



# Manor Lakes College

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Email: manor.lakes.p12@edumail.vic.gov.au  
Website: www.manorlakesp12.vic.edu.au

Before and after school care: Big Childcare 0421 641 603  
Uniform Shop: Rushfords/Noone 9741 3211  
On site - Tuesday 8:30am - 10:30am  
Thursday 2:00pm - 4:00pm

## Newsletter

Week Ending Friday 20<sup>th</sup> December, 2019

<https://www.facebook.com/groups/manorlakesp12college/>

**SUPERVISION IN THE YARD BEGINS AT 8:35 AM AND ENDS AT 3:15 PM  
LAST DAY OF TERM 4 - 1:30PM FINISH**

### Upcoming Events

DESCRIPTION		PAYMENT DUE
Friday 20 <sup>th</sup> December	Last day of Term 4 – 1:30pm finish	N/A
Tuesday 28 <sup>th</sup> January	Curriculum Day – no students at school	N/A
Wednesday 29 <sup>th</sup> January	Curriculum Day – no students at school	N/A
Thursday 30 <sup>th</sup> January	First day of school Grade 1 – Year 12	N/A
Monday 3 <sup>rd</sup> February	First day of school Grade Prep, 8:40am – 1:30pm	N/A



Welcome to the final newsletter for 2019. **School finishes today at 1.30pm.**

#### Departures:

Each year teachers leave for a variety of reasons and this year is no exception. I wish the following staff all the best for their future:

**Linda Bentvelzen** – reducing hours and will still be employed on occasion as a CRT

**Jackie Blanks** – promotion to Nelson Park School

**Lawry Borgelt** – transfer to non-government sector

**Rhys Ellis** – promotion to Melton SC

**John Helmore** - transfer to another primary school

**Amy Rose Livesay** – transfer to another secondary college

**Rebecca Newell** – transfer to a school closer to home

**Cindy Pedrana** – transfer to another primary school

**Thomas Portelli** – transfer to a school closer to home

**Belma Salkovic** – transfer to another secondary college

#### Arrivals:

To replace departing staff and cater for ongoing student enrolments, the following staff have been hired:

**Mollie Anic** – supported learning teacher

**Brendan Arriagada** – primary teacher

**Theresa Buetre** - supported learning teacher

**Jessica Cook** – wellbeing support

**Rachel Cremona** – primary teacher

**Kathleen Dale** – primary teacher

**Sarah Jane Durie** – primary teacher  
**Dwight Farrer** – primary teacher  
**Katie Harrowfield** – primary teacher  
**Liana Jedras** – primary teacher  
**Michelle Knight** – secondary Art/Technology  
**Jennifer Mair** – secondary English/Humanities  
**Jamie Maitland** – secondary English/Humanities  
**Elizabeth Sayce** – primary teacher  
**Tesfaye Seyoum** – secondary Maths  
**Jennifer Stirrup** – primary teacher  
**Shaun Trenorden** – primary teacher  
**Aroha Taunoa** – reception

### **AIP / Review:**

The school's progress over the past five years was assessed at the end of last term. Areas analysed were student performance data, parent, staff and student surveys and a number of forums with, parents, staff and students. A very raw summary of the findings were: **Primary** had made reasonable improvement, **Secondary** was making improvement, and the **Supported** program required significant improvement.

As a result of the review, goals were established for the next three years. These goals are:

1. To maximise the achievement and learning growth of every student, particularly in literacy and numeracy. To achieve this the following strategies will be adopted or continued:
  - Strengthen teacher and team capability to utilise data and evidence to teach a differentiated and stimulating curriculum that targets each student's point of learning need.
  - Embed the agreed college Instructional Model, integrating the use of High Impact Teaching Strategies, to enable consistent, high quality instruction in every classroom.
  - Develop and implement a whole college plan for literacy and numeracy.
  - Strengthen teacher practice excellence through further development of a professional learning community culture which is characterised by high expectations; consistent and systematic feedback processes; coaching and modelling; and peer observation
  - Further develop the leadership capacity of all in leadership roles to establish higher levels of consistency and shared accountability for improving student achievement and learning growth.
2. To maximise student engagement and learner agency. To achieve this the following strategies will be adopted or continued:
  - Develop and implement a comprehensive strategy to enable self-regulated learners.
  - Build the capacity of students to set learning goals and to drive their own learning.
  - Develop and implement a whole college IT plan to improve student outcomes and enable students to be more independent and engaged learners.
  - Increase the use of Individual Education Plans to enable greater differentiation, learner agency and targeted teaching.
  - Review and strengthen the whole college's attendance policy and processes.
3. To improve the social and emotional engagement and wellbeing of every student. To achieve this the following strategies will be adopted or continued:
  - Implement a whole college strategy to develop students' self-management and resilience, based on school wide positive education, growth mindset and emotional self-regulation.
  - Implement approaches to improve learning culture and dispositions based on explicit teaching of metacognitive strategies, effort and resilience.
  - Strengthen the learning partnerships between home and school.

Parents may recognise approaches recently introduced such as:

- Primary Open Classrooms
- Student leadership programs led by consultant Greg Mitchell
- Reintroduction of programs in Supported learning such as Phys Ed and Outdoor Ed

- Revision of 1:1 iPad program, to 1:1 device program, to school supplied iPads in Primary and students bringing their own Notebooks in Secondary
- Hiring of consultants to work with teaching teams: Chris Botheras (mathematics), Jesus Camacho (data analysis), Bobbie Cameron (English), Michelle Hutchison (spelling)

### **Holiday Projects:**

Significant work continues at the school over the holiday period including the following:

- Installation of air conditioning to Corangamite, (primary), half of Victoria (secondary), parts of Illawarra (secondary alliance)
- Paths to enter the new fields/grounds from Manor Lakes Boulevard
- A fence around the new Supported playing space to create a new Supported playground and irrigated, playing field.
- An entry path around the new supported playground from Minindee Rd (immediately to the north of the major car park)
- Automated doors in Victoria and around the building, and the same to more gates around the school
- Improved signage into the College and wayfinding signs in the college
- Secondary parkour rope course
- Tree planting
- TV installations into various classrooms

### **Damage, Trespassers:**

The school will be relatively quiet between Christmas and the 10<sup>th</sup> January and along with many other schools is vulnerable to damage/vandalism. If parents see any activity that appears inappropriate, a phone call to 000 would be very much appreciated, or alternatively a phone call to the Department of Education's Emergency Management section 9589 6266

I will be travelling to Japan for a two week holiday and will return to work from the 13<sup>th</sup> January along with some administration and facilities staff.

All staff will resume on 28<sup>th</sup> January, and students, **year 1 – year 12** resume on **Thursday 30<sup>th</sup> January**. The **preps** will begin on **Monday 3<sup>rd</sup> February**, but will be rostered on to attend individually on Thursday and Friday for assessments.

Tuesday 28<sup>th</sup> January when staff resume will be a preparation day, and the Wednesday 29<sup>th</sup> January will be a curriculum day where Greg Mitchell will be working with staff on improving social and emotional engagement with every student, (refer to Review strategies).

To close, I wish all departing students the very best at their new school or in their leaving schooling. I would like to thank all those in our community for their support and assistance to the school whether it be through: fundraising, working bees, attending school functions, parent helpers and supporting their child during the difficult periods that come to all. I wish all an enjoyable and safe holidays, and look forward to all students and staff returning to school in the New Year.

*Steve Warner*  
**College Principal**

2020 School Terms:

Begin:

End:

2020 Curriculum Days (Students **DO NOT** attend school):

Term 1	28 January 2020	27 March 2020	Tuesday 28 <sup>th</sup> January Wednesday 29 <sup>th</sup> January
Term 2	14 April 2020	26 June 2020	Friday 24 <sup>th</sup> April Tuesday 9 <sup>th</sup> June 2020
Term 3	13 July 2020	18 September 2020	
Term 4	5 October 2020	18 December 2020	

## Grade 6 Celebration



**6C, 6D & 6E performing 'High Hopes'.**

On Friday evening, we congratulated our Grade 6 students on their achievements throughout Primary school. This was a brilliant celebration of our students, their success and commitment to learning. I would like to thank the Grade 6 team for their tireless preparation for this event. There were smiles from ear to ear on student faces and the massive applause from the audience showed the continued support for our students.

Many thanks to the parents and families who attended the event, we hope you enjoyed it! I would also like to thank the Specialist Teachers, Jeanette England (School Council President), Joanne Ryan (Federal Member for Lalor) for presenting awards.

Congratulations to these students:

- *Principal's Award:* **Spencer**
- *Julia Gillard Achievement Award:* **Siya**
- *Andrew Fildes Encouragement Award:* **Hunter**
- *Endeavour Award Recipient:* **Mia**
- *Endeavour Award Nominee:* **Tyla**
- *Indonesian Award:* **Sophie**
- *Hindi Award:* **Harman**
- *Music Award:* **Chloe**
- *Performing Arts Award:* **Mikayla**
- *Physical Education Award:* **Atupuha**
- *Physical Education Award:* **Akon**
- *Visual Arts Award:* **Tashfia**
- *AFL Development Award:* **Cruz**



**6A, 6B SPF & SPE performing 'A Million Dreams'.**

## Semester 2 Reports

Reports for Semester 2 are now available for parents to view and download from Compass.

Please contact your child's teacher if you have any questions.

## Secondary Awards Night & Dux

I would like to send out a big thank you to **Vicki Ryan**, for the organisation of our second ever Secondary Awards Evening. I'd also like to thank all of the staff who helped set-up and run the evening.

Even though it soared to 40 degrees, the audience showed great resilience in the heat, to watch so many of our students receive awards for their hard work. Some students in the younger years, received several awards – and will certainly be ones to watch out for as future Dux.

I'd also like to thank our Year 10 band, who entertained the crowd with three performances.

I am also pleased to announce that the college Dux for 2019 is **Eva Wadhwa** with an ATAR of 93.2, followed by **Kartiya Ilardo** with 87.95 and **Jagasis Singh** with 85.9. Both Eva and Jagasis have been offered places at Monash University in Honours Degrees - Law/Biomedical Science and Engineering/Science respectively. Kartiya will be heading off to The University of Melbourne to complete a Bachelor of Arts.

We are also very happy to announce that over 91% of our students applying for University/TAFE have already received offers. There will also be more offers made in January and February. We wish each and every one of our graduating students well and look forward to staying in contact and hearing of their future adventures.

On behalf of the Secondary School, we hope everyone has a wonderful Christmas and holiday break. Stay safe! And we look forward to everyone returning in 2020.

Secondary Principal  
**Renee Liprino**

## Primary Art News

*Goodbye and Good luck to **Cindy Pedrana**!*



We will miss you. Thank you for running the Art program and being a part of the Manor Lakes family for the last 10 years.

The students have loved having you for their Visual Art teacher and enjoyed all the fantastic Art Programs and Art exhibitions you have run over the years.





## Supported News



Thank you for a incredible end to 2019! Joining Supported Learning has been a fantastic choice for me both personally and professionally. I truly believe we have the most passionate, caring staff who place the needs of the children at the centre of all decisions. We have a bit of work to do in 2020; working towards our full potential. We want to ensure that every student has access to meaningful learning and a future pathway by the time they leave Manor Lakes College.

Some of the fantastic things to celebrate this year are:

- the introduction of a Supported Learning Instructional Model
- meaningful learning programs and businesses. Such as the SSA/SSB lunch order program and SPE/SPF brilliant beads.
- the introduction of project based learning in Alliance
- school camp booked for 2020
- some fantastic work moving towards communication abilities for all students. Thank you Alex and our speech consultant Haylee Parfett!
- swimming program booked for 2020
- visits for all teaching staff to Special Schools to observe best practice and share some resources.

Myself and my leadership team are looking forward to 2020 and all the exciting things to come! Thank you to all staff, students and families of Supported Learning for all your hard work in 2020!

Francesca Ahearn

## 2020 Primary School Captains

On Friday the 13th of December Manor Lakes held their last assembly for 2019.

There was great excitement as the Year 5 applicants waited nervously to find out if they were 2020 school or vice captains.

The school captain applicants recently wrote an application to the principals and interviewed for the position. It is with great pride to announce **Charlee Jones** and **Tanush Annamraju** as our 2020 school captains. We are sure you both will do an excellent job.



Massive congratulations also to the 2020 Vice captains **Bohdi Collins**, **Leon Hulme**, **Jaymar Haider** and **Iba Ami**. We know you also will make excellent role models and do great things for our school. Well done to all that applied.

## Therapy Dogs in Schools

On Tuesday the 3rd of December we had two very important guests at our school, Midge and Maisy.

Midge and Maisy are Groodles who are therapy dogs. They mainly worked in the grade 2 rooms however some lucky grade 5s also got to meet the guests. The year 5s really enjoyed having Maisy in their classroom. Everyone wanted a pat, hold her leash or give her treats.

When the therapy dogs are in our school the children just light up and really enjoy their company



## African Parents Breakfast

A meaningful parents school engagement was conducted on 27th November. The intention was to celebrate the end of the year with positive remarks from Steve, school leaders, parents and student leaders.

It was a successful event with Africans in particular. South Sudanese parents attended breakfast and met Principal Steve and staff who were in attendance.

Students leader (John and Sarah) presented inspiring messages, encouraging parents to get involved fully in supporting children's education. In turn, the parents were appreciative and thankful to Steve and the school for spending this busy morning time with them. Remarkably, all parents commented that they have seen changes and improvement in their children.

Thank you Steve and all people who have helped in organising this event and those who attended to meet the parents. Parents left with happiness and they are looking forward to meeting everyone at '**welcome back to school breakfast**' - 2nd week of school next year.



James  
MLC Social Worker

## Canteen Arrangements for 2020

We are very excited to announce our continuing partnership with Jude Fina Foods in 2020. The new arrangement will see two canteens operate, a **Primary** and a **Secondary canteen**.



The **Primary** students will have access to **lunch orders only**. This means there will be **no** over the counter sales during play times. Parents of primary students will be able to order a canteen lunch which will be delivered to the classroom. All student eating will happen inside the classroom.

The **Secondary** canteen will be located in the new Victoria building. Secondary students will be able to purchase over the counter items at recess and lunch, and will have a differentiated menu from the Primary.

Jude Fina Foods will be introducing an APP, called QKR, to order lunches for 2020. The aim is to transition all lunch ordering through the app. In the Primary, there will be no surcharge for manual paper orders to begin the year. Starting in Term 2 there will be a \$1 surcharge for manual orders in primary.

Please see the attachments below for copies of the primary and secondary menu and also instructions to download the QKR APP for online ordering. This will reduce our P-6 students handling money and will increase the amount of play time they have.

Please contact Daniel Condon (Primary Assistant Principal) with any queries:  
[condon.daniel.d@edumail.vic.gov.au](mailto:condon.daniel.d@edumail.vic.gov.au)

## School banking

Wishing all families a very **Merry Christmas**, a Happy New Year and a safe but fun school holidays. School Banking resumes on **Friday, 7th February 2020**.

Thanks,  
Natalie, Neha, Tracy and Delphi  
**School Banking Coordinators**



## Grade 2 Maths

To finish off a great year in maths, the Year 2 students are having some fun learning about the characteristics of 2D and 3D shapes.

We ventured out into the school yard to find and collect Pokémon and read the clues to solve the riddles.



## Hindi Masterclass (HMC)

During Semester 2, selected LOTE- Hindi students from Grades 4 5 and 6 got the opportunity to explore the Indian culture through music, dance, art and craft in the Hindi masterclass.

It mainly included hands on activities like making puppets, mandala kaleidocycle, jewellery, clay lotus deeya (tea light), sand art, rangoli, 3D Taj Mahal, paper peacock, dot painting on stone and elephant art.

HMC was a huge success and the students really enjoyed it. Their massive rangoli artwork was also displayed at the BDO. We would like to share some of their art and craft work with you.







## Grade 4 Excursion to Melbourne Museum

In November the Grade Four's all went to the Museum. On the bus everybody was having fun. Mr Edwards was playing songs. Doddsi and Mrs Shaw were dancing, making everybody laugh.

### Around the Museum:

The first stop, for my group, was the rainforest exhibition we went through a dark tunnel we saw all types of lizards, bird, herbs, orchids, trees and spiders. While we were headed to the next exhibit we saw a whale skeleton, the food of a whale, dinosaur skeletons, gold pieces and big jewels. The next exhibit we explored was the bug exhibit. We looked at bugs they were pinned to surfaces. Some of them were alive in tanks. Butterflies, scorpions, ant farm, grass hoppers, beetles, dragonflies, bees and wasps. Then we headed to an animal exhibit, when we got there, people freaked out because inside the exhibit was dead animals which had been stuffed! There was so many animals like a lion, a zebra, many owls, bear and birds. Then we went to an artefact room we saw more big jewels and skeletons, big and small. We also went to the human body exhibit, again we went through a tunnel, but this one had different cords, pipes, bacteria's and other parts of the human bodies, mainly the guts. The second last exhibit we went to was the Melbourne stories, there was a section about Phar Lap, a racing horse who was HUGE. Besides that, there was an olden day theatre, an old house and more. On the way to the first people exhibition.



### The First People Exhibition:

When we reached the First People exhibit we heard sounds, animal sounds they were like bird calls. Around us the walls were decorated with indigenous artwork. When we went inside we could see a table with buttons, each representing a different language used in aboriginal times, like Wemba Wemba and Kawa. During the tour of the exhibit I learnt whenever a child was born they were given a cloak whic they drew patterns on each year. The cloaks were made out of animal skin. Their language was very different from English. Different religions have different gods however the indigenous people believe in Bungel is the creator. They say Bungel is their ancestor's spirits in the form of an eagle. Aboriginals also believed that the crow was a protector. We also learnt about how mud was important for the aboriginals, it was used for sun protection and

Kopi caps . The women wore Kopi caps. The aboriginal handmade weapons to kill animals, besides eating animals they ate emu eggs. Imagine running for food.

Women also wore wilpoos which was a kind of waist jewellery. They also made baskets or containers which were sometimes used to carry babies also they made boats. They were made of trees and twine. Although at the end we had to go our time at the museum had been very FUN and TIRING.

## Happy Holidays from the Primary Team

As we approach our last day of Term 4, we would like to take this opportunity to thank you for a great 2019 school year. Kim, Daniel, Chelsey and I are very proud of the work we have achieved over the year, and we are thankful that we have a motivated group of students and teachers, who have worked well to achieve great results.

We take this time to say farewell and thank you to our departing staff:

**Cindy Pedrana, Rebecca Newell, John Helmore and Angelique Mattiewson.**

**Sarah Radford** will be moving to the Secondary sector, so we wish her all the best.

We also wish **Courtney Miller** all the best for her wedding over the holiday break – she will be known as Mrs Davey from 2020.

Please enjoy your time with your families, and ensure you stay Sun Smart over the summer, and travel safely.

Here are some important Term 1 2020 Dates:

**Tuesday 28<sup>th</sup> January** – Curriculum Day 1 – no school for students

**Wednesday 29<sup>th</sup> January** - Curriculum Day 2– no school for students

**Thursday 30<sup>th</sup> January** – First day of term for Grade 1-6 students

We would like to wish you and your children a wonderful Christmas and holiday break. We are looking forward to seeing you back at Manor Lakes P-12 College in 2020.

Natalie and Kim  
Primary Co-Principals

## 2020 Grade 6 Commemorative Uniform

A reminder regarding the ordering process for the Grade 6 Commemorative T-shirts and Jackets for 2020.

To celebrate their final year of primary school, the Grade 6 class of 2020 will be able to purchase commemorative polo tops and/or bomber jackets.

Part of the design will feature our College logo on the back of the garment with the names of Grade 6 students and associated staff. Indigo Wolf will be organising the supply of the garments and the printing of the design.

All orders must be completed online <https://indigowolf.com.au/manorlcg62020/>

Please see your child's note or Compass for more information. Payment must be made in full at the time of order, no orders or payments can be made direct to the school.

Please contact **Chelsey Marks** (*Primary Assistant Principal*) with any questions.  
[marks.chelsey.c@edumail.vic.gov.au](mailto:marks.chelsey.c@edumail.vic.gov.au)



## Writers Notebook

Next year, students from Prep to Year 6 will continue to use a Writer's Notebook for writing lessons. Students carry their Writer's Notebook alongside them during their writing sessions to support them with their idea development and experimentation of style and craft.

The Writer's Notebook is a rich resource – it is where the writer stores ideas, language, images, drafts and notes, feelings, and descriptions to revisit later. In it, writers can 'gather seeds' – collect ideas and quotes, make sketches and diagrams and write quick pieces on any topic. The notebook can be revisited as a resource for ideas.

To assist in the creation of writing ideas, students need objects used as writing prompts which we call 'seeds'. Over the holidays, we encourage the student from Prep to Year 6, to collect items that will help inspire their writing. Please note, these will be pasted into their books, so if you have any photos that you want to keep, send in a copy of the photo.

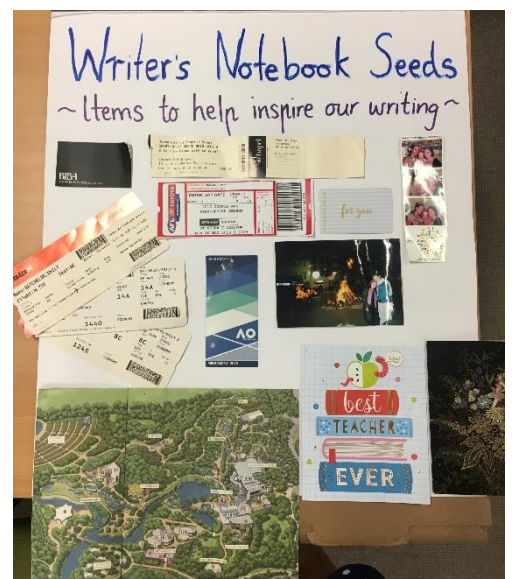
Some examples of 'seeds' could be:

- movie tickets
- brochures from places you have visited
- photos of special people and things like pets, siblings etc.
- party invitations
- birthday cards
- maps
- newspaper articles
- certificates
- vouchers
- stickers/stamps
- drawings
- menu
- magazine clippings
- receipts
- quotes
- pictures
- little keepsakes e.g. feather, shell, button, badge, leaf

We will also be covering the front of our Writer's Notebooks. If you have any wrapping paper, old magazines, catalogues etc, that would be useful, could you also have your child bring them in during Week 1.

Thank you.

Regards,  
**Emily Batchelor** and **Shelly Scarbrough**  
(English Learning Specialists)





## Prep 2020

As we approach our last day of Term 4, we would like to wish you and your children a wonderful Christmas and holiday break. We are looking forward to getting to know you further in 2020.

Please be mindful of the following important Term 1 Dates:

**Thursday 30<sup>th</sup> Jan** – Prep Assessment Interviews  
(Grade 1-6 students begin school today)

**Friday 31<sup>st</sup> Jan** – Prep Assessment Interviews  
Go to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and enter the code **kyb8r**  
Remember to select your Prep Teacher's name  
Remember to book for 2 interviews: English Interviews and Maths Interviews

**Monday 3<sup>rd</sup> February**  
Prep 2020 students First Day of School  
8:50-1:00pm

**Tuesday 4<sup>th</sup> February**  
Prep 2020 students Second Day of School  
8:50-1:00pm

**Wednesday 5<sup>th</sup> February**  
NO SCHOOL FOR PREP STUDENTS  
(Assessment Interviews will take place)

**From Thursday 6<sup>th</sup> February onwards**  
Normal school hours 8:50-3:00pm

**\* For Wednesdays during February – no school for Prep students**

We hope you enjoy your holiday break with your families,

**Natalie and Kim**  
*Primary Co-Principals*

## Notifying the School of Absences

Please remember to call the school on 9741 4202 or email [manor.lakes.p12@edumail.vic.gov.au](mailto:manor.lakes.p12@edumail.vic.gov.au) or log your child's absence electronically via Compass, if your child is going to be away or late for school so your child's absence can be recorded correctly.

Notifying the school of your child's absence either prior to, or on the day that they will be away, helps ensure the safety and well-being of children and will fulfil your legal responsibility.

This system also promotes daily school attendance. Going to school every day is the single most important part of your child's education, they learn new things every day – missing school puts them behind.

If you are concerned that your child is home for reasons not related to illness or family commitments, and you would like someone at the college to assist you, please do not hesitate to ring the college.

The Manor Lakes College Attendance Policy which outlines the school's processes and procedures for monitoring, recording and following-up of student absences is available on our website <https://www.manorlakesp12.vic.edu.au/policies>

## Smith Family Scholarships

**The Smith Family Learning for Life Scholarship program helps create better futures for children at Manor Lakes College by providing:**

- Financial assistance to help families afford the cost of their child's education;
- Access to Smith Family educational programs to help children get the most out of their school years



### **Eligibility Criteria:**

- In possession of a Health Care Card or Pension Concession Card
- Have regular school attendance (80% and above)

### **For more information, contact Tsering or Marcelle:**

Tsering (Primary Leading Teacher- Student Wellbeing): Ph- 03 9741 4202

Marcelle (TSF) Ph- 0408 266 867

## 2020 School Photos

School photo dates for next year have been booked in:

**Tuesday 5<sup>th</sup> May** – Secondary Portraits

**Wednesday 6<sup>th</sup> May** – Primary Portraits & Class Photos

**Friday 8<sup>th</sup> May** – Sibling & Absentee Portraits



# MANOR LAKES LUNCH ORDER ONLY MENU

## Hot Items

Lasagne☺	\$4.00
Macaroni & Cheese☺ (V)	\$4.00
Spaghetti Bolognese☺	\$4.00
Homemade Pizza☺	\$3.00
Chicken Burger with Lettuce, Cheese & Mayo	\$4.50
Beef Burger with Cheese, Sauce	\$4.50
Oven Bake Chicken Nuggets (Breast)	4for\$3.20
Dim Sims (Steamed) ☺	\$1.20
Chicken Schnitzel Roll with Lett, Tom & Mayo	\$5.00
Fantastic Noodle (Chicken or Beef)	\$3.00
Traveller Pie☺	\$3.80
Party Pie/Sausage Roll	\$1.20
Regular Sausage Roll	\$3.20
Skinless Hot Dog	\$3.50
Hash Brown (Oven Bake)(V)	\$1.20
Corn☺(V)	\$1.50
Nacho-with Salsa & Cheese☺(V)	\$4.00
Falafel Bites	<i>Vegan Gluten Free</i> 3for\$3.50
Sweet Potato Rosti	<i>Vegan Gluten Free</i> 3for \$3.50

## Halal

Halal Hot Dog	\$3.60
Halal Pie	\$3.70
Mac & Cheese☺(V)	\$4.00
Corn☺(V)	\$1.50
Herbert Adam Pastie☺(V)	\$3.50

## Ice Creams(if available over the counter)

Paddle Pop Variety	\$2.00
Mini Calippo	\$1.50
Shaky Shake	\$2.50
Icy Twist	\$1.50
Frozen Yoghurt(See canteen for flav)☺Gluten Free	\$2.50
Zooper Dooper / Qulch☺	\$1.00

## Drinks

450ml Fresh Juice (Orange, Apple) ☺	\$3.50
600ml Water☺	\$2.00
300ml Oak Milk (Chocolate, Strawberry)	\$3.00
250ml Oak Mini Shakes (Chocolate, Strawberry)	\$3.00

## Salad

Fruit Salad☺	\$3.50
Salad Plate-Lettuce, Cucumber, Tomato, Carrot, Beetroot☺	\$4.00

## Sandwiches (Fresh or Toasted)

Salad☺(V)	\$3.80
Ham☺	\$2.80
Ham & Cheese☺	\$3.30
HCT(Ham, Cheese & Tomato)☺	\$3.80
HLT (Ham, Lettuce & Tomato)☺	\$3.80
Chicken with Lettuce & Mayo☺	\$4.30
Tuna with Lettuce & Mayo☺(V)	\$3.90
Vegemite & Cheese☺(V)	\$2.90
Egg with Lettuce & Mayo	\$3.80

Gluten Free Sandwiches Available add 30c

## Rolls

Salad☺(V)	\$4.30
Ham☺	\$3.30
Ham & Cheese☺	\$3.80
HCT(Ham, Cheese & Tomato) ☺	\$4.30
HLT (Ham, Lettuce & Tomato) ☺	\$4.30
Chicken with Lettuce & Mayo☺	\$4.80
Tuna with Lettuce & Mayo☺(V)	\$4.40
Vegemite & Cheese☺(V)	\$3.40
Egg with Lettuce & Mayo	\$3.80

## Wraps

Salad☺(V)	\$4.30
Ham☺	\$3.30
Ham & Cheese☺	\$3.80
HCT(Ham, Cheese & Tomato) ☺	\$4.30
HLT (Ham, Lettuce & Tomato) ☺	\$4.30
Chicken with Lettuce & Mayo☺	\$4.80
Sweet Chilli Chicken Wrap	\$4.40
Tuna with Lettuce & Mayo☺(V)	\$4.40
Vegemite & Cheese☺(V)	\$3.40
Egg with Lettuce & Mayo	\$3.80

## Snacks

Large Cookie	\$2.50
Koala Popcorn (Sweet chilli, Sweet & Salty, Salty)	\$2.00
Jelly Cup☺	\$1.00
Noodle Snacks/Rice Sticks/Delites	\$1.00
Homemade Muffin	\$1.50

## Additions for Sandwiches, Rolls and Wraps & Salad Plate

Ham 50c	Chicken \$1.00	Egg \$1.00
Cheese 50c	Tuna \$1.00	

Sandwiches, Rolls and Wraps are made with white bread. If you would like Wholemeal or Multigrain please state this on your order.

You're welcome to build a sandwich, Roll or Wrap.

Sandwich start at \$2.20 plus your additions.

Rolls start at \$2.70 plus your additions

Wraps start at \$2.70 plus additions

ORDERS CAN BE PLACED VIA THE QKR APP & THROUGH

THE CANTEN



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☺ Healthy Option (V) Vegetarian Option

20c for Sauce Sachets

10c for Paper Bag (If not provided)



# Manor Lakes Secondary Canteen Menu 2020

## Breakfast

- Egg & Bacon Muffin 4.0
- Ham & Cheese Toastie 3.5
- Ham, Cheese & Tomato Toastie 4.0
- Fresh Yoghurt 3.5 v
- Hash Brown (Oven Baked) 1.2v GF

## Recess Selection

- Croissants from 4.0 v
- Toasted Bacon & Egg on Wholemeal Roll 4.0
- Cheese & Spinach Roll 4.0 v
- Assorted Dim Sims, Dumplings, Potato Snack from 1.0
- Sweet Chilli Chicken Wrap (Warm)/ BBQ Chicken Wrap 5.0
- Homemade Pizza Slice from 3.0
- Traveller Beef Pie (Salt Reduce) 3.8
- Nacho with Salsa, Sour Cream, Tasty Cheese 4.0 v GF
- Chicken Burger w Lettuce, Mayo 4.5
- Chicken Schnitzel Panini w Lettuce, Cheese & Mayo 5.0
- Veg Panini w Cos Lettuce, Tomato, Red Onion, Mayo 5.0 v
- Angus Beef Burger with Cheese, Tomato Sauce 4.5
- Hot Dog with Topping (optional) from 3.5
- Noddles Assorted Flavours 3.0
- Falafel Bites Vegan Gluten Free 3 for 3.2
- Potato Rosti Vegan Gluten Free 3 for 3.2

## Lunch Selection

- Homemade Pasta of the Day 4.0s 5.0Lg with Water 10.0
- Stir Fry or Hokkien Noodle w beef/chicken 4.0s 5.0Lg
- Stir Fry Vegetarian Rice 4.0s 5.0Lg v
- Chana Dal (Chickpea Curry) v 4.0s 5.0Lg
- Vegetarian Quiche Slice 4.0 v
- Roast Beef Roll with Gravy 5.0
- Baked Potato with Sour Cream 4.0 v GF
- Homemade Soups (Term 2 & 3) 4.0 v GF
- Traveller Beef Pie (Salt Reduce) 3.7
- Chicken Burger w Lettuce, Mayo 4.5
- Chicken Schnitzel Panini w Lettuce, Cheese & Mayo 5.0
- Chicken Parma Panini w Napoli Sauce & Cheese 5.0
- Angus Beef Burger with Cheese, Tomato Sauce 4.5
- Assorted Dim Sims, Dumplings from 1.2
- Homemade Pizza Slice from 3.0 v
- Meatball Sub with Napoli Sauce & Cheese 4.0
- Veg Panini w Cos Lettuce, Tomato, Red Onion, Mayo 5.0 v

## Sushi (Wednesday & Thursday) Term 1

- 2 Rolls from 6.0
- Chicken Teriyaki, California, Tuna & Avocado.

## Cold Deli Selection (Please see Canteen for Options)

- Fruit Salad with Yoghurt 4.5
- Garden Salad with Italian Dressing, Greek Salad, Taboli,
- Roast Veg Vegan & Cous Cous Roast Veg 5.0
- Yoghurt with Berries 4.5
- Jelly 1.5
- In Season Fruit From 1.0

## From The Bakery

- Assorted Gourmet Pies 4.5
- Sausage Roll 3.2
- Assorted Muffins 3.5
- Assorted Slices 3.5
- Vegetable Pastie 4.0 v
- Cheese & Vegemite Pinwheel 1.5
- Iced Donut from 3.0

## Sandwiches

- Made to order
- Assorted Breads
- Salad w Lettuce, Tomato, Cucumber Red Onion 3.8 v
- Salad add Ham 4.3
- Salad add Chicken 4.5
- Salad add Cheese 4.3 v
- Egg & Lettuce 4.5 v
- Tuna with Tomato & Red Onion 4.5
- Chicken Lettuce & Mayo 4.3
- Chicken with Avocado & Cheese 4.5
- Ham Cheese & Tomato 3.8
- Cheese & Tomato 3.3 v
- Add .5 for Rolls or Wraps**
- Add 1.0 for Focaccia**
- Gluten Free Available upon Request GF**

## Drinks

- 250ml Coke-no sugar, Sprite 2.0
- 390ml Coke no sugar, Sprite 3.5
- 500ml Ice Tea Varieties 4.0
- 750ml Pump Flavoured Water 4.0
- 600ml Water 2.5
- 250ml Mt Franklin Sparkling Water 2.5
- Up and Go Varieties 3.0
- 300ml Oak Milk Flavoured 3.0
- 250ml Oak Mini Shakes 3.0
- 500ml Ice Break 4.0
- 600ml Oak Milk Flavoured 4.0
- Harvey Fresh Juice Varieties from 3.5

## Ice Creams

- Assorted Paddle Pops 2.0
- Mini Callippo 1.5
- Paddle Pop Thickshake 2.5
- Icy Twist 1.5
- Frozen Yoghurt 2.5

## Snacks Options

- Popcorn 2.0
- Delites 1.0
- Red Rock Deli Chips 2.5
- Assorted Muffins 4.0, Assorted Slices 3.5

**ORDERS CAN BE PLACED VIA THE QKR APP & THROUGH**

**THE CANTEEN**



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Select your Country of Residence as 'Australia' and follow the steps to register

### Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10kms of the school, or search for our school by name.

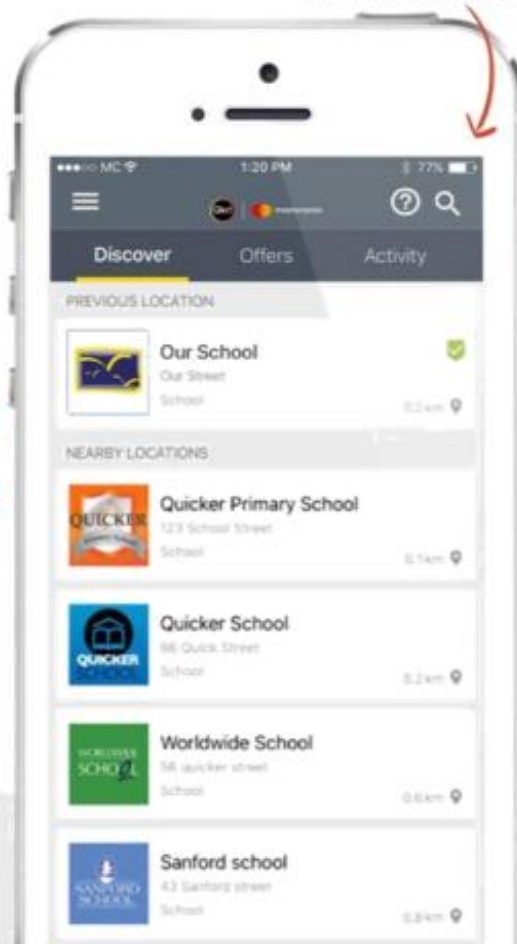
### Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

If you have made a purchase you can select our school from 'Previous Location'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'

Search for our school name





# ON TRACK



ON TRACK is an exciting hands-on music program giving students a rare opportunity to get up close and personal with some of Australia's leading DJs, Artists and Songwriters.

We've assembled an awesome collection of Australia's Hip Hop artists & DJs to teach you all the tricks of the trade to kick-start you into the music biz.

You can choose between DJ or Hip Hop, song writing + music making...or better still, both!

ON TRACK lets you pick which day or days you would like to attend for a jam-packed experience of music making, lunchtime sports, opt-in pathways sessions to learn about career options, activities and lots of fun.

At our DJ days you'll learn how to mix beats and get a crowd jumping with all the latest pop hits! You will use top of the line DJ equipment – the kind the pros use and will be spinning, beat matching and hyping the room.

At our Hip Hop, song writing + music making days, you'll learn to write lyrics from your experience, rhyme and create melodies, putting that all down into your very own song!

You don't need any song writing or musical experience – just a passion for music, an eagerness to give it a go and express yourself. There's prizes and giveaways which we can't wait to share with you!

You'll get the best musical training and best part – it's completely free!  
Lunch and snacks will be provided each day – get ready for some deliciousness!

## YOU PICK YOUR DAYS:

Day 1 – Monday January 20	DJing + a "DJ Off" performance afternoon
Day 2 – Tuesday January 21	DJing + a "DJ Off" performance afternoon
Day 3 – Wednesday January 22	Hip Hop + a "Rap/Freestyle Comp"
Day 4 – Thursday January 23	Hip Hop + a "Rap/Freestyle Comp"
Day 5 – Friday January 24	Dancing, Music Celebration + "DJ Off"

Can't decide? No problem - come to as many days as you want, plus the end of week music celebration day!

There's plenty of music to be made and fun to be had, and it's all **FREE!**

## ON TRACK @ St Albans Secondary College

**289 Main Road East, St Albans**

REGISTRATIONS ARE NOW OPEN: SIMPLY REGISTER FOR ON TRACK – IT'S FREE

## DATES

MONDAY JANUARY 20 – THURSDAY JANUARY 23, 2020: 10.00AM – 3.00PM

FRIDAY JANUARY 24, 2020: 11.00AM – 2.30PM

GET ON TRACK WITH THE TEAM!

SEND YOUR SIGNED REGISTRATION FORM TO [ALIE.PICKIN@MUSHROOMGROUP.COM](mailto:ALIE.PICKIN@MUSHROOMGROUP.COM)





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# CITY WEST TAEKWONDO

## POINT COOK

C/- Seabrook Primary School Gym

Point Cook Road, Point Cook

T: 9748 8833 M: 0402 314 900

Instructor: Zack Markovski - 3<sup>rd</sup> Dan



## HOPPERS CROSSING

Club Headquarters

111 Elm Park Drive, Hoppers Crossing

T: 9748 8833 M: 0419 411 211

Head Instructor: Frank De Pasquale - 7<sup>th</sup> Dan



## MANOR LAKES\*

C/- Manor Lakes College Gym

Minindee Road, Manor Lakes

T: 9748 8833 M: 0419 598 874

Instructor: Anthony D'Rosario - 4<sup>th</sup> Dan



### Mini Stars Program - Kids (5-7yrs)

Gives confidence to kids.... our exclusive Mini Stars Program starts at 5yrs old and is suitable for young children. This structured program promotes valuable life lessons from early childhood as well as encourages discipline in a fun and friendly learning environment.

### Juniors Taekwondo Program - Kids (8-13yrs)

Where leadership is promoted and rewarded..... our Juniors Program focuses largely on student growth and development. We pride ourselves on developing kids to their full potential through positive interaction, engagement and practice. Many of our Juniors are recognised for their distinctive qualities and are rewarded with leadership roles at school and within local community.

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LESSONS**