



Mitchell High School Year 7 students

Don't be afraid to ask questions. Don't be afraid to ask for help when you need it. I do that every day. Asking for help isn't a sign of weakness, it's a sign of strength because it shows you have the courage to admit when you don't know something, and that then allows you to learn something new. And even when you're struggling, even when you're discouraged, and you feel like other people have given up on you, don't ever give up on yourself.

To ensure things run smoothly you have to be responsible for yourself. Be A REAL student.

School starts at 8.50am each day and you must be appropriately dressed in full school uniform with all your equipment needs for that day so your day may be successful. If you have a problem you must see the appropriate Deputy or Year Adviser.

HSC 2016 Highlights

Highlights of the HSC results in 2016 were 18 students achieved Band 6 in 2 unit courses while 111 students achieved Band 5. Band 6 results include 3 in French Beginners, 3 in Biology, 3 in Mathematics 2unit, 2 in Mathematics Extension, 2 in Society and Culture and 1 in Business Studies, 1 in Visual Arts, 1 in Italian Beginners, 1 in Chinese Background Speakers. 1 in Business Services.

We were above state average for French Beginners, Business Services, Construction, English as a Second Language, Modern History, Society and Culture and Information Processes and Technology.

Important Dates to Remember

Feb 15th	Meet the Teacher Evening (Year 7,11 & 12)
Feb 17th	Swimming Carnival
March 1st	P&C and Parent Forum - 6.30pm
March 7th	Year 6 into Year 7 (2018) Information Evening - 6.30pm
March 9th	Athletics Carnival
March 29th	Year 7 Vaccinations



Comparing the % of students gaining Band 4-6 the following above state results were achieved:

- In French Beginners 100% of our candidates gained Band 4-6 results (NSW 71.6%)
- In Modern History 87.5% of our candidates gained Band 4-6 results (NSW 72.65%)
- In Society and Culture 76.9% of our candidates gained Band 4-6 results (NSW 48.2%)
- In Information Processes and Technology 75% of our students gained Band 4-6 results (NSW 62.7%)
- In Business Services Examination 75% of our candidates gained Band 4-6 results (NSW 48.4%)
- In Retail Service Examination 72.7% of our candidates gained Band 4-6 results (NSW 52.1%)
- In English as a Second Language 66.7% of our candidates gained Band 4-6 results (NSW 58.8%)
- In Construction Examination 50% of our candidates gained Band 4-6 results (NSW 47.03%)

Congratulations to all the students and teachers of Year 12 in 2016 for the outstanding results they achieved.

The school year has started with a full complement of teachers and we welcome back from Maternity Leave, Mrs C. Byrnes (English), Mrs D. Rao (Science). Mrs K. VanTrier. We welcome new staff Ms H. Kaur (Mathematics) Ms J. Kindynis (Science) and Ms S. Scott (TAS/PE). Please see attached the staff list for 2017.

We are going to be having a monthly newsletter that will be available via our website and the Skoolbag App as well as placing a link on our Facebook page to allow parents to gain access to what is happening around the school. We hope this allows us to be in close contact with you all and allow us to celebrate the ongoing achievements here at Mitchell High.

Meet the Teacher Evening Year 7, 11 and 12

I would like to take this opportunity to invite parents/caregivers and students of Year 7, 11 and 12 to join us on Wednesday 15th February from 5pm till 7pm, for an informal evening where you will have the opportunity to meet teachers and build a positive relationship with the people who care and educate your child.

Year 7 - 2018 Information Evening

An Information Evening will be held on Tuesday 7th March at 6.30pm for all students and their parents considering enrolling at Mitchell High School into Year 7 in 2018. It is very gratifying to showcase the wonderful things happening at Mitchell High and display the passion of the staff that give up their time to stay back and welcome students and parents.

School Fees

Invoices have been mailed out recently for School fees. The great majority of our families show their support for the great education their children receive at Mitchell High School by paying these fees. Subject fees cover subject consumables while the Resources/Printing and technology is used to purchase site licences, library resources and to help cover the ever mounting cost of photocopying resources for students in all subjects (over \$7,000 per month). The school takes cash, cheques, credit cards, phone credit card payments and of course for your convenience online payments.

P&C and Parent Forum

This group meets on the Wednesday of Week 5 during each school term in the staff common room at 6.30pm. Parents meet in a friendly way to give my staff and myself a window into the local community and to learn more about school programs. I would love to see a huge rollup of new faces as well as the regulars on the 1st March, 2017. I promise you that you will not be asked to do Canteen duty or run fund raising events, we simply want parents to have a forum in which they can be involved in discussing how to continue to improve what Mitchell High has to offer. The AGM of the P&C will be held on Wednesday 15th March at 6.30pm.

"Be careful to leave your sons/daughters well instructed rather than rich, for the hopes of the instructed are better than the wealth of the ignorant." - Epictetus



Ms Elena Marinis
Principal

From the Deputy Desk

Welcome back to a new school year. It is always with anticipation that we greet our new and returning students on the first couple of days back. So many have grown taller and certainly more mature over the long Christmas break. As always we are keen to have all students settled into classes and engaging in the very busy life of our school as early on as possible. Students have come back looking fantastic in their uniforms and are to be congratulated for their efforts.

Year Meetings

Last week all years met in the hall with their Year Advisers and Deputy Principal to welcome them back and remind students of a few key points to ensure they are ready for success. I challenged my years to set themselves some goals or challenges for the year and to really make an effort to work towards these. I look forward to having some conversations with the students around these goals.

Communication with the school

Mitchell HS is such a busy school and there is always so much going on each and every day. Communication between the school, students, staff and parents is very important to us. Open, clear and respectable communication can often solve so many problems or issues early on. Please contact the school if you require information or assistance and speak to the relevant people. Most often the teacher is the first point of call, followed by the Head Teacher of the subject. Year Advisers are also an early point of call and then other people include the Head Teacher Welfare (Ms Cate), Head Teacher Teaching and Learning (Ms Starink), School Counsellor (Mr. Johnson) and then the Deputy Principal in charge of the Year (Mrs. Pares 8,10,12 and Mr. Campbell 7,9,11).

Methods of Communication

The school promotes and provides a lot of information across a number of different methods to cater to the needs of all our families. There is a Facebook page ([Click here to go to the Facebook page](#)), Website (<http://www.mitchell-h.schools.nsw.edu.au/>), a Skoolbag App (this will send you notifications and has permission notes, absentee access and a range of other information). We regularly update the school electronic noticeboard out the front of the school and of course students are given notes to bring home.

Support Structures @MHS

We are very fortunate to be able to provide a number of support structures for our students to ensure they achieve success. Students can access:

- Learning Support Staff
- Learning Centre (booked by the teachers)
- Library at recess and lunch
- Homework Centre (Wed, Thur, Fri in library after school)
- Maths tutoring (see maths staff for relevant days)
- School counsellor
- School Wellbeing Officer (Thursdays)
- Transition Officer (Mr. Turner)
- Careers Adviser (Mrs. Rumi-badger)

Please encourage your student/s to make use of these resources as often as they need and want to.

Assessment Schedules and Non-determination lessons

All students in Years 7 & 8 were issued their personalised assessment booklets and an assessment calendar in the year meetings last week. These are crucial to the students so they can plan and manage their time to complete all assessment tasks and homework tasks to ensure success. Students in Years 9 – 11 are all in the process of being issued their assessment booklets and calendars during a specified lesson on the N-Award process and how to avoid them. All students will have a coloured term by term plan to put up at home. As a school we would love to see the number of N-determination warning letters being sent home reduced to below 100 for every year group.

Year 12 EDROLO resource

Last year the school trialled the use of Edrolo, an online study program and exam resource in Year 12. It was a huge success and so we are going to continue to use this resource across a range of HSC subjects in 2017.

The school is working with Edrolo currently with our Year 12 cohort (which means you may already have heard of it). Edrolo is the only comprehensive, premium, online, interactive video and exam simulation resource for the HSC. It has been thoroughly evaluated by a curriculum team and students alike as an invaluable resource for our HSC students.

Edrolo is providing our students with a differentiated and targeted level of support as they prepare for their most important exams and we encourage you to discuss how your child is working with the resources as they prepare

for their final exams.

What exactly is Edrolo?

Edrolo is an extensive study and exam revision resource crafted by outstanding HSC teachers (including exam assessors, textbook authors, and department heads). Edrolo is built in accordance with the BOSTES Syllabus to guide students through their coursework during the year and final exam preparation.

Edrolo is broken up into two key elements:

- **Theory Master:** Interactive video courses mapped to each subject's Study Design and presented by proven expert teachers. Each subject's Theory Master has 100s of videos and interactive quiz questions for students to learn from and test themselves on.
- **Exam Master:** Online simulated practice exams offering video solutions for every single exam question, incorporating unique insights and diagnostic study tools enabling students to identify and target their individual areas of weakness.

Sitting behind Edrolo are rich analytics that our teachers will use to understand, in greater detail, the learning needs of students, and thereby be able to provide more targeted support than has ever been possible with traditional resources.

How will students use Edrolo?

Our teachers have been guiding students to make full use of Edrolo in a range of ways across the last two terms, including:

- holiday homework;
- pre-class work;
- post-class consolidation;
- assessment preparation; and,
- exam revision.

How will students access Edrolo?

Edrolo is accessed simply by logging in to the Edrolo website; edrolo.com.au/mitchell-high

Every student has been provided with a unique account that helps to track their progress throughout the Edrolo course. Students can access Edrolo anywhere there is an internet connection using their device of choice; laptop, PC, tablet or smartphone. There is no downloading of applications or software. We are excited to see the impact that this resource along with the use of ALARM and other teaching methods will have on HSC results this year.

I wish everyone a very successful year and look forward to seeing growth and development across all domains for all of our students.



Mrs. Lee-Anne Pares
Acting Deputy Principal (8, 10 & 12)

I would like to welcome everyone back for another busy year at our great school. It is always wonderful to see students return full of enthusiasm and determination to improve on their previous year's results. I am excited to once again be fulfilling the role of Relieving Deputy Principal and will be overseeing the welfare of Year's 7, 9 & 11.

I would like to encourage both students and parents to approach me at any stage to discuss any questions or issues that may arise. I believe that effective communication makes an immense difference in achieving a quality education and encourage both students and parents to come and discuss issues before they develop into bigger problems.

I would ask all parents to contact me any stage or make an appointment to discuss the progress of your child and to inform me of any matters that the school should be aware of relating to your child.

Welcome Year 7

The beginning of the year is always a mixture of emotions for our incoming Year 7 students. There is usually a feeling of excitement mixed with nervousness about the unknown and an apprehension of what lies ahead. We will all remember that first day when walking through the school gates to begin the high school journey and the next chapter in a young person's life.

I would like to commend Year 7 for making an outstanding start to the year. The group appears extremely settled and although it is very early in the year, I can see the potential for this group of students to be a wonderful year group. I have made it clear already, students are to seek out a teacher, Year Advisor, Head Teacher Welfare, School Counsellor, Deputy Principal or any staff member to discuss any concerns they may have. Communication is a key to success in having a happy and successful experience

in high school. Please don't hesitate to contact me if you have any queries and I am excited about the year ahead and getting to know and supporting your child in there learning.

Uniform

We have made an excellent start to the year with regards to the wearing of school uniform. It makes such a big difference when students attend school dressed appropriately and immediately establishes a disciplined approach to learning and displaying REAL behaviour. I would like to remind all students and parents that the expectation is that all students wear plain black hard leather shoes. This is important due to Work Health & Safety (WHS) requirements particularly when participating in practical subjects. The uniform shop next week will return to normal opening hours with the day/times listed below;

Tuesday: 8.00am – 12.00pm

Thursday: 12.00pm – 4.00pm

[Please see attached the uniform policy](#) at Mitchell High School and the sanctions in place if uniform is not worn appropriately.

Truancy / Unexplained Absence

Parents are notified by mail after every three days of unexplained absence. Millennium tracks when notes have been posted. Lists of students will be supplied to the Deputy Principal's from the Head Teacher Administration on both full day unexplained absences and also ongoing fractional truancy. The Deputy Principal will interview parents and place students on attendance monitoring booklets and warn of possible repercussions e.g. repeating school etc. In Term 4, after further discussions with parents and a review of student outcomes the Principal may decide to repeat students.

Students deemed to be chronic truanters across all faculties will be put on a period to period monitoring list. A purple sheet will be brought to teachers via office duty student and to filled in and returned to the office duty student immediately. The Deputy Principal will be notified if student is truanting.

I look forward to another exciting year ahead at Mitchell High School. I would encourage all students to work hard, get involved in school activities and take opportunities that will come up during the year.



Mr Colin Campbell

Acting Deputy Principal (Years 7, 9 & 11)

Each year group at Mitchell High School has a Year Adviser who provides support, encouragement and advice to students. A message of welcome follows from each Year Adviser.

Year 7 – Miss Kwan

My name is Miss Kwan and I am the Year 7 Adviser at Mitchell High School. You can find me in the Creative and Performing Arts staffroom. I value the opportunities to have small conversations with the Year 7 students who I teach, and those who I don't, before school, in between classes and when I am delivering content in the classroom. Since taking on this welfare role of leading a group of students, I am determined to help them collect memories throughout their schooling life. I want them to look back and be proud of how much they have accomplished. I will be there to give advice in terms of welfare, academic and social needs because I believe the role of the teacher exists beyond the classroom walls.

To all the Year 7 students:

Hi Year 7 students! Welcome to Mitchell High School. It has been a pleasure to meet you all in person. I have enjoyed interacting with you through the Peer Support program, saying hi to you in the playground and having four classes of Visual Arts and Technology Mandatory.



I want you to continue collecting memories together throughout your schooling life. We all take part in someone's memories, so we need to remember to be kind to one another. If you ever need to talk to me, I am always around. Remember to be a respectful, engaged and active learner.



My 3 tips for success include:

1. Always be a Respectful, Engaged & Active Learner.
2. If you are worried, nervous or excited, remember to speak to me! I am always happy to hear from you.
3. You are part of someone's memories so always be kind.



Year 8 – Mr Connolly

Welcome to 2017 Year 8. I hope you all had a relaxing holiday and recharged your batteries ready to tackle another year of school. I look forward to supporting all Year 8 students through another exciting year of academic and personal achievement. 2016 was a great year for many students in our grade and we celebrated a range of achievements across all aspects of school. I encourage all Year 8 students to continue to involve themselves in all the opportunities available to you at school. Remember if you ever need support, are finding school difficult or just want someone to talk to, you can find me in the Social Science staffroom. My role is to ensure you achieve your best and have a safe and happy 2017.



Year 9 - Mrs Davey

Hello, my name is Mrs Davey and I am the Year 9 Year Adviser 2017. I can be found in the Science Staffroom in A Block. I teach 7-10 Science, Biology and more recently Retail Services. I am looking forward to working with Year 9 this year. I am here to assist the students with their wellbeing and to help them on their journey as a REAL student at Mitchell High School.



Year 10 – Mr Szumyn

My name is Wayde Szumyn and I work at Mitchell High School as a Learning and Support Teacher as well as teaching elective Photography. Further to this I have the pleasure of working as year 10 Adviser. My roles here at Mitchell allow me to work with staff across all faculties as well as supporting the learning needs of students in all year groups but with a focus on Year 10. I can be found in the Support staffroom and am always happy to help in any way I can to make school life a safe and successful experience for all of our students.



Year 11 – Mr Allam

My role as Year Adviser is quite vast, however, my main objectives are to assist students to fulfil their responsibilities as senior students and to help with any difficulties including welfare issues, family situations or peer group pressures that may arise throughout the year. Also, my role involves liaising with teachers, parents/carer(s) and students to ensure that each student is progressing and achieving the required outcomes for all subjects.

I am located in the Mathematics staffroom and I would like to take this opportunity to welcome all year 11 students to Mitchell High School. It has been a busy start to the year with certain documents that need to be signed and returned, assessment booklets to be collected and explained as well as adapting to your new roles as senior students. As senior students, you are rewarded with certain privileges, however, with these privileges come responsibilities. You are expected to fulfil the Code of Conduct for success and complete all requirements of the signed student agreement. I look forward to working with you as mature adults to achieve your goals in preparation for the HSC.



Year 12 – Ms Mehic

Ciao, my name is Miss Mehic and I am the Year 12 Adviser for 2017. I can be found in the Languages Staffroom in A Block. I teach Languages other than English. My role is to assist the students with their wellbeing, to oversee the organisation of Year 12 special events and to work with the Year 12 committee for fundraising.



English

The English Faculty would like to welcome everyone back this term. We are looking forward to a stimulating and creative 2017 that sees all of our students continue to grow in their English classes. We remind students that their job is to learn and so they should be prepared to make that happen. Students should always bring their notebooks, prescribed texts and writing implements to class. Considerate, productive use of their digital devices will be encouraged, however when not in use, these should not be seen in the classroom. Students should also seek to support their teachers in creating positive classroom environments, environments in which all students feel able to explore their understanding, take risks and seek help when necessary. We can accomplish so much when we work together!

It is also important that students realise that literacy will only develop if they are actively practising their reading over a range of texts written for a range of purposes. Students will be given many opportunities to practise their writing in class, however, at home it is essential that students are engaging with the Wordflyers programme. Mitchell HS has provided all students in Year 7 – 10 with access to this programme. And as NAPLAN becomes ever more important in the tracking of student growth, Wordflyers readily offers students online opportunities to develop their literacy skills and remain focused on the kinds of knowledge and skills that NAPLAN tests. If you have lost your log-in or require further assistance, please speak to your English teacher.



Ms Beckett

Acting Head Teacher English

PDHPE

The PDHPE department would like to warmly welcome back all our students for an exciting year ahead. This term is very busy with the Swimming Carnival on February 17th and Athletics Carnival Thursday 9th March taking place.

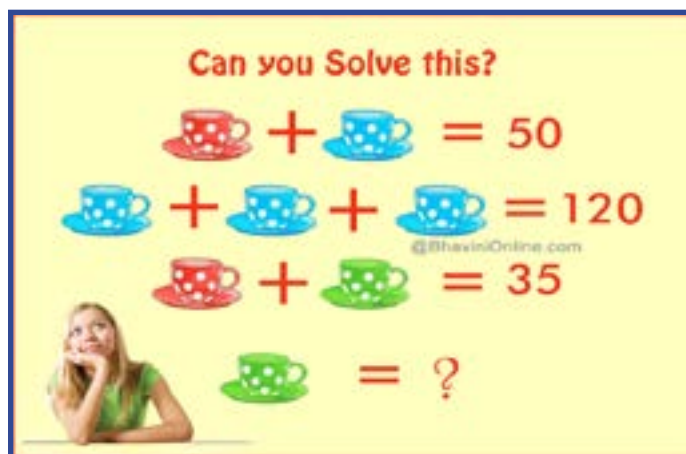
During PE lessons, the focus is on Athletics. We are working on developing the skills required to be able to perform well at the carnival. Activities such as High Jump, Javelin, Discus, Shot Put, 100m, 200m and 400m running are taking place.

The Friday lunchtime sporting competition is starting again. This term we are playing Netball. Get your team together and sign up outside the PE staffroom. The teachers are excited to play against some of our very talented students each week.

Don't forget PE uniform is compulsory for all practical lessons. This includes joggers (no canvas shoes), MHS blue PE shorts, MHS white PE shirt and the MHS hat. With the hot weather around we strongly suggest students also bring out a water bottle to each lesson.



Mrs Spadina
Head Teacher PDHPE



The Maths STAR award morning teas will run again each term this year rewarding students recognised by their teachers to be having STAR qualities in the math classroom.

Maths Tutoring is available again in room 54 between 3:15pm and 4:15pm on Wednesday for senior students and Thursday for any student. Please feel free to come along and take advantage of the free help.

Calculators are available to purchase from the maths department for \$25. Pay the money at the front office and bring the receipt to the Maths Faculty.

Mrs Burness Cowan
Head Teacher Maths

Maths

Welcome to Mitchell High students from the maths department.

The school has purchased Mathletics for years 7-10. Students will be given their own login shortly by their teachers, which can be used at school and at home. Years 7 and 8 will have part of their assessment mark in terms 1 and 3 from completing set tasks in the Mathletics program.

The Maths Faculty run the Australian Mathematics competition (AMC) for 7C and top math classes and the Maths Olympiad for 7C, 8M1 and 8M2. The AMC will be on 27th July and the Olympiad will be in classes over five weeks starting 17th May.

Luna Park will run at the end of the year as a reward excursion for year 9 students.

The first unit for Year 11 students requires them to make five different artworks based on one object of sentimental significance. At the start of Week 1, students had trouble thinking of what was sentimental to them. Miss Kwan brought in her own box of memories to help students understand what makes an object sentimental. She took the opportunity to explain how a strong concept/narrative holds the attention of the audience. It was also a fantastic way for students to learn more about her and to see how their teacher is full of emotions just like them!



Miss Kwan and Mrs Young

Vaccinations

NSW Health is offering a vaccination program at Mitchell High School in 2017 for students in Year 7. The first phase of vaccinations will be on Wednesday 29th March. All Year 7 students have been given a vaccination pack and note explaining the process. Consent forms need to be returned to school prior to the vaccination date. There is a box for them outside the Support Staffroom. If there are any questions, please contact Ms Barber or Ms Cate.

Police Talks

In 2017 we welcome our Police Youth Liaison Officer, Snr Constable Amanda Jones, to the school. She will be presenting talks with each year group throughout the

year on the following topics:

- Year 7 – Young Offenders Act (young people and the police)
- Year 8 – Cyber Crime/Sexting
- Year 9 – Drug/Alcohol
- Year 10 – Safe Celebrating
- Year 12 – Safe Celebrating and a review of previous sessions

Y-PEP Child Protection Education Program

Students in years 7-10 will participate in the Y-PEP program in Term 1. This program is funded by the Department of Education and is aligned to the PDHPE Syllabus. It focuses on three key themes – recognising abuse, power in relationships and protective strategies. The outcomes are that students will have an increased awareness of safe and respectful relationships; an increased knowledge and understanding of rights and responsibilities in relationships and skills in recognising, assessing risk and responding to unsafe situations.

I look forward to sharing more Welfare news with you during 2017.



Michelle Cate
Relieving HT Welfare

MITCHELL HIGH SCHOOL OPEN NIGHT



Delivering excellence through innovative & unique learning opportunities for student success

TUESDAY 7TH MARCH 2017

6.30PM - 8.30PM

**MITCHELL HIGH SCHOOL
KEYWORTH DRIVE
BLACKTOWN
SCHOOL HALL**

INVITATION YEAR 6 INTO YEAR 7 (2018)

- *Meet and talk to our executive staff and teachers*
- *Tour our school grounds*
- *Explore our classrooms*
- *Discover educational opportunities we provide our students*

Principal: Ms E. Marinis | T: 9622 9944 | E: mitchell-h.school@det.nsw.edu.au | W: www.mitchell-h.schools.nsw.edu.au



HOMework CENTRE

ON EVERY WEDNESDAY,
THURSDAY AND FRIDAY
IN THE LIBRARY

- TEACHERS AND SENIOR PREFECTS
ASSIST WITH HOMEWORK AND
ASSIGNMENT ENQUIRIES
- USEFUL STUDY TIPS PROVIDED
- COMPUTERS AND BOOKS AVAILABLE

FROM 3:10 - 4:10 PM

MITCHELL HIGH SCHOOL

Delivering excellence through innovative & unique learning opportunities for student success



MHS FEE SCHEDULE 2017

TECHNOLOGY	Year 7 \$	Year 8 \$	Year 9 \$	Year 10 \$	Year 11 \$	Year 12 \$
First Child	50	50	50	50	70	70
Second Child	40	40	40	40	60	60
Third Child	30	30	30	30	50	50
RESOURCE/PRINTING	30	30	30	30	30	30
P&C DONATION (1 PER FAMILY)	5	5	5	5	5	5
SUBJECT FEES (2017)	Year 7 \$	Year 8 \$	Year 9 \$	Year 10 \$	Year 11 \$	Year 12 \$
Technological and Applied Studies (TAS)						
Child Studies			20	20		
Construction (VET)					50	50
Year 11 Construction Uniform & White Card (approx)					80	
Engineering Studies						25
Exploring Early Childhood					20	10
Food Technology			70	70	30	30
Graphics Technology			10	10		
Hospitality (VET)					50	50
Year 11 Hospitality Uniform (approx)					40	
Industrial Technology: Electronics			50	50		
Industrial Technology: Engineering			50	50		
Industrial Technology: Timber			50	50		
Industrial Technology: Metal			60	60		
Industrial Technology: Timber Products & Furniture Tech.					50	20
Industrial Technology: Multimedia			10	10		
Technology and Applied Studies (Mandatory)	50	50				
Textiles Technology			40	40		
Textiles and Design					30	20
Computing						
Information and Software Technology			10	10		
Information Processes and Technology					10	10
Software Design and Development					10	10
Creative and Performing Arts (CAPA)						
Music		15	20	20		
Music 1					30	30
Photographic and Digital Media			50	50		
Photography, Video and Digital Imaging					60	60
Visual Arts	30		40	40	50	50
A4 Portrait Derwent Visual Arts Diary (210 x 297mm)	5	5	5	5		
A4 Quill Art Journal					12	12
Human Society and Its Environment (HSIE)						
Economics (Textbook)						40
Business Services (Printing)					10	
Retail Services (Textbook)					35	
Mathematics						
Scientific Calculator (Casio fx82plus)	25	25	25	25	25	25
Year 12 Jersey/Jacket						
Year 12 Jersey/Jacket (refer to MHS uniform requirements & dress code for sanctions)					80 - 100 (approx.)	

MITCHELL HIGH SCHOOL

Delivering excellence through innovative & unique learning opportunities for student success



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UNIFORM REQUIREMENTS 2017

Dear Parents / Carers and Students,

All students are expected to be aware of uniform requirements and to wear the correct uniform every day to follow the Code of Dress as ratified by the P&C and Mitchell HS Uniform Committee.

As we are heading towards the end of the school year it is timely to evaluate school policies and procedures around school uniform and the wearing of the school uniform so that all students are prepared for the beginning of the new school year.

The School Locker is our official uniform supplier and students are only allowed to wear items purchased from this supplier either at school or at the Superstore in Liverpool. The only items exempt from this are socks, tights and shoes. The school pants and shorts for boys and girls have an embroidered MHS on the side pocket for identification. Please remember that these styles have been decided upon by the P&C, student representatives and staff.

In relation to the wearing of the uniform please note the following:

- No sleeves or shorts are to be rolled up or taken up. As a general guide the shorts for both boys and girls should be no more than 5cm above the knee.
- Girls' winter skirts are also to be no more than 5cm above the knee.
- Socks may be black, grey or white for boys and girls but **MUST NOT** have any logos on them.
- School shoes **MUST** be firm black leather (including the tongue piece) for safety reasons and no soft leather or canvas shoes are acceptable.
- Ties may be worn with the white business shirt by Senior boys only.

Please note:

- If you have any problems with purchasing uniform items because of sizing then please discuss this with the ladies in the uniform shop as they are able to provide special sized items.
- The school does have some second hand uniform items available for purchase from the front office.
- If you are experiencing financial difficulty the school does have a Student Assistance Scheme. Please ring and discuss this with the Deputy Principal of your child's year. Not all items are available through this scheme.
- The School Locker will be stocking socks and tights for next year. Winter scarves with the school logo will also be available.
- There is an option for a warmer zip up jacket with fleecy lining available from the School Locker now. (Slightly more expensive than the other one but definitely warmer for those students who feel the cold)
- School shoes can be purchased from the School Locker at very reasonable prices
- Only plain white undershirts (short or long sleeved) may be worn for additional warmth. These must be worn under the polo shirt and tucked in. These will be available through the School Locker in 2017.

Mitchell High School Students are Respectful, Engaged & Active Learners

Price List.



Mitchell High School Compulsory Uniform

Boys Formal

Polo	APN899020	Junior Polo Sky	\$27.50
Polo	APN713019	Senior Polo White	\$27.50
Shirt	ALS010071	Senior Shirt Long Sleeve White	\$27.00
Shirt	ASS010131	Senior Shirt Short Sleeve White	\$27.00
Short	ABS616040	Short Boys Elastic Waist	\$30.00
Short	ABS616041	Short Boys Expander Waist	\$30.00
Pant	ABT616028	Pant Boys Expander Waist	\$42.00
Tie	TIE016019	Tie	\$20.00

Girls Formal

Blouse	ASR908025	Junior Blouse Short Sleeve Sky	\$27.50
Blouse	ALR908007	Junior Blouse Long Sleeve Sky	\$29.50
Blouse	ASR010024	Senior Blouse Short Sleeve White	\$27.50
Short	AGS640011	Short Twin Pleat Girls	\$35.00
Short	AGS640010	Short Flat Front Girls	\$35.00
Pant	AGT640004	Pant Girls Navy	\$39.00
Skirt	APF604084	Tartan Skirt	\$48.50
Tight	1830TNVY	Microfibre Tights 50 Denier Navy	\$8.50
Tight	1830TBLK	Microfibre Tights 50 Denier Black	\$8.50

Unisex Formal

Blazer	AGZ001031/45	Blazer (Optional)	\$88.00
Jumper	ACJS631001	Sloppy Joe	\$28.00
Jumper	JUM082	Woollen Jumper	\$64.00
Socks	CC0118	White Ankle Socks 3 pack	\$9.95
Socks		Black or Grey Ankle Socks 3 pack	\$9.95

Sports Uniform Unisex

Polo	APN781018	Sports Polo White/Navy Panels Grades 7-10 (Grades 11-12 SLR Only)	\$33.00
Short	ATM618017	Sport Shorts Microfibre	\$25.00
Jacket	ATJ618015	Microfibre Jacket	\$60.00
Jacket	ATJ618018	Microfibre Jacket Interlock Lining	\$65.00
Pant	ATT618007	Microfibre Pants	\$38.00
Cap	MHSCAP	Cap	\$12.00

Hospitality Uniform Unisex

Polo	MHSHPOL	Hospitality Polo	\$29.50
Hat	MHSCAPC	Chef's Hat	\$12.50
Apron	5PC	Apron Black	\$10.00

Technological and Applied Studies (TAS) Uniform Unisex

Apron	5ABIB-NVY	Apron Navy	\$10.00
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Footwear (Suggested)

Shoes	147385	Grosby Educate (Junior) Black Leather incl. Leather Tongue	from \$54.95
Shoes	147386	Grosby Educate (Senior) Black Leather incl. Leather Tongue	from \$58.00



Prices effective 1 October 2016
Prices are subject to change

Finance:

Finance options available. Please see in store for details.



MITCHELL HIGH SCHOOL

Delivering excellence through innovative & unique learning opportunities for student success

Excellence in education since 1964

MHS SHOE POLICY

Illustrative guide to assist in the purchase of acceptable school shoes

Students undertaking practical based subjects need to wear lace-up shoes that protect their feet against drops and spills. Work Health & Safety (WH&S) requirements may result in students who are not wearing shoes with sufficient protection being excluded from some practical activities. If in doubt please purchase lace up shoes or contact the school

		Acceptable Boys Shoes Features: <ul style="list-style-type: none"> • Black leather with leather tongue • Laced • Upper foot protection • Non-slip sole
		Acceptable Girls Shoes Features: <ul style="list-style-type: none"> • Black leather with leather tongue • Leather upper providing protection to the majority of the upper foot • Laced • Heel and sole with non-slip grip
		Acceptable Sports Shoes Features: <ul style="list-style-type: none"> • Lace up/velcro (no slip ons) • Covers all of the top of the foot • Provides arch support, ankle support, sole protection & flexibility
		Unacceptable Shoes Features: <ul style="list-style-type: none"> • The majority of the upper foot is unprotected • Smooth sole with little or no grip e.g. ballet flats • No token/heel • Thin soft leather offering little protection • Canvas upper e.g. rabens • Suede shoes e.g. skate shoes

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R.E.A.L.
Respectful, Engaged & Active Learners

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MHS MOBILE PHONE POLICY

It is strongly recommended that students at Mitchell High School do not bring mobile phones to school. The school is unable to ensure that such items are secure and we cannot be held responsible for their loss or damage. If a parent decides that their son/daughter needs a mobile phone for safety purposes it is permitted at school under the following conditions.

RULES:

- ☐ The mobile phone is switched off at all times during lessons or while participating in school excursions or activities where mobile phones could distract students from the learning experiences provided.
- ☐ During Physical Education (PDHPE) the mobile phone must be put into the teachers backpack provided for this purpose.
- ☐ The mobile phone is to be kept in the student's bag at all times.
- ☐ There may be times when, with the permission of the teacher, students may be allowed to use their mobile phone for educational purposes. Students **must** follow the directions of their class teacher and turn their mobile phone off at the end of the lesson as per the policy.
- ☐ If the phone is used during breaks, students must be respectful of others around them and be aware of privacy and safety issues related to the use of mobile phones.
- ☐ During periods of examinations all students must hand their mobile phones in if they are not left in their school bag.

CONSEQUENCES IF RULES ARE NOT OBSERVED:

- ☐ Any teacher is entitled to confiscate a mobile phone from any student who is not observing the rules. The teacher may at their own discretion on the first occasion return the mobile phone at the end of the lesson.
- ☐ On the next occasion the teacher will place the mobile phone into a labelled envelope for secure storage in the school safe.
- ☐ Mobile phones placed in the school safe will only be returned to students who bring a letter from home signed by a parent/carer, indicating that inappropriate use is being discouraged. This will occur at the end of the day from the Deputy Principals' offices.
- ☐ On the second occasion, the mobile phone will be held in the school safe until a parent/carer can collect it.
- ☐ Students who persistently misuse mobile phones will incur normal discipline procedures and parent/carer(s) may be contacted.

PLEASE NOTE:

Students do not need their mobile phone switched on to receive urgent messages or calls. Messages can be taken at the Administration Office on 9622 9944 / 9622 8926 and will be delivered promptly to students.

Information for parents, guardians and students

Our school has partnered with Transport for NSW to use the new online process for you to submit school travel applications.

This means we will be able to process your applications online, making it easier and faster for parents, guardians and students to apply for school travel.

Applications for school travel in 2017 are now open, including for travel to Mascot and Green Square station and for private ferries. Parents, guardians and students are encouraged to apply as soon as they are able via:

Applications for 2017 school travel are now open via www.transportnsw.info/school-students

A new application is required when:

- applying for a School Opal card or travel pass for the first time,
- enrolling in Kindergarten, or
- requesting an additional entitlement as a result of a shared parental responsibility situation.

You will need to do an update application if the student has a current school travel pass and:

- is progressing from Year 2 to Year 3,
- is progressing from Year 6 to Year 7, or
- changes address, or
- changes school or campus.

Already have a School Opal card or travel pass?

- When you've updated, and you are eligible for free school travel next year, Transport for NSW will send you an email confirmation once your application has been processed. For travel in rural or regional NSW, we'll also inform your nominated transport operator(s).
- If you already have a School Opal card that does not need updating, or you've successfully re-applied, the Opal card will automatically be updated for travel next year. Do not throw it out as you'll be able to use it when the school year starts in 2017.
- If you currently have a printed travel pass provided by your transport operator, a new pass will be ready at the beginning of the new school year.

On the way to... HIGH SCHOOL

Helping teenagers travel safely



In **METROPOLITAN** areas,
most young high school casualties
are **pedestrians**...



In **COUNTRY** areas, they are
most likely to be **passengers**.



© Youthsafe 2013
Certain elements have been designed by Twinkl.com

Why is TRAVEL
TO & FROM SCHOOL

RISKY

Lower levels of adult supervision

Using public transport alone may
be a new experience

Longer hours at school can be
tiring, affecting reaction times

Mobiles and electronic devices
are distracting

DURING SCHOOL TRAVEL TIMES

The number
of transport
related accidents
INCREASES
during the 1st
years of high
school.

An average of
around **3 young
high school
students** are
KILLED or INJURED
on NSW roads
EACH WEEK

TIPS

Make some journeys with your young person to help identify the safest route, injury risks and ways to safely manage travel.

Have a back-up plan of what to do if something goes wrong during the journey.

Youthsafe partners to prevent unintentional injury of young people.

Ph: (02) 9817 7847

Web: www.youthsafe.org

Twitter: @youthsafe



Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

The next workshop in your area will be held:

TIME & DATE: Monday 6 March 2017 6.30 - 8.30pm	VENUE: Max Weber Function Centre in Blacktown Cnr Flushcombe Road & Alpha Street, Blacktown	BOOK NOW ON: 9839 6014
Thursday 9 March 2017 6.30 - 8.30pm	The Hub, Mt Druitt 9 Ayres Grove Mount Druitt	

Helping learner drivers become safe drivers



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CHANGE OF STUDENT DETAILS

Please provide **proof** if changing student's name e.g. Birth Certificate or Passport

Student's Family Name

Student's Given Names

Academic Year / Roll Call

Other Siblings Attending Mitchell High School

☐ Male

☐ Female

Student's Date of Birth ____ / ____ / ____

Student's Country of Birth

DECLARATION OF ACCURACY

I declare that the information provided in this application is the best of my knowledge and belief, accurate and complete. I recognise that, should statements in this application later prove to be false or misleading, any decision made as a result of this application may be reversed. **If applicable, copies of any relevant family law or other court orders must be provided**

Signature of Parent / Carer

Print Name

____ / ____ / ____
Date

FAMILY INFORMATION

Mailing Title (Mr, Mrs, Ms, Miss)

Parent / Carer's Full Name

Address

Suburb / Postcode

Home Telephone Number

Mother's Mobile Number

Mother's Work Number

Mother's Occupation

Father's Mobile Number

Father's Work Number

Father's Occupation

Family Email Address (to receive newsletters and information via email)

Change of Living Arrangements of Students

☐ Mother ☐ Father ☐ Grandmother ☐ Grandfather

Domestic Status e.g. separated, divorced or deceased

Turn Page Over →

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EMERGENCY CONTACT

If we cannot contact you, in the event of an emergency please provide contact details of at least two other contacts. Please nominate people who may be contacted in the event of an emergency when the parents cannot be contacted. The contact person should be someone who can be contacted and are able to collect the student from school in the event of the illness or injury.

FIRST EMERGENCY CONTACT

Full Name

Daytime Telephone Number

Mobile Number

Relationship to student (e.g. uncle, aunt, sister)

SECOND EMERGENCY CONTACT

Full Name

Daytime Telephone Number

Mobile Number

Relationship to student (e.g. uncle, aunt, sister)

OFFICE USE ONLY

- ☐ Family Code _____
- ☐ ERN _____
- ☐ Emergency Folder _____
- ☐ Travel _____
- ☐ Newsletter Email Distribution List _____

Administration Signature: _____

Date: ____ / ____ / ____

OTHER PARENT NOT RESIDING AT THE SAME ADDRESS AS STUDENT (not living with student)

Mailing Title (e.g. Mr, Mrs, Ms, Miss)

Full Name

Given Names

Relationship to Student

☐ Requires Report

Country of Birth of parent/carer

Home Telephone Number

Mobile Number

Work Number

Street Number

Street Name

Suburb / Town

Postcode

****If applicable, copies of any relevant family law or other court orders must be provided by parent/carer****

Please tick below attached documents provided to the school

- ☐ Court Order Documents
- ☐ Shared Custody Documents

Please notify the school of any changes. For example: parent reconciliation etc.



MITCHELL HIGH SCHOOL STAFF LIST

PRINCIPAL	MATHEMATICS
MS E. MARINIS	MS L. BURNES-COWAN (Head Teacher)
DEPUTY PRINCIPALS	MR A. ALLAM (Year 11 Adviser)
MRS L. PARES (Acting DP Years 8, 10, 12)	MR A. HAFIZ
MR C. CAMPBELL (Acting DP Years 7, 9, 11)	MS H. KAUR
HT ADMINISTRATION / COMPUTING STUDIES	MR S. LAM
MISS S. SCHEERHOORN (Head Teacher) (BYOD Coordinator)	MRS C. MCMILLAN
ADMINISTRATION STAFF	MR M. RANJIT
MRS D. HOBDAV (Administration Manager)	MRS S. VIGNESWARAN
MS C. COSSALTER (Administration)	MRS S. WALIA
MISS J. HALLS (Administration)	PDHPE
MISS C. MCHUGH (Administration)	MRS F. SPADINA (Head Teacher)
MRS T. STOPPS (Administration)	MR R. HOCKING
MS C. LINDSAY (Administration)	MRS B. MAY (School Leaders Coordinator)
MRS P. DE GIOVANNI (TAS Assistant)	MRS S. MAGUIRE
MRS C. GUTTEK (Attendance / Rolls)	MS D. SANDS
MRS T. JONES (Print Room)	SCIENCE
MRS K. KLEIN (Science Assistant)	MR S. DEBRINCAT (Head Teacher)
MRS M. SMALLWOOD (Library Assistant)	MRS A. DAVEY (Year 9 Adviser)
MS J. MATHERS (Administration / Library)	MRS M. DUFFELL
CAREERS ADVISER	MRS V. HUTCHINSON
MRS C. RUMI BADGER	MISS E. LARREA
COUNSELLOR	MRS S. MAY
MR P. JOHNSON	MRS D. RAO
TBA	MRS J. SHAW
CREATIVE & PERFORMING ARTS (CAPA)	MS K. CHRISTENSEN
MRS P. YOUNG (Head Teacher)	MR G. CHUNG
MR T. WESTON	MISS J. KINDYNIS
MISS C. KWAN (Year 7 Adviser)	SCHOOL LEARNING SUPPORT OFFICERS (SLSO)
MR D. MUSCAT	MRS. V. MANOLAKOS
MS T. PETRONI	MS T. MAZZEI
MRS K. VAN TRIER	MRS A. VANDERWAL
ENGLISH	SOCIAL SCIENCE
MS B. BECKETT (Relieving Head Teacher) (Debating Coordinator)	MRS. C. KREISS (Head Teacher)
MISS K. BELL	MR A. CONNOLLY (Year 8 Adviser)
MRS C. BYRNE	MR O. DANISHYAR
MS A. BROWN	MRS A. EDWARDS
MS K. DAVIES	MRS J. MORRIS
MRS S. KHAN	MR F. MURPHY
MRS K. KAUR	MR D. MENDOZA
MRS C. LUKAS	SPORTS COORDINATOR
MISS S. NORMAN-TURNER	MR D. GROZDAN
MS S. CHANDRA	TRANSITION ADVISER
GENERAL ASSISTANT	MR M. TURNER
MR C. MATHERS	HEAD TEACHER TEACHING AND LEARNING
TBA	MRS J. STARINK (Head Teacher)
HISTORY	HT TEACHER MENTOR
Mrs D. FORD-DAVIS (Head Teacher)	MRS M. MAHONY (Head Teacher)
MS C. ABSALOM	TECHNOLOGICAL AND APPLIED STUDIES (ITAS)
MISS K. MICELI	MRS J. DEPALO (Relieving Head Teacher)
MR D. WEEDEN	MRS E. SCHWEBEL
MR M. WILLIAMS	MRS D. KARABETSOS (School Leaders Coordinator)
LANGUAGES	MRS M. PRASAD (VET Coordinator)
MRS L. LARKIN (Languages Coordinator)	MRS C. SAUL
MISS A. MEHIC (Year 12 Adviser)	MS S. SCOTT
LEARNING SUPPORT	MISS A. STAVROPOULOS (IA Coordinator)
MISS K. BARBER (Peer Support /SOG)	MR R. ELLWOOD
MRS C. BEST (International Student Coordinator)	MR J. MIN
MS A. CHASTY	MR R. LAGOS
MRS M. KEAN	TECHNOLOGY SUPPORT OFFICER
MRS R. HENNESSY (Refugee Support Leader)	MR S. MOW
MRS D. PRASAD	HT WELFARE
MS M. SEQUEIRA	MS M. CATE (Relieving Head Teacher)
MR W. SZUMYN (Year 10 Adviser)	
TEACHER LIBRARIAN	
MS J. BUNT	

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8 February 2017

Dear Parent/Carer(s)

DONATE YOUR FREE BLACKTOWN CITY COUNCIL PLANT ALLOCATION TO MITCHELL HIGH SCHOOL

If you pay Blacktown City Council rates and would like to donate your free allocation of 2 plants to our school, please fill in the below and return this form back to the Mitchell High School Administration Office as soon as possible. Alternatively, you can email your signed form to: mitchell-h.school@det.nsw.edu.au and attention it to Ms Lindsay. These donated plants will be used for planting on school grounds.

Your donation will appreciated by students and staff of Mitchell High School.

Regards

Ms E. Marinis
Principal

I/We _____

Parent/Carer(s) Full Name on Blacktown City Council Rate Notice

reside at _____

House Number / Street Name on Blacktown City Council Rate Notice

Suburb

Postcode

have NOT collected my 2 free plants from Blacktown City Council this financial year and would like to donate them to Mitchell High School for planting on school grounds.

Parent/Carer Signature

Date



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	1595 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

PRE ORDER

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

MEXICAN

MONDAY & TUESDAY

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

WEDNESDAY

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

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
AUSSIE 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
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FRIDAY

FISH FILLET Lettuce, Tomato, Tartare Sauce	1495 kJ	\$4.5 H
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FLAVOURS OF THE WORLD

EVERYDAY

BUTTER CHICKEN	1625 kJ	\$5.0 H
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The No. 1 All Time Favourite With Steamed Rice

MONDAY

CHINESE NOODLES	v 1435 kJ	\$6.0 H
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Traditional Stir Fried Noodles, Chinese Vegetables

TUESDAY

CARBONARA PASTA Chicken	1640 kJ	\$4.5 H
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WEDNESDAY

THAI RED CURRY	1610 kJ	\$6.0 H
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Mild Red Curry, Chicken, Chinese Vegetables, Rice

THURSDAY

LASAGNA BEEF 450gm	1995 kJ	\$5.5 H
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FRIDAY

BOLOGNESE PASTA Beef	1170 kJ	\$4.5 H
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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

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

COMBO DEAL

WHEN YOU SPEND \$3 OR MORE

\$1.50

BOTTLE WATER 600ML

\$2

MILK 300ML OR CAN 375ML

\$1

LOOK OUT FOR OUR WEEKLY SPECIALS

\$2

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

food for thought

healthycanteens.com.au

Available Everyday \$4.0



TABOULI 680KJ
DICED TOMATO, CORIANDER, PARSLEY
SPRING ONION LEMON INFUSION

Available Everyday \$4.0



GARDEN 815KJ
MIXED LETTUCE, TOMATO, CARROT
CUCUMBER, BEETROOT

Available Everyday \$5.2



CHICKEN CAESAR 1685KJ
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	1595 KJ	\$ 5.3
Lettuce, Egg, Croutons, Bacon		



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

salad selections

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