



Our 2021-2024 Vision:

An inclusive learning ecosystem that excels in a complex and evolving world.



Meet Nash, Kruz and Kohen.

MINDABOOKA Week 2 Term 1 2021

Welcome to 2021!

Parents, Carers and Community,
On behalf of the staff of Adamstown Public School, I would like to welcome all new and continuing students and their families to the 2021 school year. There are many exciting developments on the agenda this year as we head into a new 4 year school improvement cycle. Each fortnight I will share with you all an insight of our plan.

Each new year offers fresh and new challenges for all students. With your continued support and partnership, I am confident that your children will thrive, achieve personal growth and make the most of the many and varied academic, cultural, sporting and social opportunities our school has to offer.

Last week our 2021 classes were formed after a great deal of consideration. Our school's positive and enviable reputation continues to grow. Sixty six superb new kindergarten students commenced the year with us and we currently have 337 students to begin the school year at Adamstown PS. We continue to only offer zoned enrolments.

Parents should expect that it will take up to two or three weeks for students to settle fully into their new class environment. However, to our students' credit, they already seem to have done just that. It is worth being mindful that it can be beneficial in not being positioned in the same class as a best friend, as research shows that it can stimulate and broaden new friendships and cause children to grow both socially and academically. Regardless of class year level every child is taught on their own learning continuum building on their existing knowledge with the support of the dedicated teachers at our school.

Thank you to the teachers and staff who came to school on many occasions during the holiday period to prepare rooms, teaching and administrative programs. These extra efforts have ensured a smooth start to the year for everyone. Our K/1M demountable is well established and only has a few minor finishing touches to be completed.

STUDENT INFORMATION

Getting to know our students is very important to us therefore, a short questionnaire has come home with students asking parents/carers for up to date information about their child's experiences, strengths, likes, dislikes etc. This valuable information will assist their new teacher in catering to their individual needs. This pink note also has permission requests for activities throughout the year therefore not requiring additional permission notes to be sent home. It also allows you to indicate preferences for publishing on many of our school social platforms such as Facebook and our school website. I urge you to complete and return this information to the office or the class teacher as soon as possible.

This year, to ensure our students learn and develop networks with all peers in their year, we are engaging in critical and creative thinking sessions throughout the week. Our students will learn together in a project based learning format and staff will collaborate to deliver exceptional learning opportunities to the collective year level.

MEET THE TEACHER EVENINGS

We will be conducting simultaneous, face to face and zoom information sessions this year to support COVID restrictions with the numbers of adults allowed on site. These

sessions give parents the opportunity to meet their child's teacher and learn about the general operation of the stage and classes for the year. We are offering four evenings and to help minimise the chance of parents having two meetings on at the one time. It is impossible to avoid overlaps completely and we thank you for your support.

Monday 15 February at 5pm: Early Stage 1 (KW, KD, KM, Kinder families from K/1M)

Tuesday 16 February at 5pm: Stage 1 (Year 1 from K/1M, 1D, 1G, 2A, 2C)

Wednesday 17 February at 5pm: Stage 2 (3S, 3/4J, Year 4 families from 4/5T)

Thursday 18 February at 5pm: Stage 3 (Year 5 families from 4/5T, 5/6D, 5/6L and 5/6G).

Links to the Zoom sessions will be sent out via our SkoolBag App if you wish to participate via this medium. If coming onsite for the meeting please sign in using the COVID Safe QR Code at the entrance to our school as well as registering on the classroom sign in sheet.

Please note that these class sessions are general introductory meetings. Should you need to discuss specific issues about your child, please make an appointment via the office to speak with your child's teacher, the stage Assistant Principal or myself at a mutually convenient time.

SCHOOL PHOTOS REMINDER

Whole school, class, leadership and specialty photos will be taken on **Tuesday 9 February**. All students should be in full school uniform including white socks and black shoes. Order envelopes will be sent home tomorrow and must be brought to school on photo day. Family photo envelopes are available at the office.

Continued...

DATES FOR YOUR DIARY

5 Feb - School Swimming Carnival

8 Feb - P&C Meeting and AGM

9 Feb - School Photos

12 Feb - Assembly K-2 12noon 3-6 12

12 Feb - Assembly 3-6 12.30-1pm

15 Feb - 18 Feb Stage Meet the

Teacher Sessions

15 & 22 Feb—Upcycle Newcastle working with stage 3

26 Feb - Assembly K-2 12noon

26 Feb - Assembly 3-6 12.30-1pm

1 Mar - Kinder finish at 2.50pm

From Mrs Stothard continued....

ATTENDANCE MATTERS

Every day at school matters and APS aims to keep our attendance rates above 95% so that our children have every opportunity to achieve their goals. Across the state of NSW there is a very big emphasis on attendance, we appreciate all other appointments, where possible being made out of school hours as we know we are still advising that children are to stay home if unwell therefore we can't afford to have days out of school. Arriving on time and being ready to learn allows children every opportunity to succeed. When students arrive late and they aren't accompanied by an adult you will now receive a partial absence SMS notification. This is a new requirement from the Department which gives the parent or carer an opportunity to explain the late arrival. Please simply reply to the message with the reason for lateness and it will be noted on the roll by the office staff. If you have any concerns please don't hesitate to call the school.

PARENT HELPERS' WH&S INDUCTION

A short orientation meeting for all parents wishing to volunteer as a helper at school or in the canteen in 2021, will be held on Monday 15 February at 4.30pm (*just before the Early Stage 1 Parent Meet the Teacher Session*) in the staffroom. This is a Work, Health & Safety requirement for all volunteers each year. Please come along and sign in using the COVID Safe QR Code on the gate and register at the office on arrival.

FORTNIGHTLY SCHOOL ASSEMBLIES

As our student body has grown over the years we no longer fit in our school hall safely. We have decided to therefore hold our fortnightly assemblies in a K-2 group and a 3-6 group. If you would like to attend one of our assemblies please take note of the upcoming dates on our diary and we look forward to sharing our student and school successes with you. Seating will be socially distanced and a COVID Safe sign in will be requested. Our Defence School Mentor, Ursula Nagel and myself will be available for a quick cuppa and a chat after assemblies and we look forward to getting to know more members of our community.

SWIMMING CARNIVAL

I look forward to seeing families at our swimming carnival this Friday at Lambton Pool. Please support the centre by signing in at the pool using their COVID Safe QR Code. I also respectfully ask that families do not move children from their designated area as a collective school, ensuring the safety of our children at this school event is our utmost priority. Please find following information about the carnival and a guide for the order of events. We look forward to hearing your cheers from across the pool!

Have a fabulous fortnight back everyone!

Emma Stothard

Principal

Some helpful reminders in case you missed them last week on the SkoolBag App!

Students in Years 1 - 6 Finishing Times

At 2.50pm Years 1 and 2 will be escorted by teachers to the COLA in readiness for pick up. The collection point outside the school gates and in the carpark adjacent to the hall, as per last year, remains in place. If families need to enter school grounds please sign in via the office in addition to checking in via the QR Code that you will see positioned on the school gates and in our office windows as per Department requirements.

Kindergarten Students

Kindergarten students all now start at 9am and our teachers will be greeting all our children as they arrive (in the same area outside hall). The students have now moved in to their anticipated 2021 classes and you will soon hear from your child's teacher. Kindergarten finish at 2.30pm (Weeks 1-5). The Kindergarten teachers will bring the children out to the COLA area to meet families for end of day.

Physical Distancing

Thank you in advance for ensuring physical distancing and hygiene measures implemented by the school and the Department are followed whilst waiting for your child.

Uniform Shop

The uniform shop will be open 8.30-9.30am on a Tuesday morning and you can also make online purchases [here](#).

Students wear their full school uniform Monday-Thursday and every Friday they are expected to wear their sport uniform.

Canteen

Canteen is open for over the counter sales and lunch orders every Wednesday, Thursday and Friday thereafter. Online orders can be made [here](#).

School Resources List, Education Packs and School Fees

Please send in the stationery you have purchased from the suggested resource lists to support your child as they commence school. Label what is appropriate to label so if things are misplaced, they can easily be returned to their owner. The children have individual labelled school tubs or chair bags provided at school to store their items safely in their classrooms. Items such as tissues and hand wash are stored as needed within the classroom and become part of the class collective resources to be used.

Notes for Education Packs and school fees have now been sent home and all notes are available [here](#) on our Adamstown Public School Website.

Keep up to date with the latest [Advice for families \(nsw.gov.au\)](https://www.nsw.gov.au/advice-for-families) from the Department link.

Some excellent Department back to school resources can be found [here](#).

Adamstown Public School 2021 Class and Staffing Structure

SCHOOL TIMES: 9:00am to 3:00pm **BREAK TIMES:** Lunch 11:00am to 11:50am, Recess: 1:50 to 2:15pm **OFFICE HOURS:** 8:30am to 3:15pm

Principal: Mrs Emma Stothard

Assistant Principals: Mrs Sarah Wenham (Early Stage 1)
Miss Tyler Anderson (Stage 1)
Miss Kayla Perry (Stage 2)
Mr Adam Davidson (Stage 3)

Classes and Teachers

KW: Mrs Sarah Wenham
KD Mr Jack Downing
KM Miss Gemma Madeley

K/1M: Mrs Colleen Mahony (Mon-Thurs)
and Mrs Lucy Bertsos (Fri)

1D: Miss Hannah Davies
1G Miss Kayla Perry (Mon-Wed)
and Miss Megan Gibson (Wed-Fri)

2C: Mr Sam Cook
2A: Miss Tyler Anderson

3S: Miss Shantelle Ingram

3/4J: Ms Jennifer Judge

4/5T: Miss Annabelle Taylor

5/6G: Mrs Salli Gilmour
5/6L: Miss Erin Littlewood
5/6D Mr Adam Davidson

Release from face to face teacher of Digital Technologies:
Mr Kain Ligtenberg (Mon-Fri)

Teacher Librarians: Mr Darren Howell (Mon-Wed) and
Mrs Lucy Bertsos (Thurs)

Learning and Support: Mrs Monica Smith

Intensive Learning Support: Mrs Karlie Symons

Curriculum Leader: Miss Kayla Perry

School Administration Manager: Mrs Myfanwy Holland

School Administration Officer: Mrs Belinda McGahen

School Administration Officer: Mrs Kim Anderson

School Learning Support Officer: Mrs Justine Smith

**School Administration Officer & School Learning Support
Officer:** Mrs Jayd Owens

School Learning Support Officer: Mrs Helen Kelly

School Learning Support Officer: Mrs Amanda Baker

School Learning Support Officer & Library Assistant:
Mrs Teresa Leggo

School Learning Support Officer: Mrs Melissa Harrison

School Learning Support Officer: Mr Liam Begnell

General Assistant: Mr John Maloney

Band Conductor and Coordinator: Ms Louise Gleeson

School Counsellor: Sarah Macartney

IT support: Mr Glenn Wirth

Library News from Mr Howell & Mrs Bertsos

It is exciting to welcome all students back to the library for 2021. It's important that students read a variety of genres each day and the library is a great place to find wonderful literature.

Classes will borrow and return books on the following days:

Monday: 3S, 3/4J, K/1M, 1D

Tuesday: 5/6L, 5/6G, KD, KM

Wednesday: 4/5T, 1G, 2C, 2A,

Thursday: KW, 5/6D

Borrowed books should be returned each week so new books can be borrowed. This system greatly reduces the chance for resources to become lost.

Library Bags

We encourage all students to carry their books in our school library bag or similar as they help to protect our books from getting lost and keep them clean and dry from other items in the school bag. If needed, Adamstown School Library bags can be

purchased from the school.

Lost and Damaged Books

Students are responsible for the books they borrow and due care must be taken

when they are in their care. However, we understand that accidents do occur. We appreciate your support and trust you understand that if books are lost or damaged then a replacement book or monetary donation paid to the office would be greatly appreciated.

This will assist us to maintain a quality literature selection for all students. Occasionally we may send home and overdue notice if a book has not been returned to the library after the due date. We also look for the missing items on a regular basis on library shelves.

Remember to enjoy some reading everyday!



2021 Student Executive

Congratulations to our new student leaders who took the oath of office at our Presentation Day last year. For 2021 our School Captains are Tyler W & Lili J and our School Prefects are Ruby G, Simone LR, Toby U and Henry G. The new student leaders have now officially taken up their positions of responsibility.



Band News from Mrs Mahony

Due to unforeseen circumstances Mrs Gleeson has had to change our band tuition mornings to 8am on a Thursday. We apologise for any inconvenience this may cause. All band members are to meet Mrs Mahony with their instruments in 5/6L classroom (same room as last year) **Week 3, Thursday 11th February**. Mrs Mahony is always looking for new band members so if your child is interested in joining our band please contact her at the school or come along to one morning to find out more information. For our existing musicians Mrs Mahony will be handing out a 2021 band note in the coming days.



It's great to be back...



Check out more pics on our Facebook page and on our school website Gallery page

Our Facebook page is a place where we want to build our community and school culture, it is a celebration of our community and we are happy to see support for various posts via a Facebook comment or a 'like'. Follow or like our official page to stay connected!

Meet Goldy and hear about the APS Wellbeing Framework!

Last year we commenced a Wellbeing Journey at Adamstown Public School and an integral part of that framework is our Positive Behaviour for Learning structure. At APS, we believe in providing a safe learning environment, where students are respectful of others, engaged in their learning and strive to achieve their personal best. We will accomplish this through consistent expectations, explicit teaching, a common language and positive reinforcement.

At APS, our key expectations are **Opportunity, Innovation, and Success**. Throughout the year, students from Kindergarten to Stage 3 will be involved in lessons that specifically teach and practice our expectations in every area of school life. These lessons will be developed by the staff and include everybody, everywhere, every time. The lessons follow a specific format designed to teach and consolidate our expectations for each area. Lessons typically begin with telling students what the expectation is and why it is important. Students are then shown what the expected behaviour looks like, often using children to demonstrate correct behaviour while the teacher models the incorrect behaviour in a fun and engaging way. Students are given opportunities to role-play the rule as teachers monitor their use of strategies for safe, respectful, and responsible behaviour. Each fortnight we will share with you an element of the framework as we launch it across the school.

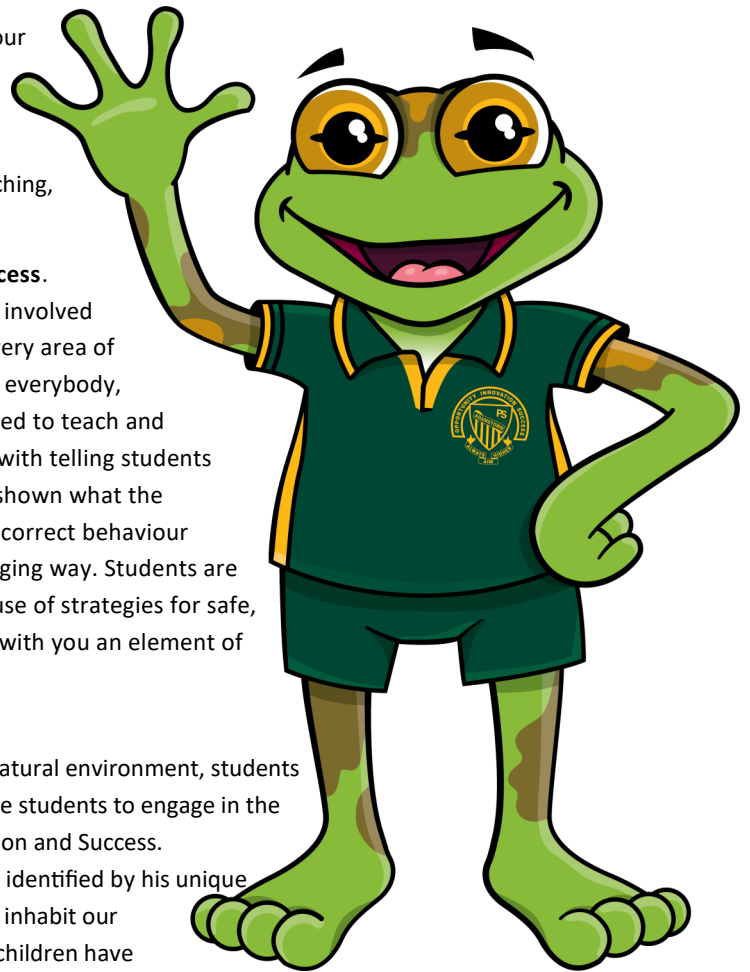
Introducing our mascot Goldy!

Goldy, the bell frog, is our school mascot. Inspired by Adamstown's natural environment, students chose and named Goldy to strengthen the school spirit and encourage students to engage in the school expectations of Opportunity, Innovation and Success.



The bell frog is an endangered species and is identified by his unique brown markings. The bell frog was known to inhabit our grounds prior to our school being built. The children have

undertaken lessons already and will no doubt have much to tell you about our Goldy! We look forward to sharing more information with you about the APS Wellbeing Framework next fortnight!



APS Wellbeing Team

#CreativityForKids

This fortnight we are sharing two Apple Creativity tips in the newsletter. We hope you enjoy engaging with some of these ideas with the kids.

#CreativityForKids

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Make patterns

Add a series of two or three shapes to a blank page to create a pattern. Repeat the pattern with a new set of shapes, then practice identifying and tracing each shape.

Get started: In the Pages app, tap the plus sign to use the Shapes menu to add shapes. Drag the shapes to arrange them in a pattern. Tap the plus sign again to use the drawing tool to trace on top of the shapes.

Explore more: apple.co/creativityforkids

#CreativityForKids

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Go on a scavenger hunt

Create your own scavenger hunt by replacing the items in each square with different shapes. Download a template from the apple.co/creativityforkids PDF.

Get started: Open the template in the Keynote app. Tap the plus sign in the top-right to open the Shapes menu, and replace the items in each box with shapes of your choice. You can also replace them with emoji.

Explore more: apple.co/creativityforkids

ADAMSTOWN PUBLIC SCHOOL

SWIMMING CARNIVAL

Lambton Pool
Friday, 5th February, 2021



GENERAL INFORMATION FOR STAFF:

1. Students are to come to school dressed ready for the carnival.
Sports uniforms or House Colours.
9.00 am - Line up in class lines.
9.15 am - Board buses for Lambton Pool.
2. The Carnival will commence at 9.45 am and finish by 2.30 pm.
3. At the pool all students will sit in **House areas** in the Grandstand.
4. All students should be encouraged to enter events - house points are given for each starter.
5. Parents, carers and friends are more than welcome to come along. They will be required to sign into the pool using a QR Code and abide by the pools COVID Safety Plan.
6. There will be a novelty carnival for Yrs 2 (8 yrs) 3 & 4 in the junior pool after the age races, for those not participating in Breaststroke and Backstroke.
7. **AGE DIVISIONS (Age turned or turning in 2021)**

JUNIORS - 8, 9, 10 this year.
SENIORS - 12, 13 this year.

Canteen facilities available at the pool.

Lifeguards Provided by the pool.

Don't forget:

**Sunscreen, Hats, Towels,
Swimmers, & Warm clothes.**

Age	Gender	Stroke	Distance
8 Years	Boys	Freestyle	50m
8 Years	Girls	Freestyle	50m
9 Years	Boys	Freestyle	50m
9 Years	Girls	Freestyle	50m
10 Years	Boys	Freestyle	50m
10 Years	Girls	Freestyle	50m
11 Years	Boys	Freestyle	50m
11 Years	Girls	Freestyle	50m
12 Years	Boys	Freestyle	50m
12 Years	Girls	Freestyle	50m
13 Years	Boys	Freestyle	50m
13 Years	Girls	Freestyle	50m
Age	Gender	Stroke	Distance
Junior (8, 9, 10Years)	Boys	Freestyle	100m
Junior (8, 9, 10Years)	Girls	Freestyle	100m
Senior (11, 12, 13 Yr	Boys	Freestyle	100m
Senior (11, 12, 13 Yr	Girls	Freestyle	100m
Age	Gender	Stroke	Distance
Junior (8, 9, 10Years)	Boys	Championship (Freestyle)	50m
Junior (8, 9, 10Years)	Girls	Championship (Freestyle)	50m
Senior (11, 12, 13 Yr	Boys	Championship (Freestyle)	50m
Senior (11, 12, 13 Yr	Girls	Championship (Freestyle)	50m
Age	Gender	Stroke	Distance
Junior (8, 9, 10Years)	Boys	Backstroke	50m
Junior (8, 9, 10Years)	Girls	Backstroke	50m
11 Years	Boys	Backstroke	50m
11 Years	Girls	Backstroke	50m
Senior (11, 12, 13 Yr	Boys	Backstroke	50m
Senior (11, 12, 13 Yr	Girls	Backstroke	50m
Age	Gender	Stroke	Distance
Junior (8, 9, 10Years)	Boys	Breaststroke	50m
Junior (8, 9, 10Years)	Girls	Breaststroke	50m
11 Years	Boys	Breaststroke	50m
11 Years	Girls	Breaststroke	50m
Senior (11, 12, 13 Yr	Boys	Breaststroke	50m
Senior (11, 12, 13 Yr	Girls	Breaststroke	50m
Age	Gender	Stroke	Distance
Junior (8, 9, 10Years)	Mixed	Relay (Freestyle)	200m
Senior (11, 12, 13 Yr	Mixed	Relay (Freestyle)	200m
Age	Gender	Stroke	Distance
All	Mixed	Novelty Lap (own choice) – if time permits	50m



APS P&C NEWSLETTER

adamstownpublicschool@pandcaffiliate.org.au
SUPPORTING THE 'GREATEST SCHOOL AROUND'

WELCOME TO TERM 1, WEEK 2!

Welcome to the 2021 school year! And a special welcome to all our kindy and other new families who have joined our school community this year.

Our P&C is a group of parents and carers who make our great school even more special, and give our children fun activities throughout the year. We also manage the school canteen and uniform shop.

In this fortnight's newsletter you'll read about our **CANTEEN, UNIFORM SHOP**, and how you can get involved in **P&C EVENTS AND ACTIVITIES** in 2021.

We'd love you to join our friendly group! Please come along to our first P&C Meeting of the year at **6:30pm MONDAY 8 FEBRUARY**, which will be held virtually via Zoom. Please look out on [our Facebook page](#) for Zoom details, or you can join our mailing list by [becoming a member here](#). This meeting will also be our AGM, where we'll be voting in our P&C exec team for 2021.

We are looking forward to sharing another amazing year with you all!

Jessie Dorian
(your P&C secretary)



CANTEEN NEWS

COUNTER SALES BACK IN 2021!

Our amazing Canteen is open again from this week! The canteen is run by our lovely canteen supervisor Jenny and is open WEDNESDAYS, THURSDAYS & FRIDAYS for lunch orders (online or cash orders) and counter sales (cash only).

Online orders can be made up to 9pm on Tuesdays via the [P&C Online Store](#). When ordering online, you don't need to do anything other than submit your order. Your child's order will be delivered to your child's class at the beginning of lunch.

The full menu is now online, with icecreams/iceblocks also available (your child will be given a token at the start of lunch, to take to the canteen to collect their item).

To place an order with cash, write the order on a paper bag (if you have a reusable lunch bag you can write it on a slip of paper and put it inside), including your child's full name and class, and put cash payment inside the bag. Then drop the bag into the big blue box at the canteen before 9am on the order day.

WANT TO GET INVOLVED IN 2021?

Help at the canteen/uniform shop, with events/activities or behind the scenes.

CLICK HERE TO
REGISTER YOUR
INTEREST



2021 EVENTS

JOIN OUR EVENTS TEAM!

We have a great bunch of enthusiastic volunteers working behind the scenes to bring you and your children exciting events and activities in 2021.

We could always do with extra hands! If you are interested in joining the fun and helping out during an event or behind the scenes (from the comfort of your own home), register your interest [by clicking here](#).

Or follow this link to complete the online registration:
<https://forms.gle/8aMZmpxFyMn8xfbWA>



Join us on
facebook

Click the image above to join our P&C Facebook page or go to

www.facebook.com/adamstownpublicschoolpandc/



**UNIFORM
SHOP NEWS**


HOW TO BUY UNIFORMS

The best way to order uniforms is via the [P&C Online Store](#). Browse items, make your order, and items will be sent home with your child over the following week.

The on-site Uniform Shop will be open on Tuesdays between 8:30-9:30am during school terms. Our friendly volunteer Kate will help you with any questions you have about uniforms and other accessories.



Want to know more about the P&C? Watch our '[P&C Welcome Video](#)', where Kim and Jessie give a quick P&C tour of the canteen, uniform shop and play equipment. Or you can click the image above.

 ADAMSTOWN PUBLIC SCHOOL CANTEEN - SUMMER MENU (Term 1 and Term 4 2021) Open Wednesday to Friday for ORDERS and COUNTER SALES Orders must include child's FULL NAME & CLASS Order with cash or online at https://adamstownpublicschoolpc.square.site Note: A small fee applies to online orders		
SANDWICHES (GF available)* Vegemite (V) \$2.00 ○ Vegemite & cheese (V) \$2.50 ○ Cheese (V) \$2.00 ○ Cheese & tomato (V) \$2.50 ○ Ham or chicken \$2.50 ○ Ham & cheese \$3.00 ○ Ham, cheese & tomato \$3.50 ○ Salad (V) \$3.50 ○ (tomato, lettuce, cucumber, grated carrot & cheese) Salad plus chicken or ham \$4.00 ○ Make it a toastie add 30c	HOT FOODS* Spiral bolognaise (GF available) \$4.00 ○ Fried rice (GF/V) \$3.50 ○ Fried rice with chicken (GF) \$4.00 ○ Mac & cheese (V) \$4.00 ○ Chicken tenderloin each \$1.60 ● Chicken "chippies" 5 for \$2.50 ● Party pie (lean) \$2.20 ● Sausage roll (lean) \$2.50 ● Add tomato or BBQ sauce 30c ●	DRINKS Flavoured milk \$2.00 ○ chocolate / strawberry / vanilla Fruit juice popper \$1.50 ○ tropical punch / apple splash Chilli J fruit drink \$2.00 ○ watermelon / grape / lemonade Water (350mL) 80c ○ Hot chocolate # \$1.50 ○ Fruit smoothie # \$2.50 ○ strawberry / banana
WRAPS (GF available)* All wraps include lettuce, tomato & mayo Ham or chicken \$3.50 ○ Salad (V) \$3.50 ○ (tomato, lettuce, cucumber, grated carrot, cheese & mayo) Salad plus chicken or ham \$4.50 ○ Chicken tenderloin \$4.00 ● Note: GF not available for chicken tenderloin	PIZZAS* Vegetarian or cheese (V) \$4.00 ○ Hawaiian or chicken \$4.00 ○	FROZEN TREATS Juicie - fruit ice block # \$1.50 ○ (dairy-free) tropical / wild berry Licks - fruit ice block # \$1.50 ○ (sugar-free) mango delish / pink lemon twist Frozen yoghurt cup \$1.00 ○ strawberry / mango Frozen milk cup 50c ○ (see board for daily flavours) Frozen pineapple ring 50c ○ Moosie # - milk ice block \$1.50 ● chocolate / blue moon Vanilla ice-cream cup \$1.50 ●
SALAD BOXES* Garden salad (V/GF) \$4.50 ○ (lettuce, tomato, cucumber, carrot & cheese) Add chicken, ham or egg 50c each Chicken noodle salad \$4.50 ○ (noodles, chicken, lettuce, carrot & honey soy dressing) Chicken tenderloin salad \$4.50 ● (crumbed chicken, mixed salad greens & mayonnaise)	BURGERS (GF available) & SUBS* All burgers include Canteen-made patty, lettuce & tomato Beef burger (with BBQ sauce) \$4.00 ○ Cheeseburger (with BBQ sauce) \$4.00 ○ Chicken burger (with mayo) \$4.00 ○ Veggie burger (V) (with mayo) \$4.00 ○ (Patty contains mash potato, sweet potato & lentil) Meatball sub (GF available) \$4.00 ○ (beef meatballs with tomato sauce served on sub roll) Chicken & gravy sub \$4.00 ○ (shredded chicken with gravy served on sub roll)	SNACKS Fresh fruit (seasonal) 60c ○ Cheese stick \$1.00 ○ Popcorn (GF) per scoop 20c ○ Milo Bites per scoop 20c ○ Grain Waves (s. cream & chives) \$1.00 ● Red Rock Deli chips (sea salt) ... \$1.00 ●
The Canteen is managed by P&C volunteers as a not-for-profit service. To contact us, please email: adamstownpublicschool@pandcaffiliate.org.au		
* item available pre-order only # item can be pre-ordered for collection from Canteen at second half of lunch ONLINE ORDERS OPEN SUNDAYS TO TUESDAYS (9PM). CASH ORDERS MUST BE PLACED BY 9AM ON THE DAY		