 1970s, eight out of ten students rode or walked to school. Today, that number has dropped to just two out of ten.

How?

The Ride2School team are working to reverse this trend. To achieve this, we work with schools, students, parents and local government to cultivate active and healthy school communities. Schools in our program report a physical activity level of 1 in 2 students compared to the national average of just 1 in 5.

By riding and walking to school, students contribute to their minimum physical activity level of 60 minutes per day. Research shows that students who ride and walk as part of their journey to school are more focused and ready to learn when compared with those who are driven.

Schools in our program

The national average

Reservoir Primary is proud to take part in this program each year to help promote a healthy and active school community.

We look forward to seeing you all walk, ride, skate or scoot each month on the nominated day. Keep your eyes on the Diary dates of each Newsletter and read up on home group results and findings. Remember to carefully store your bikes, scooters or skateboards behind the Multipurpose room beside the bike stands provided. Don’t forget your helmets everybody!

*Be safe, Be active, Ride2School!*

*Thank you.*
Subway lunches are on FRIDAYS ONLY - orders are collected on THURSDAY at 9.00am

Place money and order in an envelope or bag marked clearly with child’s name and Group and give to the classroom teacher. Separate orders are required for each child. Correct money is required, no change will be given.

Please note that Subway do not put butter on their rolls.

**PLEASE MAKE SURE YOU CIRCLE WHICH NUMBER YOU WISH TO ORDER – YOU ALSO NEED TO CIRCLE WHAT SALAD ITEMS YOU WOULD LIKE**

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<td>9.</td>
<td>Four Inch Sub: Roast Beef</td>
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<td>10.</td>
<td>Four Inch Sub: Chicken Pieces</td>
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<td>11.</td>
<td>90 cents for a Cookie</td>
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TOTAL money enclosed $ .90

Please Note: Late orders will not be accepted
FINANCIAL ASSISTANCE
INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government’s commitment to breaking the link between a student’s background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:
- $125 for primary school students
- $225 for secondary school students.

HOW TO APPLY
Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

MORE INFORMATION
For the CSEF application closing dates and more information about the fund visit www.education.vic.gov.au/csef