Dear families

Welcome back to the college for 2015. It has been a pleasure over the past week to watch our students arrive with huge smiles and full of enthusiasm for the year ahead. Our total enrolment is now 220 students which is a significant increase from 2014.

We have welcomed many new students into our community across the college. I extend a special welcome to our new year 7’s and preps. It was wonderful to watch them arrive supported by parents, grandparents or special people in their lives. There were a few tears but not from the students. The confidence displayed by the new preps certainly reflected the gains made through our new Steps to Prep program.

To our new families I say thank you for choosing Altona P – 9 College and we look forward to watching your young people grow and develop in the years ahead. Congratulations to all our students who have settled back into school so well. There is certainly a positive tone as I tour the school with the students hard at work and displaying a “can do” attitude.

Thank you to all our families who attended the book sales day as it certainly resulted in students returning last week with resources ready to commence their learning.

Our staff have returned relaxed after a well-deserved break and have focussed on ensuring our values of Respect, Learn and Care have been at the forefront in these important first days. An updated staff list is included in today’s newsletter. I welcome Mrs Melinda Tadic and Mrs Yasmine Latife to our teaching community.

Student safety in and around the college is paramount. Parents are asked to drop students off in Grieve Parade or park on the street and escort them through the main entrance. The two car parks onsite are not for parent use. The car park on Civic Parade is attached to the regional professional learning centre and is not to be used by the college staff or families. The car park in Grieve Parade is for STAFF ONLY. I am concerned when I watch families walk through the car park and others trying to exit. Let’s all work together to keep each other safe!

It is essential that our students are at school every day. Every single day counts and research clearly shows that students who attend regularly achieve at higher levels. Our absence days increased slightly in 2014 which was disappointing. We will continue to be extra vigilant in following up on any absences. Lauren our administrative support staff member calls families each morning if your child has not been recorded as present. Please advise Lauren of any absences prior to 9:00am and the reason your child/ren are not attending. Birthdays, visitors or a rest are not acceptable reasons for absence. I remind families however that the best place for an ill child is at home. The average days absent in 2014 for Prep to Year 6 students were 13.8 and for Year 7 – 9: 19.7 days. This means on average students were missing between approx. 2 ½ and 4 weeks of school. Let’s all work together to reduce these statistics. We certainly proved we could in 2013.

It was wonderful to see our students proudly wearing their uniforms on Thursday. A few reminders: Nose piercings are unacceptable. If your child has a nose piercing it needs to have a clear stud so it cannot be seen or your child will be asked to remove it. All students in the middle years are expected to be wearing black leather shoes as part of our uniform policy. Students should wear their sports uniform on days in which they have physical education. The sports jacket over a summer dress or formal uniform is not acceptable. Again staff will ask students to remove them.

Thank you to all the staff, students and families for a very smooth start to the academic year. Enjoy a fabulous weekend of sunshine and I look forward to seeing our students looking refreshed and ready for a busy and warm week ahead. Don’t forget your sunscreen and water bottles next week as a return to summer weather is promised.

Julie Krause
Principal
2015 STAFF

Teaching and Support Staff

Principal
Assistant Principal
Leading Teacher
Pedagogical Coach
Student Wellbeing
College Chaplain
Business Manager
Administration
Year Prep
Year 1/2A
Year 1/2B
Year 3/4
Year 5/6A
Year 5/6B
Year 7, 8 & 9

Ms Julie Krause
Mr Mathew Kelly
Mr Hamish McGee
Mrs Amanda Elmer – 2 days a week
Mrs. Julie Giles - 2 days a week
Mrs Cathie Staunton – 1.5 days
Mrs Wendy Jennings
Miss Lauren Bell
Miss Caitlin Walker
Mrs Chris Tseriotis
Mrs Melinda Tadic
Mr Paul Trambulo
Mrs Megan Penny
Mrs Jayne Taylor
Mr Joshua Moore
Ms Kate Wiffen
Mr Hamish McGee
Mr Gary Helmore
Mrs Yasmine Latife

Specialist Programs

Food Technology
Italian
Art/ Wood
Physical Education
Edible Garden
Music
Lab Technician
Food Tech Support
Integration Support

Mrs Yasmine Latife
Ms Simone Costello
Mr Ian Vening
Mr Rhett Dadswell
Mrs Cathie Staunton – Kitchen specialist
Ms Carolina Cordeiro – Garden specialist
Mrs Rachel Cauchi (Early Years)
Mr Jayson Cooper (Middle Years)
Mrs Simone Matthews
Mrs Rhonda Patros
Mrs Priya Govender
Mrs Lynne Johnson
Ms Dione O’Brien
Mrs Rhonda Patros
Mrs Jane O’Toole
Mrs Simone Matthews

SUNSMART POLICY

At Altona P-9 College hats are compulsory for all students. Students must have a hat when outdoors during recess, lunch, on excursions and during Physical Education. This policy is strictly enforced at our College. Sunscreen is certainly advised during term 1 and term 4 students require a refillable bottle of water.
Going to school every day is the single most important part of a child’s education. Students learn new things at school every day – missing school puts them behind.

Why it’s important

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

Students develop good habits by going to school every day – habits that are necessary to succeed after school, whether in the workplace or in further study.

Missing school can have a big impact on students academically and socially. It can affect their test results, including VCE, and, just as importantly, it can affect their relationships with other students, and lead to social isolation.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

Each missed day is associated with progressively lower achievement in numeracy, writing and reading.

Getting in early

It’s never too late to improve attendance – going to school more often can lead to better outcomes. Even at Year 9, when attendance rates are lowest, going to school more often can make a big difference. Every day counts. Schools are there to help – if you’re having attendance issues with your child, speak to your school about ways to address those issues.

What we can do

The main reasons for absence are:

Sickness – There are always times when students need to miss school, such as when they’re ill. It’s vital that they’re only away on the days they are genuinely sick, and setting good sleep patterns, eating well and exercising regularly can make a big difference.

“Day off” – Think twice before letting your child have a “day off” as they could fall behind their classmates – every day counts.

Truancy – When students choose not to go to school without their parent’s permission. There can be many reasons for truancy, the best way to address this is for schools and parents to work together.

While all absences are bad for academic performance, unexcused absences are a much stronger indicator of lower reading and maths achievement.

If for any reason your child must miss school, there are things you can do with your school to ensure they don’t fall behind:

- Speak with your classroom teacher and find out what work your child needs to do to keep up.

- Develop an absence learning plan with your teacher and ensure your child completes the plan.

Remember, every day counts. If your child must miss school, speak with your classroom teacher as early as possible.

Openly communicating with your child’s school about all absences is a good way to prevent attendance issues being escalated to a School Attendance Officer. A School Attendance Officer is a Department of Education and Early Childhood Development Regional Director who has authority to follow up attendance issues. Attendance issues that are escalated can lead to an Infringement Notice.

If you’re having attendance issues with your child, please let your year level coordinator, principal or other relevant staff member know so you can work together to get your child to school every day.

For more information and resources to help address attendance issues, visit: www.education.vic.gov.au/school/parents/behaviour/Pages/studentattendance.aspx
EVERY DAY COUNTS

Primary School Attendance

Going to school every day is the single most important part of your child’s education. Students learn new things are school every day – missing school puts them behind.

Why it’s important

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

Each missed day is associated with progressively lower achievement in numeracy, writing and reading.

Getting in early

Attendance patterns are established early – a child regularly missing days in kindergarten or in the early years of school will often continue to miss classes in the later years, and receive lower test scores than their classmates. It’s vital that students go to school every day – even in the early years of primary school.

What we can do

The main reasons for absence are:

Sickness – There are always times when students need to miss school, such as when they’re ill. It’s vital that they’re only away on the days they are genuinely sick, and setting good sleep patterns, eating well and exercising regularly can make a big difference.

It’s vital that holidays are planned during school holidays where possible, and not during the term if it can be avoided.

Day off” – Think twice before letting your child have a “day off” as they could fall behind their classmates – every day counts.

Truancy – This is when students choose not to go to school without their parent’s permission. There can be many reasons for truancy. The best way to address this is for schools and parents to work together.

If for any reason your child must miss school, there are things you can do with your school to ensure they don’t fall behind:

- Speak with your classroom teacher and find out what work your child needs to do to keep up.
- Develop an absence learning plan with your teacher and ensure your child completes the plan.

Remember, every day counts. If your child must miss school, speak with your classroom teacher as early as possible.

Openly communicating with your child’s school about all absences is a good way to prevent attendance issues being escalated to a School Attendance Officer. A School Attendance Officer is a Department of Education and Early Childhood Development Regional Director who has authority to follow up attendance issues. Attendance issues that are escalated can lead to an Infringement Notice. If you’re having attendance issues with your child, please let your classroom teacher know so we can work together to get your child to school every day.

Further information

For more information and resources to help address attendance issues, visit:

Dear Parents and families,

Parent/Teacher/Student interviews will be held from 2.10pm – 7pm on

**Wednesday 11th February 2015**

Please book interviews at times that suit **YOUR FAMILY BEST.**
Go to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and follow these simple instructions.

**BOOKINGS CLOSE Wednesday 11th Feb 11am**

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**Go to:**

Enter **THIS** school event code. Then follow the 3 simple steps.

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**School event code**

[**8FK99**](#)

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1. **Enter your details**
2. **Choose teachers**
3. **Choose times**

When you click **finish**, your interview timetable will be emailed to you automatically - **check your junk mail folder** if you do not receive your email immediately.
You can return to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) at any time, and change your interviews - until bookings close.

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For parents that don’t have access to the internet at home, at work, at a friend’s house or on their phones, please call Lauren or Wendy in the office on 03 92508050 and they will be able to assist you. Interviews are strictly 10mins and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date, by re-visitng the [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) website, and using the event code. Remember to use the same name and email address, you used when you made your original booking.
Dear Parents & Students,

Altona P-9 College Photo Day: 19-Feb-15

School photo order envelopes have been or will be distributed to every student and it is important that the order instructions (below) are followed.

**SCHOOL PHOTOS ARE NOW AVAILABLE FOR SECURE ONLINE PURCHASE**

4 EASY STEPS TO ONLINE SCHOOL PHOTO ORDERING

- **Step 1:** Go to [www.advancedlife.com.au](http://www.advancedlife.com.au) before photo day and enter your school code **[H4A D6P DHJ]**
- **Step 2:** Enter your student’s details
- **Step 3:** Choose the package that best suits your needs (all orders will be returned to the school for collection).
- **Step 4:** Pay for the photos via the shopping cart (upper right corner of the page).
- **Please Note:** Late fees will apply once orders are closed (5 days after photo day).

**INSTRUCTIONS FOR ORDERING USING AN ENVELOPE**

- **Step 1:** Student Details: Complete the student details section on the front of the order envelope. Please use black or blue pen.
- **Step 2:** Purchase Details: Complete the purchase details on the front of the envelope.
- **Step 3:** Payment Method: Select your payment method.
  - Cash – Please enclose correct money – no change given.
  - Cheque – Make payable to Advancedlife with your name & address on back of cheque. Allow 60 days for your cheque to be finalised. A $25 fee will apply to any dishonoured cheque payment.

**VACCINE PROGRAM**

**Three big changes to the vaccine program**

In 2015 three major changes to the vaccine program will impact on parents of secondary school students:

- Hobson’s Bay City Council’s immunisation service may contact you about the secondary school vaccine program. Schools have been authorised to provide parent contact details to local councils for this purpose. Contact the school on 9250 8050 by 28 February 2015 if you do not want your contact details given to Hobson’s Bay City Council.

- In 2015 only, the vaccine that protects against diphtheria, tetanus and whooping cough will be offered to all students in Years 7, 8, 9 and 10. From 2016, this vaccine will be offered to Year 7 students only. This will provide earlier protection from these diseases.

- The time-limited human papillomavirus (HPV) vaccine program for Year 9 boys was completed in December 2014. HPV vaccine will continue to be offered to all students (both male and female) in Year 7 from 2015.

Look out for the vaccine consent form/s coming home from school with your child. You need to read, complete and return the form/s regardless of whether your child is being immunised at school.

To learn more about the changes, the diseases, the vaccines, or how you can prepare your child for vaccination go to immunehero.health.vic.gov.au
Year 7 students have enjoyed their introduction to chemistry and safety in Science.

MIDDLE YEARS NEWS

What an amazing start to the year we have had! All students have settled in well to their new learning space, expectations and routines have now been clearly established. We have started work on our first Inquiry topic which is the Solar System. To begin the year the students worked in groups to research a planet. This was a great way for everyone to get to know each other. Below are some photos of the students working together on building a Solar System.

Year 5/6 Team
Breakfast Club

What: Breakfast Club
When: Every Monday and Wednesday morning
     8:30am - 9:00am
Where: Dining room in the Food Tech Building
Who: ALL WELCOME
Why: A good breakfast is vital to student learning.

The Altona P9 College is excited to be running our Breakfast Club again this year, starting Monday, 9\textsuperscript{th} of February. Any student is welcome to enjoy some toast or cereal (rotates weekly), juice or milo to ensure they are ready for the day's learning.

We will also be looking for some parent volunteers to help us with serving and clean up on these days. If you are able to help on any of these mornings, please complete the below form and return it to the office or the class teacher.

Julie Giles (Wellbeing Coordinator)

I, ____________________, am available to help at Breakfast Club either - weekly on Mondays or Wednesdays (Please circle) OR

- occasionally ____________________ (Please write dates)
  
  ____________________

Contact Details: Phone: ____________________

Email: ____________________
CANTEEN FOOD SERVICE

The canteen food service in 2015 is being facilitated by Mr Enzo Amato (Altona Just Sweets.) This will be a lunch delivery ONLY SERVICE AVAILABLE TO ALL STUDENTS WEDNESDAY TO FRIDAY (Inclusive). All classrooms will have a lunch order box in which students may place an order prior to 9:15am and/or bring to the office.

How to order: Write the order on a brown paper bag OR print and complete the attached form and place it in the bag. Ensure you write the name of the student and their class on the form/bag and place the correct money in the bag.

Students/parents may place an order via text message (0401 918 158), Fax (9315 0553), or drop by at Just Sweets (26 Upton Street, Altona.) The students bring the money to the school and place it in the box. Families may supply their own paper bag, or they will be provided at a cost of 20 cents. Unfortunately, they can not take any responsibility for lost change. (Please note: Prices are subject to change without notification—Thank you)

Enzo has set up a Facebook page “Altona P-9 College Canteen.” There are specials each day and there are special days planned. These will be advertised via the newsletter and on FACEBOOK.

SNACK SALES AT THE CANTEEN To support our fundraising efforts we will have a small supply of snacks, icy poles/ice creams and drinks available for sale at both recess and lunch.

MEDICAL CONDITIONS

Welcome back to school for 2015! A reminder to parents/guardians of the importance to advise the College staff of any medical conditions which affect your child/Please notify the office and your child’s classroom teacher if they have any allergies, anaphylaxis, asthma, diabetes, epilepsy, or any other medical conditions which may affect them whilst at school.

Secondary school Nurse Jane Alternatt is available at the College on Monday’s if you wish to discuss any health issues. Jane will also work with the Year 7-9 students in the classroom on health and wellbeing.

Altona P-9 College Out of School Hours Care | Term 1, Week 1

Welcome everyone,

At before and after school care we’ve had a fantastic first week back, we had fun with the theme of ‘Getting to know you’, as we have a lot of new faces to get to know. The children got involved in some craft activities were we made family portraits, made pictures of ourselves and created a wall of fame. We also had some nice weather, which allowed us to go outside so we played a few outdoor games like fruit salad and line biggy. We also played indoor games like silent ball and duck, duck, goose which the children seemed to enjoy. The children also got a chance to have some free time and explore all the activities in the room. Next week we will be enjoying the theme of ‘Valentine’s Day’. We hope to see you there.

One of the children looking very comfy on Caesar while reading in our new book area.

How to Get Started


Save on Care
Save 50% or more on Before and After School Care with the Child Care Rebate. Almost all families are eligible. To find out more call our Customer Service Team on 1300 105 343

Holiday Clubs
Don’t forget about the Camp Australia Holiday Clubs these school holidays. Use the Holiday Club Finder on the website to find the nearest program: www.campaustralia.com.au/holidayclubs

Healthy Snacks
Afternoon tea is served daily. Menus are tailored to children’s tastes, developmental and nutritional needs. Afternoon tea includes a selection of yummy sandwiches and fruit. Children may also engage in fun cooking activities.

we make kids smile
www.campaustralia.com.au
# 2015 Lunch Menu for Altona P-9 College

Place your order, at the school, or come by at Just Sweets (25 Upton Street, Altona). On this form, clearly state your child’s name, grade class & tick (✓) the appropriate boxes to make your selection. Please provide correct cash. You may supply your own paper bag, or we can provide one for you at the cost of 20 cents at the office or at Just Sweets. Unfortunately, we cannot accept any responsibility for lost change.

**Name:**

**Grade/Class:**

### SANDWICHES: WHITE OR WHOLEMEAL BREAD - Made Fresh Daily!

PLEASE NOTE: All Sandwiches are spread with Cholesterol-Free Margarine. We can supply “Additional” fillings on any Sandwich: i.e. Lettuce, Cucumber, Carrot, Beetroot, Light Cheese and Tomato, at the cost of 40 cents extra per item. Circle preference.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Tick</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Vegemite &amp; Cheese</td>
<td>$2.40</td>
<td></td>
</tr>
<tr>
<td>Ham &amp; Tomato</td>
<td>$3.50</td>
<td></td>
</tr>
<tr>
<td>Cheese Lettuce, Cucumber &amp; Tomato</td>
<td>$3.50</td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Cheese &amp; Tomato</td>
<td>$2.50</td>
<td></td>
</tr>
<tr>
<td>Ham, Cheese &amp; Lettuce</td>
<td>$3.90</td>
<td></td>
</tr>
<tr>
<td>Cheese Roll</td>
<td>$2.50</td>
<td></td>
</tr>
<tr>
<td>Cheese &amp; Bacon Roll</td>
<td>$2.50</td>
<td></td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$3.50</td>
<td>✓</td>
</tr>
<tr>
<td>Ham, Cheese &amp; Tomato</td>
<td>$3.90</td>
<td>✓</td>
</tr>
<tr>
<td>Paper Bag</td>
<td>$0.20</td>
<td>✓</td>
</tr>
<tr>
<td>Fresh Roll</td>
<td>$0.30</td>
<td>✓</td>
</tr>
<tr>
<td>Seasoning Salt</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Seasoning Black Pepper</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Bread White</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Bread Wholemeal</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Toasted</td>
<td></td>
<td>✓</td>
</tr>
</tbody>
</table>

### HOT FOOD

PLEASE NOTE: Tomato Sauces will cost 20 cents extra.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Tick</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Pie</td>
<td>$4.00</td>
<td></td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>Nachos (Corn Chips, Salsa, Sour Cream &amp; Cheese)</td>
<td>$5.00</td>
<td></td>
</tr>
<tr>
<td>Baked Chicken Strip</td>
<td>$1.20</td>
<td></td>
</tr>
<tr>
<td>Baked Chicken Strips x3</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>Chicken Chips x6</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Chicken Buffalo Wing</td>
<td>$1.70</td>
<td></td>
</tr>
<tr>
<td>Chicken Buffalo wings x2</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>Chicken Wing Dings</td>
<td>$1.70</td>
<td></td>
</tr>
<tr>
<td>Chicken Wing Dings x2</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>Wedges with Sour Cream</td>
<td>$4.00</td>
<td></td>
</tr>
<tr>
<td>Potato Gems x 10</td>
<td>$1.50</td>
<td></td>
</tr>
<tr>
<td>Fish Fillet (Flathead Tails)</td>
<td>$1.70</td>
<td></td>
</tr>
<tr>
<td>Fish Fillet (Flathead Tails) x3</td>
<td>$4.50</td>
<td></td>
</tr>
<tr>
<td>Hot Dog Skinless</td>
<td>$2.80</td>
<td></td>
</tr>
<tr>
<td>Baked Chicken Breast Nuggets each</td>
<td>$0.70</td>
<td></td>
</tr>
<tr>
<td>Baked Chicken Breast Nuggets x3 pieces</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Chicken Dinosaur Nuggets x 3 pieces</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Steamed Dim Sim</td>
<td>$1.00</td>
<td></td>
</tr>
<tr>
<td>Steamed Dim Sim x3</td>
<td>$2.50</td>
<td></td>
</tr>
<tr>
<td>Noodles – Chicken</td>
<td>$2.50</td>
<td></td>
</tr>
<tr>
<td>Noodles – Beef</td>
<td>$2.50</td>
<td></td>
</tr>
<tr>
<td>Baked Macaroni &amp; Cheese (97% Fat Free) - 200g</td>
<td>$4.00</td>
<td></td>
</tr>
<tr>
<td>Baked Spaghetti Bolognese - 200g</td>
<td>$4.00</td>
<td></td>
</tr>
<tr>
<td>Traditional Beef Lasagne (97% Fat Free) - 200g</td>
<td>$4.00</td>
<td></td>
</tr>
<tr>
<td>Baked Lasagne Beef Bolognese - 500g</td>
<td>$6.50</td>
<td></td>
</tr>
<tr>
<td>Chicken Wrap (Chicken Strips, Lettuce, Mayo)</td>
<td>$5.00</td>
<td></td>
</tr>
<tr>
<td>Fish Wrap (Fish fillet, Lettuce, Mayo)</td>
<td>$5.00</td>
<td></td>
</tr>
<tr>
<td>Calamari Rings Crumbed</td>
<td>$1.20</td>
<td></td>
</tr>
<tr>
<td>Calamari Rings Crumbed x3</td>
<td>$3.00</td>
<td></td>
</tr>
</tbody>
</table>

### SNACKS & COLD DRINKS

PLEASE NOTE: If an item is “unavailable”, then a substitute will be given.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Tick</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Smart Milk Big M - Strawberry - 250ml</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>School Smart Milk Big M - Chocolate - 250ml</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Home-style Smartie Cookie</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Gingerbread Man</td>
<td>$1.00</td>
<td></td>
</tr>
<tr>
<td>Popcorn</td>
<td>$1.00</td>
<td></td>
</tr>
<tr>
<td>Sunny boy</td>
<td>$2.50</td>
<td></td>
</tr>
<tr>
<td>Streets Calippo - Raspberry – Pineapple</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Streets Calippo - Original Lemon</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Zooper Dooper</td>
<td>$1.00</td>
<td></td>
</tr>
<tr>
<td>Seasonal Fresh Fruit piece</td>
<td>$1.00</td>
<td></td>
</tr>
<tr>
<td>Prima Orange - 200ml</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Prima Apple - 200ml</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Prima Tropical - 200ml</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Bottled Water - 600ml</td>
<td>$1.50</td>
<td></td>
</tr>
</tbody>
</table>

### Specials

**FRIDAY $5 SPECIALS**

- Calamari x2 & Chips $5.00
- Fish Fillet x2 & Chips $5.00
- Fish Pack $5.00

(Calamari x1, Fish Fillet x1 & Chips)

**WEDNESDAY SPECIALS**

Hot Pack $6.00
(Wing Dings x1, Buffalo Wing x1, Chicken Strip x1 & Chips)

**THURSDAY SPECIALS**

Hot Pack $4.50 Chicken Breast Nuggets x3 & Chips
Bunches of Lunches-
Making quick, healthy and yummy school lunches

Saturday February 14, 11am-2pm
Altona P-9 College - Corner Grieve and Civic Parade, Altona

Book at Eventbrite: http://tinyurl.com/BookingsBunchesofLunches

This workshop will show you how to make a week’s worth of healthy food options for school lunches that are simple to prepare. Participants will take home 5 lunch items, recipes and lots of inspiration from this workshop which is being run as part of the Altona P-9 College’s Seed Savers and Beyond garden program which covers food sustainability, seasonality and healthy, delicious meals to grow and eat.

This event is entry by suggested donation ($5 per person) to go towards the use of the College’s kitchen facility.

Refreshments provided.

Sponsored by

coles
Altona Meadows

Fruit and veg by

Williamstown Fresh
Fruit and vegetable Delivery
Our Calendar for February

February 2015

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