



**Lugarno Public School P & C Association
Newsletter: 24 Sept 2019, Week 10 Term 3**

MESSAGE FROM THE PRESIDENT...

Last week we trialed a “dial in” option for our P & C meeting. Thank you, Laura, for dialing in. If anyone else is keen to get involved in P & C but finds it difficult to get to the meetings consider trying out this option. Please just email our Secretary Venus at secretary@lugarnopandc.org.au no later than the day before the meeting. There may be option in the future for us to offer a skype facility also.

We discussed a number of things at Wednesday’s meeting including our school canteen being acknowledged as a “Great Choice Healthy School Canteen”; the desperate need for Ethics Teachers for next year (the commitment is 30 mins or 1hr every Tuesday morning and you are provided training and a script to follow); some painting works happening around the school in the holidays; and a meeting I attended with Mark Coure MP and other local P & C Presidents regarding the revised Department of Education Enrolment Policy and local catchment areas and caps for schools, particularly in relation to high school choices.

I would like to take this opportunity to thank all our volunteers who keep our canteen, uniform shop and fundraising activities going and to our Executive Team who spend a lot of time behind the scenes. There are many ways you can get involved and all of them do not involve being up at school regularly during school hours. Like the Harry Potter joke later on, we need a mix of people with different skills, experience and perspective to make a great P & C team.

Our AGM will be held on 20th November 2019 and I would encourage everyone to think about getting involved. To be eligible for nomination you must be a financial member of the P & C (annual fee of \$5) at the 16th October meeting. Please contact our Treasurer, Kirsty, if you would like to join: treasurer@lugarnopandc.org.au

Regards,
Melissa Porter

**Next meeting: Wednesday
16th October 2019 at 7pm in
the staffroom (dial in
available)**

Doing it for the kids

President:

**Melissa Porter (0405 142 403)
president@lugarnopandc.org.au**

Vice Presidents:

**Phil Walker (0417 064 164) and
Jasmine Theophile (0432 288 110)
vp@lugarnopandc.org.au**

Treasurer:

**Kirsty McDonnell (0405 484 561)
treasurer@lugarnopandc.org.au**

Assistant Treasurer:

**Leanne Ireland (0416 447 123)
assistant-
treasurer@lugarnopandc.org.au**

Secretary

**Venus Amoro-Njuguna
(0402 007 463)**

secretary@lugarnopandc.org.au

Assistant Secretary:

**Maria Wainwright (0421 408 386)
assistant-
secretary@lugarnopandc.org.au**

BLUE BINS

Thank you to everyone who has brought in bottles/cans. We have had our first collection and earned \$39.80. Such a great fundraiser for our school and helping the environment by recycling too!

The Blue Bins are located at the main entrance to the school opposite the Paver Wall and underneath the P & C Notice Board.



OUR SUB-COMMITTEES

FUNDRAISING NEWS

Fundraising Convener: Vicki Kaniouris

Movie Time Under The Stars @ LPS

Closer to the date we will be asking for volunteers to assist on the night but at this stage if anyone is interersted in assisting the Fundraising Committee to help organise the movie night please contact Vicki on: 0410 678 727.

Any individuals or business owners who would like to donate a voucher/prize for our raffle please also make contact with Vicki.



Key Dates

Term 4 2019

**Wednesday 16th
October 2019 – P & C
meeting 7pm**

**Wednesday 20th
November – P & C AGM
7pm**

**Saturday 30th
November – Movie
Time Under The Stars
@ LPS (open to the
community) – ‘Home
Alone’ will be
screening.**

CANTEEN NEWS

Convener: Janette Allardyce-Walker

The new summer menu for term 4 has been approved by the Healthy School Canteen Association and can be found at the end of this newsletter or on the school's website. We are a Healthy School Canteens member and we are continuously investigating healthy school canteen approved items to stock in our canteen.

I am happy to let everyone know that we have had a few wonderful people volunteer their time on a Monday to help ensure that we can keep the canteen open on Mondays. Thank you to all the fantastic mums and dads (Phil McLean) that have put up their hands to help out once a month in the canteen. We are always in need of more volunteers in the canteen, so if you can spare any time on a Monday, Wednesday or Friday, please contact Sharon on 0430 290 077 or Janette on 0410 638 340 to find out how you can help.

This week I would like to say a very big thank you to Sonia Zarifa. Sonia is a very special volunteer at Lugarno Public School who is also a grandmother of two students and travels all the way from San Souci to volunteer on a Friday in the school canteen once a month as well as always being there to help cover extra shifts when she can. Not only does Sonia volunteer her time in the canteen but she also volunteers her time in the Uniform Shop once a week. Sonia also helps out every week sorting through the lost property with me. Thank you, Sonia, for being so very supportive of the Lugarno Public School community and for all the time you give.

Another extremely valuable volunteer in our canteen that I would like to say a very big thank you to is Belinda MacNaught. Belinda has 3 children and not all of them are school age. Belinda organises childcare every month for one of her younger children and drops another at preschool. Belinda, thank you for the incredible commitment that you show to supporting the canteen and the Lugarno Public School community. Without volunteers like Sonia and Belinda we would be unable to provide the services we do. To all our fantastic volunteers, thank you for all the time you so graciously give to the school canteen.



For a laugh (topical given all the Harry Potter costumes at Book Week) ...

How many wizards does it take to change a lightbulb?

Six.

One Slytherin to break it.

One Gryffindor to volunteer to change it.

Three Hufflepuffs to hold the ladder to ensure the safety of the Gryffindor student.

And one Ravenclaw to point out that they could have just used magic in the first place.

UNIFORM SHOP NEWS:

Convener: Janette Allardyce-Walker

All Summer uniform is in stock and with the weather warming up it's time to make sure you have everything you need for Term 4. The Uniform Shop is open every Monday and Thursday mornings from 8:30am to 9:30am in the school hall. If you are unable to make it in at these times you can order your uniforms online using the QKR! App or alternatively you can fill out an order form and leave your order at the office with correct payment in cash or cheque. Uniforms will then be delivered to your child's classroom by one of our friendly volunteers.

Please remember to label all of your child's uniforms and belongings so that in the unfortunate event that they misplace an item it can be returned to them. The lost property tub outside of the library is currently full of unlabelled items, so if your child is missing something please check the tub. Any items that have not been claimed by the end of term will be removed.



MEET THE TEAM

This week we meet another member of the LPS staff



Name: Deb Rainford

Kids (not really kids anymore!): Oscar 20, Ben 18

Role at LPS: Classroom Teacher

Little known facts about me:

In my previous life in the UK, I was a social worker, working with homeless families. In 1993 I travelled to Australia on a solo-backpacking trip. I fell in love with the country and in 1997, emigrated here with my husband, Shaun.

2019 Challenge:

Every year, I try to set a personal challenge. This year, on our trip home to the UK, Shaun and I hiked the Coast to Coast walk (West to East coast – 310 km over 14 days. An incredible experience in so many ways!

Next challenge? Stay tuned!

Life outside of school:

When I'm not at school, you'll find me at a yoga class, reading, travelling, bushwalking or escaping the city to find a wild spot to camp in our roof top tent. The simple things in life are the things that take me to my happy place.

My favourite thing about LPS:

This is my 9th year at LPS. I love the small community feel that LPS offers. I am incredibly lucky to work with colleagues who never fail to support and make me laugh, and parents who give so much to the school community.

The students are pretty awesome too!

DAILY RECESS OFFERS

Limited stock may be sold over the counter.

All orders must be at the canteen by 9:15am

MONDAY only

- Muffin Pizza** \$2.00
½ a wholemeal muffin topped with tomato sauce, shredded cheese, shredded ham & diced tomato and grilled in the oven
- Watermelon Cup** **QKR only \$1.50**
Diced Watermelon served in a cup with a fork

WEDNESDAY only

- Muffin Pizza** \$2.00
½ a wholemeal muffin topped with tomato sauce, shredded cheese, shredded ham & diced tomato and grilled in the oven
- Snack Pack** **QKR only \$2.50**
Carrot sticks, Cucumber sticks, Crackers & Cheese served with Tzatziki dip

DAILY LUNCH OFFERS

MONDAY only

- Fried Rice** \$4.50
Brown rice, finely chopped egg, onion, carrot, mushroom, peas, corn & ham cooked fresh in the canteen (can be made without ham for vegetarians).

WEDNESDAY only

- Burrito** \$4.50
Seasoned mince cooked fresh in the canteen served on a wholemeal wrap with lettuce, diced tomato, shredded cheese & your choice of sauce (tomato, BBQ, mayo or sweet chilli).

DRINKS – Available daily Recess & Lunch

- Milk** \$2.30
98% Fat Free flavoured milk, available in chocolate or strawberry
- Bottled Water** \$2.30

SNACKS

Available daily – Recess & Lunch

- Frozen Orange quarters 10c
- Frozen Pineapple rings 50c
- Apple \$1.20
- Apple Slinky \$1.50
- Banana \$1.20
- Mandarin \$1.20
- Pear \$1.20
- Watermelon Cup or Slices \$1.50
- Quelch Fruit Tube ice block 80c
- 2 x Pikelets with Jam **QKR only \$1.00**
- Breadsticks 20c
- Sea Salt Chips \$1.50
- Grain Waves (Sour Cream & Chives) \$1.50
- Full bag of Popcorn \$1.20

FROZEN SNACKS

Available daily – Lunch only

- Orchy Cup (frozen juice) \$1.50
Orange, apple & blackcurrant
- Snap Stix 90c
- Chocolate Mooseie \$1.50
- Slushy/Blizzard \$1.50
- iced Monyf TNT \$1.20
Blue Raspberry, Red Berry Blast

KEY

- GREEN** Everyday Foods
- ORANGE** Occasional Foods



MONDAY & WEDNESDAY LUNCH OPTIONS

All burgers, sandwiches & wraps are served on wholemeal unless otherwise stated, with all ingredients listed unless otherwise stated.

- Salad Sandwich** \$5.00
Tomato, lettuce, cucumber, cheese, carrot & beetroot.
- Cheese & Tomato** \$3.20
- Cheese, Tomato & Lettuce** \$3.70
- Egg** \$3.70
- Egg & Lettuce** \$4.20
- Egg & Carrot** \$4.50
- Ham (90% fat free) & Tomato** \$4.00
- Garden Salad Box** \$5.00
Tomato, lettuce, cucumber, cheese, carrot & beetroot
- Garden Salad Box Plus** \$5.50
Add Ham (99% fat free), Grilled Chicken, Egg or Tuna to your Salad Box
- Design Your Own Sandwich** 3 fillings for \$4.00
add 50c for extra – combination from ingredients listed above.
- LPS Burger** \$5.00
Fresh grilled chicken breast with lettuce & mayo on a wholemeal roll
- Bankia Brunch** \$5.00
Low-fat beef patty on wholemeal roll with lettuce, tomato, cheese & beetroot with your choice of tomato or BBQ sauce
- Vegetarian Burger** \$5.00
- Hungry Hakea** \$5.00
99% fat free ham, cheese and tomato on wholemeal bread or wrap, toasted
- Cheese Toastie** \$3.20
Toasted cheese sandwich on wholemeal bread
- Make Your Own Pizza** \$5.00
Pizza base with Tomato or BBQ Sauce and your choice of 4 toppings. Choose from: Grilled Chicken, 99% fat free shredded ham, onion, pineapple, diced tomato, green capsicum & garlic
- Twista Pasta (frozen)** \$4.50
- Macaroni Cheese (frozen)** \$4.50
- Muffin Pizza** \$2.00
½ a wholemeal muffin topped with tomato sauce, shredded cheese, shredded ham & diced tomato and grilled in the oven
- Vegetable Spring Rolls** \$1.20
- Chicken or Beef Noodle cup** \$3.80
- Chicken Nuggets (gluten free)** \$1.20
- Yummy Drumsticks** **QKR only \$1.20**
- Potato Wedges** **QKR only \$4.50**

HOW TO PLACE AN ORDER

There are 2 ways you can place an order:

- The easiest way to place a lunch order is using the **QKR!** App (qkr.mastercard.com). Download the app on your smartphone or Device
- OR
- Directly to the canteen. Place your lunch order bag in the class basket before class commences & it will be taken directly to the canteen. (Please note that this is not available on Fridays).

VOLUNTEERS

Lugarno Public School canteen always requires volunteers to ensure our canteen runs smoothly each day. No prior experience is necessary & Morning Tea, Lunch, Tea/Coffee, Cold drinks and good company are all provided.

If you can volunteer your time once a month, between 9am-2pm, please contact our Canteen Manager Sharon on 0430 290 077



FRIDAY OPTIONS **QKR! Only**

Note: Limited menu due to sport

These 2 items can be ordered to take to PSSA as well via **QKR! only**

RECESS

- 2 x Pikelets with jam** **QKR only \$1.00**
- Popcorn** **QKR only \$1.20**

LUNCH

- Sushi** **QKR only \$4.20**
1 x Sushi Roll Choose from: Tuna & Avocado, Salmon & Cucumber, Chicken Teriyaki & Cucumber, Plain Tuna, Plain Avocado, Salmon & Avocado, Tuna & Avocado, Chicken Schnitzel & Lettuce.
Delivered fresh from Riverwood Sushi
- Rice Paper Rolls** **QKR only \$4.50**
Choose from Chicken & Salad, Tuna & Salad or Vegetarian
Delivered fresh from Riverwood Sushi
- Bankia Brunch** **QKR only \$5.00**
Low-fat beef patty on a roll with lettuce, tomato, cheese & beetroot with your choice of tomato or BBQ sauce
- Friday Toastie** **QKR only \$5.00**
99% fat free ham, cheese & tomato sandwich, toasted or untoasted on wholemeal bread, white bread or a wrap
- LPS Burger** **QKR only \$5.00**
Fresh grilled chicken breast with lettuce & mayo on a wholemeal roll
- Macaroni Cheese or Twista Pasta** **QKR only \$4.50**
- Cheese Toastie** **QKR only \$3.20**
- Yummy Drumsticks** **QKR only \$1.20**
- Chicken Nuggets (gluten free)** **QKR only \$1.20**
- Chicken or Beef Noodle cup** **QKR only \$3.80**
- Potato Wedges** **QKR only \$4.50**
- Vegetable Spring rolls** **QKR only \$1.20**

OTHER

- Tomato or BBQ Sauce sachet 30c
- French Dressing 30c
- Paper Lunch Bag 10c

LUGARNO PUBLIC

SCHOOL CANTEEN

SUMMER MENU

Term 4 2019



OPEN: Monday, Wednesday & Friday

Canteen Manager Sharon Steed 0430 290 077