

Value of the Week

Respect. We respect the rights of others, ourselves & the school in an environment of harmony & personal responsibility. Do you respect yourself, respect others & take responsibility for your own actions?

School Calendar

February

- 6 Primary Swimming Carnival
- 8 Secondary Swimming Carnival

March

- 12-14 School Musical - The Addams Family
- 13 K-12 School Photos
- 20 Whole school Cross Country



Meetings are held at BCS every second Wednesday of the month at 3:45pm.
 Next meetings are:
 13th February
 13th March
 10th April

BeSt
 K & Yr7 t a r t



8 Meade Street, Bulahdelah 2423
 P 02 4997 4329 F 02 4997 4512
 bulahdelah-c.school@det.nsw.edu.au

Welcome to
Kindergarten!



- | | | |
|-------------------------|-----------------|------------------------|
| Ruby Abraha | Mathew Haley | Madison Lyons |
| Jack Bates | Harlow Johnston | Ava Masters |
| Lilly Baughan-Carpenter | Kaius King | Stella Nelson-Marshall |
| Harley Burdekin | Kane Little | Jaxon Styles |
| Chelsea Chatwood | Gemma Lucas | Issac Swain |



PRINCIPAL'S REPORT:

I would like to welcome back students and staff to another busy year at Bulahdelah Central School.

Welcome to our new families and students to Bulahdelah Central School. I'm sure you will enjoy your time at our school.

At the end of last year we farewelled several Bulahdelah Central School staff. I would like to welcome the following staff who have joined us in various roles and for different time frames in 2019:

- Dave Rose who will be relieving in TAS (Technological & Applied Studies).
- Robyn Ryan who will be relieving in Science.
- Jacki O'Connell/Danielle Davy they will both be relieving in Primary with Year 5/6.
- Courtney Rogers who will be relieving Assistant Principal and teaching Kindergarten/Year 1.
- Kate Deaves who will be relieving in English.

Also we have permanent staff who will be relieving in other roles across the school:

- Chris Gladys will be relieving Deputy Principal.
- Pamela Gollan will be relieving Head Teacher Science/Mathematics.
- Brent Smith will be relieving Head Teacher TAS.
- Georgina Cunich will be acting Head Teacher Administration.

It is a requirement for enrolment in all Department of Education schools that we have the most current information about students provided to the school.

As a reminder to all parents/carers, if any enrolment or contact details have changed over the holiday break, can you please advise the school as soon as possible. This includes changes to home phone numbers, mobile phone numbers and family members that are emergency contacts.

In the instance of a student having a medical condition, the school must be consulted, with health care professionals, to develop a health care plan.

This information is confidential and will be communicated to staff appropriately so that the student's well-being is maintained.

Best Start Year 7 Assessment

Our school will participate in Best Start Year 7, an online literacy and numeracy assessment available to secondary schools at the start of Term 1, 2019.

Best Start Year 7, undertaken within the first five weeks of the school year, assesses key literacy and numeracy skills of Year 7 students. It is designed to assist teachers to identify students who may require additional support in developing their literacy and numeracy skills.

Best Start Year 7 is just one of a range of assessments the school uses to assess students. Please inform the school if your child has special needs requiring support to complete an online assessment. *George Frangos*

Work at the biggest event in NSW

NSW State election

23 March 2019

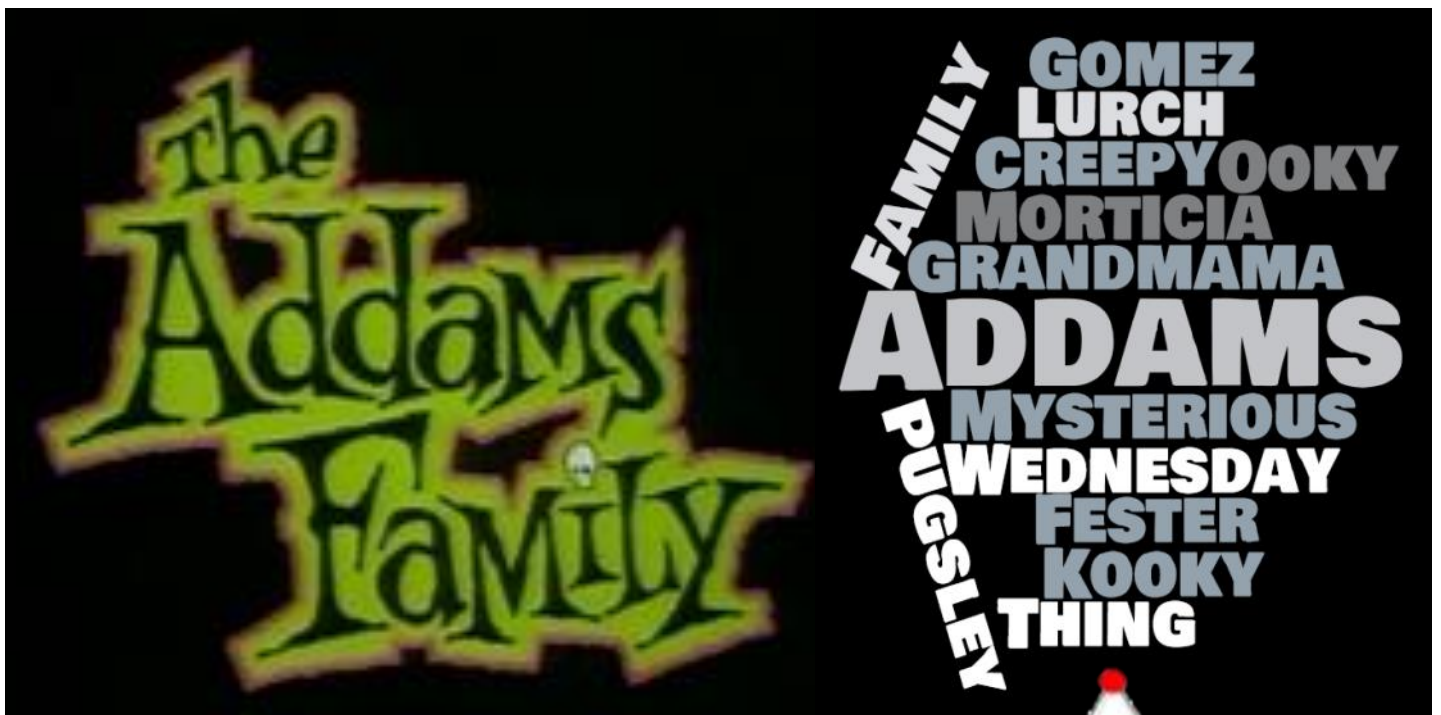
As you are probably aware the NSW State election will be held on Saturday 23 March 2019 and we require approximately 20,000 people to make the election process run as smoothly as possible. Get paid to help deliver democracy. We offer a variety of roles based on your interest and experience.

You must be on the electoral roll to work at the election.

We have an employment helpdesk open from 8.30am – 5pm Monday – Friday for enquiries, the contact number is 1300 135 736 or interested people can email eoi@elections.nsw.gov.au.

People can apply by completing their expression of interest online at: <https://eoi.elections.nsw.gov.au/eoi/eoiwelcomePage.aspx?EEID=SG1901>

For more information <https://www.elections.nsw.gov.au/About-us/Work-with-us>



We're Already Creepy And Kooky



Our Vertical Curriculum Senior Drama class is well under way with their production of The Addam's Family, School Edition. Sets are being painted, costumes are being designed and choreography is being created.

During Tuesday and Thursday lunches, the initial 40 + Primary choir is up to learning their third creepy song! Auditions have occurred, the main cast has been selected and rehearsals are happening on Wednesday afternoons in the school hall until 6:00pm. Dance groups are busily learning routines as the zombie ancestors of the Addam's Family.

Performances will occur next term during week 7 from March 12th - 14th. So save the date! If any parents would like to assist with sets or costumes, please contact Vanessa Shultz at school. *Vanessa Shultz - Head Teacher English*

12th - 14th

March





REL. DEPUTY PRINCIPAL:

Welcome to Bulahdelah Central School to our new and returning students and their families for 2019.

We trust that our students have enjoyed their first week back at school and have started to get into their studies. Of course our Secondary students from Years 8-12 started their academic school year in Week 6, Term 4 2018 and are continuing on with their studies.

Our students have returned full of energy to learn and be engaged in their lessons. Last Wednesday and Thursday I conducted many interviews with prospective students who will start over the next few days.

Last Tuesday BCS staff participated in the Staff Development Day and undertook various professional development tasks which included;

- Code of Conduct
- Child Protection
- orientation of new Primary and Year 7 students
- specific Technology usage
- Faculty Focus development.

We welcome approximately 50 Year 7 students, 15 Kindergarten students and many other new students across all years to BCS. It has been a smooth transition for most after a nervous start, settling into classwork and finding their way around their new environment. We look forward to building our educational learning partnerships to achieve great results together.

It has certainly been a hot start to the year for all. Hopefully the weather will be kind for both the Primary Swimming Carnival on Wednesday, 6th February and the Secondary Swimming Carnival on Friday, 8th February. I encourage the students to get involved in the carnival atmosphere by dressing in their house colours and participating in the events on the day. Parents are also most welcome to attend.



Staff changes

There have been a number of changes with both Primary and Secondary staff for 2019. Some of these are permanent whilst others are on a temporary basis. These have been outlined in the Principal report.

This is also the time of the year to renew lunch passes, Flexi Passes and Flexi Friday contracts. Application forms are available in the front office student foyer.

On Tuesday, 19th February (Week 4) we are conducting a Parent/ Teacher Meet and Greet starting at 4:00pm for Year 7, 11 and 12 students, as well as any new secondary students. This afternoon is also open for all other parents to attend and meet their particular student's teachers.

Looking forward to a fantastic 2019 year. *Chris Gladys*

2019 NSW term dates

Term 1

Tuesday, 29th January to
Friday, 12th April

Term 2

Monday, 29th April to
Friday, 5th July

Term 3

Monday, 22nd July to
Friday, 27th September

Term 4

Monday, 14th October to
Friday, 20th December



Starting High School

New experiences

From Day 1, there will be many changes to get used to including having a number of different teachers and different classrooms, often spread across a larger campus. Set class periods on particular subjects may also be of a longer duration than in primary school. Students carry around notes and books, sometimes heavy, from class to class.

Some the things you may wish to discuss with your child include:

New teachers

In high school students usually have 8 or more teachers and a student or year adviser to coordinate their activities. There are also head teachers for different key learning areas and classmates can vary from class to class.

New subjects

Year 7 students will be introduced to subjects they haven't experienced before. They will also be expected to be more independent, self reliant and self-motivated than in primary school. Lessons will often be more student-centred and teachers will become resources and guides, rather than instructors.

Timetables

Students are given timetables with subjects, times and room locations listed. They need to check their timetables each night to make sure they have the correct books, equipment and homework completed for the next day's classes.

Reading and understanding timetables can take some time to get used to and moving from room to room might unsettle and tire them.

New friends

Making new friends can be a daunting task for Year 7 students. Students often come from a variety of primary schools and they may find themselves in classes filled with children they don't know. Fitting in is often important to Year 7 students – finding people they like and who share their interests helps motivate them and increase their self-esteem.

Discuss their new school experiences each day, the people they've met or observations they've made – that way there is an awareness of difficulties when they arise rather than when it's too late.

Peer pressure

Making new friends and a desire to fit in sometimes means students do things they might not normally do – just so they can be liked or be one of the crowd. Letting children know they don't have to do everything their peers do is an important way of ensuring the friendships they make are genuine and positive – not based on pressure or conformity.

Homework and study

Homework set will vary in amount and type because of the number of teachers and subjects each day – most students will need to do some homework every night – whether it be a review of the day's lesson, completion of exercises or starting an assignment that is due down the track.

Homework tips

A key to success is being organised. To avoid Thursday night meltdowns about incomplete homework, read our Homework tips.

Tips for all ages

These tips are relevant for all students Kindergarten to Year 12.

- Ask your child about their homework, know what they are learning about and when assignments are due.
- Use our term assessment planner (DOCX 53.57KB attached) to record when assessments and exams are scheduled so you can help your child prepare in advance. Make 'to-do' lists to spread out the workload.
- Get into a routine of doing homework at a set time, ideally a little each day.
- Have a set place where the kids can do their homework, with the equipment they'll need
 - pens and pencils
 - highlighters
 - scissors
 - glue
 - scrap paper
 - ruler
 - calculator
 - printing paper
 - computer and internet access
 - a printer.
- Turn mobiles to 'aeroplane mode' or off so there are no disruptions.
- If there's no set homework, encourage your child to do some reading. For younger kids, it's great for them to read aloud to you. For older kids, ask them to tell you about what they have been reading.
- Don't jump in and give answers, homework is about helping kids become independent learners.
- Encourage your child to start assignments as soon as they receive them – this will reduce any night-before stress.
- Your child needs to do their own projects and assignments. There's no point submitting work done by anyone other than the student. Teachers need to know what students can do independently.

If your child is having difficulty with their homework, contact their class teacher for help.

Studying at high school

Once in high school, regular study also becomes important. Study time is completely different to doing set homework.

Students in high school should regularly review work covered in class, summarise key ideas and do additional reading and research on topics, as well as practise tasks such as essays and maths problems.

Suggestions for effective studies

There is no one 'best' way to study. Students often find different methods and times to study to suit themselves. The key is **regular** study, not cramming before a test or exam.

Some suggestions for effective study time include:

- No mobile device use – no social media, messaging or calls during study time.
- Finish any homework for the day before starting study – remember they are separate.
- Focus on one topic at a time.
- Highlight class notes or handouts.
- Prepare summaries in your own words to revise concepts and skills learnt in class.
- Draw diagrams, mind maps or brainstorms to show the main ideas and links between them.
- Explain a topic or key concept to someone else
- Prepare glossaries of technical language for the topic or course, include examples of appropriate use.
- Memorise short quotes.
- Read summaries aloud – you can record yourself and play them back while travelling.
- Write key concepts on flash cards with an explanation on the back to use for quick recall testing.
- Read widely about topics being studied – add any new information or quotes to your summary (remember, when you use words or passages from a source such as a book, article or website you must reference them and use quotation marks).

The best study is active study – not just reading pages and pages of notes but creating summaries and lists, drawing mind maps, practising answering questions, teaching someone else about a topic and so on. Active study helps move content from short-term to long-term memory. When reading over notes, try to read them aloud.

Study timetable

A study timetable can be useful to help high school students plan time each week revising work covered in class. Tips to make your own study timetable:

- Download or print out our study timetable (DOCX 52.96KB attached).
- Fill in regular activities such as school, sport, part-time jobs and so on. Don't forget to include meal times and time to travel to activities.
- Students should discuss how much time to spend studying with their teachers. Older students will be spending 1 to 2 hours on each subject each week. This will increase as they get closer to the HSC.
- Think about the best time to study. Some kids prefer to get straight into it after the after-school snack, to get it out of the way. Others like to chill before dinner and get into their school work in the evening. Identify the most effective time.
- Block out chunks of time on the Study timetable to study at the identified most effective times. Some subjects will require more time than others – use the advice of the class teacher. Don't forget to consider the school timetable when you are creating a study timetable – it might be a bit much to do 2 hours of physics on the same day as a double period. Don't forget any subjects – even the 'easiest' will require revision in Years 11 and 12.
- Colour code the chunks of time for different subjects.
- Allow a break of at least 5 to 10 minutes each hour.
- Trial the study timetable for a fortnight and see if it is realistic. There's no point having a study timetable that isn't followed.

Be realistic, some days there will be a pile of homework or family events which means a day off study. If your child can stick to their study timetable 70 to 80% of the time, they are on their way to success.

Barriers to study

Hopefully, the suggestions above will help your child settle into a good study routine. However, there are three common problems to watch out for.

Common barriers to study

- 1. Distractions** – mobile devices and internet access are the biggest distractions to study. Make the study area a mobile, TV, gaming and internet free zone (unless during that session they are doing research which requires internet access). Consider downloading a social media lockout app or switching on aeroplane mode during study time to prevent interruptions. Also, make sure friends and other family members know not to disturb study time.
- 2. Procrastination** – students often try to avoid subjects they find difficult, irrelevant or bore them. To help your child, first find out **why** they are procrastinating. Some tips to deal with procrastination include:
 - Ensuring they have a set study area with all equipment needed but no mobile devices.
 - Break the task down into smaller chunks such as identifying the headings for a summary first through a brainstorm; listing the headings then summarising information for one heading at a time.
 - Make a to-do list of tasks they can check off as they finish.
 - Monitor their progress and reward each step.
- 3. Disorganisation** – have a set place for study with all the equipment they'll need and encourage using calendars, to-do lists and a study timetable.





**DEPUTY PRINCIPAL
INSTRUCTIONAL LEADER:**

Best Start for All Students

Welcome back everyone, with a very special welcome to all our new students and staff. It has certainly started at a 'cracking' pace and I am looking forward to spending another year here at Bulahdelah Central School in my role as instructional leader.

This week all Kindergarten students will be participating in the Best Start Assessment, while students in Year 7 will be completing a secondary version of this next week (Week 3).

Whilst both differ in the way they are presented and accessed by the students - Kindergarten are one-on-one with a teacher (myself), while Year 7 complete theirs individually online - both have the same purpose. These assessments provide the teachers at our school with important information about each individual students strengths, as well as the areas requiring further development in both literacy and numeracy.

This, in turn assists our school to ensure that all students have the best possible start. Effective programs are developed to meet individual needs and identifies students who may require additional support in developing their literacy and numeracy skills - ensuring success and positive learning experiences for all. Whilst you may feel we are only talking about English and Maths it is important to remember that literacy and numeracy skills are evident in every school subject students undertake and participate in.

Kindergarten students will receive a printed report from their assessment. At this stage there is no printed report for Year 7, as this is the first year of its inception and Bulahdelah Central School is one of the schools within NSW selected to trial this for the Department of Education. Year 7 parents are most welcome to discuss this assessment with either Kim Rigley or myself, once the information has been finalised. We will inform you via this newsletter when the data has been finalised. *Debbie Booth*



**PRIMARY
ASSEMBLIES
Mondays @ 2:00pm**

TERM 1

- Week 3: 11th February
- Week 6: 4th March
- Week 9: 25th March

Pack your child a **HEALTHY LUNCH BOX**

Choose a variety of foods from each food group

Fruit	
Vegetables	
Dairy	
Wholegrains	
Lean meat & alternatives	
= A Healthy Lunch Box	

MAKE WATER YOUR DRINK

PACK ICE BRICKS TO KEEP FOOD COOL

USE A THERMOS TO KEEP FOOD WARM

Book Club



Reading has never been more fun!

Be the first to get your **FREE** **ALL ABOUT ME** activity journal when you spend **\$10 or more on LOOP!**

DON'T FORGET!

SCHOLASTIC
Book Club
orders are due:
Friday, 15th February

SCHOLASTIC REWARDS
ONE REWARD = \$1

Every order earns **FREE books & learning resources** for your school!

**Home delivered orders earn 10% back in School Rewards*

<p>\$2</p> <p>#101 PAGE 8 The Runaway Hug</p>	<p>\$2</p> <p>#201 PAGE 14 School Jokes</p>	<p>\$2</p> <p>#301 PAGE 21 Best Book Day Ever! (so far)</p>	<p>\$2</p> <p>#401 PAGE 26 500 Minutes of Danger</p>
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TURN OVER!
HAVE YOU FILLED IN YOUR NAME AND CLASS??



School routines

Saying goodbye

At first, you might like to stay for a while until your child feels secure at school. When your child has settled into school, a short and reassuring goodbye encourages independence. Let them know who will pick them up at the end of the day.

Picking up children at the end of the day

When school finishes each day, your child's class will gather at a regular place. Your child's teacher will wait with the children. Make sure your child and their teacher know who will be collecting them each afternoon. Children can get upset if the person picking them up comes late. Check with their teacher about the best time to arrive in the afternoon and where to stand.

Keep routines

Kindergarten children can get very tired at night because they are doing so many new and exciting things. For this reason it helps if you keep routines like bath time, meals and reading routines as regular as possible. It's important to leave time for your child to play and get a good night's sleep each night.

Getting to and from school safely

Always cross at the school crossing holding your child's hand. Streets around schools are very busy in the mornings and afternoons. Do not stop or park your car on or near any pedestrian crossing. Observe all safety and no stopping signs. Children aged between 4 and 7 must be secured in a forward-facing child restraint or booster seat.

safetytown.com.au/parents

education.nsw.gov.au/road-safety-education

Outside of school hours care

Services that care for children outside of school hours and vacation care are often run from schools or near schools. Your school can give you information about these services in your area. The Child Care Benefit helps eligible families with the cost of child care for outside of school hours care and vacation care.

humanservices.gov.au

School handbook

Going to school every day is important, and Kindergarten sets children up for the rest of their schooling.

What your child learns each day builds on what they learned the day before. If your child misses school, their learning routine is broken, so they can lose confidence and miss out on building their friendships.

You have a legal responsibility to send your children to school every school day.

If your child misses school due to illness, religious reasons or family circumstances, talk

to your child's teacher and remember to send a signed note explaining the reason for their absence.

If your child arrives at school late or needs to leave early, you will need to go to the office to sign your child in or out.

If you're having difficulty getting your child to school every day and on time, talk to the teacher or principal.



Did you know?

If your child misses as few as eight days each school term, by the end of primary school they will have missed a year of education.

Preparing at home

There are a number of things to plan and organise before school starts.



Budgeting for new costs

Schools usually provide most things Kindergarten students will use in the classroom, but starting school may require new items such as uniforms and school shoes. It may be helpful to check with your school so you can budget for the items your child will need.

Uniforms

Your child's school will tell you about the school uniform items and where to buy them. There is usually a summer, a winter and a sports uniform. The school can tell you which shops supply the uniform or the material to make it, and many schools run a clothing pool where uniform items are donated after children have outgrown them.

Financial contributions

Schools may ask you for a voluntary contribution to enhance educational and sporting programs. You may be asked to pay for excursions to enhance your child's classroom learning.

Financial assistance

If you are having any difficulty with the costs of schooling, you can make an appointment with the principal to discuss your situation. You may be eligible for financial assistance.

Health and wellbeing



Did you know?
It's important to keep the school informed of any changes to your child's health.

If your child is sick at school

If your child gets sick or injured at school, the school will contact you. If your child is ill, they will go to an area where they can lie down and be monitored. You will be called to come and collect your child if they are too sick to go back to the classroom. For this reason it is important to keep your contact details up to date with the school, including an alternative contact – such as a relative or neighbour – the school can call should you be unavailable.

If your child is sick at home

From time to time your child may get sick and display any number of symptoms that mean it's best to keep them away from school and see your doctor.

Some of these symptoms include:

- a fever of 38°C or above
- vomiting or diarrhoea
- severe cold or flu symptoms
- rashes of an unknown origin.

Head lice

It is common for school children to get head lice, and it has nothing to do with being clean or dirty. Head lice can spread when children are in close contact, but head lice do not cause any harm to your child's health.

Tips to prevent your child getting head lice:

- Check your child's hair regularly.
- Keep long hair tied back, plaited or braided.

If your child has head lice:

- Remove tangles with a large comb, then comb hair with a thick, white hair conditioner using a fine-toothed comb to get rid of head lice and their eggs (nits) daily until there are no more eggs.
- Inform the school so they can ask others to check their children's hair. Your child does not have to be identified.
- Continue to send your child to school.

health.nsw.gov.au/environment/headlice

Allergies and asthma

It is important for you to inform the principal and the school if your child has asthma or allergies – not just those diagnosed as severe or food allergies.

Anaphylaxis is a severe and sudden allergic reaction to allergens such as nuts or shellfish, or insect bites. If your child is diagnosed with asthma or at risk of an anaphylactic reaction, you must provide the school with information from your child's doctor, including an Action Plan for Anaphylaxis in accordance with the Australasian Society of Clinical Immunology and Allergy (ASCI).

The school will develop an individual health care plan to describe your child's needs and how the school plans to meet these needs during the school day, on excursions and in other school activities such as sport.

Schools and parents work together to put arrangements in place for health care support. Information from the child's doctor that you provide will inform the planning process.

allergyfacts.org.au

Sun safety

Schools promote sun-smart behaviour by encouraging students and staff to Slip, Slop, Slap, Seek and Slide.

Sun-safe uniform items – including hats that protect the head, neck and ears – are included in school uniforms. School staff encourage students to play in the natural and built shade environments around the school.

You can protect your child from the damaging effects of UV radiation by applying sunscreen each morning before they leave for school and ensuring they are wearing a sun-safe hat. Children can also wear sunglasses at school to protect their eyes from sun damage.

cancercouncil.com.au/cancer-prevention/sun-protection

Department procedures on student health

education.nsw.gov.au/health-care-procedures



Eating at school

Eating at school will be a different experience for your child compared with eating at home or at preschool. There are no places to keep food hot or cold. Children often sit on the grass or on benches and balance their food on their knees. They will also need to be able to open everything their food is wrapped in and they won't want to spend so much time eating that they miss out on playing.

Tips to help your child

- Pack food that is easy to open, easy to eat and not messy.
- Write your child's name on their lunch box, water bottle and any other containers.
- Include a frozen drink bottle to keep food cold. Wrap it in a tea towel in case it leaks.
- Use insulated lunch boxes or cooler bags.
- Avoid using plastic wrap because children find it hard to pull apart. Paper bags are better for the environment too.
- Pack tissues or paper around fruit so it won't bruise.
- Remind your child to wash their hands before eating and to use the toilet at recess and lunch.
- Pack a water bottle for your child each day and remind them that they can also get water from the taps or bubblers throughout the day.

Recess and lunch ideas

- Cut fruit into pieces and put them in a small container. Squeeze some lemon juice on apples or pears to stop them from going brown.
- Cut up vegetables such as carrots, celery and cucumber and put them in a resealable plastic bag. Put dips or yoghurt in a separate container.
- Make wholemeal muffins and freeze them.
- Try different breads, such as rolls, pita, wholegrain or tortilla wraps.
- If using tomato in a sandwich, slice it thinly and place the slices between other fillings to stop the sandwich from going soggy.
- Cook a little extra dinner and save some for lunch the next day. You could make quiche, homemade pizza slices, salmon patties, roast vegetables, noodle salads or sausages. A freezer brick or frozen drink can help keep this food fresh.

healthyschoolcanteens.nsw.gov.au



UNIFORMS:

BULAHDELAH NEWSAGENCY

situated in Stroud Street, now stocks the BCS girls uniform - navy skirts, shorts and long pants.

Opened:

Monday to Friday 6am – 5pm
 Saturday 6am – 1pm
 Sunday 6am – 12noon

- Navy Skirts Sizes 2-18 \$25
- Navy Shorts Sizes 2-18 \$35
- Navy Pants Sizes 4-18 \$44

BCS UNIFORM PRICE LIST 2018

ITEM	SIZE	TOTAL COST
SCHOOL SHIRTS		
School Shirt - LW Reid		\$30.00
Senior School Shirt (white)		\$30.00
SPORTS UNIFORM		
Sport Shirt		\$25.00
Sport Shorts		\$25.00
JUMPERS		
Hooded Jumpers		\$45.00
PRIMARY		
Primary Check Shift		\$50.00
Primary Hats		\$10.00
Navy Unisex Shorts		\$20.00
SAFETY GEAR & CALCULATORS		
Apron		\$10.00
Safety Glasses		\$6.00
Calculators		\$25.00
ART BOOKS		
Art/ Photography Books		\$10.00

All other school uniforms and supplies are available, including shirts pictured below, from the BCS office or on-line as per attached form. We have included a price list of various uniforms and school equipment that your child may require for your perusal.



BCS uniforms are also available from **BT Fashions** located in the Coles complex in Tea Gardens (prices may vary).

Opened:

Monday to Friday 9am - 5pm
 Saturday 9am - 1pm

BULAHDELAH CENTRAL SCHOOL CANTEEN MENU

Secondary students please use the express line to collect orders at lunchtime.

All orders must be placed by 9:30am

RECESS & LUNCH

Party Pies	1.50
Party Sausage Rolls	1.50
Goujons	5.00
Wedges	5.00
Toasted Sandwich <i>Chick/Ham & Cheese</i>	5.00
Toasted Sandwich <i>Ham/Cheese/Tom</i>	5.50

SPECIALS

Roast Beef Roll w gravy	4.50
Bacon & Egg Roll	5.50
BLT	5.50
Soup	4.50
Chicken Carbonara Small	5.00
Wedges S/C & Chilli	5.00
Chicken Caesar (Not available in Winter)	7.00

SNACKS

Apples , Oranges & Bananas	1.00ea
Frozen Pinapple Rings	1.00
Jelly & Custard Cups	1.50
Rice Snacks	1.00
Red Rock Chips - Honey Soy	2.00
Red Rock Chips - Sea Salt	2.00
JJ's	2.00
Grainwaves	3.00
Muffin (<i>Freshly Baked</i>)	3.50
Scrolls	4.00

ICEBLOCKS

KA Blueys	1.00
Frozen Milk Cup	1.00
Orange & Blackcurrent Cup	1.00
Icecream Cup (<i>Gluten free</i>)	1.50
Frozen Yoghurts	3.00
Twisted Yoghurts	3.00
Quelch Sticks	1.00
Icy Twist	1.50
Calypos	1.50
Paddlepops	2.50
Weiss Bars	2.50

LUNCH & HOT FOOD

Pies	4.80
Sausage Rolls	4.50
Lasagna	4.50
Spagetti Bolognese Lrg	6.00
Spagetti Bolognese Sml	5.00
Hot Dogs	4.00
Fish & Chips (<i>Oven Baked</i>)	5.50
Chips (<i>Oven Baked</i>)	5.00
Chicken Nuggets	5.00
Chicken Burger	5.50
Chicken Tender Burger - (<i>Chilli or plain</i>)	5.50

SANDWICHES

Buttered Roll	1.50
Chicken Lettuce & Mayo	4.50
Egg & Lettuce	3.50
Salad	4.50
Salad with Meat	6.00
Ham Cheese & Tomato	4.50
Egg Salad	5.00

WRAPS *Lebanese Bread*

Salad	5.00
Salad w. Chicken or Ham	6.50
Tender Chilli w <i>Lettuce & Mayo</i>	5.00
Tender Plain w <i>Lettuce & Mayo</i>	5.00
Chilli Tender w <i>Lettuce, Tom & Cheese S/C</i>	6.50

GLUTEN FREE PRODUCTS

Chicken Tenders	3.00
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Canteen Fortnight Special's

Mon Chicken Schnitzel & Salad \$6.50

Tues Pizza \$6.50

Wed Beef Sliders \$4.00

Thur Chicken Caesar Salad \$6.50

Fri Greek Salad \$6.00

Orders need to be in by 9:00am



BCS Canteen operates in compliance with the NSW Government Healthy Schools Canteen Strategy

EFFECTIVE FROM 30TH JANUARY, 2019



BULAHDELAH Central School

Strive to Achieve



BCS Swimming Carnivals

Primary - Wednesday, 6th February

Secondary - Friday, 8th February

P&C Meetings: 13th February, 13th March, 10th April

Next Newsletters for Term 1: 18th February; 4th, 18th March; 1st April

End of Term 1: 12th April



<https://www.facebook.com/pages/Bulahdelah-Central-School>

www.bulahdelah-c.schools.nsw.edu.au

Ph: 4997 4329

“Students will forget what the books taught, but they will never forget what the teacher said.”

