Welcome Back…

Welcome back to everyone – and because our God is the same yesterday, today and forever, we are comforted and know that He is always with us and in us through his Holy Spirit. For every experience of His grace and mercy confirms our confidence in Him as we grow to know and understand what He has done for us through Jesus Christ.

Congratulations to our Year 12 students of 2013 – Lauren Espedido was our Dux and also came third in the State in Ancient History, a testament to a consistent and dedicated approach to her studies.

Likewise, other significant successes included:

- InTech 2014 - the annual exhibition of outstanding Major Design Projects developed by 2013 HSC Industrial Technology students: Tim Shevchenko
- Music for Encore - Andrew Fisher (with his band: James Amos, Lachlan Raeside and Joshua Engstrom)
- Drama OnStage - Joshua Engstrom

This year, like all others at Green Point Christian College, will be a busy one as we continue the implementation of our one to one computer technology - @GPCC and a building program that will see an extension added to E block and a new TAS building. You will also notice changes to the school, with painting, new furniture, more beautiful sandstone bordering areas and gardens growing and flourishing - a special thanks to Peter Gay and his Green team.

Green Point Christian College is also blessed this year with a number of new staff who will be introduced to you through our Messenger – so stay tuned. I am also pleased to welcome Mrs Julie Stowe to the Executive for 2014 as she assists with managing the College during Mr Drennan’s absence, along with Mr Stuart McSwan who will help and support Mr Michael Matthews in looking after K-2.

We are engaged in the most important of tasks at our College: the training up of students to become responsive disciples – who will tell the wondrous story of what God, has done for us. Likewise, we need to remember that the God of peace will sanctify us through and through so that we are blameless when He finally returns. God is above all faithful, and He will keep His promises – for the noble heart of Jesus Christ bleeds for our salvation and together as a community of God’s people we must remember that God, looked on Christ’s death and pardoned us - a greater gift no one could give.

2014 will see us continue our mission and service programs, for these are our calling, and are a great blessing, not just to the students and staff who serve in these important ways, but to the whole school community who are blessed by their endeavours – a special thanks to Mr Tom Anderson for co-ordinating these many opportunities.

Finally, give thanks - our service is but a response to God’s goodness and always give thanks because He has given Jesus Christ His Son and now we are no longer weak but strong, no longer poor but rich because of what God has done for us.
Ready, Set, Go!

Our doors are open, our classrooms bustling and many bright and cheerful faces are ready to learn. Welcome to the 2014 school year!

As we embark on another new year of adventure, I ask you to continue your enthusiasm and support for our outstanding school. GPCC is AMAZING because of our AMAZING families. Please continue to pray thanks to God for all he allows us to enjoy here and welcome those who are new to our community.

New Staff

This year we welcome many lovely ladies to our team.

Miss Katya Wengi and Miss Laura Gourlay will both be teaching in Kindergarten.

Mrs Kaylie Turner will be teaching Year 2 and ‘Pull Out’ groups part time.

Mrs Kara Mitchell and Mrs Jane Beaumont join us as Teachers’ Aides.

Mrs Rachel Kastelan will be teaching Year 5 one day per week.

And the beautiful Mrs Candice Boyd returns part time in Year 3 and Year 3/4.

We are blessed to have these dedicated staff join us and I encourage you to please take a moment to introduce yourself to someone you haven’t met.

New Children

I am pleased to welcome 25 new students to Years 1-6 of the Junior School. This is a sign of the shared value we have in Christ centred education. We also warmly welcome the new Kindergarten children and their families who will join us from Thursday.

Welcome


Meet the Teacher

Next Tuesday 4 February, we will hold a special evening at which time you are invited to meet your child’s new teacher and hear about class routines for 2014. You will also have the opportunity to ask general questions. Given many families have more than one child, times have been staggered as follows:

Infants: 6:45 – 7:15pm  Years 5 and 6: 7:30 – 8:10pm  Years 3 and 4: 8:15 – 8:55pm
Primary Swimming Carnival

We are most privileged to use the Mingara Aquatic Centre for our Carnival which will be held next Thursday February 6. A separate letter will be sent home detailing specific information with reply slips that should be returned to class teachers. Year 2 children who are competitive swimmers are also welcome to participate in this Carnival otherwise it’s best to wait for the Infants Carnival which focuses on fun rather than competition. We have always enjoyed the cheering of parents and grandparents at our carnivals so please come along and enjoy the atmosphere.

Communication

Class teachers will be collecting email addresses again in order to best keep you informed of happenings in the grade. The office also needs current email addresses to communicate with you via the newsletter and to enable you to have access to the Parent/Teacher interview booking system. Please let us know if you have changed an email address in recent times.

Travel Arrangements

Providing your child’s daily travel arrangements to your class teacher via email helps to ensure that each afternoon your child arrives home as expected. The office keeps a copy of this information and it is used to guide children if they are ever confused. Please provide this detail at or before Meet the Teacher Evening.

Labelling

Please make sure everything your child brings to school or to carnivals is clearly labelled with your child’s name. Sadly we have a continuous flow of unlabelled items which costs you money.

Regular Events

This term Junior School children participate in Sport in Schools on Tuesdays and Chapel on Wednesdays. Primary School children take sport on Fridays and Infants classes participate in Gross Motor lessons on Thursdays. Lessons in Computers, Library, Music and Japanese depend on class timetables and will be communicated to you by individual class teachers. We are a blessed school community with many specialist teachers imputing into your child’s education.

Razzle Dazzle

Take the time to have a look around at all the amazing transformations around the College that have taken place over the summer break. From new garden beds, an MPC make over including new snazzy flooring to the complete renovation in all three Kindergarten rooms. We are most thankful to the Maintenance team who never cease to surprise us with their prowess. We are also appreciative of the IT team who have busily ensured that new student iPads and computers are set to go for Term 1. Again we are blessed.

Chess Club

Our ever popular Chess Club will run again in Term 1. This year we have a Tutor coming from Sydney Academy of Chess to teach our students. This will be held on Thursdays and involves those who nominated their interest in Term 4 2013. A separate letter has been sent home to the students involved.

Art Club

It is exciting to offer Art Classes on Tuesday afternoons to those children who nominated an interest in Term 4 2013 also. I am certain that this will also become one of our popular extracurricular activities as positions for Term 1 are already full. A separate letter has been sent home to the students involved.

Drama Club

Another wonderful opportunity for students to be coached in their area of interest after school on Monday commencing 3 February. I am looking forward to watching future performances! A separate letter has been sent home to the students involved. Interested students should contact Johan Bester 0449 544 474 as there are still places available. See the Flyer on page 9.
Junior School News

Important Dates for Term 1
1. Primary Swimming Carnival on Thursday 6 Feb
2. Year 5 Excursion on Monday 17 Feb
3. Primary Zone Swimming on Tuesday 25 Feb
4. Open Day on Tuesday 25 Feb
5. Junior School Photos on Thursday 13 March
6. Infants Swim Carnival on Friday 14 March
7. Junior School Parent/Teacher Interviews on Tuesday 18 March
8. Brainstorm Productions for Years 2, 3 and 5 on Thursday 20 March
9. Kinder 2015 Information Evening on Tuesday 25 March
10. Last day of Term 1 Friday 11 April.

Kids Club
Term 4 - 2013 saw the launch of Green Point’s very own Kids Club! We had an awesome time with games, afternoon tea, craft, music, cooking, sports and more. This year we are back and looking forward to even more fun on Thursday arvo! We will be starting up in WEEK 2.

Where: The Jacaranda Room (the level above the church office and Little Coasties)

Who: Kindergarten to Year 6.

Cost: To cover costs we are asking for $5 per child for the afternoon, or you can book in for the whole term for $40.

GP Kids Club is a joint venture of GPBC and GPCC. In order to continue running, we are in need of volunteers to help with supervising. Any school parents who might be able to help, whether it’s once a term or more regularly, it would be greatly appreciated if you could contact Will Richards below. You wouldn’t be required to organise or run anything on the day, just to help supervise. All children wanting to attend must register for 2014, even if you have already registered last year. For a registration form, please contact Green Point Baptist’s Youth Pastor, Will Richards at will@gpbc.net.au or on 0424 278 948.

Reminders
Car Park Safety
Parents please use the foot crossings provided when moving around in the school car park. For those accompanying you under 10 years, holding hands is a further act of safety. Thanks in advance for your cooperation.

Parking and Drop Off
To ensure the safety of students and especially small children, NO students are to be dropped off in the Student or Staff Car Park.
Its 2014… Welcome back to a new year at Green Point Christian College. The school begins to pulsate with life as students return. It is great to see returning students and new students alike as they take those eager steps to a new year. We have a wonderful group of Year 7 students this year. They were filled with nervous anticipation on their first day but that will soon change as they get to know the running of the Secondary School. They will be loved and cared for and soon realise that they are part of a wonderful learning community at this College.

Coping with things often comes down to attitude. My encouragement to students is to put a 100% effort into everything they do and realise that they count. They count because they effect and set the tone for those around them. Everyone needs to work together to make a successful learning environment.

Photos: Year 7 students with their Year 11 Peer Support Leaders. The Peer Support program teaches students a range of skills to deal positively and pro actively with life experiences, develop a sense of self-worth and belonging and encourages taking responsibility for decisions and actions.

Year Advisers

The Senior School Year Advisers for 2014 are as follows:

Year 7 – Mrs Rachael Wilesmith
Year 8 – Mrs Rebecca Gavin
Year 9 – Mrs Lisa Glen
Year 10 – Mr Keith Mills
Year 11 – Miss Shae Simpson
Year 12 – Mr Matthew Newell

These are fantastic teachers who have the wellbeing of your child at heart. Please feel free to call and discuss any issue you may have that may affect the wellbeing and progress of your child.
Year 12 HSC Students

These students are going to struggle this year for so many different reasons so I thought I would include these helpful ideas again at the beginning of this year. Please pray for these students during this year.

Practical advice for the whole family:

If your child is studying for the HSC, you're probably feeling the stress too. Many parents want to help but don't want to interfere. As well as pre-exam tension, there are other common factors that can make life seem even more challenging for the whole family.

Year 12 is often the year when students:

• lose interest in school
• have no plans for after the HSC
• develop an intense relationship with a boyfriend or girlfriend
• get their driver’s licence
• experiment with legal or illegal drugs
• have a part-time job
• are a member of a sporting team
• develop an eating disorder
• suffer from depression.

If any of these concerns sound familiar, don't despair. You're not alone - and this won't last forever.

How you can help

Richard Cracknell, Counsellor and District Guidance Officer at Inverell High School advises that "the most obvious forms of support parents can offer are the practical, physical things," and recommends parents:

Provide a good place to study that’s quiet, comfortable, with good ventilation, good lighting, adequate desk or table space and free from distractions such as TV, noise, a telephone, interesting conversations, little brothers and sisters.

• Provide healthy, balanced meals.
• Encourage sleep and regular exercise.
• Encourage them to avoid late night parties and alcohol consumption.

Less obvious but just important, is giving your child the support they need in the lead-up to exams, which can be hard when emotions run high.

Tips to remember

• Be supportive and encouraging.
• Highlight strengths and successes. Encourage your child not to dwell on failures, but to see them as "mistakes", which can actually be something they can learn and benefit from.
• Appreciate your child may be feeling very stressed, even if it's not obvious to you. Many students fear letting their family down so beware of setting unrealistic expectations. Some worry they can't do as well as a sibling, or friend. Many Year 12 students are feeling overwhelmed about what lies ahead: leaving home, leaving lifelong friends, the prospect of having to live in a new city.
• Understand people under pressure become supersensitive and explosive from time to time. Family members are usually the first targets. Try not to overreact.
• Be realistic in your expectations as to where the HSC leads. Not all HSC students will go on to university – but they can still have a wealth of excellent and satisfying career options. If they don't get the HSC marks they needed and still really want to go on to tertiary education later, there are many other pathways. Interestingly, the success rate of mature age students is much higher than for those who go straight from school.
• Encourage your child to seek help from teachers or the school counsellor if they are having any difficulty with subjects, study organisation, stress or anxiety about examinations.
• Encourage a healthy balance between work and leisure. Sometimes students need a total break from everything for a weekend or so, to recharge their batteries.
• Take an interest in what your child is doing, if they'll allow you to (some won't). This can include the subjects or topics being studied, how their study timetables and programs have been organised and their leisure pursuits. (Note: "Taking an interest in" does not mean interfering.)
• Remember the occasional hug and "I love you" doesn't go astray, even when they are 18 years old.
• Encourage and allow your child to be as independent as you can possibly stand. The more independent your child is in meeting the demands of Year 12, the better prepared they will be to succeed at a tertiary level or in the workforce.
On 7 December 2013, 12 students from Years 10 and 12 and two staff members headed off on an 11 day Samaritan’s Purse Discovery Trip to Cambodia.

We visited the Tuol Genocide Museum (S21 Prison) and The Killing Fields, which was very confronting and challenging, but also gave us a greater understanding of the history and hardship that the people of Cambodia had endured during the Khmer Rouge rule. This provided us with a great foundation to see how NGO’s such as Samaritan’s Purse (SP) have come alongside the people and are helping to rebuild their nation.

In Phnom Penh we attended church and taught English lessons to students. We also visited the Teen Challenge Centre Women’s Program which provides care, protection and rehabilitation to children and young women suffering from drug addictions or who have been involved in the sex industry. We visited an SP maternity clinic and distributed the “New Mums Care Packs” that our school community had generously donated. We then walked into the nearby slum where many of the women live who will give birth in this clinic.

We travelled north and distributed Operation Christmas Child shoeboxes at two remote schools in the Kampong Chhang Province. Our students were able to sing, distribute the shoeboxes and interact with the children. We were able to share the Gospel message with the children.

Travelling through Battambang we visited the “Seeds of Hope” project that works toward poverty alleviation through community development and implementing agricultural systems. This project works through the local churches and community leaders and provides them with the training and skills to be able to carry on these projects for long term sustainability. The aim of the project is to improve household food security and income.

A number of days were spent in the Poipet area (Cambodia/Thai border) and visiting many SP projects, including the projects that GPCC had been fundraising for in 2013 - “Pedals for Pupils” and “Chickens for Kids”. We visited a middle school where bikes from our fundraising had been distributed to students.
who live at least two kilometres from school. A young girl shared that she lived 12 km from school and travelled two hours by bike each way just to be able to study! We visited the home of a middle school student who was the recipient of “Chickens for Kids” project. Her mother was a widow with 10 children and this project generated an income of USD50.00 per month which enabled some of her children to be able to attend school.

We visited a school and sat in on teacher training on Safe Migration and Trafficking awareness - these teachers would share this new knowledge in their local schools, churches and communities.

Our students installed Bio Sand Water Filters in remote villages, a lifesaving project to provide safe drinking water for families in remote areas which will lead to improved health.

Our students were able to share their faith and interact with many students at various schools and churches. Our last day in Cambodia was spent visiting the temples at Ankor Wat and visiting the markets in Siem Reap.

The Cambodia mission clearly had an impact on the faith and perspective of our students. Each day we had a time for devotions which the students had prepared in advance. One of our students shared his devotion/ short sermon with the SP staff at their staff devotions in Poipet, while another student shared her testimony at a Church Service in Poipet. Many of the students were challenged by their experience in Cambodia to spend more time with God each day, to not take for granted the blessings that they have in Australia in both material things and freedom of worship, and to consider their involvement in God’s mission to the nations.

Thank you to the GPCC community for your generosity in fundraising for Samaritan’s Purse projects and donation of New Mums Care Packs, stationary items, and sports equipment which were a blessing to so many. We are hoping to take another GPCC/ Samaritan’s Purse Discovery Trip to Cambodia in December 2014.

Justine Collins
Cambodia Team Leader 2013
School Photos

Advance notice is given for school photo days. Please put these dates in your diary:

- **Friday, 7 March**
  Secondary School photos
- **Thursday, 13 March**
  Junior School photos

Choir

Choir will be on Wednesdays again this year, starting at 8:00 am in the CAPA Theatre with Mrs Munro and Mrs McCarthy.

All new members welcome! The first Choir rehearsal will be on 5 February - Wednesday of Week 2.

Music Tutor Program

Unlock that God given gift in Music! The Tutoring Program is open again this year for interested students from the whole College (K - 12). Tuition is open for Piano, Guitar, Bass Guitar, Violin, Singing, Flute, Clarinet, Saxophone, Cello, Trombone, Trumpet and Drums. Any students (new and old) who wish to join the Music Tutoring program, please pick up a Registration letter for 2014, from the College Office or from Mr Muir in the Music Department.

College Family Directory

Each year the College makes available to parents a College Family Directory to facilitate communication within the College community. The directory contains name, address and contact number of College families. If you do not want your details published in the directory please contact Mrs Blanche Moody to advise. Tel: 4363-1266 or email bmoody@gpcc.nsw.edu.au.

Green Point Netball Club News

Registrations for 2014

Registration dates for ALL Players intending to play for the 2014 season will be taken on the following dates and times:

- **Wednesday, 5 February**
  2:30 - 4:00 pm
- **Saturday, 8 February**
  9:00 am - 11:30 am

Both registrations days are outside the MPC.

Net Set Go, Netta, Junior, Cadets and Senior Players are needed to register. Forms can be obtained from the GPCC Website or contact the Registrar, Lyn Maloney.

Email: registrargpccnc@gmail.com.

Second Hand GPNC Uniforms

Uniforms are needed and may be sent to the College Office or brought to Registration for sale. Please place into a plastic, labelled bag with player’s name and contact details. Please contact the Uniform Convener, Danielle Goodey with any queries.

Email: goodey@bigpond.net.au.
Week 1
College News
Green Point Baptist Church News

Upcoming Dates
- **Thursday, 30 January**
  First Day for Kinder
  Secondary School Swimming Carnival
- **Tuesday, 4 February**
  JS Sports in School Program
  JS Meet The Teacher Evening
- **Wednesday, 5 February**
  Secondary School Academic Assembly - Thanksgiving for 2013
- **Thursday, 6 February**
  Primary Swimming Carnival
- **Friday, 7 February**
  Year 12 Drama Excursion

Prayer
Every week a few parents meet to lift up the College before God in prayer. If God puts it on your heart to pray for the College, we meet in the Staff Common Room at the new time of 2.00 pm until 3.15 pm on Tuesdays. Contact Ann McLellan on 0400 349 429.

Reminders
Log on to [www.gpbc.net.au](http://www.gpbc.net.au) for information on Green Point Baptist Church and to listen to audio messages.

Church Services
- **Morning - Sunday 9.30 am**
- **Evening - Sunday 5.00 pm**

B-Creative Drama class @ Green Point Christian College

siyahamba productions presents

With more than 20 years experience in coaching young people in the performing arts, and working in South Africa, Namibia, the USA and Australia, Johan and Wiesie Bester are excited to announce this new performing arts venture, with fantastic opportunities on offer to your children!

**Starting in 2014**
**After school DRAMA CLASSES for K–6**

Developing confidence and skill in multiple areas of acting, stage craft and self presentation and... major FUN!

**When:** Monday afternoons 3.30 - 4.30pm

**Term 1:** 3rd Feb - 7th April

**Where:** Creative and Performing Arts Theatre, GPCC

**Cost:** $100 per term (Discounts for siblings)

**Register:** 0449 544 474 or johanbester22@gmail.com

Please contact us to register your interest by 9th December
Term 4 - 2013 saw the launch of Green Point’s very own Kids Club! We had an awesome time with games, afternoon tea, craft, music, cooking, sports and more. This year we are back and looking forward to even more fun on Thursday arvos! We will be starting up in Week 2.

**When:** Thursdays 3.15pm – 5.30pm during school term, starting in Week 2.

**Where:** The Jacaranda Room (the level above the church office and Little Coasties)

**Who:** Kindergarten to Year 6.

**Cost:** To cover costs we are asking for $5 per child for the afternoon, or you can book in for the whole term for $40.

GP Kids Club is a joint venture of GPBC and GPCC. In order to continue running, we are in need of volunteers to help with supervising. Any school parents who might be able to help, whether it’s once a term or more regularly, it would be greatly appreciated if you could contact Will Richards below. You wouldn’t be required to organise or run anything on the day, just to help supervise.

All children wanting to attend must register for 2014, even if you have already registered last year. For a registration form, please contact Green Point Baptist’s Youth Pastor, Will Richards at will@gpbc.net.au or on 0424 278 948.

It’s been a great summer, and the biggest upside to school being back is that Youth starts up again this week! We have a massive year planned, so if you’re in Secondary School and are looking for a great way to spend your Friday night, come and join us! We meet in the Jacaranda Room (the level above Little Coasties) on Friday nights from 7-9pm. For more information contact GPBC’s Youth Pastor, Will Richards on 0424 278 948 or at will@gpbc.net.au.
Welcome back everyone!

- Our College Canteen operates Monday to Friday from 8:30am to 2:00pm and is located in the Library building adjacent to the Uniform Shop.
- Students leave lunch orders at Canteen before classes commence.
- The student’s name, class, lunch order and $ amount on the bottom half of a paper bag. Bags are available at the Canteen for 10c.
- Please check prices carefully before ordering and enclose correct money where possible. When change is required small amounts will be placed securely in the bag with the order. If change is required for Recess, please indicate this on the bag.
- Significant amounts will need to be collected from the Canteen.
- Drinks which are part of lunch orders for students K - 6 are sent to class. Frozen foods are distributed or purchased from Canteen. If prepaid as part of a lunch order the order bag is presented as proof of payment.
- Guidance is given in food selection where necessary. Limits apply. Canteen is committed to providing a variety of healthy meals at reasonable prices.

New on the menu

- “CRAVE” Sushi rolls – Available on Wednesdays ONLY
  
  Chicken, Tuna or Cucumber with Avocado $3.00

  **Must be pre-ordered with payment by 2pm on Tuesdays. Not made on site.**

- Char Grilled Chicken Caesar Salad. One size only $5.00
  
  Lettuce, Chicken, Bacon, Cheese & Caesar Dressing
  
  Chicken Tender & Mayo can be substituted for gluten free meal.

- Mexican Chicken Wrap. One size only $4.50
  
  Beef Pattie, Cheese & Tomato Sauce

- Cheese & Spinach Roll 210g $3.00

We are looking forward to serving you in 2014.

_Mrs Rae Playford_  
_Canteen Manager_
**GREEN POINT CHRISTIAN COLLEGE CANTEEN MENU – 2014**

**ORDERS MUST BE PLACED IN CANTEEN BEFORE 9:30am.**

**BAGS ARE AVAILABLE AT THE CANTEEN AT A COST OF 10c.**

**ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.**

Please make sure bags are an adequate size for your order. If ordering 2 items, please supply extra bag.

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### RECESS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen Yogurt</td>
<td>$0.40</td>
</tr>
<tr>
<td>Billabong Choc / Triple Swirl</td>
<td>$1.40</td>
</tr>
<tr>
<td>Icy Pole or Vanilla Cup</td>
<td>$1.00</td>
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<tr>
<td>Frozen Juice Cup 110ml</td>
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<tr>
<td>Yogo Strawberry Yogurt 45ml</td>
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<tr>
<td>Zing Fruit Yogurt</td>
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</tr>
<tr>
<td>Oak Coffee 600ml (Not Available for K-6)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ice Break 500ml (Not Available for K-6)</td>
<td>$3.50</td>
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<tr>
<td>100% Juice Poppers Paradise Punch 200ml</td>
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<tr>
<td>Cheese Bread / Cheese &amp; Bacon Slice</td>
<td>$0.20</td>
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<tr>
<td>电价 Mini Pizza</td>
<td>$0.20 - $0.30</td>
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<tr>
<td>Mini Pies / Sausage Rolls (Sauce 30c extra)</td>
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<tr>
<td>Garlic Bread Hot Dog Roll (Made on site)</td>
<td>Half $0.50 / Full $1.00</td>
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<td>9&quot; in Foil</td>
<td>Half $1.00 / Full $2.00</td>
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<tr>
<td>Large Pizza Bread</td>
<td>$1.70</td>
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<tr>
<td>Cheese / Bacon Roll</td>
<td>$2.00</td>
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<tr>
<td>Scones Plain Half (Butter / Jam)</td>
<td>$0.50</td>
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<tr>
<td>Oreo Cookies</td>
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<tr>
<td>Slice</td>
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<tr>
<td>Half Finger Bun Buttered</td>
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<tr>
<td>Banana Bread Full Slice</td>
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<tr>
<td>Muffins</td>
<td>Small $1.60 / Large $2.70</td>
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<tr>
<td>Sunfruits</td>
<td>Face $0.10 / Snake $0.40</td>
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<tr>
<td>Noodles</td>
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<td>Jumpy’s</td>
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<tr>
<td>Red Rock Deli Chips (approved)</td>
<td>$1.00</td>
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<tr>
<td>Vaalia Vanilla or Fruit Yogurt Low Fat</td>
<td>$1.80</td>
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<tr>
<td>Whole Fruit (Seasonal prices apply)</td>
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<tr>
<td>*Fruit Salad Small / Large</td>
<td>$2.30 - $3.70</td>
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### HOT DRINKS - Available at Recess and Lunch

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<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Focus Sports Water</td>
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</tr>
<tr>
<td>Lipton Ice Tea- Peach 500ml</td>
<td>$3.00</td>
</tr>
<tr>
<td>100% Pineapple or Apple Juice 350ml</td>
<td>$2.00</td>
</tr>
<tr>
<td>Sparkling Apple Raspberry / Apple Blackcurrant Cans 250ml</td>
<td>$2.00</td>
</tr>
<tr>
<td>Aravina Spring Fruits or Quelch 350ml</td>
<td>$1.80</td>
</tr>
<tr>
<td>Bottled Water</td>
<td>$3.00</td>
</tr>
<tr>
<td>Slush Puppie (Not available to K-6 at Recess)</td>
<td>$2.00 / Lge $3.00</td>
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### HOT DRINKS - Available at Lunchtime Only

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<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese Burger (Beef Pattie, Cheese, Tomato Sauce)</td>
<td>$3.50</td>
</tr>
<tr>
<td>Chicken Burger (Chicken, Lettuce, Mayo)</td>
<td>$4.00</td>
</tr>
<tr>
<td>Jumbo Burger (Lettuce, Carrot, Tomato, Beetroot, Sauce)</td>
<td>$4.50</td>
</tr>
<tr>
<td>Vegetable Burger (Veg. Pattie, Lettuce, Carrot, Sweet Chilli)</td>
<td>$4.00</td>
</tr>
<tr>
<td>Also Available: BBQ Sauce or Caesar, Additional Sauces</td>
<td>$0.30</td>
</tr>
<tr>
<td>Hot Dog (incl Sauce)</td>
<td>$2.70</td>
</tr>
<tr>
<td>Beef or Potato Pie – Low Fat (Sauce 30c Extra)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>$2.00</td>
</tr>
<tr>
<td>Cheese &amp; Spinach Roll</td>
<td>$3.00</td>
</tr>
<tr>
<td>* Extral Toppings: Pineapple $0.40 / Ham $0.70 / Chicken $1.00</td>
<td></td>
</tr>
</tbody>
</table>

---

### SALADS & WRAPS - Available at Lunchtime Only

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mexican Chicken Wrap (Chicken / Cheese &amp; Salsa)</td>
<td>$4.50</td>
</tr>
<tr>
<td>One size only - Warmed in oven</td>
<td></td>
</tr>
<tr>
<td>Char Grilled Chicken Caesar Salad</td>
<td>Full $5.50</td>
</tr>
<tr>
<td>Lettuce, Chicken, Bacon, Cheese &amp; Caesar Dressing</td>
<td></td>
</tr>
<tr>
<td>* GF if Chicken Tenders substituted</td>
<td></td>
</tr>
<tr>
<td>* &quot;Crave&quot; Sushi Rolls – AVAILABLE WEDNESDAY ONLY</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chicken, Tuna or Cucumber with Avocado</td>
<td></td>
</tr>
<tr>
<td>MUST BE PRE-ORDERED WITH PAYMENT BY 2 PM ON TUESDAY – NOT MADE ON SITE</td>
<td></td>
</tr>
</tbody>
</table>

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### SANDWICHES - Available at Lunchtime Only

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread &amp; Butter</td>
<td>$1.00</td>
</tr>
<tr>
<td>Vegemite</td>
<td>$1.50</td>
</tr>
<tr>
<td>Cheese or Egg</td>
<td>$2.20</td>
</tr>
<tr>
<td>Ham</td>
<td>$2.50</td>
</tr>
<tr>
<td>Chicken</td>
<td>$3.00</td>
</tr>
<tr>
<td>Salmon</td>
<td>$4.00</td>
</tr>
<tr>
<td>Salad &amp; Mayo</td>
<td>$4.00</td>
</tr>
<tr>
<td>* Extral Toppings: Pineapple $0.40 / Ham $0.70 / Cheese $1.00</td>
<td></td>
</tr>
</tbody>
</table>

---

### DRINKS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Milk 300ml Plain</td>
<td>$1.00</td>
</tr>
<tr>
<td>300ml Flavoured (Choc. / Strawberry / Coffee)</td>
<td>$1.80</td>
</tr>
<tr>
<td>Oak Chocolate, Strawberry 600ml</td>
<td>$3.00</td>
</tr>
<tr>
<td>Oak Coffee 600ml (Not Available for K-6)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Nippies Low Fat Iced Coffee or Chocolate 375ml</td>
<td>$2.50</td>
</tr>
<tr>
<td>Ice Break 500ml (Not Available for K-6)</td>
<td>$3.50</td>
</tr>
<tr>
<td>100% Juice Poppers Paradise Punch 200ml</td>
<td>$1.20</td>
</tr>
<tr>
<td>Apple / Blackcurrant 200ml</td>
<td>$1.20</td>
</tr>
<tr>
<td>100% Fresh Orange Juice Pop Top 200ml</td>
<td>$1.50 / $3.00</td>
</tr>
<tr>
<td>Lipton Ice Tea- Peach 500ml</td>
<td>$3.00</td>
</tr>
<tr>
<td>100% Pineapple or Apple Juice 350ml</td>
<td>$2.00</td>
</tr>
<tr>
<td>Sparkling Apple Raspberry / Apple Blackcurrant Cans 250ml</td>
<td>$2.00</td>
</tr>
<tr>
<td>Focus Sports Water</td>
<td>$3.00</td>
</tr>
<tr>
<td>350ml $1.80 / 500ml $2.30</td>
<td></td>
</tr>
<tr>
<td>Aravina Spring Fruits or Quelch</td>
<td>$1.80</td>
</tr>
<tr>
<td>Bottled Water</td>
<td>$3.00</td>
</tr>
<tr>
<td>Slush Puppie (Not available to K-6 at Recess)</td>
<td>$2.00 / Lge $3.00</td>
</tr>
</tbody>
</table>

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### FROZEN FOOD - Available at Lunchtime Only

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zing Fruit Yogurt 90ml</td>
<td>$0.80</td>
</tr>
<tr>
<td>TNT Sour Ice Pop 90ml</td>
<td>$0.80</td>
</tr>
<tr>
<td>Yogo Strawberry Yogurt 45ml</td>
<td>$0.40</td>
</tr>
<tr>
<td>Frozen Juice Cup 110ml (100% Juice)</td>
<td>$0.80</td>
</tr>
<tr>
<td>Icy Pole or Vanilla Cup</td>
<td>$1.00</td>
</tr>
<tr>
<td>Billabong Choc / Triple Swirl</td>
<td>$1.40</td>
</tr>
<tr>
<td>Frozen Yogurt – Strawberry or Mango</td>
<td>$1.60</td>
</tr>
</tbody>
</table>

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**PLEASE NOTE: ORDERS RECEIVED AFTER 9:30AM MAY BE SUBJECT TO CHANGE**

Gluten Free Items *
Canteen Volunteers Required for 2014

In order to continue with our first class canteen service to your children, we urgently need more mums, dads, grandmothers and grandfathers to help out in the canteen.

You do not have to commit to a regular time slot in the week. Even if you can only help out for a few hours per term - it will be appreciated.

You can even team up with a friend, or simply call Rae, our friendly canteen manager every now and then and find out if a suitable time slot is available. You can choose what you want to do - prepare food, sell at the window or help to clean up. All training (and lunch!) will be provided.

Please enter your name and contact number below and hand this flyer to a staff member or send with your student to the office.

Name: ________________________Contact number: __________________
Canteen
Week 2 Term 1

Monday, 03.02.2014
Kay Soede
Tuesday, 04.02.2014
Glenda Collins
Wednesday, 05.02.2014
Lyn Gollan
Thursday, 06.02.2014
Olivia Luther
Friday, 07.02.2014
Terry Ellis, Nick Cotter

Week 3 Term 1

Monday, 10.02.2014
Michelle Mitchell
Tuesday, 11.02.2014
Jackie McKenzie
Wednesday, 12.02.2014
Renae Van Es
Thursday, 13.02.2014
Belinda Slaape
Friday, 14.02.2014
Deborah Hibbard, Pat Masters, Lesley Binns-Cahill

Coast Shelter Restaurant
346 Mann Street, Gosford

If you would like to be on the roster, Sharon Blair would love to hear from you! Please email office@gpbc.net.au or 0432 490 975.

1 February 2014
Coast Shelter does the 1st week of the month

8 February 2014
OIC and Food Pickup: Penny Williams
Kitchen Manager: Tony Herbert
Helpers: David Smith, Janet Wallace, Sharon Grills, Vicki Wickert

15 February 2014
OIC: Stephen Hay
Food Pickup: Arthur Pickersgill
Helpers: Arthur Pickersgill, Costa Triantafyllou, Leena Pretlove, Rick Roberts, Tayla Morgan, Warwick/Darcy Ryan

22 February 2014
OIC and Food Pickup: Brian Shaw
Kitchen Manager: Karen Shaw
Helpers: David Smith, Debby, Vanessa and Elaina Andersson, Natalie Smith, William Arnot.

Term Dates

Term 1, 2014
- Tuesday 28 January 2014 for Years 1 - 6; 7, 11 and 12 to Friday 11 April 2014
- Wednesday 29 January 2014 for Years 8, 9 and 10 to Friday 11 April 2014
- Thursday 30 January for Kinder to Friday 11 April 2014

Term 2, 2014
- Monday 28 April 2014 to Friday 27 June 2014

Term 3, 2014
- Monday 21 July 2014 to Friday 19 September 2014

Term 4, 2014
- Tuesday 7 October 2014 to Thursday 11 December 2014

Uniform Shop

Operating Times
Monday - Friday during the School Term: 8.30 am - 11.00 am
Afternoons by appointment only.

Alternate ways to make purchases:
1. Write items on a lunch order bag, enclose cash or cheque and lodge through Canteen.
2. Lodge order and payment through Reception.
3. Phone order to Uniform Shop and pay by Credit Card.
4. Email g Ritchie@gpcc.nsw.edu.au

Always include your child’s name and Year Group for delivery. Credit Card slips and a receipt are always issued.