



The Hills Sports High School

56 Best Road, Seven Hills 2147 – PO Box 657, Seven Hills 1730

Ph: 02 9622 7300 – Fax: 02 9831 6190

Principal: Mitchell Struyve



The Hills Sports High School Newsletter

From the Principal

May 2017

I would like to extend a warm welcome back to our students and their families on their return to school this term. I hope all our students have used the holiday to recharge themselves and be motivated towards their personal achievements academically this term. Students will notice a few temporary changes as a few staff have taken on higher duties. Mr Struyve is currently relieving as Director of Schools for the Nirimba region and will be filling this role till the end of term. Consequently I have filled his position, with Mrs Kennon relieving as the Junior Deputy Principal for the first five weeks of term and Mr Murie the second five weeks of term. Mrs Frost moves to the role of Head Teacher, Teaching and Learning in Mrs Kennon's absence.

We start the term on a very positive note with the school being featured in a Foxtel documentary titled "Once Upon a Sport". The two part documentary explores the seven NSW Sports High Schools, looking at the various TSP and academic programs being offered at the schools. The documentary covers teachers, students and parents and the sacrifices some have made to attend the various sporting schools. At writing, I have seen the trailer to the documentary and can confidently say that the production is highly professional in its presentation and very positive in terms of the students and staff portrayed.

I will take this opportunity to remind students of a few expectations regarding their travel to and from school, their behaviour at school and their requirements in terms of uniform. It is disturbing that from time to time a complaint comes in from the public regarding the behaviour of our students on public transport, transport hubs or in shopping centres etc. The perceptions the general public have of the school can have a significant impact upon all our students. A school which is recognised in a positive light because of the standard of its uniform, the courtesy and behaviour of its students as they travel to and from school and the general way students conduct them-

selves in public has an impact in so many ways. The most obvious being the prospect of potential employment in the future. Students who bring their school into disrepute make it difficult for themselves and their peers now and in the future. If students are seen or heard speaking or acting inappropriately in public, word spreads about the school. A school's good reputation can be seriously jeopardised by the actions of one person when, for example, a witness to an incident may be a potential employer whose momentary yet negative experience with a student or students from our school could mean the loss of that dream job for another one of our students, through association, down the line. With all actions come consequences. It is the small things which leave lasting impressions, from offering a seat on a crowded train or bus to assisting an elderly person to cross a road or merely sitting quietly and being considerate of others on public transport as you go to or from school. In the past, students have done these very things and the public have responded by notifying the school and speaking glowingly of students who have been selfless and thought of others through a good deed or gesture. These positive incidents generate discussion amongst the public and come back through positive ways to the students of the school. Unfortunately, the opposite holds true as well. It is therefore important that we are fully conscious of our actions and behaviours in public, thinking not only about ourselves but all our peers and those around us. Remember, you may be that person, in the future, after that dream job!

The school's uniform is unique and stands out against other school uniforms. It is therefore important that the uniform is worn correctly and with pride. Students will be challenged by staff if they are in incorrect uniform or caught wearing the wrong jumper, jacket, shoes or pants. Please ensure a note signed by your parents or guardian is available on the occasion that an item of clothing is incorrect. It must be stressed that proper school uniform, not sports

uniform, must be worn on non-sport days. Students also need to be aware that a note has a temporary lifespan. If the correct uniform cannot be arranged for some genuine reason, it is imperative that parents consult a Deputy Principal or their child's Year Adviser where alternate arrangements may be made.

It is also disheartening when a large number of students consistently arrive to school late. I am not referring to the students who are late because of an uncharacteristic late bus or family emergency etc. I am referring to the consistent latecomers. Besides interrupting the learning of others as they disrupt the class by their very lateness, they are only doing themselves a disservice by missing information which may be critical towards their learning, an assessment task or an exam question for the future. A missing minute a day adds up significantly and acts to white-ant one's learning and achievement. The accumulation of those missing minutes could also mean the difference between a course at university or not, or a job or an apprenticeship. Students are also coming to examinations late. This could have a significant impact in an HSC examination for instance. It is essential that from an early stage in ones' life, a pattern of organisation and punctuality become ingrained in attitude. There are no excuses for coming to school late on a consistent basis irrespective of distance. The correct choice needs to be to attend school on time and if an exam is scheduled, a student should be planning to arrive at least half an hour before the start of the examination.

During Week 3 this term, Year 7 and year 9 sat their NAPLAN exams. These diagnostic examinations assist us in determining the literacy and numeracy needs of our students. It is essential that students attempt their best when sitting these examinations. In addition, all students across all years will be sitting for their half yearly examinations this term. To all students I extend my deepest wishes for success and encourage you to look at your futures and be the drivers of your destiny. Work hard, aim high; adopt an attitude towards success and achievement beyond school towards tertiary education or employment with the aim of always improving ones' self! In all your exams, make a genuine and detailed attempt at a question. If you are unsure of an answer, write something relevant to the topic being questioned. A mark may be awarded on the off chance that the answer given was almost right! One mark can make all the difference. Always strive towards success and self- improvement in all your endeavours.

Finally, I invite parents to attend our P and C meetings held each term on Wednesday evenings of Week 5. Our next meeting is on Wednesday 24th May. This meeting will be our AGM. All are invited to attend at our library from 7.00 pm onwards.

David Calleja

Relieving Principal

2017 Term Calendar Dates

Term 2 – Wednesday, 26 April to Friday, 30 June 2017 (10 weeks)

Term 3 – Tuesday, 18 July to Friday, 22 September 2017 (10 weeks)

Term 4 – Monday, 9 October to Friday, 15 December 2017 (10 weeks)

Due to a new system these are the only options available for payment of school fees, excursions etc

- Cheque – made payable to The Hills Sports High School
- Cash – via schools reception
- EFT
- Parent Online Payment (POP) access "\$Make a Payment" from the school website



Dear Parents and Carers

The Hills Sports High School will transition to the new NSW public schools' finance system and a new bank account on 24 July 2017. As a result we will be unable to process financial transactions until after the new bank account is open.

To ensure a smooth transition, there will be changes to the way we accept parent or carer payments.

1. **EFTPOS payments:** We will not be able to accept EFTPOS payments between 1 July and 24 July 2017. Please ensure that you have made any outstanding EFTPOS payments by 30 June 2017. From 25 July 2017, EFTPOS payments will be accepted as before.
2. **POP (internet banking) payments:** We will not be able to accept POP payments between 1 July and 24 July 2017. Please ensure that you have made any outstanding POP payments by 30 June 2017 (this will ensure payments are received into the school account). From 25 July 2017, POP payments will be accepted as before.
3. **Cash and cheque payments:** Between 1 July 2017 and 24 July 2017, we will also not be able to accept payments by cash or cheque as we prepare to close our current bank account and transition to the new one. Please ensure that you have made any outstanding cash or cheque payments by 30 June 2017. From 25 July 2017, cash and cheque payments will be accepted as before.

Thank you for your patience and understanding as we transition to our new finance system. If you have any questions, please contact Mrs Elaine Teasdale, or Mrs Leanne Devine, 9622 7300.

Yours sincerely

Mr D Calleja

Relieving Principal

27th April 2017

REMINDER 2nd INSTALLMENT OF TSP FEE DUE BY:
30th June 2017 (last day of Term 2)

ANZAC DAY DAWN SERVICE

On Tuesday 25th April, members of the Student Representative Council attended Dawn Service at the Seven Hills RSL Club in Seven Hills. Students gathered to pay their respects to the fallen soldiers who fought in atrocious conditions to provide us with the freedom we have today. Soldiers are also still fighting for our country now in many parts of the world. Students met at 5am and participated in the march from Boomerang Place ending at the Cenotaph. The service was conducted in front of around 2000 people concluding with the last post and one minute silence as the sun rose. Thank you to those students who gave up their time to attend.



Mrs Hand and Mrs Jameson – SRC Mentors

A REMINDER ABOUT ATTENDANCE

If your child is absent from school, we require written explanation via a note or email within 7 days of the absence. Late arrivals are recorded as a partial absence and must be explained by parents in writing via email or a note.

Please do not reply to the absent or late SMS text messages as the school does not receive these responses.

SRC 2017

Please welcome the Student Representative Committee for 2017!! The following students have been elected by their peers to represent the student body on the SRC. Students act as role models and provide a voice for student issues and concerns. The SRC also fundraises for the school and our designated charities for this year, The Jake Doran Foundation and The Guide Dogs of NSW. Programs are conducted throughout the year by the SRC to recognise and prevent bullying, increase school spirit and many other worthy initiatives.



And the new Year 7 Representatives!

Mrs Hand and Mrs Jameson – SRC Mentors

An Important letter to Year 9 Parents and Carers



117 Clarence St, Sydney NSW 2000
GPO Box 5300, Sydney NSW 2001, Australia
T +61 2 93678111 F +61 2 93678484
educationstandards.nsw.edu.au

Friday 28 April 2017

Our reference: D2017/34639

HSC minimum standard: Message from NESA CEO to Year 9 parents

I have written a [letter](#) to each and every Year 9 student in NSW to assure them that they will have the opportunity to sit their HSC exams in 2020 regardless of their NAPLAN results this year. However, they will need to demonstrate a minimum standard of reading, writing and numeracy to be awarded their HSC certificate.

New online reading, writing and numeracy tests

There will be multiple opportunities for your child to do this, by taking short online tests that specifically assess these skills. Your child will decide with their teacher when they are ready to attempt each test. Once they pass a test they do not have to sit it again.

What does Year 9 have to do with the HSC minimum standard?

We know students learn at different rates. The Year 9 NAPLAN tests are designed to provide you, your child and their teachers with valuable information about how your child's learning is progressing and if they need support.

If your child happens to achieve Band 8 or above NAPLAN results in all three areas this year, they have shown they are already achieving the standard required to receive their HSC in 2020. So, they won't have to do the online tests.

But, to be clear the NSW Education Standards Authority (NESA) expects that the majority of students will be sitting at least one of the online tests starting in Year 10.

Why has the HSC minimum standard been introduced?

The HSC minimum standard is being introduced to help ensure that students leave school with basic literacy and numeracy skills for success in life, and the ability to communicate their ideas effectively in all their HSC exams.

I encourage you to read the [letter](#) I wrote to Year 9 students and discuss it with your child.

More information, a short video and flyers (in 14 community languages) are also on the NESA website: educationstandards.nsw.edu.au

David de Carvalho
NESA Chief Executive Officer

Friday 28 April 2017

Our reference: D2017/34535

Dear Year 9 student

Re: The HSC minimum standard for literacy and numeracy

I wanted to assure each of you that you will have the opportunity to sit your HSC exams in 2020 regardless of your NAPLAN results this year. However, you will need to demonstrate a minimum standard of reading, writing and numeracy in order to be awarded your HSC certificate.

New online reading, writing and numeracy tests

You will have multiple opportunities to do this, by taking short online tests that specifically assess these skills. These online tests will take place online and at school. You will have two opportunities a year to pass them in Years 10, 11, and 12. You will also be able to take them for a few years after you leave school.

You don't have to pass all three tests at once. You and your teacher will decide when you are ready to attempt each test and if you pass a test you don't have to sit it again.

What does Year 9 have to do with the HSC minimum standard?

We know students learn at different rates. Your upcoming Year 9 NAPLAN tests are designed to provide you, your teachers and parents with valuable information about how your learning is progressing and if you need support.

If you do happen to achieve Band 8 or above NAPLAN results in all three areas this year, that means you are already achieving the minimum level of reading, writing and numeracy skills required to receive your HSC in 2020, so you won't have to do any of the online tests.

But the NSW Education Standards Authority expects that the majority of students will be sitting at least one of the online tests starting in Year 10.

So don't believe anyone who tells you that you can't get your HSC if you don't get Band 8s in NAPLAN this year. It's just not true. NAPLAN this year is just the first of a number of opportunities you will have to demonstrate the minimum standard.

Why has the minimum standard been introduced?

The HSC minimum standard is being introduced to help ensure that you leave school with basic literacy and numeracy skills for success in life, and that you will be able to communicate your ideas effectively in your HSC exams. Regardless of your plans beyond school, you will need adequate reading, writing and numeracy skills to make sure you can do things like:

- get a good deal on your mobile phone plan
- write a job application
- follow written instructions to operate equipment safely.

You can find more information available about this by:

- Visiting the NESA website for a video and flyers about the HSC minimum standard: educationstandards.nsw.edu.au
- Trying some sample online reading, writing and numeracy test questions: hsliteracynumeracy.nesa.nsw.edu.au

I wish you well as you master these and other important skills for your future.

Yours sincerely

David de Carvalho
Chief Executive Officer

Future Care Mobile Dental Services

What is Future Care Mobile Dental Service?

Future Care Mobile Dental Service is an initiative that provided high quality dental care to children aged 2-17.

Who are the dentists?

The School Dentist comprises a team of accredited and experienced Dentists with a keen desire to provide early intervention and essential dental care to children.

What services are provided?

After receiving written consent from you as their parent/guardian, your child will be provided with :

Preventative care:

Oral examination

Cleaning of teeth and fluoride application

Additional care :

You will be contacted if the dentist recommends additional treatment is required. E.g. fissure seals. Fillings, extraction, x-ray.

What does it cost?

Under the Child Dental Benefit Schedule (CDBS), funded by Medicare / Australian Federal Government the service for eligible children (with Medicare Card) comes at no cost. For children not covered by Medicare, the dentist can provide the same level of preventative care for \$99 per child.

How can my child participate in the program?

A School Student Consent form will be issued to your child during roll call. Extra form can be obtained from the front office.

Fill in the form/medical questionnaire.

Return the form to a box at the front office by the end of Term 2. (30th June, 2017)

When is the treatment?

Preventative treatment : 9th of August, 2017 to 11 of August, 2017.

Addition Treatment: 23rd of August, 2017 to 25th of August, 2017.

School Opal cards.

Reminder to students to “tap on and tap off with their School Opal cards”

One of the more significant changes created by the recent introduction of the School Opal card is the need for students to tap on and off when they travel to and from school.

Opal data gathered by tapping on and off is used to determine demand for bus services. If students don't tap on and tap off, services may be cancelled due the lack of recorded patronage.



At The Hills Sports High School EVERY MINUTE COUNTS...

When you miss just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1 ½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of each learning week	Nearly 2 ½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour a day	1 whole day of learning each week	8 weeks per year or nearly a term a year	Over 2 ½ years of learning

Be in the right place at the right time.



EVERY DAY COUNTS at The Hills Sports High School because...

When you miss just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
1 day each fortnight	20 days a year	Nearly 1 ½ years of school	Equal to finishing Year 11
1 day a week	40 days a year	Nearly 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days a year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days a year	Nearly 8 years of learning	Equal to finishing Year 4

Make every second count, be on time!

Time is precious, don't waste it.



History Excursion to Powerhouse and Nicholson Museums

Miss McKenzie's Year 11 Ancient and 9/10 History Elective classes visited the Powerhouse Museum to see the Egyptian Mummies travelling exhibition from the British Museum. They were able to see new non-invasive technological techniques used to examine the mummies. Afterwards the students participated in a hands-on Archaeology workshop at Sydney University's Nicholson Museum where they were able to analyse artefacts from up to 3000 years ago.





History Excursion to Powerhouse and Nicholson Museums

NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2017 the following vaccines will be offered:

YEARS	VACCINE	NUMBER OF DOSES
Year 7	Human papillomavirus (HPV) vaccine	2-doses in 2017 at least 6 months apart*
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose
	Varicella vaccine (chickenpox) – catch-up	Single dose
Years 11-12	Meningococcal ACWY vaccine	Single dose

* The second dose of HPV vaccine is being delayed to later in the year (at least 6 months after the first dose) to allow the recently-announced Meningococcal ACWY Vaccination Program to be offered to students in Years 11 and 12 from Term 2 when the second dose of HPV vaccine is usually given. There is no harm for Year 7 students in delaying the second dose of HPV vaccine and further advice for parents will be provided later in the year regarding HPV course completion.

Parent Information Kits that include an information sheet, consent form and privacy statement will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Please note that students who commence HPV vaccination in school clinics in Year 7 but do not complete the course during the school year may be offered catch-up doses at school in Year 8. Students who have any HPV doses at their GP will be advised to complete the course with their GP.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

A Record of Vaccination card will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Measles outbreak in Western Sydney

NSW Health has recently informed us of an outbreak of Measles across Western Sydney and has issued an infectious disease alert. Measles is a highly contagious disease which can have serious complications. NSW Health is urging people to take advantage of the free measles vaccine, available at GP's and to look out for measles symptoms.

Symptoms to watch for include:

Fever

Sore eyes

Cough

Following fever, sore eyes, cough – a red blotchy rash typically from the neck to the rest of the body follows three to four days later.

The virus is spread typically through coughing and sneezing. Any student who displays symptoms of measles is not to attend school until cleared by their GP. Students who come to school and display with symptoms will be sent home immediately. Please notify the school if your child has been diagnosed with measles.

Your assistance is greatly appreciated.



KILDARE ROAD MEDICAL CENTRE

Re-Tune 4 June!

presented by Dr. Nicole Sleeman

A series of 4 FREE talks aimed at improving the health & wellbeing of kids & teens, focusing on:

- healthy eating – *Thursday 8th June @ 6.30pm*
- exercise - *Thursday 15th June @ 6.30pm*
- mental health - *Thursday 22nd June @ 6.30pm*
- hygiene - *Thursday 29th June @ 6.30pm*

Parents are encouraged to attend with their teenage children & must attend with children under 15 years. Bicycles to be won in 2 age groups: up to 10 years & 11 – 18 years. Prizes for parents too!

Limited places: call 8822 3000 to register

36 Kildare Road, Blacktown 2148 (next to Westpoint)

BULK-BILLING PRACTICE WALK-INS WELCOME OPEN 7 DAYS

UNIFORM SHOP

Second hand clothing is available to purchase from the shop. The uniform shop will be open on the following days:-

Monday 22 May from 8am to 8.20am

Monday 05 June from 8am to 8.20am

Monday 19 June from 8am to 8.20am

Price List

Junior Girls Blouse – \$10
Senior Girls Blouse – \$20
Skirt – \$30

Junior Boys Shirt – \$10
Senior Boys Shirt – \$10
Grey Pants – \$25
Grey Shorts – \$20

Track Pants – \$20
Polo Shirt – \$10
Sport Shorts – \$10
Jumpers – \$30

School Jackets

Due to an issue with our supplier we have limited stock of most sizes (no size 14 or XS are available) If you wish to order a jacket please check with Ms Potts that the size is in stock before paying.

We are sourcing a new supplier but new stock will not be available to mid term.

Any donations of school uniforms are greatly appreciated. These can be dropped at the front office or the Maths Staffroom.

If you have any questions or queries, please don't hesitate to contact Ms Potts on 9622-7300

REMINDER

Parents/Carers are reminded when picking students up from school during the school day, photograph identification is requested.

THSHS

PARKING

Parents/Carers are reminded the School Car park is not available for Parent/Carer parking, or for drop off or pickup of Students.

Parking is limited, therefore we ask you to comply to this procedure.

Parents/Carers who require an exemption, please contact David Calleja, Deputy Principal for information on application requirements.

**RESTRICTED
AREA**

**NO
PARKING**

TSP Touch & Rugby 7's News

Girls Rugby 7's

The Hills Sports High School U18 Girls Rugby 7's team competed in the Sports High Competition held at Narrabeen on 9/2/17. The girls remained undefeated for the day, defeating Hunter Sports in the final 25-15. Leone Tuivaiti-Higgs was lead try scorer for the day.



Sydney West Touch Representatives

Congratulations to the following students who were selected as U15 Sydney West Touch Football Representatives to play in Mudgee. Ebony Prior, Erin Olsen, Jessika Lealaialoto, Hollie Aarons, Haylee Hifo, Alex Prior and Pacey Spaulding.



In League in Harmony 6 week Workshop

During Term 1 the Girls TSP Touch and Rugby 7's programs participated in NRL In League In Harmony 6 week workshop culminating in a Harmony Day Gala Day including the opportunity to experience wheelchair Rugby first hand. They also met Australian NRL Jillaroo full-back Samantha Bremner.

The National Rugby League's (NRL) 'In League In Harmony' (ILIH) aims to empower youth to be agents of change for a more cohesive society. It provides opportunities to develop social skills, playing skills as well as empowering students to celebrate the diversity amongst their peers and the wider community. This is achieved through theory and practical based activities which have been designed around the NRL's values of Excellence, Inclusiveness, Courage and Teamwork. Eight girls were selected as 2017 Youth Ambassadors – Isabella Lealaiauloto, Tahlia Alexander, Hollie Aarons, Harmony Vatau, Haylee Hifo, Ebony Prior and Hope Tevaga.



Beach Touch at Maroubra - April

Our Touch girls competed in 2 age groups at the Beach Touch Australia carnival held recently at Maroubra. The Hills Junior Girls were Runners Up to Reddham House by just 1 point while our Senior Girls were Runners up to Kambala in another very closely contested final, with just 3 points in it.



Year 11 Hospitality Barista Excursion

The Year 11 Hospitality students attended a Barista Course throughout term 1. The course allowed students to become proficient in preparing and presenting a range of espresso coffees. Students also learnt about how coffee is grown and roasted and about cleaning and maintain the espresso coffee machine. The course was conducted at CHP School of Hospitality at the Hurlstone Park RSL Club. This generous organisation provides a subsidy for the course to significantly reduce the cost. All students had a great time and learnt a lot about coffee and the art of coffee making and latte art!





Nationally Consistent Collection of Data on School Students with Disability

Notification for Parents and Carers

All Government and non-Government schools across Australia are required to participate annually in the Nationally Consistent Collection of Data on School Students with Disability (NCCD).

All Australian schools will collect data on their students who are receiving adjustments to meet additional learning and support needs in accordance with their obligations under the *Disability Discrimination Act 1992* and *Disability Standards for Education 2005*. This data will be provided to the Australian Government to assist in the development of a consistent, national picture of the education needs of students with disability.

The data provided to the Australian Government by the NSW Department of Education is provided in such a way that it cannot be used to identify any individual student or school.

General information about the national data collection can be found on the Australian Government Department of Education and Training [website](http://education.gov.au/factsheets-nationally-consistent-collection-data-school-students-disability) at <http://education.gov.au/factsheets-nationally-consistent-collection-data-school-students-disability>.

Privacy Protection

The NSW Department of Education follows the requirements of the *Privacy and Personal Information Protection Act 1998* and the *Health Records and Information Privacy Act 2002*. Schools will collect, record, store and use data about individual students in line with these requirements. Data security and protection is a priority and students' personal details will be kept confidential.

Under Clause 52 of the Commonwealth *Australian Education Regulation 2013*, data collected by the NSW Department of Education for the NCCD must be provided to the Australian Government Department of Education and Training. This includes the number of students at each level of education, the number in each category of disability and the number at each level of adjustment. The information is provided to the Commonwealth as a series of number sets that cannot be used to identify any individual student or school.

The Australian Government Department of Education and Training follows the requirements of the Commonwealth *Privacy Act 1988* when handling any data provided by NSW Department of Education in connection with the national data collection. A public information notice has been developed to by the Australian Government to provide students, parents and carers with important privacy information in relation to the data collection. This notice is available on the [department's website](http://education.gov.au/notices) at <http://education.gov.au/notices>

If you have any questions about the data collection please do not hesitate to contact Ms Amanda Frost (Learning Support Team Coordinator).



SCHOOL CANTEEN MENU



BREAKFAST

WHOLE FRUIT PIECES From	V 165 kJ	\$ 1.0
WATERMELON BOWL Regular	V 425 kJ	\$ 2.0
FRUIT SALAD Seasonal Fruit	V 565 kJ	\$ 4.0
FRUIT JELLY BOWL	V 385 kJ	\$ 2.0
CUSTARD & JELLY BOWL	V 671 kJ	\$ 3.0
BACON & EGG MUFFIN OR EGG & CHEESE	V 1280 kJ	\$ 3.5
TOASTED CHEESE WRAP	V 945 kJ	\$ 2.5 H
TOASTED WRAP Ham, Cheese & Tomato	1215 kJ	\$ 3.5
MUFFINS Blueberry or Choc	V 1205 kJ	\$ 3.0 H
BANANA BREAD	V 2277 kJ	\$ 3.0 H
HASH BROWN	V 560 kJ	\$ 1.0 H

SANDWICHES

EGG & LETTUCE	V 945 kJ	\$ 3.5 H
ROASTED CHICKEN, LETTUCE & MAYO	1005 kJ	\$ 3.5 H
SALAD Lettuce, Tomato, Cucumber, Carrot, Beetroot, Onion	V 865 kJ	\$ 3.5 H
HAM, CHEESE & TOMATO	1110 kJ	\$ 3.5
SWEET CHILLI CHICKEN, LETTUCE & MAYO	1065 kJ	\$ 4.0 H
CHICKEN SCHNITZEL, LETTUCE & MAYO	1510 kJ	\$ 4.5 H

WRAPS

SALAD Lettuce, Tomato, Cucumber, Carrot, Beetroot, Onion	V 1065 kJ	\$ 4.0 H
SWEET CHILLI CHICKEN TENDER	1610 kJ	\$ 4.5 H
Lettuce, Cheese, Sweet Chilli Sauce, Mayonnaise		
ROAST CHICKEN Lettuce, Mayonnaise	1335 kJ	\$ 4.5 H
HAM & SALAD Lettuce, Tomato, Cucumber, Carrot, Beetroot, Onion	1095 kJ	\$ 4.5
CHICKEN CAESAR Lettuce, Egg, Croutons, Bacon	1695 kJ	\$ 5.3

TOASTED WRAPS

ROASTED CHICKEN CHEESE & BBQ SAUCE	1590 kJ	\$ 4.5 H
SWEET CHILLI Chicken Tender, Cheese, SC Sauce, Mayonnaise	1585 kJ	\$ 4.5 H

TURKISH BREAD

ROASTED VEGETARIAN	V 1625 kJ	\$ 5.5 H
Roasted Capsicum, Tomato, Onion, Pumpkin, Cheese		
HOT & SPICY Chicken, Cheese & Peri Peri Sauce	1690 kJ	\$ 5.5 H

EXTRA SAUCES & TOPPINGS

CHEESE OR SOUR CREAM	\$ 0.5 H
SAUCES, PINEAPPLE, BEETROOT, TOMATO, CARROT, CUCUMBER	\$ 0.3 H

BREAKFAST SPECIAL BEFORE 9AM

\$5 CHOOSE ONE: BACON & EGG MUFFIN, EGG & CHEESE MUFFIN, TOASTED WRAP, MUFFIN BLUEBERRY OR CHOC

PLUS HASH BROWN

PLUS CHOOSE ONE: FLAVOURED MILK 300ML, BOTTLE WATER 600ML, HOT CHOCOLATE

OR FRUIT SALAD & BOTTLE WATER

MEXICAN

EVERYDAY		
CHILLI CON CARNE NACHOS Lettuce, Tomato, Cheese	1560 kJ	\$ 5.0 H
VEGETARIAN NACHOS Beans, Salsa, Lettuce, Tomato, Cheese	V 1295 kJ	\$ 4.8 H
MONDAY & TUESDAY		
TACOS PULLED BEEF Lettuce, Tomato, Cheese, Sour Cream	1095 kJ	\$ 3.5 H
TACOS RED BEANS Lettuce, Salsa, Cheese, Sour Cream	V 970 kJ	\$ 3.5 H
BURRITO PULLED BEEF Lettuce, Tomato, Cheese, Sour Cream	1480 kJ	\$ 5.5 H
BURRITO RED BEANS Lettuce, Salsa, Cheese, Sour Cream	V 1130 kJ	\$ 5.5 H

CRUNCHY BREAD ROLL

EVERYDAY		
SALAD Lettuce, Tomato, Cucumber, Carrot, Beetroot, Onion	V 990 kJ	\$ 4.0
PULLED BEEF & GRAVY	1325 kJ	\$ 5.0 H
Slow cooked beef made in the canteen and served in a rich gravy		
CHICKEN SCHNITZEL With Just Lettuce & Mayo	1575 kJ	\$ 5.0 H
Or with Lettuce, Tomato, Cucumber, Carrot, Beetroot, Onion		
CHICKEN PARMIGIANA	1890 kJ	\$ 5.0 H
Chicken Schnitzel with melted cheese and a rich napolitana sauce		

FRESH PIZZA

THURSDAY		
MARGARITA Cheese & Sauce	V 1060 kJ	\$ 3.8 H
PEPPERONI Cheese, Pepperoni & Sauce	1085 kJ	\$ 4.0

SUSHI

THURSDAY & FRIDAY		
SPICY TUNA Tuna, Cucumber, Peri Peri Mayo	685 kJ	\$ 3.2 H
CHICKEN Sweet Chilli Tender, Cucumber, Mayo	720 kJ	\$ 3.2 H

HOT BITES

EVERYDAY		
GARLIC BREAD	V 635 kJ	\$ 2.0 H
POTATO WEDGES Sour Cream & Sweet Chilli	V 805 kJ	\$ 2.8 H
HOT DOG Chicken Add Cheese 20c	1380 kJ	\$ 3.0 H
CHICKEN BREAST BITES X 5	714 kJ	\$ 3.0 H
CUP OF NOODLES Tom Yum or Chicken or Beef or Vegetable	V 1365 kJ	\$ 3.0 H
SAUSAGE ROLL	1440 kJ	\$ 3.0 H
MEAT PIE	1830 kJ	\$ 3.5 H
POTATO PIE	1650 kJ	\$ 4.0 H
CHEESE & SPINACH ROLL	V 1670 kJ	\$ 4.0 H

BURGER BAR

EVERYDAY		
CHEESE Beef, Tomato Sauce	1695 kJ	\$ 4.5 H
AUSSEI BEEF Lettuce, Tomato, Beetroot BBQ	1530 kJ	\$ 4.5 H
EVERYDAY EXCEPT WEDNESDAY		
CHICKEN Lettuce, Mayo	1575 kJ	\$ 4.5 H
HOT N SPICY CHICKEN Lettuce, Mayo	1485 kJ	\$ 4.8 H
THURSDAY		
STEAK SANDWICH Prime Beef, Grilled Onions	1377 kJ	\$ 5.0 H
FRIDAY		
FISH FILLET Lettuce, Tomato, Tartare Sauce	1495 kJ	\$ 4.5 H

FLAVOURS OF THE WORLD

EVERYDAY		
BUTTER CHICKEN	1625 kJ	\$ 5.0 H
The No. 1 All Time Favourite With Steamed Rice		
MONDAY		
CHINESE NOODLES	V 1435 kJ	\$ 6.0 H
Traditional Stir Fried Noodles, Chinese Vegetables		
TUESDAY		
CARBONARA PASTA Chicken	1640 kJ	\$ 4.5 H
WEDNESDAY		
THAI RED CURRY	1610 kJ	\$ 6.0 H
Mild Red Curry, Chicken, Chinese Vegetables, Rice		
THURSDAY		
LASAGNA BEEF 450gsm	1995 kJ	\$ 5.5 H
FRIDAY		
BOLOGNESE PASTA Beef	1170 kJ	\$ 4.5 H

DRINKS

WATER 600ml	0 kJ	\$ 2.0
SOFT DRINK 375ml Various Diet	5 kJ	\$ 2.2
OAK FLAVOURED MILK 300ml	795 kJ	\$ 2.4
OAK FLAVOURED MILK 600ml	1590 kJ	\$ 3.6
ICED COFFEE 500ml	1715 kJ	\$ 3.8
HOT CHOCOLATE	365 kJ	\$ 2.0
UP 'N' GO 250ml	823 kJ	\$ 2.5
100% JUICE 350ml Apple or Orange	485 kJ	\$ 2.8
ICED TEA 500ml	294 kJ	\$ 3.5
SOFT DRINK 600ml Various Diet	8 kJ	\$ 3.8
PUMP SPORTS WATER 750ml	300 kJ	\$ 3.8
POWERADE 600ml	41 kJ	\$ 4.0

\$1 LOOK OUT FOR OUR **\$2** WEEKLY SPECIALS

eftpos EFTPOS is available 10c fee applies \$3.00 Minimum All items are Rated Green (G) or Amber (A) Items marked "H" use Halal ingredients Items marked "V" are Vegetarian **eftpos**

food for thought

healthycanteens.com.au

Available Everyday \$4.0



TABOULI 1695KJ
DICED TOMATO, CORIANDER, PARSLEY
SPRING ONION LEMON INFUSION

Available Everyday \$4.0



GARDEN 1695KJ
MIXED LETTUCE, TOMATO, CARROT
CUCUMBER, BEETROOT

Available Everyday \$5.2



CHICKEN CAESAR 1645KJ
FRESH CHICKEN BREAST, MIXED LETTUCE
EGG, BACON, CROUTONS, CHEESE

Monday & Tuesday \$5.2



SUMMER CHICKEN 1450KJ
FRESH CHICKEN BREAST, MIXED LETTUCE
TOMATO, CARROT, CUCUMBER, BEETROOT

Tuesday & Wednesday \$5.5



VIETNAMESE NOODLES 1720KJ
VERMICELLI NOODLES, CHICKEN, ROAST CAPSICUM
CARROT, CUCUMBER, RED ONION

Wednesday & Thursday \$5.2



CHICKEN AVOCADO 1530KJ
FRESH CHICKEN BREAST, MIXED LETTUCE, AVOCADO
ROAST CAPSICUM, TOMATO, CUCUMBER

Fresh Sandwiches	From \$3.5	
EGG & LETTUCE	V 945 kJ \$ 3.5 H	
ROAST CHICKEN, LETTUCE & MAYO	1005 kJ \$ 3.5 H	
SALAD	V 865 kJ \$ 3.5 H	
Lettuce, Tomato, Beetroot, Carrot, Cucumber		
HAM, CHEESE & TOMATO	1110 kJ \$ 3.5	
SWEET CHILLI CHICKEN, LETTUCE & MAYO	1065 kJ \$ 4.0 H	
CHICKEN SCHNITZEL, LETTUCE & MAYO	1510 kJ \$ 4.5 H	



Fresh Wraps	From \$3.5	
SALAD	V 1065 kJ \$ 4.0 H	
Lettuce, Tomato, Beetroot, Carrot, Cucumber		
SWEET CHILLI CHICKEN TENDER	1610 kJ \$ 4.5 H	
Lettuce, Cheese, Sweet Chilli Sauce, Mayonnaise		
ROAST CHICKEN	1335 kJ \$ 4.5 H	
Lettuce, Mayonnaise		
HAM & SALAD	1095 kJ \$ 4.5	
CHICKEN CAESAR	1690 kJ \$ 5.3	
Lettuce, Egg, Croutons, Bacon		



All salads are available everyday if you pre order in the morning before 9am

salad selections

NOW OPEN!

Join the world's fastest
growing fitness network today

Sessions from 5:30am - 10.15am

FREE 2 WEEK TRIAL

Download the F45 Training App to
book-in



26 Powers Rd, Seven Hills

0437 505 908

www.f45training.com.au/sevenhills