



The Pabulum

14 Gwilliam Drive
 Bibra Lake WA 6163
 Subscribe: <https://pwaldorfs.schoolzineplus.com/subscribe>

Email: pws@pws.wa.edu.au
 Phone: 08 9417 3638



Term 3 Week 2

Upcoming Events

July	
Mon 15th - Fri 26th	Class 10 Work Experience
Thur 25th	Class 11 Parent night
Wed 31st	Class 4, 5 & 6 Music Concert 11:15am - 12pm
August	
Mon 5th - Fri 9th	Class 9A Boshack Camp
Thur 8th	Class 11/12 Elective Play - 6:30pm
Fri 9th	Class 11/12 Elective Play - 11:30am & 6:30pm
Sat 10th	Class 11/12 Elective Play - 6:30pm
Mon 12th - Fri 16th	Class 10B Surveying Camp
Thur 15th	Class 12 Parent night
Thur 22nd	Class 10A Play - 9am & 6:30pm
Fri 23rd	Class 10A Play - 10:40am & 6:30pm
Sat 24th	Open Day
Mon 26th	PWS Closed for Day in Lieu of Open Day
Thurs 29th	Class 6 Play
Fri 30th	Class 8 Social 6 - 9pm
September	

Mon 2nd - Fri 6th	Class 8A Camp
Mon 9th - Fri 20th	Class 11 Community Service
Mon 9th - Fri 13th	Class 10A Surveying Camp
Fri 13th	Greek Olympics
Mon 16th - Fri 20th	Class 12 Camp
Mon 16th - Fri 20th	Class 8B Camp
Wed 18th	Michael/Djilba Festival
Wed 18th	Class 10B Play 10:40am & 6:30pm
Thur 19th	Class 10B Play 9am & 6:30pm
Thur 19th	Last day of School
Fri 20th	Pupil Free Day for staff to attend WA Steiner Schools Day
October	
Mon 7th	Pupil Free Day
Tue 8th	First Day of School

From the Administrator

Konnichiwa (Hello!)

Imagine the experience of leaving your country town, flying 11 hours from your homeland on your first overseas trip, getting off a plane and arriving at our school on the side of "Guwiriamu" Drive. Then trundling your luggage up the gravel path from the bus stop, in the rain, and being greeted by friendly Aussie families and, suddenly, clear skies! This is what happened yesterday afternoon.

It was a lovely treat to welcome the 25 students from Japan. Families from our school community waited in eager anticipation to meet them and ensconce them into their homes and provide a warm and caring experience of Australia. Mark met Chiyo. Tania met Kikyo and Oriha.



Most days the students will come to school with their host and have English language classes facilitated by Sue Wallwork and then join our students in their classes. There will be two excursions to iconic WA destinations and weekends to enjoy Perth with their host families. Something as simple as a white sand walk along the beach and a hot chocolate afterwards or watching a local netball game will be very unique for our guests. The human connection will, of course, be the lasting memory.



Thank you to the families that have opened their homes. Your generosity is much appreciated.



Shigoto (Work)

The Class 10 students are doing work experience at the moment. That is a new and challenging experience for our 16 year olds. They must get up at different times, travel to new places and work alongside adults who may be gruff guides and bosses! We look forward to hearing stories of workplace trials and triumphs. Thanks to everyone, including our supportive parents who have made these placements possible.

Shuyō Jugyō (Main Lesson)

This Thursday (25th) at 9am, you are invited to learn more about “The Main Lesson”. This unique approach happens each morning from Class 1 to Class 12, across the world, at Steiner

schools. This is an excellent opportunity to learn and understand the how, why, what of The Main Lesson. More details are in this Pabulum in the primary School section.

Purojekuto (Projects)

Thank you to Elka and Celeste for sharing their Class 12 project topics with us. Elka is researching relationships between media, romantic love and cultural conceptions and Celeste is looking into the relevance for each of us of Architectural Psychology. Take time to read their articles and enjoy their journey into these topics.

Ikagi

Finally, in a nod to our Japanese guests and our Class 10s on Work Experience, we can reflect on the concept of Ikagi. It means your “reason for being”; it is found at the intersection of these four elements:

1. What you love (your passion)
2. What you are good at (your vocation)
3. What the world needs (your mission)
4. What you can be paid for (your profession)

The aim is a holistic approach to finding purpose and meaning in life and it emphasises balance and harmony, encouraging individuals to pursue activities and goals that bring satisfaction and a sense of contribution to society.

This concept is similar to indications by Rudolf Steiner. His view was that individuals should engage in activities that resonate with their inner calling and spiritual purpose. He believed that work and personal pursuits should be meaningful and contribute to the greater good, aligning with one’s deeper purpose and the needs of the community.

With gratitude

Bruce Lee
School Administrator

A rose of pure white blooms in midnight's dark hour.
The spell of the darkness is broken and torn.
In my heart there's a bursting of magical power
For the heavenly Child on earth has been born!
He is pure as the snow. With my heart's love aglow
I shall nourish this Child, and he surely shall grow!

by Michael Hedley Burton / verse no. 38



**PERTH WALDORF
SCHOOL**
Steiner Education

OPEN DAY

& Fair

Saturday, 24 August 2024
10am - 3pm

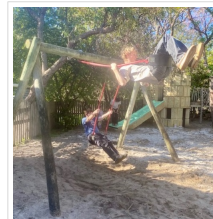
School tours and talks
Market stalls
Games and activities
Food and drinks
Music performances

14 Gwilliam Drive, Bibra Lake
Parking at Adventure World

9417 3638 | pws@pws.wa.edu.au



Once they all warmed up to each other, Class 12 reconnected with some of their earliest memories of school and sparked conversations of 'playing Smurfs' and who could swing the highest.



Early Childhood

Early Childhood hosts Class 12

In Term 3 of their final year, Class 12 General English complete a unit titled 'Innocence to Experience.' It has become a delightful custom that they begin this journey being hosted for games and afternoon tea by Early Childhood.

In what would emerge to be the perfect weather, Class 12 arrived to join Kindergarten in the garden. There were games of chasey (Rules ? What rules ? They changed from moment to moment and kept Class 12 students 'on their toes' ... Both literally and figuratively). There were potions to be made and garden chats to be had.

They were also treated to tea and Kindy bread with butter - a highlight of the visit every year.



Rosemary Hughes & Tracey Harris - Rose Room

Primary Craft



Class 3 show off their wall hanging made in Craft.



Primary School

From the Head of Primary

Last term, over 20 parents attended an introductory information session on the Main Lesson.

The upcoming workshop provides a hands-on experience of Main Lesson activities, plus an opportunity to ask questions of experienced class teachers.

It is an ideal follow on from last term, but also works well as a stand-alone session. No prior knowledge is necessary.

Perth Waldorf School Community Workshop

Learn more about
Main Lesson

Join us for a hands-on experience
of Steiner education

Places still available
Thurs, 25th July
9am-10:30am

To register
Kevin Mazzer
kmazzer@pws.wa.edu.au
9417 3638

Moved to:
Class 7
Wardong
No cost and
complimentary
morning tea

This practical workshop provides the opportunity to:

- Engage in activities, discussion and ask questions;
- Learn how to support your child's education;
- Develop a deeper understanding of Steiner Education.

No prior experience necessary

Suitable for everyone



High School

Ecology - High School Science

On the final day of Term 2, the morning after the Primary and High School winter festival, 36 Class 9 students headed out to the local Emma Treeby Reserve to assist the City of Cockburn in planting and guarding 750 trees!



It was a beautiful winter day and the students were fantastic and very proud of their efforts. We hope the winter rains will support these trees and they will grow to help the local biodiversity following the death of many trees during the intense summer heat.



Alexandria McLeod
High School Science and Mathematics Teacher

CLASS 12 General English spark "First memories of school"

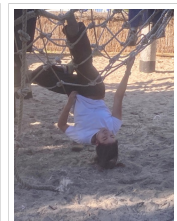
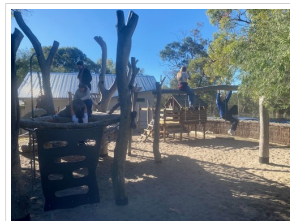
In their final term of General English, Class 12 students complete a unit titled "My School Journey: Innocence to Experience".



Following on from Early Childhood experiences, hosted by the kindy for afternoon tea, the Class 12 students enjoyed a refreshing cup of kombucha at the canteen (thanks Megan!), and proceeded on their way, stopping at both playgrounds and sparking a variety of their earliest school memories. Echoes of "do you remember when...?" follow each new stop, with students remembering the games they played, the cafes they ran and the cubby houses they built. (Epic cubby houses, the best the school has ever seen, if these stories are factual).



There are many exclamations about how big something once seemed to be, and how small it seems now in comparison. As students write about their first school memories, and illustrate these memories with sketches, they continue to fondly remember the very beginnings of a journey that is fast coming to an end.



These are memories to treasure as Class 12 contemplate their readiness and desire to go out into the world and make a difference.

Liesl Barnett & Pamela Moore
High School English Teachers

Class 12 Projects

Elka Dyson



I have always *loved* stories about love. I'm a sucker for romantic comedies, love songs, and romance novels. Their fluffy, happily-ever-afters and true-love's-kisses have always appealed to me, being my favourite things to watch, read and listen to. However, recently I started to wonder if the movie-magic love stories these pieces of media tell us everyone should want are really what we should strive for. While I began to recognise that I don't really want grand gestures or love at first sight, I still found myself getting swept up in these romantic ideals that media presents. This internal confusion I was experiencing led me to explore the way media can shape our ideas of what love is, and so I came to the question:

"What is the influence of media on the cultural conception of romantic love and how does this impact individuals and relationships?"

For the written portion of this Project, I chose to write an essay arguing that media warps our ideas of what love is, leading to unrealistic and unhealthy expectations and behaviours within relationships, focussing on film as the form of media. My research began with me using this Project as an excuse to watch a *lot* of romantic comedy films, but this time with my question in mind. I found that a lot of films that are widely regarded as the peak of romance, were troubling in their representations of love. Portraying things like:

A dominant, beastly man who must be 'tamed' by his soft and submissive female partner.

A 'lovesick' character persistently pursues the object of their affection after repeated rejection, not taking no as an answer.

A single character who is treated by the narrative as lesser than their coupled counterparts, linking relationship status to self-worth.

A complete lack of representation of healthy consent within representations of intimacy.

Abuse and violence presented as 'passion', or an expression of intense feelings of love.

My academic research revealed to me how consuming media that tells us these things are romantic can influence our beliefs in real life. What we may think is just a harmless romance film can teach us that abusive behaviours and stalking aren't very harmful, or that we can and should 'fix' our romantic partners.

For my practical, I started by conducting in-depth interviews with different members of my community, to better understand how people are experiencing and being influenced by media's representations of love. I received a wide range of responses, many of them opposing one another, but still found that everyone was influenced in some way by love in media. Whether in childhood, or something they were still grappling with today. Everyone I spoke to had something to share about my topic. With this new depth of knowledge gained, I am now working on composing a song that blends my academic research with my community's perspective and my own connection with this topic.

Celeste Bastian



For my Year 12 Project I decided on the question: **"How can architectural psychology benefit schools, hospitals, and prisons?"**

At the end of last year, when I was in the last stages of Year 11, I was lying on my bed and staring up at the ceiling of my room. As I stared, I realised how much time I spend in my room. It got me thinking about how much people rely on their own and other's spaces. I wondered how much spaces and rooms affect people and what could be classified as a *'bad'* *'non-beneficial'* space.

By the time year twelve arrived, I came to the realisation that doing my project on people's private spaces might be quite difficult because of how naturally biased and personalised our own rooms and houses are. So, I concluded that I would look at public spaces instead, and with that I discovered biophilic design. Biophilic design is the application of the natural world into a room or space to benefit people. Not too long after

discovering this type of design, I began to research hospitals, then prisons, and finally, schools as well.

Architectural psychology was first popularised in the 1940s and is the science of how people interact with their surroundings. Not long after, the desire to explore the connection there is between people and their environments flourished amongst the science community. Architectural psychology has now evolved into the study of an environment and the cognitive and psychological effects it has on people within that environment. My topic is more specific than that, I'm looking at certain types of institutions and how they affect people, specifically, schools, hospitals, and prisons.

I began to research more thoroughly for my report and came across some interesting findings. I realised how heavily influenced prisoners are by noise. When I think of prisons, I think of dark drab walls and I naturally focus on the colour scheme of the building, not the noise levels. I suppose it's easier to imagine what a place looks like compared to what it sounds like. While researching into hospitals, I noticed that biophilic design is often dismissed within a lot of our hospitals, even though it is greatly beneficial for patients and staff members.

In turning my research to schools, I discovered how important lighting is and the impacts it has on students' attention. Without natural lighting, attention levels drop faster. In terms of artificial light, there are ways to help students work better, if care is given to aspects such as intensity and colour.

For my practical, I'm creating three art pieces after interviewing people about their individual experience within either a school, hospital, or prison. Using the experiences from the interviews, I'll create a series showing the emotional impact these areas have on people, and the relevance architectural psychology has on us. I'll then place them into an exhibition on Open Day with other class 12 students. I have already interviewed two people and started my first piece, and I am hoping to interview 2 more people to add to the other pieces. I am really looking forward to sharing the final pieces in the exhibition.



There are some great incentives coming up this term and or the more reason to come and join the fun on Tuesday mornings!

bibra lake
FUNRUN

- The annual Bibra Lake Fun Run: Sunday 8th of September, pop it in diary! This is a fantastic local event that is great for the whole family. Entries open soon, so keep your eyes open for more details. www.cockburn.wa.gov.au/BibraLakeFunRun



- The Ministers Running Challenge: Get up, get moving and let's get running! This awesome challenge launched last week (don't worry you can still log last weeks movement ?) and is a great incentive for Primary, Secondary students and Staff to move their bodies during Term 3. Running, walking and wheeling are all encouraged activities. Follow the link below to register your child. Create basic healthy habits and maybe even an opportunity to be gifted an entry to Perth's Running Festival Burswood Park 4km Dash!
- [Home - Education Ministers Running Challenge - Department of Education](#)

Sport News

Running Club

First week back and it was nice to see our regulars back at it but equally as wonderful to welcome three new faces. Come and join us on Tuesday mornings. 8am start with last lap called at 8:20am for an 8:25am finish, just in time to start the school day!

Congratulations to our milestone achievers from last week:

30km - Lyri Tait (Class 2)

70km - Hamish Whyte (Class 4)

Afterschool Sport program

Back by popular demand, we are excited to be running Orienteering as our afterschool program this term. The program will commence on Wednesday 14th of August (week 5) at 3:15pm. Keep an eye out for more information in coming weeks.

Interschool Sport opportunities

This term presents the opportunity for our keen and proficient high school surfers to compete in the Senior Schools Surfing Championships. If you are interested, please email jcollins@pws.wa.edu.au.

Community sport opportunities

See below for some great opportunities to get involved in and try some great community initiatives.

Manning Park Trail Runners

Where: Manning Park, Azelia road Spearwood. Meet at the Manning stairs.

When: Every Thursday. 5-6pm for kids group. 6-7:15pm for adults group.

It's FREE! All ages and abilities welcome.

Parkrun

Want to join running club but school mornings are too much of a rush? Check out parkrun – it is a free 5km timed event with courses all over the world but we are lucky enough to have a couple close by in Bibra Lake and South Fremantle. Head to the website to register and join the fun!

[home](#) | [parkrun Australia](#)

Thanks,

Jade Collins

Phys. Ed Coordinator

on campus. Our school should be a peaceful retreat and vehicle drivers are urged to be patient and slow.

Your co-operative spirit regarding this is much appreciated.

Thank you.

Community Notices

Community Notices are for members of the school's community only and may consist of: Business adverts, producers, services, items for sale (non-school related), etc. keeping in mind that they need to be consistent within our schools' ethos. Please try and keep your notice short (this is free of charge). All Community Notices will appear in this section for two weeks only. If you would like a ¼ page advert, a \$10 fee is required and will only appear in Week 2 and Week 8.

General News

PARKING AT PWS

There is NO internal parking at PWS for parents, except as posted for Kindergarten and Playgroup parents. These bays are reserved for those who have additional babies on board. Visitor parking needs to be available for visitors. Please do **NOT** park on the verges around the school as your car may be ticketed. Also please avoid parking at the Gym, Red Rooster, Tamara Yoga Centre and the Chinese Restaurant as your car may be clamped or towed away.

Please use the parking at Adventure World and South of the Chinese Restaurant and at Bibra Lake car park.

No-one wants our school to pave paradise and put up a parking lot when that has already been done close to school at Adventure World. We must accept that our available parking can't accommodate everyone and Adventure World parking is where it's at, especially when we often have up to 580 children on campus.

It is rare for schools to have as much parking as we do on site. This parking needs to be available to staff, visitors and parents with very young children.

Please plan ahead if you are not just dropping your child off use one the three parking areas metioned above. Please be mindful and alert and keep safe when driving on site. Also, please lookout for wildlife too, our quenda's unfortunately don't have road sense.

Although we encourage children and bikes to stay off the internal roadways, they ALWAYS have right-of-way

The First 1000 days of your Child



**The first
+ 1000 +
days of
your child**
workshop series

RESPECTFUL PRACTICES FOR NEW
AND GROWING FAMILY RHYTHMS

A 6-week workshop combining theory & practice, designed for expectant families & parents of babies up to 6 months old.
- Special guest speakers each week -

ANTENATAL CARE & BIRTH
NEWBORN ESSENTIALS
RESPECTFUL & PEACEFUL CARE
NUTRITION & HEALTH IN EARLY YEARS
MOTOR DEVELOPMENT & FREE PLAY
LONG-TERM WELLBEING & STRATEGIES

Starting 10 August
Saturdays - 9:30 am to 12 pm
Perth Waldorf School - Bibra Lake

Exchange: \$250 per family
Limited spots - Bookings essential
info@plapla.com.au

Poetry in Motion - Eurythmy Workshops

https://pwaldorfs.schoolzineplus.com/_file/media/11658/24_poetry_in_motion_poster_2_pages.pdf

The booking link is:

BOOK NOW, SPOTS ARE FILLING UP FAST!

<https://events.humanitix.com/poetry-in-motion-eurythmy>

Biodynamic Gardening

https://pwaldorfs.schoolzineplus.com/_file/media/11666/27_07_24_bd_tree_pruning_and_paste.pdf

The booking link is:

[Enlivening Soil with Biodynamics July bookings](#)

Free to a good home

'Freezer' small up right in good condition, free to a good home. See or call Peter from FGM - 0403 778 946

KidSport program increased to \$500!

Great news! KidSport has increased from \$300 to \$500 per child per financial year! KidSport enables eligible children aged 5-18 years to participate in community sport and recreation by providing financial assistance. Now, families can receive up to \$500 towards club registration fees, uniforms and equipment, ensuring more kids have the opportunity to participate and thrive.

Check if your child is eligible and apply online for vouchers to use at any KidSport Club today. Visit www.dlgsc.wa.gov.au/kidsport to find out more.

KidSport is delivered by the Department of Local Government, Sport and Cultural Industries in partnership with local governments throughout Western Australia.

City of Cockburn Activities

City of Cockburn Notices are for families that live, work or attend school in the City of Cockburn area. Please note that if you would like to take part in any of the advertised events, you will need to follow the booking instructions on each particular event. PWS is not involved in the organisation of these events and places them in our newsletter as a service. They are not necessarily fully aligned with the ethos of the school's educational approach.



Lots coming up in Cockburn this term:

Parenting program - See flyers below

- Tuning into Kids
- Circle of Security
- Dads Tuning into Kids (DTIK)
- Dads Make a Difference

https://pwaldorfs.schoolzineplus.com/_file/media/11745/circle_of_security_term_3_2024_flyer_.pdf

https://pwaldorfs.schoolzineplus.com/_file/media/11746/tuning_in_to_kids_term_3_2024_flyer.pdf

https://pwaldorfs.schoolzineplus.com/_file/media/11747/dtik_t3_2024_swmps_workshop_flyer.pdf

https://pwaldorfs.schoolzineplus.com/_file/media/11748/dads_make_a_difference_term_3_2024_swmps_workshop_flyer.pdf

News

- KidsSport subsidy increases – see below
- Cockburn Youth Services Term 3 Flyer

https://pwaldorfs.schoolzineplus.com/_file/media/11749/cys_term_3_dl_flyer_1.pdf

Connect Learning Before & After School Care



Mariah Hynam

Coordinator

Connect Learning After School

M: 0420667904

A: 14 Gwilliam Drive, Bibra Lake 6163

E: pw@connectafterschool.com.au

Please note this service is available for children from Kindy 4 - Class 7

Casual bookings are available all year round if you ever need last minute care. Feel free to pop in for a chat or contact Mariah.

Before School Care 7:00am to 9:00am

After School Care 3:00pm to 6:00pm

Vacation Care 7:00am to 6:00pm

Early Finish Thursdays 2:15pm to 6:00pm

Kindy Early Finish 12:45pm to 6:00pm

If you are interested in your child attending please contact Mariah.

P&F

The Carriage 'School Shop'

The Carriage stocks stationary supplies, bags and uniforms for school. We also hold a large range of local products, craft materials, jewellery, handmade goods, cleaning necessities, salt lamps, candles, essential oils, cards, giftwares, wooden toys, secondhand items and books.

The Carriage is operated by the P&F, and all funds raised go back into the community.



The Carriage 'Seed Swap'

Calling all green thumbs and plant enthusiasts! The Carriage has started a Seed Swap. If you have excess seeds at home, from flowers to food to natives, bring it (bagged & labeled) to The Carriage and leave it with a Volunteer. In exchange, take away with you, any pack of seeds that piques your interest. Please ensure all seeds given, are not considered an environmental weed in Western Australia, you can check via this link <https://www.agric.wa.gov.au/organisms>

Happy Planting!

Fri - 8:10am-1:30pm.

(The Canteen will be closed everyday between 11-11:30am for lunch preparations.)

Everyone must please Pre-Order food.

Orders need to be submitted as follows: Morning tea orders are due in by 8:30am and lunch orders are due in by 10:40am.

Pre-Orders can be made in person at the front of the Canteen or by text message to the Canteen SMS number **0412 035 670**. This helps the canteen staff, reduces waste and keeps prices low.

You can set up an account with the canteen using the form below:

https://pwaldorfs.schoolzineplus.com/_file/media/497/canteen_account_request_form.pdf

If you wish to top up your account please choose from the following payment options:

- Direct debit - BSB 066000 Account No. 13162921. Please use your canteen account name as reference and SMS a receipt to canteen number **0412 035 670**.
- Direct cash or card payment at the canteen by a student.

CANTEEN MENU

Now available for purchase at the canteen

Reusable stainless steel straws Silver just \$1 cleaners 50c
 Banister Downs milk full cream and lite \$2.00 per litre.
 Tammy sourdough bread whole meal \$6.50 or fruit \$8.50 available every day.
 Breadtime story handmade sourdough Spelt \$12 fruit and nut \$14 super seedy \$13 preorder for Thursday delivery.
 Fresh Raw Local Honey \$13/kg refill your own jar prepacked glass jars \$8.50
 Local Organic Olive oil \$15.00/litre refill your own bottle or prefilled bottles available.
 Grounded Pleasures chai \$11.50 200g box
 Karvan coffee #3 \$12.50/ 250g whole beans or Swiss water Decaf Ground \$13.00/ 250g

Volunteers are welcome in the Canteen!

<https://www.cockburn.wa.gov.au/Health-Safety-and-Rangers/Public-Health/Safe-Food/Food-Handling-Training>

If you would like to volunteer please take the course above. For free access use the code FSCBURN315. The course takes approximately an hour to complete. You will receive a certificate upon completion. Once you have acquired the certificate we

Pixie Stott Canteen

General Canteen Information

Mon, Tues and Wed - 8:10am-3:15pm (closed between 2-2:30pm).

Thur - 8:10am-2:30pm (closed between 1:30pm-2:00pm).

can arrange a time that suits you to come in. All hours can be used towards the Parent Participation Scheme including the online course. If you would like more information, please contact Megan in the Canteen or via email canteen@pws.wa.edu.au

Megan Harry
Canteen Manager



Winter Menu

All food must be ordered.

Monday - Pasta with hearty vegetable Sauce (Available Vegan)	\$5.50
Pasta with Beef bolognese sauce w/parmesan cheese	\$6.00
Gluten Free Available extra 50c	
Tuesday – Chicken & vegetable Pie, Beef Curry pie or Chunky steak Pie	\$5.00
Steak & Mushroom Pie, Chicken Curry Pie or Spinach Quiche	\$5.00
Vegetable curry and rice Vegan Gluten Free	\$5.50
Wednesday- Vegetable chili served with Rice, corn chips, Natural yoghurt & cheese (gluten free, Egg Free, Available Vegan)	\$6.00
Thursday-Toasted Chicken, Spinach, sundried tom & cheese wrap	\$6.00
Toasted Spinach, sundried tom & cheese wrap	\$5.00
Friday -Beef burger with salad *Gluten Free Available	\$6.00
Tempeh burger with salad (Vegan) *Gluten Free Available	\$6.00

Every day there will be available.

Homemade wedges Vegan Gluten Free	\$3.50
Soup (All soups are gluten free with out croutons) Vegan.	\$4.00
Gluten free cheese buns	2 for \$1.00
Gluten Free beef pie GF	\$5.50
Beef Sausage on sourdough bread w/Tomato, mustard &/or BBQ sauce	\$2.50 GF \$3.00
Spinach & Ricotta Rolls	\$4.50
Cheese & Tomato toasties (sourdough)	\$2.50 Gluten free \$3.00
Toasted ham, cheese & tomato sandwiches	\$3.50 Gluten free \$4.50
Pizza Vegetable, BBQ Chicken or Ham & Pineapple	\$3.00
Brownies	\$2.50 Gluten free \$3.00
Bliss Balls Gluten free Vegan Raw	\$2.50
Cookies	from \$1.00
Popcorn GF Vegan	\$1.00
Fresh Fruit-Orange, Banana, Red or Green Apples	\$1.00
Stushies* (CL 1-CL 6 after school only) Gluten free Vegan	sm \$2.50 Lg \$4.00
Icy poles Tropical, Wild Berry or Orange Gluten free Vegan	\$2.00

Drinks	
Water	\$2.00
Aloe drinks Original or Lychee	\$4.00
Sparkling juice (CL 1-CL 6 after school only) 4 flavors available	\$4.00
Kombucha	from \$4.50
Small Juice - Tropical, Apple or Apple & blackcurrant	\$2.50
Large Organic Juice – Orange, Apple, Apple & Strawberry or Green	\$4.00
Coconut Water	sm \$2.50 Lg \$4.00 1litre \$6.00
Hot Chocolate	from sm \$3.50 Lg \$4.50
Plain milk	\$2.50
Chocolate or Mango smoothie milk (CL 1-CL 6 after school only)	\$2.50
Coffee hot or iced	mug \$3.50 Lg \$4.50
Long Black hot or iced	mug \$3.00 Lg \$4.00
Tea/ Herbal Tea	Lg \$3.00 Lg \$3.50

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