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Banyule Bulletin

Thursday 14th August 2025 · 14 Aug 2025

Where happy kids learn!

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From the Principal Team



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From the Principal Team

Natalie Shanahan, Sam Fleming, Claire Johnston

Welcome to this week's edition of the Banyule Bulletin. While it's hard to believe that we are almost halfway through the term, it's even harder to believe that we are already starting our planning for the 2026 school year!

Prep 2026...

2026 Planning started when our Prep 2026 enrollments were finalised last week. We have so far hosted two kinder play dates and it has been wonderful welcoming lots of excited new families into the BPS community. Both sessions have been well-attended, with children and parents enjoying time on and around our new playground and sand pit, some sporty activities in the gym and the opportunity to be part of some Wombat Stew story telling and deliciously disgusting stew making! We look forward to our final play date in the coming weeks.



Teachers as Learners...

Our staff professional learning time has continued to be dedicated to the Department's new initiatives. We have built on our extensive work with the Victorian Teaching and Learning Model 2.0.

A reminder to families that **Monday September 1st is a pupil free day.**

We will build on our last Curriculum Day's learning about, attention focus and regulation, knowledge and memory, retention and recall learning undertaken by Leading Teacher Fiona Catton, Learning Specialist Jessica Ray and Assistant Principal Claire Johnston before delving further into the new English 2.0 curriculum and its resources. Our Student Engagement Leader (Matthew Tanswell) will also work with staff as we continue building our knowledge of the elements of the Positive Classroom Management Strategies.

It is reassuring to know that our existing explicit instructional model and teaching and wellbeing practices align very well to the elements identified within the Department's new model. Our teachers are well ahead of the curve at BPS with their implementation of evidence-based teaching practices, which means for our staff its not so much as implementing something new but identifying where our practices align within the VTLM and refining anything that may be needed. Teachers will continue with this focus for the remainder of their professional learning time this year.

North East Link Grant

Just because it's been 10 minutes since our last building project finished, we thought what can we do now? Alas! We are pleased to announce that we have been successful in obtaining \$40,000 from the North East Community Fund for fitness stations/play equipment area to be installed in the area adjacent to the eastern boundary (near the rebound wall) see image below). Congratulations and thank you to Claire Johnston for putting together this grant application. We are looking forward to this project coming to life later in the year.



Banyule Primary School
Eastern Boundary Playground
Option 1 of 1 - PP15286D



www.omnitech.com.au | info@omnitech.com.au | 1800 812 027 | 74-76 Freight Drive, Somerton VIC

THIS DRAWING IS INDICATIVE ONLY

www

North East Community Fund

Did someone say *'Building Project'*?

Why stop at one new project when you can have two! As such, we are also pleased that our application through the Accessible Building Program for funding to make our oval more accessible and inclusive to all has been approved! The Victorian School Building Authority has begun the process of engaging project partners to design and construct a ramp. Initial brainstorms suggest the ramp might sit below the new embankment works at the Banyule Road end of our school. It's still early stages and we look forward to sharing more as the project gets underway, as well as those with mobility challenges and prams having better access to our oval.

Enjoy this early taste of Spring!

We'll see you around,

-Natalie, Sam and Claire.

Want to see more?

Follow us on our '*socials*' for a window into what we're up to at Banyule Primary School....



@Banyule Primary School



@banyuleps



Important Dates

Date	Event
Friday 15th August	Inter School Sport vs Viewbank
Monday 18th August	Literacy Week
	National Science Week
	Year 2 Day Camp
Tuesday 19th August	Year 3 Swimming
Tues/Wed 19/20th August	Great Book Swap
Wednesday 20th August	Book Week Parade
Thursday 21st August	Science Fair
	Year 2 Swimming
Friday 22nd August	Inter School Sport vs St Martins
Monday 25 - Wednesday 27 August	Year 6 Camp
Tuesday 26th August	Year 3 Swimming
Wednesday 27 - Friday 29 August	Year 5 Camp
Thursday 28th August	Year 2 Swimming
Friday 29th August	Inter School Sport vs Heidelberg
	Comedy Night Fundraiser
Monday 1st September	Pupil Free Day
Tuesday 2nd September	Year 4 Prof Bunsen Incursion
	Year 3 Swimming
	Year 6 Public Speaking Presentation Night
Thursday 4th September	Kinder Maths Playdate 12-1pm
	Year 3 Fish & Chips Lunch
	Sustainability Excursion To Edendale Farm
Friday 5th September	Inter School Sport vs Rosanna

	Choir Performance 2.30pm in the Gym
Monday 8th September	Senior Hooptime Diamond Valley TBC
Tuesday 9th September	Year 3 Swimming
Friday 12th September	Divisional Athletics Meadowglen Stadium
	P/Arts 5/6 Performance 2.30 Gym
Monday 15th September	Junior Hooptime Diamond Valley TBC
Tuesday 16th September	Banyule Best Luncheon
Friday 19th September	Footy Day
	Last Day Term 3 2.30pm dismissal
Monday 1st October	First Day Term 4



BOOK AN ADVENTURE

Get ready to bring your favourite stories to life!
Join us as we celebrate Book Week with our exciting **Dress Up Day** on
Wednesday 20th August at 9:15am in the school gym.

Come dressed as a character from your favourite book and be part of
the **Book an Adventure** parade. Families are warmly invited to join us and
share in the fun.

Help raise
\$300,000
to gift
30,000 books

The Great Book Swap

Marntuwunyini

Girrganyi

Yari

Bigibigi

Reading Opens Doors

Where: In the centre of Block B

When: Tuesday 19th & Wednesday 20th August

greatbookswap.org.au

Indigenous
Literacy
Foundation

Pupil Free Days

Monday 1st September (Professional Practice Day)

Monday 3rd November (Curriculum Day)

Camp Dates

Year 3 Camp- 26th November-28th November

Year 5 Camp- 27th August- 29th August

Year 6 Camp- 25th August- 27th August

The Smile Squad free school dental program is coming to our school

Dear Banyule families,

The Smile Squad team from Holstep Health (formerly Banyule Community Health) are coming to our school.

Smile Squad is the Victorian Government free school dental program.

This means ALL students can get a free dental check-up, preventive services, and treatment at school.

How to access free dental care

We need your consent before we can provide services. Consent is usually provided by a parent or guardian.

Sign up to Smile Squad at: <https://bit.ly/smilesquadvic>

OR use the below QR code:



Please complete and submit the consent form as soon as possible.

Smile Squad oral health packs

All children deserve a healthy smile, and the Smile Squad free school dental program is working hard to help make sure this happens. Your child(ren) will soon receive a free oral health pack to bring home. The pack contains a toothbrush, full sized toothpaste, and an oral

health brochure. Please take the time to read the brochure. It's full of helpful hints and tips to help your whole family eat well, drink well and clean well – for life.

Standard strength toothpaste

Smile Squad provides standard strength fluoride toothpaste that is generally used by ages six and over, unless recommended by a dental or trained health professional. If your child is under six, please talk to a dental or trained health professional to find out if your child might benefit from using this toothpaste. You can also choose to put the toothpaste away until they turn six or give it to someone else in your family to use.

Do I need to attend my child's appointment?

No, you do not need to attend your child's appointment. You can attend if you would like to, and you can take your child to the community dental clinic if you prefer.



CEC

Only 2 Weeks to Go! Please secure your BPS Comedy Night tickets today!

BPS Comedy Night is almost here! In just **two weeks** we'll be gathering for a night of laughter, connection, and community and we need your help to make it the best night! Please book your tickets today!

Friday 29 August 2025 | From 7:30pm | BPS Gym

Featuring Award-Winning Comedian: Bron Lewis

- Seen on *Thank God You're Here* and *Have you been paying attention*
- Performed at the Melbourne International Comedy Festival 2022-2025
- Prominent presence in stages around the country with three toured shows
- Star of two comedy short films

It is a busy calendar, so please book today

so you don't forget & let's have the most fun while supporting BPS.



Class Challenge: Win Drinks & Cheese!

We are hoping to bring together as many class groups as possible so you can get to know more parents within your grade cohort. The **class with the most parents/carers attending** will win **Remedy Drinks & Cheese Platter/s** to enjoy together on the night.

Book now on Humanitix: <https://events.humanitix.com/bps-comedy-night>



Are you able to donate to the Silent Auction? If you have a business or prize to contribute we would love your support. All donors will be promoted online and celebrated at the event. Please drop your offer into the front office or email banyuleps.cec@gmail.com

The kids had their disco... now it's our turn! Let's make it the best night possible, secure your tickets today so we can laugh, relax, and enjoy together.



Student Wellbeing



Parents, Has Your Protective Instinct Kicked In?

"I Knew I Was Giving My Child Bad Advice, But I Didn't Know What Else to Say!"

This is one of the most common things that parents have said to us over the years when it comes to friendship issues. And, we've heard from numerous children and educators who have shared some of the unhelpful or inappropriate advice well-meaning parents have given children.

When parents are activated by their child's friendship issues (especially if someone has been cruel or malicious – what we call in our Friendology curriculum, “Mean-on-Purpose”), it is common for a parent's **protective instinct** to kick in. This can trigger their FIGHT/FLIGHT/FREEZE/FAWN response, thanks to the autonomic nervous system.

These default settings might sound like:

- **FIGHT:** “Just punch them back!”
- **FLIGHT:** “Go play with someone else!”
- **FREEZE:** “Ignore them!”
- **FAWN:** “Be friends with everyone!”

As we aim to support our children in fostering healthy relationships throughout their lives, it's critical that parents understand how unhelpful and, in some cases, dangerous these stress responses can be for children.

A parent whose default setting is to FIGHT, teaches their child to respond to conflict with aggression and violence.

Encouraging a child to get physical as a defence-mechanism immediately escalates the situation, activating anxiety in the child. Most children are not naturally aggressive and they know punching/pushing/pinching is wrong and will get them in trouble. When a parent tells a child to do something that is socially-unacceptable, it feels deeply confusing for them. Children are less likely to seek help from parents who promote fighting, often withholding information to avoid triggering anger in them. This is scary for children. Encouraging physical aggression is easily the most dangerous, trauma-inducing advice that can have serious long-term impacts.

A parent whose default setting is to FLIGHT, teaches their child to avoid conflict.

This inevitably results in unhealthy friendships (and relationships) that lack trust and respect. When conflicts and frustrations are ignored, resentment builds and connections are fractured. A conflict-avoidant mindset prevents authenticity, transparency, and honesty in relationships. It limits the depth of a friendship and, for children, the friendship feels persistently in the Red-Zone on The Friend-o-Meter.

A parent whose default setting is to FREEZE, teaches their child to bottle their emotions.

While ‘fight’ is exploding, ‘freeze’ is imploding. This approach teaches children to shut down, preventing them from processing their feelings. Research shows that repressing emotions amplifies them and can lead to feelings of anxiety. Children who keep their big feelings in

often experience physical symptoms like stomach aches and trouble sleeping. Similar to avoiding conflict, healthy relationships are impossible when one person is unresponsive – relationships are a two-way street.

A parent whose default setting is to FAWN, teaches their child to be a people-pleaser.

Fawning is when a child absorbs all the blame, overlooking their own feelings and doing whatever it takes to make the other person happy. According to Dr Rebecca Ray, “Fawning behaviours are common for people who experience significant levels of anxiety, and who identify as highly sensitive.” Children who fawn feel disempowered and often end up as the “door mat” in their friendships.

So, what can parents do instead to have a more helpful, socially-acceptable response?

CHECK-IN WITH YOURSELF

First, notice how you feel when your child shares their pain with you. Do you feel yourself reacting? Are you getting angry? Is it triggering something inside of you? Which of the 4 F's can you feel yourself wanting to default to? The key is to remain calm and objective.

In the field of Positive Psychology, we love the famous Viktor Frankl quote: “Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” This space that Dr Frankl describes is where empathy, compassion, and understanding can keep relationships in the Green-Zone on the Friend-o-Meter!

Just by being aware of how you're feeling will allow you to be more mindful in how you respond to your child's friendship issue.

FOCUS ON YOUR OWN CHILD

Second, focus on how YOUR child is feeling. Too often parents will focus on the other child (*“I can't believe they did that to you! What's their problem? Why would they be like that?”*), instead of their own.

Help your child name their emotions. Dr Dan Siegal coined the term “name it to tame it” – a very simple, effective technique that helps reduce the intensity of big feelings by labelling them.

Ask them, “How did that make you feel?” Give your child time and space to get their feelings out. Let them cry or be angry and JUST LISTEN. Offer a hug, go for a walk, play catch... Allow them a chance to get it out.

BE A FRIENDSHIP COACH

When you’re both in a calm state, it’s time to be a Friendship Coach and empower your child with evidence-based strategies.

If it was a Friendship Fire, encourage them to find a good time to talk to their friend. If it was Mean-on-Purpose, ask them: “Did you say your Quick Comeback?”

Check out this [interactive tool](#) (be sure to activate your [FREE parent membership](#) first!) where you can see the questions our URSTRONG Schools ask children when they experience conflict in friendship to coach them along.

Here are a few more resources that might help:

- [Think of Yourself as a “Friendship Coach”](#)
- [When to Step-In and When to Step-Back](#)
- [High-Conflict Friendships](#)
- [10 Reasons to NOT Call The Other Child’s Parents](#)
- [Boundaries: How to Use an Exit Strategy](#)

Friendship skills are relationship skills! Teaching your child to manage conflict in a healthy way will help ensure they have positive relationships throughout their lives.

Written by: [Dana Kerford](#) Founder & Friendship Expert



Banyule Awards

Celebrating Our Achievements

Term 3 Week 3

Class	Student Name		Class	Student Name
PNA	Chloe RM		3DJ	Conan S
PMA	Darcy V		3MT	Amelia R
PAM	Hazel N		34C	Cyrus A
PBB	Olivia V		4NS	Sartaaj S
PZP	Roisin S		4CG	Seb F
1NB	Evanna J		4SD	Eesa B, Jarvis T
1TY	Jasmine O		5KB	Ollie C
1BS	Sohum S		5CN	Matilda B
1TM	Katherine L		5AS	Lachlan J
2MF			5NT	Lucas C
2WG	Miranda D		56M	
2BK	Lachlan H		6LH	Justin O
2LP	Evelyn Z		6DG	Eve M
3RB	Erik W		6SN	Taylor K

SPECIALISTS AWARDS

LOTE P-1:	STEAM P-2: Henry F 2WG
LOTE 2-6: Paige L 3RB	Visual Arts 3-6: Joah N 3/4C
PE P-2:	Performing Arts P-2: Willa C PMA

Term 3 Week 4

Class	Student Name		Class	Student Name
PNA	Rupert J		3DJ	Lev G
PMA	Emma W		3MT	Jamie B
PAM	Charlie B		34C	Hazel N
PBB	Kai TL		4NS	
PZP	Fiona W		4CG	Michael G
1NB	Spencer P		4SD	
1TY	William B		5KB	John L
1BS	Phoebe L		5CN	Leon R
1TM			5AS	Quinta Z
2MF	Leo T & Aidan A		5NT	Ayaan B
2WG	Chloe S		56M	
2BK	Skylar P		6LH	Erwin M
2LP	Audrey N		6DG	Jason X
3RB	Senuk B		6SN	

SPECIALISTS AWARDS

LOTE P-1:	STEAM P-2: Archie R 2WG
LOTE 2-6:	Visual Arts 3-6: Kane V 3MT
PE P-2:	Performing Arts P-2:
PE 3-6:	Performing Arts 3-6: Jacob X 5KB



Student Achievements





Ella was super nervous at the start when the bell rang.

The coach said 'fight' in Korean and then the fight began.

Ella tried her absolute hardest but unfortunately lost the first round 0-5 because her electronic socks weren't working and they are needed to score points.

Ella became very mad, so she kicked her opponent super hard on the body shield, the socks started working and she scored 6 points!

Ella made it into the next round, put all of her energy into the match and won GOLD!

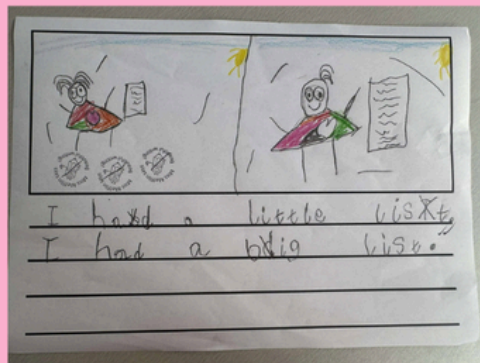
Ella is now training for nationals.



Prep Community

Prep Newsletter

August 2025



Little Learner's Love Literacy

The Prep team continues to be amazed by the incredible effort and growth our Preppies show! This week has seen them learn how to read and write CVCC words (e.g. hand). They are all gaining confidence writing sentences including these words! We are extremely proud of our cherubs 😊



Year 2 Community

Grade 2 Swimming at Watermarc



Our Grade 2 Swimming Program at Watermarc is now well underway, and it's been wonderful to watch the students fully engage in their lessons. They have shown great independence in preparing themselves for each session and confidence in travelling to and from the pool by bus. We're so



proud of the enthusiasm and responsibility they've demonstrated so far throughout the program.



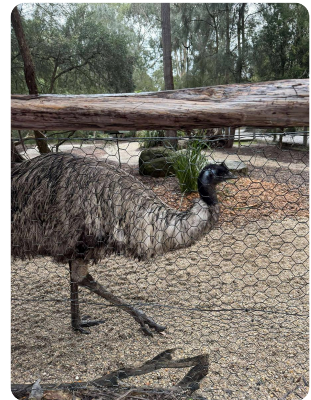
Year 1 community

The year 1's recently went on their first school excursion!

We went to Healesville Sanctuary and it was brilliant.

The kids did some hands-on activities and did some serious walking.

A big highlight was the Spirits of the Sky bird show!





Year 4 Community



Fractions



This term, our Year 4 students have been working hard in Maths with our Fractions unit.



Below, we have created our own fraction walls, fraction posters and used hands-on materials to help investigate equivalent fractions.

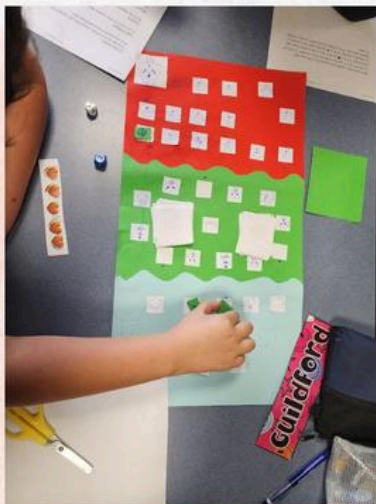


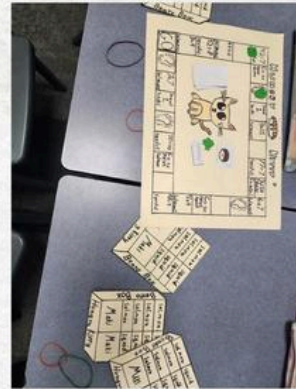
Year 5 Community



Year 5 Fun!

In the last week of term, the Year 5's worked super hard to create their own board games. The games had to include a maths concept that the students had learnt about in either Term 1 or Term 2. We had so much fun making them and playing them!





A silver trophy with a star on top, sitting on a black base. The base has a plaque that reads "STAR CLASS OF THE WEEK" and "RECEIVED BY: [Name]".





Sustainability



Waste-Warriors

Our fabulous Sustainability Leaders are undertaking a new role within our school. They are now 'Waste Warriors!'

Each lunch time, our Waste Warriors are going to be out in the yard, reminding students which bins their rubbish goes in, ensuring students are eating in the designated areas and also looking after our beautiful, new garden.





OSHClub Program

STAY AND PLAY **RISE THEN SHINE** **NEXT WEEK AT OSHCLUB**

MONDAY
Ooey Gooley Slime

TUESDAY
Dance Party

WEDNESDAY
Pizza Chefs

THURSDAY
Soccer Clinic

FRIDAY
Little Gardeners


BOOK HERE





OSHClub

Basketball



Dribble, shoot and score in this exciting Basketball program designed for fun, skill building and teamwork! With fast paced drills, exciting challenges, and plenty of game time, this program gets everyone in on the action!



**Tuesday Aug 5th
Tuesday Aug 12th
Tuesday Aug 19th
Tuesday Aug 26th**



**3:30pm-
4:30pm**



**No
extra
cost**



Join the FUN!
SCAN TO BOOK ONLINE NOW



Community Advertising

DISCOVER WHY WE ARE
LEADERS IN BOYS' EDUCATION



YEAR 7 2027 PARENT INFORMATION EVENING



Tuesday, 29 July 2025 at 7pm
Marcellin College Functions Room
BOOKINGS ESSENTIAL

Year 7 2027 Enrolments OPEN

APPLICATIONS CLOSE 15 AUGUST 2025

Limited places available for 2026

Secure your place today marcellin.vic.edu.au

MARCELLIN COLLEGE *Strive for the highest*
160 Bulleen Road, Bulleen VIC 3105 | +61 3 9851 1589





GOOD CLEAN FUN

PLAY.AFL/AUSKICK

ST MARYS TERM 3 AUSKICK CENTRE

22ND AUGUST - 19TH SEPTEMBER

FRIDAYS 4:30PM - 5:30PM

WHATMOUGH PARK



SCAN HERE TO REGISTER





GOOD CLEAN FUN

PLAY.AFL/AUSKICK

BELLFIELD TERM 3 AUSKICK CENTRE

19TH AUGUST - 16TH SEPTEMBER

TUESDAYS 4:30PM - 5:30PM

FORD PARK, FORD PARK SOUTH



SCAN HERE TO REGISTER



SCHOOL HOLIDAY PROGRAMS



SEPTEMBER PROGRAM DATES:

WEEK 1: MON 22 - THU 25 SEPT

WEEK 2: MON 29 SEPT - WED 1 OCT



Alphington Grammar School



8:30am - 3:30pm



EARLY BIRD SALE
SAVE 15%

SALE ENDS 07/09

ACTIVITIES INCLUDE:

Nerf War
Pokémon Hunt
Soccer
Basketball
Footy
Dodgeball Battle
Tennis
Mini Golf
Capture the Flag
Lego Masters
Super Mario

TAG
HOLIDAY PROGRAMS

www.tagholidayprograms.com.au

0402 711 444

Choose a Main Course item, then select 1 or 2 Items from the Snack/Drink Menu to make up a 2 or 3 Course Lunch Pack

Main Course Menu

BAKERY *All items freshly baked this morning!*

	2 Course Lunch	3 Course Lunch
Cheese and Vegemite Scroll (M)	\$6.45	\$8.95
Savoury Bite 'Little Frank' Roll	\$6.45	\$8.95
Topped with Only Cheese Roll (M)	\$6.45	\$8.95
Cheese and Bacon Roll	\$7.45	\$9.95
Scroll with Ham and Cheese	\$9.95	\$12.85
Frankfurt 'in a blanket' with Sauce & Cheese (2)	\$10.95	\$13.65

PIZZA / SAUSAGE ROLLS / GOZLEME / PASTIZZI / QUESADILLA / PUFF PARCEL *SERVED AT ROOM TEMP!*

Ricotta & Spinach Pastizzi (2) (M)	\$7.45	\$9.95
Margherita Pizza TWIST (M)	\$8.95	\$11.45
Sausage Roll with Sauce	\$8.95	\$11.45
Margherita PITA Pizza (M)	\$8.95	\$11.45
Quesadilla (Chicken) served with Sour Cream (H)	\$10.95	\$13.65
Tandoori Chicken Puff Parcel with Mango Chutney (H)	\$10.95	\$13.65
Ham & Pineapple Pizza Slice	\$10.95	\$13.65
BBQ Chicken Pizza (H)	\$10.95	\$13.65
Lamb and Beef Gozleme (H)	\$13.45	\$15.45
Mushroom and Spinach Gozleme (Vg)	\$13.45	\$15.45
Spinach and Cheese Gozleme (M)	\$13.45	\$15.45

SUSHI HAND ROLLS (2pc) *Soy Sauce (GF) Provided*

Teriyaki Chicken Hand Rolls (H)	\$11.50	\$13.75
Crispy Chicken (Schnitzel) Hand Rolls (H)	\$11.50	\$13.75
Cooked Tuna Hand Rolls (GF)	\$11.50	\$13.75
Avocado Hand Rolls (GF, Vg)	\$11.50	\$13.75
Cucumber Hand Rolls (GF, Vg)	\$11.50	\$13.75
Vegetarian Hand Rolls (GF, Vg)	\$11.50	\$13.75
Tofu Hand Rolls (GF, V)	\$11.50	\$13.75

RICE PAPER ROLLS (2pc) *(Wed, Thu, Fri)*

Chicken Rice Paper Rolls (GF, H)	\$13.45	\$15.45
Vegetarian Rice Paper Rolls (GF, Vg)	\$13.45	\$15.45

SANDWICHES / ROLLS / WRAPS / SOFT SHELL TACOS

Strawberry Jam Sandwich (1.5) (Vg)	\$7.45	\$9.95
Vegemite Sandwich (2) (Vg)	\$8.95	\$11.45
Soft Shell Chicken Taco with Salsa, Cheese & Salad (2)	\$9.95	\$12.85
Plain Cheese Sandwich (2) (M)	\$9.95	\$12.85
Cheese and Salad Roll (M)	\$10.95	\$13.65
Wholegrain Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65
Roast Chicken and Salad Roll (H)	\$11.50	\$13.75
Roast Beef, Chutney, Cheese & Lettuce Roll	\$11.50	\$13.75
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5)	\$11.50	\$13.75
Mild Salami and Salad Roll	\$11.50	\$13.75
Wrap with Chicken, Tzatziki, Lettuce, Tomato & Cucumber (H)	\$12.75	\$14.95

SALADS / PICNIC BOXES / POKE BOWLS

Fresh Fruit Salad – Main Course Size (GF, Vg)	\$11.50	\$13.75
Ham Picnic Box (GF)	\$11.50	\$13.75
Vegetarian Picnic Box (GF, V)	\$11.50	\$13.75
Greek Style Salad with Feta and Olives (GF, V)	\$12.75	\$14.95
Poke Bowl with Teriyaki Chicken (H)	\$13.45	\$15.45

GF SANDWICHES & WRAPS

GF Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65
GF Cucumber & Ham Sandwich (1.5)	\$10.95	\$13.65
GF Wrap – Ham and Salad	\$12.75	\$14.95

Snack/Drink Menu

FRESH FRUIT & VEGETABLES

Apple pieces, Lemon juice, Cinnamon & Brown Sugar	+\$1.00
Cantaloupe and Honeydew Pieces	+\$1.00
Fresh Fruit Combo	+\$1.00
Freshly Chopped Orange Segments	Included
Freshly Chopped Watermelon Pieces	Included
Whole Fruit – Apple	Included
Whole Fruit – Banana	Included
Whole Fruit – Mandarin	Included
Carrot, Cucumber, Red & Yellow Capsicum	Included
Celery and Carrot Sticks with Sultanas	Included
Cherry Tomatoes, Tasty Cheese & Rice Crackers	Included
Corn Wheels & Lightly Steamed Broccoli	Included
Edamame (Lightly Salted)	Included
Sugar Snap Peas, Beans and Cherry Tomatoes	+\$1.00

BAKERY – SWEET

Choc Chip Cookie	Included
Finger Bun with Sprinkles	Included
Lamington	Included
Not Cross Bun	Included
Cinnamon Doughnut	Included
Cornflake Cookie	Included
Choc Cup Cake (GF/DF/Vg)	+\$1.00
Blueberry Muffin	+\$1.00
Jam Drop Biscuit (GF)	+\$1.00
Carrot Cup Cake (GF/DF/Vg)	+\$1.00

SUSHI

1pc Tuna Sushi (GF)	+\$1.00
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POPCORN / HARVEST SNAPS

Popcorn – Slightly Sweet, Lightly Salted	Included
Popcorn – Lightly Salted	Included
Harvest Snaps (GF/DF/Vg)	Included

DRIED FRUIT / LEGUMES

Lime & Black Pepper Chickpeas	Included
Roasted Chickpeas	Included
Balsamic & Sea Salt Fava Beans	Included
Dried Fruit Medley with Yoghurt Sultanas	+\$1.00

DIPS WITH MINI RICE CAKES / CORN CHIPS

Tzatziki Dip with Mini Rice Cakes	+\$1.00
Spring Onion Dip with Mini Rice Cakes	+\$1.00
Spicy Capsicum Dip with Mini Rice Cakes	+\$1.00
Avocado Dip with Mini Rice Cakes	+\$1.00
Corn Chips with Salsa (GF)	+\$1.00

YOGHURTS / BOWLS

Strawberry Yoghurt (Dairy Farmers)	+\$1.00
Classic Vanilla Yoghurt (Dairy Farmers)	+\$1.00
Chia Bowl with Banana, Coconut & Strawberries	+\$1.00
Stewed Rhubarb and Apple with Custard	+\$1.00

DRINKS

Apple Juice (Nippy's)	Included
Orange Juice (Nippy's)	Included
Chocolate Milk (Nippy's)	Included
Strawberry Milk (Nippy's)	Included
Full Cream Milk	Included



ORDER NOW

GF = Gluten Free, DF = Dairy Free, H = Halal, V = Vegetarian, Vg = Vegan

Descriptions, dietary and allergen information available on our website.

www.classroomcuisine.com.au

MACLEOD CC WOMEN'S TEAM & JUNIOR GIRLS

Pre season / come and try
sessions

Thu 14th Aug
7pm - 8pm

Thu 28th Aug
7pm - 8pm



No boring Net Sessions
or standing around
waiting

Skill development and game sense
taught through real time games and
batting/bowling activities

All skill levels invited to come down and
experience a fun, learning and supportive
team environment

Bundoora Indoor Sports Ctr - 39 Clements Avenue, Bundoora

Contact our Women's Coach Carly - 0416 013 780



JUNIOR GIRLS PATHWAY

STARTING AUGUST 14TH 2025

At Macleod Cricket Club we are developing our first Women's Team for season 2025/26.

With this in mind, we are creating our Junior Girls Pathway. This provides all girls the opportunity to play cricket and have a pathway to a fun and successful future in the game



WHY CHOOSE US?

Expert coaching from
accredited advanced cricket
coaches
fun, supportive environment
fostering teamwork and team spirit.

Contact Rob- 0409 534 361

Macleod Cricket Club

OZ SCHOOLS INSTRUMENTAL CHAMPIONSHIPS

2025

A competition for Australia's best up-and-coming musicians.

SYDNEY BRISBANE PERTH ADELAIDE MELBOURNE



Victorian State Final: October 18-26

OPEN TO SCHOOL-AGE STUDENTS IN
PIANO, STRINGS, DRUMS AND GUITAR.

TOP 20 FROM EACH AGE CATEGORY PERFORM LIVE AT
THE AUSTRALIAN COLLEGE OF THE ARTS (COLLARTS)

Submit your free audition at:

www.osic.com.au/audition

HOW TO AUDITION:

Auditions are open to any student attending school in Australia!

To audition for the Oz Schools Instrumental Championships,
simply record **any performance** on your instrument!

There are only 2 rules for audition videos:

SOLO PERFORMANCE

(BACKING TRACKS / ACCOMPANIMENT ARE PERMITTED)

4 MINUTE TIME-LIMIT

(SHOWCASE AS MUCH AS YOU CAN IN THE ALLOCATED TIME!)

Recording quality will **not** affect the selection process
(phone or tablet recordings are welcomed)

Past performances / YouTube links accepted.

Auditions must be submitted
no later than Sunday September 7th, 2025.

Scan me for more info!



Upload your audition to the OSIC website (www.osic.com.au)
or email it to admin@osic.com.au