

AVENEL PRIMARY SCHOOL

OUR MISSION:

To inspire academic excellence, social and emotional growth and community contribution in a collaborative environment.

Newsletter No: 20

12th July 2023



Contact Details:
Web: www.avenelp.s.vic.edu.au Email: avenel.ps@education.vic.gov.au
Facebook: <https://www.facebook.com/Avenelprimary>
After Hours Number - 0403 565 119

Information Reports by 3-4E

Cats

Classification:

Cats are a part of the Feli-dae family. They are mammals meaning they give birth to live babies and feed their babies milk. Their scientific name is *Catus Linnaeus*.



Diet and Eating Habits

Cats are carnivores which means they only eat meat. They need meat to survive. Cats like fish and must drink water. Sometimes kittens drink kitten milk. Cats eat twice a day.

Size and appearance:

Cats have four legs and fur. They can be many different sizes and colours. They are usually black, orange, grey, white or a mix of colours. They can have short fur, long fur or no fur! They have claws that can retract into their paws.



Habitat and lifestyle

Cats are usually pets and live with humans. They can live indoors or outdoors. They can jump twice their height and enjoy climbing things. Most cats like sleeping, they can sleep up to 12 hours a day!

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Classification:

Dogs are a part of the Canidae family. They are descendants of wolves. Dogs are mammals which means they give birth to live babies.



Habitat and Lifestyle:

Dogs are mostly pets which means they live with humans. Some dogs live inside or outside in the backyard.

Dogs like to play with other dogs or humans. They like to run outside to get some exercise. Dogs like to do different things depending on their breed. Some breeds of dogs like to sleep a lot and some like to run around and work. Working dogs round up cattle and sheep.



Size and Appearance:

Dogs can be a range of sizes: small, less than 10 kg

Medium 11-26 kg

Large 27-45 kg

Giant - +45 kg

Dogs have fur which can be many different colours such as brown, black, white, orange and grey.

Diet and eating habits:

Dogs eat a variety of different foods, as they are omnivores. They drink water much like humans. Puppies can drink puppy milk to grow strong.

kangaroos

Classification:

The Kangaroo superfamily consists of 2 family groups. Kangaroos, wallabies, pademelons and tree kangaroos make up one family, while rat-kangaroos, bettongs and potoroos make up the other. There are 45 species of kangaroos and wallabies. The scientific name for the Kangaroo is *Marsupialia*. Kangaroos are marsupials. Marsupials are animals that carry their babies in their pouch. Kangaroos are found in Australia.



Size and Appearance:

Kangaroos can grow from 91 centimetres to 2.4 metres high. Kangaroos weigh can be 40 to 200 pounds.

Kangaroos can't move back words. Joeys are only the size of a jelly bean. Kangaroos have short hair and powerful legs and a long tail. Kangaroos can hop at speeds up to 50km per hour. The fastest kangaroo living is the Red Kangaroo.

Habitat and lifestyle:

Kangaroo habitat is trees plants wood lands and savannas. Kangaroos live in groups called mob a herd or troop. Kangaroos usually live around 6 years in the wild. They can live up to 20 years in captivity.

Fun facts:

There are 60 different tips of kangaroos.

Diet and Eating Habits:

Kangaroos are herbivores and mainly eat leaves and grass in the wild. Some species also eat fruits and flowering plants.

Habitat and lifestyle:

Most Guinea Pigs are pets and live with humans. In the wild they live in moist savannas, deserts and forests around South America

GUINEA PIGS



Classification:

Guinea pigs are a part of the Rodent family. There are many different breeds of Guinea Pigs.

Size and appearance:

Guinea Pigs look like other rodents such as mice or rats but are more round and fury.

Guinea Pigs can weigh up to 1200 grams.

Some Guinea Pigs have long fur and some have short fur. They can be many different colours, such as black, white, orange, brown, or grey.

WOLVES

Scientific name:

Canis Lupus

Classification:

Wolves are a part of the Canine family. They are mammals which means they give birth to live babies and feed them milk.



Habitat and Lifestyle:

Wolves live in north America, Europe, and Asia. They are carnivores which means they eat only meat. They often eat large animals such as deer, elk, bison and moose.

Size and Appearance:

A wolves Height is between 80cm and 85cm and can weigh up to 50kg.

Diet and Eating habits:

Wolves are carnivores which means they eat only meat. They often eat large animals such as deer, elk, bison and moose.

Koalas

Classification:

Koalas are mammals which means they give live birth and feed milk to their young. Koalas are also native to Australian. A Koala's scientific name is *Phascolarctos cinereus*.



Habitat and Lifestyle:

Koalas like to live in open forest, woodland communities and eucalyptus trees.

Diet and Eating Habits:

Koalas eat 500-800g of eucalyptus leaves in 3-4 hours.

Fun Fact:

The word Koala comes from an Aboriginal word.

Carrye's Report

Welcome back to what is sure to be an exciting term with so many things to look forward to. I hope you managed some quality family time at some point during the winter break.



This term we have welcomed back Kate Phoenix to our teaching staff, Kate's role will be focused on coaching and mentoring our staff to ensure we are providing our students with exemplary teaching. Kate's expertise and passion for pedagogy and best practice is a wonderful asset to our school.

This week our students have been celebrating NAIDOC week, delving into indigenous Australian histories and cultural understandings. If possible, please take the time to discuss with your children the importance of weeks such as these and find out about what they have learnt.

Mrs K has been working with some of our choir singers in preparation for their Boite concert in Melbourne on Thursday the 3rd of August. I had the pleasure of catching a snippet of their singing as I passed by the Art room, and they are sounding lovely. (See details regarding this performance later in the Newsletter).

Today the 5/6s went to watch the Notre Dame college production of Anastasia, this experience is always wonderful preparation for their own production at the end of term 3 and I am sure they will have lots of helpful tips and tricks to share in rehearsals in the coming days.

Next Monday we have our second Fete planning meeting at 6pm, if you would like to be a part of the fete committee, please contact me and I'll happily pass along all the details.

Your feedback is always welcome at carrye.malone@education.vic.gov.au or 0400 245 336.



We are Australian



Avenel Primary School acknowledges Aboriginal and Torres Strait Islander peoples as the traditional custodians of the land and acknowledges and pays respect to their elders, past and present.

CALENDAR OF EVENTS

MONTH	DATE	EVENT
July	10 th	1 st Day Term 1
	21 st	Flinders Quartet Concert – 12.50pm
	27 th	Gnarly Neighbours - Junior
August	3 rd	Gnarly Neighbours - Senior
	8 th	Parent Teacher Interviews – 3.30-6.30
PM	9 th	Parent Teacher Interviews
	14 th	Science Week Commences
	21 st	Book Week Commences
	24 th	Gnarly Neighbours - Junior
	25 th	Book Week Celebration Morning
September	31 st	Gnarly Neighbours - Senior
	1 st	District Athletics
October	13 th	Gr 5-6 Production
	15 th	Last day Term 3
November	2 nd	1 st Day Term 4
	18 th – 20 th	3 day bike hike
December	13 th & 15 th	Smile Squad Dental Van visit
	18 th	School Fete
December	20 th	Last day Term 4

HAPPY BIRTHDAY – Lachlan O'Brien



Avenel Odd Job Organisation

We are looking to form a volunteer committee of Avenel adults that would be willing to assist us with odd jobs and maintenance around the school.

How it would work: when jobs arise around the school the group will be contacted and those that were available to help (no obligation) would organise to get the job done. If you think this could be the volunteer role for you, please contact the office to leave your contact details.



Education

Parents, Has Your Protective Instinct Kicked In?

"I Knew I Was Giving My Child Bad Advice, But I Didn't Know What Else to Say!"

This is one of the most common things that parents have said to us over the years when it comes to friendship issues. And, we've heard from numerous children and educators who have shared some of the unhelpful or inappropriate advice well-meaning parents have given children.

When parents are activated by their child's friendship issues (especially if someone has been cruel or malicious – what we call in our Friendology curriculum, "Mean-on-Purpose"), it is common for a parent's **protective instinct** to kick in. This can trigger their FIGHT/FLIGHT/FREEZE/FAWN response, thanks to the autonomic nervous system. These default settings might sound like:

- **FIGHT:** "Just punch them back!"
- **FLIGHT:** "Go play with someone else!"
- **FREEZE:** "Ignore them!"
- **FAWN:** "Be friends with everyone!"

As we aim to support our children in fostering healthy relationships throughout their lives, it's critical that parents understand how unhelpful and, in some cases, dangerous these stress responses can be for children.

A parent whose default setting is to FIGHT, teaches their child to respond to conflict with aggression and violence. Encouraging a child to get physical as a defence-mechanism immediately escalates the situation, activating anxiety in the child. Most children are not naturally aggressive and they know punching/pushing/pinching is wrong and will get them in trouble. When a parent tells a child to do something that is socially-unacceptable, it feels deeply confusing for them. Children are less likely to seek help from parents who promote fighting, often withholding information to avoid triggering anger in them. This is scary for children. Encouraging physical aggression is easily the most dangerous, trauma-inducing advice that can have serious long-term impacts.

A parent whose default setting is to FLIGHT, teaches their child to avoid conflict. This inevitably results in unhealthy friendships (and relationships) that lack trust and respect. When conflicts and frustrations are ignored, resentment builds and connections are fractured. A conflict-avoidant mindset prevents authenticity, transparency, and honesty in relationships. It limits the depth of a friendship and, for children, the friendship feels persistently in the Red-Zone on The Friend-o-Meter.

A parent whose default setting is to FREEZE, teaches their child to bottle their emotions. While 'fight' is exploding, 'freeze' is imploding. This approach teaches children to shut down, preventing them from processing their feelings. Research shows that repressing emotions amplifies them and can lead to feelings of anxiety. Children who keep their big feelings in often experience physical symptoms like stomach aches and trouble sleeping. Similar to avoiding conflict, healthy relationships are impossible when one person is unresponsive – relationships are a two-way street.

A parent whose default setting is to FAWN, teaches their child to be a people-pleaser. Fawning is when a child absorbs all the blame, overlooking their own feelings and doing whatever it takes to make the other person happy. According to Dr Rebecca Ray, "Fawning behaviours are common for people who experience significant levels of anxiety, and who identify as highly sensitive." Children who fawn feel disempowered and often end up as the "door mat" in their friendships.

So, what can parents do instead to have a more helpful, socially-acceptable response?

CHECK-IN WITH YOURSELF

First, notice how you feel when your child shares their pain with you. Do you feel yourself reacting? Are you getting angry? Is it triggering something inside of you? Which of the 4 F's can you feel yourself wanting to default to? The key is to remain calm and objective.

In the field of Positive Psychology, we love the famous Viktor Frankl quote: "Between stimulus and response

there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." This space that Dr Frankl describes is where empathy, compassion, and understanding can keep relationships in the Green-Zone on the Friend-o-Meter!

Just by being aware of how you're feeling will allow you to be more mindful in how you respond to your child's friendship issue.

FOCUS ON YOUR OWN CHILD

Second, focus on how YOUR child is feeling. Too often parents will focus on the other child ("I can't believe they did that to you! What's their problem? Why would they be like that?"), instead of their own.

Help your child name their emotions. Dr Dan Siegal coined the term "name it to tame it" – a very simple, effective technique that helps reduce the intensity of big feelings by labelling them.

Ask them, "How did that make you feel?" Give your child time and space to get their feelings out. Let them cry or be angry and JUST LISTEN. Offer a hug, go for a walk, play catch... Allow them a chance to get it out.

BE A FRIENDSHIP COACH

When you're both in a calm state, it's time to be a Friendship Coach and empower your child with evidence-based strategies.

If it was a Friendship Fire, encourage them to find a good time to talk to their friend. If it was Mean-on-Purpose, ask them: "Did you say your Quick Comeback?"

Check out this [interactive tool](#) (be sure to activate your [FREE parent membership](#) first!) where you can see the questions our URSTRONG Schools ask children when they experience conflict in friendship to coach them along.

Here are a few more resources that might help:

- [Think of Yourself as a "Friendship Coach"](#)
- [When to Step-In and When to Step-Back](#)
- [High-Conflict Friendships](#)
- [10 Reasons to NOT Call The Other Child's Parents](#)
- [Boundaries: How to Use an Exit Strategy](#)

Friendship skills are relationship skills! Teaching your child to manage conflict in a healthy way will help ensure they have positive relationships throughout their lives.

Written by: [Dana Kerford](#)



Student Reports

Junior School Council 'We are Australian'

Last term our Junior School Council organised and ran a wonderful multi-age day with the theme of 'We are Australian'. Students rotated through several different activities, exploring Art, Sport, Design and Technology and Drama. These special days allow our APS students to make connections with others in different year levels, as well as mix with different teachers and support staff. Our Junior School Council members take great pride in organising engaging and thoughtful activities and really get to work on their leadership skills in the process. To top it all off we celebrated being Australian with pies, sausage rolls and lamingtons for lunch. The JSC raised \$529.08 to add to their school improvement fund, amazing job!



General Information

SUBJECT CONTRIBUTION – School Council have set the Subject Contribution for this year at \$245 per student. This amount is usually paid in Term 1 but other arrangements can be made if you are struggling to make payment. The subject contribution payment covers the cost of subject expenses and class materials which have been purchased by the school and will be distributed to students throughout the year. This contribution can be paid either by cash or EFPOS at the school or by direct deposit to the school account BSB 063 545 Account No 10076513. Please insert 'sub cont' and family name in the reference field.

LUNCH ORDERS - Attached the Term 3 lunch order form which should be used when placing lunch orders next term. **Please make sure you ring lunch orders through before 10.00am.** If you have any concerns, please direct these to Shaun at the Cafe on 57962536 or avenelcafe@gmail.com.

MAIEM, SONGS OF THE TORRES STRAITS – OUR SCHOOL IS LUCKY TO BE PART OF THIS MASSED CHOIR SPECTACULAR! While the Torres Strait Islands are often mentioned when referring to Australia's First Peoples, their rich cultural heritage remains relatively unknown to many. 'Maiem: Songs from The Torres Straits' intends to shed light on the unique identity, culture, and history of the Torres Strait Islander people. Through this musical journey, audience members will gain valuable insight into the beauty and significance of these glorious islands and the communities that call them home.

The Boîte Schools Chorus is an incredible un-auditioned choir project that brings together schools and community youth choirs. Since its inception in 2004, the Boîte Schools Chorus has provided a transformative experience for over 9,000 students from various schools across Victoria. Through 42 concerts held in Melbourne, Frankston, Ballarat, Bairnsdale, and Albury, this project has become a significant platform for young voices to shine.

Each year, the chorus focuses on a different cultural theme, collaborating with talented artists to create an awe-inspiring concert series. Participating schools are given a collection of captivating songs to learn, and they come together to deliver a breathtaking choir performance. In the year 2023, the chorus proudly presents 'Maiem': Songs from The Torres Straits.

This year's project promises to be an extraordinary experience as it brings together the energetic Choir Director, Stella Savy, along with two passionate Artistic Directors: Deb Lowah Clark, a proud Meriam educator and musician from The Torres Straits, and Luke Captain, an artistic Meriam cultural advisor, musician, and thespian, also from The Torres Straits.

'Maiem', offers audiences an immersive journey into the enchanting world of Zenadh Kes - the Torres Strait Islands. Audiences and participants not only discover the purpose behind each song but also explore the movements that bring them to life. They learn the significance of effectively communicating stories and intentions. This holistic approach to learning and performing leaves a lasting impact on all involved, fostering a deeper appreciation for the power of music as a medium for cultural expression.

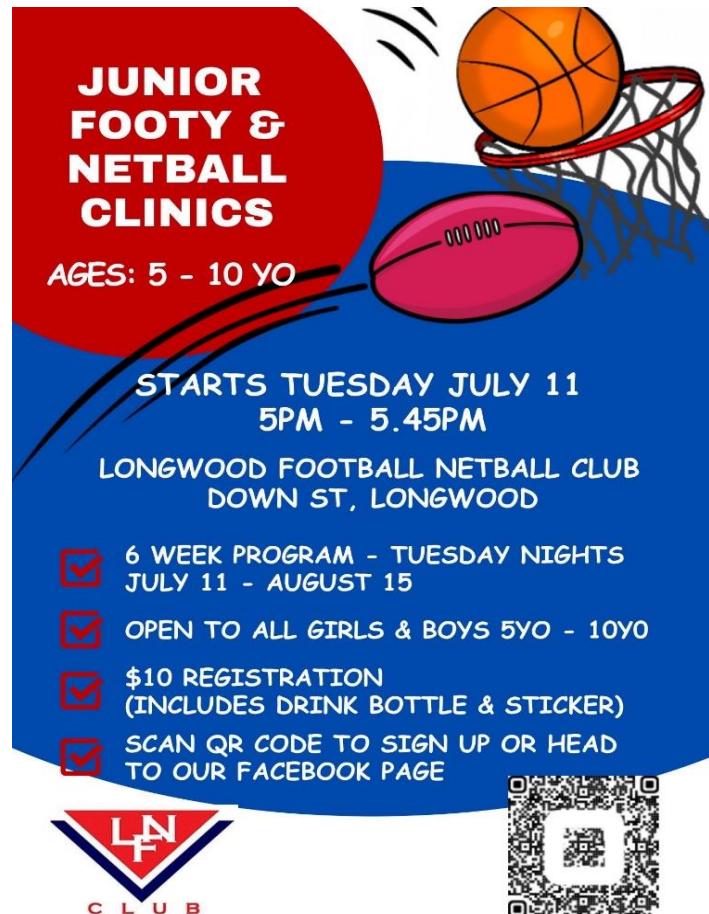


'Maiem: Songs from The Torres Straits' is a remarkable celebration of diversity, unity, and the power of music to bridge gaps and connect communities.

Concerts will be held as follows:
Melbourne Town Hall - August 3rd, 1 pm and 7.30 pm
Regional performance- Ballarat - August 26th, 1 pm and 7 pm

To book tickets visit -
<https://www.trybooking.com/CJFOO>

Community Information



JUNIOR FOOTY & NETBALL CLINICS
AGES: 5 - 10 YO

**STARTS TUESDAY JULY 11
5PM - 5.45PM**

LONGWOOD FOOTBALL NETBALL CLUB
DOWN ST, LONGWOOD

- 6 WEEK PROGRAM - TUESDAY NIGHTS
JULY 11 - AUGUST 15
- OPEN TO ALL GIRLS & BOYS 5YO - 10YO
- \$10 REGISTRATION
(INCLUDES DRINK BOTTLE & STICKER)
- SCAN QR CODE TO SIGN UP OR HEAD
TO OUR FACEBOOK PAGE







EUROA BASKETBALL JUNIOR REPRESENTATIVE TRY OUTS

Euroa Basketball are holding their Representative Team Try Outs starting this Tuesday 11th and Thursday 13th evening and continuing the following week.

All age groups will be from 6:30pm to 7:30pm at Euroa Secondary College multipurpose stadium.

Age Groups we are hoping to enter teams into are as follows

Under 12 Boys and Girls (Born 2013 to 2015)
Under 14 Boys and Girls (Born 2011 & 2012)
Under 16 Boys and Girls (Born 2009 & 2010)
Under 18 Boys and Girls (Born 2007 & 2008)

Please bring a drink bottle

Athletes can still register on the link below or speak to one of our committee members at the stadium on the night.

<https://www.playhq.com/basketball-victoria/register/c998cf>

Check out the Euroa Basketball Facebook page for more information

AVENEL TENNIS CLUB NOTICE OF ANNUAL GENERAL MEETING

When - Monday 7th August
Where – Avenel Tennis Clubrooms
Time – 7.00pm
All members and parents of junior members invited to attend.
New members welcome to join us.

It is vital that club and interested members of the general public attend this meeting as we will be discussing the ongoing future of the club.

Please spread the word so that we have a good attendance?
Thank you.



HUGHES CREEK PLANTING DAY



Help us improve riparian condition along the Hughes Creek, by joining us to plant and guard native seedlings.

This work will build on past revegetation efforts (pictured left), to enhance habitat quality and connectivity along this important reach of the Hughes Creek.

Where: enter from Aerodrome Road, into paddock on corner of Aerodrome Road and Ewings Road, Avenel.

Please note: personal vehicles to be parked near paddock gate on entry. You will be ferried (or walk 600m) to the planting site by landholder for safety and biosecurity.

When: Saturday 15th July 2023

Time: 10am start – early afternoon, with a BBQ lunch prepared by Native Fish Australia (NFA) volunteers

Bring: sturdy shoes, gloves and raincoat

Enquires: Christine Glassford on 0419 567 461 or via christineg@gbcma.vic.gov.au



AVENEL WINTER CONCERT 2023

FRIDAY, 21ST JULY 2023
AVENEL MEMORIAL HALL

6pm dinner. Concert starts 7pm
Tickets: Early bird \$45
After 30 June \$50

BOOKINGS VIA TRYBOOKING:
<https://www.trybooking.com/>

BOOK NOW

FLINDERS QUARTET

One of Australia's most loved chamber ensembles is thrilled to return to Avenel for a concert with guest violinist Natsuko Yoshimoto.

They bring with them young, up and coming performers, the Piccolo String Quartet, winners of the 2022 Musica Viva Strike a Chord Flinders Quartet Mentorship Prize.

Proceeds from this concert will support local Avenel community projects.



We are pleased to announce that the Flinders Quartet and the Piccolo String Quartet will be doing a short performance at the school for our students on the 21st July @ 12.50pm. The TryBooking page is found at- <https://www.trybooking.com/CIMMZ>. Children under 15 are free!

EUROA SECONDARY COLLEGE
WELCOMES ALL STUDENTS TO
PARTICIPATE IN A....

WRITING COMPETITION

There are 3 Categories:

1. Primary Students (150-600 words)
2. Junior Sub School (400-1000 words)
3. Senior Sub School (600-1200 words)

Students are to write a Creative Short Story based on the theme of RESPECT or CHALLENGE.

Stories are due on Monday 14th August.

There will be a panel of judges to choose the best story in each category.

There are prizes to be won in each category!

Stories will be published and given back to all participating schools and in the local newspaper.

Submit your completed story to and contact Will Lawson if you have any questions: William.Lawson@education.vic.gov.au

Come and hear our local

Avenel Junior Pianists At their recital

When—Sunday 30th July
At 2.00pm

Where—Avenel Hall

A free event for the community.
All welcome.



THE BOITE SCHOOLS CHORUS 2023
PRESENTS

MAIEM SONGS OF THE TORRES STRaits

TICKET RESERVATION:
WWW.TRYBOOKING.COM/CJFOO
WWW.TRYBOOKING.COM/CJFQJ

3RD AUGUST

MELBOURNE TOWN
HALL
1PM + 7.30PM

26TH AUGUST

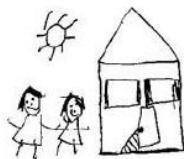
BALLARAT
MOUNT CLEAR
SEC COLLEGE
1PM + 7PM



WWW.BOITE.COM.AU



Last chance to Order - don't miss out!!!!



AVENEL KINDERGARTEN PIE DRIVE 2023

This winter we are excited to offer our families and friends Mawson's Pies!

FUNDS RAISED WILL GO TOWARDS RESOURCES FOR OUR KINDER.

Simply complete the below order form & return with cash or bank transfer.



ORDERS & PAYMENTS must be in by July 14th.

DELIVERY will be the week of July 31st (time and date will be confirmed early term3)

Name –	Phone –		
	Email –		
PIE	Price	Quantity	Total Price
Traditional Plain Beef Pie	\$4.80		
Beef & Mushroom Pie	\$5.90		
Beef and Caramelised Onion Pie	\$5.90		
Lamb & Rosemary Pie	\$6.90		
Beef & Shiraz Pie	\$6.30		
Beef Cheese & Bacon Pie	\$5.90		
Chicken Parma Pie	\$6.30		
Chunky Pepper Pie	\$6.30		
Cottage Pie	\$6.30		
Creamy Mushroom Pie	\$5.90		
Cauliflower & Broccoli Pie	\$5.90		
Satay Tofu Pie	\$5.90		
Chicken, Pie & Cranberry Pie	\$6.90		
Honey Bourbon Pulled Pork Pie	\$6.90		
PARTY PACK 12 Party Pie	\$15.95		
Vegan/Vegetable Pasties	\$6.10		
Spinach and Ricotta Rolls	\$4.80		
Satay Chicken Pie	\$6.10		
Traditional Sausage Roll	\$4.50		
Family Apple Pie	\$15.80		
Family Cherry Pie	\$15.80		
Family Chicken and Vegetable Pie	\$22.90		
Family Beef Cheese & Bacon Pie	\$22.90		
Family Meat Pie	\$16.90		
Family Cottage Pie	\$22.90		
		Total Money included	

BANK TRANSFER TO: ACC – AVENEL Pre-School INC BSB – 633 000 ACC No- 179579172

Use your name as a reference.

Avenel Cafe

Dine In or Take Away

School Lunch Orders Term 3 2023

Name: _____ Grade: _____

Sandwiches, Wraps and Rolls		Fried Food (FRIDAY ONLY)		Icy treats	
Wrap chicken, ham or Egg & salad	7.00	Hot Chips (Small)	5.50	Wrap Zooper Dooper	1.00
Roll chicken, ham or Egg & salad	7.00	Dim Sim	1.40	Lifesaver Ice Cream	2.60
Sandwich 1 filling	4.00	Potato Cake	1.30	(Avenel Newsagency)	
Sandwich 2 fillings	4.50	Dino Nugget each	1.00	Icypole (Avenel Newsagency)	1.50
Sandwich 3 fillings	5.00	Battered hot dog	3.30		
Sandwich Ham/chicken and salad	6.50	Cheese Burger	8.00		
Sandwich Schnitzel and salad	9.50	Schnitzel and salad	9.50		
Toasted Sandwich 1 filling	5.00	Kids Pack (Ext Sml Chips & 3 Nugs)	5.70		
Toasted Sandwich 2 filling	5.50	Kids Pack (2 Potato Cakes & 3 Nugs)	4.70		
Toasted Sandwich 3 filling	6.00	Gravy	1.10		
Pie (Avenel Newsagency)	4.90	Tomato Sauce	0.30		
Sausage Roll (Avenel Newsagency)	4.50	Iced Donut (Limited Numbers)	2.50		
Icy treats		Fruit		Drinks	
Piece of fresh fruit (Banana/apple/pear)	1.40	Piece of fresh fruit (Banana/apple/pear)	1.40	Chocolate milk	2.80
				Strawberry milk	2.80
				Water	3.00
				Apple juice	2.70
TOTAL					
Amount enclosed					

Available Wednesday, Thursday and Friday in Term 3 2023.

Please note: whether you are paying with cash in an envelope in the office drop off, in store or by phone, payment must be received at 10:00am on the morning of the order to ensure delivery.

Chip Shortage: This has extended beyond term 1. As a result of the price of chips has increased.

Feel free to keep this copy at home and just simply write your lunch orders on an envelope with your money for order.

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Roll chicken, ham or Egg & salad	7.00	Dim Sim	1.40	Dim Sim	1.40
Sandwich 1 filling	4.00	Potato Cake	1.30	Potato Cake	1.30
Sandwich 2 fillings	4.50	Dino Nugget each	1.00	Dino Nugget each	1.00
Sandwich 3 fillings	5.00	Battered hot dog	3.30	Battered hot dog	3.30
Sandwich Ham/chicken and salad	6.50	Cheese Burger	8.00	Cheese Burger	8.00
Sandwich Schnitzel and salad	9.50	Schnitzel and salad	9.50	Kids Pack (Ext Sml Chips & 3 Nugs)	5.70
Toasted Sandwich 1 filling	5.00	Kids Pack (2 Potato Cakes & 3 Nugs)	4.70	Kids Pack (2 Potato Cakes & 3 Nugs)	4.70
Toasted Sandwich 2 filling	5.50	Gravy	1.10	Gravy	1.10
Toasted Sandwich 3 filling	6.00	Tomato Sauce	0.30	Tomato Sauce	0.30
Pie (Avenel Newsagency)	4.90	Iced Donut (Limited Numbers)	2.50	Iced Donut (Limited Numbers)	2.50
Icy treats		Fruit		Drinks	
Piece of fresh fruit (Banana/apple/pear)	1.40	Piece of fresh fruit (Banana/apple/pear)	1.40	Chocolate milk	2.80
				Strawberry milk	2.80
				Water	3.00
				Apple juice	2.70
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