



Mackellar Girls Campus Newsletter

6 MARCH 2020

Term 1, Week 6

Meeting the educational needs of girls

P&C Meeting - Wednesday 3 June 2020

EMAILING THE SCHOOL -

Please use ONLY the nbscmgirls-h.school@det.nsw.edu.au email address for correspondence.
DEDICATED SMS NUMBER—Please text 0427 459 133 before 9am to advise late or absent students

PRINCIPAL'S MESSAGE -

Dear Parents, Staff and Students

The school has a strong reputation for providing a quality learning environment, a caring welfare structure, fantastic facilities and great achievements in the school program. This is further enhanced by the school providing the best education including a focus on academic achievement and excellence. It is not about lessening any focus on the performing arts, sport or a broad curriculum, but rather enhancing what we have to truly cater for the needs of all students.

The core of our business in school is teaching and learning, to provide the environment for the best learning outcomes for all students. We need to foster the value of education and learning, and the importance of students giving of their best. We need to prepare students not only for success in examinations, but also for their path after school, whether that be university, TAFE, other studies or work.

Coronavirus

The Australian Government has issued a health alert as a precaution, based on the latest and best medical advice. There is no evidence before the Australian Government that children are in any greater risk as a result of what has occurred recently, but an even greater degree of caution for children is needed particularly for those attending school, to ensure that should the coronavirus move to a very extreme level that preparations and arrangements are in place. The Department of Education and the State Government are prepared to respond. Staff and students unwell with respiratory illness should remain at home until symptoms resolve. If any student becomes unwell, we will implement our infection control guidelines and follow the advice provided by the NSW Ministry of Health as appropriate.

The NSW Ministry of Health has processes to identify any close contacts of coronavirus cases confirmed in Australia. Advice about not attending school would be provided to these close contacts by the NSW Ministry of Health.

The Australian Government announced a strict framework to allow small numbers of Years 11 and 12 students who remained in China (but excluding Hubei Province) due to Australian travel restrictions to resume their studies in Australia in recognition of the importance of the final two years of school. The Australian Government has advised that the relaxation on travel exemptions for Year 11 and 12 students will not pose a risk to the community. Our school has planned several overseas excursions to occur during the year. However with the current COVID-19 situation, the safety of our students and staff is paramount and it is for this reason that all overseas excursions are required to be now placed on hold until further notice.

School Contributions for Years 7 - 12

Parents have received their school fees information that relates to their child / children. This indicated the payments that are applicable to all students, as well as the costs involved in studying elective subjects in Years 9-12. These fees are now due.

We really appreciate that Mackellar parents pay these fees promptly. It allows us to purchase teaching and learning resources for use for the whole year. Parents, please realise that the only thing we do with your financial contribution to your child's learning is spend it on their learning. The General Contribution covers expenses such

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Director General's Award for Excellence in Aboriginal Programs
Secretary's Award for Excellence in Pacific Islander Programs

as the student diary, printing, general school supplies, textbooks on loan, educational materials and equipment and stationery.

Year 12 and the HSC

As we are in the final five months of schooling leading to the HSC Trial Examinations it is extremely important that our Year 12 students develop a focused study plan so they can achieve the best possible results in the HSC. Doing your best and being successful in the HSC provides more options for your future. I ask parents to assist their daughters to allocate their time wisely over the ensuing months so that sufficient time is given to study for these important examinations. Each student should be averaging 3 – 4 hours per night and at least 6 – 7 hours on the weekend.

New Parents Welcome Evening 11 February

I want to sincerely thank our new Year 7 parents who came along to our introduction to the school night. Parents left saying that the night was informative and fun. We are always pleased to build stronger relationships between the school and our parents and have parents work with us to achieve the best for our students. And I know that parents were very impressed with our commercial kitchen and the opportunities it affords our girls.

The P&C Executive did a fabulous job organising and catering for this event.

Open Day 18 February and Open Evening 20 February

Our Open Day for Years 5 and 6 with their parents and the Parent Information Evening were held recently. Primary students discovered more about the excellence of their local girls' high school and participated in school activities and parents discovered the high quality education that we provide at Mackellar.

Applications for Mackellar's 2021 Gifted & Talented programs were due by 21 February; enrolment forms for Year 7 2021 will be issued by primary schools this week and are due to be returned to them by 20 March 2020.

Local Catchment Area for Mackellar Girls

The Department of Education has determined that now all government schools need to have a local catchment area. This has not previously applied to single sex schools. Mackellar Girls now has a local area, with all girls living within that area entitled to attend Mackellar Girls.

There is an online tool to locate NSW public schools and their designated local areas. The School Finder is at www.schools.nsw.edu.au/schoolfinder

Adolescent vaccinations

Please be aware that free catch-up vaccinations are available for all young people under 20 years of age, including the Meningococcal ACWY vaccine.

Full details are available on the NSW Health website at <https://www.health.nsw.gov.au/immunisation/Pages/young-adult-vax.aspx>.

Student Merit Award System

At Mackellar we have an extensive award system designed to acknowledge achievement and encourage effort and improvement. Every student is encouraged to give of their best, and every student is eligible for these awards.

Personal Best Assemblies

Each semester students who are achieving their personal best, as indicated by their School Report, are acknowledged. In Years 7-10, a Gold Merit Award indicates personal best in all subjects on their semester report; a Silver Merit Award indicates personal best in all but two subjects. In Years 11-12, a Gold Merit represents 5 subjects of personal best and a Silver Merit all but one subject.

Mackellar Merit Certificates

Merit Certificates are issued by teachers for academic excellence, sport, school service, leadership and extra curricular programs. Points from 1 - 5 are assigned to each certificate, depending on the excellence of the achievement.

Merit Certificates are issued for successes such as outstanding assessment tasks or tests, commitment to homework, excellent organisation, representing the school individually or in a team, school service, consistent punctuality, fundraising, band, debating and rock eisteddfod.

Merit Certificates are tallied by the Assistant Year Adviser and may result in the award of Merit Banners,

Medallions and Plaques that are awarded at the end of the year on Presentation Day.

Upon receiving 3 or more Merit Banners, a student receives a Merit Medallion; upon receiving 6 Merit Banners a student receives a Merit Plaque.

Congratulations to:

- **Bianca, Bella, Eloise and Saffron** for their selection for the UN Youth Aotearoa Leadership Tour 2020, 4 of only 16 students selected across Australia
- **Stefanie (Y10)** for her selection in the Australian Senior Asian Beach Volleyball Team and Championships
- **Jesse (Y11) and Stefanie (Y10)** for winning the U19 Australian Beach Volleyball Championships
- **Mali (Y10)** for her 1st, 2nd and 4th at the NSW Junior Athletics Championships
- **Stella and Mia (Y12), Sienna (Y10), Mia (Y9)** for being members of the winning CHS Cricket State Championships team
- **Keira (Y10)** for her selection in the CHS Softball team
- **Stella (Y12)** for her selection in the CHS Cricket 1st X1 team
- **Rosie, Nina and Clea (Y10)** for their qualifying to compete in the Australian Canoe Sprint Championships
- the girls selected for the NSW Arts Alive Combined Bands and Instrumental Music Ensembles – **Alice, Minni (Y11), Elana, Lauren, Urja (Y10), Gemma, Izabella (Y9), Holly (Y8), Emily, Sarah, Cartia, Lily (Y7)**
- the girls selected for the NSW Arts Alive Choir - **Evie and Borbala (Y8)**
- the girls selected for the Arts Alive Dance Ensembles – **Hanako (Y11), Kiara (Y9), Dakota, Cairo, Kayla (Y8)**
- **Madeline (Y10) and Inez (Y9)** for their selection for the NSW Arts Unit Public Schools Drama Company
- **Kiahla (Y11)** for her Regional Blue Endorsement for Touch Football
- **Sophie, Tia (Y11), Elise (Y9), Simone, Ava-Monet (Y7)** for their competing in the NSW CHS Individual Tennis Championships
- The School Swimming Champions:
 - 17 yrs **Charlotte**
 - 16 yrs **Layla**
 - 15 yrs **Emily**
 - 14 yrs **Taylor**
 - 13yrs **Annika**
 - 12 yrs: **Amelie**
- **Hanneke (Y10)** for her selection in the NSW School Sports Unit CHS Triathlon program
- **Hannah, Dalisha and Tiana (Y11)** for their selection for the Regional Lions Youth of the Year, and **Dalisha** for winning the Public Speaking Award
- **Millie (Y10)** for her competing in the Cheer World Championships
- **Petra (Y10)** for her competing in the Acrobatic Gymnastics World trials
- **Octavia (Y7)** for her placings in Regional Little Athletics: a 2nd in 100m, two 3rds in javelin and relay, two 4ths in shot put and long jump
- Student Representative Council Members Year 11: **Sienna, Alyssar, Ruby, Garima, Natasha**
- Peer Mediators 2020: **Rachel, Charlotte, Millie, Evie, Zoe, Hayley, Katia, Rosie, Claudia, Greta, Stella, Alexandria, Anna, Evelyn, Haoran (Michelle)(Y9)**

Christine Del Gallo, Principal



Prefect W@M Report

Term One has been a busy and exciting term for the Prefects with many of us participating in various fun activities and events. The Swimming Carnival was great fun with Year 12 featuring in a special 'love' themed swim to celebrate Valentine's Day! All the girls across the grades had a great day full of swimming.

The Prefects also attended a Meals on Wheels Lunch event at Manly Town Hall where we talked to elderly members of the public for a few hours, sharing life stories and also getting the opportunity to explore technology and the internet together. The Year 8 Sleepover was also a massive success. Throughout the night the girls enjoyed playing Just Dance, Fruit Salad, Dodgeball and a movie! The next morning was lots of fun with a pancake breakfast, some more Just Dance and some activities on the oval. Overall, the girls had an amazing time getting to bond with their year group, learning important team building and communication skills in a fun and safe environment.

On the 6th of March the Prefects will be heading to a special International Women's Day Breakfast at Manly Pavilion, and we are very excited to be representing Mackellar as well as celebrating the achievements of women around the world. All the girls at Mackellar deserve to know their worth and value, especially as the strong, independent young women they are. Mackellar girls can do anything!

SPORTS NEWS

Cricket:

In Week 4, Stella, Sienna, Mia and Mia competed in the Sydney North Cricket Team that won the State Championship held in Bathurst. It is the first time in 35 years that Sydney North has won the title. They won the final by 137 runs. Congratulations Girls!

Swimming Carnival Results

On Friday the 14th of February, Mackellar held their annual Swimming Carnival. It was a great day and the weather was on our side. The number of students who participated in races on the day was outstanding, with some amazing results and a number of records broken. Congratulations to Annika who broke the record in the U13 200m Freestyle, 50m Freestyle, 100m Backstroke and 100m Freestyle. Abby, also in the U13 broke the record in the 100m Butterfly. In the U17 Charlotte broke the record in the 200m Individual Medley, 200m Freestyle, 100m Backstroke and the 100m Butterfly.

Congratulations to the following girls who were Age Champions:

12 years	Amelie
13 Years	Annika
14 Years	Tayla
15 Years	Emily
16 years	Layla
17 years	Charlotte

The Zone carnival will be held at Warringah Aquatic Centre on the 13th of March. Good luck to those who are involved!

Knockout Touch Football

On Monday 24 February, our Open Girls Touch Football side played their first match, playing against Burwood Girls High School at Nolan's Reserve. Due to other school events, the girls were down to just 10 players, up against Burwood's 14. In what was at first a tight game, Mackellar came away as convincing winners defeating Burwood 14-1. The team will now progress to the second round of the State Knockout in an attempt to go back-to-back State Champions after taking the title in 2019. The team consisted of: Edie, Kiahla (captain), Charlee, Daley, Milla, Tiani, Hannah, Megan, Ariyah and Jasmyn.



MACKELLAR GIRLS CAMPUS 2020 ATHLETICS CARNIVAL

DATE: Monday 23 March 2020
VENUE: SYDNEY ACADEMY OF SPORT, NARRABEEN
ATTENDANCE: This is a normal school day and attendance is compulsory for all students.

ORGANISATION:

8.00am Early bus – Students wishing to compete in the **1500m and Hurdles** events will be able to catch this bus from school. Please put your name down outside the PE staffroom if you are catching the early bus. If you wish to compete in these events and want to make your own way, then you should be at Narrabeen Academy of Sport by 8.30am for a warm up.

8:42am Roll Call at school– All students meet on the Quad for roll marking. Buses will take students to Narrabeen. Students who live near Narrabeen and wish to go straight to the carnival must have their name marked off when called to do so by the announcer.

9.15am – All students enter the track for the day.

2.00pm Roll Call – There will be roll call before the buses leave at 2pm. Parents wishing to take their daughter home directly from the venue, please wait until after this roll call.

2.10pm Buses – A bus will drop off at Narrabeen (for students living there or further North). All other buses will return to school with plenty of time to catch normal school buses. These buses will make 2 stops: Dee Why Main & Warringah Mall.

GENERAL INFORMATION

- The track has been going through an upgrade and Canteen facilities are limited. Make sure you bring food and water for the day.
- Hat and sunscreen are necessary. Students will be seated in the shaded stadium.
- The carnival is ON regardless of the weather, so dress appropriately.
- Please do not bring any valuables.
- Dress in house colours or sports uniform and cheer for your house.
- Parents are welcome to come and watch.

ZONE, REGIONAL, & STATE CARNIVAL DATES

North Shore Zone Carnival: Friday 5 June at Sydney Academy of Sport, Narrabeen

Sydney North Regional Carnival: 27 & 28 July at Sydney Olympic Park Athletics Centre

NSW CHS Carnival: 2nd, 3rd, 4th September at Sydney Olympic Park Athletics Centre

P&C News

The first P&C meeting was held on Wednesday evening and was well attended. The P&C is looking for volunteers interested to join an Environmental Committee. They will help identify issues that will reduce our environmental footprint within the school. Please contact Sally Gee to express your interest
pandcmackellar@yahoo.com
Cristina Anderson

TAS NEWS

Pocket City Farm Excursion

On Tuesday 25 February our Year 7 Technology students who are currently studying Agriculture and Food unit of work went to Pocket City Farm in Camperdown. Throughout the day the students were involved in many hands on workshops, participating in seasonal growing activities directly on the farm. Such activities may have included weeding, composting, planting, seed collecting, propagating, harvesting and fertilizing. It was an excellent educational experience that will enhance their learning and understanding of the topic.

HOSPITALITY NEWS

During Week 3 and 5 this Term, our Year 11 Hospitality students participated in Food Safety Seminars presented by Northern Beaches Council Environmental Health Officers. The students acquired excellent information regarding the role of the Environmental Health Officers as well as food poisoning bacteria, food safety legislation, hygienic food handling practices, effective hand washing, cleaning, sanitising, food storage, hazardous foods, the 'Scores on Doors' program and pest control methods.

During the presentation students were given a demonstration on how to wash their hands properly before preparing food. The above photo depicts students who have washed their hands and are now using a fluorescent gel to identify any remaining bacteria under an ultraviolet light. It was a valuable presentation enabling students to enhance their understanding of their first unit of work, "Use Hygienic Practices for Food Safety".

Ms Halford and Ms Goykovic

LIBRARY NEWS

We have had another great start to the school year at Mackellar!

Year 7 has completed their Library inductions. Each class had 2 double lessons to learn the ropes about borrowing books, finding resources and utilising all that the Library has to offer. The girls have been borrowing items *en masse*, and with some books being borrowed as soon as they are returned.

This year in the library we are seeing with 2020 vision. The *20 books for 2020 Reading Challenge* recently began, which encourages students to borrow 20 books throughout the year. Students who participate receive a bingo-style sheet with prompts for a wide variety of books to borrow. Once they have borrowed a book that meets a prompt, they can cross that off their list.

Book clubs have also begun again this year, with Year 7 meeting on Thursday at lunch with Mr Bailey. Any new recruits are welcome! Year 8 and 9 have a combined book club that will continue with Miss Mailey on Tuesday at lunch. Miss Marshall takes the Year 10 and Year 11 combined book club on Friday at lunch. The Year 12 Book club is also on Friday at lunch and is taken by Miss Reed.

February 14 saw the library participate in the annual *Library Lovers Day*. Designed to foster and encourage a love of books and reading, students were asked what they loved about the Mackellar library and their answers were posted alongside the *Library Lovers Day* display.

In conjunction with our *Library Lovers Day* promotion, the library also held its annual *Blind Date with a Book*. In a system akin to a lucky dip, a variety of books was selected and wrapped up in paper, ensuring the student gets a true blind date with a book.

As we approach the middle of the term, the first assignments of the year are starting to be due. We encourage students to remember the Library and the vast array of resources on offer here to assist them. Referencing guides, digital resources, online databases, hard and software information and even the traditional tangible book are all on offer at the Library to help students with their studies.

The HSC lecture series is an initiative by local libraries that sees talks given to Year 11 and Year 12 students about HSC courses. The 2020 series will start in March with a talk on the Extension 2 English course by award winning author Felicity Castagna and a talk for science students by Ruben Meerman, both at the Warringah Mall Library.

Mrs Reed and Mr Bailey

MUSIC NEWS

Performance Uniforms

Members of the bands, Orchestra and Vocal Ensemble perform frequently in the Mackellar Performing Arts Shirts along with long black pants (NOT leggings or jeans), black shoes and black socks. Mackellar Performing Arts shirts are available from the uniform shop. If new girls to the school can have their uniform ready for the first Music Night in Term 1 that would be appreciated. In-school time, performances are always in FULL SCHOOL UNIFORM.

PERFORMANCES FOR DIARIES

MUSIC NIGHT: Monday 9 March –7pm - Student arrival 6:30pm. All ensembles will perform - Concert, Performance, Stage and Big Bands, Orchestra, Vocal Ensemble, Mackellar Singers. Performance Space. Other Music Nights are **15 June** and **31 August**. **Dress: Black Performing Arts uniform including black socks. See Flyer.**

BIG BAND: CONCERT WITH STUDENTS FROM PRAGUE: Monday 16 March 6:30pm. The Big Band will perform at Pittwater High School along with students on tour from Prague, Czechoslovakia. Girls are to arrive at 6pm.

REHEARSAL DAY Monday 27 April- 9:15am – 10:45am Concert Band, 11am – 12:30pm Performance Band 1pm – 2pm Big band. The other rehearsal day is Monday 22nd July (Both the Pupil free days at the start of Term 2 and 3).

2020 Music Camp Term 2 Week 1 6pm April 29 – 8pm May 1: All large ensembles

This is one of the most celebrated events on the music calendar for Mackellar Girls. Please return the permission slip and fill the online forms with NEW URL as soon as possible.

Senior and Junior Jazz Improvisation classes and student led ensembles have started and are still open for new students to join. Students interested in these groups should contact the Band Director.

Dates for Diary for 2020 – Please note in diaries

Week 7 Monday 9 th March	Music Night #1	All Ensembles	Hall 7pm Concert Arrive 6:30pm
Week 8 Monday 16 th March	Combined Concert with “Gymband” from Prague	Big Band	Pittwater High School 6:30pm Concert. Arrive 6pm
Week 1 Term 2 Monday 27 th April	Rehearsal Day	Concert Band 9:15-10:45am; Performance Band 11am- 12:30; Big Band 1-2pm	Performance Space
Week 1 Term 2 - Wednesday 29/4- Friday 1/5-	MUSIC CAMP	Concert, Performance Bands, Orchestra and Vocal Ensemble	Narrabeen Academy of Sport and Recreation
Week 4 All Week	School Musical	Selected Cast	Day and Evening performances
Friday 29 th May – Sunday 31 st May	Big Band Blast Port Macquarie	Big Band	Leave Friday late morning
Term 2 15 th June	Music Night #2	All Music Ensembles	Hall 7pm Concert
Term 4 Week 7 Mon-Wed 23/11-25/11	Regional Music Ensemble Tour	TBC	Interstate

Vanessa Patterson: Band Director

Mackellar Girls Campus
An Evening of Music

Presented by CAPA



7pm

Monday 9 March, 2020

Mackellar Girls Campus Hall

Campbell Parade, Manly Vale

Please join us for a relaxed evening of music presented by the bands, ensembles and solo performers from Mackellar Girls Campus

Performers to arrive at 6:30pm. Supper for sale from 6:30pm for guests.





MACKELLAR GIRLS CAMPUS P&C UNIFORM SHOP

SCHEDULED OPENING DATES – MARCH, APRIL, MAY

MARCH 2020	APRIL 2020	MAY 2020
Monday 2 nd March 9am-2pm	Wednesday 1 st April 12pm-2pm	Monday 4 th May 9am-2pm
Wednesday 4 th March 12pm-2pm	Monday 6 th April 9am-2pm	Wednesday 6 th May 12pm-2pm
Monday 9 th March 9am-2pm	Wednesday 8 th April 12pm-2pm	Monday 11 th May 9am-2pm
Wednesday 11 th March CLOSED	Term 1 Finishes Thursday 9 th April CLOSED	Wednesday 13 th May 12pm-2pm
Monday 16 th March 9am-2pm	Saturday 18th April School Holidays 10am – 12pm	Monday 18 th May 9am-2pm
Wednesday 18 th March 12pm-2pm	Monday 27th April Pupil Free Day 10am-12pm	Wednesday 20 th May 12pm-2pm
Monday 23 rd March 9am-2pm	Term 2 Commences Tuesday 28 th April CLOSED	Monday 25 th May 9am-2pm
Wednesday 25 th March 12pm-2pm	Wednesday 29 th April 10am-2pm	Wednesday 27 th May 12pm-2pm
Monday 30 th March 9am-2pm		

UNIFORM SHOP NEWS -

We require help in our school uniform shop on:

9 March 2020 9-11.15am
16 March 2020 9-11.15am
23 March 2020 9-11.15am
30 March 2020 9-11.15am and 1.15-2.15pm

Please email me if you can assist on any of the days/times above.



Year 7 2020, we have commenced fittings for winter uniforms (Terms 2 and 3). Your daughter can find an order form on the outside of the uniform shop door, you complete the details and we will fit her at either recess or lunch on Monday & Wednesdays.

Performance Band Pants—Parents have reported back to me it is difficult to purchase a Black pant for their girls. I have a small quantity in our uniform shop, so if your daughter requires this item please tell her to pop into the shop.

Leigh McPherson, Uniform Shop Manager, uniformshop@mackellarpandc.com

DONATIONS NEEDED -

Some students are helping with the wildlife recovery effort by knitting joey pouches and we would like to ask for donations of the following items: -

- Balls of 8 Ply 100% wool – any colour but it must be 100% wool as the animals cannot breathe through the bags if they are made from a synthetic fibre.
- 4mm knitting needles (old size 8)

With thanks,
Lisa Parsons

**FREE STUDENT EXCHANGE
LIVE ONLINE INFORMATION SESSION
FOR STUDENTS & FAMILIES**

Meet our staff, hear comprehensive information on all aspects of exchange, find out about discounts and scholarships available and ask questions.

Wednesday, 11th March at 5.30pm (Perth time) / 8.30pm (AEDT /Sydney time)

Register now

Visit studentexchange.org.au/info-sessions/
or call 1300 135 331 for more information

The LIVE Online session gives students and families the opportunity to learn more about becoming an exchange student and the various scholarship options that are available in 2020.

We offer scholarships and discounts worth over \$100,000 to students each year. All scholarships are valued at either A\$2,500 (semester program) or A\$3,500 (year program) each. Students don't need to be A-grade to apply and the top language student doesn't necessarily win. Your career advisor and/or language teachers may be interested to promote our

- [3 Language Scholarships](#)
- [3 International Affairs Scholarships](#)
- [3 Community Involvement Scholarships](#)
- [2 Australian Ambassador Scholarships](#)
- [3 Digital Video Scholarships](#)

"Leaving Sydney for Vienna, I had no clue what was ahead of me. Taking the leap to embark on exchange was one of the best decisions I've ever made. You obtain a new global perspective: new language, new knowledge of your extensive capabilities and a vision of everything that's possible!"

Nicoline, Austria Semester Program, Australian Ambassador Scholarship Winner

We would appreciate it if you could please mention our upcoming information session in your newsletter or place the notice on a study room noticeboard.

[You can download our newsletter notice as an image from here](#)
or you can copy the below text.

Student Exchange Australia New Zealand is a not-for-profit organisation, registered with all state and territory Departments of Education around Australia and with the Ministry of Education in NZ. We are leading the way as the first secondary exchange organisation in Australia and New Zealand to be certified to ISO 9001 (Quality Management System) and we ensure the highest standards of care and support to our participants.

CANTEEN UPDATE

The Canteen has received the "Healthy School Canteen" tick of approval from the Dept of Education as part of changes to what can be sold in Government school canteens from Jan 2020. Under new regulations, school canteens may not sell processed, high fat and sugar containing items and all foods are required to meet criteria set down by the new regulations. Essentially, food must contain ingredients from an approved list with a high proportion of fresh fruit and vegetables. Any packaged "occasional" foods or drinks must have at least a 3½ health star rating.

SUGGESTIONS!

The canteen will be providing a suggestions box for all students and teachers to submit their comments and ideas about the canteen offering. Ideas are welcomed for new menu items you would like to see, taking into consideration the minimum 3½ star rating. Any other feedback is also welcomed, things you like and areas you think have room for improvement.



Canteen Menu 2020

Breakfast

Fruit Salad \$2.50
Piece of Fruit 80c
Plain toast/Raisin Toast \$1.00
Milkshake \$3
Hot Choc (winter only) \$1.50
Cereal with milk \$1.50
Banana bread \$2
Yoghurt/muesli \$2.50
Yoghurt/fruit \$2.50
Cheese bacon slice \$3.50
Chocolate muffin \$2
Raspberry muffin \$2
Apple & cinnamon muffin \$2

Morning Tea

Garlic Roll \$2.50
Hot cheese roll \$2.50
Cheese and tomato toastie \$3
Cup rice/soy sauce \$1.50
Pastry puff (spinach or vegetable) \$3.50
Half pizza \$2.20
Meat Pie \$4.20
Sausage roll \$3.50
Sauce 20c

Lunch

Butter chicken and rice \$5
Spaghetti Bolognese \$5
Napolitana Ravioli \$5
Basil Pesto Penne Pasta \$4
Homemade Tuscan Meatballs and Spaghetti
Mild Vegetable coconut curry and rice \$5
Italian potato sour cream chili sauce \$4.50
Hamburger/chicken burger \$4.50
Sweet chicken chili wrap \$4.50
Lasagne \$4.50

Daily Specials

Monday Mexican Chicken Boat \$5
Tuesday Beef Nachos \$5

Wednesday Vegetarian Spinach quiche and salad \$4.50

Thursday Bean Burrito wrap \$4.50

Friday Sushi Day - all rolls \$4

Chicken schnitzel
Chicken teriyaki
Tuna and avocado
Plain avocado

Sandwich Selection

Chicken, mayo and lettuce \$4
Egg and lettuce \$3.50
Cheese and salad \$4
Salad \$3.50

Roll Selection

Chicken mayo lettuce \$4.50
Egg and lettuce \$4
Cheese and salad \$4.50
Salad \$4
Ham avocado and lettuce \$4.50

Dessert Treats

Chocolate cake \$2
Muffins \$2
Banana bread \$2
Muesli cookies \$3.50

Drinks

Plain milk \$1.50
Water \$1.50
Flavoured Milk \$2.50
Apple juice popper \$2.20
Apple and blackcurrant juice popper \$2.20
Daily juice orange juice large 3.50
Chill J drinks 2.20

Frozen Treats –

Paddle pops \$2
Calippo mini's \$1.50
Low fat, gluten free vanilla ice cream tubs \$1.50





As an organisation, Share the Dignity oversees a number of initiatives that give back to Australian women and children in need, with a particular focus on victims of domestic violence. Our services include collecting sanitary items for homeless women and those fleeing domestic violence.

We are again asking our school community to help give dignity to those in need at a time they need it most by donating a pack of new pads and/or tampons at our collection point in the allocated box in A block. This initiative will be running until the end of March.

When you donate sanitary products to Share The Dignity, you're donating to a charity that directly supports women in need. You're giving a woman experiencing homelessness or financial crisis the essentials, so she doesn't need to choose between food and dignity. The idea that women around the country are using socks or toilet paper instead of sanitary items needs to change and we need your help.

Next time you're doing your shopping, keep in mind: **one box for me, one box for her.**

Thank you for your kind support of this important initiative.

Mrs Alecia De Angelis
Head Teacher, Teaching and Learning
CAFS Teacher



TERM DATES – 2020 Mackellar Girls Campus

- | | |
|-------------|--|
| Term 1 2020 | Tuesday 28 January – Staff Development Day (no students)
Wednesday 29 January – Y7, 11, 12 return
Thursday 30 January – Y8, Y9, Y10 return
Thursday 9 April – Last day for students |
| Term 2 2020 | Monday 27 April – Staff Development Day (no students)
Tuesday 28 April – Students return
Friday 3 July – Last day for students |
| Term 3 2020 | Monday 20 July – Staff Development Day (no students)
Tuesday 21 July – Students return
Friday 25 September – Last day for students |
| Term 4 2020 | Monday 12 October – Students return
Wednesday 16 December – Last day for students |

