



INNOVATION, EXCELLENCE, CONNECTIONS, FUN

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12th March 2024

Principal's Report

Dear Parents and Carers,

SCHOOL PHOTOS

This Friday is school photos. In regards to uniform we ask that all students come to school in their **blue school shirt**. Thanks for your support with this.

McDONALDS FUNDRAISER FOR YEAR 6

Don't miss our annual big night out at McDonalds in Cambridge Gardens. It is always a huge night! Remember for proceeds to go to the school it is all about the **over the counter sales** between 5pm and 7pm. So no drive thru purchases. I also suggest coming in early or walking as most years parking is a nightmare or it is grid lock. Look forward to seeing everyone on the night!

NAPLAN Tomorrow all schools across the state enter the NAPLAN

assessment window. Schools are able to schedule the assessments to occur over the next two weeks. NAPLAN is a point of time assessment and should feel part of our students every day school work. Please ensure, as you do every day, that your child is well rested and coming to school ready to learn. Please ensure that student attendance is excellent throughout this time so that your child does not miss out on undertaking this assessment. Most importantly please ensure your child is at school at 9.10am and is not leaving early. Mr Hunter is our Assistant Principal leading the implementation of NAPLAN so if you have any questions that your child's teacher can not answer, give him a call.

Our plan for the administration of the assessments are:

- Writing - Wednesday March 13
- Reading - Friday March 15
- Conventions of Language - Tuesday March 19
- Numeracy - Thursday March 21

Please note that if a student is absent that there may be opportunities to catch up but also note that any catch up of the writing assessment must be done by Friday March 15 so

that window is small.

We look forward to seeing the progress of our students when the assessment data is available.

HARMONY DAY

Thursday March 21 is Harmony Day. This year's theme is everybody belongs! We encourage all students and families to get in to the spirit of the day and wear their brightest orange clothes!

PENRITH PSSA TRIALS

Congratulations to our students who trialled at the Penrith PSSA Trial Day. It is so exciting as a school for our students to have this opportunity to show their skills and be considered to be a representative at the Penrith Zone level. Thank you to our parents and carers who were able to take their children along for these opportunities. A big thank you to Mr Dearie for his organisation for this activity. It is very difficult to make the selections of who will be the two students representing our school at this event and I congratulate him on his careful consideration within the guidelines we are given.

A special shout out to the following students who will represent PSSA at the Sydney West Carnival: Basketball: Eizak Sylvester; Touch Football: Tatum Crocker and Matilda Lett; Rugby League Opens: Urijah Leach and Bronson Mauai; Cricket: Archie Scott. Fingers crossed for Steve Cochoco and Ethan Robinson for Soccer as well as Matilda Lett and Hayley Faull for Netball who are attending further selection trials soon!

CLEAN UP AUSTRALIA DAY

Well done to our students and staff for their special efforts to clean up our part of Australia here at Cambridge Gardens Public School. Whilst Mr Gough and our cleaners do a tremendous job of tidying and cleaning our school, with over 400 people here a day, those pesky black birds and a bit of wind, often a bit of rubbish gets into the corners or stuck along the fence lines. It is always important that we reinforce with our students and staff the importance of cleaning up, how this shows us we are proud of our school and that as part of being responsible we understand that we are a team and clean up any rubbish that we see. A big shout out to Mr Burke for his leadership of this activity.

TEAM DAY! I was very disappointed to be at a conference

and miss the opportunity to rock up to school in my Manly Warringah jersey! A big thank you to our school community for jumping in and having fun on the day as well as supporting this fund raising activity for our end of year 6 celebrations. Our community raised \$414.80 on the day.

PENRITH PSSA SWIMMING CARNIVAL

What a fantastic day our swimmers had with Mrs Hetherington and Mr Kristof at the Penrith Zone Swimming Carnival. We are always so proud of the behaviour, skills and attitude that our students show at these events. Congratulations and a loud shout out to the Senior Boys Relay Team: Lachlan Noonan, Jackson Smith, Blake Miller and Joshua Jensen as well as Hayley Faull, Blake Miller and Lachlan Noonan for making it through to the Regional Swimming Carnival!

MARCH P&C MEETING

Our March P&C meeting as always was a most productive and purposeful event. We discussed that Ms Fry had needed to commence her leave earlier than expected and that as a school we are quickly trying to secure suitable long term staffing options. We will keep you up to date as this information becomes available. We took the opportunity to thank our parents and carers for their patience and work with our school to get SENTRAL finance up and going. As expected there have been some issues as we learn how to set up and send out notes, payment requests and excursions through the SENTRAL parent portal. It is tricky for our administration staff as we are unable to see, what you receive. Also it has shown up where there have been errors in your historical data or where updates have not been made. Always keep us up to date when your information or circumstances change. Keep letting us know of any issues you are encountering. Once we know that the Finance section is working well, we will look to introducing some of the other features that are available for our use.

Some other updates that we discussed at P&C is the resurfacing of our Top Cola. This project is now up to the start up meeting which will occur tomorrow with the Department of Education Assets staff, the school and the successful contractor. The new toilet block is awaiting approval of the final plans so we will keep you updated on this. In regards to our Meeting Space at Gate A, we are expecting the rectification work to occur in the next week or so as the builder was to receive the materials yesterday.

Have an excellent two weeks!

Adam Wynn
Principal

Sentral for Parents - Finance



Our schools transition over to Sentral Parent Finance has been a great success. We want to thank our parents and the community for your patience and understanding as we transitioned over. Although we've had a few teething issues and are learning as we go, we can already see the benefit for both parent's and the school of using Sentral Finance.

This module allows parents and carers to make payments and give permission at the same time. We will be communicating important information regarding excursions and activities through the parent portal. If you have not yet registered for your child, we ask that you do so at your earliest convenience. Parent's and carers were sent an email with an access key for their child and instructions on how to sign up. Please contact the school if you need us to re-send this email or if you have any questions or need any assistance with the App.

Karen McCoy
School Administrative Manager

Zone Swimming Carnival

On Wednesday 6th March, 18 of our students competed in the Zone Swimming Carnival at Penrith Ripples Leisure Centre. It was fantastic to see another large turnout of parents and supporters for our students to cheer them on throughout the day!

I'd like to congratulate all of our students who attended the carnival who represented Cambridge Gardens Public School with pride and once again achieved some truly fantastic results. Special congratulations to our Senior Boys 4 x 50m Freestyle relay team, Lachlan Noonan, Jackson

Smith, Blake Miller and Joshua Jensen, who finished 2nd and have made it through to the Sydney West Carnival at Sydney Olympic Park on Thursday 28th March. Another big congratulations goes to some individual swimmers who also will be swimming at the Sydney West Carnival - Blake Miller in the 11 Years Boys events who came 1st in the 50m Backstroke, 2nd in the 50m Breaststroke and 3rd in the 50m Freestyle; Hayley Faull came 2nd in the Open Age 100m Freestyle and 3rd in the 12 Years Girls 50m Freestyle; Lachlan Noonan who came 2nd in the Senior Boys 50m Backstroke.

The team spirit displayed by all of the students who attended was excellent! A special thanks to Mrs Hetherington for being our team manager at the carnival and thanks again to all the spectators who attended to show support to our students!

Mr James Kristof
Swimming Coordinator



Celebrating Success!



We have had such a brilliant beginning to 2024! Over the past seven weeks, our students have settled into their learning routines with enthusiasm and dedication.

In particular, our Kindergarten teachers have had lots of fun revamping their phonics program to our youngest learners. Utilising

brand new resources, including a fantastic story called 'Milo's Birthday Surprise', our students have been introduced to a charming character named Milo Monkey, who takes them on an exciting journey of phonics. Milo Monkey invites his friends

to his birthday celebration, with each friend introducing a new sound to learn along the way. Lots of our Kindergarten students are already achieving significant success, mastering their first eight phonemes. We eagerly anticipate witnessing their growth as they learn to blend these sounds to read and spell!

Meanwhile, in Stage 2 and Stage 3, our teachers and students are achieving such great progress with our reformed syllabus and programs. Engaging with texts such as 'Fantastic Mr Fox', they have thoroughly enjoyed creating their own sequels to Roald Dahl's beloved tale, sparking their imaginations whilst learning and consolidating a range of literacy skills. In Stage 3, the adventure continues with the exploration of Storm Boy!

Beyond the classroom, our teachers demonstrate such huge commitment and dedication to their profession. They have recently engaged in professional learning opportunities with enthusiasm, continuously working hard to enhance our teaching and learning practices across the school, particularly around the new syllabus and the consolidation of assessment practices. We are very lucky to have such wonderful and dedicated teachers here at Cambridge Gardens Public School!



It is truly an exciting time in education, as we delve deep into the fundamentals of literacy and numeracy whilst navigating shifts in pedagogy and curriculum. Our commitment to providing rich and meaningful learning experiences remains our priority and we are eager to see the incredible growth and achievements that lie ahead in our classrooms this year.

Miss Alanna Vella

**Relieving Assistant Principal, Curriculum & Instruction
(APCI)**

International Day of Mathematics

Cambridge Gardens students are ready to unleash their inner mathematician this Thursday 14th March as we



celebrate the International Day of Mathematics! With this year's theme being 'Playing with Maths', our classes are gearing up for a day filled with fun and excitement as we explore mathematical concepts and ideas through fun, exploration, games and activities.

The International Day of Mathematics is a global celebration that invites participation from all corners of the world. Each year on March 14th, countries around the globe join in the festivities, offering activities for both students and the general public in schools, museums, libraries and other spaces. It's a day to celebrate the importance of mathematics in our lives.

Why March 14th? Well, it's not just any ordinary day - it's Pi Day! In many countries, March 14th is celebrated as Pi Day because the date is written as 3/14, corresponding to the mathematical constant Pi, which is approximately 3.14. The first International Day of Mathematics celebration took place on March 14th 2020 and has been growing in popularity ever since.

So Cambridge Gardens, get ready to join in the mathematical festivities this Thursday! We are looking forward to coming together as a school community to celebrate the joy of mathematics and discover the endless possibilities that come with playing with maths!

Miss Alanna Vella

**Relieving Assistant Principal, Curriculum & Instruction
(APCI)**

School Photos 15th March 2024

A friendly reminder that school photos will be this Friday 15th March 2024. Please ensure you have pre ordered your photos on-line prior to this Friday using the shoot key provided on the flyer that was distributed over a week ago. This flyer had all the required information explaining how to pre order and pay online. If you have any questions or are experiencing difficulty with the order, MSP are always there to help. **Contact for assistance is MSP Photography Sydney West 02 9831 5505.**



It would be wonderful if every child could wear their blue school shirt on this day rather than their sport shirt. Please ensure your child is looking spick and span for their individual and class photo on Friday.

Family photos will be taken throughout the day. If your children arrive around 8:40, MSP will begin taking the family photos before school in the hall and finishing others off at a later time throughout the day.

Rose Antonelli

School photo organiser

HOW TO ORDER YOUR PHOTOS

CLICK HERE TO ORDER YOUR PHOTOS

<https://orders.msp.com.au/ordering/access>

1. Click on the above link.
2. ENTER YOUR CHILD'S SHOOTKEY.
3. Check that your child's name is spelt correctly, please make any necessary changes.
4. Place your order using the online system.
5. Record your Order Reference Number on your student's Order form.

7. If you have no access to the internet or no credit/debit card – the school office does have some blank envelopes for cash payments. Should you have any further questions please contact MSP Photography – Sydney West directly;

NOTES FROM MSP

- Individual Portraits - Prior to filling out your order check that your child's name is spelt correctly on the Order form, please make any necessary changes.
- Please complete the order online, if you misplace your order form please contact MSP Photography for your child's shoot key.
- Family Photos - Should you wish to have a family photograph taken, please fill out the family section at the bottom of your ELDEST child's Order form. These photos are for school aged students attending the school and no family photo will be taken unless an order form has been received on photo day.
- Split Families - you can use the same shoot key provided on the order form to order for your child. Any students with multiple orders processed will have their photographs sent in separate satchels to the school. There is a section on the order form for you to tick "Split Family" so we can place a "Mums Order" or "Dads Order" sticker on the satchel. If you think there may be a problem in receiving the photographs or you don't have an order form/shoot key, please phone MSP Photography on 02 9831 5505 so we can assist you.

Easter Hat Parade



We would like to extend an invitation to all our parents and community members to be part of our **Easter Hat Parade on Thursday 28th March 2024**. We are looking forward to celebrating as a school and seeing our wonderful community together. The parade will begin at 9:45am.

We ask parents to enter and exit the school through Gate A (Gate closest to kiss and drop). Please remember to bring a folding chair or rug to sit comfortably on during the parade, as no seating will be provided. Staff members will be assisting parents with seating arrangements at 9:30am. Parents will be seated throughout the school playground where best suits their viewing of the parade. Students will sit in class areas to provide crowd and support around the entire parade route.

All students will be asked to design and make their Easter hat at home and bring it to wear to the parade. Each class will participate in a class vote for their favourite Easter hat and an award and small Easter gift will be awarded. All students K-6 will parade around in a loop of the school to show both parents and students their wonderful Easter hat designs.

Following the conclusion of the parade, parents are encouraged to bring a special picnic morning tea to celebrate the end of a great term for their child.

All parents/caregivers are asked to attend only if they are COVID symptom free. For the safety of our community and as a requirement for attending this event, all visitors must use the QR code upon arrival. There will be sanitation stations set up where sanitiser will be provided for visitors to help prevent the spread of COVID-19.

We look forward to seeing our students wearing their creative Easter hat designs on the day and we wish our students and community a safe and wonderful break.

Kind regards,

Ashleigh Kinnish and Tahleya Cook
Event Coordinator

Our aim is to learn about our school environment and help maintain some of the gardens. Members of the Gardening Club participate in activities such as planting, watering and weeding. Any students, from Kindergarten to Year 6, are welcome to join in the fun.

Children will be supervised and assisted in their gardening activities by Mr Bale and Mrs Cheetham. It would be wonderful if the children could bring along their own pair of gardening gloves. If your child is interested in joining our Gardening Club, please fill in permission via the Sentral app.

Julie Cheetham
Gardening Club Coordinator

Year 6 McDonalds Fundraiser

YEAR 6 MCDONALDS FUNDRAISER EVENING

Come help support our Year 6 fundraiser on Tuesday 19th March! For all orders placed instore between 5pm-7pm

our school will received a percentage of the profits! Even better, your order will be made by or you will be served by one of our teachers! We are looking forward to seeing our school community on the night!



Warm regards
Stage 3 Teachers

Gardening Club 2024!



Would your child like to join the school's Gardening Club?

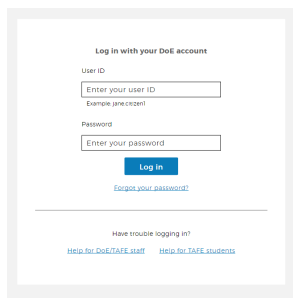
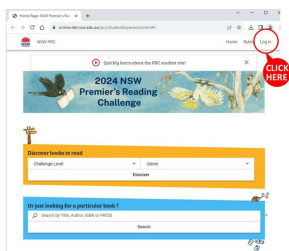
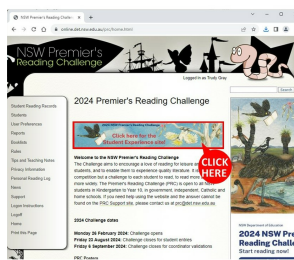
We are pleased to announce that Gardening Club will be running this term at recess on Wednesdays.

Premier's Reading Challenge OPEN NOW!

How to Login

Click on the link below and have your child ready to enter their Department of Education login details.

PREMIER'S READING CHALLENGE
<https://online.det.nsw.edu.au/prc/home.html>



3-6 Students will need to access the online PRC site by logging in using their school log in and password. If your child can not remember this, please call the school office for details.

The **Premier's Reading Challenge** opened in 2024 on the 26th February and closes on the 23rd August 2024. All students are invited to participate in this challenge.

Children from K-2 will complete the challenge at school. Their class teachers and Mrs Antonelli will be reading various PRC books throughout the challenge dates. If you have a child in K-2 and you wish to participate in the challenge with them at home, this definitely is encouraged. Each child that completes the challenge at home will receive a Class Award and have their names printed in the newsletter.

Children in years 3 -6 are responsible for completing the challenge and recording their reading log individually. They will need to access the online PRC site by logging in using their school log in and password. If your child can not remember this, please call the school office for details.

Students must read a certain number of books to complete the Challenge:

Level	Number of books you must read	Minimum number of PRC books	Maximum number of Personal Choice books	PRC booklists you can read from
K-2	30	20	10	K-2, 3-4, 5-6, 7-9
3-4	20	10	10	3-4, 5-6, 7-9
5-6	20	10	10	5-6, 7-9

Rules for the Challenge are as follows:

1. The Challenge opened on 26th February 2024. Student's must complete their online Student Reading Record by 23rd August 2024 (11:59 pm) to complete the Challenge.
2. Students must read a certain number of books to complete the Challenge. See table above.
3. Books you read after the Challenge closes can count towards the next year's Challenge. Therefore, any books read after August 2023 last year can be included in this year's challenge.
4. a. K-2 students, can read the books on their own, read them with someone, or someone can read them to you.
b. 3-4, 5-6, students must read the books on your own, but someone can help you choose them.
5. In an approved series on the PRC booklist, children can read any 5 books as PRC books. They can read up to 10 other books from the same series as Personal Choice books.
6. a. K-2 students can read books or have them read to you in your home language.
b. 3-4, 5-6 students must read all PRC books in English. You may read Personal Choice books in your home language.
7. You need to complete your online Student Reading Record by 23rd August 2024 for it to be validated.

See the Premier's Reading Challenge website for information on how to log into the PRC Challenge and how to record completed books. <https://online.det.nsw.edu.au/prc/home.html> or just type Premier's Reading Challenge into your search engine.

Thankyou

Rose Antonelli

School Teacher Librarian

Book Club - order before 29th March

P&C News

Thank you to those of you who were able to attend our last meeting, which was held on Tuesday March 5th. All

members of the school community are welcome – and encouraged – to attend monthly meetings as it is a great way to be kept abreast of school issues, and to ask any questions pertaining to the school.

Our next meeting will be held on Tuesday 2nd April, at 7pm in the staffroom.

Uniforms:

If you have any unwanted uniforms (that are in good used condition - with the school logo), please leave them at the front office and we will collect. Uniform pop-up stalls will be running this year, please see our Facebook page for dates and times. Our next pop-up uniform stall is to be advised.

Contacting the P&C:

Send us an email: admin@cgpspandc.com.au

[Like our Facebook page - Cambridge Gardens P&C Association \(or use the shortcut @CGPSPNC\)](#)

Payments:

All payments for the P&C are to be placed the P&C account. Please get in touch if you need to make a payment.

Have a great fortnight,

Stacey

P&C Secretary 2024



Issue 2 will be going home with students this week so keep an eye out for the full colour catalogue!

Book Club provides families with an affordable and convenient way to bring the best in children's literature into their homes. Each issue

contains curated, age-appropriate titles that have been carefully selected and levelled by a dedicated team of professional booklovers.

Book Club also benefits our school - for every Book Club order placed, Scholastic gives back 15% of the order spend to purchase valuable educational resources via its Scholastic Rewards program.

Book Club Issue 2 2024

https://cambridgegps.schoolzineplus.com/_file/media/682/bc_2_24.pdf

Current Notes

OUR PREFERRED METHOD OF PERMISSION AND PAYMENT IS THROUGH SENTRAL. Please contact the school to get help with setting this up. Links are below for all current notes and please note their closing date. Please ensure you put your child's full name and class name on all notes.

K-2 Reading Eggs - Click Here

https://cambridgegps.schoolzineplus.com/_file/media/591/reading_eggs_note_2024.pdf

Mathletics K-6 - Click Here

https://cambridgegps.schoolzineplus.com/_file/media/668/mathletics_note_2024.pdf

Stage 1 Science Incursion - Click Here

https://cambridgegps.schoolzineplus.com/_file/media/676/stage_1_science_incursion_note_2024.pdf

Stage 2 Cricket Gala Day EOI - Click Here

https://cambridgegps.schoolzineplus.com/_file/media/674/stage_2_expression_of_interest_cricket_gala_day_2024_term_1_pp.pdf

Stage 3 Cricket Gala Day EOI - Click Here

https://cambridgegps.schoolzineplus.com/_file/media/675/stage_3_expression_of_interest_cricket_gala_day_2024_term_1_pp.pdf

Stage 3 Camp - Click Here

https://cambridgegps.schoolzineplus.com/_file/media/667/stage_3_camp_note_2024.pdf

Class Bernoulli CARES Excursion - Click Here

https://cambridgegps.schoolzineplus.com/_file/media/677/cares_excursion_stage_3_2024_t2_bernoulli.pdf

Class Dedekind CARES Excursion - Click Here

https://cambridgegps.schoolzineplus.com/_file/media/678/cares_excursion_stage_3_2024_t2_dedekind_pp.pdf

Class Hipparchus CARES Excursion - Click Here

https://cambridgegps.schoolzineplus.com/_file/media/679/cares_excursion_stage_3_2024_t2_hipparchus_pp.pdf

Class Konig CARES Excursion - Click Here

https://cambridgegps.schoolzineplus.com/_file/media/680/cares_excursion_stage_3_2024_t2_konig_pp.pdf

Class Tao CARES Excursion - Click Here

https://cambridgegps.schoolzineplus.com/_file/media/681/cares_excursion_stage_3_2024_t2_tao_pp.pdf


Voluntary Contribution 2024 - Click Here

https://cambridgegps.schoolzineplus.com/_file/media/673/voluntary_contribution_2024.pdf

2024 Calendar

15.03.2024	School Photo Day - Please wear their blue school shirt on this day rather than their maroon sport shirt.
18 & 19.3.2024	Science Incursion Stage 3
19.03.2024	5-7pm McDonalds Year 6 Fundraiser
20.03.2024	Science Incursion Stage 1
21.03.2024	Harmony Day-Wear Orange!
22.03.2024	K-2 Assembly. Class Batten hosting
28.03.2024	Easter Hat Parade
29.03.2024	Good Friday
01.04.2024	Easter Monday
05.04.2024	Principals Assembly
12.04.2024	Last Day of School Term 1
13.04.2024 - 29.04.2024	School Holidays
30.04.2024	School resumes for students Term 2


Uniforms – Back to Basics




Outside School Hours Care Newsletter

11/03/2024


Cambridge Gardens Public School



Camp Australia
Guiding Children's Growth



Your OSHC.



ROCKETEERS

A message from your Coordinator

Welcome to Our Newsletter!

Dear Parents and Guardians,

We hope this newsletter finds you well and that your little ones are enjoying their time at our centre. Here's a glimpse into what we've been up to and what's coming up next week!

This Week's Adventures:

Our little explorers delved into the world of creativity and fun with a range of activities:

- Colour Magic:** Exploring the wonders of colour through various creative mediums.
- Henna Beads and Loam Bands:** Crafting and creating beautiful designs with colourful beads and bands.
- Magnets:** Imaginer and create our own magnet construction activity.
- Leggo Tower:** Building and engineering marvellous structures with everyone's favourite building blocks.

Additionally, we celebrated International Women's Day with heartfelt gestures as our kids prepared lovely cards for their moms, honouring the wonderful women in their lives.

Next Week's Excitement:

Get ready for another week filled with joy and learning! Here's what's in store:

- Easter Sand Art:** Embracing the festive spirit with colourful sand creations.
- Animal Logs with Aussie Animals:** Exploring Australia's unique wildlife through playful Lego creations.
- Symmetry Drawing:** Unleashing creativity through symmetry and patterns.
- Making a Family Tree:** Understanding roots and connections through a fun craft activity.

Indoor activities, Outdoor Adventures and Crafts:

As always, we'll be venturing outdoors for plenty of fresh air and games. We will also have board games, cooking activities and outdoor activities like soccer.

Your Feedback Matters:

We greatly value your feedback and suggestions. Please feel free to share any thoughts or ideas you have regarding our activities and programs. Your input helps us continually improve and tailor our offerings to meet the needs and interests of all our children.

Thank you for entrusting us with the care and education of your little ones. We look forward to another exciting week ahead!

Warm regards,

Mairaj & OSHC Team

Activities coming up

- Belonging – Puzzle masters
- Belonging – My OSHC
- Mini Masterchef



Make a booking


Join in the fun of Outside School Hours Care activities and experiences with Your OSHC and Rocketeers.

Book now


Register free and book in 24/7 via our app

To attend our program, you must register your child. You can register an account with us at go.campaustalia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Find out more and book now at www.campaustalia.com.au

	
CAMBRIDGE GARDENS PUBLIC SCHOOL	
POLO SHIRT	\$ 38.00
SHORTS	\$ 30.00
SUMMER DRESS	\$ 64.00
SPORTS POLO	\$ 38.00
SPORT SHORTS	\$ 38.00
FLEECE ZIP JACKET	\$ 61.00
FLEECE SLOPPY JOE	\$ 43.00
FLEECE TRACKPANTS	\$ 35.00
MICROFIBRE JACKET	\$ 73.00
MICROFIBRE TRACKPANTS	\$ 58.00
BUCKET HAT	\$ 20.00
CAP	\$ 20.00
SCRUNCHIE	\$ 8.00
WHITE SOCKS	\$ 8.00 EACH
	or
	\$ 20.00 for 4
<i>Prices effective 01/10/23 – Subject to change without notice – Includes 10% GST</i>	
<div> <div>=====</div> <div>BACK TO BASICS</div> <div>=====</div> </div>	
SCHOOLWEAR & SPORTSWEAR	
52 Cox Ave, Kingswood NSW 2747	
Phone: (02) 4721 7422	
Email: basics@backtobasicschoolwear.com.au	
Website: www.cowanlewis.com.au	
Opening Hours: Mon-Fri 9:00AM-4:30PM Sat 9:00AM-12PM*	
<i>*Hours subject to change during Back to School & Public Holiday periods</i>	
COWAN & LEWIS PTY LTD ABN 76 000 412 779	

Canteen

[illegible]



Kids' Pantry

ENTERTAIN
GLUTEN FREE MEALS

MIDDLES

- **Quick Chicken Sandwich (\$5.00)**
 - Chicken Sandwich (\$2.50)
 - Chicken Sandwich w/ Mayo (\$3.00)
- **Chicken Pesto (\$2.00)**
 - Chicken Pesto (\$2.00)
 - Chicken Pesto w/ Mayo (\$2.50)
- **Apple Cider (\$2.00)**
 - Apple Cider (\$2.00)
 - Apple Cider w/ Mayo (\$2.50)
- **Hot Dog (\$2.00)**
 - Hot Dog (\$2.00)
 - Hot Dog w/ Mayo (\$2.50)
- **Hot Dog (\$2.00)**
 - Hot Dog (\$2.00)
 - Hot Dog w/ Mayo (\$2.50)
- **Hot Dog (\$2.00)**
 - Hot Dog (\$2.00)
 - Hot Dog w/ Mayo (\$2.50)

SANDWICHES

- **Roasted Chicken Sandwich (\$5.00)**
 - Roasted Chicken Sandwich (\$2.50)
 - Roasted Chicken Sandwich w/ Mayo (\$3.00)
- **Grilled Chicken and Mayo (\$3.00)**
 - Grilled Chicken and Mayo (\$3.00)
 - Grilled Chicken and Mayo w/ Mayo (\$3.50)
- **Grilled Chicken (\$2.00)**
 - Grilled Chicken (\$2.00)
 - Grilled Chicken w/ Mayo (\$2.50)

PIZZA

- **Vegetarian (\$5.00)**
 - Vegetarian (\$5.00)
 - Vegetarian w/ Mayo (\$5.50)
- **Meat (\$5.00)**
 - Meat (\$5.00)
 - Meat w/ Mayo (\$5.50)

FROZEN BITE

- **Chicken Nugget (\$2.50)**
 - Chicken Nugget (\$2.50)
 - Chicken Nugget w/ Mayo (\$3.00)
- **French Fry (\$2.00)**
 - French Fry (\$2.00)
 - French Fry w/ Mayo (\$2.50)
- **Hot Dog (\$2.00)**
 - Hot Dog (\$2.00)
 - Hot Dog w/ Mayo (\$2.50)

SIPS

- **Apple Cider (\$2.00)**
 - Apple Cider (\$2.00)
 - Apple Cider w/ Mayo (\$2.50)
- **Hot Dog (\$2.00)**
 - Hot Dog (\$2.00)
 - Hot Dog w/ Mayo (\$2.50)
- **Hot Dog (\$2.00)**
 - Hot Dog (\$2.00)
 - Hot Dog w/ Mayo (\$2.50)

SALADS




- **Chicken Salad (\$5.00)**
 - Chicken Salad (\$5.00)
 - Chicken Salad w/ Mayo (\$5.50)
- **Hot Dog (\$2.00)**
 - Hot Dog (\$2.00)
 - Hot Dog w/ Mayo (\$2.50)






CITY OF CAMBRIDGE
CAMBRIDGE FOOD BANK


- **Hot Dog (\$2.00)**
 - Hot Dog (\$2.00)
 - Hot Dog w/ Mayo (\$2.50)
- **Hot Dog (\$2.00)**
 - Hot Dog (\$2.00)
 - Hot Dog w/ Mayo (\$2.50)

MY SCHOOL CONNECT
OUR SCHOOL TUCKSHOP IS NOW ONLINE!
Download the free app or access www.myschoolconnect.com.au

	1. REGISTER YOUR ACCOUNT Register on any device, simply login to www.myschoolconnect.com.au and click on "Create Account". Follow the prompts to add your email and password.
2. ADD YOUR STUDENT And make sure that you select your school and classroom details.	
	3. SELECT "TOP UP" To add money to your account via Credit Card or PayPal, you can choose Direct Debit but allow 3-5 working days to process prior to ordering. You can also pay as you go, simply tap the top up screen for adding funds and start ordering.

(Please note Merchant Fees apply to Credit Card or PayPal Transactions)

	4. ORDER To start ordering lunch simply select your Student and click "My Now" and you can order for the day, week, it's that simple!
5. CHECKOUT Once you have completed your order, view your order summary in the "top" and proceed to "checkout". Select your preferred form of payment and submit, all orders are confirmed via email.	
	NOTE ON PAID ORDERS Note that only paid orders will be sent to your canteen, not those still sitting in your cart. To start ordering lunch simply select your Student and click "My Now" and you can order for the day, week, it's that simple!

MY SCHOOL CONNECT
www.myschoolconnect.com.au

 My School Connect has a 7 day a week support line, contact 1300 030 915

Healthy Kids

Nutrition Snippet
HEALTHY GRAB-AND-GO SNACKS

Making homemade snacks can be cheaper, healthier and better for the environment, but sometimes you just need a **grab-and-go snack** that is not packed with sugar, salt and saturated fat.

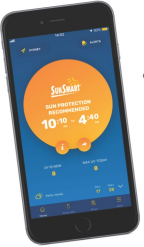



Read our blog to find out our top **8 grab-and-go snacks** to pack when time is low




healthylunchbox.com.au  **Cancer Council**
Healthy Lunch Box


Sunsmart Snippet
What's the UV right now?

Remember to **SLIP, SLOP, SLAP, SEEK and SLIDE** when the UV is 3 or above.



Check the SunSmart app everyday to find out your local UV levels and sun protection times to protect yourself from skin cancer.

sunsmartnsw.com.au  **Cancer Council**
Healthy Lunch Box