

# Newsletter

Term 3 | Week 9, 13 September 2024



*Annunciation Catholic Primary School promotes the safety, wellbeing and inclusion of all students.*

## FROM THE PRINCIPAL

As this will be the last newsletter for the term, I want to extend my heartfelt thanks to each of you for your continued support throughout this busy and rewarding term. Your involvement in your children's education and the wider school community makes a significant impact on the success of our students and the school as a whole.

With the holidays upon us, I hope you and your families can take some time to relax, recharge, and enjoy this special time together. Whether you're staying close to home or venturing out, I wish you all a joyful and restful break.

I would also like to remind you that I will be absent at the start of next term. However, rest assured that the school will be in very capable hands, and our dedicated staff will ensure a smooth transition as the new term begins. I look forward to rejoining you mid Term 4.

Thank you again for your ongoing support, and I wish you all a wonderful holiday.

*Take care,  
Anna*



## Dates to note for Terms 3/4

Wednesday 18th September	10:30 am Whole School Mass (All invited) Shoelace Incursion, F-2 students Choir Rehearsal (1st half of lunch)
Thursday 19th September	5:30 pm Movie Night (see flyer for further information)
Friday 20th September	12:30pm Assembly (All invited) 1:00pm - Students Finish (No After School Care available) MACSSIS Survey Closes
Monday 7th October	Term 4 Commences (Welcome: Mr Matthew Stead)
Wednesday 9th October	Choir Rehearsal (1st half of lunch)
Friday 11th October	3:00 pm Assembly (All invited) Newsletter Published

## SCHOOL FEES

**We would like to remind families that fees and levies for Terms 1 - 3 should now be paid in full, with Term 4 fees payable by Monday 14th October.** If you haven't yet had the chance to make payment, please do so at your earliest convenience.

Payments for families who have a direct debit plan will continue as arranged and no further action is required at this stage.

We also wish to extend a heartfelt thank you to those who have already completed their payments. Your promptness is greatly appreciated and helps us keep everything running smoothly.

Timely payment of fees ensures that we can continue providing the best possible education and resources for our students.

If you have any questions or need assistance, please don't hesitate to reach out.

Thank you for your continued support!

## STAFF NEWS

**Mrs Yorston will be having surgery during the school holidays. As Mr Walshe will still be on LSL at this time, Mr Matthew Stead, Principal at St Augustine's in Yarraville has kindly offered to base himself at Annunciation for the first 2 weeks of Term 4.** Matt is a highly experienced leader who is familiar with our school community and is committed to maintaining the same high standards of education and care for our students. Please feel free to reach out to him if you have any concerns or need assistance. Thank you for your understanding and support during this time.

Mrs Connie Cornwill will return to Annunciation in Term 4 after being on Long Service Leave for the past two terms. Connie will return 4 days per week (Monday-Thursday). Samantha and Connie will be in the office for Term 4.

## STUDENT OF THE WEEK AWARDS

**Congratulations to all of these students pictured.** They each received a student of the week award in the past fortnight.

These students have been recognised by their classroom teachers for having a positive mindset, being kind, working hard in class and a variety of other great reasons.



## ANNUNCIATION PRIMARY SCHOOL

4-14 Nolan Avenue, Brooklyn 3012 PO Box 431 Altona North 3025 Ph: (03) 9314 6271  
Web: [www.asbrooklyn.catholic.edu.au](http://www.asbrooklyn.catholic.edu.au) Email: [office@asbrooklyn.catholic.edu.au](mailto:office@asbrooklyn.catholic.edu.au)



## PRINCIPAL AWARDS

Congratulations to the students below for receiving a **Principal's Award**. These students have demonstrated a positive attitude and have made a conscious effort to try new things and go out of their comfort zone.



## CARPARK

For the safety of all our students, we kindly remind you to use the school car park correctly and follow these important guidelines:



1. **Drive slowly** and cautiously while on school grounds.
2. **Follow the marked lanes** and do not park in restricted zones.
3. **Drop off and pick up** students only in the designated areas.  
**Be mindful of pedestrians** and always give way to children and families walking through the car park.
4. and families walking through the car park.

Your cooperation helps ensure a safe environment for all students. Let's work together to keep our school community safe!

Thank you for your understanding and support.



Melbourne Archdiocese  
Catholic Schools

## MACSSIS SURVEY

In 2024, our school is participating in **Melbourne Archdiocese Catholic Schools – School Improvement Surveys (MACSSIS)**. MACSSIS is an annual process whereby schools listen to the thoughts and feelings that students, families and staff have about how their school can improve. These surveys help inform the ongoing improvement of schools across the Archdiocese of Melbourne.

One of the main goals of the family survey is to identify the strengths and areas for improvement in our school. MACSSIS data benefits everyone within our school and provides valuable community insights on areas that each school can focus on. Our school believes it is important to encourage families to have a voice and contribute to shaping the ongoing improvement of the school.

The survey is available online, and can be accessed from Monday 2 September and needs to be completed by Friday 20 September 2024. This survey may only be completed once.

For families with more than one child attending our school, we ask that you focus on the eldest child attending the school when completing the survey. The school has invited many families to respond via this survey and participation is completely voluntary. There are no 'right' or 'wrong' answers – all responses are completely anonymous and at no point are any of the responses from students, families or staff identifiable by the school.

The survey is available in English, Arabic, Assyrian, Chaldean, simplified and traditional **Chinese, Dinka, Falam, Hakha Chin, Karen, Tagalog, Vietnamese and Zomi**.

***You will receive an email next week with the details on how to access the survey.***

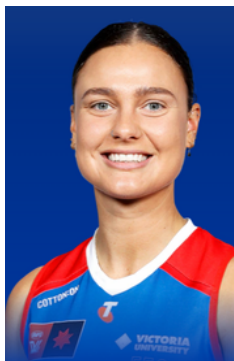
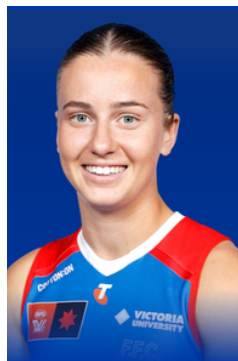
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# AFLW BULLDOGS PLAYERS VISIT OUR SCHOOL TO TEACH FOOTY SKILLS!



We were thrilled to welcome some of the talented AFLW Western Bulldogs players to our school recently. Cleo & Maggie spent time with our students, sharing their passion for Australian Rules Football and teaching some fantastic footy skills.

The kids had an amazing time learning techniques like handballing, kicking, and marking under the guidance of these professional athletes. The players were not only generous with their time but also shared valuable advice about teamwork, sportsmanship, and the importance of staying active.



This special visit left a lasting impression on both students and staff, inspiring many young aspiring footy players. A big thank you to the AFLW Bulldogs for their time and enthusiasm!

## ANNUNCIATION SCHOOL CHOIR

The Annunciation Choir, led by Ms Lucy Vassallo, takes places each Wednesday for the first 20 minutes of the students' lunch. Around 12 students taking part in Choir have been enjoying themselves whilst learning a few great songs.

1. 'Lean On Me' by Bill Withers
2. 'Cover Me in Sunshine' by Pink
3. 'A Million Dreams' from The Greatest Showman
4. 'Count On Me' by Bruno Mars
5. 'I am the earth' by Glyn Lehmann



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## SCHOOL TV SPECIAL REPORT: KIDS' SLEEP A KEY INDICATOR OF WELLBEING

Australia's largest survey of children's happiness finds that sleep is a key indicator of wellbeing – but traditional things like reading and pets still make kids smile.

What are kids telling us about what's important to their wellbeing?

Pets are high on the list, but perhaps more surprisingly for parents accustomed to their children complaining at bed time, Australia's largest survey of children's wellbeing has found that kids are happiest when they are getting a good night's sleep.

And many kids themselves recognise that their beloved electronic gadgets are getting in the way of sleep. The ABC's 'Behind the News' kids program's latest 'Happiness Survey' of almost 47,000 children, has found that having a good night's sleep is a key indicator of a child's wellbeing. Children who regularly have the recommended hours of sleep each night reported significantly higher levels of both happiness and feelings of safety. And many kids are upfront that their electronic devices can get in the way of sleep. Some 29 per cent report that on at least some nights of the week their device stops them from getting enough sleep. The issue is more common for older children (aged 12-18) with 37 per cent blaming their devices compared with 27 per cent among younger kids (aged 6-11). About 47 per cent reported that they regularly slept within reach of their device.

"We all know that sleep is important but we didn't realise just how significant it is as an indicator of a child's wellbeing," says Professor Lisa Gibbs, Chair of the University of Melbourne's Children's Lives Initiative that is the research partner on what is only the second iteration of survey. "The data doesn't give us a cause and effect, but it reveals a very strong association that suggests if kids aren't getting the right amount of sleep, something isn't right."

Originally planned by Behind The News as a one-off online survey to engage its child viewers in mental health issues, the 2015 Happiness Survey proved spectacularly popular, attracting almost 20,000 responses and now more than double that. It was enough to attract the attention of academics at the University of Melbourne who immediately recognised its potential as a serious research tool.

"Behind the News have established an amazing online platform which enables them to collect data from a large number of children very efficiently," says Professor Gibbs. "We were blown away by the number of responses we got from kids right around Australia," says Behind The News producer and host Nathan Bazley. "With the help of the University of Melbourne, the results from this survey will help increase awareness about some of the biggest challenges kids today face."

### Areas of Concern

The latest survey paints a generally positive picture of the wellbeing of Australian children with 62 per cent reporting they felt happy lots of the time, but there are some red flags. Professor Gibbs says she was shocked that 10 per cent of children reported not feeling safe at home, and that 26 per cent reported that they didn't have anyone they felt they could talk to about their worries. Those that open up about their worries, such as to parent, friends or teachers, were three times more likely to report being happy most of the time.

"At 10 per cent, the number of kids saying they don't feel safe at home is very concerning and enough to say that we need to be taking a closer look at this," says Professor Gibbs. "Having supportive family and school environments, and having friends, are important factors in children building resilience. But if a child's starting point is that they don't feel safe at home then their capacity to thrive will be significantly **undermined**," she warns.

Children who reported not feeling safe, whether it is in their home, school (15 per cent) or neighbourhood (25 per cent), were four times more likely to not be sleeping right. And the 62 per cent of children who reported being happy lots of the time were twice as likely to be getting the right amount of sleep.

*(continued next page)*

## How Much Sleep Is Too Much?

Professor Gibbs says sleeping too much can be just as problematic as not sleeping enough. If kids are sleeping much more than the recommended amount it may be a sign that they are physically or mentally drained, perhaps from stress or anxiety.

Australia's Sleep Health Foundation recommends that children aged 6-13 years-old have 9-11 hours sleep a night, and those aged 14-17 years-old have 8-10 hours. But it also recommends against getting less than 7 hours or more than 11-12 hours a night. On average children in the survey reported they were getting 9.5 hours sleep a night. Some 4 per cent reported getting less than 7 hours a night. Professor Gibbs says the preparedness of kids to report that their devices sometimes stopped them from getting enough sleep is a sign that kids are aware of the problem. "It means there is clearly scope for parents to have conversations with their kids about how to manage the use of devices when it comes to sleep."

While the majority of children reported feeling happy lots of the time, some 6 per cent reported hardly ever feeling happy. Most (75 per cent) reported being scared or worried at least some of the time, with about 16 per cent reporting being scared or worried lots of the time. Bullying or arguments was something that 19 per cent of kids said they worried about a lot and around 67 per cent reported experiencing bullying. Some 25 per cent said they worry a lot about their bodies and 38 per cent reported worrying a lot about their friendships. "It is important for children to know that they aren't the only ones who have worries. What is important is that the majority report having someone to talk to," says Professor Gibbs.

When asked what were the things that made them most happy, friends (64 per cent) and family (60 per cent) came out on top. Also popular were sport, playing/listening to music, watching TV, and being outside in nature. Reading (39 per cent) came in narrowly ahead of computer games (38 per cent), but it was heavily influenced by gender, with boys much more likely to say computer games make them happy (52 per cent) and girls more likely to say reading made them happy (45 per cent).

But the big surprise was what the survey hadn't included on its list of things that make children most happy. In the "other" section many kids wrote in animals and pets. "It is a very strong response given that we hadn't included animals or pets in the survey, and it is a reminder of the importance of pets in terms of the positive experiences they can bring to children. "And while childhood is changing that there are some traditional things that are still important, like sleep, talking, reading and maybe pets."

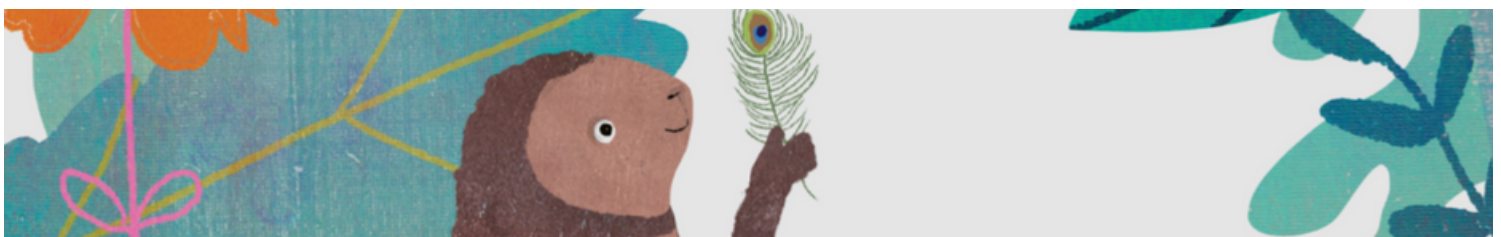
**By: Andrew Trounson**  
**University of Melbourne**



## PEACEFUL KIDS

The Peaceful Kids website has some great mindfulness meditations that children and adults can listen to in order to help to regulate your emotions or to calm your nervous system. Click on the link below to access this great resource:  
<https://www.peacefulkids.com.au/meditations1.html>

**Ms. Lucy Vassallo**  
**Mental Health Leader**



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## ANNUNCIATION GARDENING CLUB

Meeting every Tuesday - second half of lunch.

Has anyone noticed the new student who arrived last week hanging around the veggies? That's Leo the scarecrow! The gardening club worked together to measure, dress, stuff and install him over the last two weeks. We think he's pretty neat!!

We have also been planting tomato and wild flower seeds so we can put the seedlings in the ground during the first week of Term 4!

*Many thanks to Linda Taranto & Sid for supporting the students.*

DO YOU EAT CELERY AT HOME?

Grow your own Celery from scraps.

Simply cut off the end, place it in a jar of water and put it in the sun. Wait until it grows roots and then plant in the garden.



## SECOND HAND UNIFORM SHOP



It's been fabulous to see our families make the most of the Parents & Friends Second Hand Uniform shop to recycle uniform for their children. We are currently running low on stock so are doing a shout out for donations of uniform that is no longer required so that the cupboard can be re-filled. Uniform items can be dropped off at the school office.

Thank you to our families for your support and to Gemma Carr for her time sorting and selling uniforms.

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As per our notification to families earlier this week via Audiri, we've engaged MACSEYE to provide Outside School Hours Care (OSHC) for Annunciation's students and families. They will start operating and providing OSHC from Term 4 of this year.

MACSEYE is a newly approved provider, set up by the Melbourne Archdiocese Catholic Schools (MACS) to offer a range of early childhood and school aged care programs. MACSEYE is committed to see every child and family flourish. Their programs are designed to foster a sense of identity, health and well-being.

As a Catholic provider, MACSEYE will have strong links with our school and local parish, working together to build a vibrant community of support for children and families.

MACSEYE is an approved registered provider, and sets a high standard of quality in line the National Quality Standards. We're confident MACSEYE will provide a high quality service for our students.

Families who need Outside School Hours Care will need to enrol with MACSEYE.

If you have any questions, please contact the school office, or you can also email MACSEYE directly at: [enrolments@macseye.vic.edu.au](mailto:enrolments@macseye.vic.edu.au)



Request for bookings  
now open for Term 4.  
**Contact us today.**

[enrolments@macseye.vic.edu.au](mailto:enrolments@macseye.vic.edu.au)



**Annunciation OSHC**  
Brooklyn

## Ensuring every child can flourish and achieve their fullest potential.

MACSEYE is a new approved provider, established by Melbourne Archdiocese Catholic Schools to offer a high quality Outside Schools Hours Care (OSHC) service, with a strong link to your school.

We believe in providing a safe and inclusive environment where every child can thrive. Our dedicated educators will support your child to explore their interests and choose how they spend their play time. Children can choose from a range of resources, including art and craft, games, and outdoor sports activities. We also have cozy, quiet spaces for anyone needing some down time.

There's also always a range of healthy foods available to help kids stay energised, and active.

**Request for Bookings are now open, so contact our friendly team today!**

Enrol now at  
[enrolments@macseye.vic.edu.au](mailto:enrolments@macseye.vic.edu.au)



## Outside School Hours Care Together, we will nurture each child to thrive

### Enrol your child for Outside School Hours Care today.

Request for Booking are  
now open for Term 4.

#### OSHC program

- For 5-12 year olds
- Monday to Friday [term time]
- Before School – 7.00am - 8.30am
- After School – 3.30pm - 6.00pm

#### OSHC cost per session

- Before School Care  
(Permanent) – \$22.00  
(Casual) – \$27.00
- After School Care  
(Permanent) – \$29.00  
(Casual) – \$34.00



**Request for Bookings are now open, so contact our friendly team today!**

Enrol now at  
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Annunciation Whole School

# MOVIE NIGHT

**WHEN IS IT HAPPENING**

**THURSDAY 19TH OF SEPTEMBER**

**5:30 PM FOR PIZZA**

**MOVIE FROM 6:00PM - 7:30PM**

**AT ANNUNCIATION CATHOLIC PRIMARY**

**TICKET COST: \$10**

**TICKETS INCLUDE:**

**POPCORN, PIZZA, JUICE**



The movie we will be watching is...





# MUSIC BUS AT ANNUNCIATION

Enrolments for The Music Bus are now open for Term 4.

Instrumental lessons are available for:

Keyboard (Prep-y6)

Ukulele (Prep-y6)

Drums (y1-y6)

Guitar (Y2-y6)

## Lessons:

- are a 30-minute duration - once per week
- are held in the hi-tech music classroom on wheels on our site
- cost \$20 per week (\$22 drums) payable by the term on commencement

If you wish for your child to take part, please complete the expression of interest form at:  
[The Music Bus Expression of Interest](#)



**DON'T MISS  
THE BUS!**

**INSTRUMENTAL LESSONS**

**Friday**

**Spaces in Guitar, Ukulele and Keyboard**

Ready to jumpstart your little maestro's musical adventure?  
Book now for music lessons designed just for  
primary school Rockstars!

**WWW.THEMUSICBUS.COM.AU**

**1300 168 742**



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As part of the cultural and language education program at Emmanuel College, students can travel overseas to Italy and to NASA Space Camp. The international trips are a fantastic way for students from both campuses, to get to know each other and to see the world. This Saturday, we say ciao, buon viaggio to the group of 21 students and four staff who are travelling to Italy.

For some students, this will be their first time overseas and we look forward to hearing all about their adventures when they return.

On Monday September 6, the annual Emmanuel College Intra-School Chess Championships was held at the Notre Dame Campus. The goal of the competition is to give Emmanuel College students an opportunity to mix with fellow chess players from within the school in a semi competitive environment involving 32 students.

We were fortunate in that Chess Academy were available to run the tournament and so the conditions were the same as those found in the inter-school competitions, including the use of time clocks. Seven rounds were played over the course of the day.

After a tense final round, Daniel Liu was declared the winner after scoring 6.5. He narrowly defeated Jared Load. Jared finished second on a countback from Joshua Sherri with both players finishing on 5½ points. Other players to win 5 matches were Dhruv Bhaiyaji, Aidan Garner, Johnny Nguyen and Neil Manoj.

The day was enjoyed by all the players and they are to be congratulated for their endeavour and behaviour on the day.

**Year 7 2026 applications closed on 16 August 2024.** If your child is currently in Year 5 and you have not applied for Year 7 2026, please contact Ms Donna Grech, College Registrar on 8325 5100 as a matter of urgency. A friendly reminder that Year 7 2026 Letters of Offer and Waitlist notifications will be emailed to families on Friday 18 October 2024.

We welcome you to join us at the upcoming Twilight Talk and Tour event, where you will hear from College Principal - Dr Janine Biggin, find out more about the College's innovative learning programs and enjoy a tour led by student ambassadors. Dates, times and registration for events at each campus, is via the College website:

<https://www.ecmelb.catholic.edu.au/enrolment-information/tours>

Yours sincerely  
Jenny Hendricks  
Community Engagement Officer



# IT'S PLAY TIME!

THERE IS A SCHOOL HOLIDAY  
PROGRAM NEAR YOU

AFL PLAY

## WESTERN BULLDOGS HOLIDAY PROGRAM

CROFTS RESERVE, ALTONA NORTH

24TH SEPT & 1ST OCTOBER



4-8 year olds



8-12 year olds



IN PARTNERSHIP  
WITH



FIND OUT  
MORE



## Point Cook Flyers Basketball Club



Girls born  
2016, 2017, 2018, 2019

**FREE  
REGISTRATION**

Club fees: \$0 (save \$220)

Basketball Victoria Fee: \$29

Basketball Australia Levy: \$5.50

Call: 0418 574 805 or  
email: [pointcookflyers@gmail.com](mailto:pointcookflyers@gmail.com)



Join Williamstown Magic Basketball Club

Exciting Opportunities for Young Players!

### Free Club Registration for U8 and U10 Players

- Perfect for young basketball enthusiasts looking to join a team
- Experience the thrill of competitive play and team camaraderie

#### Why Join Williamstown Magic?

- Community-focused club with a passion for developing young talent
- Opportunities for players of all skill levels to grow and excel
- Supportive and friendly environment
- To join the Williamstown Magic waitlist, head over to [williamstownmagic.com](http://williamstownmagic.com) and sign up today!

#### For More Information:

Contact: Alphan, Club President

0423 731 186

[president@williamstownmagic.asn.au](mailto:president@williamstownmagic.asn.au)

Join us at  
**Williamstown Magic Junior Basketball Club**  
and be part of the excitement!

## SCHOOL HOLIDAY SPORT PROGRAMS

30 Sept - 4 Oct 2024

REGISTER ONLINE

[vu.edu.au/school-holiday-sport-programs](http://vu.edu.au/school-holiday-sport-programs)

MULTI SPORT  
CRICKET  
AFL  
FUTSAL  
SWIMMING LESSONS







**October 1-3**

**Sing, Dance, Act & Create!**

**FREE Before Program Care!**

**Artz Collective**  
Where Stars are Made

**Starz**

**Performing Arts**


**Holiday Program**

Holidays for Creative Kids

**Book Now Use QR Code!**



[www.artzcollective.com.au/starz-holiday-programs](http://www.artzcollective.com.au/starz-holiday-programs)



**WESTGATE VACATION CARE  
SCHOOL HOLIDAY PROGRAM**

**23rd SEPTEMBER - 4th OCTOBER**



SCAN TO ENROL

**WEEK 1**

**23<sup>RD</sup> COOKING**




**24<sup>TH</sup> AIR WORLD**

**25<sup>TH</sup> ROYAL BOTANICAL GARDEN NATURE EXCURSION**




**26<sup>TH</sup> AFL DRESS UP DAY**



**27<sup>TH</sup> GRAND FINAL DAY EVE- CLOSED**

**WEEK 2**

**30<sup>TH</sup> COOKING**




**1<sup>ST</sup> AIR WORLD**

**2<sup>ND</sup> HALLOWEEN DRESS UP DAY**



**3<sup>RD</sup> SCIENCE WORKS EXCURSION**



**4<sup>TH</sup> SUN THEATRE MOVIES EXCURSION**



KEY:

COOKING AT WESTGATE VACATION CARE

INCURSIONS AT WESTGATE VACATION CARE

EXCURSIONS OFF SITE

# HEALTHY, INTERESTING AND AFFORDABLE LUNCH PACKS, DELIVERED TO SCHOOL

Servicing Annunciation Primary on a Wednesday



Order from our ENTIRE MENU until 8.30am on the Day!

**2 COURSE LUNCH PACK from \$6.45**

Choose a Main Course Item, then select 1 or 2 Items from the Snack/Drink Menu to make up a TWO or THREE Course Lunch Pack.

## Standard Choice Lunch Pack Prices

2 Course Lunch From \$ 3 Course Lunch From \$

Standard Choice Snack/Drinks included in Pack Prices  
\*Premium Choice Snack/Drink + \$1.00 each

### MAIN COURSE MENU

#### SUSHI HAND ROLLS (2pc)

(GF Soy Sauce provided with Sushi)

Teriyaki Chicken Hand Rolls (H)	\$ 11.50	\$ 13.75
Crispy Chicken (Schnitzel) Hand Rolls (H)	\$ 11.50	\$ 13.75
Cooked Tuna Hand Rolls (GF)	\$ 11.50	\$ 13.75
Avocado Hand Rolls (GF)	\$ 11.50	\$ 13.75
Cucumber Hand Rolls (GF)	\$ 11.50	\$ 13.75
Vegetarian Hand Rolls (GF)	\$ 11.50	\$ 13.75
Tofu Hand Rolls (GF)	\$ 11.50	\$ 13.75

#### RICE PAPER ROLLS (2pc)

Chicken Rice Paper Rolls (GF)	\$ 13.45	\$ 15.45
Vegetarian Rice Paper Rolls (GF)	\$ 13.45	\$ 15.45

#### BAKERY (All items freshly baked this morning!)

Cheese and Vegemite Scroll	\$ 6.45	\$ 8.95
Savoury Bite 'Little Frank' Roll	\$ 6.45	\$ 8.95
Topped with Only Cheese Roll	\$ 6.45	\$ 8.95
Cheese and Bacon Roll	\$ 7.45	\$ 9.95
Semi-dried Tomato, Olive & Cheese Roll	\$ 8.95	\$ 11.45
Scroll with Ham and Cheese	\$ 9.95	\$ 12.85
Spanakopita	\$ 10.95	\$ 13.65
Frankfurt 'in a blanket' with Sauce & Cheese (2)	\$ 10.95	\$ 13.65

#### PIZZA & GOZLEME

(Served at Room Temp)

Margherita Pizza Twist	\$ 8.95	\$ 11.45
Ham & Pineapple Pizza Slice	\$ 10.95	\$ 13.65
Spinach and Cheese Gozleme	\$ 13.45	\$ 15.45
Lamb and Beef Gozleme	\$ 13.45	\$ 15.45
Mushroom and Spinach Gozleme	\$ 13.45	\$ 15.45

#### SANDWICHES/ ROLLS/ WRAPS

Strawberry Jam Sandwich (1.5)	\$ 7.45	\$ 9.95
Vegemite Sandwich (2)	\$ 8.95	\$ 11.45
Plain Cheese Sandwich (2)	\$ 9.95	\$ 12.85
Simple Salad Roll	\$ 9.95	\$ 12.85
Cheese and Salad Roll	\$ 10.95	\$ 13.65
Wholegrain Ham & Cheese Sandwich (1.5)	\$ 10.95	\$ 13.65
Roast Chicken and Salad Roll	\$ 11.50	\$ 13.75
Roast Beef, Chutney, Cheese & Lettuce Roll	\$ 11.50	\$ 13.75
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5)	\$ 11.50	\$ 13.75
Mild Salami and Salad Roll	\$ 11.50	\$ 13.75
Wrap w/ Chicken, Tzatziki, Lettuce, Tomato Cucumber	\$ 12.75	\$ 14.95
'Banh Mi' Style Roast Chicken Long Roll	\$ 12.75	\$ 14.95

#### SALADS/ PICNIC BOXES/ FRUIT & VEG

Steamed Corn Wheels, Broccoli & Carrot (GF)	\$ 9.95	\$ 12.85
Fresh Fruit Salad - Main Course Size (GF)	\$ 11.50	\$ 13.75
Vegetarian Picnic Box	\$ 11.50	\$ 13.75
Ham Picnic Box	\$ 11.50	\$ 13.75
Greek Style Salad with Feta and Olives (GF)	\$ 12.75	\$ 14.95

#### GF SANDWICHES & WRAPS

GF Ham & Cheese Sandwich (1.5)	\$ 10.95	\$ 13.65
GF Cucumber & Ham Sandwich (1.5)	\$ 10.95	\$ 13.65
GF Wrap - Ham and Salad	\$ 12.75	\$ 14.95
GF Wrap - Garden Salad	\$ 12.75	\$ 14.95

### SNACK / DRINK MENU

#### FRESH FRUIT & VEGETABLES

Apple pieces, Lemon juice, Cinnamon & Brown Sugar*	+ \$1.00 each
Cantaloupe and Honeydew Pieces*	+ \$1.00 each
Fresh Fruit Combo*	+ \$1.00 each
Freshly Chopped Orange Segments	Std Inc.
Freshly Chopped Strawberries with Grapes	Std Inc.
Freshly Chopped Watermelon Pieces	Std Inc.
Whole Fruit - Apple	Std Inc.
Whole Fruit - Banana	Std Inc.
Carrot, Cucumber, Red & Yellow Capsicum	Std Inc.
Celery and Carrot Sticks with Sultanas	Std Inc.
Cherry Tomatoes, Tasty Cheese & Rice Crackers	Std Inc.
Corn Wheels & Lightly Steamed Broccoli	Std Inc.
Edamame (Lightly Salted)	Std Inc.
Sugar Snap Peas, Beans and Cherry Tomatoes*	+ \$1.00 each

#### BAKERY - SWEET

Choc Chip Cookie	Std Inc.
Finger Bun with Sprinkles	Std Inc.
Fruit Bun	Std Inc.
Cinnamon Doughnut	Std Inc.
Cornflake Cookie	Std Inc.
Choc Cup Cake (GF/DF)*	+ \$1.00 each
Blueberry Muffin*	+ \$1.00 each
Jam Drop Biscuit (GF)*	+ \$1.00 each
Banana Slice (GF)*	+ \$1.00 each

#### SUSHI (1 GF Soy Sauce)

1pc Tuna Sushi (GF)*	+ \$1.00 each
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#### POPCORN

Slightly Sweet, Lightly Salted	Std Inc.
Lightly Salted	Std Inc.

#### DRIED FRUIT/ LEGUMES

Lime & Black Pepper Chickpeas	Std Inc.
Roasted Chickpeas	Std Inc.
Balsamic & Sea Salt Fava Beans	Std Inc.
Dried Fruit Medley with Yoghurt Sultanas*	+ \$1.00 each

#### DIPS WITH MINI RICE CAKES

Tzatziki Dip with Mini Rice Cakes*	+ \$1.00 each
Spring Onion Dip with Mini Rice Cakes*	+ \$1.00 each
Spicy Capsicum Dip with Mini Rice Cakes*	+ \$1.00 each
Avocado Dip with Mini Rice Cakes*	+ \$1.00 each

#### YOGHURTS/ BOWLS

Strawberry Yoghurt (Dairy Farmers)*	+ \$1.00 each
Classic Vanilla Yoghurt (Dairy Farmers)*	+ \$1.00 each
Chia Bowl with Banana, Coconut & Strawberries*	+ \$1.00 each
Stewed Rhubarb and Apple with Custard*	+ \$1.00 each

#### DRINKS

Apple Juice (Nippy's)	Std Inc.
Orange Juice (Nippy's)	Std Inc.
Chocolate Milk (Nippy's)	Std Inc.
Strawberry Milk (Nippy's)	Std Inc.
Full Cream Milk	Std Inc.

We are a NUT FREE Kitchen. Descriptions, Dietary and Allergen Information available on our Website.

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