



WILLOUGHBY GIRLS HIGH SCHOOL

A Leader in Girls Education

NEWSLETTER

Phone : 9958 4141

<https://willoughbg-h.schools.nsw.gov.au/>

19 FEBRUARY 2021

PRINCIPAL'S MESSAGE

Ms Elizabeth Diprose, Principal

I enjoyed our first P&C meeting for 2021, which we held in the school hall due to Covid rules. The meeting welcomed some new Year 7 parents and most regulars attended. I reported some further details about the 2020 HSC results and that, as we are unable to hold our usual Gold Assembly to celebrate the students' achievements, we will be mailing out their awards. In addition to awarding all students who achieved an ATAR of 90 or above (43 students), we also award a small number of students who achieved significant learning growth in their final year of school. This will be reported in the next newsletter.

I was also able to report that Year 7 have settled into high school with ease. All teachers agree that they are a delightful group of girls who have demonstrated enthusiasm for their new learning environment and are kind and supportive with each other. They are off to a strong start in their secondary education.

Year 7 families are usually welcomed into the school by the P&C at an informal gathering at the school at this time of Term 1. Due to Covid restrictions we are unable to hold this event. However, the P&C are keen to schedule this, if possible, later in the year if Covid restrictions allow. The School is also unable to run our annual Open Night, which usually takes place in early March. We will start working on filming for an online version of Open Night, which will be launched via our website late March. We want to ensure that Year 5 and 6 students and their families are aware of the opportunities our school provides for girls who live within our school catchment area.

At the end of 2019, we applied for several projects to be jointly funded by the NSW Government, Willoughby Girls High School P&C and the school. We have not yet heard the outcome of our applications; however, we have been told there will be upgrades in the Science block - details yet to be received.

Any parents who have visited the school will notice that there are still some building works taking place in outdoor areas. These should be completed soon.

Continued next page



WGHS P&C



Facebook.com/wghspandc
secretary@wghspandc.org.au



Next P&C Meeting will be held:
Tuesday 16 March 2021

- ✓ Please follow our Facebook page to stay informed of interesting things happening in the parent community. You don't have to be a Facebook member to access the page
- ✓ All parents are welcome at P&C meetings, held twice per term at 7.00pm in the staff common room (Access via front door)
- ✓ Any queries or matters to be raised can be raised via the Secretary at the above email address at any time.

PRINCIPAL'S MESSAGE

Continued from page 1

Schools Infrastructure will then commence work on renovating the TAS staff area and expanding the clinic. The clinic is too small for our needs and quite uncomfortable for students so we are looking forward to having a larger space for the times when more than one student needs the clinic for the short stays that are sometimes necessary.

All students have begun the year well, settling quickly into their learning routines and enjoying times they can have with their friends during breaks. We are all looking forward to the swimming carnival where students can show their support for, and encouragement of each other through their silent 'House cheering' and by wearing their house colours.

Overall, the 2021 school year has begun well. The classrooms are buzzing with enthusiastic students and teachers so let's hope the year runs smoothly and we are able to avoid a repeat of 2020.

Ms Elizabeth Diprose – Principal

ILLNESS AT SCHOOL

Mrs Jennifer Watts, Deputy Principal

Students should not come to school if unwell. If a student arrives at school ill, parents will be contacted and the student will be sent home.

If a student feels sick at school, she must report to the front office (with permission from her teacher) and use her student card to enter the clinic. In the event of a student being permitted to go home, her parents/carers will be contacted. She will be given a sick pass. If she is absent on subsequent days, the parent should email the school via the school email address (willoughbg-h.school@det.nsw.edu.au).

No student is permitted to leave the school grounds to go home or contact their parents directly to pick them up from school.



TERM 1 2021 CALENDAR

Monday 22 February

- School Swimming Carnival

Thursday 25 February

Yr 11 Geography Excursion – Minnamurra

Yr 10 PASS Wheel chair Basketball

Thursday 4 March

Yr 10 Wellbeing Incursion & Picnic

Thursday 11 March

Yr 9 Commerce Excursion

Friday 12 March

Zone Swimming Carnival

Tuesday 16 March

School Photographs

P&C Meeting

Tuesday 23 March

Yr 8 Music Incursion

Wednesday 24 March

Yr 12 Geography Camp

Yr11 Geography Excursion

Friday 26 March

Yr 7 Vaccinations

Wednesday 31 March

Easter Services

Thursday 1 April

Last day of term

Yr 10 Wellbeing Day

Cross Country (Yrs 7&8, Yrs9-11 invited runners)

Tuesday 20 April




Term 2 begins

EXECUTIVE LEADERSHIP TEAM 2021



Senior Leadership Team

Two Deputy Principals support our Principal, Ms Diprose.

<p>Ms Elizabeth Diprose PRINCIPAL</p> 	<p>Mrs Jennifer Watts DEPUTY PRINCIPAL – WELL BEING</p> 	<p>Ms Janet Atchison DEPUTY PRINCIPAL – CURRICULUM & ASSESSMENT</p> 
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Head Teachers

Faculty Head teachers who look after programs and assessments support the Senior Leadership team.

<p>Ms Carren Allen HISTORY</p> 	<p>Ms Narelle Best PDHPE</p> 	<p>Ms Suzanne Brown ENGLISH</p> 	<p>Mrs Cheryl Blomfield TECHNOLOGICAL & APPLIED STUDIES</p> 
<p>Mr Clem Burgman MUSIC & ADMIN</p> 	<p>Mrs Sandi Coffey MATHS</p> 	<p>Ms Marina Gulline SCIENCE</p> 	<p>Ms Rosemary Henzell EALD</p> 
<p>Mr FRANK Maltese VISUAL ARTS & LANGUAGES</p> 	<p>Mr Matt Palmer SOCIAL SCIENCE</p> 	<p>Ms Tania Prowle TEACHING & LEARNING</p> 	<p>Mrs Dianne Topic WELLBEING</p> 

FROM THE DEPUTY PRINCIPAL

Mrs Watts, Deputy Principal



WELLBEING AND WELFARE ARE OUR PRIORITIES

The wellbeing and welfare of all students are the school's highest priorities. The Wellbeing Team has designed a number of targeted programs for students, which are delivered through Home Room and Wellbeing Days. Should you have any concerns regarding your daughter, please contact her Year Adviser in the first instance. The Year Advisers work as part of a team lead by the Head Teacher Wellbeing, Ms Topic. The school counsellors are also available to assist.

Other sources of free, anonymous and confidential support for your daughter include:

- Kids Helpline (1800 551800 or www.kidshelp.com.au)
- Lifeline (131114 or www.lifeline.org.au)
- Headspace (1800 650 890 or www.headspace.org.au)
- You or your child may care to contact the State Mental Health Telephone Access Line (1800 011 511) which operates 24 hours a day, 7 days a week. It is staffed by clinicians who can provide advice, make referrals and link callers to the mental health service in their Local Health District.

If you have further inquiries or wish to raise concerns about your child or another student, please contact the school on 9958 4141 and we will connect you with the relevant staff member.

COVID UPDATE

If your daughter is displaying any of the following symptoms:

- fever
- cough
- runny nose
- sore throat
- chills or sweats
- shortness of breath loss of sense of taste or smell;

we would highly recommend she have a COVID 19 test or contact her doctor or a health professional.

If your daughter is having a COVID 19 test, please advise the school and your daughter must not return to school until results have been received - usually between 1-3 days. Please advise the school of the test results.

We ask that your daughter stays at home until her symptoms have cleared.

STUDENTS AND STAFF

- Physical distancing of students in schools is not required under the AHPPC guidelines.
- All teachers and support staff must maintain physical distance from each other (1.5m).
- Masks must be worn when travelling on public transport, including school buses.

PARENTS AND CARERS

Please note: non-essential adults are still not permitted on school grounds or at school events – this **includes parents and carers** unless specifically approved by the Principal.

All visitors to the school must sign in using our COVID QR Code and complete the School Sign In Sheet at the Front Office

MEDICATION

The following information and procedures are provided for the taking or possession of any prescribed medication at school or during school organised or endorsed activities.

- Parents are to notify the school in writing if medication is required.
- A member of the office staff supervises the student self-administration of prescribed drugs and their storage.
- Any student seen taking prescribed medication is to be referred to the Head Teacher Wellbeing.
- It is the student's responsibility to obtain medication at the appropriate time.
- A written record of all administrations is kept by the school.
- Analgesics are not provided by the school.
- A bronchodilator inhaler is kept in the first aid kit for emergency purposes.

HSC MINIMUM STANDARD – YEARS 10, 11 & 12

Ms Atchison, Deputy Principal

What is the HSC Minimum Standard?

A minimum standard of literacy and numeracy is required to receive the HSC from 2020 to reflect the importance of literacy and numeracy for success in daily life. HSC students will need to meet the HSC minimum standard in three areas – reading, writing and numeracy.

For more information on the HSC Minimum Standard, please go to this [site](https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/hsc-minimum-standard) or <https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/hsc-minimum-standard>

HSC Minimum Standard Resources for Students (Years 10,11 & 12) and Parents:

[A4 flyer](#)

[Fact sheet](#)

[Resources](#)

Years 11 and 12 students

If you have not completed your HSC Minimum Standard test(s), please see Ms Atchison to sign up for the test(s). The test sessions will run in period 0 (8 am) and period 7 (3.20pm) starting next Tuesday in room 5. You are required to download the Lockdown Browser (<http://10.186.224.48>) before sitting the test. Note: you can only access this link at school.

Year 10 students

All Year 10 students will complete their Minimum Standard tests in early Term 3 this year.



WELLBEING NEWS

Mrs Dianne Topic, Head Teacher, Well Being

We hope you and your daughters have settled in well to the 2021 school year.

Wellbeing Initiatives 2021

This year, in collaboration with our students, parents and educational experts, our staff have identified specific focus areas regarding the wellbeing of today's adolescents. As such, our student wellbeing programs and initiatives will focus on the following –

Year 7	Friendships; Organisation; Responsible use of Social Media; Building Resilience
Year 8	Responsible use of Social Media; Healthy Relationships; Resilience and Self-regulation
Year 9	Social Media; Mental Health – awareness and support; Relationship cycles; Risk-taking behaviour
Year 10	Mental Health – awareness and support; Time and stress management; Career pathways; Self Care
Yrs 11 & 12	Stress and time management; study skills; Self Care; Career pathways; Leadership

These focus areas will be addressed in Homeroom during Wellbeing Monday lessons, Student Wellbeing Days, a variety of evidence based targeted wellbeing initiatives, and collaboration with external agencies and experts. In addition, we have some Parent Wellbeing Information sessions planned for Term 2 and beyond, and will keep you updated (likely to be online unless COVID restrictions change).

Contacting staff regarding the wellbeing of your child

Our staff work hard to support the wellbeing of our students and their families everyday.

The Year Advisor is your first point of contact if you would like to discuss the wellbeing of your daughter. You can contact the year advisor using the following options –

1. Send an email to the Year Advisor using the school email willoughbg-h.school@det.nsw.edu.au describing the nature of your enquiry.
2. Call the school on 9958 4141 and request to speak to the Year Advisor. If they are unavailable, you may leave a message.
3. Please allow at least 24 hours for a response between Monday and Friday 8:30am to 3:30pm. School emails are not monitored on weekends.

SchoolTV

Our school website has several useful resources regarding student wellbeing. Please see the link below for our SchoolTV, which can also be accessed through the website.

<https://willoughbg-h.schools.nsw.schooltv.me/category-latest-newsletter>



A GREAT START TO YEAR 8

Mr Daniel Yeung, Year 8 Year Advisor

Year 8 has had a great start to 2021, with most students happy to see their friends and begin a new year of learning. After a rocky start to high school last year due to COVID, the students are settled and excited to start learning new subjects like Geography and a Language (French or Japanese). They are also looking forward to taking part in the excursions and whole year activities scheduled later in the year.

Here are some thoughts from a few girls including Heather R, Jessica Y, Michelle L., Haylee H, Lydia A. and Melody C:

What's one subject you're enjoying so far?

- "Having two teachers for science - we get to learn through different methods."
- "In Science we're learning things in more depth and the unit is interesting - it's on Energy"
- "In English, I'm enjoying reading a novel called Parvana"
- "In French, we learn through different things like songs, dances and counting"

Best thing about being in Year 8?

- "We can be role models to help Year 7s"
- "There's a bit more responsibility - I think we're a bit more mature".
- "Teachers are familiar - which is good."
- "We get to learn more subjects"

What are you looking forward to in 2021?

- "Playing guitar"
- "Going to the carnivals - like the Swimming carnival coming up"
- "Ski Camp!"
- "Choosing electives for Year 9 later in the year."

In Homeroom on Tuesdays, Wednesdays and Thursdays Year 8 engages in wide reading

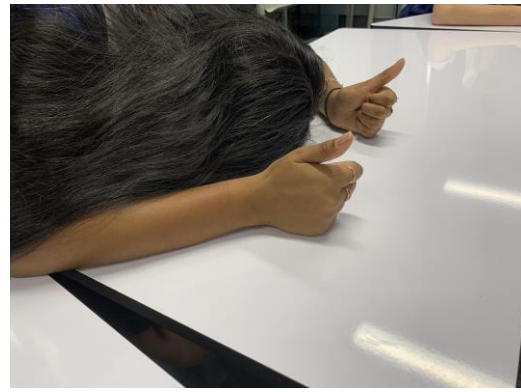


A GREAT START TO YEAR 8 *continued*

In Homeroom on Fridays, each Homeroom class has a Team Leader who decides which Fun Friday activity the class will participate in each week.



Just Dance



Heads down, thumbs up



Celebrity Heads

Reading

REMINDER SWIMMING CARNIVAL

Our Swimming Carnival is on Monday the 22nd of February (Wk 5).

This is a compulsory event as it takes place on a school day, so students must attend unless they are sick or have a valid reason.

Please note that due to COVID spectator space is limited and we will be following rules such as separating year levels and doing body percussion instead of chanting.



If you have not paid already, please pay online before Monday. When filling in the information, put 1234 as the invoice number (please ignore this if you have already paid).

Students should wear house colours to gain house points, support fellow students and have some fun.

YEAR 12 BIOLOGY STUDENTS TRY GENETIC ENGINEERING

Sissi Z and Faryl K, Year 12

Each year our Year 12 Biology students participate in the AMGEN experience. Students have the opportunity to use current genetic engineering technologies to modify the genetic make-up of bacteria so they glow red under UV light.

“Through the AMGEN experience, we have gained profound insights about genetic engineering which reinforces our knowledge of Biology. It was presented to us in a fun and exciting manner so we will be able to retain the knowledge and apply the skills learned to our future studies. Overall, the learning experience has been engaging and interesting and has brought us closer as a cohort. Seeing the end results of the cultured recombinant plasmid was simply mesmerising and we are happy to see it reflect our dedication and effort.”

INTERNATIONAL WOMEN AND GIRLS IN SCIENCE DAY

Rosie K, Year 11

On Thursday 11th February Year 11 students Rosie K, Alifya D, Jada K, Manuela A and Vanessa W joined students from around Australia in a virtual “Meet the Scientist” event run by the Royal Women’s Hospital in Melbourne. Four researchers gave engaging talks about their work and experiences as women in Science.

We found it very interesting to find out about the different areas of Science, especially in the Biomedical field and all the diverse and interesting women in that area. It really opened up our eyes to the opportunities there are for the future.



DRAWINGS OF SUBURBIA FROM 9VA

Mr Frank Maltese, Head Teacher, Art



MUSIC REPORT

Mr Clem Burgman, Head Teacher, Music and Admin

Our ensembles are all underway for the year, and it has been great to see so many new Year 7s joining in the fun!



YEAR 7 PEER SUPPORT PROGRAM 2021

Ms Parker, Teacher Librarian

The Peer Support program provides Year 7 students with opportunities to participate in activities to assist with adjusting to high school. The Peer Support program aims to build confidence, develop positive self-esteem and establish relationships with student peers. Groups are comprised of 10 or 11 Year 7 students with three Year 10 students providing positive peer influence and group leadership. There will be 14 sessions in total across Terms 1, 2 and 3. As can be seen in the photographs, Year 7 have already enjoyed four Peer Support sessions this term.



KEEPING UP WITH THE CANTEEN!!!

Arabella T, 10.6

This year the canteen has a new menu! Come along to view the delicious selection the canteen has instore for you. The school canteen is located next to the studio and is full of a variety of items catering for students wanting gluten free, vegetarian, healthy, snacks, or halal options.

Most people going to the canteen either pay via cash or card (eftpos) where there is a minimum of \$2. **Lunch orders** can be ordered before school or online at <https://flexischools.com.au/>.



To order a lunch order at school you need to go to the counter at the canteen before school starts to collect a brown paper bag. On the bag you must clearly state your name, year, and order then pay the cost. The canteen is open from 8am-2pm Mondays to Fridays. It should be noted that you can't always guarantee that the canteen has stock of everything, so the earlier you come at the start of lunch/recess the more selection that you have!

Simplify your school life.

We have partnered with Flexischools, to make school lunches even easier.



- 1 Order online at anytime
- 2 Easily monitor your child's nutrition
- 3 Pay with Visa, Mastercard, PayPal or direct deposit

Set up your account

- 1 **Download the Flexischools App**
Note: for iPhone and iPad please select 'Allow' notifications.
- 2 **Login/Register**
 - **Already a Flexischools user** – Enter your details and login. To save your login details select 'remember me'.
 - **New Flexischools user** – Click 'Register', enter your email address and follow the instructions in the email to set up your account. Once your account is set up, add new student; search for their school, enter student details and select their class.
- 3 **Top Up Your Account**
To make ordering fast and simple, you can set up automatic top ups.

Order

- 1 **Place your Order**
In the Flexischools App, click the 'Order now' button located in the bottom right-hand corner of the app and select your student.
 - 2 **Make your Selection**
Select the items you wish to order.
 - 3 **Make Payment**
Select your payment option and complete payment to place your order.
- Alternatively you can sign-up at flexischools.com.au



- 10 years supporting the school community
- Committed to healthy eating
- Over 1,500 happy schools

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healthy.canteens.com.au

High School Canteen Menu



healthy.canteens.com.au

SANDWICHES

HAM & CHEESE E	\$3.5
HAM, CHEESE & TOMATO E	\$4.0
SWEET CHILLI CHICKEN LETTUCE, SWEET CHILLI MAYO E	\$4.5
CHICKEN, LETTUCE & MAYO E	\$4.5
CHEESE & TOMATO E	\$3.5
EGG & LETTUCE E	\$4.0
CURRIED EGG & LETTUCE E	\$4.0
TUNA LETTUCE & MAYO E	\$4.0
SALAD LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT E	\$4.5
CHICKEN, CHEESE & TOMATO E	\$4.5
CHICKEN CAESAR CHICKEN, LETTUCE, CAESAR DRESSING E	\$4.5
HAM SALAD LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT E	\$4.5

WRAPS

	SGL	DBL
SALAD LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT E	\$3.0	\$5.0
HAM SALAD LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT E	\$3.0	\$5.5
SWEET CHILLI CHICKEN LETTUCE, SWEET CHILLI MAYO E	\$3.0	\$6.0
CHICKEN, LETTUCE & MAYO E	\$3.0	\$6.0
CHICKEN CAESAR CHICKEN, LETTUCE, EGG, CHEESE E	\$3.0	\$6.0

BREAKFAST BEFORE 9:30AM

COLD & FRESH

SEASONAL FRUIT E	\$1.0
WATERMELON BOWL WATERMELON CHUNKS E	\$4.5
FRUIT SALAD FRESH SEASONAL FRUITS E	\$5.5
YOGHURT E	\$3.5
MUFFINS HOMEMADE ASSORTED FLAVOURS O	\$3.5

HOT FOOD

HASH BROWN O	\$1.5
CHEESE WRAP TOASTED E	\$3.0
HAM & CHEESE WRAP TOASTED E	\$3.5
HAM, CHEESE & TOMATO WRAP TOASTED E	\$4.0
BACON & EGG ROLL WITH SAUCE O	\$4.5
TOASTED SANDWICHES ASSORTED SPECIALS DAILY E	\$3.5

SALADS

WATERMELON WATERMELON CHUNKS E	\$4.5
FRUIT FRESH SEASONAL FRUITS E	\$5.0
SWEET CHILLI CHICKEN LETTUCE, TOMATO, SWEET CHILLI E	\$6.0
CHICKEN CAESAR CHICKEN, COS, EGG, CROUTONS, CHEESE E	\$6.0
GARDEN LETTUCE, TOMATO, CAPSICUM, CARROT, BEETROOT E	\$5.0
CAESAR COS LETTUCE, EGG, CROUTONS, CHEESE E	\$5.0
CREAMY CHICKEN PASTA E	\$5.0
PERI PERI CHICKEN SALAD E	\$5.0
HAM SALAD E	\$5.0
CHICKEN SALAD E	\$5.0

CRUNCHY BREAD ROLLS

SALAD E	\$5.0
SWEET CHILLI CHICKEN 2X TENDERS, LETTUCE, SWEET CHILLI MAYO E	\$6.0
HOT CHICKEN & GRAVY E	\$6.0
CHICKEN, LETTUCE & MAYO E	\$6.0
PERI PERI CHICKEN SALAD E	\$6.0
HAM SALAD E	\$6.0
HOT N SPICY CHICKEN SCHNITZEL WITH LETTUCE & MAYO E	\$6.0

SUSHI ROLLS

	x1
TERRIYAKI CHICKEN E	\$4.0
VEGETARIAN E	\$4.0
TUNA E	\$4.0

DRINKS

POPPER JUICE 250ML E	\$2.0
WATER 600ML E	\$2.5
OAK MILK 300ML E	\$2.5
OAK MILK 500ML E	\$4.5
GLEE 250ML E	\$2.8
ALOE VERA 500ML E	\$3.8
ICE TEA 500ML E	\$3.8
PUMP WATER 750ML E	\$4.0
PUMP FLAVOURS 750ML E	\$4.5
UP N GO 250ML E	\$3.0
HOT CHOCOLATE E	\$2.5
MINERAL WATER 475ML E	\$3.5
ICE BREAK COFFEE 500ML E	\$4.5
SOFT DRINK 375ML NO SUGAR O	\$2.9
POWERADE 600ML NO SUGAR O	\$4.5
SOFT DRINK 600ML NO SUGAR O	\$4.5

FOOD CODING

E EVERYDAY RATED O OCCASIONAL RATED ALL ITEMS ARE HALAL (EXCEPT PORK BASED PRODUCTS)

SNACKS

WICKED FIZZ	\$0.4
PIRANHA SNAPS	\$2.5
POPCORN	\$1.0
CHIPS 45GM	\$3.0

COLD

SNAP APART ICE BLOCKS	\$1.0
FROZEN JUICE CUPS	\$1.5
JELLY CUP	\$2.0

EXTRAS

SAUCE PORTIONS	\$0.4
GRAVY	\$0.5
SOUR CREAM	\$0.5
CHEESE	\$0.5

OTHER

CONTAINER & UD	\$0.5
UTENSILS	\$0.1

SWEET

BROWNIE	\$1.0
BANANA BREAD	\$2.5
BROWNIE BREAD	\$2.5
SLICES NOT ALL SCHOOLS	\$2.5
TEACHERS CHOCOLATES	\$2.5

FEBRUARY

Foods Of Asia

MARCH

Salad Sensations

MAY

HCA Gives You Wings

JUNE

Jumbo Baked Potato

JULY

Homemade Lasagna

AUGUST

Made In America

SEPTEMBER

Mexican

OCTOBER

Italian Favourites

NOVEMBER

Greek Souvlaki

DECEMBER

Wrap Up The Year

HOT BITES

HOT & SPICY CHICKEN WINGS E	EACH	\$1.5
	X4	\$5.0
GARLIC BREAD LOAF E		\$2.5
CUP OF NOODLES TOM YUM, BEEF, CHICKEN, VEGETARIAN O		\$3.5
CHICKEN BREAST NUGGETS O	X6	\$4.2
HOT DOG WITH SAUCE (CHICKEN) O		\$3.5
POTATO WEDGES WITH SAUCE O		\$4.0

NACHOS

BEEF BEEF MINCE WITH CHEESE - SOUR CREAM 50C O	\$5.0
VEGETARIAN SALSA, LETTUCE, CHEESE - SOUR CREAM 50C O	\$5.0
THE LOT BEEF MINCE, LETTUCE, TOMATO, CHEESE, SOUR CREAM O	\$6.5

PASTRIES WITH SAUCE

SALUSAGE ROLL O	\$3.5
MEAT PIE O	\$4.5
SPINACH & RICOTTA ROLL O	\$4.5
CHILLI BEEF & CHEESE PIE O	\$4.8
POTATO PIE POTATO & BEEF O	\$4.8
GLUTEN FREE BEEF PIE PRE ORDER ONLY O	\$5.0

RICE - PASTA - NOODLES

DAILY	REG	LGE
BUTTER CHICKEN OUR FAMOUS RECIPE & RICE E	\$4.0	\$6.0
PASTA BOLOGNESE RICH BEEF SAUCE E	\$4.0	\$6.0
FETTUCINE CARBONARA WITH CHICKEN E	\$4.0	\$6.0
BEEF LASAGNA HOMEMADE BEEF E		\$6.5
PRE ORDER	REG	LGE
MACARONI & CHEESE E	\$4.0	\$6.0
FRIED RICE E	\$4.0	\$6.0
GLUTEN FREE BEEF LASAGNA E	\$5.0	
GLUTEN FREE VEGETARIAN LASAGNA E	\$5.0	



NO FEES

\$2
MINIMUM
PURCHASE

BURGERS

CHICKEN BURGER WITH LETTUCE & MAYO E	\$5.0
CHICKEN & CHEESE BURGER WITH YOUR CHOICE OF SAUCE E	\$5.0
HOT N SPICY CHICKEN BURGER DEVIL FILLET & LETTUCE E	\$5.5
CHEESE BURGER BEEF, CHEESE, TOMATO SAUCE E	\$5.0
AUSSIE BURGER BEEF, LETTUCE, TOMATO, BEETROOT, BBQ SAUCE E	\$5.0

TOASTED WRAPS

SWEET CHILLI CHICKEN WITH CHEESE E	\$5.5
BBQ CHICKEN & CHEESE WITH BBQ SAUCE E	\$5.5

HOMEMADE PIZZA

CHEESE WITH FRESH TOMATO PIZZA SAUCE E	\$4.0
PEPPERONI WITH CHEESE & FRESH TOMATO PIZZA SAUCE E	\$4.5
BBQ CHICKEN WITH BBQ SAUCE E	\$4.5

GLUTEN FREE OPTIONS

RICE - PASTA - NACHOS

DAILY	REG	LGE
BUTTER CHICKEN OUR FAMOUS RECIPE & RICE	\$4.0	\$6.0
PASTA BOLOGNESE RICH BEEF SAUCE	\$4.0	\$6.0
LASAGNA VEGETARIAN	\$5.0	
NACHOS BEEF OR VEGETARIAN		\$5.0

WRAP - SANDWICH - SALAD

ANY WRAP GLUTEN FREE WRAP + FILLINGS	\$6.0
ANY SANDWICH GF BREAD - ADD 50C TO REGULAR PRICE	FROM \$4.0
ANY SALAD GLUTEN FREE DRESSINGS + TOPPINGS	\$6.0



Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a FREE online workshop.

TIME AND DATE:

Wednesday
3 March 2021
6.00pm - 7.15pm

VENUE:

Online
(via Zoom)

BOOK NOW ON:

willoughby.nsw.gov.au/gls

Helping learner drivers
become safe drivers



COMMUNITY NOTICE BOARD

MONTHLY PARENT SUPPORT EVENING

Weds Feb 24 6:00-7:30pm

Phoenix House 10 Holtermann St, Crows Nest

FREE Bookings essential [here](#)

Raising teens doesn't have to hurt

**Attitude issues* Communication hassles* Setting boundaries*
Respectful relating***

Come share concerns and explore ideas in a confidential supportive environment



Australian
Air League

NSW Group

JOIN NOW

NSW GROUP IS NOW ENROLLING



Since 1934 the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills like leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

We welcome boys and girls the age of 8 years old from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Children Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out of our young Australians.

**FOR MORE INFORMATION ON THE AUSTRALIAN AIR
LEAGUE AND YOUR CLOSEST SQUADRON
PLEASE CONTACT**



**www.airleague.com.au Email: info@airleague.com.au
Free Call: 1800 502 175**

