

ST PAUL'S PRIMARY FOR

2023 AUSTRALIA REFERENDUM

Saturday, October 14, 2023

Drinks Needed!



We need drink donations for the Referendum fundraiser next Saturday 14th October.

Water and /or cans of soft drinks.

"When school staff, parent volunteer and students come together to work towards a common goal, the entire community is strengthened."

Thank you for supporting our school.

A big thank you to those who have already kindly donated drinks.

St Paul's P&F



ST PAUL'S REFERENDUM CAKE STALL

THE P&F COMMITEE IN COLLABORATION WITH OUR SENIOR STUDENTS ARE LOOKING TO HOLD A CAKE STALL ALONG SIDE THE SAUSAGE SIZZLE AND WE NEED YOUR HELP.

EACH FAMILY WILL BE PROVIDED WITH A CAKE PACK THAT HAS EVERYTHING YOU NEED TO PACK YOUR HOMEMADE TREAT. PLEASE NO CREAM.

ALL TREATS WILL NEED TO BE DELIVERED TO THE OFFICE ON FRIDAY 13TH OCTOBER AT DROP OFF/PICK UP OR ON THE DAY OF THE EVENT 14TH OCTOBER AT 9AM

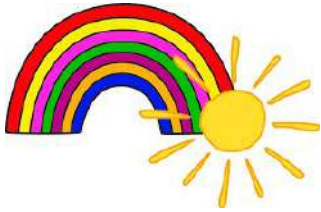
THANK YOU FOR YOUR SUPPORT



ST PAUL'S PRIMARY SCHOOL

NEWSLETTER

St Paul's Primary School is committed to the care, wellbeing and protection of children, young people and vulnerable people in our community



PRAYER FOR THE BEGINNING OF A NEW TERM

Lord,

We give you St Paul's school.

We give you all the teachers and staff who work here,

We give you all the children who learn here.

We pray our school will continue to be a place of great discovery, adventure and creativity.

May it be a place where we love to learn and where we learn to love,

A place where everyone is respected and all are deeply valued.

We ask all this through Jesus Christ our Lord.

Amen



Dates To Remember:

Term 4: Monday, 2 October - Friday, 15 December

OCTOBER:

- Monday, 9: Assembly - Year 1/2A presenting
Thursday, 12: St Paul's playgroup
Saturday 14: Referendum Voting Site-St Paul's Hall

NOVEMBER:

- Wednesday, 1: Whole School Photo
Monday, 6: School Closure Day
Tuesday, 7: Melbourne Cup Day Public Holiday

DECEMBER:

- Thursday, 7: Family Carols Evening
Monday, 11: Year 6 Graduation Mass
Friday, 15: Last Day of Term 4 for students

ASSEMBLY!
MONDAY,
9 OCTOBER
1/2A
PRESENTING

St Paul's acknowledges that our school is on the land of the Wurundjeri people of the Kulin Nation and pay our respects to their elders, past, present & future

A MESSAGE FROM OUR PRINCIPAL, MARIA MECURI

Welcome back to term 4! I hope all families were able to spend time relaxing and regenerating, sleeping in and spending time together, the weather certainly helped with spending time outdoors. It was wonderful to see everyone on Monday morning, bright and happy despite losing an hour of sleep due to daylight saving. This term promises to be one filled with many learning opportunities for St Paul's students and many family school events.



School Communication Please take the time to check the newsletter, emails, Seesaw and Audiri App each week for dates, events and school news. As a vibrant school community we have lots happening and it is important that we have good communication channels. Please email the office or your child's teacher if you have any questions about your child. As always please contact me directly on mmercuri@spcoburg.catholic.edu.au. Our staff at St Paul's are here for the children to ensure their wellbeing and learning needs are met. We work in partnership with parents to enhance our children's development and wellbeing.

Term 4 Learning Overviews All families will receive a term four year level learning overview which outlines the learning and wellbeing focus for term 4, as well as timetables and term activities. These outlines give parents a thorough understanding of the learning focus for the term. St Paul's staff have a strong focus on learning and wellbeing. We have a strong Literacy and Numeracy focus which is based on identifying each student's learning needs and ensuring they are making progress. Our support staff work with your child's classroom teacher to ensure students receive additional learning support.



Our new before and after care providers, **TheiCare** began their service on Monday. The transition has been very successful. The educators are taking the week to get to know the students and set up routines. By all accounts, everyone is feeling happy, participating in lots of fun activities and eating lots of yummy food.

St Paul's school is a Referendum voting site on October 14. Parents and Friends are running a sausage sizzle and our Year 6 Student leaders are running the cake stall. We are asking parents to donate a cake or biscuits, or something sweet. **You can cheat and send a store bought cake!** Each family has been provided with a cake pack. Please send your donation to school on Friday 13 October.

We are also asking each family to donate some cans of drinks. Please drop off your drinks donation in the office during the week.

**2023
REFERENDUM**

14 OCTOBER 2023

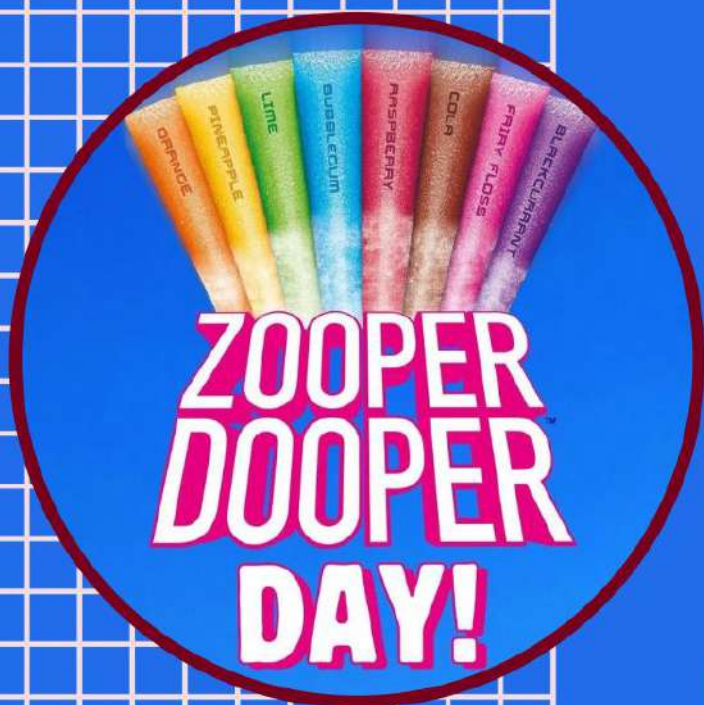
MONDAY, 6 November- SCHOOL CLOSURE DAY

TUESDAY, 7 NOVEMBER - MELBOURNE CUP HOLIDAY



Will be open on Monday 6 November

A MESSAGE FROM OUR PRINCIPAL, MARIA MECURI



EVERY FRIDAY
STARTING WEEK 2

\$1.00 EACH

**PURCHASE
VIA CDF PAY**

Brought to you by our student
leaders and the P&F committee

Congratulations to former St Paul's students, Jessica Anile and Liana Vetere who were elected to various positions at Mercy College. Jessica has been elected as Sports Captain and Liana as O'Hea House Captain. We are proud of our past students and great to hear about their achievements.

Class Groupings for 2024 – We are currently in the process of developing our class groupings for 2024. Please email me at principal@spcoburg.catholic.edu.au if you have any information we need to be aware of, that may impact on your child's learning in 2024.

Lunchtime Yoga:

A reminder that our YOGA lunchtime class will commence next week, on Monday throughout this term. This is run by Ms Ana, a qualified Yoga instructor. We had a fantastic response to lunchtime yoga class during term. 3. Students are most welcome to give it a try. Namaste!



SUMMER UNIFORM - A reminder that we are transitioning from Winter to Summer Uniform. During the first two weeks of Term 4, students will have the option to wear summer or winter uniform as the weather slowly transitions to warmer temperatures. On **Monday, 16 October** all students are expected to be wearing Summer Uniform.

'No Hat, No Play.'

Please ensure your child has a school hat for outdoor play and activities.
Hats can be purchased from the office for \$11.30. (Limited stock)

HAPPY BIRTHDAY!

Wishing the following a
blessed & joyful birthday!



SEPTEMBER:

Archer U - 25th
Edoardo F - 25th
Elli T - 26th
Amelia L - 28th
Alessio T - 30th

HAPPY BIRTHDAY

OCTOBER

Joshua S - 1st
Alex C - 2nd
Valentino C - 6th
Nathaniel F - 7th
James W - 7th
Ms Jo Villella - 7th (Staff)
Riva B - 8th
Evan B - 8th



OPTIMISTIC OCTOBER! -

Optimistic October 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

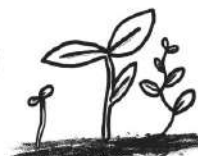
27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together

UNIFORM

UNIFORM REMINDERS

Thank you to all families for ensuring your children are in the correct school uniform.

School Shoes: Black shoes - all black soles - are part of the St Paul's uniform. Children can wear runners on their sports day. Some black school shoes examples include:



Earrings Only stud earrings can be worn. For safety reasons no dangling earrings to be worn.

Hair Ties Reminder: Long hair should be tied back in black or blue hair ties. All hair accessories (eg. clips, ribbons, headbands) to be blue, black or white in colour.

SECOND HAND UNIFORMS

- \$10 an item
- Email - office@spcoburg.catholic.edu.au
- Packed and processed on a Wednesday only

NEW UNIFORMS CAN BE PURCHASED FROM SPARTAN WORLD UNIFORM SUPPLIER

Website: www.spartanschoolworld.com.au

Phone: online shop 1800 815 557

Email: onlineorders@spartanss.com.au

Shop: Spartan School World 97 Main Road, Lower Plenty
Monday, Wednesday, Friday: 12pm - 5pm
1st Saturday of every month: 9am - 12pm



- Spartan deliver to school or home for a delivery fee of \$9.95.
- Returns of incorrect sizes can be arranged directly through Spartan.
- Orders from Spartan are dispatched on Wednesday and delivered to school on Thursday.

WHOLE SCHOOL PHOTOS

Whole School Photos will be on Wednesday 1 November 2023

All children to be in summer uniform

STUDENT OF THE WEEK

TO BE PRESENTED AT ASSEMBLY ON MONDAY, 9 OCTOBER

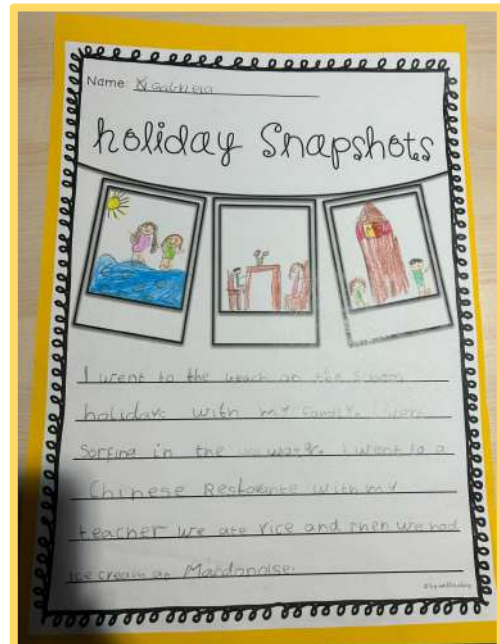
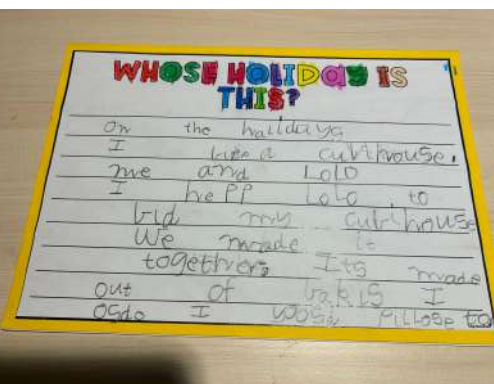
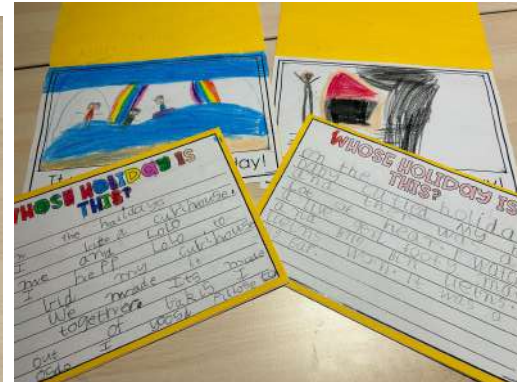
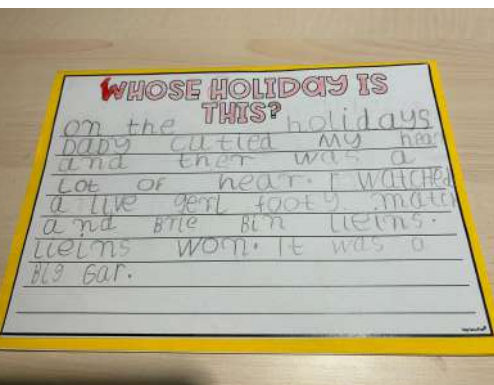
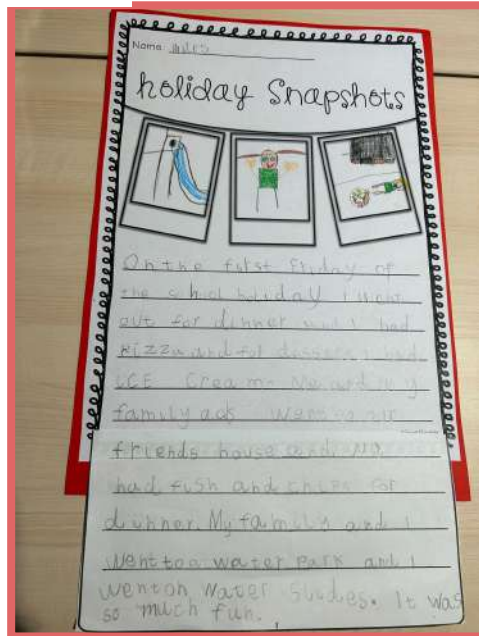
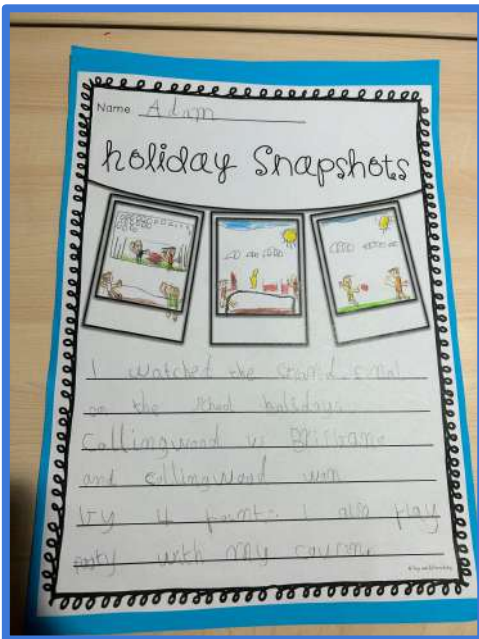
Class	Name	Awarded for...
Prep D	Alexander N	For being RESPONSIBLE during all learning tasks, pushing himself to do his best and always being ready to learn. Well done!
	Santiago H	For making a wonderful start to the term and being PREPARED for learning. Fantastic effort!
Prep B	Selena M	For making a wonderful start to the term and being PREPARED for learning. Fantastic effort!
	Ethan M	For making a wonderful start to the term and being PREPARED for learning. Wonderful effort!
1/2 A	Louis N	For making a wonderful start to the term and being PREPARED for learning. Fantastic effort!
	Elyssa T	For being a RESPONSIBLE and independent learner who applies her best efforts into her school work. Well done!
1/2 G	Scarlett J	For demonstrating RESILIENCE on her return from the holidays with her attitude. Fabulous Effort!
	James O'B-C	For being PREPARED for his Library lesson and demonstrating excellent writing stamina this week.
1/2 P	Harriet V	For being PREPARED and following the school Be Rules."
	Alexander P	For being PREPARED and following the school Be Rules."
3/4 DM	Valentino C	For being PREPARED each day by applying himself in class and focusing on his classroom work. Well done!
	Lucinda M	Lucinda is always RESPECTFUL to her peers. She is polite in her conversations and a wonderful class member because of his respectful attitude.
3/4 MO	Kiki T	Being RESILIENT . The ability to tolerate difficulty and not let it deter you.
	Louvelle Y	Being RESPONSIBLE . Reading on a regular basis.
3/4 ST	Daniel F	For being RESPONSIBLE by starting term 4 with a positive attitude towards school and learning. Keep up the awesome work Daniel!
	Lenny D	For demonstrating RESILIENCE by having a positive attitude to joining our St Pauls community. Well done Lenny!
Senior H	Lex C	For being PREPARED for your learning by contributing to class discussions and being engaged in your learning. Great start to the term Lex! Keep it up!
	Jennelle B	For being a RESPONSIBLE classmate by being a role model to others and being ready for learning. Great start to the term! Well done!
Senior ML	Dylan C	For starting the term with a positive mindset and being PREPARED for learning. Well done!
	Hugh S	For being a RESPECTFUL and friendly student who is always kind towards his classmates and teachers. Well done!
Senior O	Aanya S	For a great start to Term Four and always being PREPARED and trying her best with her learning.
	Leo G	For a positive start to Term Four and showing RESPECT towards his peers.

DREP

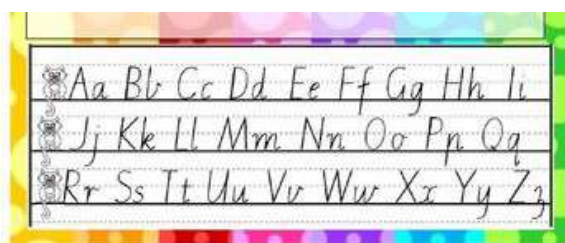
WELCOME BACK TO SCHOOL

Welcome to Term 4!

This week we wrote recounts about our school holidays. We are so proud of how far we have come with our writing!



This week we began using new writing books with have dotted thirds lines in them. We are doing a fantastic job of writing our letters neatly on the lines.



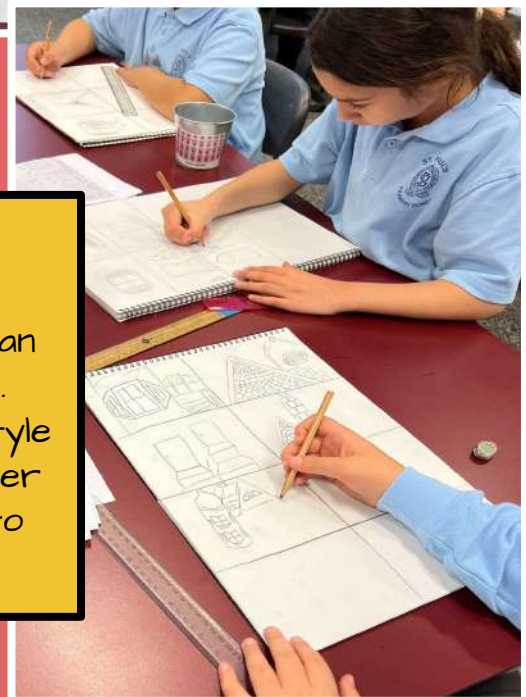
Visual Art



Junior artists were introduced to street art. They created artwork inspired by an artist known as Mantra, who is recognised for his murals of butterflies. Our artists experimented with charcoal and chalk pastels.



Year 3/4 artists discovered the features of Victorian style architecture. Their 2D Victorian style house designs will later be transformed into 3D, using clay.



Senior's artwork will be fired in a kiln in the coming week. Students will paint their mugs and decorative slab tiles using acrylic paint.



SUSTAINABILITY

Welcome to Term 4! With a new term comes a new team of student sustainability volunteers in our school. The new team is very excited to begin their 'waste warrior' initiative.

Meet the team:

In 1/2 we have Lucas, George, Ava, James, Maiya, Scarlett, Lucas, Georgia and Yianni.

In 3/4 we have Emma, Sanit, Lexi, Daniel, Harrison, Zoe, Isaac, Katelyn and Rabin.

In 5/6 we have Rick, Ruben, Laura, Shelby, Evan, George, Sienna, Azaria, Caitlyn, Dimitri, Graysen, Aanya, Matthew, Cassandra and Matilda.



We are still supporting the KIMBE project! This project organises shipping containers to be sent to Papua New Guinea to support their educational programs and health needs. Please continue to bring used, but good quality educational resources that you no longer need. The collection bin is upstairs outside 5/6ML.



We're getting ready for FUN!



TheirCare are proud to work in partnership with St Paul's Primary School Coburg to provide quality Outside School Hours Care to your school community, commencing in Term 4 2023.

Learn more at www.theircare.com.au
or call 1300 072 410

Our school has partnered with an independent provider called TheirCare to provide exceptional **Outside School Hours Care** services for our school community.

The program is available for all children at St Paul's Primary School Coburg from **7:00am** until **8:45am** in the morning and from **3:30pm** until **6:00pm** each school day.

During **School Holidays & Pupil Free Days** the service will operate from **7:00am** until **6:00pm**.

Families wishing to use this service can visit the TheirCare website: www.theircare.com.au

Families are eligible for a Government Rebate called the **Child Care Subsidy** which can reduce the cost per session by up to 90%.

More information can be obtained by contacting the school or ringing **TheirCare Support Team** on 1300 072 410.

TheirCare provides a stimulating and safe environment for all children. During sessions, children develop **life-skills, friendships, confidence** and **creativity** through play-based programs.

Date: 9/10/2023

Theme: Safari Week – Week 2

NQS Quality Area 1: Educational Program and Practice: Intentional teaching, including routines, are planned to maximise the opportunities for every child's learning. Planning a fun and interesting program is developed in collaboration with the children, their families, the school community, and our educators, by using child observations, conversations, feedback, and enquiry. Intentional teaching extends the children's thinking, building a deeper understanding of learning and occurs in emergent and planned experiences. Intentional teaching activities are purposeful with an outcome for every child being linked to the 5 learning outcomes.

Monday BSC	Tuesday BSC	Wednesday BSC	Thursday BSC	Friday BSC
Learning Environments provided daily: <ol style="list-style-type: none"> 1. Dress up/Creative. 2. Music/Drama/Dance 3. Construction/Lego 4. Trains/Cars/Transport 5. Rest/Relaxation/Reading 6. Natural Environments 7. Science/Cooking 8. Animal/Cultural/Community 9. Board/Card Games 10. Homework 	Learning Environments provided daily: <ol style="list-style-type: none"> 1. Dress up/Creative. 2. Music/Drama/Dance 3. Construction/Lego 4. Trains/Cars/Transport 5. Rest/Relaxation/Reading 6. Natural Environments 7. Science/Cooking 8. Animal/Cultural/Community 9. Board/Card Games 10. Homework 	Learning Environments provided daily: <ol style="list-style-type: none"> 1. Dress up/Creative. 2. Music/Drama/Dance 3. Construction/Lego 4. Trains/Cars/Transport 5. Rest/Relaxation/Reading 6. Natural Environments 7. Science/Cooking 8. Animal/Cultural/Community 9. Board/Card Games 10. Homework 	Learning Environments provided daily: <ol style="list-style-type: none"> 1. Dress up/Creative. 2. Music/Drama/Dance 3. Construction/Lego 4. Trains/Cars/Transport 5. Rest/Relaxation/Reading 6. Natural Environments 7. Science/Cooking 8. Animal/Cultural/Community 9. Board/Card Games 10. Homework 	Learning Environments provided daily: <ol style="list-style-type: none"> 1. Dress up/Creative. 2. Music/Drama/Dance 3. Construction/Lego 4. Trains/Cars/Transport 5. Rest/Relaxation/Reading 6. Natural Environments 7. Science/Cooking 8. Animal/Cultural/Community 9. Board/Card Games 10. Homework
Learning Experience 1 What animals might we see? <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 5.1	Learning Experience 1 Safari Word Puzzles <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 4.2	Learning Experience 1 Safari mindful Colouring <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 5.1	Learning Experience 1 Safari I Spy <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 4.2	Learning Experience 1 Safari Collage <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 4.3
Any Adjustments?	Any Adjustments?	Any Adjustments?	Any Adjustments?	Any Adjustments?
Suggested By:	Suggested By:	Suggested By:	Suggested By:	Suggested By:
Learning Experience 2 Octopus <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 3.2	Learning Experience 2 Ship Shark Shore <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 3.3	Learning Experience 2 What's the time Mr Wolf? <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 3.2	Learning Experience 2 Animal Salad <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 3.2	Learning Experience 2 1 Step Forward Animals <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 3.2
Any Adjustments?	Any Adjustments?	Any Adjustments?	Any Adjustments?	Any Adjustments?
Suggested By:	Suggested By:	Suggested By:	Suggested By:	Suggested By:

5 learning outcomes

1. Children have a strong sense of belonging
2. Children contribute to and are connected to their world
3. Children have a strong sense of well-being
4. Children are confident and involved learners
5. Children are effective communicators



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Date: Monday 9th October

Theme: Safari Week - Week 2

NQS Quality Area 1: Educational Program and Practice: Intentional teaching, including routines, are planned to maximise the opportunities for every child's learning. Planning a fun and interesting program is developed in collaboration with the children, their families, the school community, and our educators, by using child observations, conversations, feedback, and enquiry. Intentional teaching extends the children's thinking, building a deeper understanding of learning and occurs in emergent and planned experiences. Intentional teaching activities are purposeful with an outcome for every child being linked to the 5 learning outcomes.

Monday ASC	Tuesday ASC	Wednesday ASC	Thursday ASC	Friday ASC
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Learning Experience 1 Monkey Business <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 4.3	Learning Experience 1 Safari Masks <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 4.3	Learning Experience 1 Safari Animal Clay <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 4.4	Learning Experience 1 Snakes Alive <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 4.3	Learning Experience 1 Safari Charades <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 4.3
Any Adjustments?	Any Adjustments?	Any Adjustments?	Any Adjustments?	Any Adjustments?
Suggested By:	Suggested By:	Suggested By:	Suggested By:	Suggested By:
Learning Experience 2 Run Rabbit Run! <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 3.2	Learning Experience 2 Animal Races <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 3.2	Learning Experience 2 The Floor is Sinking Sand! <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 3.2	Learning Experience 2 Soccer – Elephants v Rhinos! <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 3.2	Learning Experience 2 Animal Disco <input type="checkbox"/> Staff initiated. <input type="checkbox"/> Child/ren Suggestion <input type="checkbox"/> Observation <input type="checkbox"/> Parent feedback/suggestion <input type="checkbox"/> Community Linked to Outcome: 3.2
Any Adjustments?	Any Adjustments?	Any Adjustments?	Any Adjustments?	Any Adjustments?
Suggested By:	Suggested By:	Suggested By:	Suggested By:	Suggested By:

5 learning outcomes

1. Children have a strong sense of belonging
2. Children contribute to and are connected to their world
3. Children have a strong sense of well-being
4. Children are confident and involved learners
5. Children are effective communicators



Document: QAI_3

Term 3 Breakfast Menu

Under the National Quality Framework healthy eating is important to every child's wellbeing and development. Quality Area 2 of the National Quality Standards (2.1.3) specifies promoting healthy eating for each child.

Monday BSC	Tuesday BSC	Wednesday BSC	Thursday BSC	Friday BSC
Breakfast Cheese & Ham Toasties Available at all times: Wholemeal toast/Bagels Spreads: <ul style="list-style-type: none"> - Nutelex - Vegemite - Jam - Honey Cereals: <ul style="list-style-type: none"> - Rice Bubbles - Corn Flakes - Weetbix - Berry Weetbix - Cheerio's Fruit: Apples and Mandarins Water/Milk Dietary Alert: Peanuts/Gluten/Dairy SPECIAL REQUEST ITEMS: Requested By: Date Requested:	Breakfast Fruit Toast Available at all times: Wholemeal toast/Bagels Spreads: <ul style="list-style-type: none"> - Nutelex - Vegemite - Jam - Honey Cereals: <ul style="list-style-type: none"> - Rice Bubbles - Corn Flakes - Weetbix - Berry Weetbix - Cheerio's Fruit: Apples and Mandarins Water/Milk Dietary Alert: Peanuts/Gluten/Dairy SPECIAL REQUEST ITEMS: Requested By: Date Requested:	Breakfast Cheese/Vegemite Toasties Available at all times: Wholemeal toast/Muffins Spreads: <ul style="list-style-type: none"> - Nutelex - Vegemite - Jam - Honey Cereals: <ul style="list-style-type: none"> - Rice Bubbles - Corn Flakes - Weetbix - Berry Weetbix - Cheerio's Fruit: Apples and Mandarins Water/Milk Dietary Alert: Peanuts/Gluten/Dairy SPECIAL REQUEST ITEMS: Requested By: Date Requested:	Breakfast Yoghurt Available at all times: Wholemeal toast/ Muffins Spreads: <ul style="list-style-type: none"> - Nutelex - Vegemite - Jam - Honey Cereals: <ul style="list-style-type: none"> - Rice Bubbles - Corn Flakes - Weetbix - Berry Weetbix - Cheerio's Fruit: Apples and Mandarins Water/Milk Dietary Alert: Peanuts/Gluten/Dairy SPECIAL REQUEST ITEMS: Requested By: Date Requested:	Breakfast Fruit Salad Available at all times: Wholemeal toast / Pikelets Spreads: <ul style="list-style-type: none"> - Nutelex - Vegemite - Jam - Honey Cereals: <ul style="list-style-type: none"> - Rice Bubbles - Corn Flakes - Weetbix - Weetbix - Cheerio's Fruit: Apples and Mandarins Water/Milk Dietary Alert: Peanuts/Gluten/Dairy SPECIAL REQUEST ITEMS: Requested By: Date Requested:
Adjustments	Adjustments	Adjustments	Adjustments	Adjustments

Weekly Menu Plan - ASC

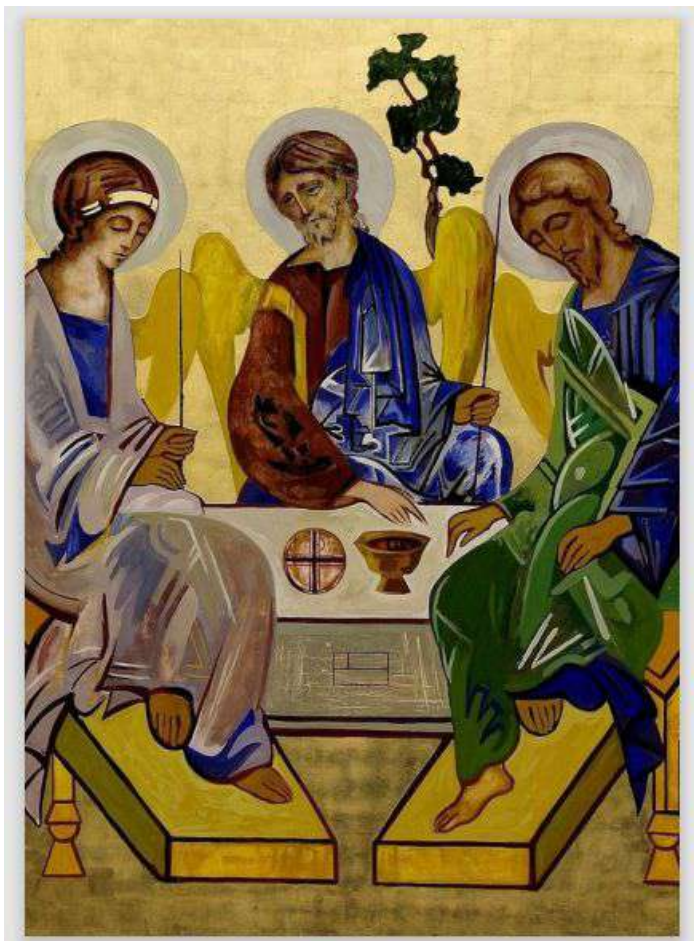
Date: Monday 9th October

Theme: Safari Week – Week 2

Under the National Quality Framework healthy eating is important to every child's wellbeing and development. Quality Area 2 of the National Quality Standards (2.1.3) specifies promoting healthy eating for each child.

Monday ASC	Tuesday ASC	Wednesday ASC	Thursday ASC	Friday ASC
Afternoon Tea Main snack: Wraps with fillings. <ul style="list-style-type: none"> - SPECIFY FRUIT (Watermelon, Rock Melon, Honey Dew, Oranges, Apples and Pears) - SPECIFY VEGETABLES (Celery, Cucumber, Carrots, Capsicum, Tomatoes) - SPECIFY CARBS (Wraps) - SPECIFY DAIRY (Cheese) - SPECIFY OTHER (Vegemite, Honey, Jam) Water Dietary Alert: Peanuts/Gluten/Dairy SPECIAL REQUEST ITEMS: Requested By: Date Requested:	Afternoon Tea Main snack: Rice Cakes and toppings <ul style="list-style-type: none"> - SPECIFY FRUIT (Watermelon, Rock Melon, Honey Dew, Oranges, Apples and Pears) - SPECIFY VEGETABLES (Celery, Cucumber, Carrots, Capsicum, Tomatoes) - SPECIFY CARBS (Rice cakes) - SPECIFY DAIRY (Cheese) - SPECIFY OTHER (Vegemite, Honey, Jam) Water Dietary Alert: Peanuts/Gluten/Dairy SPECIAL REQUEST ITEMS: Requested By: Date Requested:	Afternoon Tea Main snack: Nachos your way! <ul style="list-style-type: none"> - SPECIFY FRUIT (Watermelon, Rock Melon, Honey Dew, Oranges, Apples and Pears) - SPECIFY VEGETABLES (Celery, Cucumber, Carrots, Capsicum, Tomatoes) - SPECIFY CARBS (Original Corn Chips) - SPECIFY DAIRY (Cheese, Sour Cream) - SPECIFY OTHER (Salsa) Water Dietary Alert: Peanuts/Gluten/Dairy SPECIAL REQUEST ITEMS: Requested By: Date Requested:	Afternoon Tea Main snack: Anti Pasto <ul style="list-style-type: none"> - SPECIFY FRUIT (Watermelon, Rock Melon, Honey Dew, Oranges, Apples and Pears) - SPECIFY VEGETABLES (Celery, Cucumber, Carrots, Capsicum, Tomatoes) - SPECIFY CARBS (Crackers) - SPECIFY DAIRY (Dip, Cheese) - SPECIFY OTHER Water Dietary Alert: Peanuts/Gluten/Dairy SPECIAL REQUEST ITEMS: Requested By: Date Requested:	Afternoon Tea Main snack: Yoghurt Cups <ul style="list-style-type: none"> - SPECIFY FRUIT (Watermelon, Rock Melon, Honey Dew, Oranges, Apples and Pears) - SPECIFY VEGETABLES (Celery, Cucumber, Carrots, Capsicum, Tomatoes) - SPECIFY CARBS (Cones) - SPECIFY DAIRY (Yoghurt) - SPECIFY OTHER Water Dietary Alert: Peanuts/Gluten/Dairy SPECIAL REQUEST ITEMS: Requested By: Date Requested:
Adjustments:	Adjustments:	Adjustments:	Adjustments:	Adjustments:

PARISH NEWS



CHRIST IS RISEN AND HE LOVES YOU!
COME AND LISTEN TO THE GOOD NEWS!

Talks on MONDAYS and THURSDAYS
beginning 2nd of October at 7:30 pm

Location: St. Paul's Catholic Church
562 Sydney Rd Coburg VIC 3058 in the Hall,
O'Connor Building

Enquiries Call:
Colin 0407346413
Fr. Joseph 0409585806

For Further Information



Free Babysitting Provided Upon Request



COBURG LITTLE ATHLETICS CENTRE

SEASON COMMENCES THIS SAT 7th OCT

Please arrive by 8.15am to check in, events start 8.30am

Ideal for children aged 5 to 16 years, Little Athletics is fun and inclusive.

Show your child's interest by scanning the LA VIC QR code and registering



<https://lavic.com.au/centres/coburg/>

