

ALBANY SENIOR HIGH SCHOOL



NEWSLETTER

VOLUME 6 – 13 September 2019



FROM THE PRINCIPAL

Use of electronic media

The school has been providing students with some educational programs about the appropriate use of electronic media. This has included police talks with whole year groups about cyber bullying and the new laws about intimate images. The key messages about the new intimate image laws are:

- It is against the law to take, keep or ask for an intimate image of a person under 18
- It is against the law to share an intimate image of a person of any age without their consent.

I have attached a link for parents to be able to find out more about the changes in law and the possible ramifications for young people.

<https://department.justice.wa.gov.au/Intimate-image-laws-youngpeople.aspx>

No Violence in Schools Strategy

The Department of Education commenced this campaign about No Violence in Schools in 2019. With clear guidelines to schools about actions for specific types of behaviour, Albany SHS has been firm in dealing with students who display violent behaviour with suspension and exclusion processes.

The second stage of this campaign highlights the recording and sharing of fights through social media, and bystander behaviours. I am writing this to ensure our school community is aware that recording fights will result in suspension. It is not appropriate for students to upload and share violent materials over the internet. This is bullying behaviour and action will be taken. I would like to thank and encourage parents (and students) who share relevant information with school, so that emerging issues are dealt with promptly. This will include removal of material from the internet and suspensions.

<https://www.education.wa.edu.au/violence>

School Surveys

The school will be seeking feedback on a range of issues this year from the whole school community (staff, students and parents). Rather than sending one very large survey, it has been decided to send smaller thematic surveys, which we encourage everyone to contribute to with your feedback. The first survey will be the National Opinion Survey that contributes directly to our school improvement planning. Subsequent surveys will address communication and the school canteen. Please have your say so we can celebrate what is working well and work to improve where needed.

Communication Protocols

The Department is working to raise awareness with school communities about communication protocols that enhance positive respectful relationships. The full publication can be found on our website link: <https://www.albanyshs.wa.edu.au/page/12/Newsletter>

Parents/carers have an important role in helping create positive learning environments for students.

They do this by:

- treating all members of the school community with respect and dignity
- respecting differences and preferences of others
- supporting school policies and values
- being respectful in their relationships and reinforcing their children's good behaviour
- supporting the activities of their school and getting involved where they are able to
- encouraging their children to respect other students and school staff.



Jenny Firth
PRINCIPAL

FROM THE DEPUTY

Sustainability Success!

Some fantastic progress at ASHS in terms of recycling... we have gone from sending 30kg of cardboard and waste to general waste every day to only 3kg.

Not only that, but we have saved 626 reams of paper this year through a 27% reduction in our printing and photocopying.

We've only just begun... the incredibly passionate students in our Sustainability Club are going to be spearheading compositing and reusable paper initiatives as their focus for the rest of the year.

Parent & guardian visitors at lunch time

While we appreciate that our students forget their lunch at times, it is important that all school visitors come through the Front Office to drop items off to their children. Please do not ask them to meet you on the road; it is not safe for us to be allowing our students to interact with vehicles and community members in this way as our duty teachers can't know who is a guardian and who is not.

I'm sure you would all want us to be vigilant in this too.

Yard behaviour

We have been working hard as a school this term to focus on yard behaviour to ensure that we are all exhibiting Pride, Respect and Responsibility in the yard. This will continue to be a focus for us; three particular behaviours that are a focus for us include:

- Following teachers' directions;
- Cleaning up after ourselves;
- Not filming other students.

This final point is a very important one.

Subject selections

Mrs Firth and I have had lots of engaging conversations with our very excited Year 8s who have been able to have a say in their subject choices for the first time in their schooling careers! Their enthusiasm is contagious, and it has been fabulous to see them in the yard over the last few weeks, poring over their Blue Sheets together and talking about their plans for their futures.

Car park development

You may have noticed that the development of a car park for shared use of APS and ASHS has begun near the Youth Centre. It won't be long until our parking issues are resolved but in the mean-time there will be some disruption. We will be ceasing operations during students' exam times so that they are not negatively impacted. This will extend the timeframe for getting the project finalised. Thank you for bearing with us!



Emma Pedretti
DEPUTY PRINCIPAL

STUDENT SERVICES

Attendance

Attendance rates have been dropping this term, which is disappointing and I would like to remind students that they are encouraged not to take days off unless absolutely necessary. Family vacations during school term are not seen as a reasonable reason for an absence.

We are seeing an increase in parents not providing reasons for absences. Parents are encouraged to inform the school if their child will be away. This can be done by email: albany.shs.enquiries@education.wa.edu.au, phone: 9841 0419 or SMS: 0400 204 440.

Parents are also reminded that all students who are absent from school for three or more consecutive days require a medical certificate to explain their absence.



STUDENT SERVICES Continued ...

Uniform

Student Services offers short term loans to keep students in school uniform. Unless for a new student, a swap system is used to encourage the return of the jacket or shirt.

The uniform shop operating in Colgate Cottage on the ASHS site, is the source of new school uniforms.

<http://albanyseniorhighschool.permableat.com.au/shop/>

If you have any uniform you would like to donate to Student Services it will be greatly appreciated.

Lost Property

There is a large number of items that have been bought to lost property in Student Services. This includes both uniform and non-uniform items. If your child has lost anything, please have them come and check if it is in Student Services. Uncollected items will be taken to the Op Shop in the holidays.

RAC RoadSmart

Approximately 300 students from Years 10-12 attended a presentation by the RAC on road safety on August 22. The presentation included guest speakers who had themselves been impacted by road trauma, along with speakers from local emergency services.

Some of the information presented was quite confronting but gave a clear message about being safe on the roads.

Following the formal presentation, students were given the opportunity to view emergency vehicles up close and talk with the emergency services personnel.

Photos from the RoadSmart event follow in this newsletter.

Year 7

The Year 7s have started a Dodgeball Competition at lunchtime that will run over the next few lunchtimes.

Our Year 7 Leaders will also be very busy being involved with helping Jennifer this week packing boxes for Operation Christmas Child.

They have been working alongside the Prefects planning for the Social; the theme is "Glow in the Dark", and I know it will be a terrific night for all of them.

We will have a good standing activity on Friday of Week 10, to reward those deserving Year 7s who consistently do the right thing.

Year 12

With the end of the year fast approaching a few reminders to the Year 12s:

Final assessments

ATAR students are reminded that exams are scheduled from October 9 - 15.

The final day of timetabled classes for all Year 12 students is Friday, September 27, which is also Futures Day, whereby Year 12 students are encouraged to dress up to represent their future career.

Final Day

The final day for Year 12 students is Wednesday October 23, when we will have a final farewell assembly for the student body occurring P1&2. There will be a rehearsal for the Awards Night followed by activities on the oval, and students will be dismissed at about 12.45 pm so that the whole school can wave them good bye at lunchtime.

Awards Night AV Presentation

The Year 12 Prefects are putting together a slide show of images and videos of the last five years of their schooling. We would appreciate contributions made on Connect from parents and students.

TISC Applications

Just a reminder to all ATAR students that the initial deadline (and the cheapest one) for WA public universities is Monday 30 September. All students should have applied by this time. I strongly encourage this, even if students are still unsure of what they will do. They can continue to go on to the TISC site and make changes up until early January.



Dianne Heinrich
PROGRAM COORDINATOR STUDENT SERVICES

STUDENT SERVICES Continued...

RAC RoadSmart Photos



POSITION AVAILABLE @ ASHS

Join a dedicated and dynamic team and help make a difference in the community!

Albany Senior High School (SHS) is seeking to appoint a committed, dedicated and enthusiastic individual to join their team in the role of Aboriginal and Islander Education Officer (AIEO).

Aboriginal and Islander Education Officers assist and support Aboriginal and Torres Strait Islander (ATSI) students, particularly those at risk, through mentoring and pastoral care to ensure their participation and achievement in the school environment. Suitable applicants will act as a liaison between the community and the school in order to develop an education program that is relevant to both educational and cultural needs and assist teachers in delivering planned education programs and encouraging a supportive and inclusive learning environment.

Your application should include:

- A 2-3 page statement addressing the Work Related Requirements, in context of the role and business needs of the school
- A CV of up to 4 pages outlining your employment history and professional learning summary relevant to this position
- The contact details for 2 work related referees (one being your current line manager)

For further job related information:

Please contact Stuart Meyers, Follow the Dream Coordinator, by telephoning 0432 156 013 or emailing Stuart.Myers@education.wa.edu.au

Applications must be submitted before 4.30pm (WST) on Monday, 21 October 2019

APPLICATIONS MUST BE SUBMITTED ONLINE. Emailed, hardcopy, faxed and late applications will not be accepted. Follow this direct link to the job advertisement:

<https://search.jobs.wa.gov.au/page.php?pageID=160&windowUID=0&AdvertID=243467>

PREFECT CAMP

This year Mr Longworth, our Year Coordinator, took our new prefect body out to Camp Quararup. We left Sunday afternoon, excited in our new uniforms and we were all very talkative on the way up. When we arrived Mr Longworth ran us through the camp as he gave us the "Camp Challenges". We had to learn how to play the mandolin, or ride a unicycle. He then showed us where we were staying. The boys were in the Isolation Hospital and the girls were in the eerily 'cursed' Nurses Quarters. This was quickly proved when one of the girls got a bloody nose as she entered through the door. Scary stuff. I can only imagine they had a pretty interesting night. Later that evening, Bonnie Staude and Kensley Crowley came to see us and we discussed the aspects of being a student leader and the responsibilities it entails.

The first and only full day was eventful, to say the least. We had a number of people come and talk to us about leadership. We were visited by the school psychologist and she handed us a test to find our personality types. This exercise is to show what each of our strengths and weaknesses are so we are able to work as a team in the future. The personality types were modelled on characters from the Harry Potter series. We ended up having many "Ron Weasley" personality types within the group!

We were then given a break during which the infamous game of tag was created. All six boys enthusiastically participated in this and it lasted for the rest of the camp. Jack Nicholson out did everybody with his uncanny skills with the unicycle. His mastery of this ungainly device was simply astounding. He was unanimously crowned "King of the Unicycle."

Larry Blight was our next visitor. He talked about the importance of our country and our Indigenous Australians. He was quick to crack a joke and made the whole experience engaging as he handed out indigenous artefacts. Towards the end of the day we

had Ingrid King, a local yoga instructor come in and show us the way of Zen. After this experience I can categorically state that yoga hurts... in places we won't talk about.... ever. After yoga was concluded we got changed into our fancy blazers and waited in anticipation for our parents to arrive. We had a delicious BBQ and we ended the evening introducing our group partners to our parents. After the parents left, the game of tag continued before all the prefects got together in a circle and played games until lights out.

The last morning, we were awakened by an eager Mrs Findlay for some fitness exercises. Only with much determination and burpees later, we managed to survive. Our school chaplain arrived and we were given the task to create a dry spaghetti tower with a marshmallow on top. When the initial 15 minutes were up, no one had successfully got a tower to stand, and the chaplain was forced to give us 3 more minutes, and I'm happy to say that our group, consisting of myself, Tiger, Indigo and Jenaya walked away with the honours.

We cleaned up camp, after which our Principal, Mrs Firth, arrived and talked to us about the school's future. The final event was the nomination of our new School Captains.

On the way home we reflected on our camp experience and we realised this was one of the best camps we've been on and we'd loved every second. We are looking forward to serving the school and students in 2020!

Chris van der Merwe



ALBANY SEABIRD RESCUE TALK

On Thursday 29 August, in our Key Steps session during Period 3 and 4 we were very fortunate to have two guest speakers, Julie and Carol, from Albany Seabird Rescue visit us. Di Bailey also joined our session with her students.

The students discovered what this volunteer group does. They found out how pelicans and other birds are rescued and even had a demonstration (Ethan volunteered to be a pelican and Stewart and Zac rescued him!) We all discovered ways we can help to protect these birds and to prevent them from injury and death by being aware of what we throw away. We also found out about our local volunteers and how we can become more involved.

The students were all very interested and came up with many questions. It was a very informative and thought provoking session and we are grateful to our guest speakers for their visit.



Prefect Camp Yoga

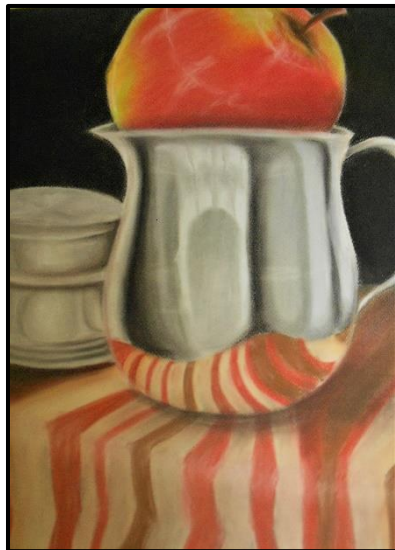


THE ARTS DEPARTMENT

Collective Insights – Senior and Lower School Exhibition

On Wednesday 18 September we will host our annual exhibition celebrating a year of art making across 2019 Visual Arts courses. The exhibition opens at 5.30 pm with speeches at 6.00 pm. There will also be delicious food prepared by our Year 11 Food and Science students. Make sure you come along to place your vote in our People's Choice Award competition where students in each year group have an opportunity for their artwork to be recognised by our ASHS community and receive a prize.

Here is a sneak peek at some of the many artworks on display!

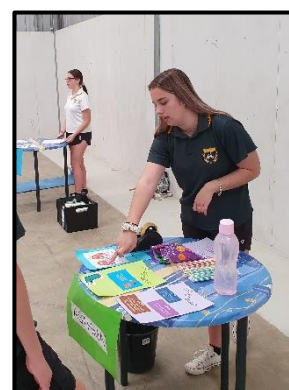


Andrea Totten
VISUAL ARTS TEACHER

HEALTH EDUCATION

Year 12 Health Studies

The Year 12s have been researching the National Strategic Framework for Chronic Conditions over the past month. They presented information to a Year 8 Health class as well as conducting an activity regarding risk factors, effects and/or treatments. It was a great success and the Year 8s came away having learnt lots. Well done to all the Year 12s involved!



COMMUNITY NOTICES

Dental Therapy Centre opening hours April School holidays

Spencer Park Dental Therapy Centre will be closed on the 17 September until 3 October. If you have a dental emergency on those days please contact Yakamia Dental Therapy Centre on 9841 3498.

Your child will be eligible to attend a Dental Therapy Centre from ages 5 to 17. If you no longer intend to use our service please let us know as soon as possible as your valuable appointment could be used by someone else.

All appointments are now sent to your home address. If you have moved in the last few years we may not have your correct address and your child could miss out on their check-up, please contact us to update your details either by **phone: 9841 3967** or **e-mail: spencerparkdtc@dental.health.wa.gov.au**

The staff at Spencer Park Dental Therapy Centre would like to wish all children and parents an enjoyable break, keep smiling ☺

Presented By:  

FREE ENTRY 2km Kids Dash



**ALBANY
PARK TO POINT
FUN RUN**

Sunday 20th October



www.albanyathletics.com.au

10KM - 5KM - 2KM



Active Albany

October School Holiday Program 2019

Have you planned your October School Holidays why not stop and look at what's happening at ALAC.

Plenty of activities suitable for all ages!

To view our full program please visit our website <https://www.albanyleisurecentre.com.au/programs/school-holiday-program.aspx>

For more information or if you need help to book your spot please contact Jacob at recprograms@albany.wa.gov.au

We hope to see you down here these holidays!



**OCTOBER SCHOOL
HOLIDAY PROGRAM**

For more information or to book your spot in any program please contact our team:
Programs Officer P: 08 6820 3455 E: recprograms@albany.wa.gov.au

COMMUNITY NOTICES



albany public
library

EXAM SUPPORT

Exam Support Tutoring: Tutors will be available in various subject areas to provide support in English, Math, Human Biology, Physics and Chemistry. Contact the library to book a space in your preferred subject or book online at albanylibrary.com.au

LOOK OUT FOR THE DESIGNATED STUDY TABLES
September October and November

EXAM PAPERS: Past Exam Papers are available for your reference on the study trolley.

Studiosity



**Study help,
anywhere.**
-> Free for current
students.
Studiosity

STUDIOSITY: Feeling overwhelmed with exams coming up, stuck on a study question or not sure where to even start with an assignment?

Students and families, remember that you have an online homework centre available from 1pm to 10pm, Sunday to Friday, visit our website to log in using your library card number.

Albany Public Library - 221 York Street Albany WA 6330 - (08) 6820 3600 - library.albany.wa.gov.au

RioTinto



School buses made simple!

Have you ever wondered which school buses are available in your area? Or what the difference is between the orange and green school buses?

There are lots of different bus routes in Albany, covering all parts of town and servicing all schools. This map will help you see which buses are operating near your place, and lets you know who to contact to find out more.

Catching the school bus is a great way to reduce parking congestion around the school, provides a safe way for children to get to school, and helps to support kids to be independent.

For more information on which route will work for you, contact the relevant bus provider.

SCHOOL BUSES MADE SIMPLE

Confused about which school buses are available in your area? This map makes it easy to see which service applies to you.



SCHOOL CONTACT INFORMATION

SCHOOL CONTACT DETAILS

Telephone

9841 0444

Postal Address

Albany Senior High School
1 Campbell Road
ALBANY WA 6331

Enquiries and Absentees Email

albany.shs.enquiries@education.wa.edu.au

Absentee SMS

0400 204 440 (text only, no calls)

Account Bank Details

Commonwealth Bank – Albany
Account Name – Albany Senior High School
BSB – 066 500
Account Number – 009 000 88

*Please remember to include your
child's student number as the reference.*

SCHOOL CONTACTS

Administration

Principal

Mrs Jenny Firth

Deputy Principals

Lower School

Ms Emma Pedretti

Senior School

Mr Wayne Austin

Program Coordinator

Senior School

Student Services

Lower School

Ms Di Heinrich

Attendance Officer

Mr Jason Seal

Year Coordinators

Year 7

Mrs Carrie Beeck

Year 8

Mr Nick Bew

Year 9

Miss Meggie McKeague

Year 10

Mr Malcolm Ellis

Year 11

Mr Barry Longworth

Year 12

Mrs Angela Findlay

Chaplain

Mrs Jennifer Wingard

Learning Support Coordinator

Year 7

Mr Roger Arnold

Years 8-12

Mrs Rachel Hodgson

Psychologist

Ms Bree Crockett

School Nurse

Ms Helen Perry

AIEO

Ms Mandi Khan

Monday - Friday

ASHS ALUMNI

Are you a past staff member or student of ASHS?

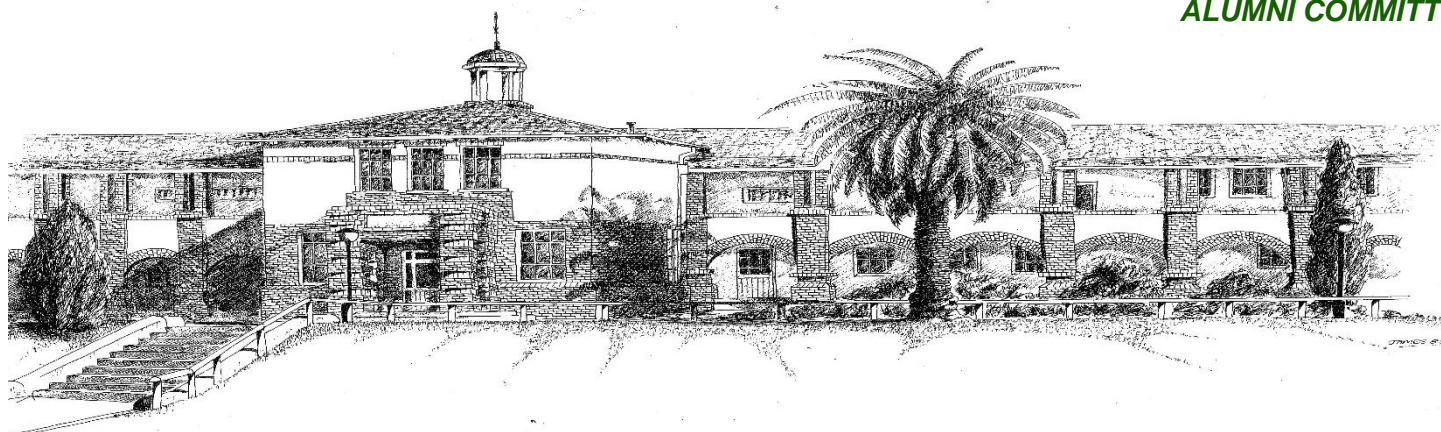
You can register as an ASHS Alumni online at <http://albanyshs.wa.edu.au/page/15/Alumni>

After registering, we verify your details and email you a link to join the ASHS Alumni Facebook Page; or if you would rather, just receive updates by your preferred contact method.

You can also email albanyshsalumni@gmail.com, or post to ASHS Alumni 1 Campbell Road ALBANY WA 6330.

Please share this information with those whom you know are past members of the school community.

Jenny Jackson
ALUMNI COMMITTEE



PARENT CALENDAR

Term 3 2019

WEEK 9	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
Incur/Excursion		Semester 2 Work Placements Finish - Year 12	Cert II Music Evening	Semester 2 Work Placements Finish - Year 12	TAFE 2020 P1 Year 10, 11, 12	Year 7-10 Schools Cup Volleyball	Year 7-10 Schools Cup Volleyball
			Year 12 House Reward - Lunch	Year Assembly - Years 7-11 P4 12:30			
			Visual Art exhibition opening	Year 12 Meeting (Lunch)			
				Year 7-10 Schools Cup Volleyball			
Exams/Tests	OLNA			ICAS Mathematics			
After Hours		Workplace Learning Parent Information Session 6pm					
WEEK 10	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Incur/Excursion		RAC Debrief Year 11 & 12	Marine Science Incurison		Year 12 Futures Dress-up Day		
					NOYT Program P5&6		
Exams/Tests	Year 12 SIDE ATAR Exams 23-27th						
After Hours	School Board 5.15 pm - 6.45pm			Year 7 Melon Social			
Year 12 ATAR Mock Exams - Week 2 of Holidays - Wednesday 9 - Friday 11 October 2019							

Term 4 2019

WEEK 1	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Incur/Excursion	Year Assemblies: Years 7-9 P1; Years 10-11 P3			Year 11 Geography Excursion	Beach Volleyball - Middleton Beach 7.00am-8.15am		
					Yr 12 ATAR classes recommence for revision of exams		
Exams/Tests	Year 12 ATAR Mock Exams	Year 12 ATAR Mock Exams	Year 12 Non-Contact	Year 12 Non-Contact			
WEEK 2	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Incur/Excursion		Year 11 Outdoor Ed Camp			Beach Volleyball - Middleton Beach 7.00am-8.15am		
		Year 7/8 Immunisations	Year 7/8 Immunisations		Bandanna Day		
		Year 7-8 Master Blaster Cricket	Whole School Assembly Period 3 and 4				
		Cert II SC Students involved	Yr 12 Farewell and Prefect Handover				
	Workplace Learning Interviews	Workplace Learning Interviews	Workplace Learning Interviews	Workplace Learning Interviews	Workplace Learning Interviews		
		Concert Band end of year concert	FINAL DAY for Year 12				
Exams/Tests	Year 12 revision/work completion	Year 12 revision/work completion		Yr 10 Exams	Yr 10 Exams		
WEEK 3	28-Oct	29-Oct	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Incur/Excursion	Year 7/8 Immunisations	Peer Support Training - all day Yr9 Student Leaders	Year 9 and 10 Drama Performance Rehearsal P5/6	Interschool Basketball Year 7-10 (Quinn) Cert II SC Students Involved	Beach Volleyball - Middleton Beach 7.00am-8.15am	Pop Band Sleepover - Finish @ 12.00pm	
	Young Writers workshop at VAC - Yr 7/8 English students - all day				Pop Band Sleepover / Recording Session 3.00pm - 12.00pm Saturday		
	Year 10 Exams	Year 10 Exams	WACE EXAMS	WACE EXAMS	WACE EXAMS		
After Hours	School Board 5.15pm - 6.45pm	P&C 7.00pm					
WEEK 4	4-Nov	5-Nov	6-Nov	7-Nov	8-Nov	9-Nov	10-Nov
Incur/Excursion		Semester 2 Work Placements Finish - Year 11		Semester 2 Work Placements Finish - Year 11	Albany Show		
			Pop Band Community Performance	Chamber Music Night	School Development Day		
				Year 11 Reward House Competition Lunch + P5/6	Parent Newsletter Distribution		
				Student Parliament (Lunch time)			
Exams/Tests	WACE EXAMS	WACE EXAMS	WACE EXAMS	WACE EXAMS	WACE EXAMS		
			Yr 11 Exams	Yr 11 Exams	Yr 11 Exams		
WEEK 5	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
Incur/Excursion		Cert II Café performance	Cert II Café Performance		Beach Volleyball - Middleton Beach 7.00am-8.15am		
Exams/Tests	WACE EXAMS	WACE EXAMS	WACE EXAMS	WACE EXAMS	WACE EXAMS		
	Yr 11 Exams	Yr 11 Exams			End of Semester for Year 11s		
After Hours					Year 12 Awards Evening 6.45pm		
WEEK 6	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
Incur/Excursion		Year 6 Transition Day - Albany Primary	Year 6 Transition Day - Flinders Park	Year 6 Transition Day - Spencer Park	Beach Volleyball - Middleton Beach 7.00am-8.15am		
			Pop Band Lunch and evening Performance				
Exams/Tests	WACE EXAMS	WACE EXAMS					
After Hours			Year 9/10 Drama Production 2				
WEEK 7	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov	30-Nov	1-Dec
Incur/Excursion	Year 6 Transition Day - Albany Primary	ASHS Athletics Carnival Year 7-10	Year 6 Transition Day - Flinders Park		Beach Volleyball - Middleton Beach 7.00am-8.15am		
	School Board 5.15pm - 6.45pm		Year 7 Parent Information Evening 6.00 pm				
After Hours							
WEEK 8	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec	7-Dec	8-Dec
Incur/Excursion		Year 10 House Reward Activity P 5/6	Community Achievers Afternoon Tea P6	Student Parliament (Lunch time)	Beach Volleyball - Middleton Beach 7.00am-8.15am	Choir Sleepover Night - Yr 7-11	
				Year 9 House Reward Activity P 5/6	Choir Sleepover Night - Yr 7-11		
					Transition Day new students Year 7 and all Hostel students all day		
					Parent Newsletter Distribution		
After School		P&C 7.00pm					

Please note – all calendar dates are subject to change, please see our website for further details

TERM 4 CANTEEN PRICELIST



Snacks 4 Recess

Cheesie ^	\$1.80 *
Yoghurt (vanilla & berry)	\$2.40
Pikelets ^	\$1.00 *
Mini Pizzas ^ (variety)	\$2.20 *
Fresh Fruit	from \$1.00 (gf, v)
Potato skins (baked beans ^M /cheese)	\$1.70* (gf)
Hash Brown	\$.80 (gf, v)
Roundas (pizza pocket)	\$3.30
Chicko Roll	\$2.70
Sweet Chilli Tender	\$1.80

Drinks

Flavoured Milk: (Chocolate, Strawberry & Banana)	
300ml	\$2.60
600ml	\$3.90
250ml	\$1.60
Juice Bombs	\$2.60
Plain milk	\$2.10

Ice Creams

Scooby Doo (chocolate, banana & caramel)	\$2.00
Frozen Yoghurt	\$2.50
Bulla Vanilla Buckets	\$2.00

Hot Lunches

Macaroni N Cheese	\$4.50 *
Spaghetti Bolognese	\$5.00 *
Lasagne	\$5.00 *
Soup (includes wholemeal bread or roll)	\$4.50 * (gf, v)
Hot Dog	\$3.90
Cruiser Pie	\$3.80
Hot Chicken Roll	\$5.20
Sausage Roll	\$3.70
Wedges	\$3.60 (gf ^A , v)
Hamburger ^	\$5.20 (gf ^A)
Chicken Burger ^	\$5.20 (gf ^A)
Veggie Burger ^	\$5.20 (gf ^A , v)
Fish Burger ^	\$5.80 (gf ^A)
Chilli Chicken Wrap ^	\$5.80 (gf ^A)
Burger/wrap salad = lettuce, tomato, carrot & cucumber.	
Add 50c each for cheese, egg, pineapple, beetroot & onion.	

Toasted Sandwiches ^

Cheese	\$3.30
Ham & Cheese	\$3.90
Chicken & Cheese	\$4.10
Add 50c each for onion, pineapple, tomato & beetroot	
Add 20c each for mayo & sauce.	

Sandwiches ^

Cheese	\$3.00
Ham & Salad	\$3.90
Chicken & Salad	\$3.90
Salad	\$3.60 (v)

Wraps ^ & Rolls ^ add \$1

Salad = lettuce, tomato, carrot & cucumber.

Add 50c each for cheese, egg, pineapple, beetroot & onion

Cold Lunches

Garden Salad # (lettuce, tomato, carrot, cheese, cucumber & mayonnaise)	
Small	\$4.40 * (gf)
Large	\$5.90 * (gf)
Garden Salad with:	
Chicken	\$6.50 (gf)
Egg	\$6.50 (gf)
Ham	\$6.50 (gf)
Fish	\$7.00
Chicken Chilli Strips (2)	\$7.00
Chicken tender Strips (2)	\$7.00
(served with wholemeal bread or fruit for GF option)	
Creamy Pasta Salad ^ without Ham	\$3.00 * (v)
with Ham ^	\$3.50 *
Sushi (tuna, chicken, vegetarian) (gf, v)	\$4.60 * pre-order

Lunch orders

At the canteen during recess

OR

Online at quickcliq.com.au

WEEKLY / DAILY SPECIALS

See online at quickcliq.com.au or [facebook: ASHS P&C](https://www.facebook.com/ASHSP&C)

^ Gluten free available on request for an additional \$1.

Vegan option available on request.

* Canteen made

Amber products only available Tuesday & Thursday.