

*2017 House Captains*

## Principals Report

### 2017 Swimming Carnival

Congratulations to Kareela for winning the 2017 Swimming Carnival! You started out strong in the pool, you did allow Mirrabooka to catch up but your war cry blew everyone out of the water! Your house captains did a fantastic job, well done Renee, Solomone, Tanaya and Kiko. All students should be incredibly proud of their effort and house spirit. It was great to see such a large number of students in attendance, we hope this can be re produced at the Athletics Carnival on Thursday 9th March. To see photos from the day please visit <http://www.mitchell-h.schools.nsw.edu.au/gallery/swimming-carnival-2017>

### 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.

### Important reminders

A reminder to students who pick up siblings from local primary schools that they are not to enter the school grounds. Please wait outside, this is to ensure minimal disruption of the school. Anyone who breaches this may have to have a meeting with a Senior Executive and sanctions may apply.

## Important Dates to Remember

|                         |  |
|-------------------------|--|
| 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 27th<br>April 7th | Year 11 Half Yearly Assessment Period                  |
|                         | Year 12 Half Yearly Exams                              |
| March 27th              | MHS Cross Country                                      |
| March 29th              | Year 7 Vaccinations                                    |
| March 30th              | Year 10 Jenalon Caves camp                             |



Mitchell High School is a designated test centre for the Selective High School Placement Test on Thursday 9 March 2017.

Parents are reminded that they **must not** park on school grounds, and **must not remain on school grounds during the test**. If parents of candidates have enquiries about the test, please direct them to the presiding officer.

### School Fees

Mitchell High School will be moving to a new finance system at the beginning of Term 3 (2017). To alleviate any discrepancies, we ask that parent/carer(s) finalise their fees prior to the deployment. We ask that parent/carer(s) keep all receipts while we may experience some anomalies as we move from one system to another.

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 in the Common Room.

### 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.

### 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. [Please see attached Shoe Regulations](#). The uniform shop has returned to normal opening hours with the day/times listed below;

*Tuesday: 8.00am – 12.00pm*

*Thursday: 12.00pm – 4.00pm*



*Ms Marinis  
Principal*



## Photography field trip to Katoomba

On Wednesday the 22nd of February years 9, 10 and 12 Photography students attended an excursion to the Blue Mountains. Students used SLR film cameras as well as compact and SLR digital cameras to take photographs during the field trip. The focus was on students getting an opportunity to apply some of the concepts learned in class, exploring; composition, depth of field and the use of shutter speed to control movement.

It was a wonderful sunny day, perfect for exploring the street art of Katoomba, taking a cliff-top walk at the Three Sisters and down the Furber Stairs into the Jamison Valley. Students and teachers walked approximately 7km, stopping at various locations to enjoy the scenery and take photographs. After a lunch break, students walked to Scenic world where they were given the opportunity to ride either the scenic cableway or the scenic railway. The behaviour of our students was outstanding during the day and it was a wonderful way to apply what has been learned in the classroom.



*Mrs Young  
Head Teacher Creative and  
Performing Arts*

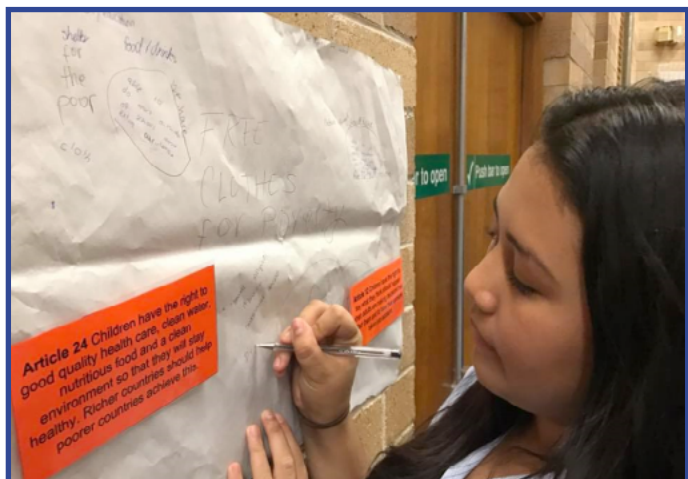
## Welfare News

### Y-PEP Child Protection Education Program

All Year 7 students have been involved in the YWCA NSW developed Y-PEP Child Protection Education program that is funded by the Department of Education. The aim of the Y-PEP program is to strengthen the existing child protection education curriculum outcomes delivered by teachers. The program is aligned to the PDHPE Syllabus and focuses on three key themes:

1. Recognising abuse – types of abuse (domestic violence, physical, sexual and emotional)
2. Power in relationships – rights and responsibilities, trusted adults, power in relationships
3. Protective strategies – identifying and responding to risk, communication and support

As a result of the program, students have an increased awareness of safe and respectful relationships; an increased knowledge and understanding of rights and responsibilities in relationships; increased skills in recognising, assessing risk and responding to unsafe situations. Year 8 will have their session on the 1st and 2nd of March.



### Sticks and Stones Drama Performance

Year 7 were thoroughly engaged with the recent performance of 'Sticks and Stones' by Brainstorm Productions. Two energetic young actors explored the different forms of bullying at school, in the street and at home. The performance and discussion provided strategies for conflict resolution, anger management, assertiveness and breaking the cycle of violence.



### 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.

### Positive Behaviour for Learning (PBL) News

The school is back into the swing of PBL roll call lessons as 2017 begins. A focus on Study Skills to get students back into the swing of preparing for class and assessment work has been the most recent lesson. Study is about making connections between the pieces of information learnt. It is important to focus attention in class on the topics for

study and practise to develop skills. Remember FOCI when it comes to the study environment. Keep it FOCUSED, Keep it ORGANISED, Keep it CALM and Keep it INTERESTING.

Earlier in the year saw the focus on Emergency Procedures at the school, closely followed by an Evacuation drill so the students could practise what they had learnt in roll call. At Mitchell High School there are two Emergency Procedures – Evacuation and Lockdown. Both procedures were comprehensively outlined to the students including the bell sounds and information about an offsite evacuation.



*Michelle Cate  
Relieving HT Welfare*

## Throw Kindness like confetti

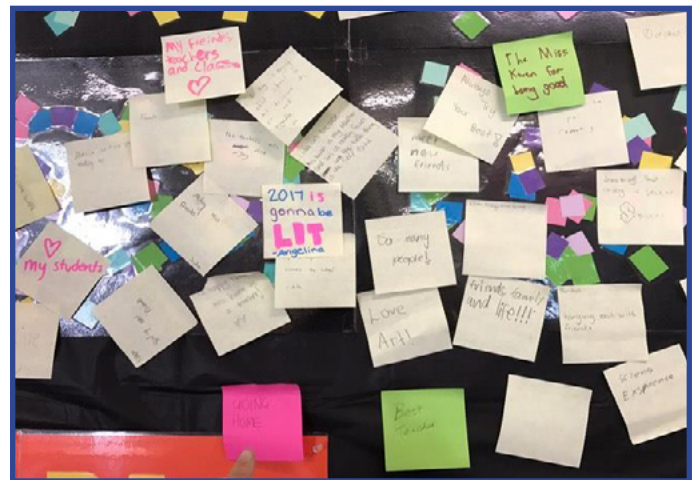
At the start of the year, I explained to all my classes that the theme of my classroom is 'kindness'. This theme does not stay contained within the walls of the classroom, as it should apply in all settings. At Mitchell High School we do not tolerate hurtful behaviour. Instead we encourage the use of kind words as this creates happiness for others and ourselves. We must remember that we have a great power when we speak. When we perform an act of kindness it can uplift others and when we choose to hurt others we can make someone feel really bad.

1. Think before you speak.
2. Use words to uplift others.

I often ask students to think of things that make them smile. I encourage them to grab a sticky note and write it down. I am hoping to fill my 'happy notes' board at the back of my room.



*Miss Kwan  
Year 7 Adviser*



## VIVO Rewards Programs

A huge thankyou to Bunnings Blacktown and Parramatta Riverside Theatre who have both very generously and once again, donated towards our VIVO Program. Bunnings have donated 10 \$10 gift vouchers and Riverside Theatre has donated a double pass to a performance of Dracula. We would like to thank them for their ongoing support.

A reminder for students to keep checking VIVO prizes as they are continuously being updated. Featherdale Wildlife Park have also kindly donated 2 entry tickets for the park. You can go in the draw to win them by purchasing Raffle tickets for 5 Vivos each, you can buy multiple tickets. Raffle will be drawn on 27.3.17 during Monday Assembly.



At Mitchell HS we are continuously looking for new prizes and making deeper connections within the community. If you are a business who would like to provide free merchandise or services, please contact the school on 9622 9944 or via email at [mitchell-h.school@det.nsw.edu.au](mailto:mitchell-h.school@det.nsw.edu.au). We also welcome staff and parents to donate.

## English Faculty News

The English Faculty continues to plan for 2017. We have just received the final version of the Stage 6 Senior English syllabus and over the next few months, staff will be attending professional development addressing how to best plan for, and implement, the Preliminary Course in 2018. This will be quite a challenging task, but we look forward to planning interesting, thought-provoking activities that will build students' literacy and critical thinking skills. Additionally, we also welcome Ms John as she helps us to create literacy activities that help us to meet some of the demands of NAPLAN. On that note, we ask parents and caregivers to remind their children to log on to Wordflyers regularly if they are in Years 7 – 10. This will consolidate understanding of grammatical rules as well as help to refine reading skills.

Preparation for the Premier's Debating Challenge has also begun. Teams are registered for Years 8, 9 and 10. Ms Brown and Ms Davies will continue to co-ordinate the Year 9 and 8 teams, while Ms Beckett will continue with her Year Ten debaters. We are currently trialing debaters to establish the best combinations for each team and students will be notified in due course.



*Ms Beckett*  
*Relieving Head Teacher English*

## Learning Support Faculty News

### Learning Support Faculty Personnel 2017

The Learning Support Faculty is starting 2017 with the following personnel to support our students across all subjects in the school:

Ms J.Starink (Head Teacher, Teaching & Learning)  
Ms K.Barber (Learning & Support Teacher)  
Mr W.Szumyn (Learning & Support Teacher)  
Ms D.Prasad (Learning & Support Teacher)  
Ms M.Sequeira (EALD (English as a Second Language / Dialect) Teacher)  
Ms C.Best (EALD (English as a Second Language / Dialect) Teacher) / International Students' Coordinator  
Ms A. Dziadosz (nee Chasty) (EALD (English as a Second Language / Dialect) Teacher)  
Ms M. Kean (EALD (English as a Second Language / Dialect) Teacher – Fridays)  
Ms V.Manolakos (SLSO (School Learning Support Officer))  
Ms T.Mazzei (SLSO (School Learning Support Officer))  
Ms A.Vanderwal (SLSO (School Learning Support Officer))  
Ms N.Colavito (SLSO (School Learning Support Officer))

This team enables students to be supported in a number of ways, including:

- In-class support
- Assistance with assessment tasks, assignments and exams
- Small-group teaching and learning
- Literacy and numeracy class teaching
- Modification of classwork, exams and assessment tasks

- Special programs for reading, writing, numeracy and other aspects of learning
- Specialist support and targeted programs for refugee students and those learning English as their second language

### Learning Support Plans & Interviews

Letters have recently gone home inviting parents of students who may require additional assistance to interviews in which a Learning Plan is developed. These plans will be finalised in the next two weeks allowing teachers and support staff to implement the learning support options selected.

### The Learning Centre

The Learning Centre is a vibrant, specialised room staffed by learning support faculty members. Teachers can book students in to the centre to receive one-to-one assistance for assignments and classwork or receive small-group instruction.

### Contact

We encourage parents to contact Ms J.Starink with any queries regarding support available for their children. We are looking forward to a big year of helping students to achieve their best.

*Ms Starink*

*Head Teacher Learning Support*

### Careers @ Mitchell

Year 10 students undertake a Careers Education Course, in which students participate in a fortnightly Career lesson. In these lessons students will be given the opportunity to reflect on their interests/goals and explore various career options. This exploration will enable students to gain an understanding of the many different career opportunities available to them and create a personalised Career Pathway. This process will highlight the various study requirements necessary and assist with subject selection for year 11 so students can achieve their goals.

As part of the Careers Education Course, students will participate in the Work Experience Program. This program runs for one week during the year (min). Students are encouraged to organise their own Work Experience and to relate it to their possible post schooling occupation to gain the most out of this time. It is **mandatory** for students to attend work experience. Students must return all work experience paperwork one week prior to Work Experience. All year 10 have been given a Work experience

Pack with instructions.

Work Experience is an integral part of the Careers Education Course at this school. The aim is for students to gain first-hand experience in the workforce of their chosen area.

The following is a list of steps required for the organisation of Work Experience.

1. Please discuss with your child their preference for a Work Experience placement.
2. Your **child** (not parents) will be required to organise his/her own Work Experience placement. It is preferred that the student does not work for or with your family, as the aim is to broaden their experience and knowledge.
3. Students are to attend each day of the placement for the whole working day of the industry that they are experiencing (**not school hours**) and comply with the rules and regulations of that industry. Travelling to and from work should be by the usual method of transport for employees with the cost of fares and incidental expenses such as the laundering of uniforms, met by the student.
4. A teacher will make an "on the job" visit from this school whenever possible, otherwise, a call to check on progress will be made to assess the suitability of the job and the progress being made.
5. The employer will not pay a wage during the time of placement as payment for the work raises legal complications and in reality the employer is taking on the student in the capacity of a learner or volunteer.

6. **REMEMBER TO CONSULT THE CAREERS ADVISER FOR HELP.** The Careers Adviser will not know of your problems or difficulties if you do not inform her and may not be able to help if queries are left to the last minute.

The school values your co-operation and involvement in the Work Experience Program.

Where can you find Careers Info? Your school email address, the Daily Communicator, MHS website, Careers Notice Boards (in Library).

### YEAR 12 NOTICES:

#### UAC NEWS-Please visit the UAC website

University preferences will be open early mid Term 3. You should already be making choices of which Uni degrees you'd like to choose. You have 9 choices in your online

UAC application. Please make sure you put them in order of your preference, no matter whether you can get the target ATAR or not. The on time applications will close 29 September, 2017.

### **Early entry to UNI**

Universities have programs for early entry, some call it Schools Recommendation Scheme, or Principle Recommendation Scheme. This means you get a guaranteed entry to university before you sit your HSC, and the ATAR to get in to the course is lower than the one needed after the HSC exams (not all courses are included). Please check the requirements for application. The following universities have an online application through UAC, they are; ANU, CSU, GU, LTU, MQ, SCU, UC, UNE, UTS and UWS. The applications will open mid Term 3 and will close 29 September. All other Universities and colleges have their own application system; please see their website ASAP as they may close earlier.



*Mrs Catherine Rumi Badger  
Careers Adviser  
catherine.rumibadger@det.  
nsw.edu.au*

### **OPEN DAYS (Also a good idea for years 10 and 11).**

All universities and Private colleges will start advertising their open days (check online at individual Uni or UAC ).Please take the opportunity to go and experience the different campuses and get as much up to date info as possible so you can make the right choice for you. Take your friends/parents etc. It's a great day out.

### **EQUITY SCHOLARSHIPS (ES)**

Are available at some Universities for financially disadvantaged students (this includes you if you receive Austudy, Abstudy , or any Centrelink payments). Applications online at UAC website, open early mid Term 3, close 29 September.

### **EDUCATIONAL ACCESS SCHEME (EAS)**

Most of UAC's participating institutions have Educational Access Schemes (EAS) to help students who have experienced long-term educational disadvantage gain admission to tertiary study. Please check the conditions. There are seven broad categories of disadvantage:

- Disrupted schooling, financial hardship, home environment, English language difficulty, personal illness/disability, refugee status, school environment. Please use time wisely to plan your Uni/TAFE needs.

**REMEMBER: IF YOU NEED HELP, SEE THE CAREERS ADVISER.**



# Skoolbag

Smartphone school to parent communication

Skoolbag is a mobile app that communicates directly to parent smartphones. It provides access to key school information via one single Communication Centre for both parents and students. Ideal for:

- > School, free push notification alerts
- > School events
- > School newsletters
- > School documents
- > School RSS feeds
- > School social media (Facebook, Twitter)

Skoolbag delivers school notices directly to parent smartphones



## How To Install Skoolbag On Your Smartphone

### iPhone Users

Simply search for your school name in the App Store on your phone, PC or Mac, and install.



### Android Users

Simply search for your school name in the Google Play Store on your phone, PC or Mac, and install.



Don't forget to like us on Facebook! 

Find out more at [www.skoolbag.com.au](http://www.skoolbag.com.au)

Skoolbag delivers school notices directly to parent smartphones



## Skoolbag App

Besides our Facebook page, our school uses an app to communicate with parents: Skoolbag. It is currently available to download on Androids, iPhones and Windows Phones by searching Mitchell High School. The aim of this app is to increase our school's communication with parents and present you with new information in the form of notifications so that you can easily see when new information is available, rather than having to regularly remember to check the school website or facebook page.

This app will include our newsletters, daily notices, a calendar of upcoming events that can be added to the user's phone calendar, and eForms so that parents can fill out excursion permission notes and absentee forms on

their phones. These permission notes can be automatically emailed to nominated email addresses.

# 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](mailto:mitchell-h.school@det.nsw.edu.au) | W: [www.mitchell-h.schools.nsw.edu.au](http://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

A: Keyworth Drive Blacktown NSW 2148  
T: 9622 9944 / 9622 8926  
F: 9831 2805  
E: [mitchell-h.school@det.nsw.edu.au](mailto:mitchell-h.school@det.nsw.edu.au)  
W: [www.mitchell-h.schools.nsw.edu.au](http://www.mitchell-h.schools.nsw.edu.au)



14 February 2017

Dear Parent/Carer(s)

**DONATE YOUR FREE 2017-2018 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](mailto: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 be 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.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ 2017  
Parent/Carer Signature Date

Parent/Carer Signature

Date \_\_\_\_\_



# MITCHELL HIGH SCHOOL

Delivering excellence through innovative & unique learning opportunities for student success

Excellence in education since 1964

## MHS SHOE REGULATIONS

### Illustrative guide to assist in the purchase of acceptable school shoes

\*\*Students need to wear hard leather 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\*\*

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

A: Keyworth Drive Blacktown NSW 2148  
T: (02) 9622 9944 / (02) 9622 8926  
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E: [mitchell-h.school@det.nsw.edu.au](mailto:mitchell-h.school@det.nsw.edu.au)  
W: [www.mitchell-h.schools.nsw.edu.au](http://www.mitchell-h.schools.nsw.edu.au)

# R.E.A.L.



# Footwear Guidelines for NSW Government Schools

Work Health and Safety Directorate

The Department, through its WHS Policy, is committed to providing a safe working and learning environment for all employees, others undertaking work, students and visitors, in accordance with statutory and regulatory obligations and corporate objectives.

Footwear is an important safety item. Good soles provide a sound grip on the floor preventing accidents such as slips, trips and falls from occurring. Footwear can also protect feet from damage caused by accidents such as falling objects or chemical spillages.

These guidelines have been developed to assist NSW government schools in providing a safe working and learning environment. Schools which already have risk management controls in place in relation to footwear should refer to these guidelines when reviewing and evaluating those controls.

## Areas where safe footwear must be worn

In accordance with the Safe Working Policy, the Department has identified areas of its workplaces where appropriate footwear must be worn by employees, students and visitors to ensure their safety.

Areas where enclosed leather footwear (or other material confirmed by the manufacturer to be suitable, refer to Australian/NZ Standard 2210: *Safety Protective and Occupational Footwear*) is required are:

- Industrial Arts and trades workshop areas
- Science laboratories
- Canteen or Food Technology (kitchen areas)

Sandals, open footwear or high heeled shoes are not permitted in these areas. If students present for a class or activity with inappropriate footwear the student should be offered alternative educational activities until they are wearing appropriate footwear.

The above list is not exhaustive. Appropriate safe footwear may also be identified as a requirement in relation to other areas or activities, documented procedure or a documented risk assessment. For example, in work situations where floors can't always be kept dry or clean, the right footwear is especially important, so a slip resistant shoe may be required. Another example is wearing enclosed leather footwear (or suitable safe

alternative) in agricultural areas/activities.

In addition, other sites on which the Department provides services may have specific requirements which should be adhered to, for example, Education Training Units in Juvenile Justice settings.

## Footwear for employees in the general school environment

The Department strongly recommends school employees and other undertaking work consider wearing footwear that is suitable for walking on a number of different surfaces during the working day (e.g. stairs, playgrounds, grass and sports fields).

Footwear which is suitable for the general school environment means enclosed shoes, which are flat shoes or shoes with a minimal heel that have a good grip and fit well.

For some employees, such as general assistants and farm assistants, wearing enclosed leather footwear throughout the working day is important. This is because their responsibilities for ground maintenance and other activities mean that they need footwear that will assist in preventing slips, trips or falls or protect their feet from falling objects.

## Implementation of guidelines

School principals, as workplace managers, are responsible for ensuring procedures are in place to maintain a safe work environment in accordance with the Safe Work Policy and these guidelines. In accordance with WHS legislation, principals have the authority to determine that employee and students wear shoes that are appropriate to ensure work health and safety for the planned activity. This includes identified school activities (see "Areas where safe footwear must be worn") and excursions.

However, workplace managers should note that it is not appropriate for schools to require students, through the use of a general term "work health and safety" to wear particular shoes as part of a uniform policy.

Principals should communicate the reasons for these decisions to employee and students i.e. that the decision has been made for their safety and the safety of others.

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W: [www.mitchell-h.schools.nsw.edu.au](http://www.mitchell-h.schools.nsw.edu.au)



## MHS MOBILE PHONE REGULATIONS

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 mobile phone regulations.
- ☐ 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/carers, 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/carers can collect it.
- ☐ Students who persistently misuse mobile phones will incur normal discipline procedures and parent/carers(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.

# MITCHELL HIGH SCHOOL

Delivering excellence through innovative & unique learning opportunities for student success



## MHS FEE SCHEDULE 2017

| <b>TECHNOLOGY</b>  | <b>Year 7<br/>\$</b> | <b>Year 8<br/>\$</b> | <b>Year 9<br/>\$</b> | <b>Year 10<br/>\$</b> | <b>Year 11<br/>\$</b> | <b>Year 12<br/>\$</b> |
|--|----------------------|----------------------|----------------------|-----------------------|-----------------------|-----------------------|
| First Child  | 50                   | 50                   | 50                   | 50                    | 70                    | 70                    |
| Second Child   | 40                   | 40                   | 40                   | 40                    | 60                    | 60                    |
| Third Child  | 30                   | 30                   | 30                   | 30                    | 50                    | 50                    |
| <b>RESOURCE/PRINTING</b>   | 30                   | 30                   | 30                   | 30                    | 30                    | 30                    |
| <b>P&amp;C DONATION (1 PER FAMILY)</b>   | 5                    | 5                    | 5                    | 5                     | 5                     | 5                     |
| <b>SUBJECT FEES (2017)</b>   | <b>Year 7<br/>\$</b> | <b>Year 8<br/>\$</b> | <b>Year 9<br/>\$</b> | <b>Year 10<br/>\$</b> | <b>Year 11<br/>\$</b> | <b>Year 12<br/>\$</b> |
| <b>Technological and Applied Studies (TAS)</b>                                       |                      |                      |                      |                       |                       |                       |
| 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                    |
| <b>Computing</b>   |                      |                      |                      |                       |                       |                       |
| Information and Software Technology  |                      |                      | 10                   | 10                    |                       |                       |
| Information Processes and Technology   |                      |                      |                      |                       | 10                    | 10                    |
| Software Design and Development  |                      |                      |                      |                       | 10                    | 10                    |
| <b>Creative and Performing Arts (CAPA)</b>   |                      |                      |                      |                       |                       |                       |
| 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                    |
| <b>Human Society and Its Environment (HSIE)</b>                                      |                      |                      |                      |                       |                       |                       |
| Economics (Textbook)   |                      |                      |                      |                       |                       | 40                    |
| Business Services (Printing)   |                      |                      |                      |                       | 10                    |                       |
| Retail Services (Textbook)   |                      |                      |                      |                       | 35                    |                       |
| <b>Mathematics</b>   |                      |                      |                      |                       |                       |                       |
| Scientific Calculator (Casio fx82plus)   | 25                   | 25                   | 25                   | 25                    | 25                    | 25                    |
| <b>Year 12 Jersey/Jacket</b>   |                      |                      |                      |                       |                       |                       |
| 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



A: Keyworth Drive Blacktown NSW 2148

T: 9622 9944 / 9622 8926

F: 9831 2805

E: [mitchell-h.school@det.nsw.edu.au](mailto:mitchell-h.school@det.nsw.edu.au)

W: [www.mitchell-h.schools.nsw.edu.au](http://www.mitchell-h.schools.nsw.edu.au)

## 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.



# 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 |
|---|---------|---------|

### 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 450gm | 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 |

## 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

**\$2**

WEEKLY SPECIALS

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

|   |          |          |
|---|----------|----------|
| <b>EGG &amp; LETTUCE</b>                        | V 945 KJ | \$ 3.5 H |
| <b>ROAST CHICKEN, LETTUCE &amp; MAYO</b>        | 1005 KJ  | \$ 3.5 H |
| <b>SALAD</b>                                    | V 865 KJ | \$ 3.5 H |
| Lettuce, Tomato, Beetroot, Carrot, Cucumber     |          |          |
| <b>HAM, CHEESE &amp; TOMATO</b>                 | 1110 KJ  | \$ 3.5   |
| <b>SWEET CHILLI CHICKEN, LETTUCE &amp; MAYO</b> | 1065 KJ  | \$ 4.0 H |
| <b>CHICKEN SCHNITZEL, LETTUCE &amp; MAYO</b>    | 1510 KJ  | \$ 4.5 H |



Fresh Wraps From \$3.5

|   |           |          |
|---|-----------|----------|
| <b>SALAD</b>                                    | V 1065 KJ | \$ 4.0 H |
| Lettuce, Tomato, Beetroot, Carrot, Cucumber     |           |          |
| <b>SWEET CHILLI CHICKEN TENDER</b>              | 1610 KJ   | \$ 4.5 H |
| Lettuce, Cheese, Sweet Chilli Sauce, Mayonnaise |           |          |
| <b>ROAST CHICKEN</b>                            | 1335 KJ   | \$ 4.5 H |
| Lettuce, Mayonnaise                             |           |          |
| <b>HAM &amp; SALAD</b>                          | 1095 KJ   | \$ 4.5   |
| <b>CHICKEN CAESAR</b>                           | 1595 KJ   | \$ 5.3   |
| Lettuce, Egg, Croutons, Bacon                   |           |          |



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

# **salad selections**

healthycanteens.com.au