With so much happening at Wee Waa High School, Term 1 seems to be flying by!

The Teen Mental Health program which was presented to Years 10, 11 and 12 was an outstanding success. It was pleasing to see students become involved in such a positive way and they are to be congratulated for their level of participation over the three days.

The robotics team has been working tirelessly and should be very proud of their level of commitment over the past few weeks. The school is very excited to have the ‘Bush Bots’ participate in such a program and wish them all the best for their upcoming trip to Sydney.

There has been an enthusiastic response from our students to participate in the Narrabri Arts Eisteddfod. At this stage, ten of our very talented Year 7 and 8 students have entered the Speech and Drama section of this year’s Eisteddfod, to be held on 24 - 26 May. Sections include: Australian poetry; Humorous Poetry; Poems for Two; Own Composition and Bible Reading. Entries close on March 1, 2016. Congratulations to those students who are involved and best wishes for some great recitations!

Breakfast Club started last Wednesday and it was pleasing to see so many students making use of this program. We encourage students to come along each Wednesday to be provided with a delicious and nutritious start to the day. Details of the program are included in this newsletter.

Many students will have a busy schedule for the remainder of the term. Students will be involved in sporting activities, show team trips, reading challenges and school excursions. Most students will have assessment tasks to complete over the coming weeks and should be aware of when these tasks are due, in order to organise their time wisely. All tasks are expected to be completed and submitted by the due dates.

It is pleasing to see the majority of our students wearing their full school uniform and parents and guardians are to be congratulated for continuing to support the school in this area.

Any student out of uniform for any reason should bring a note of explanation to school and hand it to their roll teacher or Ms Blewitt.

Students are encouraged to become involved in as many school activities as possible. It is always rewarding to have that sense of achievement as an active member of our school community.

Mrs Pam Myers
Relieving Deputy Principal

Breakfast Club

Upcoming Events:
1 March - Girls’ Netball
7 - 18 March - Year 12 work placement
10 March - Yr 7 Barbeque 6pm
10 March - P & C meeting
16 - 10 March - Robotics

If you would like an electronic copy of the newsletter each fortnight, please send an email to janelle.lilliebridge@det.nsw.edu.au
Year 11 Biology

On a very warm day at Mt Kaputar, Year 11 Biology students completed a compulsory Field Study. Students completed the nature walk to identify plant species and then measured the abiotic (non-living) factors that influence the biotic (living) organisms. In essence, students were able to study a sub-alpine environment and practice the essential Biology skills and practices, whilst enhancing their knowledge.

Mrs Sharon Grellman
Wee Waa High School is very excited to congratulate McKenzie Weaver, Yr 8, as a story she wrote in Year 7 was published in the book: READ WRITE REPEAT. McKenzie wrote the story as part of a project in the school’s Gifted and Talented Program. Mrs Grellman, program co-ordinator, described how McKenzie had a love for writing and became very motivated when she heard about the annual Write4Fun competition. “We are so proud of McKenzie, she is self-motivated and always working to the best of her ability”. In the Gifted and Talented program students are offered the opportunity to work on a wide variety of projects, including film production, the Brain Bee Challenge and our current Robotics program. “McKenzie has worked on two different projects at once, her writing and improving her Mathematics. To achieve publication, is a tribute to her skills and dedication.”

Mrs Sharon Grellman

UNTITLED

Dedicated to Mrs Grellman, who inspired me to do Write4Fun

The night is cold, dark and windy. I can feel the pressing and jostling of my friends around me as we prepare for our long journey ahead. The atmosphere is electric. Every minute a sudden flash of lightning rips through the night. All of a sudden I can feel myself falling, falling. Rushing through the night, excitement building and bubbling inside us as we plummet to the earth. We land, scattering like seeds over the town. I can feel myself racing through the gutter. The sound is deafening, rushing and roaring as we head for the downspout. We fall as one into utter silence. The ripples die away and we are left in complete stillness. The night drags on as we sit and wait. At last the wait is over and we are being pulled and sucked at an ever increasing speed as we head for the entrance. In overwhelming darkness we slip and slide through the winding pipe. There is no knowing where we are going, but we know that the journey is long. With a sudden surge we are spat into the sunlight. For some of us, our journey ends here, as we are soaked into the summer dust. But for now, the rest of us carry on. I can feel myself tumbling over and over like a gymnast. Riding the bubbles to the surface before beginning the cycle again. Gradually, our turning decreases and we find ourselves at rest once more. As we lie beneath the red, hot sun our unbroken surface imitates the blue sky. The sun sinks beneath the horizon and our surface is shattered. A pale, blue wren has come to take a sip and we are disturbed. Some of us are gone. Before I can think, I have been shoved from my rest and I am clinging precariously to the edge. As night draws near the temperature plunges. I can feel myself stiffening. I have never felt cold like this. White, still and glistening I sit beneath the moon and wait for morning. Morning dawns and I awaken. The fiery sun is filling me up inside. I glisten and gleam at the world around me. A warm sensation fills my heart and I feel myself slipping away. I dash over the edge, falling, falling. I am one little raindrop ready to start my next grand adventure.

McKenzie Weaver, Grade 7
Wee Waa High School
Ag Roundup Week 4 Term 1 2016

It's been a busy few weeks on the Ag farm with all agriculture students taking advantage of the great weather we've been having and experiencing plenty of practical lessons.

Yr 7/8 Tech class are working on their Garden Design assessment tasks in class. Whilst working on these in our theory lessons, they have also been working with both the sheep and cattle on the farm. Last week the class gave the sheep a long overdue wash. Students learnt the art of catching and throwing a sheep, along with leading them to the wash bay and giving them a good scrub. We ended up with some very white sheep!

The Year 7/8 class are having great success in the taming and breaking to halter of our young school steer Tex. He appears to be a bit of a softie with this class and they are making great grounds in getting him show ready!

The primary industries class have begun harvesting some pumpkins from our huge vine that self propagated from chook scraps in the chicken run. The pumpkins will continue to ripen and will be used in our produce entry at the Royal Easter Show, along with being for sale at a later date. Staff and students have been purchasing cuts of pumpkin with tales coming back that some pumpkin scones and soup have been cooked and tasted!

Primary industries have also been learning about different plant propagation techniques, harvesting some pups off the yukka at the farm and transplanting to the native garden at our farms entrance. All years have been working on tidying up this garden and the entry to the farm is looking great.
Primary Industries have also been working on the tractor, preparing and planting our compound block with some pasture seed kindly donated by Landmark Wee Waa last year. The pasture will be established in the compound to allow us to feed the sheep in holiday periods.

Year 9/10 Agriculture assisted us with the sampling of blood from the chickens today. We do this weekly from September through to April. We are a flock used by NSW Health in the surveillance of mosquito borne diseases. This is a great initiative to be involved in which allows our students to learn about trial work, recognise the role animals have in our little school farm and become involved in work that benefits the wider community.

Verity Gett
LOCK UP Day for the Robotics Team.

After many hours of work during and after school, our robot is almost ready!!! Congratulations to the team, many of whom have spent afternoons until 6 preparing and practising driving the robot. Mr Catt, Mr Druce and Mrs Grellman have been supporting students, doing long hours constructing and purchasing parts. February 23rd was the lock-day for all teams in the International FIRST Robotics Challenge. This means that all teams had to stop building their robots and seal them in a large plastic bag for inspection. We had until midnight but can proudly say that we locked up at around 7.20pm. Robot accessories are able to be worked on until the competition; however, robots can now only be operated for demonstration or sponsorship reasons. The team will still be working tirelessly until the competition days on March 17-19 at Homebush. A big thank you to Mr Grellman, Mrs Horne and the parents who have also donated their time and energy to get us this far.
Sports Roundup

It's been terrific to see so many students getting involved in sports this year. Already we have played in several knockouts in neighbouring communities.

Basketball

Our WWHS Open Boys team played their first games of the season in Gunnedah on the weekend. This is a newly formed team. They performed well even though they were defeated in both games they played, losing to Gunnedah 40/18 and then to Coonabarabran high 61/22. Not deterred by the defeats, the team has shown strong commitment to practising and they are striving for greater heights.

Team members Jared Hoffman, Braydon Doolan, Darcy Lang and Kyle Trindall were outstanding for their efforts.

Calling For Players:

- Open Boys Soccer
- Open Girls Soccer
- Under 14s Rugby League

Any students interested in playing should see Mr Legge

Swimming Carnival Results

Age Champions
12 yrs - Jacob Hopman & Alisha Conomos
13 yrs - Dylan Smith & Bryony Allen
14 yrs - Ewan Coutts-Smith & Tameika Stewart
15 yrs - Harry Pattison & Breanna Scaysbrook
16 yrs - Jordan Morrison & Amelia Cruickshank
17 yrs - Kyle Trindall & Tarisha Scaysbrook

Records Broken
12 yrs G 100m Free - Alisha Conomos
13 yrs G 66m Butterfly - Bronte Hogan
Jnr G 4x33m Relay - Merah (Alisha Conomos, Bryony Allen, Hayley Constable, Bella Cruickshank)

Overall Winners
Merah - 1551
Namoi - 1463

It was an excellent day, well supported and attended with strong competition across the evening.

What's Coming Up

Tuesday 1st March sees our Under 15 Girl’s Netball knock out competition kick off.

Mr Legge
BREAKFAST CLUB

**FREE**

EVERY WEDNESDAY  8-9AM
OUTSIDE HOSPITALITY ROOM

ALL Students Welcome
MONDAY 29TH FEBRUARY 2016

GIRLS GROUP

With the school term in full swing, Wee Waa High School's Girl's Group kicked off an exciting 2016 program holding their first session on Friday 26th February.

The girl's Group meets fortnightly and the aim is to enhance the girl's self-esteem and life skills, promote their independence and give them positive peer's experiences. The range of topics covered include healthy body - healthy mind, Internet and phone safety as well as social skills, respect, cultural awareness and respecting diversity and difference. Monthly visits to Weeronga to engage with Aboriginal Elders will also be an important part of the program.

The group's activities are facilitated by Kylie Mullen, a youth worker with Tamworth Family Support-Reconnect Program, and Helen Wenner our Aboriginal Education Officer.

BRO-SPEAK

After a very successful program in 2015, our Bro Speak program is just about the get underway for another year. With the generous support of volunteer Aboriginal elder, Darryl Ferguson will be attending fortnightly visit to work with the boys in 7, 8 and 9. This is a wonderful program that builds cultural awareness and self-esteem. Last year student's gained a great deal from storytelling, song and art. Helen Wenner and Co ordaining Teacher, Luke Stawski are excited about starting the program for another year and hope that the boys be inspired by the work that they do with Darryl.

PERSONALISED LEARNING PLANS

With the school year underway it's time to update Student's Personalised Learning Plans. The PLPs are an important way for the school to be able to tailor Aboriginal student's education in a way that is most meaningful to them taking into account their strengths, interests and personal learning and cultural goals.

In the coming weeks parents will be asked to meet with Helen Wenner and a volunteer Teacher either at school or the student's home to discuss the plan with their child.
Teen Mental Health First Aid Training

Students in Years 10, 11 and 12 completed Teen Mental Health First Aid training during Week 3. The course gives teenagers the skills to recognise and help with mental health problems and crises in their friends, and to get the help of an adult quickly. With a lack of mental health services in our shire, WWHS thought it was important to up-skill our students in this area.

The trainer, Sarah Green, travelled from Tamworth. Students commented on her relaxed, yet informative presentation and manner. Sarah said the response of WWHS students was really good.

Students found the course very rewarding and their feedback was very positive and proof that they have new skills to deal with mental health situations in friends. Here is some of their feedback:

‘I think that this course should run at every school to show kids that they’re not alone.’

‘It’s the best thing I have done.’

‘Very helpful, definitely opened people’s eyes.’

‘It was very helpful and now I feel I could help or see signs of mental illness.’

‘It’s a great course and everyone should learn about it.’

‘I now know how to handle situations positively.’

‘I know how to handle situations properly now and have numbers and people I can contact.’

‘Very insightful.’

‘It is something all schools need to learn.’

Congratulations to our senior students on completing such a worthwhile course.

Carmel Schwager
February 23, 2016

Dear Parents/Carers

**Family Rural Resilience Program (FRRP)**

We are writing to announce an exciting new program to be offered to the students of Wee Waa High School. This free program is designed to build self-esteem and resilience in young people and will run in small group sessions for up to six weeks.

The Family Rural Resilience Program will be facilitated by Centacare New England North West and is a great opportunity for our students to further develop their emotional intelligence.

The courses we are running are:

- **P.U.L.S.E (Pumping Up Low Self-Esteem):** The P.U.L.S.E program is a self-esteem building course for 12 to 15 year olds; and

- **RAGE (Renavigating Anger and Guilt Emotions):** RAGE is a six week strength based, solution focused anger management course of young people aged 11-17.

We have attached a Centacare referral form. Could you please complete as much of this form as you can and return it to the school by Friday March 4, 2016.

If you would like further information, please call Lindy Widauer or Carmel Schwager at the Wee Waa High School on 6795 4477.

Yours faithfully

Pam Myers  
Relieving Deputy Principal

Lindy Widauer  
Head Teacher - Welfare
About us

The Family Rural Resilience Program (FRRP) is a free and flexible early intervention, wellbeing support service for 0-18 year olds.

We assist families, carers, children and young people to enhance their wellbeing and have great relationships. We provide a range of courses, as well as short and long term case management.

Our goal is to support you to increase your family's wellbeing, safety, connectedness, and overall functioning.

Open to self-referral. Contact us for a referral form. This service does not accept referral if anyone in the household under the age of 16 is under the care of the Minister for Family and Community Services.

Our Programs

Our programs are designed to build skills around wellbeing and build family resilience. All groups are free and run at various times throughout the year. Please call us if you would like to register or find out more.

Programs for YOUNG PEOPLE

PALS Social Skills (3-6 years)
The PALS Social Skills Program teaches children from 3 to 6 years of age about a variety of social skills including greeting others, listening, sharing, taking turns, dealing with feelings of fear, sadness or anger and solving problems. The program incorporates stories and music.

All Children Being Safe (5-8 years)
All Children Being Safe is an early primary school aged protective behaviours program for children. The program aims to help children feel strong and safe while identifying safe and unsafe feelings, people and places. It incorporates stories, learning activities and art and craft. This is a NAPCAN program.

Resilient Kids (6-11 years)
Resilient kids aims to develop resilience, increase ability to cope, provide opportunities for self-expression, increase self-esteem, reduce feelings of isolation and enhance kids communication abilities. It also works to increase skills to cope with change.

Cool Kids (7-12 years)
The Cool Kids Program is an early intervention program for school aged children who may be dealing with anxiety. The program teaches kids what anxiety is and feels like, and ways to help feel less worried about things. There are activities and parents are involved in a part of the course.

SMILES (8-11 years)
The 3 day Smiles program is designed to address the needs of children who are supporting family members with a mental illness. This program aims to increase coping skills, develop resilience, provide opportunities for self-expression, increase self-esteem and reduce feelings of isolation.

* Inclusion criteria exists for this program.

My SPEAK (8-11 years)
The 3 day My SPEAK program is designed to address the needs of children whose parents are going through separation, mediation or divorce. The program aims to increase resilience skills, self expression, self esteem and reduce feelings of isolation.

I’m important (8-10 years)
This 2 week program looks at self esteem: what is it, the role it plays in your life, and ways to develop it. The program also looks at strengths, resilience, communication and problem solving.

P.U.L.S.E (Pumping Up Low Self-Esteem)
The P.U.L.S.E program is a self-esteem building course for 12 to 15 year olds.

RAGE (Renavigating Anger and Guilt Emotions)
RAGE is a 6 week strength based, solution focused anger management course for young people aged 11-17.

For more information, or to make a referral for yourself, or someone else, call us on 1800 372 826.
www.centacareenewnorth.com.au
Our programs for ADULTS
After formal assessment, programs for parents may be advised. Further information will be provided upon intake.

Our Family Case Management
Family case management aims to develop strategies for better family functioning. We focus on children and young people 0-18, while supporting parents and carers to meet your family goals.

Our service will work with your family in a flexible and inclusive way. The program focuses on building strength and resilience within children and young people, as well as with your family.

This support is available as short-term (up to 3 months) or long-term (up to 12 months) case management, courses, and brief intervention counselling.

Family Case Management may help you if:
- You have children aged 0 – 18
- Your child is displaying signs of “out of character” or “at risk” behaviour
- You are experiencing a stressful life event such as family separation, grief and loss, or bullying and this impacts your kids
- A child or young person in your family is at risk of developing a mental illness, such as depression, anxiety, diagnosed mental illness
- You are not coping with family commitments and responsibilities and this is impacting on your kids
- You are not currently working with a family case manager.

All services are FREE
For further information please call the Family Rural Resilience team

Phone: 1800 372 826
Fax: (02) 6762 6165
Email: tamworth@centacarenenw.com.au
www.centacarenenw.com.au
Funded by the Department of Social Services.

Building stronger families in our region

Family Rural Resilience Program
Staff are based in Tamworth, Armidale, Inverell, Moree/Narrabri, and outreach to all towns across the New England North West.

Centacare NENW acknowledges the traditional custodians of this land and pays respect to the elders past and present.

An Australian Government Initiative
## DETAILS OF FAMILY MEMBER / PARENT OR GUARDIAN / YOUNG CARER:

<table>
<thead>
<tr>
<th>Name:</th>
<th>D.O.B.</th>
<th>Gender:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>□ Male  □ Female</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address:</th>
<th>Suburb:</th>
<th>Postcode:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Phone:</th>
<th>Mobile:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Relationship to child:

<table>
<thead>
<tr>
<th></th>
<th>□ Yes</th>
<th>□ No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is this person of Aboriginal or Torres Strait Islander origin?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is this person of Culturally &amp; Linguistically Diverse background?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is an interpreter required?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Will this be the person attending the FRRP Intake with the child?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Other relevant persons attending FRRP?

### What other services has this family and client engaged with within the last 12 months?

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Contact Name</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### FAMILY HISTORY OF MENTAL ILLNESS:

<table>
<thead>
<tr>
<th>Does any immediate family member have a diagnosed mental illness that may be impacting on the child?</th>
<th>□ Yes</th>
<th>□ No</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Name:</th>
<th>D.O.B.</th>
<th>Gender:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>□ Male  □ Female</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address:</th>
<th>Suburb:</th>
<th>Postcode:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Phone:</th>
<th>Mobile:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Relationship to the above child / person:

<table>
<thead>
<tr>
<th>Diagnosis:</th>
<th>Date of Diagnosis:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Is there anyone else in the household at immediate risk at harm?

<table>
<thead>
<tr>
<th>□ Yes</th>
<th>□ No</th>
</tr>
</thead>
</table>
The Family Rural Resilience Program (FRRP) is a free and flexible early intervention, wellbeing support service.

Our goal is to support children and young people aged 0 - 18 years of age and their family to increase a child/young person’s wellbeing, safety, connectedness and overall functioning. **This service does not accept referral, if anyone in the household is under the care of the Minister of Family and Community Services.** Open to self-referral.

<table>
<thead>
<tr>
<th>Date of Referral:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Service Referred to: Family Rural Resilience Program (FRRP)</td>
</tr>
</tbody>
</table>

**DETAILS OF CHILD:**

<table>
<thead>
<tr>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of Birth:</td>
</tr>
<tr>
<td>Gender: □ Male □ Female</td>
</tr>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>Suburb:</td>
</tr>
<tr>
<td>Phone:</td>
</tr>
</tbody>
</table>

Please list of any special needs (e.g. vision, hearing or mobility impaired, intellectual):

| Is this child / youth person of Aboriginal or Torres Strait Islander origin? □ Yes □ No |
| Is this child / youth person of Culturally & Linguistically Diverse background? □ Yes □ No |

If YES, please provide details of background:

| Language/s spoken at home: |
| Does the participant require an interpreter? □ Yes □ No |

Are there any siblings also being referred to the service? □ Yes □ No

If Yes, how many siblings are there?

<table>
<thead>
<tr>
<th>Name:</th>
<th>D.O.B.</th>
<th>Gender:</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Male □ Female</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Male □ Female</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Male □ Female</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Male □ Female</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Male □ Female</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Question</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>-------------------------------------------------------------------------</td>
<td>-----</td>
<td>----</td>
</tr>
<tr>
<td>Is there a history of AVO's?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If Yes, please provide information:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is this person of Aboriginal or Torres Strait Islander origin?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is this person of Culturally &amp; Linguistically Diverse background?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If Yes, please provide details:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is an interpreter required?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**EDUCATIONAL PROGRAMS:**

<table>
<thead>
<tr>
<th>Category</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Courses</td>
<td></td>
</tr>
<tr>
<td>Young Persons: Basis</td>
<td>(e.g. self-esteem, resilience building, anxiety etc.)</td>
</tr>
<tr>
<td>Children: Basis</td>
<td>(e.g. self-esteem, resilience building, anxiety etc.)</td>
</tr>
<tr>
<td>&lt;5 years: Basis</td>
<td>(e.g. development, attachment, anxiety, resilience building etc.)</td>
</tr>
</tbody>
</table>

**REFERRER DETAILS:**

<table>
<thead>
<tr>
<th>Field</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name of Referrer:</td>
<td></td>
</tr>
<tr>
<td>Position:</td>
<td></td>
</tr>
<tr>
<td>Organisation: (if applicable)</td>
<td></td>
</tr>
<tr>
<td>Phone</td>
<td></td>
</tr>
<tr>
<td>Email</td>
<td></td>
</tr>
<tr>
<td>Signature:</td>
<td></td>
</tr>
<tr>
<td>Presenting Issues/Reason for Referral</td>
<td></td>
</tr>
<tr>
<td>Client is aware of Referral:</td>
<td></td>
</tr>
<tr>
<td>Other Relevant Information:</td>
<td></td>
</tr>
</tbody>
</table>

**OFFICE USE ONLY**

<table>
<thead>
<tr>
<th>Field</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client ID:</td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
</tr>
</tbody>
</table>
How it all works
There is a daily lunch special $5 if ordered before end of recess it includes water/hotchoc depending on season. All other orders can be up sized for $1 to include water/hotchoc depending on season.

Available Daily
Bacon Egg Roll or Wrap $4.00
Cheeseburger $4.50
B Burger (Bacon & egg) $6.50
Cheeseburger
Pizza Bun small/large $1/$2
Pizza Singles 3 varieties $2.50
HLCC Roll or Wrap (Ham) $5.00
Lettuce Cheese & Carrot
CLM Roll or Wrap $5.00
(Chicken Lettuce & Mayo)
Chicken Burger $5.00
Sweet Chilli Wrap small $4.00
large $7.50
Hotdogs $4.00

Available Daily if Ordered $5.00
Salad tubs small/ large Caesar/
garden
Toasted Sanga $4.00
Plain Hamburger $7.00
Works Burger $8.50
Spagetti Bol $5.00
Nachos $6.00
Haystack $8.00
Potato Bake $4.00
Mac Cheese $4.00

Fridays only
Pies & Sausage Rolls $4.00 each

Snacks
Jelly cups $0.50 small/large $1.50
Yougurt Cups $2.00
Cheese Sticks $1.00
Biscuits/Slice From $0.50 Damper Buns $2.00
Chips $2.00 Popcorn $1.00
Frozen Grapes $0.10 Icyblocks/creams
Fresh Fruit Cups $1.00 From $0.50
Fresh Fruit in season $1.00 Slushies
Fruit salad small/ $2.50 $2/$3/$4
large
$5.00
CLOSE THE GAP

POOL PARTY

HealthWISE
CLOSE THE GAP
FAMILY FUN DAY

Sunday 13th of March 2016
11.00am - 2.00pm
Narrabri Aquatic Centre

BBQ Lunch | Monster Island | Kids Sandpit
Face Painting | Kids Corner | Yabbie Races

Health Checks conducted by HealthWISE
Pool entry $3 for Kids & $5 for Adults
EVERYONE WELCOME!
All children must be accompanied by a responsible adult

REMEMBER TO SLIP SLOP SLAP SEEK & SLIDE

FOR MORE INFORMATION PHONE KIRREN 6792 5514
How to install our app

On Apple
- On your iPhone open the app store
- Search for our schools name
- Press Install
- Enter your iTunes password
- It will commence downloading immediately

On Android
- On Your Smartphone open the Android/Google Play market
- Search for our school name
- Press install
- Your app will start installing instantly

To Open Our App
- Look for our schools app icon on your phone screen
- Press the icon once
- It will open automatically
- When prompted select yes to receive notifications and use your location (this will make sure the google maps and pop-up alerts work for you)

Having Trouble?
- Shut down the app and or your phone to refresh the phones memory
- Uninstall your app and reinstall it
- Contact support@activeschoolapps.com.au for help within 24 hours