Welcome back to the entire Aquinas Catholic College community for what will be an adventurous and challenging 2016. The College celebrates its twenty-fourth year and it promises to be an exciting year for learning at Menai, given the completion of the major part of our building program that has delivered the MacKillop Learning Common with 12 new learning spaces and a large breakout area that can accommodate 200 plus students in a year or house group setting and an Administration Building adjacent to the main entrance of the College. Other works in what was the old Administration area will also have some other smaller developments that will culminate in a College Sacred Space, a classroom and the amalgamation of some office space that will also see some seminar type rooms be added to the Fr Denis Foley Resource Centre.

The College has certainly been quieter over the last few weeks, but still busy with a number of projects being undertaken to see the campus in pristine shape to begin the new school year. I would like to acknowledge the great work of Mrs Dobson, Mr Knight, Mr Liu and Mr Gong and in ensuring that the staff and students arrived back to a school in top shape. Projects that are complete or nearing completion include;

- Installation of a safety fence along the Rice Pavilion
- Finalisation the major capital works project around the exterior of the MacKillop Learning Common and Administration Buildings
- Refurbishment of Room 14 into a Senior Vocational and Education & Training [VET] Room for Business Services and Retail subjects
- Continued upgrading of markings in the playground to assist students with vision impairment
- Major repairs to the roof of the TAS Block to restore its waterproof integrity & installation of bulk storage racks for timber projects
- Repairs to the College’s fire hydrant system
- Removal of two demountables from the basketball court
- Initial work on the returfing of the College Oval

Similarly, the College Leadership Team has worked diligently to ensure a smooth start for all of our students and new staff; thank you to Mr Nastasi, Mr Wilson, Mr Hulme, Ms Mirabello, Mr Bulmer, Mr O’Connor and Mr Pay for all of your work. This in turn was reflected by both the support staff and teaching staff in seeing the first days of the year begin with the smooth transition from ‘student vacation’ to Term 1 that allowed learning and teaching to be the focal point. As was the case last year, our College photographs have already been taken and as a result of safety concerns and the large numbers in each Year Group, all students have individual photographs and our photographers will be producing composite year group photos. This is a safer option than having large groups on photo stands and streamlines the process so as to maximise student learning.
At our whole school gathering last Friday I spoke to the student body about the aims that the staff have for them in terms of our College Vision and Mission statement that has served generations of students so well in the past. As a staff our endeavours to address;

- ‘Wholeness’ as Education in its fullest, broadest learning sense
- ‘Hope’ in the struggles that we encounter and developing the key response of resilience
- ‘Justice’ that underpins dignity, freedom and respect and
- ‘Revelation’ as our acknowledging God’s presence in our lives in ways that are demonstrable and in ways that are less obvious.

These are the cornerstones of all of our endeavours both in and outside the classroom over the course of the next twelve months. I challenged the students to pay attention to the ‘small, but important’ things of living in a school community namely; ‘Manners, Courtesy, Uniform’ as behaviours in which they can be constructive agents of conversion in our community and more broadly as they represent themselves, their families and the College. It is God’s wish and therefore our obligation that we all make the most of what we have as our heritage for 2016; a most important privilege given we have so much opportunity and being mindful when others have so little or who face adversity in the face of significant difficulties.

The twenty fourth group of Year 7s [all 210 of them] arrived on a Thursday in the air-conditioned comfort of the MacKillop Learning Common and were welcomed to the College by the entire staff and an enthusiastic group of Year 10 Peer Support Leaders. The sense of the groups’ immense enthusiasm was palpable and they took to their orientation day with gusto; their practice and rendition of the College song, Closer to the Flame, was a highlight.

Like the rest of the student body who arrived on Friday they were well dressed and tremendous representatives for themselves, their families and the College. A reminder to all of our students that their courteous and thoughtful behaviour in public when travelling to and from school will ensure that the fine reputation of the College is kept in the forefront of the local community’s mind. We are all charged with the responsibility of ensuring the tradition begun in 1993 is added to by our efforts so as to be able to ensure that dignity and respect remain the basis of all that we undertake at Aquinas.

I would like to take this opportunity to formally welcome our new staff to the College;

Sheenagh Doran  Year 7 Coordinator & PD/H/PE teacher
Tim Lillis [returning]  Year 11 Coordinator & English Teacher
Hanadi Dagher  English Teacher
Julia Howison  Support Staff, Administration
Lauren Simpson  English Teacher
Simon Tagg  HSIE Teacher
Kate Walker  Support Staff, Reception
Sian Ware  Science Teacher

We wish them well as they begin their time at Aquinas and trust that they enjoy their time at the College.

I would also like to take this opportunity invite all parents to our Opening School Mass which will take place this Thursday, February 4th, 9am in the JP II Hall. Fr Phil Zadro, Parish Priest of Holy Family Menai will be celebrating our first whole school liturgy and we will take the opportunity to commission our Year 11 and 12 student leaders and new staff.
After a period of consultation and careful consideration, a decision has been made by the Sydney Archdiocesan Catholic Schools (SACS) Board to change the name of the Catholic Education Office (CEO), Sydney to ‘Sydney Catholic Schools’ (SCS). This name change reflects the focus of the organisation’s new strategic plan *New Horizons: Inspiring Spirits and Minds*, which places schools at the heart of its vision and mission. The name change will take effect from 1 January 2016. It is not expected that the change of name will have any impact on the ongoing operations of the organisation or our school.

On another practical note we have amended our Friday bell times to fall into line with other Sutherland Shire Combined Catholic Colleges to maximise our sporting commitments. Given our later lunch times on a Friday representative sport games, in particular, were being compromised and diminishing the standard of the competition. To this end Aquinas staff has agreed to forgo fifteen minutes of lunchtime to be able to arrive at sport on time, resuitantly the dismissal on a Friday will now be 2:30pm. This adjustment will not affect any lesson times. Students who will be waiting to catch the school special buses will be supervised as normal until the buses have been called and students have left the grounds for the afternoon. Mr Nastasi has included more detail in his article.

Please keep the Tulissio and Lowe families in your intentions as Nicola [Year 9] & Dean’s [Year 7] & Thomas [Year 7] Grandfathers passed away during the recent holidays.

Please also keep Marcus Tiller [Year 10] and his family in your thoughts and prayers as his mother passed away on January 19th after a very short illness. The celebration of Mrs Tiller’s life was held at St Luke’s Revesby and I am sure Marcus and his family appreciated the support of a number of his classmates and Mrs Capovilla at the service.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.
May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

James Corcoran
Principal

Welcome back to the 2016 school year to all families and hope that the whole community has had a restful Christmas break. Can I thank students and their families on the way in which they have presented for the new school year, in terms of grooming and organisation toward their learning. In a special way can I warmly welcome our new Year 7 cohort and their families, along with those new students commencing at Aquinas Catholic College across the other year groups. Welcome and trust you will enjoy your time at Aquinas.

Last year I presented the student body with a simple message which I again repeated to them all at our gathering last Friday. I call it the “**CARE factor**” and I impressed upon them that I would hope they use this acronym as part of their mantra in 2016. It depicts 4 essential things: CARE and respect for each other; CARE and respect for their Education; CARE and respect for their Environment and CARE and respect around Etiquette. I hope students adhere to this and give of their best in all aspects of school life in 2016, whilst I wish them every joy and success throughout this new school year.

**College Calendar**

Just a reminder again that the latest College events can be found live at all times on our Google calendar which has a link on the College website. It is here that Parents/Carers and students are encouraged to go daily as this is where all of the important events will be housed to support your planning during this school year.

**Uniform and College Standards**

In the main I have been happy with school dress standards across the entire student body and would ask that this continues as per the uniform policy in the student diary. All teachers and Year Coordinators will continue to challenge students on uniform and issue demerits and detentions where necessary. As I have indicated to student’s correct uniform and the wearing of it, is a sign of respect for another in our community, just as teachers dress professionally when in the classroom addressing students. I stress the importance of school shoes being hard, black leather lace up shoes with a heel as per requirements for both boys and girls. Soft leather (such as the “dance shoes” worn by many girls or black sport or canvas shoes are not part of our uniform and should not be worn). If unsure please contact your Year Coordinator about any of this.
Additionally, Sport/PDHPE requirements are that the students wear correct sporting shoes suitable for rigorous physical activity. We will not allow any canvas, slip on or skate type shoes for sport/PDHPE across Years 7-12 as they do not meet WHS standards. This will be strongly enforced as of Week 2, with students not meeting sport uniform requirements remaining at school during sport time.

In addition to this, teachers and Year Coordinators have been asked to enforce strict guidelines as per the College diary around hair (number 3 length cut which is a uniform or same length all around; natural colour), jewellery, namely multiple earrings, wrist and ankle bands and the like, these to do not conform to school uniform expectations. I would ask that the girls also adhere to our make-up policy also as stated in the diary. I thank you for your continued support around this and would ask that your son or daughter is dressed correctly when leaving home each day please.

Finally, lateness to school was also a concern last year and a reminder that Pastoral class of a morning commences at 8.40am and students should be here at least 5 minutes before the bell. Also note that supervision at school of a morning commences at 8.15am. As per last year the College will implement a 3 strike rule for unexplained lateness leading to a Wednesday afternoon detention.

College Car park entries and drop offs

Could I remind parents and carers that College car park entries are for staff, senior student drivers and for deliveries only, any drop off of students should occur safely and lawfully outside the school grounds at all times. Many thanks for your ongoing support around this.

College Bell times-change to Friday sport start and finish time, including a 2.30pm finish time

**Monday to Thursday bell times are as follows:** Pastoral class (8.40am to 9.05am); Period 1 (9.05am to 9.55am); Period 2 (9.55am to 10.45am); Recess (10.45am to 11.05am); Period 3 (11.05am to 11.55am); Period 4 (11.55am to 12.45pm); Lunch (12.45pm to 1.25pm); Period 5 (1.25pm to 2.15pm); Period 6 (2.15pm to 3.05pm); then dismissal.

**Friday bell times are:** Pastoral class (8.40am to 9.05am); Period 1 (9.05am to 9.55am); Period 2 (9.55am to 10.45am); Recess (10.45am to 11.05am); Period 3 (11.05am to 11.55am); **Lunch (11.55pm to 12.20pm); Sport assembly (12.20pm to 12.25pm); Sport (12.25pm to 2.25pm); Pastoral (2.25pm to 2.30pm); 2.30pm dismissal**

Staff Development/Pupil Free day

Just a reminder that **Monday 8th February 2016** (Week 3, term 1) is a Staff Development /Pupil free day, where our staff will be undertaking some vital professional development in the area of improving the writing skills/sophistication of all students to support our ‘AWE’ program (see next item)

‘AWE’-Academic writing excellence program 2016

As a result of analysing our external (NAPLAN & HSC) and indeed internal assessment data results we have found, as many other schools are finding in a digital environment, that there is a distinct need to improve the academic writing skills of students. To that end we have worked hard last year as a College across all KLA’s and with the support of the Sydney Catholic Schools office to put together a well-structured writing program that will take place for 20 minutes every Tuesday morning in Pastoral class across Year 7-10. This program will also be supported across all subjects by all class teachers. Its focus will be on:

◊ **KLA specific themes/topics** for that term in each year group.
◊ Utilisation of the **glossary of key term** as specified by BOSTES and embedded in most assessment tasks.
◊ Writing tasks that will take place all year with the students using a professionally produced **writing booklet** which includes stimulus material, planning space and scaffolds to support effective writing by all students across all subjects. This booklet will act as a highly practical resource.
◊ Opportunities for **differentiation and extension of students** within each writing task. The idea would be that students would be directed according to their ability to take on a different challenge each week moving toward extending them.
◊ The provision of **regular and meaningful feedback** to the students along with some **annotated marking at regular intervals to help encourage and motivate students**.
◊ The **Publishing of student work samples in the College Newsletter and website**.
◊ The *Implementation of ‘Writing Marking Criteria’* in all KLA’s and in all formal assessment tasks where there is a significant writing component. There will be a mark allocation to writing hence ensuring students are focused on this area along with the content requirements.

◊ Ensuring that we set students up to enhance their *life skills*.

**Year 7 Vaccinations February 16th**

The NSW Health program Vaccinations No. 1 will take place on Tuesday 16th February here at the College. Information envelopes and letters will be issued next week for completion.

**Key Dates**

<table>
<thead>
<tr>
<th>Key Dates</th>
<th>Week 2 (B) Term 1</th>
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| **Monday 1st February** | • Monday week B lessons  
• Catch up photos |
| **Tuesday 2nd February** | • Year 7 Peer Support Period 1 |
| **Wednesday 3rd February** | • Duke of Ed. Parent Information Night |
| **Thursday 4th February** | • Opening School Mass Period 1 and 2 in JPII hall. All parents/carers are most welcome starting at around 9.05am |
| **Friday 5th February** | • Year 11 Blood Bank visit during sport  
• SSCCC girls softball  
• Summer Sport begins |

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<thead>
<tr>
<th>Key Dates</th>
<th>Week 3 (A) Term 1</th>
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<tbody>
<tr>
<td><strong>Monday 8th February</strong></td>
<td>• Staff Development Day/Pupil Free</td>
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<tr>
<td><strong>Tuesday 9th February</strong></td>
<td>• Year 7 Peer Support Program Period 3</td>
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</tbody>
</table>
| **Wednesday 10th February** | • Ash Wednesday-Year group liturgies during Period 6  
• Year 7 Mass at 8.20am at Holy Family Parish  
• Aquinas Awards Assembly at 11.00am in the JPII Hall |
| **Thursday 11th February** | • Year 10, 11 & 12 Drama excursion |
| **Friday 12th February** | • Census day  
• Roses Day  
• SSSCC Tennis  
• Sport |

Robert Nastasi  
Assistant Principal
YEAR 7 FIRST DAY
Learning and Curriculum Matters

When and Where- Assessment Schedules and Tasks for 2016

Assessment Schedules for Years 7-11 are currently being finalised (Year 12 students were given theirs last year) and will be issued in Weeks 3 and 4. Students will be given a hard copy and a copy will be placed on SEQTA.

Two weeks prior to every formal task, students will receive a hard copy of the Assessment Notification and a copy will be placed on SEQTA.

Parents who are looking to plan ahead for unavoidable medical appointments can find assessment dates on the College Calendar which can be accessed via the school website. Additionally, all assessment tasks occurring in a given week will be printed in that week’s newsletter.

N.B. There are some occasions when assessment task dates will need to be changed. This is avoided wherever possible, but, should it occur, students will be notified two weeks prior to the task and the date will be changed on the calendar. The new date will be recorded in the weekly assessment schedule in the newsletter.

In addition to submitted and in-class tasks, each year level has scheduled examination blocks. These blocks occur in the following weeks.

<table>
<thead>
<tr>
<th>Year</th>
<th>Term 1</th>
<th>Weeks 10 and 11</th>
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<tbody>
<tr>
<td>Year 12</td>
<td>Term 2</td>
<td>Week 6</td>
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<tr>
<td>Year 7 - 10</td>
<td>Term 3</td>
<td>Weeks 3 - 5</td>
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<tr>
<td>Year 12 Trial HSC</td>
<td>Term 3</td>
<td>Weeks 9 and 10</td>
</tr>
<tr>
<td>Year 11 End of Preliminary Course</td>
<td>Term 4</td>
<td>Week 6</td>
</tr>
<tr>
<td>Year 7 - 10</td>
<td>Term 4</td>
<td>Commence 13.10.16</td>
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<tr>
<td>Year 12 HSC</td>
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</table>

Resource Centre (Library) Study for Year 12: The library will be open every Tuesday until 6pm for Year 12 students to compliment their private study schedules. It would be great to see students committing to this initiative from this week.
It’s Goal Setting Time – the SMARTIES way!

The start of the year is a great time to set yourself some academic goals along with any personal goals you might plan to achieve this year.

There are lots of great reasons to set goals:

- Setting goals gets you to think about possibilities.
- Goals give you a direction to work towards.
- Goals give you a clear picture of where you want to go.
- Goals help you to push yourself just that little bit more.
- Goals help you have a more fun and fulfilled life.
- Goals can give you motivation and focus.
- Setting goals helps you do all the things you want to do in life!
- Goals give us the motivation to do things that are difficult and challenging in order to reach a particular desired state.
- Goals help us achieve our dreams, hopes and desires.
- Goals help us look for an achievable balance between the different areas of our life.
- Goals make us feel good about ourselves and our achievements and help us to increase our self-esteem and sense of self-worth.
- Goals give us a greater feeling of control over our lives and experiences.
- Goals allow us to prioritise and create action plans.

There are different types of goals you can set based on the timeframe in which you want to achieve these goals:

- **Short-term goals**: are things you want to do today, tomorrow or within the next few weeks and sometimes months.
- **Medium-term goals**: are things you want to achieve in the next few months or sometime even within the next year.
- **Long-term goals**: are things you want to do later on in life, whether it is next year, two years’ time, ten years’ time or even longer.

You may decide to set a mix of these types of goals. To give yourself the best chance of achieving your goals, it is a good idea to make sure your goals are SMARTIES – so keep in mind these guidelines for setting effective goals:

- **Specific**: Make goals very detailed and specific. Exactly what do you want to achieve?
- **Measurable**: You want to be able to know when you have achieved your goal so make sure there is some way to measure your success.
- **Action-Oriented**: Your short-term goals should really be the action steps you need to take to achieve the medium and longer term goals.
- **Relevant & Realistic**: Goals change, so if your goal is no longer relevant, you need to change it.
- **Time-Based**: Your goals need to have a ‘to complete by’ date to give you something to aim for.
- **Interesting**: Make your goals about things that you find interesting and worthwhile.
- **Emotional**: Use powerful language to express the emotion behind the goals.
- **Success oriented**: Express your goals in a positive and success focused way.

And…

- Only use POSITIVE language in goals.
- Use PASSIONATE, enthusiastic and motivating language.
- Write your goal in the PRESENT tense.

**Review your goals** regularly to remind yourself of what you want to achieve and to stimulate your mind to think of other possibilities. Start taking specific actions that will help you achieve your goals, in particular your short-term goals. Putting together an action plan of the steps to achieve the goal and allocating timeframes for each action is a good place to start.

You can learn more about goal setting and many other topics to help you achieve your best at school at [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au), logging in with these details:

Username: Aquinas
Password: 10success

Lisa Mirabello
Leader of Teaching and Learning
PEER SUPPORT 2016 - DEVELOPING RESILIENCE

Moving from primary into secondary school represents a significant and often pivotal change for students. Leaving the familiar and comparatively smaller primary school for a larger and unfamiliar secondary situation can be both exciting and challenging. To assist in this transition, the College runs the Peer Support program where specially trained Year 10 Peer leaders work with Year 7 students to facilitate a smooth and effective transition into secondary school.

For the remainder of Term 1 students in Year 7 will participate in Peer Support on a weekly basis. Small groups of 8-10 students will meet with two Peer leaders and work through a range of activities that focus on resilience. It is hoped that through working on these activities in small groups, each student will enhance their resilience and continue to develop the skills needed to bounce back when things don’t work out the way they planned.

All the Year 10 Peer leaders have displayed great maturity and enthusiasm thus far.

In 2016, Mrs Murphy will be handing over the reins of the Peer Support Program to Miss Wilson and Mr McGrath. Mrs Murphy has run the program with excellent organisation and enthusiasm. We would like to thank her very much for all her dedicated work with the Peer Support Program leading up to this year.

Miss Wilson, Mr McGrath and Mrs Murphy – Peer Support Facilitators

PUBLIC SPEAKING COMPETITION 2016

All students who are interested in trying out for the 2016 CSDA Public Speaking Competition are invited to attend an information session this Thursday 4th February at the start of lunch in the Drama room.

Any student who is selected for the Aquinas Public Speaking teams must be available on the evenings of the following competition dates.

Round 1: 26 February
Zone Final: 04 March
Final: 11 March

Any student who is unable to attend the information session should speak to/email Miss Cooper by the end of Week 2.
ATTENTION YEAR 12

THIS IS YOUR LAST CHANCE TO JOIN THE 90’S

CLUB 2016

The 90’s Club is an initiative designed to challenge those of you that would like to achieve an ATAR of 90 or above. It is hoped that the group of targeted students would meet on a regular basis to discuss ways of best attaining their goal. This is an optional club but one that we suggest you strongly consider joining if you believe you have the ability to achieve at this level.

How do I become a part of the group?

- Students would be asked to self-nominate to be a part of the group after filling out a short survey
- Teachers will have the opportunity to nominate students
- Parents may also choose to nominate their son/daughter

What would we do?

- In meetings we would discuss things like: Strategies for studying, coping with the work load, tips that they might have for each other
- Guest speakers
- Opportunity to talk with their peers about current issues/problems
- Encourage attending extra-curricular courses in out of school hours.
- Mentoring between students in similar courses.
- Information sharing
- Case studies on successful high achievers

Why should I be a part of this group?

- You are acknowledging publically that you want to be responsible for your own learning and want to achieve a specific goal.
- Work with like-minded people
- Gain new skills which will assist you in your HSC
- Set realistic goals for 2016 which are achievable
- Discuss current issues and trends that may assist you in your exams
- Learn de-stressing skills

Our first meeting is on Wednesday 10th February during Pastoral in the library (after you have had your name marked off by your Pastoral teacher) If you have not already registered please see Mrs Capovilla in the library on Tuesday to express your interest or email her at: catherine.capovilla@syd.catholic.edu.au

READERS VOLUNTEERS FOR EXAMS

We are asking for parents and ex-students who can give up some time to assist with exams at Aquinas Menai College. We would appreciate it if you could join our volunteer team.

Please contact our school office on 9543 0188 if you can help with reading for Exams.

Reader and writer volunteers for 2016 Exam Block for Aquinas Menai College

Dates: Exam Block one is: Monday 30 May to Friday 3 June
Exam Block two is: Monday 14 November to Friday 18 November

Thanking you for your continuous support to our students.

Learning Support Team
Enlivened by the Spirit

11
FRIDAY SPORT

Hats are required and water bottles are recommended for students participating in all sporting activities.

AUSTRALIAN AIR LEAGUE
SUTHERLAND SHIRE SQUADRON
www.airleague.com.au
oc.sutherlandshire@airleague.com.au

See Change

*See Change* is a 6 session facilitated, *small group program for families* whose lives have been impacted by Drug and Alcohol Issues and/or Mental Health Issues.

*See Change* covers the following:

- Information on mental health issues, drug dependency and recovery
- The impact of these issues on families
- Understanding the process of change
- Strategies for reclaiming your life
- Tools for enhancing personal and family wellbeing

The Salvation Army has been working with families impacted by drug and alcohol issues for over 15 years and run a number of monthly support groups and education programs.

When: Wednesday's, 25th February - 1st April, 2015
Where: The Salvation Army, 23 Kicora Road, Miranda
Time: 6pm—8pm

Spaces limited, *bookings essential* – to reserve your place please phone 9540 4460.
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<tr>
<th>Price</th>
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<tr>
<td>3.00</td>
<td>Tuna Melt with Brown Rice</td>
</tr>
<tr>
<td>2.50</td>
<td>Ham and Cheese Roll</td>
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<tr>
<td>2.30</td>
<td>Cheese and Ham Roll</td>
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<tr>
<td>2.20</td>
<td>Brie and Tomato Roll</td>
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<tr>
<td>2.00</td>
<td>Chicken and Bacon Roll</td>
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<tr>
<td>1.80</td>
<td>Chicken and Spinach Roll</td>
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<tr>
<td>1.60</td>
<td>Chicken and Pesto Roll</td>
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<tr>
<td>1.50</td>
<td>Chicken and Chilli Roll</td>
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<tr>
<td>1.40</td>
<td>Chicken and Mushrooms Roll</td>
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<td>1.30</td>
<td>Chicken and Avocado Roll</td>
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<tr>
<td>1.20</td>
<td>Chicken and Tomato Roll</td>
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<td>1.10</td>
<td>Chicken and Peppers Roll</td>
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** Trio \**

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<tbody>
<tr>
<td>6.90</td>
<td>Chicken, Ham and Cheese Roll</td>
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<tr>
<td>6.60</td>
<td>Tuna and Cheese Roll</td>
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<tr>
<td>6.30</td>
<td>Ham and Cheese Roll</td>
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<td>6.00</td>
<td>Cheese and Ham Roll</td>
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<td>5.70</td>
<td>Cheese and Spinach Roll</td>
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<td>4.80</td>
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<td>3.30</td>
<td>Chicken and Avocado Roll</td>
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** Sandwiches / Rolls / Wraps**

- Tuna Melt with Brown Rice
- Ham and Cheese Roll
- Cheese and Ham Roll
- Brie and Tomato Roll
- Chicken and Bacon Roll
- Chicken and Spinach Roll
- Chicken and Pesto Roll
- Chicken and Chilli Roll
- Chicken and Mushrooms Roll
- Chicken and Avocado Roll
- Chicken and Tomato Roll
- Chicken and Peppers Roll

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**Take Care Going To And From School**

Please be responsible when travelling to and from school. Use public transport or a safe car service. Ensure you always wear a helmet when on a bicycle and use a designated bus stop when using public transport. Never cross the road at an intersection or pedestrian crossing. Stay alert and be aware of your surroundings. If you see something suspicious, report it to the authorities immediately.
**UNIFORM SHOP**

**THURSDAY 4 February**
8:00am—9:00am

Please note the Uniform Shop only sells Sports Uniforms and School bags

The Uniform Shop does not accept Eftpos or Credit cards

*College caps and sports socks can be purchased from the College Office*

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**There will be a**

**SECOND HAND UNIFORM sale**

**WEDNESDAY 10 FEBRUARY**
8:00am-8:30am
Outside College Office

*If you have any donations, please hand them in to the office*

*Thank you*

*Most items are $5*

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**CANTEEN NEWS**

No meat or chicken products available on
Ash Wednesday (10 February) or
Fridays during LENT

- Hash Browns $1.00
- Mini Spring Rolls pkt 3 with sweet & sour sauce $2.00
- Cheese & Tomato pizza slabs will be available $3.00
- Cheese & Spinach Triangles $3.50
- Small Ricotta & Spinach Rolls $2.50
- Greek Salad & Garden Salad $3.50
- Falafel Wrap (lettuce, tomato and hommus) $4.50
- Salad Sandwiches / rolls
- Tuna / Salmon / Egg / Cheese also available

Cheese & Bacon rolls will be replaced by Cheese rolls on Fridays during Lent & Ash Wednesday

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**CANTEEN ROSTER TERM 1**

**TIME: MONDAY-THURSDAY 10:00-1:35, FRIDAY 9:30-12:45**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>1/2</td>
<td>TONY SHELDON, DIANA LARKHAM, ROSEMARY MORRISSEY</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>2/2</td>
<td>MELISSA RUPERTO, LINDA KIRGAN, REBECCA MAZZORE</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>3/2</td>
<td>MEGAN BERGHOLD, NATALIE DEL-GRANDE, JEANETTE CABRERA</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>4/2</td>
<td>JO FINN, JOANNE KELLY</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>5/2</td>
<td>JENNY KNOKE, VERONIQUE THIBAULT, LOUISE BRYANT, REBECCA HARRIS</td>
</tr>
<tr>
<td>MONDAY</td>
<td>8/2</td>
<td>PUPIL FREE DAY</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>9/2</td>
<td>JO O’HARA, SILVANA PIGNATELLI</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>10/2</td>
<td>SARAH RAYMOND, CATHY PRATT</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>11/2</td>
<td>KAREN DAVIS, CARMEL COSTA, KARINA MICHAEL</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>12/2</td>
<td>CATHY FULTON, LITSA ZIROS, EFFIE ARNDT, MARIA TSAVARIS</td>
</tr>
</tbody>
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'Enlivened by the Spirit'