



Wednesday January 28th, 2009

Term 1 Week 1

## Welcome Back

Welcome back to all our students and a warm welcome to each of our new families. We trust that you will feel truly at home and find many new friendships. Please put our Twilight Supper on 17th Feb in your diary now for a great opportunity to welcome our new families and to connect.

Our staff leadership team is also very keen to connect with all of our families:

Mrs Sue Walker	Deputy of Curriculum
Mr Steven Walton	Deputy of Welfare
Mrs Catherine Rimell	Dean of Curriculum K - 6
Mr Lucas Matysek	Dean of Curriculum 7 - 12
Mrs Karen Clifford	Welfare Coordinator Junior School
Mrs Julie Cochrane	Welfare Coordinator Middle School
Mr Brad Kelly	Welfare Coordinator Senior College

We farewell Mr John Pheeney Year 5 and Mrs Simone Swamy Canteen Provider and thank them for their significant contributions to the College over many years.

We welcome the following staff to our community or to new roles this year: Miss Tania Lauretti Year 5, Mrs Alana Bartlett Year 1, Mr Peter Ramm English/History, Mr Carmelo Fedele HSIE, Mrs Sharon Zancolich Counselor, Mrs Ros Lenahan Learning Support, Mr Ian Jones Maths, Mrs Karen Walker Admin, Mrs Michelle Hutchinson Admin. We are also pleased to have the following staff return from leave: Mrs Sally Walton, Mrs Catherine Rimell, Mr Brad Kelly and Mrs Jody Duffy. We also welcome Mrs Narelle Petrovski to the role of Canteen Provider (see over page for our new healthy menu).

Lastly, you will notice that our newsletter has been redesigned to give you a brief 'update' every fortnight which will be followed every other week by the larger 'Cedars Snapshot.' If you would like to receive these by email please contact: [jtribe@cedars.nsw.edu.au](mailto:jtribe@cedars.nsw.edu.au)

**Mrs Julie Reynolds**  
Principal



## Parent Participation Scheme Opportunities

### Swimming Carnivals

We are currently looking for a team of parents to assist with both the Primary and Secondary Swimming Carnivals this week and next. If you are able to attend and don't mind time keeping or filling other roles on the day for any length of time please call or email Jemma Tribe on 42 718 124 or [jtribe@cedars.nsw.edu.au](mailto:jtribe@cedars.nsw.edu.au).



## Upcoming Events

### Wednesday January 28th

First Day of School - Year 1 - 12

### Thursday January 29th

First Day of School Kindergarten

### Friday January 30th

Secondary Swimming Carnival 9 - 2pm, Unanderra Pool

### Monday February 2nd

First Day of School Prep

Whole School Assembly

### Tuesday February 3rd

UOW Discovery Day Year 12

### Wednesday February 4th

Primary Swimming Carnival Year 2 - 6, 9 - 1.30 pm, Unanderra Pool

Year 9, 10, 11 Parent Information Evening

### Monday February 9th

Week of Junior School Parent Information Evenings

### Thursday February 12th

Prep Parent Information Evening 6pm

### Tuesday February 17th

Twilight Supper



## Prayer Points

### We want to praise God for:

- The wonderful break we have just enjoyed
- The new staff and students that have joined our College community this year
- The success of our 2008 school year

### We also want to pray for:

- The new Kindergarten students, as they prepare for their first big day tomorrow
- Great weather for our upcoming swimming carnivals
- All of our new students, that they would feel welcome and at home at Cedars



## Canteen Roster

- **Monday February 2nd** - Wendy Bright, Help Needed
- **Tuesday February 3rd** - Megan Mireylees, Help Needed
- **Wednesday February 4th** - Leonie Bere, Kellie Davidson
- **Thursday February 5th** - Leah Piper, Help Needed
- **Friday February 6th** - Lisa Kelly, Mei Chuang

For more information or to volunteer please phone Narelle Petrovski on 0418 685 802.

# Cedars Canteen Summer Menu

## Recess & Lunch

Fresh Fruit - Apple, Orange and Banana	80c
Assorted Fruit bags (Seasonal)	1.00
Go Gurt Tubes	80c
Yoplait Yoghurt 125g Tub	1.40
Fruit buns	1.00
Wraps (half)	2.00

## Sandwiches

### Multigrain or White Low GI Bread

Vegemite	1.50
Cheese	1.60
Tomato	1.70
Salad	2.20
Fresh Chicken	2.70
Chicken Salad	3.20
Light Ham	2.70
Light Ham Salad	3.20
Corn Beef	2.90
Egg	1.50

## Extras

Bread roll	40c
Sauce Squirts: Tomato, BBQ, Sweet Chilli	20c
Mayonnaise or Pickles	20c

## Fillings

Beetroot, Carrot, Tomato, Lettuce	30c
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## Wraps (Half)

(Deakin) Chicken, Lettuce and Mayonnaise	2.00
(Johnson) Ham, Cheese, Tomato	2.00
(Orton) Salad only	2.00

## Salads On A Plate

Choice of Chicken, Ham, Tuna or Corn	
Beef with Salad, Cheese, Egg, Coleslaw	
and a Slice of Bread	5.50
With Avocado	6.50

## Chicken Burgers

Plain Roll	2.60
With Lettuce and Mayonnaise	2.80

## Cedars Hamburgers (By Order Only)

Beef Burger	2.70
Beef Burger with Lettuce & Tomato Sauce	3.00

## Drinks

Small Flavoured Moove Milk	1.50
Flavoured Big M Light Bottle	2.70
Large Flavoured Moove Milk	2.50
Small Plain Milk	1.00
Small 350ml Bottle Water	1.20
Large 600ml Bottle Water	1.50

Berri Water 250ml	1.00
Berri Juice Pop Tops 250ml	1.50
Berri Juice Bottle 300ml	2.00
Poppers Just Juice 200ml	1.40

## Frozen Treats (Counter Sales Only)

Assorted Frozen Yoghurt	1.70
Milo Scoop Light Small	1.80
Billabongs	1.20
Milo Smooth Stick	1.40
Frozen Fruit Cups	80c
Icy Poles	1.00
Quelch Fruit Tubes	50c
Lifesavers	2.00

## Hot Food (Approved Low Fat Range for Schools)

Chicken Nugget	50c
Party Pie	80c
Large Sausage Roll	2.00
Potato Smiles	20c
Pizza Singles (Cheese & Bacon)	2.00
Pizza Rounda	2.00
Traveller Meat Pie	2.40
Pasta Twirls	2.60
Nemo Fingers	50c
Hot Dog	

## Snacks

Red Rock Deli Chips	1.10
Koala Pop Corn	1.00
JJ Crackers	70c
Milo Energy Bar	1.20
Pretzels	70c
Choc Chip Cookie	1.00
Jumpy's Assorted	50c

## Lunch Order Extras

Tomato Sauce Sachet	20c
Cutlery	10c
Lunch bags	10c

## Ordering Procedure

On a large lunch bag, clearly print your child's name and class before indicating whether it is a recess or lunch order you are making and then print the order below.

Lunch bags are available from the canteen for a cost of 10 cents. If possible, please include the correct change. Money should be taped to the outside of the bag or in an attached envelope. (Orders may be changed if insufficient money is enclosed.) Lunch bags can then be folded into four (rather than stapled) and submitted. Please note that in the interest of parents no 'I Owe You' orders will be accepted.

## Canteen Hours

The canteen will be open between 9 am and 1:45 pm. If you would like to volunteer as part of the Parent Participation Scheme (PPS) please contact Narelle on 0418 685 802.