There is a well-known saying that goes along the lines of ‘If you aim at nothing, you will hit it every time’. Top athletes and business people all set goals. Just listen to interviews of these high achievers and note the way they speak in relation to how they worked to achieve what they set out to do or what they want to achieve in their careers. The Bible speaks both of God’s plans for all people, and the common wisdom of setting goals for ourselves.

Aiming for realistic goals that still stretch you, will help both short term and long term motivation and result in improvement in many areas. It is also true, that to improve in learning there is the need to set clear and achievable goals. It is my hope that all our students are mindful of where they are currently in their learning, thinking about where they would like their learning to be in a term or semester’s time, and to be thinking about how they might achieve this improvement.

At the moment our students in Years 3-12 have been working to develop Personal Learning Goals through the Wellbeing program. Using their planners, students have reviewed their progress last year and identified specific goals for this coming semester.

To be effective, Personal Learning Goals need to be I.S.M.A.R.T:
Inspirational: a goal that will produce a positive emotion
Specific: identifies a particular goal, not general in nature
Measurable: step by step targets that can be clearly seen and ticked off to achieve a goal
Achievable: a goal that is age appropriate, but will still stretch you
Realistic: a goal that is not so hard that you will give up on it
Timebound: a goal that can be achieved this term or semester

It is important to ensure that goals are helpful rather than unhelpful. An unhelpful goal might be ‘Be more organised’, while a helpful, ISMART goal would be ‘Each night, I will use my school timetable before going to bed, to pack the right books in my bag, so that I don’t rush or forget them the next morning’.

Over the next few weeks, students will be uploading their Personal Learning Goals to the Edumate portal. Parents will be able to view their own students’ goals by logging onto the Edumate Parent Portal. Can I encourage you to make this a point of discussion at home as part of supporting your children’s learning.

Not to be left out, Years K-2 are engaging in the Bounce Back Wellbeing program. This includes units on strategies for coping with stressful situations, courage, maintaining positive relationships and skills in countering bullying.

The plans of the diligent certainly lead to profit, but anyone who is reckless certainly becomes poor. (Proverbs 21:5 HSCB)
A man’s heart plans his way, but the LORD determines his steps. (Proverbs 16:9 HCSB)

Keith McMullen
Principal
I would like to take this opportunity to thank all those parents who made the effort to attend the recent “Meet the Teacher evenings”. It is very important to begin the year in a positive manner in order to assist your son or daughter to achieve their educational goals for the year. Knowing the course content for each subject, as well as understanding the plans and expectations of the individual teacher, will assist you to encourage and direct your child throughout the year. Also, having the opportunity to inform the staff of the individual needs of your children will assist them to better differentiate the curriculum and deliver lessons that best suit their unique needs.

No doubt you were told during these evenings that regular homework and home study is strongly promoted at William Carey and is one of the areas that many students find difficult. One of the concerns we hear often is that students don’t have the time to devote to homework. However, while time is the one thing that we all have the same amount of, it’s amazing how often we run out of it and find we are time poor. Being time poor is avoidable, but does require good self-regulation to ignore distractions and prioritise, and a strong purpose to achieve. Most children have similar time requirements in regard to sleeping, eating, showering, grooming and dressing, travelling to and from school, attending school, hanging out with friends, working at part-time jobs, completing jobs at home, looking after brothers and sisters, exercising, training for and playing sport, leisure activities, TV, games and social networking, visiting relatives, church, other things. It makes most of us feel tired just looking at the list. However, successful students, often with the help of their parents or carers, map out homework timetables to achieve all of these requirements for the week and still achieve the levels of home study that are recommended in the Parent / Carer handbook for each year group. Unfortunately, some students are not able to achieve this on their own and lack the guidance and direction of their parents. They simply wander around between activities, basically doing nothing, or achieving very little and sometimes their academic performance reflects this. Are you able to help your child develop a study / homework timetable? You will find your son’s or daughter’s school planner helpful in completing this activity. Page 30 may help with working through this task.

This week in our Wellbeing Tutor period students were encouraged to set individual (ISMART) goals for the semester. ISMART goals are Inspirational, Specific, Measurable, Achievable, Realistic and Timebound. Your child was also challenged to avoid a fixed mindset when developing these goals. That is, not following the principle that achieving a goal is determined only by your ability and how smart you are, rather than the effort you put into the task. On the contrary, they were encouraged to adopt a growth mindset where your achievement is determined by building your capabilities through sustained hard work and effort. With a growth mindset the answer to the question, “Can you achieve that?” may well be “not yet” rather than “no”. You can review your child’s work in this lesson on pages 10, 12, 22 and 23 of the student planner. Individual student goals will also be placed on Edumate in the next few weeks and can be viewed using the Parent Portal.

Year 12 are only a few weeks away from half yearly exams, as they will have completed two terms of HSC study last term and this term. They should be completing summaries, seeking help from teachers and practising past papers to help them prepare for the exams. The Study Centre, which is held in the library after school, is being well utilised by some, however, there are still many more seniors who could benefit from the facilities and assistance that our ex-student tutors offer. These tutors, and their particular area of expertise, are advertised in the library and students can choose which days may suit their particular needs. These tutors are doing some great work troubleshooting areas of concern and giving advice with assessments and general classwork. I commend this opportunity to students who find it a struggle at home sometimes, in trying to get through their work.

In His service,

Brad Milburn
Deputy Principal Student Welfare
(On behalf of the High School Deputies)
From your

Primary School Deputy Principal

I have enjoyed catching up with some of our new families recently, through the Prep welcome morning teas, Primary Information Evening, or just by chance in the playground. It is always interesting to hear why people have chosen William Carey and what their hopes and dreams are for their children’s education. It is a privilege to be part of your children’s education journey, and we appreciate the trust you have placed in us by sending your children here. If you are a new parent, please note the dates below for the New Parents’ Breakfasts.

It is great to see our Kindergarten students settling in so well to school. Many of the children look like they have always been here! Thank you to our Year 6 buddies, who have put in a lot of effort to ensure their Kindergarten friends are being well looked after in the playground.

The school has organised a parent information evening, “Navigating Teenage Depression” on Monday 29th February. I encourage parents to consider attending, even if your children are younger. The evening features professionals in the mental health area, and the information provided will be helpful to all parents. See the article in this Newsletter for more information.

If you are involved with our Prep Department, you may notice a new face around the place. Jeremy Hector is a trainee, studying Early Childhood Education. Jeremy is part of a program called AFL SportsReady, which is designed to provide training and experience for students in their first year after school. Although Jeremy is employed by the AFL, he is subject to all of the same checks and balances as any staff member at William Carey. If you are in Prep, be sure to make yourself known to Jeremy.

Congratulations to our students who competed at the recent Zone Swimming Carnival. It was a great day, with numerous of our students achieving a personal best in different events. A smaller team will continue on to the State Swimming Carnival at Blacktown on 7th March.

If you have a spare day/half day every so often, it would be wonderful if you would consider helping out at the canteen. I have noticed they have been very busy lately, and there are not enough helpers. Although the work is very busy, it is not difficult, and there are always things people can do. Once a week, once a fortnight, even once a month – anything would be appreciated. Have a chat with Caroline or Kylie in the canteen, if you would like to know more.

Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thursday 25th February</td>
<td>New Parents’ Breakfast</td>
</tr>
<tr>
<td>Monday 29th February</td>
<td>Navigating Teenage Depression Parent Evening</td>
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<tr>
<td>Wednesday 2nd March</td>
<td>IPSSO – Bye</td>
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<tr>
<td>Wed 2nd to Fri 4th March</td>
<td>5D &amp; 5F Hill End Camp</td>
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<tr>
<td>Thursday 3rd March</td>
<td>Prep Meet the Teacher Night (1)</td>
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<tr>
<td>Friday 4th March</td>
<td>K-6 Assembly 2 pm in the hall</td>
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<tr>
<td>Monday 7th March</td>
<td>State Swimming Carnival</td>
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<tr>
<td>Tuesday 8th March</td>
<td>Prep Meet the Teacher Night (2)</td>
</tr>
<tr>
<td>Wednesday 9th March</td>
<td>IPSSO ASG vs. WCCS</td>
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</tbody>
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The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple. Psalm 19:7

In His service,
Robert Burgess
Every new year brings many new and exciting opportunities both for the individual and for the community. One of our senior students, Sara Turnbull, has recently started an AUSLAN (Australian Sign Language) class that runs during Monday lunchtimes in B4. The first lesson went off with a bang with both staff and students coming together to learn a new and valuable skill. Learning sign language is an awesome way to meet and connect with people in the deaf community. There are times when the deaf can often feel isolated because of the communication gap between their community and the hearing community. The AUSLAN class aims to train individuals to sign for the deaf in order to bridge this gap. This skill can be very useful in the workplace, at school or at church. Students who are interested are more than welcome to come along and join the fun!

Speaking of fun, Year 11 headed off to camp last week and had a wonderful time together. During the camp they were taught different study methods for their upcoming senior studies, and also enjoyed some camp activities like: climbing Jacob’s Ladder, eating together and fellowshipping together under the Word of God. The camp is aimed to prepare students for the intensity of senior school, whilst providing them with a few days to bond together. During the camp, the students sat through a series of talks and presentations given by the youth organisation, Crusaders. These talks encouraged the students to work to the best of their ability, not only in their school life but in further education and the workplace.

J Walk is a Year 7-12 Bible based youth event held at school once every term. Students gather during a lunchtime for a time of worship, fellowship and teaching. Last year we were blessed to hear from Matt Steele-Smith, a Crusader. Planning is underway for this term’s meeting and we are very much excited to come and fellowship with God, enjoy His amazing presence and to learn from His Word. J-Walk is an excellent opportunity for students unable to attend a youth group, to experience what such an event looks like.

God’s Word never changes; Matthew 24:35 tells us that even though Heaven and Earth will pass away, God’s word is eternal and will still remain (We as Christians look forward to the new Heaven and Earth where righteousness dwells as in 2 Peter 3:13). His Word is also perfect, pure, right and just... Psalm 19:7-10 says: “The law of the Lord is perfect, converting the soul; the testimony of the Lord is sure, making wise the simple; the statutes of the Lord are right, rejoicing the heart; the commandment of the Lord is pure, enlightening the eyes; the fear of the Lord is clean, enduring forever; the judgements of the Lord are true and righteous altogether. More to be desired are they than gold, yea, than much fine gold; sweeter also than the honey and the honeycomb...”. Many years ago, our laws were established on the perfect and complete Word of God. Our standards were God’s standards. Our society has since moved away from His standards and we now live in a world where laws are constantly changing, sometimes not for the greater good. We live in a world that believes that there is no absolute truth and that everything is relative. The moral standard of society has changed over the years, we now do things as a society that would have been unthinkable fifty years ago. This standard will continue to change and evolve over the course of time, but we rest in the hope that God’s Word never changes and that it is perfect. God’s Word is our standard and we should stick to it no matter what the world says. It is a high standard, but as Isaiah 55 tells us, God’s ways are higher than our ways and His thoughts higher than our thoughts. God’s Standard is an eternal and everlasting standard.

In His light,
Ruth Paul and David Matthews.
1 in 4 children have a diagnosable mental health concern. These include anxiety, stress and depression. What does this mean for you and your family?

William Carey Christian School will be holding a seminar presented by Black Dog Institute about depression in young people. This presentation is designed for parents, teachers, and people working with, or caring for, young people. It is an informative presentation offering a quality introduction to the subject.

All parents are welcome to attend regardless of where your child is placed at WCCS (We are happy for this to be a P-12 event).

The presentation and discussion is for parents and carers only. Children are not invited and should not attend.

WHEN: Monday 29th February 2016
WHERE: R Block (7:00 pm – 8:15 pm)

For more information about the seminar and what it will cover, please head to our website www.wccs.nsw.edu.au

Car Lines Procedure:
A reminder for parents/carers of Primary School children.

As we work together to ensure student safety at car lines, we would ask you to follow this procedure:

- It is important that students remain with their teacher until they reach the basketball courts. Children cannot be collected on the walk down to the courts.

- A parent/carer must provide a note if there is a variation to normal routine (e.g. going to car lines instead of catching the bus). A teacher cannot accept a verbal message from a child.

- Parents/carers of K-2 students should wait on the grass before the class arrives then walk to the student and greet the teacher if possible.

- K-2 students must sit down in their class line first, then say goodbye to the teacher and then leave with their parent/carer.

WCCS (Primary Department) is registered for the National Day of Action Against Bullying and Violence. Last year, all students from Kindergarten to Year 6 were given wrist bands reminding them to take a stand against bullying. We addressed this issue in class and at one of our assemblies. In 2016, students will again wear wrist bands and participate in class activities related to this event.
What: An interactive presentation that aims to equip parents with knowledge, information and tips, to better support their child’s and/or teen’s body confidence during puberty and adolescence.

Topics covered include:

- Background on body image and importance of prevention
- Brief overview of eating and body related issues and warning signs
- Key influences on body confidence
- Importance of role modeling positive body image and healthy behaviours
- Understanding ‘Fat Talk’ and handling ‘stuff’ they say
- Awareness around behaviours that increase or decrease body satisfaction
- Referral and support information

Whether you’re a parent of prep, primary or secondary aged children, these seminars are an invaluable resource. You’re welcome to attend.

When ... Monday 14th March 2016
Where... R Block (7:00 pm – 8:15 pm).

The presentation and discussion is for parents and carers only. Children are not invited and should not attend.

About The Butterfly Foundation

The Butterfly Foundation represents all people affected by eating disorders and negative body image – the person with the illness, their family and their friends. As a leading national voice in supporting their needs, Butterfly highlights the realities of seeking treatment for recovery, and advocates for improved services from both government and independent sources.

Eating disorders are serious psychiatric disorders with significantly distorted eating behaviours and high risk of physical as well as psychological harm. Left unaddressed, the medical, psychological and social consequences can be serious and long term. Once entrenched, eating disorders can impact every aspect of an individual’s life and for many, can be life threatening. Butterfly operates a National ED HOPE Service that includes support over the phone, via email and online. ED HOPE is staffed by trained counsellors experienced in assisting with eating disorders. It also provides a wide range of programs for service providers and recovery groups.

Because Butterfly recognises that eating disorders often arise from poor body image; it delivers a range of Positive Body Image workshops to schools and workplaces through its education program. It has a strong media presence to raise awareness of Butterfly’s perspective in community debates about body image and eating disorders.
CHRISTIANITY EXPLAINED

Understand the things your children are learning in class and in Biblical Studies

FOR PARENTS

LOCATION: William Carey Christian School, upstairs in B3 - B Block.
DATES: 23rd February - 29th March 2016
TIME: 9:00 am - 10:00 am every Tuesday, Weeks 5 - 10

Joe Wiltshire is the pastor of St Barnabas Anglican Church in Ingleburn. Joe did not grow up in a Christian family but became a Christian at 17 after friends worked through the Christian message with him. He is married to Alison, has 3 daughters and enjoys playing soccer, boardgames, woodwork and fishing.

For 6 weeks Joe will be running a course called ‘Christianity Explained’. This will commence from the 23rd February - 15th March 2016 on Tuesday mornings from 9:00 am - 10:00 am.
William Carey Christian School
2016 Natural Photography Competition

Aiming to display parts of God’s creation using the gifts He has given us.

Open to students in Years 5 through to 12

Entry categories include: animals (wild beasties right through to your favourite pet), amazing plants, breathtaking landscapes or more creative visions of nature (patterns or abstract).

Submit your photos taken during the last 12 months by Friday Week 6 Term 1 2016 (4/3/16)

Entry is by digital submission this year via Google Classroom. You need the code to enter- the code is available from Primary and High School student offices and the Creative Arts staffroom window.

Entry conditions are on the Google Classroom page. Any questions, please e-mail Miss Fenton fentone@wccs.nsw.edu.au

Images on this page have been sourced from http://www.nhm.ac.uk/visit-us/wpy/index.html
High School Extra-Curricular Activities

This year we have a whole host of activities available for High School students to get involved in to broaden and deepen their learning and also have some fun. In order for students to get the most out of their time at school they are encouraged to find something extra that they are interested in and get involved in the activities the school offers.

For further information about advanced learning in the High School contact Miss C Smith via smithc@wccs.nsw.edu.au or visit our blog at http://blogs.willcarey.nsw.edu.au/alp/

ADVANCED LEARNING PROJECTS (ALPS)

The Advanced Learning Projects (ALPs) are a special program of study intended for students who are achieving well in their current studies and who are looking for something a little bit more – more interesting, more challenging, more feedback, more open-ended learning. Entry to these projects is open to all students via application. Students will be required to demonstrate (in their application) that they are independent and motivated learners to be considered for these projects.

These ALPS projects provide a very flexible approach to learning, allowing students to choose or design their own field of study and work one-on-one with a mentor to develop their skills in this area. Students will negotiate with their mentor all aspects of the project. A student’s project will continue over the entire year and count as an extra subject on the student’s report, involving three assessment components – participation, a written component and an oral presentation. Some past student projects include: software programming, creek health analysis, CREST science investigations, writing a fiction novel, producing a graphic novel, learning Spanish and completing a Moore Theological Distance Education course. Applications for projects will open mid-Term 1.

MATHEMATICS CHALLENGE FOR YOUNG AUSTRALIANS

Run by the Australian Mathematics Trust, the Mathematics Challenge is open to high achieving students in Years 6-10 and runs at various levels (based on age and previous experience with the program). Even the best students will find this challenge difficult. The program involves a detailed study of the works of a famous mathematician. Students are given their own textbook on the topic to help them learn new techniques which they then must use to solve a fortnightly challenge question. Students will be provided with ongoing guidance and support to assist them to reach their own levels of excellence in mathematics, however, the program is designed to be mostly self-directed learning.

The aim of this program is to encourage and foster a greater interest in and awareness of the power of mathematics as well as a discovery of the joy of problem solving in mathematics. This program will run over Terms 2 and 3.
PHILOSOPHY PROGRAM

Selected students from Years 7 to 11 will be invited to join the Philosophy Program running from late Term 1 to the end of Term 4. Students will meet once a fortnight during lunch to learn about and discuss various philosophical issues. This is a program designed to push high achievers to think through issues on a deeper level than they would in the classroom. As participants in the program, students will be encouraged to complete an ALP on an issue of philosophy that interests them.

GATEway 8 ACADEMIC GALA DAY

The GATEway 8 Academic Gala Day is a competition in which students participate in a number of academic challenges based around a theme. Creative challenges may involve designing and planning a video game, creating an advertisement or movie trailer, participating in drama and sport challenges or composing their own musical composition using instruments and technology. GATEway 8 is a great opportunity for talented students who perform well academically and would like to compete against similar students from other schools. William Carey will be sending a Year 7-8 and a Year 9-10 team in Term 3, allowing the opportunity for students to meet with and compete against other similarly minded students from other schools.

TOURNAMENT OF THE MINDS

Tournament of the Minds is a problem-solving program for teams of students in Years 7-10. Students are required to solve demanding, open-ended challenges from the following disciplines:

- Applied Technology
- Language Literature
- Maths Engineering
- Social Sciences

Tournament of the Minds provides opportunities for students around the country with a passion for learning and problem-solving, to demonstrate their creative skills and talents whilst competing against other schools. A Tournament of the Minds club will run in Term 2 where interested students can learn the skills required for the program and try out for a spot on the team.

CSIRO CREST AWARDS

Creativity in Science and Technology (CREST) is a non-competitive awards program designed to help students develop their scientific investigation skills. Students can attempt CREST awards at three different levels, bronze, silver or gold depending on their previous levels of experience with independent investigations. In this program, students design and complete their own long term science investigations with the support of a teacher. Participation in the CREST program may allow students to submit their CREST project as a class assignment in place of a regular task and may also duplicate as an ALP project if the student also gives a presentation of their findings once complete. CREST projects are open to all students.
FACULTY BASED COMPETITIONS

Throughout the year a number of faculty based competitions will be run for interested students within the High School. These competitions are open to all students and winning students receive a gift voucher, an academic award and have their merit acknowledged in their yearly reports. In 2015, the High School ran these faculty competitions:

• 100 word Short Story Competition
• Poetry Competition
• Photography Competition
• Mathematics Competition
• Science Competition (International Year of Light)

These competitions will be run in Terms 2 and 3.

EXTRA - CURRICULAR COMPETITIONS

Opportunities will be provided to students to participate in some of the many extracurricular activities offered to students in NSW. Information will be provided on the advanced learning blog as they become available. Students are encouraged to participate in extracurricular opportunities that will enrich and develop their skills and interests.

In 2015 students participated in:

• Sleek Geeks Science Eureka Competition
• State Crystal Growing Competition
• Australian History Competition
• NSW Science Competition
• NSW Mathematics Competition
• ‘What Matters’ Writing Competition
• Dorothea Mackellar Poetry Competition
In Science Year Two are participating in a unit called Watch it Grow. As part of this unit 2N made observation each day for two weeks while we watched chicks hatch and grow.

As part of our scientific inquiry, here are some of our observations and evidence. We hope you enjoy reading and looking at our involvement.

Day 1 - Today we put 13 eggs in the incubator.

Day 1 – There are one black, two brown and one yellow chick in the brooding area. Elissa

Day 2 – One of the eggs has hatched and it is a yellow chick.
Justin D.

Day 3 – The black chick is growing adult feathers.
Justin C.

Day 4 – The first day chicks are losing their down feathers.
Jiya

Day 5 – Both of the brown chicks’ wings have developed. They have small adult feathers.
Eliana

Day 5 - Today we have 13 chicks in the brooding area.
Kaleb

Day 5 – Today we have 13 chicks in the brooding area.
Day 6 – All chicks have hatched.
Isabella
The chicks are developing their wings and they are growing.
Jayden

Day 7 – The brown chicks’ beaks are growing. Ryan

Day 8 – Now all of the chicks are growing a lot and their tail feathers are getting longer. Caitlyn

The chick we measured from Day 1 has been eating a lot of food. Sofia

Day 8 – The brown chicks have become shaped like an adult chicken. Leah

Day 8 – There are 5 black, 9 yellow and 2 brown chicks. Annabelle

2N enjoyed daily visits to the chicks to observe, record and hold them. Mrs Darby has taken a few of them to live at her place, so we look forward to hearing about and seeing photos of them as they continue to grow.

Day 9 - The oldest chick has grown in weight from 41g to 91g, that is 50 more grams, and in height from 10cm to 18cm, that is 8 more centimetres. Marcelina

Day 8 – The oldest chick has grown in weight from 41g to 91g, that is 50 more grams, and in height from 10cm to 18cm, that is 8 more centimetres. Marcelina
### BREAKFAST

*Breakfast Only* items will be available between 8:15 am - 8:45 am only

- **Vanilla Malt**     $3.00
- **Soft Drink Can**
- **Hot Chocolate**      $2.50
- **Dare Iced Coffee 500ml**
- **Coffee**
- **Fresh Juice - Orange, Apple, Apple/Blackcurrant**     $3.00
- **Milk**      $1.00
- **Milk 300ml**
- **Juice 250ml**
- **Up and Go 250ml**      $2.00
- **Juice Bombs - Apple/ Raspberry, Vanilla/Lime**
- **Natural Yoghurt - Plain**
- **Muffins - Assorted Flavours**
- **Banana Bread - Plain or toasted**
- **Hot Bacon and Cheese Roll**      $2.00

*(Please Note: No soft drink will be sold before school)*

### FROZEN TREATS

- **Quelch Sticks**     $0.50
- **Juicees - Orange, Tropical & Wildberry**
- **Icy Twist - Lemonade**
- **Helado Cups**
- **Paddle Pops**
- **Mangos (High School only) - Original, White, Honeycomb**
- **Slushies - Orange or Tropical** **(NOT A LUNCH ORDER ITEM)**

### SALADS

- **Salad Box GF** - Tomato, Lettuce, Carrot, Cucumber, Beetroots      $4.00
- **Caesar Salad Box** - Bacon, Egg, Parmesan Cheese, Lettuce, Croutons & Caesar Salad Dressing      $5.50
- **Egg Salad GF** - Salad Box with Egg      $5.00
- **Cheese Salad GF** - Salad Box with Cheese      $5.00
- **Dressings: Caesar, Italian, French, Mayo or Sweet Chilli**      $0.50c

### SNACKS

- **Fresh Fruit - Orange, Apple, Apple/Blackcurrant**
- **Butter Menthols**      $2.20
- **Sultanas**      $0.70
- **Milk**
- **Milk 300ml**
- **Cheese**
- **Egg and Lettuce**
- **Extra Rolls $1.00, Gluten Free Bread or Wrap $1.50, Toasted 50c**

### DRINKS

- **Water 350ml**     $1.50
- **Water 600ml**
- **Up and Go 250ml**
- **Milk 300ml Plain**
- **Milk Small Choc/Strawberry**
- **Milk Large (High School only) - Choc, Strawberry**
- **Soft Drink Cans (High School only)**
- **Nexba Ice Tea 350ml (High School only)**
- **Dare Iced Coffee 500ml (High School only)**
- **Hot Chocolate**
- **Coffee (High School only)**

### SNACKS

- **Fresh Fruit - Apple or Banana**
- **Apple Slinky**
- **Muffins - Assorted Flavours**
- **Jelly GF**
- **Jelly and Custard**
- **Toasted Pizza Muffin** *(High School only)*
- **Eucalyptus Lollies**
- **Delites Gluten Free Chips GF**
- **Snaps Gluten Free Chips - Salsa, Oregano & Thyme GF**
- **Chips 27g**
- **Chips 45g (High School only)**
- **Sultanas**
- **Butter Menthol**

### HOT FOOD

- **Sweet Chilli Tender**
- **Plain Chicken Tender**
- **Garlic Bread**
- **Giant Sausage Roll**
- **Beef Pie**
- **Beef and Cheese Cruiser**
- **Potato Pie**
- **Spinach & Ricotta Roll**
- **Sauce Sachets GF**
- **Bacon and Cheese Rolls**
- **Gluten Free Beef Pie GF**

### SUSHI GF

- **Sushi Roll**
- **Medium Munch Box - 8 pcs + soy sauce**
- **Large Munch Box - 8 large pcs + soy sauce**
- **Choose from: Teriyaki Chicken, Chicken Schnitzel, Tuna or Vegetarian.**
- **GF Note: all varieties and soy sauce gluten free. Chicken Schnitzel made with GF crumbs.**

### BURGERS - Must be Ordered by Recess

- **Gluten free bread available for burgers $1.00 extra**
- **Mini Cheeseburger Slider - Mini Turkish Continental Roll, Gourmet Lettuce, Mini Beef Patty, Cheese and BBQ Sauce**
- **Cheeseburger - Turkish Continental Roll, Gourmet Lettuce, 120g Beef Patty, Cheese and BBQ Sauce**
- **BeeF Burger - Turkish Continental Roll, Gourmet Lettuce, 120g Beef Patty, Cheese, Tomato, Beetroots and BBQ Sauce**
- **Chicken Burger - Turkish Continental Roll, Grilled Chicken Breast, Lettuce and Mayo**
- **Tandoori Chicken Burger - Turkish Continental Roll, Grilled Tandoori Chicken Breast, Lettuce and Mayo**

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*WCCS CANTEEN Summer 2016*

Please note - all orders must be in by recess

GF - Gluten Free
DATES FOR YOUR DIARY

Thursday 25/2:       HICES Debating
Friday 26/2:         High School Zone Swimming Carnival
Monday 29/2:         Parent Seminar - Navigating Teenage Depression (see Page 5 for details)
Thursday 3/3:        Year 12 Textiles excursion
                       Prep Meet the Teacher Night
Friday 4/3:          Year 11 Ancient History and Year 12 Extension History excursion
Monday 7/3:          Primary School State Swimming Carnival
Tuesday 8/3:         Prep Meet the Teacher Night

TERM 2 IS BLAZER SEASON! If you have not already purchased, or paid a deposit for, a blazer please see the Uniform Shop immediately.

During the school holidays, the Uniform Shop will only be open on Friday 22nd April from 9:00 am to 3:00 pm.

UNIFORM SHOP NEWS
CRU HOLIDAY CAMPS

AUTUMN CRU CAMPS

CRU DAY Camps

Autumn Adventure DAY CAMP
Inflatable slides, Nerf battles (6-2), laser tag (3-6), cooking classes, movie making, Christian discovery + more!

School Years in 2016: K-6 co-ed
Dates: 18-22 April 2016
Location: Galston Gorge
Drop off: Between 8am-9am at Galston or before 8:15am at Castle Hill ready for bus to camp.
Pick up: Between 5pm-6pm at Galston or 5.45pm from Castle Hill.
Regular online price: $259*
Early bird discount: $30 off for the first 15 bookings!*

CRU On The Coast DAY CAMP
Inflatable slides, Nerf battles (6-2), laser tag (3-6), big day out at Lake Mac, parachute games, cooking classes, Christian discovery + more!

School Years in 2016: K-6 co-ed
Dates: 11-15 April 2016
Location: Green Point Christian College, Green Point
Drop off/Pick up: Drop off between 8am-9am and pick up between 5pm-6pm. Final day family concert and BBQ 4:30-5:30pm.
Regular online price: $249*
Early bird discount: $35 off for the first 25 bookings!*

CRU ACTIVITY Camps

Pumped
Sailing, canoeing, abseiling, rock climbing, archery, laser tag, beach day, night games, interactive Bible talks + more!

School Years in 2016: 4-6 co-ed
Dates: 11-15 April 2016
Location: Lake Macquarie
Regular online price: $495*
Early bird discount: $40 off for the first 15 bookings!*
Transport: Included from Northern Sydney

Eucalp
Sailing, rock climbing, abseiling, night games, mass games, log wrestle, Bible talks + more!

School Years in 2016: 7-11 co-ed
Dates: 18-22 April 2016
Location: Lake Macquarie
Regular online price: $495*
Early bird discount: $40 off for the first 15 bookings!*
Transport: Included from Northern Sydney

Qld MANIA
QLD’s greatest theme parks - Movie World, Wet’ n Wild, Sea World, plus laser tag, beach day, water fights, new friends, Bible talks + more!

School Years in 2016: 6-7 co-ed
Dates: 10-16 April 2016
Location: Mount Tamborine, Qld
Regular online price: $795*
Early bird discount: $40 off for the first 10 bookings!*
Transport: Included from Northern Sydney

Destination QLD
Movie World, Wet’n’Wild, Dreamworld and White Water World, beach day, sports, new friends, Bible talks + more!

School Years in 2016: 8-12 co-ed
Dates: 10-16 April 2016
Location: Mount Tamborine, Qld
Regular online price: $795*
Early bird discount: $40 off for the first 10 bookings!*
Transport: Included from Northern Sydney

Autumn TRAILS
Intermediate + advanced riders only
Horse riding, lessons, ridge and valley tracks, pool and spa camp out, campfire, Bible talks + more!

School Years in 2016: 6-12 girls only
Dates: 10-15 April 2016
Location: Attinga, Canowindra
Regular online price: $549*
Transport: Included from Eastwood, Sydney

REGISTER NOW!
www.crucamps.com.au

*Early bird offers end 30th Feb 2016 and are limited to the first 30 or 35 registrations per camp as specified. Add $35 for office bookings. See www.crucamps.com.au for further information.
**INDEPENDENT ADVERTISING**

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- Acrobatics
- Singing

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