



# CUMMINS AREA SCHOOL NEWSLETTER

Term 1, Week 5

## BUS DRIVERS

**Warrow**  
Ben McCracken – 0466 618 786

**Mt Hope**  
Kym Griffiths – 0400 667 472

**Karkoo**  
Susan Hughes – 0477 088 043

**Vanilla**  
Mick Carr – 0410 087 406

**Cockaleechee**  
Leon Seaman – 0429 703 030

**Douglas Well**  
Vince Diment – 0427 762 428

**Koppio/Yallunda Flat**  
Helen Robinson – 0428 885 017

**Brimpton Lake**  
Barry Boyce – 0418 762 319

Parents must contact the bus driver at least 24 hours prior to travel being required on an alternate bus.

UHF channel 10

## CONTACT US

- A. McFarlane St  
Cummins SA 5631
- P. 8676 2388
- E. DL.0754\_info@schools.sa.edu.au
- W. cumminsas.sa.edu.au



## PRINCIPAL'S MESSAGE

Hi Everyone

Thanks to everyone who attended our Open Night last night to meet teachers, immerse yourself in your child/ren's learning spaces and learn a bit about SACE, Daymap and our Behaviour Support Policy. It is vital that we work together to provide sound educational outcomes for your children and afternoons / evenings like this allow an informal opportunity to share our beliefs and gather input from important stakeholders such as families and students. We hope to provide further opportunities for engagement at school throughout the year and would be keen to hear of any other sessions that you feel would be pertinent.



The current focus across the site is all about being "Ready to Learn". Before any teaching / learning begins in a lesson it is vital that certain conditions are in place for learners to be ready. These basic routines establish a sense of consistency around expectations around how we operate in the classroom and assist our more anxious learners with knowing what will come next. Classes will be explicitly focusing on these routines for the rest of the term.

If you live in Cummins you may be aware that our siren has been a little erratic over the past two days. We are in the midst of reprogramming the archaic technology to add in 5 min warning bells to indicate that Recess and Lunch are nearly over. The reasoning behind this is to assist our students to prepare to re-enter classes for learning. For some students this helps them transition from play to "work", for others it is a timely reminder to fill up water bottles, go to the toilet etc. so that they are ready to be present in class once the lesson commences.

Swimming Carnival was a raging success. We had a fabulous turnout of parents and families and high participation rates from the children who attended. Highlights were the breaking of 3 records, a lot of determined participants and a clean win to the Staff relay team. I will concede that it is possibly the first time we have won the event fair and square... Congratulations to Flinders on what was ultimately a very tight win over Eyre. I would also like to acknowledge the work done by our House Captains in organising relay teams and encouraging team spirit. We now look forward to Sports Day being just as successful albeit a little bit cooler, I hope!

Staff have been busy attending a number of Professional Development events over the past few weeks. These opportunities are important elements in our efforts to improve learning outcomes for all of our students. In the past few weeks we have had staff attending Early Career Teacher training, Positive Partnerships Autism Awareness training, the SACE Agriculture forum, and Key teacher training. Boyd and I also had the privilege of participating in the first two days of a four day Leadership course on Leading Future Learners, which has inspired us further to imagine the possibilities within our site. We look forward to sharing these ideas with you and gaining voice from families, staff and students about what this means for Cummins Area School.

Mel

## CAS DATES TO REMEMBER

### TERM 1

#### WEEK 5

##### Mon 26/2

- School Open Night, 4.00pm

##### Tues 27/2

- Scott's BMX Bike Trick Show, 2.20pm (yr 3-6)

#### WEEK 6

##### Wed 6/3

- Sports Day

##### Thurs 7/3

- RAP Presentation, 9.30am

##### Fri 8/3

- DUX Assembly, 2.15pm

#### WEEK 10

##### Wed 3/4

- Interschool Sports Day, Cleve

### 2024 TERM DATES

#### Term 1

- Monday, 29 January - Friday, 12 April

#### Term 2

- Monday, 29 April - Friday, 5 July

#### Term 3

- Monday, 22 July - Friday, 27 September

#### Term 4

- Monday, 14 October - Friday, 13 December

## Governing Council Update

The Governing School Council met for our Annual General Meeting and first general meeting of the year on Tuesday 13th February.

The AGM was wonderfully attended by a large group of current members and new faces. Our new Governing Council is made up of the following people;

Bec Habner (Chair)

Guy MacGillivray (Secretary)

Ryan Boot (Finance)

Mel Degner

Darryl Holley

Donna Bagshaw

Emma Hancock

Ashley Lawrie

Dinah Lance

Tegan Modra

Lacey Nash

Anika Swaffer

David Elliott

Tara Puckridge

Ashlee Harris

Leanne Stephenson

In addition to this group there will be few more new names after our next meeting.

Amongst the standard meeting items, the General Meeting included discussion on a Preschool Pupil Free day, Daymap, the role of the Governing School Council, Bendigo Bank involvement with the school, student report card feedback and student id cards.

The AGM was the last meeting for Danielle Meaney as she moves on from her time serving on the Governing Council. Danielle has been a wonderfully active member on the Council, volunteering for many of the sub committees as well as taking on the role of Chairperson for the last two years. She has always provided calm, rational advice and lived experience relevant to whatever was being discussed. We thank her for all her time and effort in supporting the school in this capacity.

Lastly thank you to everyone who attended the Welcome Night on Monday night. It's great to see parents, teachers and support staff being able to spend some time together. The kids always love showing off their classrooms and nights like this really help to build our school community connections.

Governing School Council can be contacted at [casgoverningcouncil@gmail.com](mailto:casgoverningcouncil@gmail.com) or chat to any of our members.

Bec Habner

*Chairperson*



## Year 3-12 Swimming Carnival 2024

On Friday, 16th February, students from Years 3-12 assembled at the Cummins and District Memorial Swimming Pool for the annual Cummins Area School Swimming Carnival. Staff, parents, friends and family watched on proudly as the students competed for their respective house colours of red (Eyre), yellow (Flinders) or blue (Sturt). We were blessed with near perfect conditions for the event, meaning the stage was set for a fantastic day of racing. 25 metres freestyle, breaststroke and backstroke races were timed on the day with many close results witnessed. The 100 metres freestyle events took place prior to the carnival. Some impressive times were taken with three students breaking previously held records.

Event	Old Record	New Record
12 Boys Breaststroke	Oscar Dingwall (18.28)	Dustin Siviour (17.86)
16 Girls Freestyle 25m	Sharni Blacker (14.72)	Lucy Siviour (14.41)
16 Boys Breaststroke	Kieran Stephens (17.60)	Braden Holley (17.25)



Once again, the novelty events proved why they are a major highlight of the day. Older students competed in the Rope Tow and Clothes Relay while the younger students used the shallow end of the pool to compete in Tube Relay and Noodle Relay/Kickboard Relay. Perhaps the best part was seeing the students' huge grins as they were dragged by their teammates in the Rope Tow.

The 4 x 25 metres mixed freestyle relays concluded the formal races with students eagerly competing in their houses for the final points of the carnival. This was just prior to the customary staff V parents V house captains V ex-students relay, which turned out to be an entertaining end to the carnival.

The Yvonne Majoor Shield was presented by Yvonne's proud son, Boyd West. Yvonne attended Cummins Area School and was part of the 1974 Australian Commonwealth Games Swimming Team that went to Christchurch, New Zealand. In the end, it was Flinders who reclaimed their title as the school's best in the pool with a marginal victory over Eyre. Final results were Flinders 1324, Eyre 1302 and Sturt 1091. Flinders house captains, Noah and Bella Giddings, and Poppy Blacker and Tom Shirley proudly accepted the shield on behalf of their ecstatic team members.

Each boy and girl individual age group winner was presented with a medallion, with 40 points the maximum score possible. Thank you once again to Lower Eyre Family Practice (Gerard and Jo-Anne Quigley) for their continued support in donating the medallions for the winning age group competitors.

Age	Girls	Points	Boys	Points
9 & U years	Aine Fox	34	Caleb Moroney	33
10 years	Ellie Moroney	27	Beau Paech	37
11 years	Aoibheann Fox	37	Cyril Pedler	30
12 years	Elkie Dunbar	37	Dustin Siviour	40
13 years	Sage Gale	24	Leo Bascombe	40
14 years	Zora Curtis	36	Oisin Fox	32
15 years	April Wagner	36	Noah Radford	37
16 years	Tori Siviour	37	Barden Holley	40
Open	Sharni Blacker	36	William Turner	30

I would like to thank the following who helped to make the Swimming Carnival a success once again:

- Cummins District Swimming Pool for the use of their fantastic facilities.
- Pool Committee for providing amazing canteen facilities with a great range of delicious food, drinks and snacks.
- Parents who assisted with timing and help in the canteen.
- All swimming instructors for helping with safety and student participation.
- School grounds people, Megan Briese and John Norton, for getting shades, chairs, tables, etc. to the pool.
- SSO staff who supported a number of our students and enabled them to participate.
- Kobi Lawrie and Claire Adams for setting up the scoring technology.
- John Wood for his DJing and announcing duties.
- Jenna Harder for putting together a fantastic carnival program.
- Steph Phelps for allocating jobs to staff and parents.
- House captains for preparing folders, organising relay teams and encouragement and support of their house.
- Parents, carers, grandparents and spectators for coming to watch and support the students.
- All school staff for supervision, timing, marshaling, scoring, setting up and taking down shades, etc. on the day.
- Bronny Fitzgerald and the sports committee for all their work behind the scenes in planning and organising.
- Cummins Area School students, who continue to make these days successful with their participation, engagement and encouragement of other students.

Kind regards,  
Tom Charlton



**Victorious Flinders Captains:** Tom Shirley, Noah Giddings, Bella Giddings and Poppy Blacker with the Yvonne Majoor Shield.



# DoFoodSafely



## Cummins Area School Canteen Compulsory Food & Safety Training

Due to the introduction of Standard 3.3.2a – Food and Safety Management Tools our school Canteen is identified as a Category 1. This requires us to have all our valued Canteen Volunteers to complete the free online food and safety training – **Do Food Safely**.

The online course can be found at the following link or by scanning the QR code.

<https://dofoodsafely.health.vic.gov.au/index.php/en>

Do Food Safely provides the required course content, and once completed food handlers will receive a certificate which will be required to be sighted by authorised officers and we can keep a record of your certificate also at the canteen. The course is approx. 40 minutes with 2 parts – 7 Topic/Information slides with quick questions and then a 30-question assessment at the end. The course is valid for 5 years and can be used for all sporting and community groups handling food which will also be required.

*Certificates can be emailed*

*Catherine.Haarsma312@schools.sa.edu.au*

We are very grateful and appreciative of all our Canteen volunteers and indebted to your many hours given to support Carrie and Sandra each term and your contribution ensures the Canteens' great success.

**SCHOOL ID CARDS FOR  
SECONDARY STUDENTS  
ARE NOW AVAILABLE  
AT THE FINANCE  
OFFICE AT A COST OF  
\$4.00 EACH.**



## Preschool Enrolments

*Now taking expressions of interest for  
Mid-year Intake 2024 & Term 1 2025.*

If your child/ren are turning 4 this year, we invite you to register your interest for Preschool.

*Eligibility criteria:*

- **Term 3 2024:** Turns 4 years of age between 1 May and 31 October of that year
- **Term 1 2025:** Turns 4 years of age after October 31 of that year
- Aboriginal children, and children who are or have been in care after their 3rd birthday

Children who start mid-year will complete 6 terms of Foundation when they start school.

Children who start at the beginning of the year, will complete 4 terms of Foundation.

To enrol for the Term 3 2024 intake, register your interest now.

### **For further details**

Please reach out to Dinah Lance, Preschool Director, Mondays – Thursdays.  
[Dinah.Lance631@schools.sa.edu.au](mailto:Dinah.Lance631@schools.sa.edu.au)  
or 8676 2272

## WHAT DO I DO IF MY CHILD TESTS POSITIVE TO COVID?

If your child tests positive to COVID, they must stay home from school for at least 6 days. Day Zero being the day they tested positive. Therefore, they must stay home for a further 5 calendar days. There is no need to keep testing, the initial test is sufficient. Any questions please phone the school.



9 APRIL 2024



This year, we're helping 1 million Australian children learn how to embrace their bodies. By creating change in the environments where they live, learn and play, we can achieve better mental and physical health outcomes for our young people - setting them up for a lifetime free of judgement and shame about their bodies.

#### About the event

**WHEN:** Tuesday 9 April, 2024 (Week 11, Term 1)

**TIME:** 9am - 3pm

**WHERE:** Nautilus Arts Centre, 66 Tasman Terrace, Port Lincoln

**COST:** FREE!

**WHO:** students who are in years 6-9

#### This full-day immersive experience includes:

- An exclusive screening of the EMBRACE KIDS film
- Breakout sessions with subject area experts for age-appropriate education and deeper engagement
- Stakeholder engagement session for parents, educators (PD opportunity), sporting club coaches and/or adult community leaders
- Participation in the creation of an art piece to leave a long-lasting reminder of the Embrace message in your community
- Each attendee will be given Embrace Kids materials to take back to their communities where they can create change, helping all young people feel comfortable and confident in their bodies.

*Registrations close Thursday 29 March. Places are limited, so we encourage you to register early.*

**To Book:** <https://theembracecollective.org/blog/activate-by-embrace-port-lincoln>

## Student Lunch Passes

Students leaving the school grounds during the lunch break must carry a LUNCH PASS. There are two types of passes.

**1. REGULAR LUNCH PASS:** These will be issued at the beginning of each year on the written request of parents.

These passes are for students returning to their own home for lunch regularly. This pass is not to be used to access local shops to purchase lunch.

They may be issued to cover one or more days each week.

**2. SPECIAL LUNCH PASS:** Students are sometimes required to leave school for particular reasons on isolated occasions e.g. hair cuts, personal shopping, lunch at a friends, or a birthday party.

For each occasion, the student requires **a written request from parents through Daymap**. Students will not be permitted to phone home during the day to access a lunch pass.

Students in Year 6 or younger must be accompanied by an adult when they leave the school grounds and have the written consent of their parents if the adult signing them out is not their parent.

Students in Year 7/8/ 9 must have written parental consent and be accompanied by another student the same age or older.

Students in Year 10 - 12 are able to leave the school grounds by themselves provided they have written parental consent. Our preference would be that they don't leave the school grounds alone.

All students who leave the school at Lunch time must sign out at the computer located at the Front Office. They must sign in on their return. This is a WHS requirement and applies to students with both Permanent and Daily Lunch passes.







# CUMMINS SCHOOL COMMUNITY LIBRARY



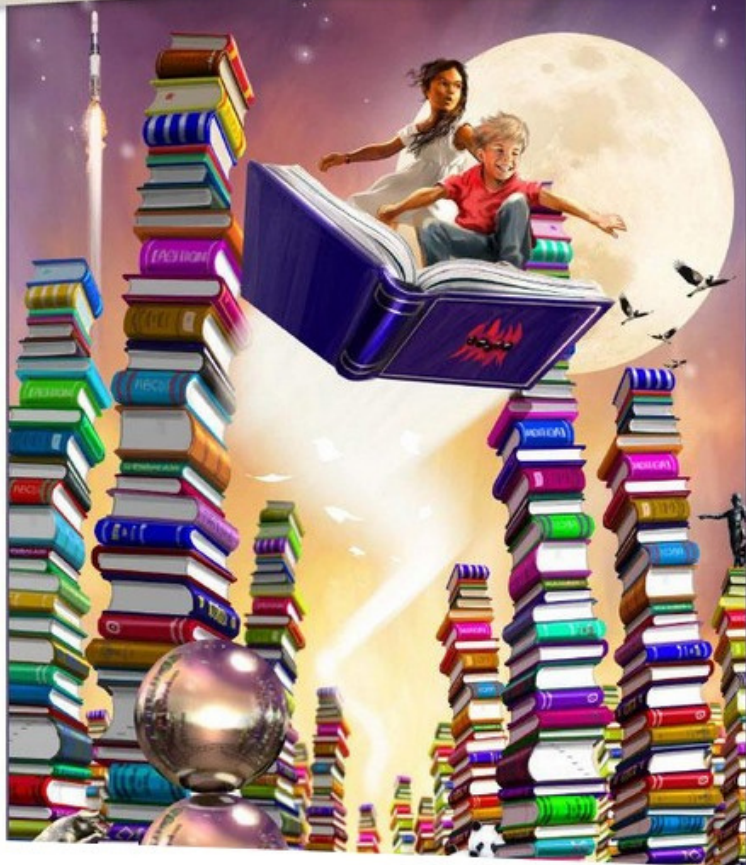
✉ cummins.library@libraries.sa.gov.au

🌐 www.libraries.sa.gov.au/cummins

☎ 86762476

📱 Follow us on Facebook or Instagram 

## PREMIER'S READING Challenge



The **Premier's Reading Challenge** is underway for 2024 and we strongly encourage all students to participate.

The challenge is to read 12 books between now and September 7. These books can be audio books, class/shared reading, prescribed books for school, non-fiction or books read as research for an assignment.

We have a great selection of books for students to choose from, with new books arriving regularly plus the added benefit of being able to borrow books from libraries all over the state!

Our aim is to encourage reading across the whole school, promoting the joys and benefits of reading, while supporting the ongoing development of literacy levels of all ages.

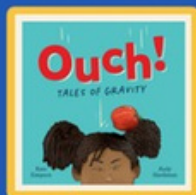
Please contact us with any queries!

## Storytime Science

*A new pre-school program designed by our one of our favourite teams, Children's Discovery.*



It revolves around an 8-book series with resources to bring science alive! We will read books, sing songs and rhymes, plus conduct hands-on experiments alongside the characters or themes in each book.



Beginning in March, included within our existing programs of Baby Bounce and Nature Play on Fridays from 9.30, this promises to be loads of fun!

#learningthroughplay

Borrow ebooks, audiobooks & magazines

Libby.  
The library reading app



Your Library is always open online with these free apps containing a wide selection of ebooks and audio books...all you need is your library card!

BORROW EBOOKS AND EAUDIOBOOKS NOW



## CUMMINS AREA SCHOOL CANTEEN ROSTER TERM 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 5</b>	26/02/2024 Alicia Laube	27/02/2024	28/02/2024	29/02/2024 Hayley Ness	01/03/2024 Hannah Mickan *BJ Moroney
<b>WEEK 6</b>	04/03/2024	05/03/2024	06/03/2024 <b>Sports Day Canteen Closed</b>	07/03/2024 Tamara Modra	08/03/2024 Kathy Modra *Tegan Modra
<b>WEEK 7</b>	11/03/2024	12/03/2024	13/02/2024 Brooke Pugsley	14/02/2024	15/02/2024 Coral Wagner *Amanda Puckridge

Thank you for volunteering to work at the Canteen. Please note shift times have changed.

Monday and Tuesday will now start at 12:00 pm  
Wednesday and Thursday from 11:30 am to 2:15 pm  
Friday will begin at 11:30 am and finish at 2:00 pm  
Friday \* starting time is 12.00 - 2.15 pm

**Our CAS Canteen now has a great range of various Gluten Free Options available to purchase for lunch. We have Gluten free hot savoury Pies, Pasty's n Sausage Rolls along with Wraps and some of our Weekly Specials are also Gluten free. Check them out on our QKR APP or on our 2023 Price List.**

**PRICE LIST – PLEASE NOTE THAT WAS AN ERROR IN THE 2024 PRICE LIST – IT SHOULD READ GLEE BUBBLY FRUIT JUICE – \$3.00 (NOT \$2.50)**

**JUST A REMINDER TO ALL CANTEEN QKR USERS TO PLEASE UPDATE YOUR QKR APP INFORMATION OF NEW CLASS WITH YOUR CHILDREN'S PROFILE SO THAT THEIR LUNCHES CAN BE DELIVERED TO THE CORRECT CLASSROOMS.**

Cummins Area School Canteen

# Stickybeaks Lunch Bags

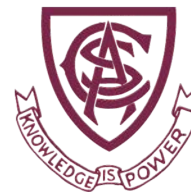
Paper lunch bag alternatives



**\$10.50 each**

Our Canteen has available the Stickybeaks Reusable Lunch Wallets/Bags which are great alternative to using the Paper Bags and good for our environment too.

They are available in Pink, Green, Grey, Blue, Red, and Purple and can be easily ordered and paid via our Canteen QKR page under the heading of Lunch Bag, or you can collect and pay at the Finance Office.



## CUMMINS AREA SCHOOL merchandise

*We have plenty of stock available from the Finance Office for any new 2024 students and replacements for any current students.*

*Please see either Anna Richardson or Cathy Haarsma to purchase any of the school stock.*

<b>CAS MAROON HATS</b>	<b>\$13.00</b>
<b>CAS MAROON SCHOOL BAG</b>	<b>SML \$50.00 LGE \$75.00</b>
<b>ART SMOCK, MAROON</b>	<b>\$18.70</b>
<b>PENCIL CASE, MAROON</b>	<b>\$6.50</b>
<b>CAS LIBRARY BAG</b>	<b>\$10.00</b>
<b>CASIO FX-82AU PLUS II</b> <small>(REQUIRED FOR YR 7 - 10 STUDENTS)</small>	<b>\$39.50</b>
<b>HEADPHONE MOPO M831HP</b>	<b>\$20.50</b>

# BYOD LAPTOP PROGRAM FOR YR 7-12 STUDENTS



<https://cummins.orderportal.com.au>

All students from Year 7 to Year 12 are required to supply their own laptop for use at school.

We ask that *ALL* purchases of new laptops for school use, for all year levels, be made via the School Ordering Portal. This alleviates the current issue of the many varied devices being purchased which do not meet the required minimum specifications for use at school.

The online Order Portal provides families with a variety of suitable devices which meet the required specifications, including some accessories, insurance and finance options. The devices found on the portal have been chosen for their battery performance, durability of cases, network compatibility and based on recommendations from industry experts.

## Other considerations when purchasing a device for your student:

- **Insurance:** check your home contents insurance to see if the device will be covered
- **Transport between home and school:** device should be carried in a sturdy protective bag away from food & water bottles
- **Charging:** Students must charge their device at home and bring it to school every day fully charged. (Personal power adapters are not to be used at school unless Tag Tested).
- Students have access to **Microsoft Office 365** via their School email account at no cost, providing access to Word, Excel, Powerpoint, One Drive etc. There is no need to purchase this software separately.
- Whilst enrolled at school, students are connected to the school provided internet and are protected by a significant Departmental filtering system that prevents access to many harmful or malicious sites. According to Cummins Area School ICT Acceptable Use Policy, students may use the internet only for learning related activities that are approved by a teacher.
- It is the responsibility of the student / parent / caregiver to setup the Home-Internet connection on the device.
- Students must perform 'Software Updates' on the device as they become available in order to install the latest virus definitions and security patches.
- Students will use OneDrive provided through Office 365 which safeguards work from being lost on a USB etc. Students are also strongly encouraged to backup necessary files in numerous locations, including via email where appropriate. Technology failure is not an approved circumstance for extensions at Cummins Area School.

*\*Device chosen must take into consideration the types of subjects the student is studying eg; Design related subjects may require an i7 (Senior High School students)*

*\*\*Please note; Apple devices are not recommended for use in our school environment as they are not compatible with our school network and will impact your child's ability to access school services such as printing. Apple devices will not be supported by the School IT Department.*

If you have any questions or concerns, including concerns about financial hardship please do not hesitate to contact the school on 8676 2388.

## LWT PARENT OFFERINGS



### BETTER DEVICES

We only sell education specific and commercial grade devices. Retail devices aren't built for school.



### BETTER SERVICE

In LWT Service areas we can have devices repaired onsite in days, not weeks. Keeping your child up and running.



### INSURANCE

Accidents at school are common. Our Accidental damage Cover means that you can get devices fixed with minimum cost.



### PAYMENT PLANS

We can offer 36 month payment plans from Latitude Finance approved online, or Laybuy options.



## COMMUNITY NEWS

### WE NEED YOU – Cummins & District War Memorial Swimming Pool

We have the following events at the pool and we need volunteers to help run the canteen – if you have some time to spare please contact Renee Rogers 0419 157 770

Cummins Area School Sports Day – Wednesday 6/3

These events are a large fundraiser for our pool and with our future re-development much needed.



Youth Group is for year 7-12 All welcome!  
Please Contact: Jordy Wilksch 0428865055  
For more information



Welcome to Xroad 2024 !!!

We are a Kids Club for reception to year 7's  
Full of FUN, FOOD, & FAITH Based lessons.  
Meet at School Shelter for school pickup  
Collect at Uniting Church Hall at 5.30pm  
Please feel free to contact Amy Maddern  
0429090276 for more information & Please text each Xroad if your children are attending 😊

### TERM 1 DATES

Week 6 – 8th Mar  
Week 10 – 5th Apr

## UNIFORM REMINDER

Please remember that the correct school uniform is to be worn to school at all times.

*Football or Jogging Shorts* are not part of our school uniform.

Appropriate black shorts can be purchased through our uniform supplier, Ace Uniforms.

PORT LINCOLN SOCCER ASSOCIATION PRESENTS

# COME & TRY DAY

NEW PLAYERS & FAMILIES WELCOME!

**SUNDAY 17 MARCH**

4-6 YEAR OLD  
9:30 – 10:30  
7-9 YEAR OLD  
11:00 – 12:00

10+ YEAR OLD WHO HAVE NEVER PLAYED ARE WELCOME AT 11:00!

**MUST HAVE**

- ✓ Parent/adult present
- ✓ Boots or sneakers
- ✓ Water Bottle
- ✓ Sunscreen

**VENUE**

 Kirton Point Oval  
Matthew Place  
Port Lincoln

For further information contact  
Richard 0456 733 330

2024 Season commencing  
Sunday 12th May

portlincolnsoccerassociation@hotmail.com

### COMMUNITY NOTICES

Community Group advertising in the newsletter is available at a minimum cost of \$6.00 (inc. GST) for up to 5 lines. Larger items of 1/4 page size cost \$22 (inc. GST) which is the maximum size for an article or notice.

Payment needs to be made to the finance Office prior to inclusion by Cash or Bank Transfer to our School account. No invoices will be issued for payment – a tax invoice / receipt can be issued upon request.

BSB – 633 000, ACC – 112 105 770  
REF – Newsletter & Entity Name.

Only Advertisements or notices of community interest or non-commercial value will be published.

# CANTEEN PRICE LIST 2024

## Weekly Specials \$7.50

Find the Weekly Specials on the CAS School Facebook page

### LUNCH/HOT FOOD

Sausage Roll	\$4.00
Pie	\$4.50
Pasty	\$4.50
Veggie Pasty	\$4.50
Mini Pie or Sausage Roll	\$2.00 Each
Hawaiian Pizza Slice	\$3.00
Croissant - cheese	\$3.00
Croissant - ham & cheese	\$3.50
Croissant - ham, cheese & tomato	\$4.00
Chicken Burger - lettuce, tomato & mayo	\$6.50
Chicken Nuggets	\$1.00 each
Lasagne	\$5.00
Lasagne GF	\$5.50
Mac 'n' Cheese	\$4.50
Chicken Fried Rice GF	\$5.00
Pasta Bolognese	\$4.50
Egg & Bacon Muffin	\$4.00
Dipping Sauces	30c
<b>Gluten Free Pie/Sausage Roll/ Pasty</b>	<b>\$6.00</b>

### DRINKS

Water	\$2
M2Go Milk 250ml - choc/straw	\$3
Glee Bubbly Fruit Juice - Tropical, Blackcurrant, Raspberry	\$3
Golden Circle Fruit Box	\$2.50
Orange/Paradise Punch	\$2.50
Kombucha - various flavours	\$2.50
Hot Milo	\$4.50
Chai Latte	\$2.50
Coffee	\$4

### SANDWICHES/WRAPPS & PANINIS

White/wholemeal/multigrain bread available  
White/multigrain paninis available

Fillings	sandwich	panini	wrap
Chicken	\$3.50	\$4.50	\$4.50
Ham	\$3.50	\$4.00	\$4.00
Cheese	\$2.50	\$3.50	\$3.50
Vegemite	\$2	N/A	N/A

**Gluten-free wraps available - extra \$2**

**Extras - 50c each**

carrots, beetroot, gherkins, lettuce, cheese, tomato

**Extras - no charge**

Homemade mayo, tomato/bbq sauce, mustard

### SNACKS

Biscuits	50c
Cupcakes	\$1
Bliss Balls GF	\$1
Slices	\$2.50
Small Chips	\$1.50
Real Fruit Roll-up	\$2
Popcorn - large	50c
Popcorn - small	20c
Fresh Fruit Salad - large	\$4.50
Fresh Fruit Salad - small	\$3.00
Fresh Fruit kebab	\$2.50
Frozen Fruit kebab	\$2.50

### ICE CREAMS

Fruit Pops - homemade	50c
Freezie	70c
Ice cream cups - choc/straw/vanilla	\$1
Icy Twist	\$1.50
Calippo	\$1.50
Paddle Pops	\$2.50
Splice	\$2.50

Cummins Area School Canteen Menu 2024



## Tuning into Teens Emotionally Intelligent Parenting

### A free six-session parenting program for parents of adolescents aged 12-18

Would you like to learn how to:

- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

**Scan QR code to register**



### Tuning in to Teens shows you how to help your teen develop emotional intelligence.

Adolescents with higher emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success. Emotional intelligence may be a better predictor of academic and career success than IQ!

**Where:** headspace Port Lincoln, 19 Oxford Terrace, Port Lincoln

**When:** Thursday 5pm - 7pm weekly starting March 7th - April 11th 2024

**Contact:** Tara Welsh on 8621 3880 for more information