



Mon 27 July 2009

From the Principal

The sun broke through on Tuesday morning just as the students returned to school and quickly settled into their good class routine. It was terrific to greet the many smiling faces eager to catch up with their mates and to share stories of their holidays. This week we welcomed another seven students to the GMAS Community: Samuel Gardner; Aiden and Aleisha-Jade Buckner, Calvin Durczak, Alixandra Keynes, Madison Wheatley and Jacob Johnson.

I am sure you have noticed the considerable earthworks that have taken place during the holidays as work began on the Multipurpose Hall and the triple outdoor hard courts. Dirt on the digging in the Junior Sports field represents levelling of the field and trenching to bring power to the Multipurpose Hall. Rain has been an issue in completing the initial digging of the school grounds. I know I can count on students' vigilance and care not to walk through the mud and then take the mud into the classroom.

Mr Jeremy Baker, English teacher, tendered his resignation in late May, citing the desire for a career change to take effect at the completion of Term 2. We thank Mr Baker for his contribution to the life of GMAS both in the classroom and for his strong work on the GMAS Gazette. At the end of term Ms Jennifer Griffiths became unwell and therefore will not be returning to Georgiana Molloy Anglican School for the remainder of the year. We offer Ms Griffiths our thoughts and prayers for a speedy recovery. The new English teacher for Ms Griffiths' classes is Mrs Abigail McKenzie and Mr Baker's classes will be taken by Mr Nathan Ducasse.

During the holidays a number of students have been involved in representative sport. Alice Hall represented WA in athletics at Kuala Lumpur with stunning results of winning gold in the 800m and 400m and 4x400m, silver in the 4.100m and a bronze in the 1500m. Congratulations to Alice for these truly amazing results.

Congratulations to Emily Hannell (6G) who has been selected to represent Western Australia in the 2009 State Schools Bruce Cup Tennis Team to compete at the National Schools Championships in Adelaide in September. This is indeed a remarkable achievement.

Tickets are now on sale for the Secondary School Musical *Pirates of Penzance*. This is shaping up to be a terrific production. Production dates are 4, 5 and 6 of August at St Mary's Anglican Church Family Centre.

Casting for the Junior Musical *Oliver* is now completed. I do appreciate all the students who have auditioned and have been announced on the notice board. All students who auditioned will be in the show as chorus members however other students will have speaking and singing solos. There will be a team of Junior School staff working with the students to assist them in learning their lines and songs. I will help the leads learn their solo songs.

This week Fr Graeme Weaver donated a beautiful Chalice that is to 'The Glory of God' and in memory of Hannah Thew. The Chalice will be the main presider at the School Eucharist. We appreciate the generosity of Fr Graeme and his family.

Mr Bruce Rixon
Principal



A SCHOOL OF THE ANGLICAN SCHOOLS COMMISSION (INC)

Phone: (08) 9752 5252

PO Box 920 BUSSELTON WA 6280

Fax: (08) 9752 5299

From the chaplain

Have You Got Enough Joy in Your Life?

What occupies our every thought today can often be an insignificant memory tomorrow. So much so, that within a week we cannot even remember that we were worried about something, never mind remember what it was.



It is true that many of us worry too much about stuff we do not need to, while at the same time, we neglect to put our thoughts and energy into matters that require more urgent attention. Take our health for example, and how easy it is to take it for granted until there is a problem.

My Term 3 resolution is to be more joyful, to look for joy in others, to look for joy in my surroundings and even to make myself appear joyful even when I'm not. I'm going to enjoy being busy and enjoy my times of rest. I'm making being joyful a choice rather than a feeling.

There is too much sadness, too much grumpiness, too many complainers and whingers and not enough thankfulness. Who would you rather be with, a person who finds fault in everything or a person who sees the good in everyone?

The best part of spending each day in school is being around the joy that children have. For them everything is exciting, everything is new and everywhere is an opportunity to have fun. Don't lose your joy.

Father Earle Chamberlain
Chaplain

From the Deputy Principal

Students in Year 12 have received a package from Curtin University titled The Box[®]. This package contains a user guide for The Box device and online portal, as well as the device itself. The device is simple to use – just plug it into a PC or Mac. It contains helpful tips on studying and a calendar of important events throughout the year. It even contains an online portal to connect students to other students and the world. There will be updates, study guides, competitions and fun items added by Curtin throughout the year. Included in the package is a handy parent's information form to read, sign and post back to Curtin.

Mr Ted Kosicki
Deputy Principal

From the Head of Secondary School

The Year 9 tour to Canberra was an outstanding success this year and feedback from students, staff and parents has been very encouraging. The Year 9 students that attended the tour were wonderful ambassadors for the School and were a pleasure to take on the trip. We were made very welcome in the Capital and the positive experiences that the children had will stay with them forever. A full write up of the tour will be published in the Gazette and annual yearbook. Thank you to Catherine Pearce, Kate Melia, Deb Harrison, Scott Walker, David Newick, Steve Murray and Misa Walker for their supervision and enthusiasm when leading all activities.

Australian Government Assistance for the National Capital Tour—We would like to thank the Australian Government for their support of the program and for their financial assistance towards the cost of the tour (The Parliament and Civics Education Rebate).

This term is a busy and exciting term and highlights in the Secondary School include *The Pirates of Penzance* production, the Cambodia Tour Quiz Night, the 40 Hour Famine weekend, Tournament of the Minds, Year 12 Parent/Son and Parent/Daughter Eucharists and the Inter House Athletics Carnival. I encourage all students and parents to get involved and attend as many events as possible.

The Duke of Edinburgh's Bronze Award students in Year 10 will be sent a letter next week regarding the Adventurous Journey in Term 4.

Mr Simon Lees
Head of Secondary School

From the Head of Junior School

Congratulations

Nate Glover (Year 3) swam in the GMAS swim meet against ten other schools in Albany over the holidays. He came 3rd and won a special medal for his efforts. He was the only GMAS student to win a medal. His brother Lorne (Year 6) is a football star. He played in the Busselton Football Carnival over the holidays. His team was in the Grand Final and won. Lorne won two Fairest and Best awards at this carnival. He was Fairest and Best for the Grand Final and he also won the Coach's Fairest and Best award for being the most outstanding player.



Some equestrian news: Denver Crossie (Year 2) received Champion as Lead Rein Rider at the Busselton Horse and Pony Club over the holidays and Georgia Senbergs (Year 4) received 3 awards: Champion Pony Class, Reserve Champion Riding and Reserve Champion against people who were 17 years old and under. She represented Busselton Horse and Pony Club at the Bunbury Gymkhana before the holidays. Well done all of you!

BUZ for Years 1, 2 and 4 This Term

Steve Heron from Nurture Works will be running different programmes with these year groups this term. Year 2s will have one half day session each where they will have the 'Feel Safe Feel Right' programme. This course will be on Wednesday mornings. Year 2G will be on 29 July and 2M will be on 5 August. Year 2 parents will receive more information about this programme soon.

Year 1s will have an eight week course run over successive Wednesday afternoons, beginning next week, 29 July. Their course will introduce the children to basic social skills in understanding and handling feelings, making and keeping friends and handling being picked on. Year 4s will 'BUZ Together' over a six week time span on Wednesdays too. Their course will develop better social relationships and cooperation in the classroom and playground. 4G will be first up in the morning until recess time and then 4M will go from recess until 12.15pm. They will begin their sessions in week 4, 12 August. These programmes will carry a small fee that will be added to your account.

Lost Items of Clothing

Parents please can you check your child's clothing for their names. Layla Copeman's tracksuit top has gone missing after the Cross Country race on the last Thursday of term. Her name is clearly noted in pink lettering inside the top. If you do have it, please return it to Layla in Room 14 or ring her mum Caz on 0406 925 197.

Wet Weather

The wet weather has begun with a vengeance. Students will not be permitted to play in the rain, so please encourage your child to bring some other forms of games to do in their break times.

Ms Jo Burns

Head of Junior School

Languages Bonus

Important Information for Parents of Year 9 and 10 Students

Parents of Year 9 and 10 students, please be advised that the University of Western Australia is offering a 10% bonus for studying a language to Year 12. The bonus applies even if the language is not one of their top four subjects. Italian is available as an elective in 2010 for all Year 10 and 11 students. Further information is available on the Resource Centre notice boards or from myself.

Mrs Justine Richmond

Italian Specialist

WORLD VISION 40 HOUR FAMINE

Our school has a history of raising lots of money for World Vision by participating in the 40 Hour Famine. Students are collecting their booklets from the Resource Centre and from Mrs Anderson. The School is holding a sleep over at school on Friday 14 August. Students involved in the 40 Hour Famine are invited to attend. We are being involved in the 40 Hour Famine a week earlier as we have a student free day on the advertised weekend and many students will be taking advantage of the long weekend. Please see Mrs Anderson for your booklets. Prizes are available. Students can go without food or technology or furniture or without talking! **Show you care!**

Mrs Shirley Anderson

Head of Bunker House

Resource Centre

The Resource Centre will be closing at **4.00pm** on Tuesday 28 July.

Careers/VET

Expressions of interest for TAFELINK programs for Year 11 and 12 Students in 2010 are now open!

The industries available in the School Apprenticeship Link in Bunbury are:

- Building and Construction
- Food
- Metals and Engineering
- Hairdressing
- Automotive
- Horticulture
- Furniture Trades

Availability of courses is dependent on student numbers and skill shortage areas. Please see Mrs Taylor for application forms.

Chef for a Day Year 10 and 11

Talent Search

Margaret River Education Campus

Friday 14 August 2009

Murdoch University Open Day

Sunday 30 August 2009

10.00am - 4.00pm

UWA Open Day

Sunday 9 August

Students please check the university information board in the Resource Centre.

Austal Apprenticeship Opportunities

Available in:

- Aluminium Fabrication and Welding
- Marine Fitting (Engineering)
- Marine Fit Out (Cabinet Making)
- Electrical Mechanics

Please see Mrs Taylor for more information and minimum academic requirements.

Quantity Surveying Cadetships

A form of combined education and employment where employers provide paid, on the job training, while allowing time off to attend university or TAFE. For further information see Mrs Taylor.

UNSW Faculty of Engineering Rural Scholarships Program 2010

The program, which is set up by industry and the University of New South Wales, provides money and industry training for selected students in the faculties of Engineering and Science, and the Australian School of Business for Commerce and Economics. For application forms contact www.co-op.unsw.edu.au or see Mrs Taylor.

Mrs Michelle Taylor

VET/Careers Coordinator

Victorian Ski Trip 2010

Are you a sports buff and snow fan? As promised we are looking to re-book the tour of Victoria for the July school holidays next year. I know it seems a long way off but feedback from this year's planned trip was that people needed more time to organise. So we are looking for interest from families and students who are keen to make an assault on the Victorian ski fields and sporting stadiums. If you have never been to Melbourne in the winter, now is the time to think about going!

We would like to book at least 4 - 5 days in the Victorian ski fields, staying in the ski village at either Mt Hotham or Falls Creek. This would include daily skiing/snowboarding lessons, lift tickets and possibly a night ski.



The tour will also spend time in Melbourne discovering Lygon Street, the Queen Victoria Markets, tours of the MCG, the Sports Hall of Fame, the Grand Prix Circuit and Commonwealth Games venues and an Australian Rules Football game or two. If you are not into sport as much, a night out to see a stage show may be more your style and, of course, a visit to Melbourne must include shopping at the outlet stores.

If you would like to go on this tour please notify Mrs Robyn Vogel on 9752 5252 or email rvo@gmas.wa.edu.au to register. Please also include preferences for either Mt Hotham or Falls Creek.

Mrs Robyn Vogel
Physical Education Coordinator

Under 11s Football Carnival

Jed Kemp, Lorne Glover, Austin Britza, Matthew Vines and Hudson Lee represented Busselton in an Under 11s Football Carnival, played on the weekend of July 11th and 12th. We played three teams, Harvey Brunswick Leschanault (HBL), Lower South West and Dunsborough Augusta Margaret River. The games were 2 x 20 minute halves. We played Duns Aug MR first. This was a tough game but we won by a few goals. We had a few hours break and then played Lower South West in what I would describe as one of the most amazing games of football I have been involved in. We were down at half time, 2 goals 4 points to 1 point. It was bucketing down and the odds were against us. We managed to claw our way back and won by 5 points with a goal kicked after the final siren.

We then had to play against HBL straight after and they beat us convincingly, but only because our boys were exhausted after the previous game. We were the only team that had to play back to back games and the conditions were tough. As such, three teams - HBL, Aug Duns M/R and Busselton ended up with two wins and one loss. It came down to percentage and we missed out on 2nd spot by only 3 points. This meant Busselton played off in the 2nd final on Sunday against Lower South West. We won by about 3 goals. All boys gave solid contributions throughout the weekend and should be proud of their efforts. Lorne Glover was awarded Fairest and Best for the Grand Final. Lorne also received Busselton's Fairest and Best award for the carnival.

Nikki Glover

Department for Communities Practical Parenting

Workshops for parents and carers of children aged 2 -12 yrs.

Attend one, two or all!

Communicating with Children, Fri 31 July 2009 – Further develop your skills in listening and talking to children.

Promoting Positive Behaviour, Friday 7 August 2009 – Learn strategies for encouraging and promoting positive behaviour in children.

Sibling Rivalry, Friday 14 August 2009 – Develop strategies to minimise conflict within your family.

Facilitated by: Kelly Brand from Parenting WA South West

Where: Busselton Family Centre, Kent Street Busselton

Date: Friday 31 July, Friday 7 and Friday 14 August 2009

Time: 9.30 – 12 noon

Cost: FREE

BOOKINGS ESSENTIAL

Please phone: Kelly Brand

Parenting WA South West

9725 2622

Black Dog Ride

Steve Andrews, from Busselton WA, will embark on a solo motorbike trip around Australia on 26 July 2009 to raise community awareness about depression, one of the most common of all mental health problems. The devastating impact of depression has been experienced first hand by Steve, who has lost his mother and two close friends to suicide following long battles with depression.

Many people, including Winston Churchill, have referred to depression as their 'black dog' and as such, Steve has named this project the Black Dog Ride



<http://www.blackdogride.com.au/>. Steve will be raising money for the Suicide Call Back Service run by Crisis Support Services. The Suicide Call Back Service <http://www.suicidecallbackservice.com.au/> is a free, nationwide telephone service that offers short to medium term support for people at risk of suicide, their carers, and those bereaved by suicide.

How can you help?

1. Take a moment out of your busy life to visit the website www.blackdogride.com.au, learn a little more about the project and raise your own awareness of depression and what we can do to beat it.
2. Make a donation to support the Suicide Call Back Service. Every dollar is appreciated and your support saves lives.
3. Most importantly, do your bit to raise awareness by informing your family, friends and associates.

Thank you.

Black Dog Ride





Georgiana Molloy Anglican School presents...

The Pirates of Penzance

Ticket Booking Form

Adults \$10, Children \$5, Family* \$25
 August 4th, 5th, 6th at 7:30pm
 St Mary's Family Centre, Busselton

Name:.....

Child's Name and Class:.....

Performance Night.....

No. Adult Tickets @ \$10 each		\$
No. Child Tickets @ \$5 each		\$
No. Family Tickets @ \$25 each		\$
	Total	\$

Completed form and money to be placed in a clearly named envelope and handed into reception

*Family ticket = 2 Adults, 2 Children

The Pirates of Penzance Tickets

The Senior School production will be taking place at 7:30pm on the evenings of 4th, 5th and 6th August 2009.

If you would like to purchase tickets please complete the form opposite and hand it in to the front office in an envelope with your money. Tickets are on a first come, first served basis so you will need to get them soon as last year was a sell out!

Mrs Donna Deroost
Performing Arts Coordinator

From the P & FA

Ball

5.3gms 18ct white gold

110 diamonds = .58pts total diamond weight

1 x 10-11mm white south sea cultured pearl

1 x 10-11mm black Tahitian cultured pearl accompanied by 9ctwg neoprene necklet

Fusion Jewellers now have a valuation on this stunning jewellery which is \$5200.

The pendant will be on display in-store for those who may wish to view the item.

Raffle keys will cost \$20 each. Tickets will be on sale by the end of July.

Provence Estate has contributed to our ball again this year with a \$2000 donation which will go directly towards the stunning Arabian Sands theme and other essential items in the set up of the ball. We are most grateful to Mr Nigel Satterley for this fabulous community assistance.



Silent Auction items are being sought now, so if you or your business would like to sponsor an item, please contact Jacqui Warner direct or email Caroline Lill at aclill@westnet.com.au.

Some valuable sponsors to date are:

Escape Day Spas

Lust

Peter & Miffi Traegar

Wave Lengths

Steve & Anne Cohen

Harvey & Partners

Coastal Life Surf Shop

Jo Burns

Tony & Justine Richmond

Alina Luff

Dawni Dennis

Tony & Julie Tunstill

Curves

Jays in the lane

Lock Around the Clock

Ella Bache Dunsborough

Yallingup Maze

Kool Quarters

I would encourage you all to support the businesses that give so freely to our school.

Please feel free to contact me at any time on 0417 936 188 (M) or 9752 1977 (w).

Mrs Marilyn Royer

P & FA President

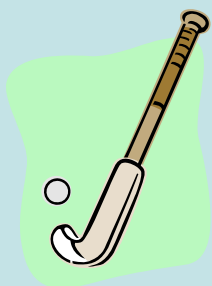
Ian Lillico Seminar

Ian Lillico will be visiting Our Lady of the Bay Church on Tuesday 25 August. Ian is an international consultant in boys education and middle schooling. His seminar will explore the growing up process for boys, the challenges that parents face and the different learning styles of boys and girls, amongst other things. The seminar will commence at 7.00pm and is suitable for parents of both boys and girls. Please bring a gold coin donation per adult. RSVP is not necessary. Additional information about Ian Lillico can be found at www.boysforward.com. This presentation is sponsored by MacKillop Catholic College's P & F committee.

Curtin University Open Day

Curtin University invites all GMAS families and students to attend their open day at the Bentley Campus on Sunday 16 August. The Open Day, which is being held from 10.00am until 4.00pm, will provide students with the opportunity to experience uni life and get all the answers to their questions. Live entertainment will take place and there will be plenty of activities and prizes to be won. Housing Services will be conducting tours of the on campus accommodation. To register for a tour please call 9266 4430. To find out more visit www.curtin.edu.au/openday or call 9266 1000.





GMAS Sport

Soccer

GMAS TEAM	DATE	TIME	VENUE	PITCH	OPPONENT
BILBYS U5	SAT 25 JULY	9.00AM	BCP	1A/1B	BSN NIPSTERS
JOEYS U6	SAT 25 JULY	9.00AM	MR	1A/1B	MR BUMBLE BEES
STRIPEs U7	SAT 25 JULY	10.15AM	MR	1A/1B	MR BUMBLE BEES
CRAZY 8S U8	SAT 25 JULY	11.30AM	MR	1A/1B	MR MAMBOS
GOAFERS U9	SAT 25 JULY	11.30AM	MR	2	MR SPITFIRES
DRAGONS U10	SAT 25 JULY	9.00AM	MR	2	MR POWER
SHARKS U11	SAT 25 JULY	10.30AM	BCP	4	DUNSBOROUGH 1
UNITED U12	SAT 25 JULY	10.30AM	MR	4	MR GLADIATORS
STORM U13	SAT 25 JULY	12.00PM	DUN	1	DUNSBOROUGH 2
HAMMERS U15	SAT 25 JULY	10.30AM	BBP	B-1	NANNUP TIGERS
YOUTH LEAGUE GIRLS	SAT 25 JULY	9.00AM	MR	3	MR JEDIS

Hockey

GMAS TEAM	DATE	TIME	GROUND	OPPONENT
UNDER 8 POSSUMS	SAT 25 JULY	12.30PM	4	GEOGRAPHE
UNDER 8 DINGOES	SAT 25 JULY	12.30PM	4	CORNERSTONE/GEO
UNDER 11 GIRLS TEAL	SAT 25 JULY	11.00AM	8	GEOGRAPHE PURPLE
UNDER 11 GIRLS BLUE	SAT 25 JULY	11.00AM	10	GEOGRAPHE GREEN
UNDER 11 BOYS TEAL	SAT 25 JULY	11.00AM	9	CAPEL/GEOGRAPHE
UNDER 11 BOYS BLUE	SAT 25 JULY	11.00AM	TURF	VASSE/CORNERSTONE

Netball

GMAS TEAM	DATE	TIME	COURT	OPPONENT
NETTA	SAT 25 JULY	9.30AM	8	DODGERS
SUB JUNIOR C	SAT 25 JULY	9.30AM	5	COASTERS BLUE
SUB JUNIOR B	SAT 25 JULY	10.55AM	3	MAGPIES BLACK
SUB JUNIOR A NAVY	SAT 25 JULY	12.10PM	7	ACES GEO WHITE
SUB JUNIOR A TEAL	SAT 25 JULY	12.10PM	3	ACES BLUE
U15 DIVISION 1 WHITE	SAT 25 JULY	2.45PM	8	ACES WHITE
U15 DIVISION 1 TEAL	SAT 25 JULY	2.45PM	5	DODGERS FLORANGE
U15 DIVISION 3	SAT 25 JULY	1.25PM	7	ACES EMERALDS

Tournament of the Minds

The members of the GMAS Junior School Tournament of the Minds team start their preparation for the six week long term challenge this week. Best of luck to Riley Telford (Year 5), Charles Fedor (Year 5), Lydia Kerrell-Vaughan (Year 5), Benedict Arthur (Year 6), Ryan Hopkins (Year 6), Rohan Hayward (Year 6) and Madigan Spooner (Year 6).

Jane Kirkham

Junior School Enrichment

CALENDAR

Monday 27 July

P & FA meeting 7.30pm
Term 3 commences for LG

Tuesday 28 July

Yrs PP – 6 Assembly 2.30 – 3.00pm

Wednesday 29 July

Volunteers in Yrs 8 and 10 at Cliff's Kitchen/St Mary's Op Shop 9.30am - 1.30pm
Yrs 7 - 12 Assembly/Chapel 10.45 - 11.30am
BUZ Programme at school

Thursday 30 July

SWAPS Interschool Cross Country Carnival Year 4 - 6 (BCGS)
Yrs PP-2 Chapel 12.30—12.50pm
Yrs 3-6 Chapel 2.35 – 3.05pm

Friday 31 July

Term 3 fees due
Dental screening 9.00am PP, Yrs 3, 4 6 and 7
Yr 10 2010 non core subject selection data due from students

Monday 3 August

Tuesday 4 August

Yrs PP – 6 Assembly 2.30 – 3.00pm
Secondary School Production Dress Rehearsal, St Mary's 7.30pm

Wednesday 5 August

Volunteers in Yrs 8 and 10 at Cliff's Kitchen/St Mary's Op Shop 9.30am - 1.30pm
Yrs 7 - 12 Assembly/Chapel 10.45 - 11.30am
BUZ Programme at school
Junior School 'Circus Challenge'
Secondary School Production, St Mary's 7.30pm

Thursday 6 August

Yrs PP-2 Chapel 12.30—12.50pm
Yrs 3-6 Chapel 2.35 – 3.05pm
Westpac Mathematics Competition Yrs 3 – 10
Secondary School Production, St Mary's 7.30pm

Friday 7 August

Saturday 8 August

40 Hour Famine

Sunday 9 August

40 Hour Famine

GMAS Café Roster

Monday 27th July

Monday	Rebecca Hunt (S1), Christine McGrath (S1) and Deborah Downie (S2)
Tuesday	Jacqui Warner (S1), Fiona Forrest (S1), Denise Avery (S2) and Sandra Hollett (S2)
Wednesday	Jan Stewart (S2), Susie Landers (S1), Donna Kitchen (S1) and Jo-Anne Ferrero (S2)
Thursday	Janet Fields (S2), Julianna Merritt (S1), Brenton Prigge (S1) and Kylie Myatt (S2)
Friday	Jen McNeil (S1), Janine Taylor (S1) and Julie Breen (S2)
Café Duty	9.00am—11.30 noon OR 11.30am—1.30pm

We need two people per shift. Please check next to your name to see which shift you are on:

S1 (shift1) S2 (shift2)

If you can offer a full day, please feel welcome to do so. If your rostered shift is unsuitable, please phone and swap with someone else. Please give plenty of notice. Thank you for your support.

Birthday Muffins/Cupcakes

The Café is now able to prepare home-baked muffins or cupcakes for your child's class to share with the special birthday boy or girl! Please contact the Café for more details.



*Mrs Sue Corn
and Mrs Meretta Curnuck
GMAS Café*

From the Front Office

Parents please note:

If your child/children are going to be absent from school, please notify the office on 9752 5252 by 9.30am. This is a duty of care issue and is in the best interest of the children at GMAS.

Also any student leaving school early **MUST** have a written note in their diary. All late students or students departing early **MUST** sign in/out at the front office. Students departing early must meet their parent/guardian at the front office.

Student Banking is done each Tuesday. Application packs are available from the front office for any students wishing to take part.

*Mrs Vanessa Davis
Front Office*

CAFÉ GMAS

WINTER MENU

Term 3
2009



Opening Hours
8.30am—2.00pm

BREAKFAST MENU 8.30am - 9.00am

Assorted Cereals & Milk	3.00
Bacon & Egg Muffin	3.50
English Muffin	1.00
Fruit Toast	0.50
Yoghurt	1.50
Fresh Fruit	0.50
Up & Go Drink	2.00
Juice 100%	2.00
Water	1.50

CAFÉ INFORMATION

GREEN AMBER RED— These are the new easy to follow signals to help you select healthy and nutritious food for school.

GREEN— GO! Fill your diet with a variety of 'green foods'.

AMBER-WAIT! Select these foods carefully and try to limit how much you eat.

RED-STOP! These foods and drink are off the menu at our School Café so think before you eat.

SPECIALS (*)
Must be ordered

Years PP-6

Lunch order bags are available from the Café

20 Bags \$1.00

Please write your name and year on the lunch bag

Place correct money in the bag and fold
(**Do not staple or use sticky tape**)

Place in the basket provided in classroom

Years 7-12

Place orders in the box provided, outside the Café, before the commencement of school

Lunches are to be collected from the Cafe

Late lunch orders
will have limited
choice

THANK YOU FOR YOUR
SUPPORT

Mrs Sue Corn
Café Manager
Phone:
9752 5203
sco@gmas.wa.edu.au

Wholemeal Bread and Rolls (GREEN)

	Sandwiches	Wraps	Rolls
Chicken & Salad	3.00	3.30	3.20
Chicken	2.50	2.90	2.70
Ham & Salad	3.00	3.30	3.20
Ham	2.50	2.90	2.7
Egg & Salad	3.00	2.80	3.10
Egg	2.20	2.80	2.70
Curry Egg	2.20	2.80	2.70
Salad	1.80	2.70	2.40
Cheese	1.70	2.60	2.30
Tuna & Salad	3.00	3.30	3.20
Tuna	2.50	2.90	2.70
Vegemite	1.20	2.20	1.70

Toasted	Sandwiches	Turkish
Cheese	2.70	3.20
Cheese & Tom	3.20	3.80
Chicken , Cheese & Mayo	3.50	4.00
Chicken , Cheese & P/apple	3.50	4.10
Chicken & Cheese	3.30	3.90
Ham & Cheese	3.30	3.90
Ham, Cheese & Tom	3.50	4.10
Ham, Cheese & Pineapple	3.50	4.10
Baked Bean	2.30	2.90

We can supply gluten free bread for sandwiches on request

Vegetarian Options

Salad Bowl (GREEN)	4.20
Veggie Burger (GREEN)	4.50
Vegetarian Pastie	2.70
Salad Bowl with Meat (GREEN)	4.60
Chicken Ceasar Salad (GREEN)	4.90

Ice-creams (AMBER)

Yowie Choc Shake	2.50
Vanilla Bucket	1.50
Zing	.60

Drinks (GREEN)

Flavoured Milk	2.00
100% Juice	2.00
Juiceman	1.50
Water	1.50

EXTRAS:

Beetroot	0.30
Salad Dressing	0.30

DAILY SPECIALS MUST BE ORDERED (*)

Monday

Chicken Ceasar Wrap	4.50 G
Nachos	4.50 A

Tuesday

Pasta Bolognese (Homemade)	4.50 G
Chicken & Bacon Baguette (with salad)	4.50 G

Wednesday

Hamburger with Salad	4.50 G
Noodle Stir Fry (Homemade)	4.50 G

Thursday

Chicken Schnitzel Burger	4.50 G
Hot Beef & Gravy Roll	4.50 G

Friday

Meat Pie	3.20 A
Sausage Roll	2.70 A
Party Pie	1.20 A
Sauce	0.30

GREEN = G AMBER = A

LUNCH ITEMS

Stuffed Potato	3.50 G
Homemade Soup	2.00 G
Sticky Drumsticks	2.00 A
Macaroni Cheese	2.50 A
Chicken Nuggets	2.00 A
Jelly & Custard	1.50 A
Yoghurt	1.50 G
Yogo	1.50 A
Homemade Muffin	1.50 A
Cheesie	1.00 A
Fresh Fruit	0.50 G
1/2 Vegemite Roll	0.50 G

RECESS ONLY

1/2 Hamburger	2.50 G
Hot Dog	3.00 A
Mini Chilli Chicken Wrap	2.50 A
Homemade Pizza	1.50 G
Homemade Muffin	1.50 A
Yoghurt	1.50 G
Cheesie	1.00 A
Fresh Fruit	0.50 G
1/2 Vegemite Roll	0.50 G
Pikelets (Tuesday)	0.20 A
Assorted Slices	1.00 A
Homemade Cookies	1.00A

Recess items can not be ordered