



*The Hills Sports High School*

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Principal: Amanda De Carli



# The Hills Sports High School Newsletter

## From the Principal

## SEPTEMBER 2022

### Newsletter – From the Principal – September 2022

It is with absolute happiness that I dedicate my Term 3 newsletter report to the fabulous Year 12! Wow, you have reached the end. New chapters begin, new doors open. I do know that although these new chapters will quickly emerge for you all, you will still feel sad saying goodbye to the place that for many of you have called home for the past 6 years. It is normal to feel sad, even cry, but still be excited about the journey that lies ahead.

I recall graduating high school like it was yesterday. I graduated in 1998, and that year Green Day released 'Time of your life', and of course it was our exiting song. Like many graduations I have seen since entering education, 'Time of your life' has almost featured in all of them. But it never gets old. It still manages to pull at the heart-string of all students, teachers, and parents. I am sure you will have your equivalent tune, and it will always remind you of your graduation and closing chapter.

I would expect by now that you are all busy preparing for the HSC exams. Late nights, focused sessions. I would also anticipate that you are imagining how the papers will look, what questions you will receive, and most of all, wondering what mark you will receive. Year 12, the best advice I can give you is to relax, keep revising your content, note all the advice given by your teachers and develop your game plan. Take a balanced approach to your time. Eat well, exercise and spend time with family and friends. It will maximise your performance and ease your nerves. And remember, if you do not go as well as planned, it is okay. There is always a Plan B to achieve your goals and build your desired future. If you give it your best, then you can walk away satisfied, knowing that you did the best you absolutely could, and you should be proud of yourself.

Year 12, I am immensely proud of you. We are all proud of you. Thank you for being the wonderful people you are. You have managed to reach the final stages of the HSC despite constant disruptions to your learning due to COVID-19. You have managed to demonstrate how committed you are to achieving all your goals, both academic and sporting. Can I also please extend my thank you to the entire Hills Sports High School learning community, especially parents. Parents, what a tremendous job you have done in supporting your children throughout their senior years. I know that you have witnessed first-hand the challenges and commitment that your children have both faced and made.

On a final note, Year 12, school will always have a place in your heart. It is the place where you have made your strongest connections, achieved your goals, and experienced success. Years from now you will remember all the camps, carnivals, and classroom highlights. The canteen food, BBQs, excursions and of course, your sporting competitions. These memories are so valuable. Cherish them. They will stay with you for life and will be used to inspire others in your life.

Farewell Year 12 thank you for being the wonderful, inspirational people that you are.

It has been an honour to be your Principal.

You will be missed.

Amanda De Carli

Principal

## YEAR 12 GRADUATION CHANGE OF DATE

DUE TO THE ANNOUNCED PUBLIC HOLIDAY  
THE YEAR 12 GRADUATION WILL BE HELD ON  
WEDNESDAY 21ST SEPTEMBER 2022

THE LAST DAY OF TERM 3  
FRIDAY 23RD SEPTEMBER 2022

THE FIRST DAY OF TERM 4  
MONDAY 10TH OCTOBER, 2022

## SCHOOL CAPTAINS FOR 2022

Jessika Nash and Joshua Vicary



## Positive Behaviour for Learning

Our school values of Safety, Tolerance, Achievement and Respect are the core principles which should guide both students and staff at The Hills Sports High School.

Tolerance is the recognition that everyone is different and that we are conscious that all differences are valued.

A poster for The Hills Sports High School titled "Tolerance". The poster features a large blue star graphic. At the top left is the school crest. The text "The Hills Sports High School" is prominently displayed. Below the title, there are three small images: a student working on a project, a student listening to others, and a student being tolerant of others' differences. The word "Tolerance" is written in large, bold letters. At the bottom, the school's motto "SAFETY. TOLERANCE. ACHIEVEMENT. RESPECT." is written. The phrase "Be a STAR" is also visible in the top right corner.

# DEPUTYS' REPORT

## Deputy Principal Report – Term 3 2022

**Year 12** are now in the final phase of their high school education. The term began with HSC trial examinations and students should now be utilising the feedback provided by teachers to consolidate their learning and focus on areas needing improvement. Major works have been submitted and were displayed in the library. The polished products reflect the dedication and commitment of these students to complete these projects to such a high standard. We would like to sincerely thank the Year 12 Year Advisor, Mr Slater for his dedication and support over the past six years. Congratulations Year 12, we wish you well and we look forward to celebrating with you at the graduation ceremony on the 21st September and Formal on the 22nd September.

**Year 11** have completed their Preliminary examinations and will be embarking on their HSC studies next term. Students who have received N notifications must ensure that all work is completed to move into Year 12. Students are encouraged to seek support from their teachers or Ms Harriman (Year 11 Deputy) if they have any questions in relation to successful completion of Year 11 courses. There will be a Year meeting for Year 11 in week 9 to hear the speeches prepared by students who have been nominated for Captain and Vice-Captain positions. We wish these students luck and look forward to welcoming our new leadership team for 2023.

**Year 10** are currently completing assessment tasks for the completion of the ROSA (Record of school achievement). If a student is unable to complete a task, they will need to complete an illness and misadventure form and provide a medical certificate or other relevant documentation. This form is available from the student office and should be submitted to the Deputy Principal for approval. Subject Selections for Year 11 Preliminary courses 2023 have been completed, following an online subject selection meeting and the opportunity to view prepared videos on the school website. Students were given the opportunity to attend an interview at school to discuss subject choices, post school career options, TAFE courses and school expectations. This process enabled students and parents to speak to relevant personnel ensuring informed decisions in the subject selection process.

**Regular attendance at school** is essential for your child to achieve their educational best and increase their career and life options. The Hills Sports High School work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier, and your child will build and maintain friendships with other children. [Compulsory school attendance \(nsw.gov.au\)](https://www.nsw.gov.au/compulsory-school-attendance). The following infographic demonstrates why attendance matters. Missing one day of school per fortnight adds up to one year of schooling missed over their school life.

**Mrs K O'Connor and Ms A Harriman**

**Deputy Principals**



# Why attendance matters

When your child misses school they miss important opportunities to:



Learn



Make friends



Build skills through fun



## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

**1** day per **fortnight**  
M ~~T~~ W T F  
M T W T F  
= **4** weeks  = Over **1** year missed

**1** day per **week**  
M ~~T~~ W T F  
M T W ~~T~~ F  
= **8** weeks  = Over **2.5** years missed



## **STUDENT LEAVE:**

### **Absence**

If a student is absent from school, the parent/caregiver should provide a written explanation within 7 days of the absence. This can be in the form of a letter or email. In each case the information provided should include the date, student's name, Roll Call class, the days and dates the student was absent, the reasons for the absence and, for letters, a parent signature. You may wish to phone the school to advise of the absence. This will ensure that you do not receive a text message. If the student is going to be absent from school for more than three days, parents need to notify the school and approval by the Principal will be required if the absence is not related to student health.

### **Late Arrival**

Please contact the school to advise of late arrival by phone or email to avoid receiving a text message.

### **Early Leave**

A letter from parents is required **before 9 am** and should show the date it is written, student's name, Roll Call class, the time and date when the student wishes to leave, the reason for the request and a signature of a parent or guardian. This letter needs to be handed to the student office before 9 am. Students are then issued with an early leaver pass to be collected at recess from the student office. Students must report to the student office with the pass at the required time before leaving the school grounds to sign out officially.

### **Emergency Early Leave**

Parents/Carers **who are unable** to come to the school to collect their child from the school for an emergency early leave would need to phone and email the school indicating the reason for leave and the time needed to leave. The child would be sent from class to come to student office to collect the emailed note to have it signed by a Deputy Principal before being signed out of school at the time required.

### **Participation in Sporting Events (outside of school)**

An Exemption from Attendance form needs to be obtained from the Student Office or downloaded from the DET website. **Sufficient notice is required along with documents to support the request.**

### **Holiday Leave**

An Application for Extended Leave (Travel) form for absences of 5 days or more can be collected from the Student Office or downloaded from the DET website. **Sufficient notice is required along with documents to support the request.** Approved holiday leave is considered by the DET to be unjustified leave. Although approval must be given by the Principal, extended leave is considered explained, but unjustified leave.



### **SMS ATTENDANCE NOTIFICATION:**

After attendance information has been entered, the information is 'polled' by an external SMS system that sends SMS messages to parents of absent students, informing them that their child has not yet attended school today, or is late. Parent/Caregivers are required to contact the school and provide a justified explanation for lateness or absence. Parents can respond to the SMS, via email or in a letter to the school which is to be given to your child's Roll Call Teacher upon students return to school.

**Please include your child's full name, explanation and reason for lateness or absence.**



### **MOBILE PHONES / ELECTRONIC EQUIPMENT:**

Mobile phones, air pods and other electronic equipment are not to be used during class time by students. Mobile phones are not permitted in exams. It is at the discretion of the teacher if mobiles are to be used in the classroom. If mobiles are not permitted, they are to be secured by the student and turned off. The school takes no responsibility for their loss, damage or theft. If a student continues to use any electronic device after being instructed not to by a teacher it will be handed in to the office by the teacher and require a parent to collect.



### **PARENT/CARER IDENTIFICATION:**

All parents/carers who are wanting to make contact in person with student or picking up student early from school for any reason early leave, sick bay, etc. will be kindly asked to produce photo identification. (Driver's Licence or Photo Identification





# **TALENTED SPORTS PROGRAM REPORT**

## Term 3 Sport Report

### **Rugby Union**

The 15's Boys Rugby team have had only one defeat in the Ramsay competition after eight matches. Finals day is coming up soon and hopefully the boys can continue on their winning ways!!

### **Athletics**

Fantastic three days at CHS State Athletics with great performances throughout the event; the most individual medals we have ever won at a single State Carnival! On top of medalists we had all our relay teams make finals along with a number of those in individual events. Well done to all our students who participated.

Gold Medals; Rachel Bardney (Shot and Discus), Angus Clues (Discus, Shot Put, Long Jump), Joel Byatt (Walk), Kaiah Wong (Discus), Ava Masic (Shot), Ethan Aguasa (Hurdles), Beyza Sevdimbaz (100m and Long Jump).

Silver Medals; Sammy Witter (800m, Long Jump), Hanna Masic (Discus), Barnabas Kpozehouen (400m Relay), Angus (Javelin), Beyza (200m, Hurdles), Kaiah (Shot)

Bronze Medal; Sammy (100m).

### **Rugby League**

#### **Buckley Shield**

The boys season ended with a defeat at the semi-finals stage against Westfields. The team has continued to improve through the season and the future looks bright when we get our full strength team on the field together.

#### **St Mary's Cup**

The St Mary's Cup team were defeated 28-14 in the final against Bass HS last week. With a very young team this was an opportunity for some of the students to showcase their talents for the Schoolboy Cup in 2023 and the coaching staff will have plenty to work with moving forward.

# **TALENTED SPORTS PROGRAM REPORT**

## Schoolboy Cup

NRL Schoolboy Cup Quarter Final; A dominant display against Holy Cross College saw the team race out to a 40-0 half time lead. With the game well under control the second half proved to be an opportunity to rest some players and a satisfying 46-16 victory was recorded.

NRL Schoolboy Cup Semi-Final; a tough Erindale College gave our team all they could handle for the full 60 minutes and that still wasn't enough to separate the scores. A spectacular try to Sean Pokia in the corner in golden point sealed a memorable win.

NRL Schoolboy Cup Final: an absorbing battle for 60 minutes saw some exciting passages of play and a 16-0 lead established. It wasn't to be the day however and a determined Fairfield team staged a gallant comeback and prevailed 20-16.

## CHS

Both Harry Hassett and Tallara Bamblett were named in the Australian Schools Rugby League teams!! While there was a few others who may consider themselves unlucky to miss out, these two are worthy of selection after all their hard work and dedication.

## Swimming

After a gold medal at NSW All-Schools Swimming Syllas Phillips competed at the School Sport Australia championship in the 15/16 yrs 200m Backstroke and came away with the Bronze medal!! Well done Syllas!!

## Rugby 7's

Our girls Year 7/8 and 9/10 teams both finished runners up at the Rugby NSW Gala Day with plenty of students making their debut for the school!! Well done to all and thank you to Coach Mr P and Coach Teki!

## Baseball

Girls and Boys Baseball have both progressed to the State Finals of the Baseball KO. The boys had a tough 9-2 win over Figtree HS in the semi-final while the girls had a convincing 11-0 victory against Caringbah HS. We wish both teams the best in the Final!

At the same time Kyan Roach is playing in Florida for the Australian 18's team at the World Cup. After a training camp in the lead-up a final squad was named and Kyan has started each game so far against Mexico and Chinese Taipei!!

## Softball

## CHS

The Girls dominated the State Finals like never seen before. In the four matches they scored 55 runs and didn't concede a single run against! State Champions again, brilliant work from the whole squad and Miss Costaganna.



# **TALENTED SPORTS PROGRAM REPORT**

## **Netball**

### **CHS**

State KO and the girls were in a really tough pool for their preliminary matches and managed to finish second, progressing to the semi-finals to face a tough Westfields team. In the bronze medal match they lost a heartbreaker by one goal and finished 4th.

### **Schools Cup**

Both the 7/8 and 9/10 teams progressed to the Metro Finals of the Netball NSW Schools Cup.

The 7/8 girls missed the semi-finals by one goal on percentage!!

The 9/10 girls made the final and will now progress to the State Finals later in the year. Excellent work teams and thank you to the many supporters we had at the courts last week.

## **Football**

The boys secured a tense 1-0 victory in the Puma Cup Sports HS final against Westfields to secure the Championship again!! With two years wiped out from Covid it technically means we are the back-to-back champions!! A goal from Morrie Kamara proved the difference. Well played boys and a great job from the coaching and teaching staff.

## **Cheer**

STATE CHAMPIONS in CHEER, GRAND CHAMPIONS of SCHOOLS!! Well done to our Cheer Team!! The team “hit a zero” which means no deductions in one of their routines last weekend and finished 0.1 points ahead of Endeavour!! Just reward for lots of hard work. Thank you Jess and Leah at Cheer Energy and well done girls!

# HOSPITALITY

Term 3 has been a busy time for our Year 12 Hospitality students with HSC Trials, finalising their competencies and running the hillSpresso Coffee Shop all happening.

On the evening of Wednesday 24<sup>th</sup> August 2022, Year 12 Hospitality catered for our annual Cook for Teacher event. The students carried out their responsibilities efficiently whilst demonstrating teamwork and problem-solving skills. Year 12 did an exceptional job at communicating, preparing and serving food and drinks to the teachers throughout the evening.

The staff feedback was overwhelmingly positive and encouraging for the students. As their Hospitality teachers, we are definitely proud of them and their hard work!

Meanwhile, Year 11 Hospitality have also been running the hillSpresso Coffee Shop, practising their barista and customer service skills. In class, students have also been embracing the practical opportunities and working towards achieving their prepare and serve espresso coffee competency.

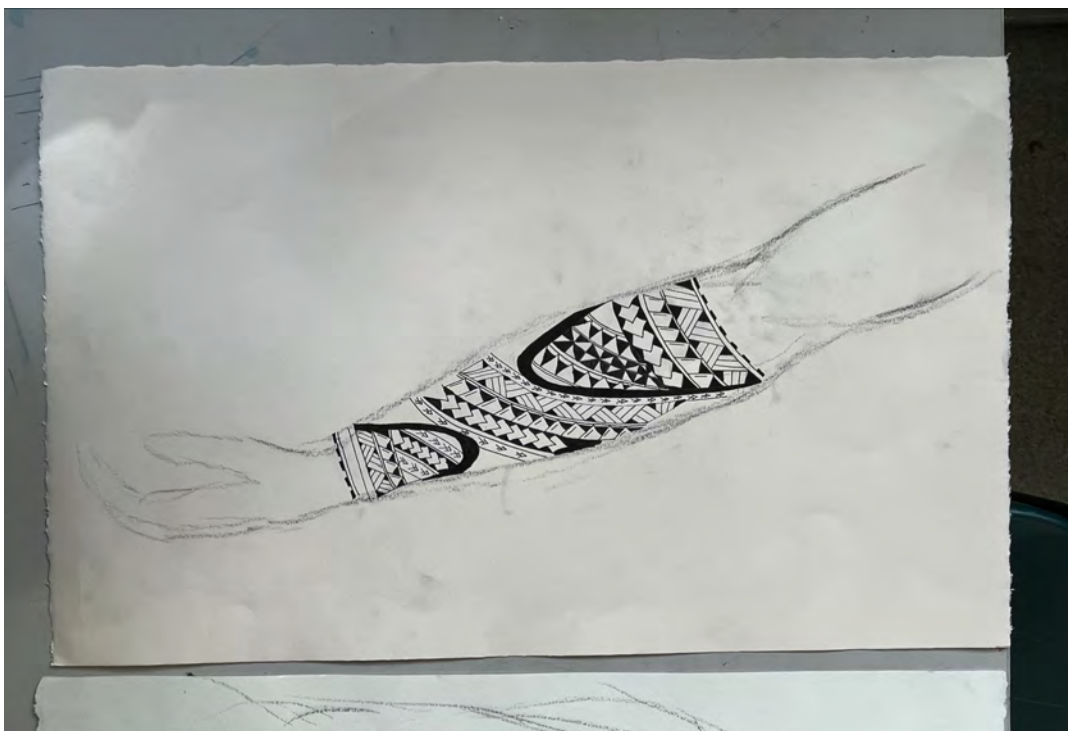
Term 3 is also proving to be a busy time for our Year 11 Hospitality cohort as they complete their Half Yearly examinations followed by their first industry work placement in week 9. Students have chosen their work placement with various of employers who have offered to provide our students with real world experience of the Hospitality industry. We're sure Year 11 Hospitality will learn a lot from this opportunity



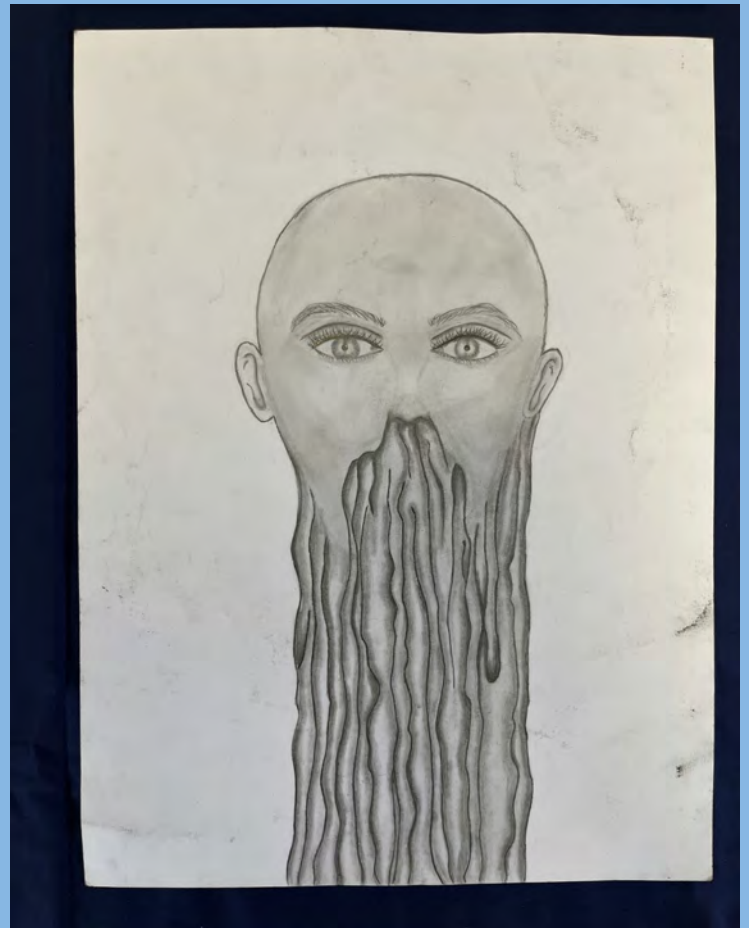


# YEAR 12 VISUAL ART MAJOR WORKS

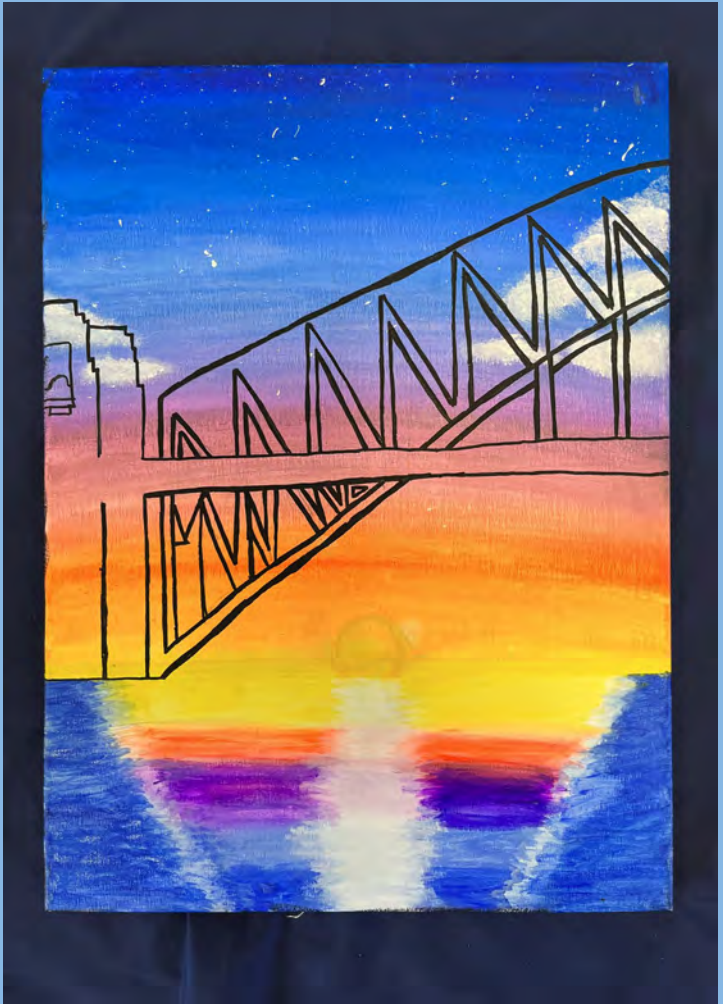
## YEAR 12 VISUAL ART MAJOR WORKS



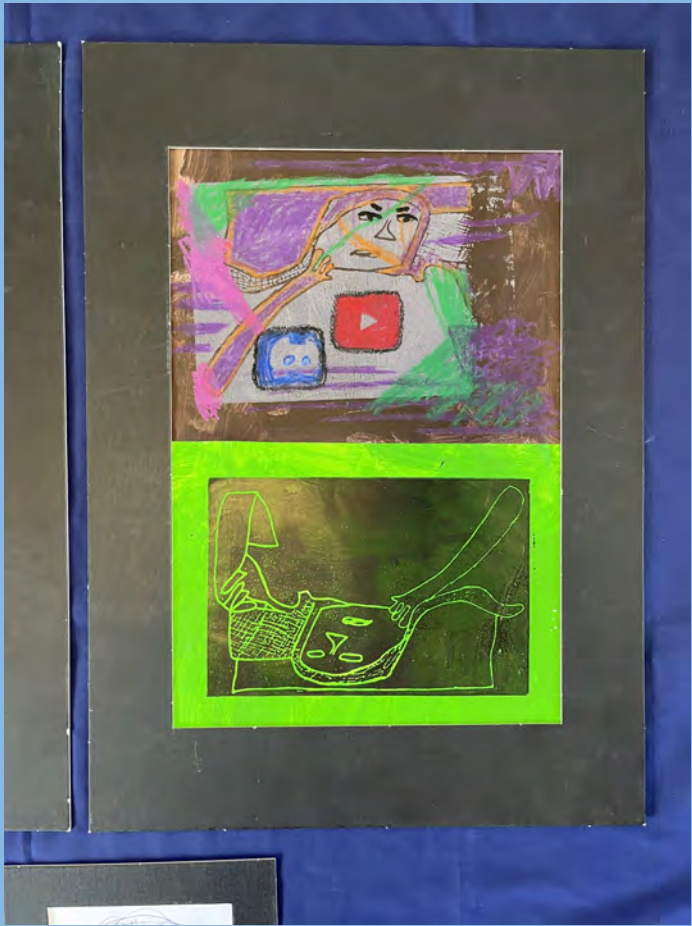


















# Year 12 industrial tech major works

**We made it!!**

The Industrial Technology HSC students of 2022 have spent many hours working tirelessly on their projects throughout the course which has been a big learning curve along the way. I am quite impressed with how the projects have turned out and the quality finish the students have managed to achieve. At time some areas of the project build were challenging and there was a few setbacks along the way but the students have pushed through to produce a quality product. This was all capped off with many hours of sanding and oiling to create beautiful timber art projects.

**Well done class of 2022!!**





# Year 12 industrial tech major works



# **THE HILLS SPORTS HIGH SCHOOL MISSION STATEMENT**

**Our mission is to provide meaningful educational opportunities by:**

**Promoting excellence in teaching practice**

**Encouraging achievement**

**Maintaining and enhancing a diverse, relevant and challenging curriculum**

**Ensuring a safe, caring and pleasant environment**

**Developing a shared relationship with the family and the community so that students may be more able to meet the challenges of a changing society**

## **THE HILLS SPORTS HIGH SCHOOL VISION STATEMENT FOR POSITIVE BEHAVIOUR FOR LEARNING (PBL)**

**‘Positive Behaviour for Learning’ uses The Hills Sports High School values of Safety, achievement, respect and tolerance to support consistent high Expectations and standards of behaviour. Quality teaching and learning at our school will consequently be in a safe and effective learning environment which fosters positive student participation**

### **PBL – Positive Behaviour for Learning**

**Positive participation at The Hills Sports High School will provide you with many opportunities for personal growth, academic achievement and sporting success.**

**PBL rewards and encourages positive achievement as you strive for success.**



## SCHOOL CARPARK:

PLEASE DO NOT STOP OR PARK IN FRONT OF THE SCHOOL CARPARK DRIVEWAY AM OR PM. THANK YOU

Parents/Carers are reminded the School Carpark is not available for Parent/Carer parking, or for drop off or pickup of Students. There is no pedestrian access through the carpark and into the school for safety precautions. Parents/Carers who require an exemption, please contact the school for information on application requirements.



## ALTERATION TO STUDENT RECORDS FORM

Please notify the School of any changes to your contact details.

Examples:

- Change of Address
- Change of parent/guardian contact details
- Change of emergency contact numbers

## Options available for payment of school fees, excursions etc

- Cheque – made payable to The Department of Education
- Cash /Card – via schools reception
- Parent Online Payment (POP) access “\$Make a Payment” from the school website



# IF YOUR CHILD IS ABSENT FROM SCHOOL

## What do I need to do as a parent/guardian?

1. Reply to the absence message you receive from the school via **email OR write a note** with the reason for the absence. **DO NOT TEXT.**
2. Have your child hand the note to their roll call teacher when they return to school.

You must follow both steps above to ensure that their absences are successfully registered and justified as soon as possible.

Mrs Gadow (Year 8, 9 & 10) and Ms Potts (Year 7, 11 & 12)

Attendance and Engagement Leaders





## A REMINDER FROM HILLSBUS

ALL STUDENTS WHO TRAVEL ON PUBLIC  
TRANSPORT ARE REQUIRED TO WEAR A MASK  
AND TAP ON AND OFF USING A VALID OPAL  
CARD EVERY TIME THEY TRAVEL.

ANY ONE WHO FAILS TO DO SO RISKS  
RECEIVING A FINE FROM TRANSPORT  
INSPECTORS.



## UNIFORM DONATIONS

We are accepting donations of school uniforms for the second hand uniform shop.

We kindly ask that the pre-loved uniforms are clean and in good condition.

Donations can be dropped off to the front office,

Monday-Friday between school hours.

Your help is greatly appreciated

*Many Thanks*



Do you have extra clip hangers  
or coat hangers you no longer need?  
We are happy to take them off your hands for  
our uniform shop.

Drop off between school hours to our front  
office.

*Thank you for your support*





# The Hills Sports High School

## SECOND HAND UNIFORM SHOP

Due to current restrictions in place for visitors to the school, the Uniform shop will not be open for parents to attend in person. Please complete the form with your choices we will advise the availability via email and, if available, simply pay on line through the school website, uniform items can then be collected from the school office.



Parent Name: \_\_\_\_\_ Email: \_\_\_\_\_

Student Name: \_\_\_\_\_ Year: \_\_\_\_\_ Ph: \_\_\_\_\_

Uniform item	Size	Price	Available	Emailed	Paid	Collected
Girls Jnr Blouse Blue		\$10.00				
Girls Snr Blouse White		\$10.00				
Boys Jnr Shirt Blue		\$10.00				
Boys Snr Shirt White		\$10.00				
Grey Pants		\$25.00				
Grey Shorts		\$20.00				
Skirt		\$30.00				
Sport Polo Shirt		\$10.00				
Sport Shorts		\$10.00				
Woollen Jumper		\$30.00				
Tracksuit pants		\$20.00				
Tracksuit jacket		\$30.00				
Maroon School Jacket		\$40.00 *				
School Socks		\$9.00 (new)				

\*Limited stock available

Items cannot be held, payment will be required to secure item.

Items that are not suitable will need to be washed before returning to the school for refund or exchange.





# The Hills Sports High School

## SCHOOL JACKET



This image is a draft, there may be slight changes; zip length, attached hood etc. to the final product.

The Hills Sports High Jacket for \$95.

The Hills Sports High School Jacket is ordered by the school.

An order form can be collected from the school office.

Payment can be made by cash, cheque/money order, EFT or

Parent Online Payment (POP).

Please make cheque/money order(s) payable to “NSW Government School”.

Parent Online Payments (POP) need to be made before 6pm on business days to ensure  
the payment is received by the next business day.





# School Canteen Menu



## SANDWICHES

CHEESE & TOMATO E	\$3.5
HAM & CHEESE E	\$3.5
HAM, CHEESE & TOMATO E	\$4.0
EGG & LETTUCE E	\$4.0
CURRIED EGG & LETTUCE E	\$4.0
TUNA LETTUCE & MAYO E	\$4.0
SWEET CHILLI CHICKEN LETTUCE, SWEET CHILLI MAYO E	\$4.5
CHICKEN, LETTUCE & MAYO E	\$4.5
SALAD LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT E	\$4.5
CHICKEN, CHEESE & TOMATO E	\$4.5
CHICKEN CAESAR CHICKEN, LETTUCE, CAESAR DRESSING E	\$4.5
HAM SALAD LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT E	\$4.5

## WRAPS

SWEET CHILLI CHICKEN LETTUCE, SWEET CHILLI MAYO E	\$3.5	\$6.0
SALAD LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT E	\$3.5	\$6.0
CHICKEN, LETTUCE & MAYO E	\$3.5	\$6.0
CHICKEN CAESAR CHICKEN, LETTUCE, EGG, CHEESE E	\$3.5	\$6.5
HAM SALAD LETTUCE, TOMATO, CARROT, CUCUMBER, BEET E	\$3.5	\$6.5

SGL DBL

## SALADS

WATERMELON WATERMELON CHUNKS E	\$4.8
FRUIT FRESH SEASONAL FRUITS E	\$5.5
GARDEN LETTUCE, TOMATO, CUCUMBER, CARROT, BEETROOT E	\$5.3
CAESAR COS LETTUCE, EGG, CROUTONS, CHEESE E	\$5.5
SWEET CHILLI CHICKEN LETTUCE, TOMATO, SWEET CHILLI E	\$6.0
CHICKEN CAESAR CHICKEN, COS, EGG, CROUTONS, CHEESE E	\$6.0

## CRUNCHY BREAD ROLLS

SALAD E	\$6.0
EGG & LETTUCE E	\$6.0
SWEET CHILLI CHICKEN 2X TENDERS, LETTUCE, SWEET CHILLI MAYO E	\$6.0
CHICKEN, LETTUCE & MAYO E	\$6.0
HAM SALAD E	\$6.0
HOT N SPICY CHICKEN SCHNITZEL WITH LETTUCE & MAYO E	\$6.0
HOT CHICKEN & GRAVY E	\$6.0

## SUSHI ROLLS

SWEET CHILLI CHICKEN E	\$4.0
VEGETARIAN E	\$4.0
TUNA E	\$4.0

x1

## SNACKS

POPCORN	\$1.0
BROWNIE	\$1.5
BANANA BREAD	\$2.7
BROWNIE BREAD	\$2.7
WICKED FIZZ	\$0.4
PIRANHA SNAPS	\$2.5
POPCORN	\$1.0
CHIPS 45GM	\$3.0

## COLD

SNAP APART ICE BLOCKS	\$1.0
FROZEN JUICE CUPS	\$1.5
JELLY CUP	\$2.0

## EXTRAS

SAUCE PORTIONS	\$0.4
GRAVY	\$0.5
SOUR CREAM	\$0.5
CHEESE	\$0.5
CONTAINER & LID	\$0.7
UTENSILS	\$0.1

## BREAKFAST BEFORE 9:30AM

### COLD & FRESH

SEASONAL FRUIT E	\$1.3
WATERMELON BOWL WATERMELON CHUNKS E	\$4.8
FRUIT SALAD FRESH SEASONAL FRUITS E	\$5.5
YOGHURT E	\$3.5
MUFFINS HOMEMADE ASSORTED FLAVOURS E	\$3.8

### HOT FOOD

HASH BROWN E	\$1.5
CHEESE WRAP TOASTED E	\$3.0
HAM & CHEESE WRAP TOASTED E	\$3.8
HAM, CHEESE & TOMATO WRAP TOASTED E	\$4.0
BACON & EGG ROLL WITH SAUCE E	\$4.8
TOASTED SANDWICHES ASSORTED SPECIALS DAILY E	\$3.5

## DRINKS

POPPER JUICE 250ML E	\$2.0
WATER 600ML E	\$2.5
OAK MILK 300ML E	\$2.8
OAK MILK 500ML E	\$4.8
ALOE VERA 500ML E	\$4.2
ICE TEA 500ML E	\$4.2
PUMP WATER 750ML E	\$4.2
PUMP FLAVOURS 750ML E	\$4.8
UP N GO 250ML E	\$3.2
HOT CHOCOLATE E	\$3.0
MINERAL WATER 475ML E	\$3.8
ICE BREAK COFFEE 500ML E	\$5.0
SOFT DRINK 375ML NO SUGAR E	\$3.0
SOFT DRINK 600ML NO SUGAR E	\$4.8
POWERADE 600ML NO SUGAR E	\$4.8

## FOOD CODING

E EVERYDAY RATED

O OCCASIONAL RATED

ALL ITEMS ARE HALAL

EXCEPT PORK BASED PRODUCTS

NO FEES

\$2

MINIMUM  
PURCHASE



## RICE - PASTA

	REG	LGE
BUTTER CHICKEN OUR FAMOUS RECIPE & RICE E	\$4.0	\$6.5
PASTA BOLOGNESE RICH BEEF SAUCE E	\$4.0	\$6.5
FETTUCINE CARBONARA WITH CHICKEN E	\$4.0	\$6.5
ROASTED VEGES PASTA TOMATO SAUCE E	\$4.0	\$6.5
FRIED RICE WITH CHICKEN E		\$6.0

## GLUTEN FREE OPTIONS

### RICE - PASTA

	REG	LGE
BUTTER CHICKEN OUR FAMOUS RECIPE & RICE	\$4.0	\$6.5
PASTA BOLOGNESE RICH BEEF SAUCE	\$4.0	\$6.5
LASAGNA VEGETARIAN	\$5.5	

### NACHOS

NACHOS BEEF OR VEGETARIAN	\$5.5
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### SANDWICH - WRAPS - SALAD

ANY WRAP GLUTEN FREE WRAP + FILLINGS	
ANY SANDWICH GF BREAD + SOC	
ANY SALAD GLUTEN FREE DRESSINGS + TOPPINGS	

## BURGERS

CHICKEN BURGER WITH LETTUCE & MAYO E	\$5.0
CHICKEN & CHEESE BURGER WITH YOUR CHOICE OF SAUCE E	\$5.2
HOT N SPICY CHICKEN BURGER DEVIL RILEY & LETTUCE E	\$5.7
CHEESE BURGER BEEF, CHEESE, TOMATO SAUCE E	\$5.7
AUSSIE BURGER BEEF, LETTUCE, TOMATO, BEETROOT, BBQ SAUCE E	\$5.7
VEGETARIAN BURGER PREMIUM VEGETABLE PATTIE & SALAD E	\$5.7

## PASTRIES

SAUSAGE ROLL E	\$3.8
MEAT PIE E	\$4.7
SPINACH & RICOTTA ROLL E	\$4.7
CHILLI BEEF & CHEESE PIE E	\$5.0
POTATO PIE POTATO & BEEF E	\$5.0

## DONER KEBABS

DONER KEBAB & CHEESE E WITH BBQ SAUCE	\$6.6
DONER KEBAB & SALAD E LETTUCE, TOMATO, ONION CHEESE + SOC	\$7.6

## SNACK PACKS

DONER KEBAB MEAT & SALAD E CHEESE + \$1	\$8.2
DONER KEBAB MEAT & WEDGES E CHEESE + \$1	\$8.2

\* AUTHENTIC DONER MEAT \*

## HOT BITES

HOT & SPICY CHICKEN WINGS E	EACH	\$1.5
	x4	\$5.5
CHICKEN TENDERS SWEET CHILLI CHICKEN E		\$2.2
GARLIC BREAD LOAF E		\$2.7
CUP OF NOODLES TOM YUM, BEEF, CHICKEN, VEGETARIAN E		\$3.5
CHICKEN BREAST NUGGETS E	x6	\$4.6
HOT DOG WITH SAUCE (CHICKEN) E		\$3.6
POTATO WEDGES WITH SAUCE E		\$4.0

## NACHOS

BEEF BEEF MINCE WITH CHEESE - SOUR CREAM SOC E	\$5.5
VEGETARIAN SALSA, LETTUCE, CHEESE - SOUR CREAM SOC E	\$5.5
THE LOT BEEF MINCE, LETTUCE, TOMATO, CHEESE, SOUR CREAM E	\$6.6

## TOASTED WRAPS

SWEET CHILLI CHICKEN WITH CHEESE E	\$5.5
BBQ CHICKEN & CHEESE WITH BBQ SAUCE E	\$5.5
MEXICAN SPICY CHICKEN WITH CHEESE E	\$5.5

## PIZZA

CHEESE WITH FRESH TOMATO PIZZA SAUCE E	\$4.2
PEPPERONI WITH CHEESE & FRESH TOMATO PIZZA SAUCE E	\$5.0
BBQ CHICKEN WITH BBQ SAUCE E	\$5.0

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# Girls Rep. Soccer

## Mt Druitt Town Rangers FC

Expressions of interest now being taken via our Facebook page



## All Abilities Cricket Program (AACP)

For Players with Special Needs

**Mission:** To enrich social & physical wellbeing by promoting Cricket as an inclusive All Abilities sport for children and adolescents with special needs.

### Come Play Cricket With Us – AACP

**Age Group:** 10 – 17 Years

**Duration:** 10 Weeks (Starting Friday 23 Sept 2022)

**Session Day & Timing:** Fridays 5:30 PM – 7:00 PM

**Location:** Schofields Park (Near Schofields Public School)

**What You Need:** Basic Cricket Kit (Gloves, Pads, Guard, Helmet)

**Cost:** \$25

### Register Now:

Go to [www.playhq.com](http://www.playhq.com) → Search for Schofields Cricket Club → Click on 'Register' tab → Register under the 'All Abilities Cricket Prog (AACP)-Players With Special Needs' option.

Contact Us – [schofieldscricket@hotmail.com](mailto:schofieldscricket@hotmail.com) or 0434 083 057

**Schofields Cricket Club - Est. 1924**



# Youth Frisbee

## Hills Ultimate

- **Holiday Clinic**  
Tue 27 & Wed 28 Sep
- **Summer Program**  
Tuesdays 6 - 7:30 PM  
@ Eric Mobbs Reserve



SCAN ME

[hillsultimate.com.au/youth](https://hillsultimate.com.au/youth)

