

Muswellbrook High School Newsletter

Term 3 Issue 1

Keep up to date with the latest school news through our social media pages.



From the Principal:



Muswellbrook High School would like to welcome our new permanent Principal – Mrs Kylie Fabri

This term I have had several reminders of this incredibly beautiful area of the world in which we are fortunate enough to live. The early morning mist in front of the mountains with the sunrise filtering through is a magnificent sight early in the morning. Or the exhilaration of a hot air balloon being filled up ready for launch are the sights that have greeted me on my drive to school this week. As beautiful as these images have been, what I love more is actually the people that make up the area in which we live. Having spent my first 2 weeks at Muswellbrook, it has struck me just how highly we value relationships and how lucky we are to live in such a community. It is fitting then that our core values are Respect, Responsible & Resilient. This term we have had several new families enrol at our school and my hope is that they come to enjoy the community here at Muswellbrook as much as I have so far and that as a school we will be able to be leaders in this town as a positive community that can exist when people value relationships.

Whilst at a number of different events this term, I was asked about school leadership and my reply was, "it is leadership by 10,000 conversations". It is amazing how many various conversations we have throughout our day, from first thing in the morning as our students pack lunches and get ready, to organising which parent is on kid duty, not to mention the numerous conversations we have at school throughout the day. As a school, we endeavour to raise our students up as leaders who influence the world in which they live. One of the ways that we can demonstrate this leadership is through the quality of conversations we have with people we come in contact with. I love it when I receive feedback on how impressed the public are with our students and it is a reminder that there is always someone watching and listening to who we are. What a difference we can make in this town by considering the words we use when under pressure, under stress, when frustrated with traffic, when the line in the shop is long and slow. These are the times when our words matter most. May Muswellbrook High School students continue to be leaders in building community by the way that we speak to one another.

There are many benefits your child will gain from arriving on time to school

- Ensures your child does not miss out on important information and learning activities scheduled early in the day
- Helps your child develop good habits, learn the importance of punctuality and routine
- Gives your child time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as partial absences and will appear on school reports.

Where possible, please ensure your child arrives at school before 9am so they can be settled and ready for the day ahead. Children arriving late often disrupt learning for the teacher and other students in the class and your child misses valuable learning themselves.

Several studies have shown that regularly arriving late to school has a negative impact on learning outcomes. Students receive fewer hours of instruction, are more unsettled and are often embarrassed to arrive late.

Only Missing	That equals	Which is	Over 13 years of school
10 minutes/day	50 minutes/week	Nearly 1.5 weeks/year	Nearly half a year
20 minutes/day	1 hour and 40 minutes/week	Over 2.5 weeks/year	Nearly 1 year

Finally, thank you to the whole school community for welcoming me to Muswellbrook. I look forward to working with you all in the coming years.

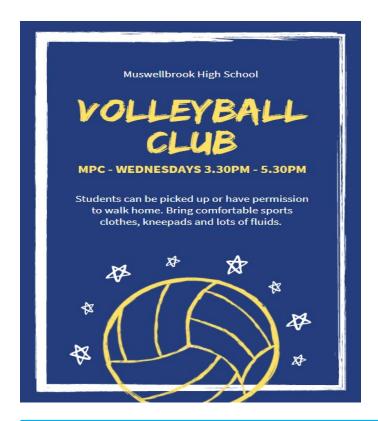
Kylíe Fabrí Principal

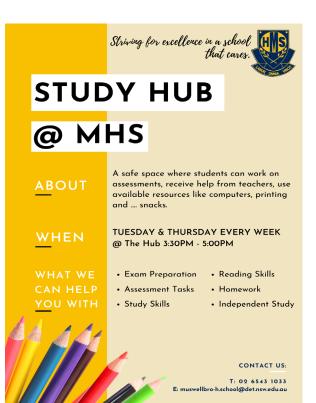
What's On at MHS

Important Dates

- 3rd August Whole School Virtual Assembly
- 4th August Australian Math Competition
- 11th 13th Year 10 Minimum Standards
- 12th August P & C Meeting







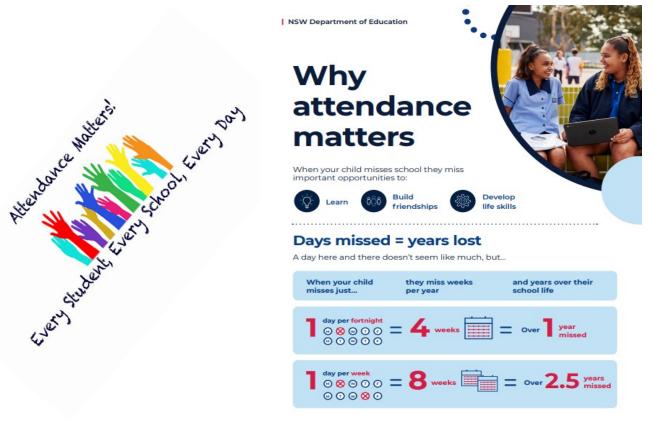
Covid 19 Updates

- Non- Essential visitors not allowed on site
- Excursions within in Local Government Area only, and recommended to be outdoors and within walking distance
 - All students traveling to and from School via public transport must wear a mask whilst on the bus

Muswellbrook High School Uniform Shop

Tuesday 7.30am – 11.30am

Thursday 12pm – 4pm



-18/1

School Canteen

Our School Canteen is currently looking for volunteers.

If you have spare time to join our canteen team and help prepare/cook and serve food we would love to hear from you.

If any new parents received forms from the front office please

send them in with your child to the canteen.







Don't forget you can complete student absentees through our Skoolbag app, fill out sport permission slips, get up to date with all the latest excursion notes and upcoming events.

Canteen Specials

Bolognese Pasta - \$4

Nachos - \$4.50

Taco Wrap made to order - \$5.50

Deluxe salad bowl /Wrap made to order

Weekly specials are available at the canteen

All lunch orders can be placed by students at the canteen from 8.30am





Faculty in Focus English

A Testing Start to the Year

2021 has thus far proved equal parts exciting and challenging for the MHS English Faculty. We started the year with a fresh intake of Year 7 students and very quickly participated in the Best Start Testing Program, followed by NAPLAN and our own Half Yearly Examinations for all years. The teaching staff now have a plethora of data on our students so we can begin planning individual learning goals and specific programming to address their areas of strength and improvement. Such diagnostic tests are invaluable, when utilised for this purpose and our students should be commended for the mature and positive manner, in which they undertook all testing. (Thank you to Ms Seck (DP Instructional Leader) for her smooth coordination of this important process.)

'To Be or Not to Be...' A Bell Shakespeare Visit

Muswellbrook High has a long-standing tradition of collaboration with Bell Shakespeare and we were looking forward to another visit from The Players to give two Performances 'Just Romeo and Juliet' for Year 7 and 8, and 'Macbeth' for Years 10 and 11. Scheduled for August 12th, current events may force postponement but we remain optimistic that the students will get to experience some 'live' theatre before the year is out.

A Senior Moment

Having successfully completed their Trial Examinations in English (Our thanks to Mrs Kelly and her amazing team – it is no small job to ensure all four courses of English - the entire year group - turn up on time, find the right room and complete the appropriate examination), the cohort is now heading steadily into revision in preparation for their actual HSC Examinations. A reminder to all, that English Study Hall operates every Wednesday afternoon in B27 from 3:30pm – 5:00pm and provides a perfect opportunity to organise a regular study program, collaborate with peers and gain extra tuition from the available English Teachers, who look forward to working with you there.

In Conclusion

I would like to express our gratitude and well wishes to Mr James Dawson, who has left us to take up a unique teaching opportunity at Gunnedah High School and to make a formal acknowledgement of all the English Staff for their contribution in creating positive learning experiences in English every day. Below, we have curated a Virtual Gallery Tour, communicating just a little of the creative, collaborative, and critically thoughtful work that students have engaged in during Semester One – we hope that you enjoy...

Welcome to Our English Virtual Gallery

From Brochures to Beats to Black Out Poetry

Year 7 English

Striving to compose effective persuasive and creative texts is key to our learning outcomes in English. The variety of tasks undertaken for Semester One in 7D, included creating an advertising brochure to encourage parents to send their children to Camp Green Lake, from Louis Sachar's novel *Holes* and experimenting with our newly acquired tool box of figurative language and iambic pentameter to create Sonnets about food.

This confidence to 'play' with language was also evident in 7R's Blackout Poetry.

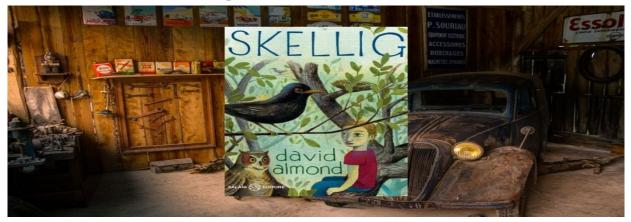


Pízza (Sonnet 5)

Bread base, tomato sauce, cheese, and toppings, Combine these and bake them, what do you get? You get nothing less than a masterpiece, A holy disc of bread covered in cheese, Add to it any topping that you wish, But pineapple, that's not acceptable. Raw and juicy, I'll gladly take a bite, But cooked and dry... I've lost my appetite. Many others around the world agree And if you're one of the few who do not, Prepare yourself for hate comment filled hell. You will receive no mercy from Twitter. Bread base, tomato sauce, cheese, and toppings, You shall find nothing better than these things.

CONTACT INFORMATION YOU CAN CONTACT US ON 0456789210 OR EMAIL US O. @CAM PGREENLAKE21. YOU CAN ALSO FIND OUT MORE AT WWW.COMPG VW.CAMPGREENLAKE.CON About our staff members ber We have plenty of staff members here at Camp Green Lijke to hela the boys feel more confident with themselves and be-come better people. They are here to assist the boys with their activities and ready to help any of the boys if needed. And and ready to help any of the boys if needed. And and ready to help any of the boys if needed. And and ready to help any of the boys if needed. And and ready to help any of the boys if needed. And they will protect the boys from yellow spatted liz-ards as they are the most dan-gerous ani-most dan-word.

The Pen to the Page



Year 8 English

Reading and writing narratives forms an important part of the English curriculum and the following stories demonstrate the wealth of talent that we have at the school. The task involved the students rewriting/ transforming parts of the novel *Skellig* by David Almond into original and descriptive narratives of their own.

The Strange Creature in My Garage

we left the familiar neighbourhood we once called home to return to the nasty, run down shack my mum described as beautiful. The car scraped down the gravel driveway when dad let out a very frustrated sigh.

"Great a flat tire," he said, "another thing that needs fixing!"

Clearly, he wasn't pleased about the move either. Mum sighed softly, "It'll be ok, love. I'm going to take the baby up and have a shower."

"And I'm going to bed!" Dad grunted.

Once again, I felt invisible to my oblivious parents, whose main focus was the baby and the house. I silently sat in the back seat of our old rusty land cruiser, which now was tilting to one side. Listening to the obnoxious chatter of the crows above, my eyes froze on the fragile garage door which was welded shut due to constructional issues. I was strictly told to stay away as the roof could collapse at any given moment but that just made it so much harder not to go in.

I got out of the car and stood in front of the door. There was no use trying to open it but I managed to rip out an old rotted timber plank just large enough for me to slide in. The fading sunlight peered its curious rays through cracks between the panels, cobwebs swayed peacefully hanging from the main beam of the prehistoric shed. This splintered beam, in particular, was the only thing keeping the entire garage from collapsing and disintegrating. I cautiously kept shuffling forward to explore more, there were many distinguishable oak and maple dressers and sets of drawers presumably from the Victorian period which I was learning about in history class. I identified this by the detailed and intricate carvings of curvy lines, floral patterns and the shine bouncing off the lacquer, wax or varnish coat many tradesmen used to finish off these beautiful pieces of furniture. With each step my ears filled with the eerie sound of creaks and crinkles from the loose floorboards and the ancient newspapers covering them. My eyes examined everything I saw, however they stopped on a certain piece of newspaper on the floor. I steadily bent down and picked it up, the paper was damp and some of the ink had leaked but the date clearly read 1896 with the headline being "The first annual Olympic Games held in Athens Greece". Mind blown I looked for earlier dates then 1896 to find out just how old this garage was. Then it happened, the cold stone evil voice of something wicked made me jerk from my adventures.

"Get out of my home!" he bellowed, demanding I leave at once.

"This is no longer your home," I confidently replied. But as my deep green eyes landed spot on where this mysterious voice had come from, I regretted entering at all.

"I said get out of my HOME!" he bellowed once more, this time with aggression as he arose from the gloom.

There he stood right in front of me, toe to toe, I glanced down at his shoes and my eyes raced way up to his, I began tilting my head back all the way just to see his empty death filled eyes. He wore torn layers of coats, a vest and baggy stained pants. His arms ripped through his sleeves as he grew to the size of a hungry black bear. He was transforming into some immortal Greek mythological beast, and as he did, fear gurgled through my veins, my heart raced like the wings of a hummingbird; I was ten times as scared as a baby sitting on a stranger's lap at Christmas time. His foul toxic breath exhaled from his revolting mouth, swirling around his yellow cavity filled fangs and thrashing me to the ground. His hypnotising growl vibrated through my ears shaking my brain. His masculine claws gripped my forearms and yanked me into the air. Blood spilled from my arms as the scent of death grazed my nostril hairs. Furious, he latched his long boneless tail around my waist, squeezing my organs into mashed potatoes. I gasped and released the most blood curdling scream ever created by a human being. The sound echoed out into the yard, inside the house, up the creaky spiral stairs and into my absent-minded parents' bedroom and passed straight through their empty heads without giving the horrid sound a thought. The screams continued echoing down our haunted street and vaporised on the horizon.

The Strange Creature In my Garage

The shed was old, half of it already crumbled over its sagging weight. He stood there for a second, peering cautiously into the dark depths of the remaining structure. Taking deep breaths that ruffled his long hazel fringe, he stepped onto the cement flooring of the garage.

Inside, it was dusty, stringy cobwebs clinging to half eaten wood. Scattered on the floor were moth bitten fabrics and scrappy pieces of wire. Stacked towards the walls were old cabinets, fridges and a multitude of boxes. These objects were not stacked in orderly ways, instead haphazardly thrown together. The place creaked faintly, moaning under the weight, a stifling rotting scent in the air.

A soft breathy sound came from the back of the crumbling building, a strange metallic scent filling the air. A surge of confident curiosity overcame the boy as he strained his emerald eyes in the soft torchlight. Something moved. It shot up like a twisted bird, another following, another, another. A heart wrenching cry. He ran towards the sound, adrenaline filling his movements.

There lay the lithe frame of a boy, blood pooling, tears in his eyes and four, night black wings.

Cadmium yellow tear-filled eyes opened wide, staring up at him...

. . .

He had heard it, the sound of another life. He tried to silently shift backwards, into the nooks between the halfbeaten boxes and cabinets. Yet he knew he couldn't stop them from showing.

First, he felt blood, tingling shocks down his spine. He felt them poke and prod from the inside. He couldn't hide.

An involuntary scream ripped from his crimson lips as his breath became heavy and his pain addled brain not focused on keeping quiet anymore. He felt the burning light on his pale body as a pair of emerald eyes lay on his monstrous frame, they were out now, he couldn't hide it.

His tear-filled eyes looked up towards the stranger, he knew he couldn't escape his fate.

"Please ... please help me ... "

The Strange Creature in my Garage

In the dead of the night, I quickly tip-toed towards the old, worn-down garage, as gentle rain pattered down on the pavement around me. The raindrops clung to strands of my hair like glistening snowflakes. I could hear thunder rumbling far away in the distance, warning me to move faster. As I stood outside the building, I contemplated the possibility of there being a monster in the garage.

Fear flooded my mind and my hand trembled as I lifted it to open the door. The sensation of the cold, rusted metal of the old door handle made me cringe, but I knew that inside the garage it would be a lot more uncomfortable. The old wooden door let out a low groan as I slowly twisted the rusted handle. Anxiously, I listened for any movements inside the garage before entering.

My slipper-clad feet brushed past thriving weeds and countless piles of rubbish. Spiderwebs hung from the ceiling and attached themselves to my hair, giving it a greyed appearance. I pushed past old wooden furniture and rusted gardening tools as I moved deeper into the garage. Little bugs rushed about my feet, and mice scuttled back into overgrown weeds as I passed. A blanket of dust covered the icy cold concrete floor. All I could think about was the strange creature I saw yesterday through the windows of the garage. Its bright red eyes stared through me, as if I were invisible. It had ducked out of sight as soon as I had moved closer, making it feel as if it had never happened. Curiosity had gotten the better of me, and I had decided to check out the garage late at night, when my parents couldn't prevent me from entering the derelict building.

Amongst all the termite-infested wooden furniture, a scuttling sound grasped my attention. A dark shape lingered in the back corner, huddled in an old tarp. As I moved closer, small clouds of dust erupted from my feet and caused me to cough uncontrollably.

The dark figure heard me and leapt out of the tarp nest which it had been residing in. Eyes as red as blood stared through me, and its pale skin shone from the dim moonlight shining through the window. It held its hands out in front of me, with long, sharp nails like claws. A large black cloak shrouded its tall figure and swayed around its feet as the strange creature limped towards me. I tried to scream, but I couldn't make a noise. It chased me through the creaking garage door and out into the rain, where lightning was flashing, lighting up our faces. Running as quickly as I could, I made my way across the slippery grass and took a quick glance at the shadowy figure.

Lightning lit up his face as I realised who the mysterious creature was...

What passing bells for these who die as cattle?

Year 10 English



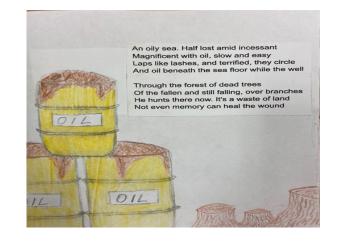
During Term 2, Year 10 English classes completed a close study of the works written by decorated war hero, Wilfred Owen. His poems, written while in the trenches during WW1, describe in graphic detail the horrors experienced by the soldiers. To consolidate their learning, working either individually or in small groups, students created a visual representation based on the themes of their favourite poem. Mustard gas attacks, missing loved ones, life in the trenches, and seeing your mates suffer- the students developed a new appreciation for life and war.



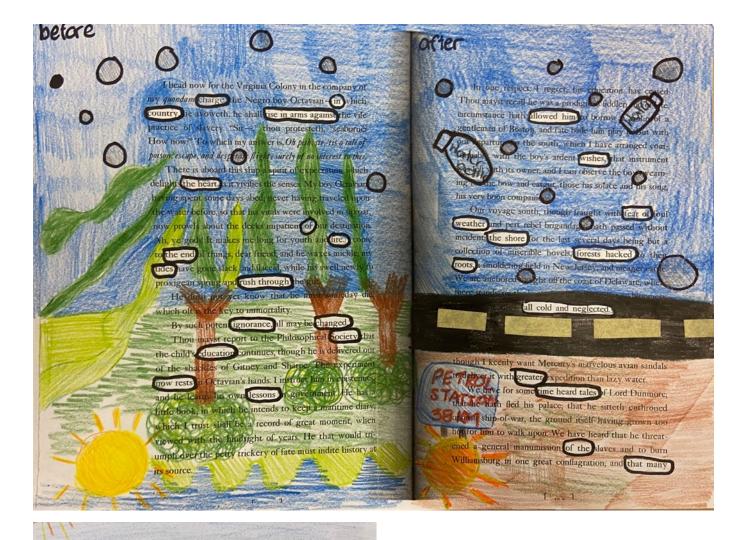
Mrs Patch's

Year 8 English Class





0 silent and brooding in the Bay. sparkish philosophy, that there was no form nor matter, that we ve knew not what we would find therein acted our lives in an emptiness decorated with an empty show Dr. Trefusis and I stumbled across the cibbed sand. Treading substance, and a darkness infinite behind it. nrough seaweed mounded in pools, we slithered and groped, that re might retain out looting and on occasions, we fell. Dr. Trefu-is's hands bleeding from the roughness of rock and incision of Forms and figures loomed out of the rain: boulders gruesome as ogres to my susceptible wits, hulking, pocke eyed with limpets, shaggy with weeds. we came more a capsized dingty in the mud mostly rotted, and barrels half-sunt. My aged companion now leaned upon my shoulder as we walked, his breath heavy in his chest. Once, I stated with terror at a racheting upon my foot, to find barnacles. We wound through the meanders that led between stubbled mud-banks in no straight or seenily course. I pulled Dn Trefusis out of the ditches where water still ran over the silt. We crawled over knolls usually submerged by the Bay. At some point, soaked, t horseshoe crab trundling past in search of a pool, its s and lobed armor grotesque in the extreme. Dr. Trefusis, a pool, its sa he shed his coat ing, greeted it, "Old friend." After a time, there was no feature but the sand, corrugat with the action of the tides. We made our way across a disma plain, groping for detail, sight obscured. His annability to the crab, I feared, was me p our running. He did not seem well. We could no longer detect the city, the nigh But that morning I had been a prisoner a metal mask upon m face, and my jowls larded with my own vomit in a condition white could hardly have been more debased; but that morning I ha full of water and motion, so unsparing was the drench. Our isorganized, our frames trembling with cold, we calculated a ve could the direction of our town and made our way acro best watched the masters of my infancy and youth writhe upon the floor and fall into unpitted slumber, perhaps their bane. A sentence of death might already rest upon my head. The thought of this tha ountryside of dream Once I was shown by the scholars of the Colle plagued me — the memory of those bodies on the loop bound with silken kerehiefs—and I found could not breathe, and wished to run faster, that I might recover my breath. Tumbling through the darkness of those flats, revolving such spherical in shape, which, when chiseled open, revealed a tim cavern of crystal and they told me that these bluit stones ofte held such glories; that though some were filled only with du with dust held such glories; that though some were filled only with dist, others, when broke open, enwombed the skeletons of dragons or of fish, beaked like birds. Thus I leit in approaching my eity; that place which seemed known stone, but which, when riven after its long gestation, might contain either wonders, or ash, or the death in infancy of some elawed terror. thoughts amidst utter indistinctness, I feared I would never again find myself; all I knew was lost and sundered from me; I knew not anymore what actuated me. We ran on through the night across the sand, and it was as Dr. Trefusis had always avowed in bis.



The Environment Lillian Strong

The freeway riddled with cars, (Foulcher) You poisoned the sky and sea, (Midnight Oil) He destroys old natures will, (Noonuccal) We didn't know what we had until it was gone. (Ea)

Up the green slope, beneath the forest's roof, (Shelly) The huge lakes, the for-folding sea, (Manroe) From the rays of the morning sun, (Greenberg) Hurt not the earth, neither the sea, nor the trees. (Mew)



Miss Patch's 8A English class focused on Environmental Poetry in Term Two. At the end of the term, they completed a Blackout Poetry portfolio, where they created three different poems and composed a written analysis, reflecting on the creative process. The students' worked on their portfolio for a number of weeks and developed a further understanding of environmental sustainability and the role that poetry plays in giving a voice to young people.

SRC Report

SRC Report - Term 2 Number 3 2021 Newsletter

• <u>SRC Trivia Night</u>- Unfortunately due to current Government health advice the SRC has had to postpone its planned Trivia Night. We will let you know once we are able to reschedule the night



 <u>ALTERNATIVE EVENTS</u>: Due to the postponement of the Trivia Night and so many generous sponsors who had donated prizes, it was decided to go ahead with our <u>Mega Raffle</u> for the Westpac Rescue Helicopter Service. Thank you to the following local businesses for their generosity in donating gifts/vouchers for the raffle:



- o Upper Hunter Smokehouse
- o Hunter Belle
- Earth and Grace by Pukara
- Halo Hairdressers (Denman)
- Woolworths Muswellbrook
- o Munchies
- Priceline Pharmacy

The raffle was drawn Thursday 29th July, and the winners are:

• 1st prize: Deluxe Hamper- Vicki M

(\$100 of product from Upper Hunter Smokehouse, \$50 Hunter Belle Voucher, Product from Earth & Grace by Pukara, Halo Hairdressers Denman-Hair products set, Westpac Rescue Helicopter Cap, Chocolates)

• 2nd prize: Woolworths Gift Basket- Mel S

(HUGE hamper of products from Woolworths Muswellbrook)

- 3rd Prize: Priceline Hamper- Donna S
- (Hamper of assorted products from Priceline Pharmacy, \$25 Munchies Voucher)
- 4th Prize: Chocolate Lovers Basket- Michelle O

(Hamper full of assorted Cadbury chocolate)

All funds raised from the raffle will go directly to the Helicopter Service.

<u>Out of Uniform Day-</u>instead of the planned Trivia Night, SRC got permission to hold an out of uniform day to raise more funds for the Westpac Rescue Helicopter Service and also funds for the SRC to spend on projects within the school. This day was also held on Thursday 29th. We hope students enjoyed the chance to come out of uniform. We will let everyone know in the next newsletter how much SRC ended up raising for the Helicopter Service and SRC projects.

<u>Year 11 Student Leaders Projects</u>- Our year 11 leaders are back to work after their successful running of the Student Leadership Summit last term. They are now in the process of planning a wellbeing process to benefit students within the school.



<u>Year 12 2022 Elections</u>- For those in Year 11, start thinking about whether you would like to nominate for leadership positions in the school for 2022. Nomination statements will be distributed during home groups with more details to follow for the speeches to your cohort and staff.

Thank you for your support of the SRC and student voice within the school- Mrs Farrell and the SRC.

ONLINE PAYMENTS NOW AVAILABLE

Parent online payments can be accessed via the school website through the Make a Payment link.

Please contact the school office if you require any assistance making an online payment.

School Office Hours

Monday – Fríday 8.30am – 3.30pm

After hours - muswellbro-h.school@det.nsw.edu.au

Behaviour code for students NSW public schools

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

Behaviour Code for Students: Actions

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

Respect

- Treat one another with dignity
- Speak and behave courteously
- Cooperate with others
- Develop positive and respectful relationships and think about the effect on relationships before acting
- Value the interests, ability and culture of others
- Dress appropriately by complying with the school uniform or dress code
- Take care with property

Safety

- Model and follow departmental, school and/or class codes of behaviour and conduct
- Negotiate and resolve conflict with empathy
- Take personal responsibility for behaviour and actions
- Care for self and others
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour

Engagement

- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning
- Aspire and strive to achieve the highest standards of learning

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education will back the authority and judgment of principals and school staff at the local level.



education.nsw.gov.au



MUSWELLBROOK HIGH CANTEEN MENU

WINTER CANTEEN MENU 2021

BREAKFAST		SALADS	
Bacon n Cheese Bun	\$2.00	Salad Bowls/ Wraps – no meat	\$6.00
Cheese Toasty	\$1.50	Salad Bowls/ Wraps + Meat	\$6.50
Ham & Cheese Toasty	\$2.00	Add Baked Vegies	\$1.00
Bacon & Egg Rolls	\$3.50	Chicken Tender Sliders	\$3.00
HOT FOOD		Caesar Salad Wrap or Bowl	\$5.50
Potato Wedges (gravy .50c extra)	\$3.00	Sweet Chilli Wrap	\$5.50
Chicken Nuggets (3)	\$1.50	Taco Wraps	\$5.50
Chicken Strips (5)	\$2.00	Fish/Chips & Salad	\$6.50
Lean Pies	\$3.50	Meat & Salad Rolls	\$6.50
Lean Sausage Rolls Small 120gr	\$2.00	Egg & Lettuce Sandwich	\$3.50
Chicken Burger	\$5.00	Ham Cheese & Tomato Sandwich	\$3.50
Nachos	\$4.50	DRINKS	
Pizza on Turkish bread- Cheese	\$3.00	Water 600ml	\$2.00
Pizza Ham & Pineapple	\$3.50	Orchy Juices 250ml (3 flavours)	\$2.00
Pizza- BBQ Ham & Chicken	\$3.50	Dairy Farmers Small Milks 300ml	\$2.50
Garlic Bread	\$1.50	Dairy Farmers 500ml Flavoured Milk	\$3.50
Pasta Bake (Bolognaise)	\$4.00	Glee Cans 250ml (3 Flavours)	\$2.00
Cheese Toasties	\$1.50	Just Juice Poppers 200ml	\$1.50
Ham & Cheese Toasties	\$2.00	Waterford's Mineral Water	\$2.50
Chicken & Gravy Rolls	\$3.50		
		Extras	
Fruit/Yoghurt/ Muesli	\$2.50	Sour light Cream	.50c
Custard / Fruit Cups	\$2.50	Sauces	.50c
Fruit Cups	\$1.00	Gravy	.50c
Frozen Yogurt	\$2.00		
Cheese & Crackers	\$1.50	ICEBLOCKS	
Grainwaves	\$1.00	Paddle Pops (2 flavours)	\$1.50
Muffins- light	\$1.50	Juices (3 flavours)	\$1.00
Chobani Yoghurts (3 flavours)	\$2.50	Frozen Pineapple Rings	.500

WEEKLY SPECIALS ARE AVAILABLE ON THE BOARD

Fabulous Formal & Work Wear

Free clothes and accessories for job interviews or the formal season

Tuesday, 3 August Wednesday, 4 August Tuesday, 10 August Wednesday, 11 August Tuesday ,17 August Wednesday, 18 August Tuesday, 24 August Or call Bec Eveleigh or 4:00pm - 6:30pm Muswellbrook UHCS Merriwa CWA Scone Bowling Club Murrurundi RSL Hall Denman RSL Aberdeen Bowling Club Singleton Youth Centre

Or call Bec Eveleigh or Jess Dallah from UHCS on 6542 3555

nib foundation







UPPER HUNTER COMMUNITY SERVICES Inc.



This service is proudly provided to you by: Upper Hunter Community Services Inc. QEII Community Centre Cnr Bridge & Market Streets • Muswellbrook Phone 02 6542 3555 • www.uks.org.au