Dear Parents and Carers

Welcome back to Term Four. As I write this edition of our newsletter staff and students are busy preparing for one of the most exciting days of the year at Poseidon Primary – International Food Day. This term, each class has been learning about a particular country. For International Food Day, on Thursday October 30, students will be helping to prepare food from these countries for sale at various food stalls.

Mrs Clark has been very busy creating an art exhibition in her art room to display the work that students have been creating throughout the year. The display will be open on Wednesday at lunch time and after school for 30 minutes and on Thursday from 11:00am.

As a culmination to International Food Day all students (K-7) will participate in a lapathon on the school oval. In the past this has been a very successful event. All funds raised through the sponsorship money will be used to purchase literacy resources as school resources will be much tighter in 2015 due to the budget cut backs and the change in the way all schools are resourced.

Peter
Peter Blackford
Principal

Thought of the Week
Learn from the past ...
look to the future ...
and try to get through today.

You don’t need to join Facebook to see our page!
Simply Google Search “Facebook Poseidon Primary School Heathridge” to find our regular posts about upcoming events and school news.
Independent Public Schools (IPS) Update

At the Term Three meeting of the School Council, decisions were made on how to transition from the Council to the IPS requirement of having a School Board. The existing Council has become the interim School Board with Yvonne Atkinson being selected as the interim School Board Chairperson. Also joining the interim School Board are Mr Jan Norberger MLA and Ms Madlen Griffiths, Partnerships Manager at ECU. The main role of the interim School Board is to manage the process of forming the Poseidon Primary’s first School Board. To that end, the interim School Board will be meeting three times in Term Four to determine the structure of the board, the skill sets required to support the school in achieving its strategic direction, and the nomination and selection processes that will be followed. We is hope to have our first School Board in place by the end of this year ready to lead the school from the beginning of 2015. The school community will be kept well informed of the interim board’s progress as well as how community members can indicate their interest in being an inaugural member of the Poseidon’s first School Board.

The intensive IPS training program is ongoing. Before the end of last term I participated in three sessions and by the end of Week Three this term I will have completed another four sessions. Michael Wright, Debbie Linehan and Yvonne Atkinson have also participated in some of the training sessions.

NAPLAN 2014 Results

The school’s results were mixed this year. Our Year 3 and Year 5 results were better than the Australian and/or WA mean scores in four out the five areas. However, our Year 7 results were below the Australian mean scores in all areas, except writing. The staff have already commenced analysing the results to target both those students and learning areas in which further improvements can be attained. A more detailed analysis of the school’s results will be compiled in the Annual Report which will be available in Term One, 2015.

Interschool Spelling Competition

The Interschool Spelling Competition will be held on Wednesday October 29 at Ocean Reef Primary. The school will be represented by the winner and runner-up students from Years 3 to Year 7 - a total of 10 students. On behalf of the school community I would like to wish them every success.

Year 6/7s & Cybersafety

The Western Australian Council of State School Organisations (WACSSO) has released an information sheet that has some excellent and valuable information for all parents entitled “Familiarising with social media & cyber safety.” Please see the attachment at the end of this newsletter.

School Choir

Our School Choir will look very smart in their lovely new shirts at the Westcoast Songfest in November, one of the largest massed choir events in Australia. Many thanks to the talented designers and to the P&C for funding the shirts. Come along to tomorrows Choir Assembly and support our talented students.
Each class has been learning about a particular country, and invite you to join us for a fantastic family day full of delicious food prepared by the students on **Thursday October 30, from 12pm to 2pm**. We would like students to bring a bowl and a spoon in a plastic bag to reduce waste and don't forget money to buy lunch – prices will vary from $1 to $3 per serve. Everyone welcome!

**Poseidon Art Show**

As part of our International Food Day festivities, we are holding the Poseidon Art show in the Apollo Block. Our students have been working hard with Mrs Clark, creating pop art clay murals, clay owls and tortoises, Rousseau digital jungle scenes and bug symmetry paintings, plus 3d dummies!

Parents and friends will be able to purchase these fantastic artworks – in 2012 our Art Show raised over $500! The Art Show will be open on Wednesday at lunch time and after school for 30 minutes, and on Thursday from 11:00am. Everyone welcome!

**Lapathon**

Another of our International Food Day activities is our Lapathon! Lapathon forms went home last term, and students need to get as many sponsors as they can to sponsor them a certain amount for each lap of the oval. On International Food Day, they will run, skip, jog or walk a maximum of 20 laps in 60 minutes. For every lap they complete they are helping to raise money for our school.

As an added incentive, we will also be awarding prizes based on:

- The most money raised by a boy and girl from each class.
- The top 5 money raisers overall.

If there are any parents, family members or friends who would like to participate and demonstrate their fitness, or you would like additional sponsorship forms, please call into the Front Office. Gather as many sponsors as you can; work colleagues, family, friends, to sponsor you per lap.
Garden Call Out – We Need Designers!!

We have wonderful plans for our new Garden, with aquaponics, fish, raised garden beds and chickens, and we are going through the processes required to get everything up and running. Part of the process is developing a school-wide garden design – and we need a designer! If you are a landscape designer, horticulturist or an enthusiastic gardener, WE WANT YOU!! If you would like to become a part of a fantastic community project that will benefit Poseidon Primary for years to come, please contact me at the school on 9307 2356, via email at poseidon.ps@education.wa.edu.au.

- Mike -

Mike Hawke-Linsley
Year 6/7 Teacher & Garden Co-ordinator

Garden Busy Bee
New Veggie Beds
November 15 & 16

Installing new fencing and raised vegetable beds for The Garden, and installing raised vegetable beds in the Early Childhood Playground.

ALL WELCOME!!

Wanted

Mrs Clark from the Art Room is in desperate need of ice cream containers with lids. The ice cream containers can be dropped off at the Front Office.
Students Who Will Not Be Attending Poseidon Primary in 2015

If any parents know that their child/ren will not be attending Poseidon Primary School in 2015, could they please fill in the form at the bottom of the newsletter and return it to the Front Office as soon as possible. This information will help us in compiling the classes for 2015.

Parenting Ideas

This week’s Parenting Ideas is titled “10 Ways to Promote Good Mental Health & Wellbeing in Kids.” With Mental Health Week having just been completed I thought that it would be good timing to include some information for parents on this very real community issue.

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

________________________________________________________________________________________

REQUEST FOR INFORMATION ON STUDENTS WHO WILL NOT BE ATTENDING POSEIDON PRIMARY SCHOOL IN 2015

My child/ren will not be attending Poseidon Primary School in 2015.

Child/rens Name

________________________________________________________________________________________

Year ____________________________

Signed __________________________ Date __________________________

________________________________________________________________________________________
P & C News

2014 Commemorative Tea Towels
LAST ORDERS DUE FRIDAY OCTOBER 24
THAT’S TOMORROW PEOPLE!!!

HAVE YOU ORDERED YOUR COMMEMORATIVE TEA TOWELS?

With self-portraits of everyone at Poseidon, these high quality, cotton tea towels make a great Christmas present for grandparents and family, are light and easy to post, and are a wonderful way for your children to remember their friends and teachers forever.

Tea towels are $12 each, with a 10% discount for orders of 5 or more. Extra order forms are available from P&C Central. Payment can be via cash, cheque or EFTPOS available before school TOMORROW. Delivery will be mid-November to allow time for posting overseas for Christmas.

Come on in to P&C Central and have a look at the 2012 edition so you can see how fabulous they look. We are also doing a re-print of the 2012 tea towel so if you missed out last time, this is your chance to pick one up.

DON’T MISS OUT!!

Halloween Disco
October 31, 5pm-7pm

Dress up in your spookiest costume and come along to the Halloween Disco on Friday October 31 in the undercover Area, from 5pm to 7pm.
Loads of prizes and giveaways!!
Food available from The Canteen.

Tickets $5 from P&C Central before school – includes a Halloween Treat Bag!
(Treat bag not available to tickets sold on the night – so get your tickets quick!!)

Uniform Shop News

UNIFORM SHOP OPENING HOURS

The P & C Central Uniform Shop is open Monday to Friday, 8:00am to 8:20am. We are happy to open in the afternoon by prior arrangement. Simply contact Debbie Ellis on 0408 083 312.

😊 Jodie & Debbie 😊
Canteen News

NEW CANTEEN MENU WITH $5 DAILY DEAL COMBOS
Have you seen our fantastic new menu?
Lots of yummy food, plus $5 daily deal combos – brilliant value!
The new menu is at the end of the newsletter.

SUMMER LUNCHTIME SPECIAL
Ice cream with sprinkles
ONLY $1.00!!

INTERNATIONAL FOOD DAY
The Canteen will be doing delicious coffee and cake, with a place to sit!
There will be NO LUNCH ORDERS on Thursday October 30.
The Canteen will be open for recess.

HALLOWEEN TREATS
The Canteen will have tasty Halloween themed treats for recess on Friday October 31.

COLA FLAVOURED SLUSHIES – NOT COKE!
Some parents have raised concerns over the new cola flavoured slushies now available from The Canteen.
The slushies are NOT COKE. The flavouring is pear based, and contains no coke and no caffeine.

IS YOUR ACCOUNT UP TO DATE?
If you have amounts owing on your Canteen account, please finalise them ASAP.
EFTPOS facilities are available.

😊 Bronwen, Claire & Sheree 😊

Contact the P & C

Next P&C Meeting: Wednesday November 19
If you are interested in finding out more about what the P & C is, what they do and how you can be a part of it, come along to one of our meetings on the third Wednesday of each month at 7:00pm in the staffroom. We are also on Facebook - simply search for Poseidon Primary School P&C and request to join our group. Or you can contact us via email at poseidonpandc@gmail.com.

Major Sponsors of the 2014 Quiz Night
Parents and young people relate to technology differently. Most adults approach computers as practical tools, whereas their children view the Internet as a lifeline to their peer groups. The transition from Primary to Secondary schooling will no doubt have many Year 7s increasing their use of social media, as they make new friends and their interests mature. It’s important that both parents and children work together to fully understand how social media works and the risks involved in pursuing an online presence. There are many great research-based resources available for parents and students when dealing with online issues.

**Did you know? Your pre-teen child is likely using social media**
The vast majority of 8-17 year olds are avid users of social networking sites (SNS). For younger children (8-11 years) sites such as YouTube, Moshi Monsters, Club Penguin, Facebook and Stardoll are preferred, while 12-17 year olds predominantly use Facebook. Other popular SNS include Instagram, Twitter, Minecraft and instant messaging applications such as KIK messenger, What’s App and SnapChat.

Social networking offers the opportunity to make friends and share views and experiences; communicate with family members and friends; express themselves using a whole range of different media, such as videos, photos, music, and blogs; and enhance their opportunities for learning and entertainment. While social networking and being online can be fun, there are also risks involved.

**Cybersafety**
Access to inappropriate material, unwanted contact from strangers, online predators, and cyberbullying are the four major concerns of parents. Cybersafety is the safe and responsible use of Information and Communication Technologies (ICT). In the context of students transitioning from Primary to Secondary school, it encompasses a range of measures that parents, children and schools can take to mitigate some common online risks, such as online grooming, sexting, sharing of personal information including geographical location, copyright infringement, excessive internet use, accessing illegal material and cyberbullying.

**Cyber bullying**
Cyberbullying is bullying that uses electronic means such as the internet and mobile phones to aggressively and intentionally harm someone. It includes name calling, abusive comments, spreading rumours, threats of physical harm, being ignored or excluded, having opinions slammed, online impersonation and being sent rude or upsetting images. It can lead to low self-esteem and loss in confidence, anxiety, sadness or depression, fear, anger, embarrassment, decreased academic achievement, truancy, poor mental health, and negative impacts on relationships with family, peers, and authority figures.

**The Stats**
- 20% of young Australians aged 8-17 are estimated to have been victims of cyberbullying.
- More than a third of 10-11 year old and two thirds of 12-13 year old SNS users post personal information about themselves online.
- 92% of 10-11 year olds and 88% of 12-13 year olds use social media.
- Facebook is the most popular social network for 12-17 year olds.
- 35% of 10-11 year olds and 67% of 12-13 year olds have a mobile phone.
- Almost half of all 8-11 year olds access the internet from a mobile device.

**Things to ask at the secondary school**
- What policies are in place for ICT use at the school?
- What policies are in place to deal with issues should they arise? For example, who to go to if a child is being harassed or bullied online by another student?
Things to discuss with your child to help keep them safe online

- What applications or social networks they use to have fun and communicate online.\textsuperscript{xiv}
- What is and is not appropriate to share online and remind your child that nothing is secret in cyberspace.\textsuperscript{xv}
- What is a reasonable amount of time to spend online — consider making a family agreement.\textsuperscript{xvi}
- The risks of connecting online with people they don’t know - these “friends” may be predators or cyberbullies.\textsuperscript{xvii}
- The risks and dangers of sharing passwords, phone numbers, addresses, and other personal information.\textsuperscript{xviii}
- Posting photos or ‘selfies’ online — are the images appropriate and how they would like to be viewed publicly? Remember – the images could be in cyberspace forever.
- The dangers of responding to messages — especially advertising or offers with links to websites that they receive from others in their network, as the messages may be coming from a con artist who has taken over a friend’s profile and is trying to gain passwords and personal details (phishing).\textsuperscript{xix}
- The dangers of meeting face-to-face with individuals they’ve met online.\textsuperscript{x}
- Keeping open lines of communication: if they ever feel uncomfortable or threatened, encourage them to tell you.\textsuperscript{xvii}
- Do they know how to adjust their privacy settings to ensure their information can only be seen by those they wish to see it.\textsuperscript{xvi}
- Discuss cyberbullying with your child and take complaints from them seriously.\textsuperscript{xviii}
- What is the school’s ICT code of conduct or usage agreement — ensure your child understands what they have agreed to.

Resources

- \url{cybersmart.gov.au}/ Cybersmart is a national cybersafety and cybersecurity education program managed by the Australian Communications and Media Authority (ACMA), as part of the Australian Government’s commitment to cybersafety.
- \url{amf.org.au/esmarthomes/} eSmart, an initiative of The Alannah and Madelaine Foundation, is a behaviour-change initiative designed to improve cybersafety and deal with cyberbullying and bullying. There is a great sample quiz for 10-14 year-olds that tests their knowledge about cyber-safety: \url{digitallicence.com/site/quiz}
- \url{digizen.org/} Digizen provides information for educators, parents, carers, and young people and is used to strengthen their awareness and understanding of what digital citizenship is and encourages users of technology to be and become responsible Digital Citizens.
- \url{thinkuknow.org.au/} ThinkUKnow is an Internet safety program delivering interactive training to parents, carers and teachers through schools and organisations across Australia.
- \url{kidshelp.com.au/grownups/} The Kids Helpline website has a ‘grownups’ area with news and research hot topics including cyberbullying and social networking safety.

References

7 Ibid.
10 Ibid.
12 Ibid.
14 Ibid.
16 ThinkUKnow Parents. (n.a.). Retrieved from: \url{https://www.thinkuknow.co.uk/parents/} on 10 September 2014.
19 Ibid.
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32 Ibid.
33 Ibid.
34 Ibid.
35 Ibid.
10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life's curve balls.

It seems strange to talk about promoting good mental health in children. Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids

1. Model good mental health habits: If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep: Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise: When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets: Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energizing and helps take stressed and worried kids out of themselves.

5. Provide a space of their own: Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. Talk about their troubles: A problem shared is a problem halved. Talking about what's worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his
Concerns are important to you. Kids often can't tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax: Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8. Have two routines – weekday and weekend: Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we're busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives: Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.

FREE Michael Grose parenting resources to help you promote good mental health in your kids.

- **Coping ebook**: 12 essential coping strategies every child can use when life gets hard
- **Poster**: 10 ways to promote good mental health & well-being in kids
- **Poster**: 25 Great Parenting Ideas (to stick to your fridge)

These great resources are waiting for you at parentingideas.com.au/ParentingIdeas-Newsletter. They’re available for a short time only, so be quick!
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Poseidon Primary Presents

International Food Day

Thursday October 30, 12-2pm

Plus

Poseidon Art Show
Apollo Block

Poseidon Lapathon
1:30pm start

Poseidon Primary - An Independent Public School
SCOTLAND - Mrs. Beswick – Shortbread

GREECE - Miss Sentonas – Potato cakes and beef pitas (Beef mince kebabs)

HONG KONG - Mrs. Seward – Egg tarts, almond jelly and spring rolls

FRANCE - Miss Kasperkiewicz – French mini quiches and profiteroles
   (Chocolate and custard buns)

CHINA - Miss Ward – Fried rice, noodles and fortune cookies

MEXICO - Mrs. Mugg – Nachos and brownies

AMERICA - Mr. Swan – Hot dogs, ice-cream sundaes
   and ice-cream with sprinkles

EGYPT - Mrs. Wright and Mrs. Wakeb – Koshary (Pasta, rice and tomato sauce)

JAPAN – Mrs. Porro and Mrs. Paragalli – Sushi

CANADA – Mr. Sullivan – Pancakes and milkshakes

SPAIN – Mr. H-L – Spanish paella

INDIA – Mrs. Willett – Rogan Josh, Butter chicken and soft drinks
**DAILY MEAL DEALS**

**ALL COMBOS $5.00**

Combos cannot be changed

**MONDAY**
- **Hawaiian OR Cheese & Bacon Pizza**
- Mini Fruit Kebab OR Muffin
- Water OR Milk

**TUESDAY**
- **Toasted Sandwich**
- Mini Fruit Kebab
- Poppa Juice OR Water

**WEDNESDAY**
- **Chicken & Salad Sub**
- Jelly Cup OR Muffin
- Poppa Juice OR Water

**THURSDAY**
- **Pie OR Sausage Roll with Sauce**
- Mini Fruit Kebab OR Muffin
- Poppa Juice OR Water

**FRIDAY**
- **Hot Dog with Sauce**
- Mini Fruit Kebab OR Jelly
- Small Slushie OR Poppa Juice

**HOT FOOD**

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<tr>
<td>Chicken Burger</td>
<td>(grilled or crumbed)</td>
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<td>Hot Chicken &amp; Mayo Roll</td>
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<td></td>
<td>1.00</td>
</tr>
<tr>
<td>Tempura Chicken Nuggets</td>
<td></td>
<td>3.00</td>
</tr>
<tr>
<td>Yummy Drummies</td>
<td>with or w/out salad</td>
<td>1.50</td>
</tr>
<tr>
<td>Pizza</td>
<td>Hawaiian or Cheese &amp; Bacon</td>
<td>3.50</td>
</tr>
<tr>
<td>Hot Dog</td>
<td>incl. sauce</td>
<td>3.00</td>
</tr>
<tr>
<td>Beef Pie</td>
<td></td>
<td>3.50</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td></td>
<td>3.00</td>
</tr>
<tr>
<td>Junior Pie</td>
<td></td>
<td>3.00</td>
</tr>
<tr>
<td>Tomato Sauce</td>
<td></td>
<td>0.20</td>
</tr>
</tbody>
</table>

**DRINKS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk plain</td>
<td>1.50</td>
</tr>
<tr>
<td>Milk &amp; Sippah Straw</td>
<td>1.80</td>
</tr>
<tr>
<td>Milk flavoured</td>
<td>2.00</td>
</tr>
<tr>
<td>Nudie Juice</td>
<td>2.00</td>
</tr>
<tr>
<td>Water</td>
<td>1.50</td>
</tr>
</tbody>
</table>

Poppa Juices are only available with Daily Combos

**SANDWICHES**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>3.00</td>
</tr>
<tr>
<td>Tuna</td>
<td>3.00</td>
</tr>
<tr>
<td>Ham</td>
<td>3.50</td>
</tr>
<tr>
<td>Chicken</td>
<td>3.50</td>
</tr>
<tr>
<td>Egg</td>
<td>3.50</td>
</tr>
<tr>
<td>Veggemite</td>
<td>2.50</td>
</tr>
<tr>
<td>Add salad or cheese</td>
<td>0.50</td>
</tr>
<tr>
<td>Change to a roll</td>
<td>0.50</td>
</tr>
<tr>
<td>White, brown or multigrain bread</td>
<td>Plain or toasted</td>
</tr>
</tbody>
</table>

**RECESS ITEMS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheesie half</td>
<td>0.50</td>
</tr>
<tr>
<td>Cheesie whole</td>
<td>1.00</td>
</tr>
<tr>
<td>Muffin*</td>
<td>0.50</td>
</tr>
<tr>
<td>Fruit*</td>
<td>0.80</td>
</tr>
<tr>
<td>Jelly Cup*</td>
<td>0.80</td>
</tr>
<tr>
<td>Pikelet*</td>
<td>0.20</td>
</tr>
<tr>
<td>Fruit Bites*</td>
<td>0.20</td>
</tr>
<tr>
<td>Potato Gems</td>
<td>5.00</td>
</tr>
<tr>
<td>10</td>
<td>1.00</td>
</tr>
</tbody>
</table>

*also available for Lunch Orders

**Lunch Time Extras**

Available after the Lunch Siren

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Icy Pole half</td>
<td>0.30</td>
</tr>
<tr>
<td>Icy Pole whole</td>
<td>0.60</td>
</tr>
<tr>
<td>Ice Creams</td>
<td>1.50</td>
</tr>
<tr>
<td>Slushie* small</td>
<td>1.50</td>
</tr>
<tr>
<td>Slushie* large</td>
<td>2.00</td>
</tr>
</tbody>
</table>

*also available for Lunch Orders

**LUNCH ORDERS ONLY**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Kebab</td>
<td>2.00</td>
</tr>
</tbody>
</table>

Remember to write your name and your Teacher’s name on your Lunch order!!
Poseidon P&C Presents

HALLOWEEN DISCO

Friday October 31
5pm to 7pm

Come dressed in your spookiest outfit.

Lots of prizes and giveaways for best costumes and dancing.

Food and drinks available at The Canteen.

LED glow products for sale.

Tickets $5 from P&C Central!

Pre Purchased tickets include a Halloween Treat Bag!!

(Treat Bags not available to Door Sales)