

# ISSUE 5, TERM 2 | WEEK 10 | JUNE 2021

#### PRINCIPAL'S REPORT

As Term Two comes to an end I'd like to acknowledge the efforts of our wonderful staff and students. I am constantly in awe of the dedication and enthusiasm many of our students apply to their learning and extra-curricular activities. In the last few weeks I have been so impressed by the range of students represent our school in sporting, cultural, creative and academic pursuits.

I'd like to take this time to acknowledge a few of the schools recent achievements. I'd like to firstly congratulate all the cast and backstage crew of our school musical "Ever, Ever After". After COVID in 2020 it was wonderful to see the Creative and Performing Arts at the forefront of the school again. I'd like to also acknowledge the efforts of Ms Mould and Mrs Martin who compiled a wonderful show. It is always a pleasure as a school leader to see so many happy smiling students.

In a similar vein I have had the pleasure to watch our students at the Central Coast Dance Festival at Laycock Street Theatre over the last fortnight. On both the evenings I attended the girls danced beautifully representing their school at the highest level. I'd like to take this opportunity to acknowledge Mrs McRae for her ongoing role as the coordinator of the entire festival. This is a major showcase for Public Education and her contribution has been influential and significant over many years.

Finally, I'd like to congratulate Mr McRobie and the Girls Open Basketball team who competed in the state finals. Originally winning the Sydney North zone, the team went on to compete achieving an outstanding 6<sup>th</sup> in the state. This is even more meritorious when you consider that they were the only comprehensive high school to make the finals- with the other 7 participants being with Senior High School's or Selective Sports High School's. An incredible achievement from a wonderfully talented group of students.

At the halfway point in the year I'd like to also take a moment to thank and acknowledge the hard work of our school leaders. Amelia, Kyte, Leylani, Bilguun and the other school leaders who are doing an amazing job leading the school this year. It is always a challenge to undertake additional responsibilities in your final year of schooling and they have led the school admirably in very busy times.

As we come to the end of Semester One, our academic reports for students will be available through the Millennium portal. Please see the following page for an explanation on how to access these reports. These reports are a fantastic opportunity for parents and carers to discuss learning with your children and develop a greater understanding of your child's strengths and areas for future development. These reports are intended to support information provided at Parent-Teacher nights and are designed to provide a summary of progress and include parents' and carers in the education process. If there are concerns about the reports please do not hesitate to contact the school.

Both Year 8 and Year 10 are in the process of selecting elective subjects for 2022. This is an exciting time for students as they begin a pathway that will support them beyond our school gate. The students have had access to their Subject Selection Booklets and have been discussing these important decisions with the staff of the school. Year 10 have also been discussing their options during careers lessons. Last week's subject selection information evening provided more information regarding the process for students in choosing the right pathway for their future. Thank you to our families for attending, asking questions, and supporting your child in this important moment of their schooling. We are certain that armed with the right information and a supportive process students can make informed choices for next year.

The school will be commencing celebration of NAIDOC Week and this year's theme, 'Heal Country'. We are blessed to be surrounded by some of the most breathtakingly beautiful natural waterways and bushland on the Central Coast. The pristine coastline, the lush greenery and abundance of sacred places at our fingertips in truly unique. And whilst for many of us, this is an advantage of calling the Central Coast home for our Aboriginal students, parents, families, teachers and broader community it is so much more.

Have an enjoyable holiday and looking forward to Term 3.

**Brent Walker** 



#### ACCESSING STUDENT REPORTS GUIDE

#### Accessing Reports on the Millennium Parent Portal

https://www.millenniumschools.net.au/portal/



#### Step 1: Log into the Student & Parent Portal

Households have been issued a USERNAME and PASSWORD to access the portal. Please contact the school if you need access.



#### Step 2: Click on your child's name

Once you have clicked on your CHILD'S NAME. Once you have clicked on your child's name, additional options will appear underneath their name.

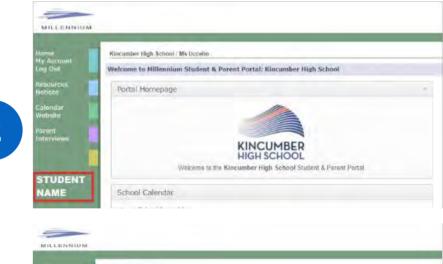
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#### Step 3: Click on Reports

Once you click on **REPORTS**, the individual subjects and the cover page for the semester are available. Click on PRINT FULL REPORT and then you can print of the semester report.







Home My Accaunt	Kincumber High School		
Lag Onl	REPORTS : Student Name Year	Pointer	
Rasourcas Notices	Semester 1 -		
Calendar	Course		
Website	Generation Tomorrow		
	Stage 4 English		
Racent Interviews	Stage 4 History		
Interviews D	Stage 4 Mathematics		
	Stage 4 Music		
STUDENT NAME	Stage 4 PDHPE		
Classes Lessons	Stage 4 Science		
Timetable	Stage 4 Technology Handatory		
	Stage 4 Visual Arts		
Marktwool:	Print Full Report		





### **Student Attendance Summary**

- 12 FEB 2021 Partial Partial Leave
- 25 FEB 2021 Whole Day Unexplained
- 5 MAR 2021 Whole Day Excursion
- 19 MAR 2021 Whole Day Leave
- 22 MAR 2021 Partial Explained Late
- · 23 APR 2021 Partial Unexplained
- 3 MAY 2021 Whole Day Excursion
- 4 MAY 2021 Whole Day Excursion
- 5 MAY 2021 Whole Day Excursion
- 6 MAY 2021 Whole Day Excursion
- 7 MAY 2021 Partial Unexplained
- 27 MAY 2021 Whole Day Unexplained
- · 28 MAY 2021 Partial Unexplained
- 1 JUN 2021 Whole Day Excursion
- · 3 JUN 2021 Partial Explained Late
- 10 JUN 2021 Partial Partial Leave

Your childs attendance for the year is currently 96.43%



As Term Two is coming closer to the end, the anticipation is growing for who will win the attendance prize for this term???



To help with monitoring attendance, parents and caregivers will be receiving and email of their students attendance. These will be sent out at the start of Week 3 and Week 8 each term. Please be aware if your child arrives to school after 8.25am they are marked as late. If there is no note explaining a reason why the student is late, then this appears as unexplained.

#### Please be reminded that we start school at 8.15am and we would like all students to be punctual to school.

Parents have a seven (7) day period to notify the school the reason for an absence, and after that period of time it will appear as unexplained.

We will also include the students attendance summary as a percentage as a way of encouraging student to stay above 90% attendance to be in the major draw for the iPhone 12 in Term 4.



# KINCUMBER HIGH SCHOOL



#### MATHEMATICS REPORT

#### Maths In Trade Pathway hands on experience

Fourteen students across Year 9, 10 and 11 elected to participate in the Painting and Decorating Trade Readiness course this term. This course supplemented content covered in the Maths in Trade class where students were learning how to calculate wall areas to allow for accurate paint orders. Under the guidance of qualified TAFE teachers Brett and Peter, students developed new skills with masking tape, construction drawing, mixing paints to match colours using ratios, repairing and painting plasterboard. They were also given permission to not wear uniform to be part of the work experience.

In addition, the team at Green Living Painting and Interiors based at Kincumber also provided the students with industry advice and employer expectations.

Students produced some spectacular pieces, although the focus was on accuracy in taping, measurement and using ratios. Students are to be congratulated on their efforts; some even worked through breaks to ensure their work was completed.

Thanks to Brett and Peter, and Mr White for organising this experience for the boys!













We love recognising effort and achievement in Mathematics...and we have sent home a huge number of postcards this year so far for student of the week:

Year 11: Toby Payne, Samuel Sadek, Gary Palmer, Sasha Casey

Year 10: Zoe Vella, Cameron Massey, Jack Drury

Year 9: Mia Tanti, Liam Woodley, Riley Williams, Billy Blyton, Braith Bright,

Year 8: Cooper Cleal, Valli Smith, Ben Ho, Ava Hartney, Alessandro Roncari, Kaden Sakovits, Sophie Fitzgerald, Edan Thompson, Kiah Tebb.

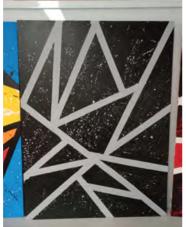
A reminder that all Year 8 students have access to the LEED quizzes (one per week) as well as work from any lessons you have missed. The link is here: <u>https://sites.google.com/education.nsw.gov.au/year-8-mathematics/</u>

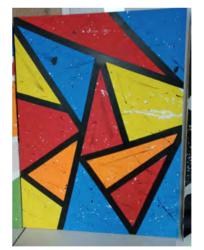
Just because they did such a great job, we thought we would add some more photos from the Trade Readiness course...





















As Term Two draws to a close, I would like to thank all students and the HSIE staff for their efforts and dedication during Semester One. I know the learning experiences across multiple settings have been rich, and students in Years 7-12 have enhanced their understanding of the environment and legacies from the past. During the upcoming July holidays, many of the HSIE teachers will be offering Enrichment Lessons for Year 12 students. It would be very beneficial if they are able to attend and make the most of these opportunities. HSIE has a proud tradition of HSC success and this is a contributing factor. Have a safe winter holiday



Brent Waters Head Teacher HSIE

# HSIE REPORT



In this issue of the Newsletter the HSIE Faculty interviewed Mr Barron as part of our Fast Five Questionnaire! Mr Barron is new to the HSIE Staffroom in 2021.

Q1. Name three people (past or present) you would like to have dinner with: Margot Robbie, Jesus and Matt Hopkins

- Q2. What would you be if you weren't a teacher? Firefighter
- Q3. Favourite sport? Golf
- Q4. Favourite song? A Real Hero Electric Youth
- Q5. If you could get on a plane tomorrow, where would you go? Iceland



# KINCUMBER HIGH SCHOOL



#### HSIE REPORT - HUMAN WELLBEING ENRICHMENT ACTIVITIES



#### Year 10 Geography

Over the last two weeks, Year 10 Geography students have participated and engaged in Human Wellbeing activities and community initiatives. First, the deaf students were invited to the class to share their experiences by providing an insight on the daily challenges they face. These students provided tips on how we can make sure hearing-impaired people feel more inclusive at school and in the community. Next, students created empathy cards for local residents of Kincumber's Brentwood Village to brighten their day, as well as helping provide positive feelings of self-worth. Students also volunteered at the Second Bite program. The female students learnt about another wonderful initiative, Share the Dignity that makes a real, on-the-ground difference to homeless women and victims of domestic violence.

Ms. Langston





#### HSIE REPORT - MAITLAND GAOL EXCURSION



#### Year 10 International Studies & Year 9 Commerce

Both Year 10 International Studies and Year 9 Commerce are currently studying tourism and travel, examining the positive and negative impacts of the industry. As part of their studies students from both classes were offered the opportunity to visit the dark tourism site of Maitland Gaol. The site was operational from 1848 to 1998 and was home to a range of infamous criminals, including for a short time, Ivan Milat. Whilst, at the gaol the students were regaled with stories of the past by a very knowledgeable former prison guard. Students also learned of the variety of ways the site is now used, including for ghost tours, laser tag and historical tours, increasing their understanding of the commercial side of tourism ventures. All students were very well behaved and so were eventually released from their cells in time to return home.

Ms. Robertson & Mr. Nicol







### STUDENT OF THE WEEK AWARDS

#### Dance

Year 7 - Tasmyn O'Donnell, Zoe Harris, Eva Lynch Year 8 - Sari Miller, Abbie Andrews, Cleo Kohler Year 9 - Caoilfhionn Molloy, Anushka Bresler Year 10 - Grace Purcell, Charlotte Brown, Emma Finnelley Year 11- Kasey McLean, Grace Larkin Year 12 - Astrid Goodley

Photography and Digital Imaging Year 9 - Jacinta Farmer Year 12 - Saxon Garside

Visual Design Year 10- Rachael Winbank, Bodhi Cameron Hayes

Drama Yr 12 - Kyte Cardy, Elliot Rose

Visual Arts Year 9 - Makayla Redman, Eilish Smith, Annaleise Edmunds, Maia Elton, Jesse Parry.





Our dancers preparing for the Central Coast Dance Festival

# KINCUMBER HIGH SCHOOL





#### DANCE REPORT

Central Coast Dance Festival:

Our dancers will be performing at the Central Coast Dance Festival at Laycock St Theatre - if you would like tickets, please purchase them through the theatre.

All dancers are to meet at the Don Craig Room, using the glass doors on the Pacific Hwy side of the theatre, opposite KFC. Holding room doors open at 5:00pm each night.

Year 7-10 students are reminded that they must be collected from the holding room doors at the conclusion of their second performance. Students will not be permitted to leave the holding room on their own.



Year 9 Dance Elective	Tuesday 15th June	5:30pm & 8:15pm
Year 7 Dance Ensemble	Wednesday 16th June	5:30pm & 8:15pm
Year 10 Dance Elective	Thursday 17th June	5:30pm & 8:15pm
Year 11 HSC Class	Tuesday 22nd June	5:30pm & 8:15pm
Year 8 Dance Ensemble	Wednesday 23rd June	5:30pm & 8:15pm





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### DRAMA AND MUSICAL REPORT

**KINCUMBER HIGH SCHOOL** 

Rather than write about our wonderful students and their beautiful public performances in "Ever Ever After", Wednesday and Thursday of week 8, we thought you might like to enjoy some photographs. A big thank you to Harrison Hirst of Year 10 for taking the photographs.









" Ever Ever After"













"Ever Ever After"











"Ever Ever After"





The school and the cast

and crew of

"Ever Ever After" want to publicly thank

want to publicly thank Ms Mould, Ms Martin and Joel Blyton for all thei

and Joel Blyton for all their hard work in making the show such a wonderful success. Thank you!







# KINCUMBER HIGH SCHOOL



# TAS REPORT

#### Year 7 - Technology Mandatory - Textiles

Year 7 Textiles students have been busy this term designing and manufacturing their own Tie Dye Boxer Shorts. They are learning how to operate a sewing machine, sew a simple seam and hem and piece fabric together to construct a garment.





#### Year 11 Textiles and Design

Currently studying Properties and Performance of Textiles. This unit of work assists students to make informed consumer choices in the identification and selection of fabrics for specific end-uses. Students have been conducting experiments to identify and examine the properties of various fibres including flammability, drape, absorbency and lustre.



#### Year 9 Food and Cafe Skills

This term we are looking at Food Trends - whipped coffee, TikTok tortilla wrap hack, cauliflower rice, bubble tea and decadent desserts! Our Assessment Task next term features crazy shakes and food styling. Crazy Shakes are milkshakes heavily adorned with whipped cream, lollies and other sweet baked goods. Students will research the roles of food stylists and photographers, and examine the tips, tricks and techniques they use to take Instagrammable photos. They will produce a unique crazy shake, photograph it and produce a magazine cover. Watch this space for results!







# KINCUMBER HIGH SCHOOL



#### Year 9 - Industrial Technology Timber

Year 9 Timber classes have been completing their folding chair project over the last few weeks. They have been learning how to use the timber lathe to turn a handle for the chair and perfect their joint construction.

We hope when they come home they become a handy addition to your outdoor chair collection.







#### Year 10 - Industrial Technology Timber

Preparation for the chessboards have started. Students have been selecting timbers to produce the alternate colour combinations for the checker pattern. Once timber was chosen, alternate strips of timber are glued together as a starting point. Once dried, the timber is again cut into strips to form the newly created chessboard pattern. This project will form a large part of the Semester Two assessment. We look forward to seeing the final finished products.

#### Year 11 - Industrial Technology Timber

Industrial Technology students have been designing and constructing a bedside cabinet. The project has allowed students to construct a variety of timber joints, construct a drawer, and design and make panels for the side. The skill development is great to see, especially as students are starting to talk about the concept of their Major Projects to complete in Year 12.







### TAS REPORT

Year 11 Food Technology

### Have you ever wondered ....

Why did my meringue sink?

Why didn't my bechamel sauce thicken?

Why did my cake crack in the centre?

How do I get my toffee to 'crack'?

Our Food Technology students have been troubleshooting and experimenting as they investigate the functional properties of food. The ins and outs of protein, carbohydrates, sugars and fats - how they 'work' in food and what factors enhance and impede their function.

Did you know the protein in flour (gluten) develops the more you manipulate it? That's why we UNDER-mix cakes and biscuits (for a crumbly, light texture) and OVER-mix bread and pasta dough (for an elastic, strong texture).

We have experimented with setien (vegan chicken – made from gluten – a current TikTok craze), analysed the function and use of various thickening agents. We have also made honeycomb to examine the effects of crystallisation, and prepared lasagne and lemon meringue pie to investigate aeration, denaturation, coagulation, dextrinization and maillard reaction! We even made an entirely vegan version using chickpea liquid meringue, Nuttelex curd and coconut oil pastry.







KINCUMBER HIGH SCHOOL





# VET REPORT

#### Year 11 Business Services

During weeks seven and eight this term, Year 11 students studying VET Business Services completed their first work placement opportunity.



Work placement is a planned opportunity in a workplace that enables senior students studying VET industry-based courses to practise and develop their industry competencies. It also examines employability skills in a real work context. The feedback from their host employers has been very positive. One group of students had the opportunity to work with host employer The Skill Engineer. During the work placement, students focused their energy creating a website for a genuine client who was setting up a new beautician's business.



Work placement is a mandatory component of industry-based vocational education and training (VET) courses studied during the HSC qualification. Other VET courses offered at Kincumber High in 2022 are: Business Services, Construction, Hospitality, Retail and Skills and Work and Vocational Pathways.

# KINCUMBER HIGH SCHOOL



#### **VET REPORT**

#### Year 11 Hospitality - Food and Beverage

Our budding baristas have begun!

In-class training is complete, and we are now running our weekly coffee shop for staff. Students have learnt how to; extract coffee, steam and texturise a variety of milks and prepare a range of coffee styles including macchiato, cappuccino, flat white, mocha and café latté. We are currently studying our units on mocktails and sandwiches – some of our weekly practicals include:

- Mediterranean Lamb Pita with a shaken and strained Guava Beachcomber
- Club Sandwich with sweet potato chip and Lemon Lime Bitters
- Antipasto Toasted Turkish with a muddled Ginger and Lime Fizz
- Open Chicken, Bacon & Basil Pesto Focaccia with a Pina Colada Mocktail

Workplacement will commence next term Ms Munro's class (Week 3-4) and Mrs Kiker's class (week 5). Students will receive more information in the coming weeks.









#### Year 11 Construction

The first school community project is *almost* complete! Year 12 Construction and their teacher Mr Bull have done an amazing job designing and constructing two raised garden beds for the TAS faculty - and finding a way to keep the bush turkey's out!



# KINCUMBER HIGH SCHOOL



#### YEAR 9 POSITIVE FUTURES DAY

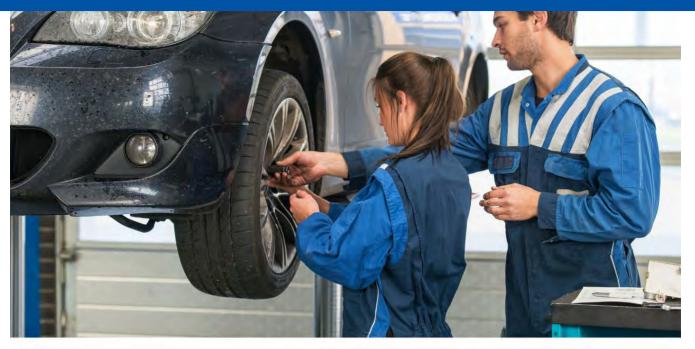
In Week 6 this term, Year 9 students engaged in a series of workshops designed to engage them in thought and reflection Who they are? Where they are going? Wow they fit into their world and communities. The theme for the Positive Futures Day was 'Looking In - Looking Out - Looking Forward'. Students had the opportunity to participate in another Peak Experience entitled 'Social Progress' facilitated by our partners at High Resolves in which they were each allocated a country and participated in a mock United Nations summit on climate change. They had to work collectively to meet emissions reductions targets. Students also participated in team building activities and learned breathing and mindfulness techniques from our friends at Teams Challenge Australia. As part of the day Year 9 Adviser had organised for a series of industry presenters to discuss a range of potential careers opportunities to our students. KHS is grateful to all our guests and presenters that made the day possible.

Mr. Nicol





#### CAREERS



# **2021 APPRENTICESHIP & TRAINEESHIP EXPOS**

The perfect opportunity for students, parents & job seekers to speak with potential employers & training providers with opportunities available now

#### FREE PUBLIC ENTRY - YOUR DREAM JOB AWAITS YOU

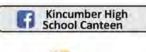


KINCUMBER HIGH SCHOOL



#### Kincumber **High School** Canteen Menu

From Term 2 2021 Check the noticeboard for specials & meal deals EFTPOS AVAILABLE





#### **Breakfast Menu** Available every day to order on-line

Plain Pikelets	\$0.50
Fruit Pikelets	\$0.50
Toast (2) Vegemite/Jam	\$1.00
Raisin Toast (2)	\$1.50
Hash Brown	\$1.00
Yummy Drummie	\$1.00
Melted Cheese 1/2 Roll	\$2.00
Melted Cheese & Tomato	\$2.00
Cereal with Milk	\$2.00
Muesli & Yoghurt	\$2.00
Oats Yoghurt & Fruit	\$2.50
Toasties	From \$3.00
Egg Roll or Bacon Roll	\$4.00
Bacon & Egg Roll	\$4.50
Bacon & Egg Wrap	54.50

# Kincumber High School Canteen Menu





Sandwiches, Rolls & Wraps Prepared fresh in the Canteen. Available every day to order.

Ham or Chicken & Salad	\$5.00
Salad with Cheese	\$4.50
Salmon	\$4.00
Tuna	\$4.00
Chicken	\$4.00
Ham	\$4.00
Salad	\$4.00
Egg	\$4.00
Cheese	\$3.00
Vegemite	\$2.00
Buttered sandwich	\$1.50
Buttered roll	\$1,50

#### Sandwich Extras

Also available to add as extras to burgers and focaccias

Gluten Free Bread	50.50
Toasted	\$0.50
Avocado	\$1.00
Beetroot	\$0.50
Carrot	\$0.50
Cheese	\$0.50
Cucumber	\$0.50
Egg	\$1.00
Lettuce	\$0.50
Pineapple	\$0.50
Salad (Carrot, Tomato, Lettuce,	
Cucumber)	\$1.50
Tomato	\$0.50
BBQ, Mayo, Tomato or	
Sweet Chilli Sauce available	

Fresh	Fruit & Veg Sna	cks
Availabl	e every day to order	

Available every day to order	
Cucumber Sticks	\$1.00
Carrot or Celery Sticks	\$1.00
Veg Combination Pack	51.00
Vege Sticks with Dip	\$Z.00
Orange (cut if required)	\$1.50
Apple	\$1,50
Watermelon	\$1.50
Small Fruit Salad	\$2.50
Medium Fruit Salad	\$3.50
Medium Fruit Salad & Yoghurt	\$4.00
Medium Fruit Salad & Custard	\$4.00
Large Fruit Salad	\$4.50

#### **Frozen Snacks**

Available every day over the counter and to order

Large Fruit Salad & Custard

Large Fruit Salad & Yoghurt

Queich Juice Sticks	\$0.50
Frozen Juice Cup	\$1.00
Ice Mony	\$1.00
Juicies Tube	\$1.50
Frozen Fruit Yoghurt	\$2.50
Frozen Yoghurt with Fruit Pieces	\$2.50
Tub Low Fat Icecream	\$2.00



#### **Fresh Salads**

Available every day to order. Select from Set Salads or create your own

Caesar Salad \$5.00 Lettuce, Egg, Croutons, Bacon, Parmesan & Dressing

ercasing.	
Greek Salad	\$5.00
Lettuce, Capsicum, Tomato, Feta,	Onion,
Cucumber, Olives & Dressing	

Garden Salad Lettuce, Tomato, Carrot, Celery, Capsicum,

Pasta Salad	\$5.00
Pasta, corn, carrot, capsicum,	cherry
tomatoes & dressing	

#### Avocado

LUDDAND	411.00
Bacon pieces	\$1.00
Beetroot	\$0.50
Capsicum	\$0.50
Carrot	\$0,50
Celery	\$0.50
Cheese - Tasty	\$1.00
Cheese - Parmesan	\$1.00
Cheese - Feta	\$1.00
Croutons	\$0.50
Cucumber	\$0.50
Egg	\$1.00
Lettuce	\$0.50
Olives	\$0.50
Onion Conton	\$0.50
Pineapple	\$0.50
Tomato	\$0.50
Ham	\$1.20
Fresh Chicken	\$1.20
Salmon	\$1.20
Tuna	\$1.20
Sauce/Dressing Sachet	\$0.30
La Martin Martin	
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#### Drinks

\$5.00

\$5.00

Available every day over the counter and to order

300ml Spring Water	\$1.00
600ml Spring Water	\$2,00
1.5 Litre Spring Water	\$3.00
Juice Cup x 3 Flavours	51.20
Juice Bomb Sparkling Jui	ce \$3.00
Fruit Juice 250 ml	\$2.50
Fruit Juice 450 ml	\$3.50
Milk (Plain) 300ml	\$ 2.00
Plain Milk with Siparh Str	aw \$2.50
Milk (Flavoured) 300ml	\$2.70
Milk Flavoured 600ml	\$4.50
Up & Go	\$2,50
Hot Chocolate	5mall \$2.00
Hot Chocolate	Large \$3.00
Light Iced Tea	\$4,50
Aloe Drinks	\$4.50
Milo Milk	Small \$2.00
Milo Milk	Large \$3.00

#### **Cold Snacks**

Available every day over the counter and to order

	\$1.00	
Jelly	\$1.00	
Plain Custard	\$1.00	
Jelly & Custard	\$1.00	
Jelly & Yoghurt	\$2.00	
Jelly with Fresh Fruit	\$2,50	
Jelly with Fresh Fruit & Custard	\$2.00	
Chocolate Mousse	\$2.50	
Low Fat Yoghurt	\$2.50	
Yoghurt with Fruit Pieces		

#### **Snack Foods** Available every day over the counter and to order

Cruskits (4) or Rice Cakes GF (4)	\$2.00
With Vegemite	\$2,50
With Cheese	\$3.00
With Avocado	\$1.00
Fruity Bites	2.00
Garlic Bread	\$0.50
Bread Sticks	\$1.00
Milo Wholegrain Cereal	\$1.00
Coco Bombs Cereal GF	\$1.00
Homemade ANZAC Cookies	\$1.60
Veg Snack Crackers GF	\$1.60
Popcorn	\$1.60
Red Rock Dell Chips GF	\$2.00
Finger Bun	\$2.00
Low Fat Muffins	52.00
Low Fat Slices	\$2.50
Banana Bread	4.41.94

#### Ordering information

Orders are preferred online at Flexischools.com.au by 9.00am. When ordering online, items must be selected for the break for which they are required. Orders are also accepted over the counter and can be collected from the side window. Breakfast orders are available for pick

up from the canteen from 7.30am. Orders for breakfast close at 7.40am

#### New items will be advertised on Facebook

All possible care is taken when preparing Gluten Free Foods

#### **Toasted Turkish Bread** Add to from Sandwich Extras List

Cheese	\$3.50
Ham & Cheese	\$4.00
Ham & Tomato	\$4.00
Ham, Cheese & Tomato	\$4.50
Ham Cheese & Pineapple	\$5.00

#### Burgers

\$5.00 Available every day to order. Plain or with sauce. Add to from Sandwich Extras

\$5.00
\$5.00
\$5.00
\$5.00
\$6.00

#### Pizza

\$1.00

Available every day to order

Ham & Pineapple	\$4.00
Ham	\$4.00
Vegetarian	\$4.00
Cheese	\$4.00
BBQ Chicken	\$4.00
GF Base	Extra \$1.00
and the second second	

#### GF = Gluten Free

**Purchasing during breaks** A wide selection of foods will be available for purchase over the counter at both breaks - but not necessarily all foods on the menu. Ordering online is the only way to ensure your choice is available at any given time.

> Check the noticeboard for specials & meal deals

**EFTPOS AVAILABLE** 

Hot Foods	the second
Available every day to order	- All
Yummy Drummies	\$1.00
Chicken Noodle Soup	\$2.00
Junior Beef Pie (Low Fat)	\$2.00
Garlic Bread	\$1.50
Boiled Rice GF	\$2.00
Cheese Pocket	\$2.00
Ham & Cheese Pocket	\$2.50
Chicken & Cheese Pocket	\$2.50
2 Minute Noodles	\$3.00
2 Minute Noodles GF	\$3.50
Toasties From	m \$3.00
Chicken Hot Dog	\$3.00
Chicken Hot Dog with Cheese	54.00
Beef Pie (Low Fat)	\$4.00
Beef Pie GF	\$4.50
Sausage Roll (Low Fat)	\$3.00

#### **Homemade Meals** Available every day to order

Sauce Sachets

loney Soy Chicken & Rice GF	\$5.00	
leef Nachos	\$5.00	
Butter Chicken with Rice GF	\$5.00	
paghetti Bolognaise	\$5.00	
hicken Caesar Toasted Wrap	\$5.00	
hicken Fried Rice GF	\$5.00	
/egetarian Pasta GF	\$5.00	
legetarian Fried Rice GF	\$4.00	
Vegetarian Pasta	\$4.00	

\$0.30

A selection of additional fresh homemade meats will be made as Specials and advertised on the Canteen Noticeboard and Facebook



# **KINCUMBER HIGH SCHOOL**

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# KINCUMBER HIGH SCHOOL TO TOMORROW