



**GLENWOOD
HIGH SCHOOL**

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Innovation

Opportunity

Diversity

Success

SHAVE FOR A CURE

THE REDGUM

ISSUE 2 • TERM 2, 6 MAY 2022



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Issue 2 Term 2, 6 May 2022

SENIOR EXECUTIVE REPORT

Special points of interest:

- Front Cover :Shave For A Cure
- Senior Executive Report –Ms Anderson
- PBL
- Relay For Life
- Specialised Learning Hub
- HSC Toolbox
- NAPLAN
- Year 8 Peer Day
- Work Experience
- Art Club
- HSIE
- SRC
- GHS Club
- Parenting Ideas



Lest We Forget

At the end of last term, the school came together for a special ANZAC Day Ceremony. The ceremony commemorated our veterans of whom we are very proud. This ceremony gave us an opportunity to remember those who served our country and to reflect upon their selfless sacrifice. ANZAC Day is an important day on our calendar which is rich in tradition and ritual. We were absolutely proud of the way that we, as a school community, came together to remember and pay tribute to those who served our nation.

We are also very impressed with our dedicated and passionate Prefects who attended the Riverstone/Schofield Anzac Day Dawn Service on Anzac Day with Mrs Pearce and me. It was impressive to think of these young men and women waking up so early while many were still enjoying the last day of their holidays. Thank you for representing Glenwood High School and braving the crisp morning to pay respects on behalf of the Glenwood HS community.

Like so many events at Glenwood HS, there are always so many moving parts working behind the scenes to bring these events to fruition. Anzac Day is a classic example of this. From the school assembly to organising the dawn service plus an online ANZAC presentation for the whole community to enjoy. Thank you to everyone involved from students presenting, representing the school and teachers coordinating in the background. You all made sure that this meaningful ceremony is still relevant to us all.





THE RETURNED & SERVICES LEAGUE OF AUSTRALIA

NEW SOUTH WALES BRANCH
"The Price of Liberty is Eternal Vigilance"

Hon. President: B. SHAW
Hon. Secretary: R. BAKER
Hon. Treasurer: J. MITCHELL

Riverstone-Schofields RSL SUB-BRANCH
18 Market Street, RIVERSTONE NSW 2765
PO Box 272, RIVERSTONE NSW 2765
Ph: 9627 2986. Mob: 0423 016 655
Fax: 9627 5128
Email: rstonersl@bigpond.com

The Principal - Mrs Sonja Anderson
Glenwood High School
Forman Avenue
GLENWOOD NSW 2768

ANZAC Day Dawn Service - Monday 25th April 2022

Dear Mrs Anderson,

On behalf of the Executive and Members of the Riverstone-Schofields RSL sub-Branch, I would like to take this opportunity to thank you and your school for your support and participation on the very special occasion that was ANZAC Day 2022.

Our service would not be the success that it was without the help that you have given us.

Kindest regards,

Bruce Shaw
Hon. President
Riverstone-Schofields RSL sub-Branch
1st May 2022

Welcome to Glenwood

Schools are dynamic places and in large school there is always changes to our teaching staff. We welcome the following staff to Glenwood High School:



Ms Sahajwani - MATHS

My name is Ms Sahajwani. I joined this term at GHS replacing Ms Shrestha. I am thoroughly enjoying teaching here, and love working with the beautiful Maths team. They all made my transition very smooth.



Mr Good - SCIENCE

"I have worked at Glenwood for 8 years and have enjoyed every moment. A majority of that time was spent as a support worker, helping and tutoring the students at Glenwood High School. I have experience working with students from the Specialised Learning Hub and teaching mainstream Science and Mathematics. I am new to teaching, and I am eager to continue helping my students as they journey through high school."



Ms Silvestro – INDUSTRIAL ARTS

My name is Ms Silvestro. I am currently teaching SDD, IPT and Technology Mandatory. A little about me...I have come from Granville Boys High School as well as Head Office. I love being outside, cooking and learning new things with my kids.



Ms Naif –SPECIALISED LEARNING HUB

I hold a qualification as a high school English teacher, however, early on in my career I began teaching in a special education setting at Holroyd School. For 10 years in this role, I have been teaching students from K-12 with moderate to severe intellectual disabilities and developed a passion for inclusive education. I was very excited about the opportunity to work in a more inclusive education setting at Glenwood High School to further build my experience in specialised learning and work within my local community. I started my role here this term and have been welcomed by the school community and the amazing staff and students at the Specialised Learning Hub. I am looking forward to learning and growing at Glenwood High School.

Relay for Life

Finally, Relay for Life will be back into full swing this year. Last year there was a lot of restriction on how the event could be run, however we are all looking forward to the tradition day/night event running starting at 9am on Saturday 21 May until 9am Sunday 22 May.

The House Captains have done a tremendous job fundraising for this event. Tuesday 3 May saw one of the highlights for us as a school where brave souls shaved their beautiful locks for this great cause.

We would like to especially acknowledge Justin and Rich from [‘Ultrafade by Rich’](#) for kindly donating their time and skills to ensure all of our volunteers walked away with at least a good tidy close shave.

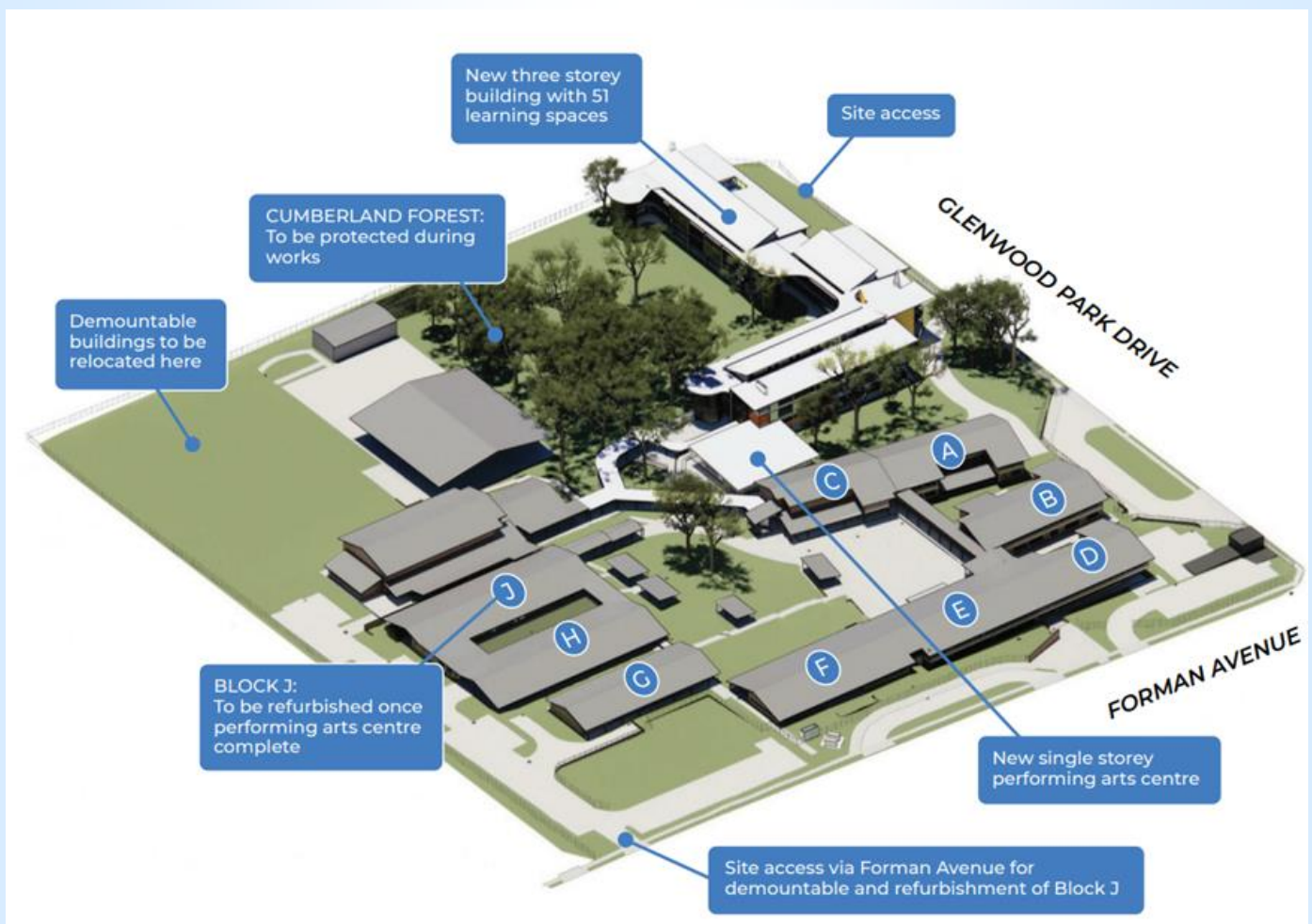


This year we are very fortunate to continue our partnership with one of the local businessmen and ex-student, Shiv Nair from Ray White, Glenwood. Shiv has been very generous in supporting this wonderful cause. Our House Captains have also been very creative in finding ways to capitalise on the fantastic relationship we have with Shiv. The House Captains are running a number of fundraising activities but ***Pin the Hair on Nair has to be my favourite!*** This wonderful and cheeky competition has been a favourite with all our students.

New Build

Things are finally starting to happen! All remnants of the demountables have been removed from site, contracts signed, and a construction company engaged. I will keep you updated on the progress of the new build; however, you can also access additional information from the NSW School Infrastructure website. They regularly place information on how the new build is progressing. <https://www.schoolinfrastructure.nsw.gov.au/projects/g/glenwood-high-school-upgrade.html#category-information-packs>

I have included some architectural drawings of what the final build will look like, plus an aerial map that gives a great summary of where work will happen onsite.



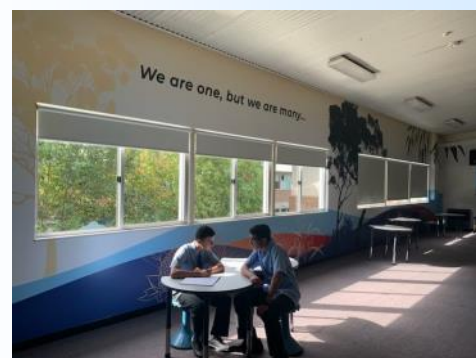


Upcoming Athletics Carnival

It's a great time of year for athletics and hopefully next week the weather will be kind to us and allow all our participating athletes to shine. We will all be heading off to Olympic Park Homebush, which is an excellent complex for our annual athletics carnival. Our House Captains have been busy organising additional fun events for those students who may not necessarily excel in athletics, but still want to get out and show house spirit by gaining valuable house points for their house.

I wish all competitors the very best of luck and I am definitely looking forward to watching Year 12 enjoy their final athletics carnival, especially at the end of the day with the annual Year 12 race.

We are conscious that once the new build is completed that the rest of the school may look a bit tired in comparison. So, we are taking the front foot and slowly giving each block its own make-over. The first block to be refurbished is D-Block. We have replaced all the old pinboards with new acoustically designed pinboards that offer a pleasant quieter environment to accommodate learning. The new operable wall has replaced the old hard to manoeuvre existing operable wall. This new wall allows teachers more flexibility and capacity for cross-class collaboration and differentiation. The finishing touch to the area is the new colourful graphics in the open spaces.



Fun Fact

Not only do our new pinboards add colour and provide for a better learning environment, but more importantly they are made from 80% recycled PET bottles. The recycled PET is sourced from bottles that would normally go to landfill, closing the loop on a valuable resource.





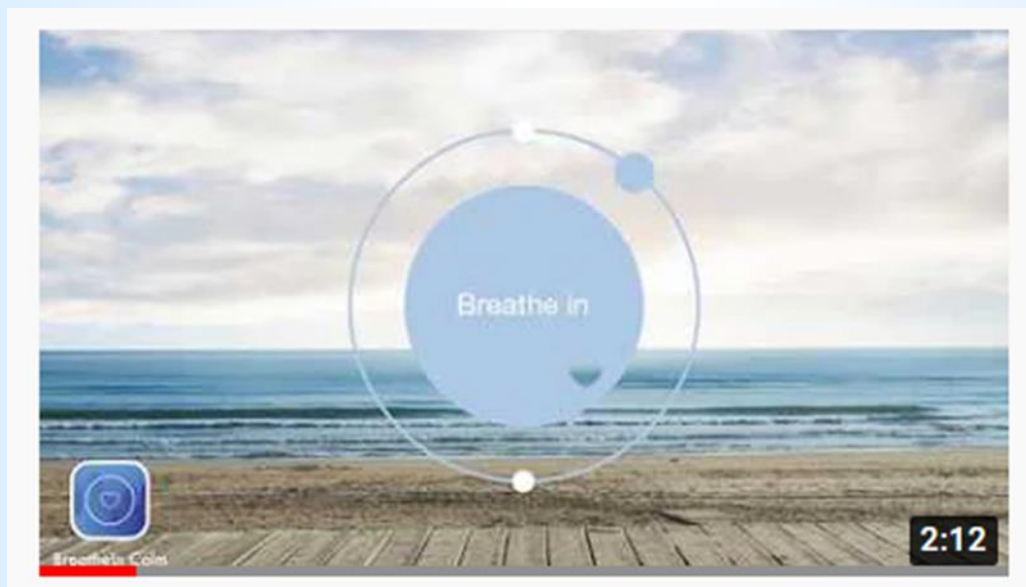
PBL will continue at Glenwood High School this term. There are a variety of activities planned which focus on the 3 R's of Respect, Responsible and Ready. In the next few weeks students will focus on respect for self and others. Then, as the exam period nears closer, there will be lessons on sleep, hygiene, and bedtime routines to promote better sleeping patterns particularly during the assessment period.

Respect for Self - Week 2

During Connect in week 2 students gained valuable tips on self care during examination time which ties in with maintaining respect for self. 5 key tips to stay positive were discussed with students. These tips include:

1. Figure out which study method works for you
2. Stay away from things that stress you out
3. Support those friends that support you
4. Try to focus on your own exams and study methods
5. Reach out for support

After this discussion students practiced the breathe bubble breathing exercise. The purpose of this activity was to teach students a method of relaxation and focus, when they're feeling overwhelmed. This activity also ties in with meditation and mindfulness to help manage anxiety and stress. The video has been linked below for you to try these breath exercises yourself and experience the many benefits of it.



https://www.youtube.com/watch?v=9tOJZQhO_Uw

Yours in positivity,
The PBL Team

Relay For Life

On Tuesday 3rd May, students and teachers took part in a head shave in support of the school's fundraising efforts for Relay For Life.

In a special assembly with a stage set up in the middle of the quad, a team of professional hairdressers got to work cutting hair, with the entire school watching on.

Three Year 8 boys – Isa, Shaan and Tanmay – and two Year 11 boys – Banuja and Emith – had their heads shaved, whilst two Year 11 girls – Alishba and Yahvi – had 30cm of their hair cut and donated the Ponytail Project, which makes wigs for chemotherapy patients. Joining the students were Mr Somvilaysack and Mr Moore who also participated in the shave.

The House Captains, part of our student leadership body, have been working hard behind the scenes for several weeks to organise the head shave, which is part of the bigger fundraising endeavour the school is involved in each year, the Hills Relay For Life.

Relay For Life is an event whereby teams walk around a track continuously for 24 hours, with at least one person required to be on the track at all times. In the lead up to the event, teams gain sponsorship and raise money, all of which goes to the Cancer Council. The day itself provides many activities and entertainment, whilst delivering a strong message about the importance of cancer fundraising to support patients and their families.

Our Glenwood team, made up of more than fifty staff and students, will be representing our school at the Hills Relay For Life on 21st May at Castle Hill Showground. Some students have already committed to staying the entire duration, and are busy collecting donations to help us reach our goal of \$10,000.

We have already had excellent support from the community, with Shiv Nair of Ray White Glenwood generously sponsoring our team for \$2000. With several weeks to go, we would love to see many more students, parents, and other members of our community get behind us and help ease the burden that cancer unfortunately puts on so many lives.

Follow the link to donate: <https://cancercouncil.org.au/relayforlife/teams/ei00246409/>



SPECIALISED LEARNING HUB *Congratulations*

Student of the Week!



Ethan has started Term 2 on a very positive note. He has continually demonstrated a positive attitude in class and is focused on his own learning. In PDHPE, he participated with enthusiasm by learning some new dance moves and yoga stretches. He has applied himself diligently in theory and practical lessons this week. It is a delight to see Ethan organised and prepared for each of his lessons.

Congratulations Ethan!

Term 2 Week 1

Student of the Week!



Niva has shown excellent attitude in her learning this week. She has been making great progress connecting with her peers and has shown improved engagement in class discussions and activities. During Art lessons, her creative flair shines through her bright and colourful paintings.

Congratulations Niva!

Term 2 Week 2



HSC TOOLBOX



HSC TOOLBOX

STICKING TO THE PLAN

Mr Gumus
Wednesday May 11
1pm
Library

In term 1 you made a plan to study.
So how is that going?
Let's evaluate and learn some tips for staying on track with your plan.

"Just because you make a good plan, doesn't mean that's gonna happen."
Taylor Swift

NAPLAN

A reminder to students of Years 7 & 9 - and their parents - that NAPLAN is being conducted in Week 3 (next week!). Parents, we ask that you please assist us by ensuring your children's devices remain fully charged each and every day, from Monday 9th May onwards, and are packed in their bags each morning.

As a brief re-cap, official dates are as follows:

Wednesday 11/5 – Writing test

Thursday, 12/5 – Reading and Language Conventions

Friday 13/5 – Numeracy

Please don't hesitate to contact Mrs Sargeant at school 9629-9577, or via school email) if you have any concerns or questions.



YEAR 8 PEER DAY

Term 1 2022

In Term 1, Year 8 participated in a Peer Day celebrating their achievements and giving them an opportunity to engage with one another as a cohort.

The SRC representatives for Y8 helped in making this an awesome and fun day for all involved. Students participated in games, reflections and gratitude activities revolving around our value of Respect.



Work Experience



Glenwood High School Work experience

Week 6 Monday 30th May to Friday 3rd June

All paperwork to Ms Jones by Week 3



ART CLUB

ART CLUB HOPE BUTTERFLIES

Year 7 students who have been coming to art club on Tuesday afternoons have been involved with a project for World Environment Day. They decorated butterflies that will be used as part of a large installation to be placed in NSW Parliament House. This is a media message from the organising artist, who also sent us a photographic mandala made from our butterflies.

18 Beautiful HOPE Butterflies have been spotted in the north-west of Sydney. These butterflies from the City of Blacktown represent the students of Glenwood High School and they carry HOPE on their wings.

The butterflies are flying directly towards New South Wales Parliament House to celebrate World Environment Day 2022.



• HSIE FACULTY UPDATE •

May 2022

Term 2 2022

Human Society & its Environment

The HSIE faculty has had a busy start to the year and we are pleased to report that our classes have settled into their learning routines.

Our faculty offers a range of subjects, namely:-

Geography, History, Commerce, International Studies, Society and Culture, Legal Studies, Business Studies, Ancient and Modern History and Economics.

We continue to strive in working with both students and their parents to ensure a successful year for all of our students.

Please feel free to contact the HSIE Head Teacher, Matt Hall at matt.hall19@det.nsw.edu.au with any queries or concerns.



Subject in focus

Business Studies

Years studied- 11 & 12

Business activity is a feature of everyone's life. The Business Studies syllabus encompasses the theoretical and practical aspects of business in ways students encounter throughout their lives. It offers learning from the planning of a small business to the management of operations, marketing, finance and human resources in large businesses. Business Studies is recommended for students who wish to pursue a career in management, owning their own business, finance or marketing. Students learn to write their own business plans, as well as read and interpret numerical data.

HSIE Excursions

The Australian Museum

Our Year 9 and 10 History Elective students visited the Australian Museum at the end of Term 1. The students had a firsthand look at displays and artefacts that helped shape the place we live, Australia.

History Elective allows classes to choose their areas of interest in history and expand further from what students' study in their mainstream history classes. If you would like to take fun excursions to learn about history, please consider History Elective in stage 5. This was the first of several excursions we will be taking this year. - Mr Perez



Student feedback- "It was a different and unique way to learn about history. "

"We got a firsthand look at the animals, the megafauna, and dinosaurs that live and lived in Australia. All of the exhibits were really good."

"It was so fun going to the museum. The scavenger hunt, Mr. Perez gave us to complete helped us to see everything in the museum. It was also very informative as we got to see and learn about artefacts of the past

HSIE/Glenwood HS Alumni

The HSIE Department offers a wide range of subjects that prepare students for the real world and we seek to instil in them a love of learning. The skills our students are taught in the classroom can be highly sought after and rewarded in their post-school careers, whether that be in their tertiary education, TAFE studies or when entering the workforce.

Our first alumni to sit down and reflect on his time at Glenwood is:-
Aryan Singh (Year of 2019)

Current degree/university-

In 2020 I was given the opportunity to study in the Bachelor of Accounting Co-op Scholarship Program at the University of Technology Sydney (UTS)



My HSC HSIE subjects-

Legal studies

Economics

Study tips-

My biggest advice for HSIE study tips would be to be aware of the world around you and what is happening at present. This means reading news articles, watching the news or even listening to podcasts about current issues in the world that you can apply to your essays or even short questions, because markers really value this. This is because most people can memorise the content of syllabus dot points, but what really sets apart top students is the ability to relate these dot points with real life applications that are as current as possible.

School assessment advice-

For HSIE assessments, I would advise initially having a good set of notes that are built using the syllabus dot points, so that when trials and HSC exams come around you should be able to answer the syllabus dot point questions using the notes you have there for the multiple choice and short answer sections because the questions are actually composed from the dot points.

For essays on the other hand I would advise to initially compile a bank of potential essay questions and write out rough skeletons of how you would attack the question (e.g., what your paragraphs would be about, what articles, graphs, legislation, case studies ect.) you would write about. Then when you get closer to exams, I would advise choosing a few broad essay questions and properly writing out the essay in exam conditions (no phone and timed), because if you can do this then you can adjust your essay in the exam to fit whatever the question may be.

How HSIE teaching and learning prepared you for tertiary study/life-

Out of all my subjects, my HSIE subjects provided me with the best real world analytical skills, as the habits I learnt from my HSIE subjects of reading news articles and listening to podcasts to update myself on current world issues have continued to remain after leaving school and allowed me to stretch my knowledge everyday. Also for those wanting to pursue a career in business, economics or finance HSIE subjects provide an amazing base knowledge for your university subjects and will really give you heads start compared to those who didn't study them.

60 Seconds with the SRC



Mr Hall- Head of HISE

What are your daily media habits?

Scrolling through instagram and reading the Sydney Morning Herald

Which Aussie sportsman do you most admire?

Shane Warne

Which phrase do you overuse?

You're in my top favourite thousand students of all time

Your guilty pleasure?

Eating chocolate

What did you want to be when you grew up?

A doctor

What was your first job?

Pizza hut deliverer

Facebook or Instagram?

Instagram

The song that's always on high rotation?

I'm still standing by Elton John

Khe Sahn by Cold Chisel

What are you watching at the moment?

Torn- a documentary about the world's best rock climber who got buried in an avalanche.

Favourite movie of the past decade?

Dark Night

Top of your bucket list?

Travel to New York

What's the best piece of advice you ever received?

Don't get bitter, get better.

What are three things you couldn't live without?

Chocolate, family and students



60 Seconds with the SRC



Miss Kearney- HSIE teacher

What are your daily media habits?

Scrolling on instagram and texting on whatsapp.

Which living person do you most admire?

David Attenborough

Which phrase do you overuse?

Are you alright?

Your guilty streaming pleasure?

Real Housewives or reality tv.

What did you want to be when you grew up?

A teacher or zoo keeper.

What was your first job?

A pamphlet delivered person.

Facebook or Instagram?

Instagram

The song that's always on high rotation?

The days- Avicii

What are you reading?

A gentleman in Mosco

Favourite movie?

Harry Potter

Top of your bucket list?

Travel to South Africa to see the native animals.

What's the best piece of advice you ever received?

Fill your bucket before you fill others.

What are three things you couldn't live without?

Family and friends, books and music





GHS Clubs and extra-curricular activities 2022

Term 2, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School		Elite Contemporary Company 7.30-8.30am J6 Dance Room (Miss Taylor)	Ballet Company 7.30-8.30am J6 Dance Room (Ms Koutsoukoulis) Fitness 7:25 – 8.15am Fitness Centre Yr 11-12 Students (Mrs Davies)		Breakfast Club 8am – 8.30am Breezeway outside front office (Chappy & Leonard)
Recess		Chill Chat Colour J3 (Mrs Koutsoukoulis)			
Lunch	MathsHelp P13 (Math staff) Meditation 1.05pm Top of B Block (Ms Egie)	MathsHelp P13 (Math staff) Science Help E3 (Science Staff)	PERIOD 5 & 6 Seniors 1.00-1.30pm HSC Toolbox B (Week) Library Snr area (Ms Wardlaw) Snr MathsHelp Period 5, Library (Math staff) 1.00-2.50pm Opt-In Stage 6 Writing Help for all subjects HSC Hub (Ms Brooke & Mrs Ballantyne)	English Help Seminar East (Ms Ballantyne) Poetry Slam D1 (Mr DeGua) Chess Club Library CC (Ms Mohiuddin)	Junior Writing Help Learning Hub – Library (Ms Brooke & Mrs Ballantyne) Duke of Ed CR1 (Mr Nichols) Year 7 Debating & Public Speaking D1 (Mrs Pearce)
After School	Jazz Company 2.30-4.30pm J6 Dance Room (Miss Taylor)	Homework Centre 3:00-4.00pm Library (Mr Lampinen) Art Club (Yr 7 & 8) 3.00-4.45pm Art workshop, J Block (Mrs McDonald)	GHS School Band 3:00-4.00pm C2 (Mr Herne & Miss Cross) Soccer Club 3:00-4.15pm Meet at the Hall change rooms (Mr Perez & Mr Vlismas)	Art Club (Senior) 3.00-4.30pm Art workshop, J Block (Mr Cyreszka) History Minecraft Club 3.00-4.00pm B7 (Mr Leaver)	Junior Contemporary Company 3.15-4.30pm J6 Dance Room (Miss Taylor)

On Hold: Tuning-In, Sisterhood, GHS Vocal Ensemble, LIT, D&D and Board Games



School Canteen Menu



SANDWICHES

CHEESE & TOMATO E	\$3.6
HAM & CHEESE E	\$3.6
HAM, CHEESE & TOMATO E	\$4.0
EGG & LETTUCE E	\$4.0
CURRIED EGG & LETTUCE E	\$4.0
TUNA, LETTUCE & MAYO E	\$4.0
SWEET CHILI CHICKEN, LETTUCE, SWEET CHILI MAYO E	\$4.6
CHICKEN, LETTUCE & MAYO E	\$4.6
SALAD, LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT E	\$4.6
CHICKEN, CHEESE & TOMATO E	\$4.6
CHICKEN CAESAR, CHICKEN, LETTUCE, CAESAR DRESSING E	\$4.6
HAM SALAD, LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT E	\$4.6

WRAPS

SWEET CHILI CHICKEN, LETTUCE, SWEET CHILI MAYO E	\$3.6	\$6.2
SALAD, LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT E	\$3.6	\$6.2
CHICKEN, LETTUCE & MAYO E	\$3.6	\$6.2
CHICKEN CAESAR, CHICKEN, LETTUCE, CAESAR DRESSING E	\$3.6	\$6.6
HAM SALAD, LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT E	\$3.6	\$6.6

SGL DBL

SALADS

WATERMELON, HONEYDEW CUBES E	\$5.0
FRUIT, FRESH SEASONAL FRUIT E	\$5.7
GARDEN, LETTUCE, TOMATO, CUCUMBER, CARROT, BEETROOT E	\$5.5
CAESAR, COS LETTUCE, DRESSING, DRESS E	\$5.7
SWEET CHILI CHICKEN, LETTUCE, TOMATO, SWEET CHILI E	\$6.2
CHICKEN CAESAR, CHICKEN, COS, DRESSING, CHEESE E	\$6.2

CRUNCHY BREAD ROLLS

SALAD E	\$6.2
EGG & LETTUCE E	\$6.2
SWEET CHILI CHICKEN, 2x TENDER, LETTUCE, SWEET CHILI MAYO E	\$6.2
CHICKEN, LETTUCE & MAYO E	\$6.2
HAM SALAD E	\$6.2
HOT N SPICY CHICKEN SCHNITZEL, WITH LETTUCE & MAYO E	\$6.2
HOT CHICKEN & GRavy E	\$6.2

SUSHI ROLLS

SWEET CHILI CHICKEN E	\$4.0
VEGETARIAN E	\$4.0
TUNA E	\$4.0

x1

SNACKS

POPCORN	\$1.0
BROWNIE	\$2.0
BANANA BREAD	\$2.8
BROWNIE BREAD	\$2.8
WICKED PIZZ	\$0.5
PIRANHA SNAPS	\$2.7
POPCORN	\$1.0
CHIPS 450g	\$3.0

COLD

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

EXTRAS

SAUCE PORTIONS	\$0.4
GRavy	\$0.5
SOUR CREAM	\$0.5
CHEESE	\$0.5
CONTAINER & LID	\$0.7
UTENSILS	\$0.1

BREAKFAST BEFORE 9:30AM

COLD & FRESH

SEASONAL FRUIT E	\$1.3
WATERMELON BOWL, WATERMELON CUBES E	\$5.0
FRUIT SALAD, FRESH SEASONAL FRUIT E	\$5.7
YOGHURT E	\$3.6
MUFFINS, HOUSEMADE ASSORTED FLAVOURS E	\$3.8

HOT FOOD

HASH BROWN E	\$1.5
CHEESE WRAP, TOASTED E	\$3.0
HAM & CHEESE WRAP, TOASTED E	\$3.9
HAM, CHEESE & TOMATO WRAP, TOASTED E	\$4.2
BACON & EGG ROLL, WITH SAUCE E	\$4.9
TOASTED SANDWICHES, ASSORTED SPECIALS DAILY E	\$3.6

DRINKS

POPPER JUICE 250ML E	\$2.0
WATER 500ML E	\$2.5
DAIRY MILK 500ML E	\$2.8
DAIRY MILK 500ML E	\$4.8
ALOE VERA 500ML E	\$4.2
ICE TEA 500ML E	\$4.2
PUMP WATER 750ML E	\$4.2
PUMP FLAVOURS 750ML E	\$4.8
UP N GO 250ML E	\$3.2
HOT CHOCOLATE E	\$3.0
MINERAL WATER 475ML E	\$3.8
ICE BREAK COFFEE 500ML E	\$5.0
SOFT DRINK, 100% NO SUGAR E	\$3.0
SOFT DRINK, 100% NO SUGAR E	\$4.8
POWERADE, 800ML NO SUGAR E	\$4.8

FOOD CODING

E EVERYDAY RATED
O OCCASIONAL RATED

NO FEES

\$2
MINIMUM
PURCHASE



RICE - PASTA

	REG	LGE
BUTTER CHICKEN, OUR FAMOUS RECIPE & RICE E	\$4.2	\$6.6
PASTA BOLOGNESE, RICH BEEF SAUCE E	\$4.2	\$6.6
FETTUCINE CARBONARA, WITH CHICKEN E	\$4.2	\$6.6
ROASTED VEGES PASTA, TOMATO SAUCE E	\$4.2	\$6.6
FRIED RICE, WITH CHICKEN E	\$6.0	

GLUTEN FREE OPTIONS

RICE - PASTA

	REG	LGE
BUTTER CHICKEN, OUR FAMOUS RECIPE & RICE E	\$4.2	\$6.6
PASTA BOLOGNESE, RICH BEEF SAUCE E	\$4.2	\$6.6
LAGAGNA, VEGETARIAN E	\$5.5	

NACHOS

NACHOS, BEEF OR VEGETARIAN E	\$5.5
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SANDWICH - WRAPS - SALAD

ANY WRAP, GLUTEN FREE WRAP + FILLINGS	
ANY SANDWICH, OF 100G + SOU	
ANY SALAD, GLUTEN FREE DRESSING + TOPPINGS	

BURGERS

CHICKEN BURGER, WITH LETTUCE & MAYO E	\$5.2
CHICKEN & CHEESE BURGER, WITH YOUR CHOICE OF SAUCE E	\$5.2
HOT N SPICY CHICKEN BURGER, BEVE FLAV & LETTUCE E	\$5.8
CHEESE BURGER, BEEF, CHEESE, TOMATO SAUCE E	\$5.8
ALUSIE BURGER, BEEF, LETTUCE, TOMATO, BEETROOT, BBQ SAUCE E	\$5.8
VEGETARIAN BURGER, FRESHLY PREPARED VEGE & SALAD E	\$5.8

PASTRIES

SALADIE ROLL E	\$3.9
MEAT PIE E	\$4.9
SPINACH & RICOTTA ROLL E	\$4.9
PEPPER STEAK PIE E	\$5.0
POTATO PIE, POTATO & BEEF E	\$5.0

TOASTED WRAPS

SWEET CHILI CHICKEN, WITH CHEESE E	\$5.5
BQ CHICKEN & CHEESE, WITH BBQ SAUCE E	\$5.5
MEXICAN, SPICY CHICKEN WITH CHEESE E	\$5.5

SNACK PACKS

DONER KEBAB MEAT & SALAD E, CHEESE + SOU	\$8.2
DONER KEBAB MEAT & WEDGES E, CHEESE + SOU	\$8.5

* AUTHENTIC DONER MEAT *

HOT BITES

HOT & SPICY CHICKEN WINGS E	EACH	\$1.6
	x4	\$5.9
CHICKEN TENDERS, SWEET CHILI CHICKEN E		\$2.2
GARLIC BREAD LOAF E		\$2.8
CUP OF NOODLES, 100g FLAV, BEEF, CHICKEN, VEGETARIAN E		\$3.5
CHICKEN BREAST NUGGETS E	x6	\$4.8
HOT DOG, WITH SAUCE (CHICKEN) E		\$3.7
POTATO WEDGES, WITH SAUCE E		\$4.0

NACHOS

BEEF, BEEF SAUCE WITH CHEESE, SOUR CREAM SOU E	\$5.5
VEGETARIAN, SALSA, LETTUCE, CHEESE, SOUR CREAM SOU E	\$5.5
CHEESE NACHOS, CHEESE SAUCE E	\$5.5
THE LOT, BEEF SAUCE, LETTUCE, TOMATO, CHEESE, SOUR CREAM E	\$6.6

PIZZA

CHEESE, WITH FRESH TOMATO PIZZA SAUCE E	\$4.2
PEPPERONI, WITH CHEESE & FRESH TOMATO PIZZA SAUCE E	\$5.0
BQ CHICKEN, WITH BBQ SAUCE E	\$5.0

DONER KEBABS

DONER KEBAB & CHEESE E, WITH BBQ SAUCE	\$6.6
DONER KEBAB & SALAD E, LETTUCE, TOMATO, DRESSING, CHEESE + SOU	\$7.6

parenting *ideas

INSIGHTS

A Mother's Day message for Dads



Mother's Day is a sensitive topic to write about. While it is a day of joy and delight for many families, it can also be a day of difficulty, and even pain, trauma, or sadness for many others. Many of us have farewelled a mother, experienced a relationship rupture with our mum, or experienced other challenges. And so many mums, this Mother's Day, will be grappling with co-parenting, separation or divorce, or an inability to be with their children in loving and meaningful ways.

There are two other challenges that Mother's Day brings:

First, even on the day when Mum should be feeling loved on by everyone, the overwhelming load of cooking, cleaning, and even thinking about what the kids should "surprise her with" still falls to too many mums. This is not how it ought to be. And second, one day of bliss (if it works out that way at all) is nice, but what about the other 364 days of the year?

So this is a Mother's Day Insights with a difference. This is for the dads, the co-parents, the partners, the ex's, and anyone else who wants to make sure that the Mum of the house gets the love and respect she deserves, not just on Mother's Day, but on all of the days.

Mum, pass this on to your partner and others who matter. This is not for you this time. It's for them to read, memorise, and live.

Help mum develop a sense of time affluence

Have you noticed how often Mum is flustered? How often it seems like there's not enough time? And what time there is floats through the day like confetti, with just a minute here or there... and then the never ending demand that she get back into the rat race?

Recent research tells us our happiness goes up as our rushing goes down. It's called "time affluence" and it means that we slow our lives down so that it literally feels like we have more time, even if we don't.

How can partners do this? Help Mum build a sense of time affluence (or abundance if you prefer) by going for a walk rather than driving – and not walking for exercise. Create it by having a "yoyo" night (You're On Your Own) where the kids sort themselves out with leftovers or cheese toasties. Create a system where Mum doesn't have to feel obliged to do everything for everyone every time. Step back. Slow down. Or at least, let Mum do that a little more.

Be open to mum's influence

Have you noticed how Mum is always the one who steps back and let's everyone else decide? What would it be like if we were more inclined to look to Mum when decisions are being made and say, "Would you like to decide this one?"

parenting *ideas

It's true that sometimes Mum is tired of making decisions. Perhaps she doesn't want to. But studies show that even in our modern 2022, Mum is often voiceless. Everyone else gets what they want while Mum serves and does what she's told. If everyone could stop being a bossy boots and let Mum have a clearer, louder voice, not by yelling, but by seeking her counsel and inviting her opinions, it might make life nicer for all, especially Mum.

Ask how you can help

If everyone said, "Mum, how can I help?" or if partners said, "Honey, what do you need?" it might make Mum's day.

You know what's bigger? Help without asking. It shouldn't be up to Mum to have to tell everyone how to help and when to help and hassle them for not helping already. Do it without needing to be asked. This means remembering to empty the garbage or run the bins to the street, cleaning the kitchen, putting a load of washing on... you know, all that stuff that the cleaning fairy usually does.

Drop your agenda and help her with hers

It's easy to get caught up in our own agenda and forget that the woman we're brushing our teeth next to in the bathroom is a real person with hopes, dreams, and desires. Recognise her perspective and elevate her by treating her so well that your children will know how the most important person in your life ought to be treated. That way, when they're bigger (or even now), your kids have no doubt how they ought to treat their partner when they are old enough - and how they should expect to be treated.

The greatest compliment any dad could ever hear is "You always treated mum like she was the most wonderful woman in the world."

Bring that approach to every interaction. Make mum's day - every day.

(And a quick bonus tip: Do the leg work to make sure Mum actually has a nice Mother's Day and that she doesn't end up cooking, cleaning, or choosing her own gifts!)



Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel 9's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families podcast. He has written 6 books about families and parenting. For further details visit www.happyfamilies.com.au.