



# Wilson Park Public School

## NEWSLETTER

TERM 4 WEEK 2

23 October 2019

### P&C Meetings

First Thursday of the month  
9.30am to 10.30am meeting

Followed by morning tea

Term 4

7 November 2019

5 December 2019

### October Birthdays

Kayleigh  
Cottam-Harris  
12<sup>th</sup> October

Bella-Maree  
Walkley  
19<sup>th</sup> October

Dear Parents,

Welcome to Term 4! It is always good to see everyone return after a holiday. We also welcome a new staff member to our school.

Cheryl Morton joins us as School Administrative Officer. You will speak to Cheryl on the phone and talk with her in the office when you visit the school. We look forward to working with you Cheryl.

#### ❖ North Coast National – The Lismore Show

Students attended the North Coast National – The Lismore Show - last Friday.

Staff reported a positive event for students.

The fluffy chooks and the Reptile Show get the favourite vote. Choosing Show Bags gets the hardest vote!



#### ❖ Graduation Dinner Dance

The Graduation Dinner Dance will be held on the evening of **Thursday, 21st November 2019.**

Invitations went to families last week. We look forward to celebrating this evening with our seven graduates and their families.

Please note: Guests can arrive from 5.30pm and we will present the graduates and start the formal part of the evening at 6.00pm

#### ❖ Christmas Carols Evening – a NEW event

A Christmas Carols evening will be held on **Tuesday, 10 December 2019**

from **5:30pm to 7:00pm.**

A first for us! How exciting!

All welcome.

#### ❖ End Of Year Assembly

Our End of Year Assembly will be held on **Tuesday, 17 December 2019**

from 9:30am to 11:00am.

#### ❖ Attachments

- Canteen List –Term 4 -Wyrallah Road Public School
- 2019 Term 4 at a Glance



Helen Rea / Principal



# Wyrallah Road Public School

## Term 4 2019

Our canteen is run as a service to the school by the P&C Association. For your convenience, we operate Monday to Friday. We aim to comply with the New NSW Healthy School Canteen Strategy by providing a variety of affordable and healthy meal, drink and snack items.

### CANTEEN HOURS: 8:30am—2:30pm

Sign up to flexischools at [www.flexischools.com.au](http://www.flexischools.com.au)  
-our preferred way to order your lunch online.

Online and over the counter Recess and Lunch orders  
must be placed by 9.15am

Counter Lunch and Recess orders on separate bags Please!  
Bags available 20 for \$0.60 at canteen



Before School Items are restricted to over the counter sales only and include:

Toast (with spread), Raisin Toast, Custard, Yoghurt, Water, Milk, Fruit and Juice.

### Healthy Sandwiches, Rolls & Wraps

All SANDWICHES are made on GRAIN or WHITE BREAD

GF Wrap or Bread add	\$1.40
White Bread Rolls add	\$0.40
Chicken	\$3.20
Chicken Lettuce & Mayo	\$3.90
Chicken & Salad	\$4.80
Ham	\$2.50
Ham & Tomato	\$2.90
Ham Cheese & Tomato	\$3.70
Ham & Salad	\$4.10
Falafel <span style="background-color: green; color: white; padding: 2px;">VEG</span>	\$3.20
Falafel & Salad <span style="background-color: green; color: white; padding: 2px;">VEG</span>	\$4.80
Cheese	\$2.00
Cheese & Tomato	\$2.40
Cheese & Salad	\$3.60
Egg & Lettuce (Plain or Curried)	\$2.90
Egg & Salad	\$4.10
Tuna	\$3.20
Tuna Lettuce & Mayo	\$3.90
Tuna & Salad	\$4.80
Salmon	\$3.20
Salmon Lettuce & Mayo	\$3.90
Salmon & Salad	\$4.80
Salad Only (Lettuce, Tomato, Carrot, Cucumber)	\$2.80
Tomato	\$1.60
Vegemite, Jam or Honey	\$1.50

#### EXTRAS:

Onion, Pickles, Mayonnaise, Hommus	\$0.30
Lettuce, Beetroot, Carrot, Cucumber, Tomato	\$0.40
Cheese	\$0.80



### Toasted Sandwiches

Cheese	\$2.50
Ham / Cheese & Tomato	\$3.00
Ham & Cheese	\$3.50
Chicken & Cheese / Tuna & Cheese / Ham Cheese & Tomato	\$4.00

### Healthy Salad Tubs

#### (Lunch Only)

Garden Salad	Small	\$3.20	Large	\$4.80
- lettuce, tomato, celery, carrot, cucumber, & beetroot				
Greek Salad				
- lettuce, tomato, cucumber, feta, olives, red onion				
Add				
- chicken / tuna / salmon / falafel				\$2.00
- ham				\$1.30
- egg				\$1.00
- cheese				\$0.80
- onion / mayo / pickles / hommus				\$0.30

NB: Please note no changes or substitutions to base salads.

### Healthy Homemade Pasta

#### (Lunch Only)

Cup of cooked pasta	<span style="background-color: green; color: white; padding: 2px;">VEG</span>
- Plain - \$1	
- Parmesan - \$1.50	
- Pesto - \$2	

### Hot Wraps & Subs

#### (Lunch Only)

Chilli Chicken Tender Salad Wrap	Full	\$6.60
	Half	\$3.30
Chilli Chicken Tender Lettuce Mayo Sub		\$4.30
Chicken Nugget Lettuce Mayo Sub		\$4.70
Chicken & Gravy Sub		\$4.00

## **Burgers** **(Lunch Only)**

Beef or Vegie Burger	\$5.50
-Tomato Lettuce Beetroot	
(Sauce available Tomato, B.B.Q, Sweet Chilli, Hommus)	

## **Hot Food** **(Lunch Only)**

Garlic Bread Roll	\$2.00
Chicken Nuggets	(GF) \$0.60 \$0.60
Chilli Chicken Tender	\$2.00
Pizza – Ham & Pineapple / Cheese & Bacon	\$2.80
Small Pie (100g)	\$3.00
Potato Top Pie	\$4.00
Beef Pie (Cruiser)	\$4.00
Sausage Roll (135g)	\$2.90
Spinach & Ricotta Roll (Snack size 75g)	VEG \$2.90
Lasagna	\$4.00
Mac & Cheese	VEG \$4.00

### **Squeeze Sauce:**

Tomato / BBQ / Sweet & Sour	\$0.30
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## **Recess Snacks**

(Also Available at Lunch)

### **Everyday Snacks**

Fresh Fruit (Seasonal)	\$1.00
Boiled Egg	\$1.00
Veggie Sticks	\$1.00
Vegie Sticks with Hommus	\$1.60
Rice Crackers with Hommus	\$0.70
Toast (with spread)	\$0.60
Raisin Toast	\$0.90
Garlic Toast	\$0.60
Vita Weats / GF Rice Cakes = 2 Biscuits	
- Vegemite	\$0.60
- Tomato	\$0.70
- Cheese	\$0.70
- Tomato & Cheese	\$0.90
Vanilla Custard	\$1.20
Chocolate Custard	\$0.80
Yoghurt ( <i>Strawberry, Vanilla or Banana</i> )	\$0.80
Sultanas	\$0.80
Dried Apple	\$0.10
Banana Chips	\$0.05
Rice Crackers	\$0.05
Bread Sticks	\$0.10
Popcorn (Air popped)	\$0.40

### **Sometimes Snacks**

#### **Muffins & Pikelets made daily in canteen**

Muffin ( <i>Chocolate, Banana, Pineapple/Carrot</i> )	\$1.20
Pikelet ( <i>Jam, Honey, Margarine</i> )	\$0.60
Red Rock Chips <i>Sea Salt</i> ,	\$1.30
Grain Waves Chips <i>Sour Cream &amp; Chives</i>	\$1.30

## **Drinks**

### **Everyday**

Water 600ml	\$1.60
Juice Pop Tops 250ml ( <i>Apple, Orange, Apple &amp; Blackcurrant</i> )	\$2.30
Milk 300ml Flavoured ( <i>Chocolate, Strawberry</i> )	\$2.40



## **Thursday Special**

**Check newsletter or specials board in  
canteen**

Please feel free to come and see us if you have any  
questions or you would like to volunteer.

Find our P&C on Facebook or via email  
wyrallahrdps.pandc@gmail.com

Wyrallah Road Public School proudly stands on  
Bundjalung land.

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www.wyrallahrd-p.schools.nsw.edu.au



Month	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
Oct		7 Labour Day	8	9	10	11	12/13
Oct	1	14 Term 4 begins for school staff and students	15	16 All staff CPR & Anaphylaxis	17	18 North Coast National	19/20
Oct	2	21	22	23	24	25	26/27
Oct Nov	3	28	29	30	31	1	2/3
Nov	4	4	5	6	7 P&C Meeting	8	9/10
Nov	5	11	12 Evacuation Drill	13 All staff	14	15	16/17
Nov	6	18	19	20	21 Graduation Dinner Dance	22	23/24
Nov Dec	7	25	26	27	28	29	30/1
Dec	8	2	3	4 All staff	5 P&C Meeting	6	7/8
Dec	9	9	10 Christmas Carols from 5.30pm	11	12	13	14/15
Dec	10	16	17 End of Year Assembly	18 Last Day of Term 4 FOR STUDENTS	19 Last Day of Term 4 FOR STAFF	20 School Development Day Already completed	21/22
Dec		23	24	25 Christmas Day	26 Boxing Day	27	28/29

School recommences on Tuesday, 28<sup>th</sup> January 2020 (for Staff)