



Term 3 2025

Issue 2

Week 3

August 8, 2025

## DIARY DATES

### AUGUST 2025

**Tue 12 Production Tickets on sale from 10am @ trybooking.com**

**Wed 13 VSSS Mass Choir Rehearsal**

**Thu 14 G6 Main Cast Rehearsal**

**Fri 15 School Assembly**

**Mon 18 Book Character Dress Up Day**

**Tue 19 Book Week Author Visit**

**Production Tickets Sales Ends 2pm**

**Thu 21 Whole School Dress Rehearsal**

**TUESDAYS & THURSDAYS  
ARE NUDE FOOD DAYS  
@ APPS**

## Payment/Permission Due Before Dates:

Please check Xuno current and past events to ensure all payments are up to date. Thank you

**COPIES OF ALL NEWSLETTERS ARE AVAILABLE ON OUR SCHOOL WEBSITE**

## Principal Team Report

### 100 Days of Foundation

It's been a big week for our Foundies, who celebrated their 100<sup>th</sup> day of school this week. On Wednesday they enjoyed dressing up 'brightly' as they are all now 100 days brighter. During the morning session our parents and carers were also welcomed into classrooms for some fun activities with their child. The cup stacking was a huge hit and the stacks just got bigger! Many thanks to Parents and Carers who went to a lot of trouble to help with this dress up experience. On Thursday we all enjoyed watching our Foundies at their 100 days of school celebration night, with parents and friends along to cheer them on. A hearty congratulations to our wonderful Foundies! It's so great to watch you learn and grow in your first year of school. Check out a few happy snaps on page 3.



### The Shrine of Remembrance

Our Grade 6s enjoyed a sponsored excursion to the Shrine of Remembrance this week. With the generous support of the Rotary Club of Waverley, our students were able to take in this important national memorial and learn more about the many sacrifices Australian defence forces have made and continue to make to protect our values and safety. The Shrine is a place of reflection and remembrance for those who lost their lives serving their country and it is important that we uphold the words 'Lest we forget' so that the sacrifice they have made is honoured. The Shrine was completed in 1934 and is now one of our most important national memorials. The Shrine is also a place that is worth visiting. It's FREE to visit and there are many wonderful exhibits to showcase the history of our defence forces.



### Little Scientists

A group of 8 Grade 6 students have had the good fortune of participating in the Big Science Program at the John Monash School during 2025. This program included 4 visits to John Monash Science School to participate in a series of engaging workshops around chemistry and physics. It has been a pleasure to accompany these students who have all been great ambassadors for Amsleigh Park. During the final session our students donned a lab coat, and safety goggles to undertake some exploration of the PH values of different acids and bases. They looked like junior scientists, and I could not help wondering if some of them might have a future working in the field of science.



### Year Level Newsletters

Each term our level teams send out a newsletter about the learning program for the Term. These newsletters are an excellent way to find out what your child is focusing on at school and a lot of effort goes into their production. We highly recommend taking a moment to read them.

## Foundation Enrolments for 2026

We are currently working through the timeline for enrolling Foundation students for 2026. All offers of a place for 2026 have now been sent via the Vic Students Portal. All families whom have applied for a Foundation place next year, now need to accept the enrolment offer in the as soon as possible so we will then have a firm idea of our total number of Foundation classes in 2026. So far we have enrolled two classes and still have many offers yet to be actioned so it will likely grow to three classes in 2026.

Enrolment and school promotion is always a busy space and we work hard to showcase our school to the local community. As always 'word of mouth' recommendations from other families are always the most powerful promotion for schools so please pass on our details to any new families in the area. In some instances families are not aware of the school as we are so nicely tucked away in a quiet part of Oakleigh East.

## **Congratulations Frau Salles**

Frau Salles let me know that she has now clicked over her 20<sup>th</sup> year at German language teacher at Amsleigh Park PS. Her story is a good one as Frau Salles originally took a 6-month contract with APPS to help when the language teacher position was vacant. At the time her children were also attending Amsleigh Park as part of a 2 year stay in Australia. Back then it was all about having a great life experience and an opportunity to live in this amazing country for a time. As life can take different twists and turns, so it was for the Salles family with the trip being extended multiple times before it became a permanent home for them all. This has been our good fortune, and I want to acknowledge that Frau Salles has contributed many wonderful years of teaching to Amsleigh Park to date. We are so glad you stayed.

## **School Breakfast Program**

As previously communicated, we are currently working on starting a breakfast club program at Amsleigh Park. We are fortunate to have two parents interested in helping with organisation and coordination. The current aim is to run a breakfast club for children on Tuesday mornings before school. We will also be looking for some parents or carers who might be interested in helping either regularly or casually. Look out for an email about this which will have a link to a form in which to express interest. All helpers need a **volunteer working with children check**, which is FREE and easy to organise. Running this breakfast club will offer yet another opportunity to support students to experience a positive school life.

## **Our Great Uniform Shop**

During 2025 Lemo Spindzos has been doing a wonderful job looking after the Amsleigh Park PS uniform shop and I want to say thanks from us all. Having a volunteer run our uniform shop also means that we can keep it as a non-profit entity and our uniforms are sold at the wholesale price that we pay for them. This is a big saving for all families and otherwise they would more expensive. Having a shop onsite is convenient and there are not many schools who can maintain this kind of service. A big shout out to Lemo and the helpers who pitch in to make this work.

## **Mobile Phones Under 13**

Last week a story was doing the rounds in the media about a recent study into the use of mobile phones by children under the age of 13. The study, published in the *Journal for Human Development and Capabilities*, discusses the global rise in smartphone and social media use and how it has dramatically reshaped childhood and adolescence. It looks at the effects of smartphone ownership before the age of 13 on mental health and wellbeing. The results showed that the relationship between earlier smartphone ownership and poor mental health outcomes in early adulthood, particularly among females, especially when paired with access to algorithmically curated social media (which is pretty much all social media), profoundly diminishes mind health and wellbeing and is associated with increased symptoms and diminished functioning across a range of domains, with consequences extending into education and civic participation.

Accessing social media and smartphones is often an unsupervised gateway that disrupts key developmental activities such as person-to-person relationships and sleep. It also exposes children to harmful content online including violence, ideologies, deepfakes and inappropriate images.

As the age at which children receive a smartphone continues to decrease, the "data suggests a concerning trajectory toward a population with higher rates of aggression, suicidal thoughts, feelings of detachment from reality, and diminished self-worth, emotional control, and resilience."

The study found that, "globally, the age of access to social media accounts for approximately 40% of the overall association between age of smartphone ownership and mind health. Other significant contributing factors include poor family relationships (13%), cyberbullying (10%), and disrupted sleep (12%). Notably, 68% of the negative impacts associated with poor family relationships and 63% of the negative impacts associated with cyberbullying are downstream of age of first social media account."

The authors of the study call for restrictions on the use of smartphones and social media, similarly to what we see with tobacco, alcohol and driving, based on a child's developing mind and body during these critical





# THE AMSLEIGH BUZZ

formative years. This is of course what Australia will be introducing later in the year with a world first ban on social media by the Federal government.

Connecting with other people is the essence of humanity. School is one of the best places to achieve that, but so too is joining a club and actively engaging in in-person social activities outside of school hours. I would encourage all families to investigate the study and make an informed choice regarding smartphone access for primary school aged children.

One option that all parents have right now is to empower themselves when it comes to their child's use of technology. Setting boundaries and limits early can have many positive benefits over the long term.

## Production Update

Tickets go on sale on Tuesday 12<sup>th</sup> August, please refer to the information sent out previously for all the details. We are all looking forward to another stellar production. Our wonderful PFA ran a huge costume making working bee this week, which we greatly appreciate, and once again it was a huge event with lots of parents and carers involved. A huge thanks to everyone for their help.

Until next time...

**Michael Cormick**  
Principal



**Bec Carr**  
Assistant Principal



Our Foundies  
are 100 Days  
Brighter!



## FROM THE SCHOOL OFFICE ADMIN TEAM...



### Student Medications

A reminder that a Medical Action Plan, completed by a doctor, must be provided for any student medication (e.g. Ventolin, Epi Pens, severe allergy medication) stored at the school office.

**We cannot store or administer any medication without an Action Plan containing instructions from a doctor.**

Parents are responsible to ensure up to date Action Plans and medications are provided to the school and must inform the school office of any changes to a student's medical condition / action plan.

All other medication must have a medication authority form completed by a parent at the Office.

**All medication, including over the counter types, must be signed in by a parent and stored securely at the office for the safety of all students.**

**It is recommended that students with hay fever etc. take their medication at home before school.**

### Absences/ Late Arrivals

**A reminder that all absences should be reported via Xuno, including any family holidays.**

Parents are responsible for addressing and updating their child's 'Unexplained Absences' in Xuno.

**Students arriving late to school must be first signed in at the office by a parent before going to class.**

### School Emails - Check the email you are replying to

When contacting classroom teachers or responding to their emails via Xuno, remember to double check the 'To' address.

Many emails meant for classroom teachers are arriving in the Amsleigh Park PS inbox, along with a huge number of other daily external emails.

Replying to the school inbox may delay your communication being received by the classroom teacher in a timely manner and creates extra work for Admin staff.

### Change of Details Updates

If you have any details that need to be updated – phone numbers, home address, emergency contacts, work details, etc this can all be done via Xuno.

You need to click Full Xuno > School > Students > Contact Details > Update details

It will then let you update any of your details and notify us of any changes that have been made. Admin Staff will then update the school's data base which in turn flows through to Xuno.

### Birthday Bucket Bookings / Payments

**A reminder that all bookings for Birthday Buckets must be made with Admin Staff at the office, one week prior to your requested date.** Payment by credit / debit card can be made in person at the office or over the phone.

## APPS UNIFORM SHOP

Located in the Thelma Baily Learning & Sporting Centre

**OPERATING HOURS – TERM 3 2025**  
**Wednesday afternoons 3:00pm – 3:45pm**

**Pay by Credit/Debit Card at the Uniform Shop**

Orders for new Uniform items can be emailed to the general office if unable to attend in person on Wednesday afternoons – credit/debit card payments only

Please download & complete a copy of our uniform shop order form and send as a PDF to [amsleigh.park.ps@education.vic.gov.au](mailto:amsleigh.park.ps@education.vic.gov.au)

Any Back orders will be filled as soon as stock is available.

In the event of incorrect sizing, please return unworn items/s with tags intact, within two weeks of the purchase date, together with the original packing slip that includes the child's name, grade and the correct size required.

A copy of the current approved uniform list/order form is included in this newsletter and is available on our website [www.amsleigh.vic.edu.au](http://www.amsleigh.vic.edu.au)

Lemonia Spindzos  
Uniform Shop Co-Ordinator

## UNIFORM SHOP – 2<sup>nd</sup> HAND UNIFORMS & LOST PROPERTY

Thank you to the families that donate quality used uniform items back to the school.  
Second hand uniform items are only available to purchase during the Uniform Shop opening hours.  
We cannot take orders for second hand items, however requests for items to assist families experiencing financial hardship should be made at the General Office.

As stock relies on donations from parents, and changes regularly, there is no guarantee on availability of items. **If you have any items that you are happy to donate back to the school, please drop them into the general office. Please ensure that items are clean and have had any name labels/naming removed prior to returning them to school.** Thank you.

**LOST PROPERTY** - Sadly, there are many items in our lost property area in the canteen foyer. Named items are returned to class rooms by our wonderful volunteer helpers. Un-named items will be disposed of at the end of each term if not collected. **Please ensure all of your child's belongings are clearly named and you regularly check the Lost Property area if you are missing any items.**

Thank you,

**Admin Team**

# THE AMSLEIGH BUZZ

## AMSLEIGH PARK PRIMARY SCHOOL - UNIFORM SHOP ORDER FORM

Pricing Effective Term 3, 2025 (Jul 21, 2025)

STUDENT NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_ DATE: \_\_\_\_\_

DELIVER ORDER TO CLASSROOM ☐

OR

COLLECT FROM OFFICE ☐

APPROVED ITEM	COLOUR	\$ PRICE INC. GST	SIZE 4 QTY	SIZE 6 QTY	SIZE 8 QTY	SIZE 10 QTY	SIZE 12 QTY	SIZE 14 QTY	SIZE 16 QTY	SIZE 18 QTY	TOTAL COST \$ (INC GST)	Office Use ✓ & Date Supplied
Short Sleeve Polo <u>SSP</u> Size M-XL also avail POA	Navy/ Emerald	\$27.00										
Long Sleeve Polo <u>LSP</u> Size M-XL also avail POA	Navy/ Emerald	\$29.00										
Surf T-shirt <u>STS</u> (No Collar) Size M-XL also avail POA	Navy	\$15.00										
Windcheater <u>WC</u> Size 4-18	Navy	\$23.00										
Bomber Jacket <u>BJ</u> Size 4-20	Navy/ Emerald	\$34.00										
Shorts -Cotton <u>CBS</u> Rugby (Unisex)	Navy	\$17.00										
Shorts- Gabardine Zip Pocket <u>GS</u>	Navy	\$20.00										
Track Pants <u>TPDK</u> Double Knee-Unisex Size 4-20	Navy	\$26.00										
Girls Pants <u>SLP</u> Straight Leg Viscose/Nylon/Elastine	Navy	\$26.00										
Girls Skort Gab <u>SKTG</u> (Gabardine Fabric)	Navy	\$23.00										
Girls Skort Cotton <u>SKTC</u> Size 4-14 Size 16-20	Navy	\$24.00 \$30.00										
Summer Dress <u>SD</u>	Navy & White	\$28.00										
** Bike Shorts Cotton/Lycra <u>BS</u>	Navy	\$12.00										
Art Smock <u>AS</u>	Navy	\$18.00	Small			Medium			Large			
** Bike Shorts can only be worn UNDER a school dress. Not suitable as shorts			Total From Over Page								\$	
SECOND HAND ITEMS \$			TOTAL ORDER								\$	
Office Use Only Receipt #												Office Use
Credit Card / EFT \$												

-----X-----

CREDIT CARD PAYMENT Student Name & Grade \_\_\_\_\_

MasterCard or Visa only

Cardholders Name: \_\_\_\_\_ Card Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

TOTAL \$ \_\_\_\_\_ Cardholder Signature: \_\_\_\_\_ FOR: UNIFORM PURCHASE

Cardholder Contact Phone Number: \_\_\_\_\_

Card No:

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## APPS UNIFORM SHOP ORDER FORM

Effective Term 3, 2025

ITEM	COLOUR	PRICE INC GST	SIZE	QUANTITY	TOTAL \$ (INC GST)	Office Use ✓ Date Supplied
School Bag <u>SBAG</u>	Navy	\$43.00	N/A			
Book Bag <u>BB</u> <u>Not required for Preps</u>	Navy	\$9.00	N/A			
Slouch Hat <u>HAT</u>	Navy	\$10.00	SMALL 55cm	MED 57cm	LGE 59cm	XL 61cm
Gloves <u>G</u>	Navy	\$5.00	4-6	7-10	12-16	
Winter Tights <u>WT</u> Sizes - 3-5 4-6 7-9 10-12	Navy	\$9.00				
Beanie <u>B</u> Child / Adult	Navy	\$5.00 ea	Child / Adult	CHILD	ADULT	
Scarf - one size <u>S</u>	Navy	\$5.00 ea	One size			
All Uniform items have been approved by the Amsleigh Park Primary School Council – see Uniform Policy for further information.						
Please ensure you are using a current version of this order form – prices are subject to change without notice, previous versions may have incorrect pricing.				TOTAL THIS PAGE \$ _____		

The uniform shop is located in the foyer of the Thelma Bailey Learning & Sporting Centre (Gym)

### UNIFORM SHOP OPENING HOURS - TERM 3 2025

Wednesday afternoons 3:00pm – 3:45pm

**Second hand Uniform items only available during this time**

Credit /Eftpos/Debit card payments must be made at the General Office or Uniform Shop **prior** to collecting/receiving uniform items. "Tap" payments now available.

**ORDER FORMS ARE AVAILABLE ON THE SCHOOL WEBSITE**

[www.amsleigh.vic.edu.au](http://www.amsleigh.vic.edu.au)

**IF YOU DON'T NEED TO ATTEND THE UNIFORM SHOP IN PERSON DURING OPERATING HOURS,  
PLEASE PLACE AN ORDER AS PER THE FOLLOWING INSTRUCTIONS**

1. Write child's name, grade and date of order at top of order form.
2. Indicate quantity of items required per size and total cost for each item.
3. Scan (PDF) and email this completed form to [amsleigh.park.ps@education.vic.gov.au](mailto:amsleigh.park.ps@education.vic.gov.au) OR send an email directly to the school with your details, student name and grade, the items required and credit card details. Completed forms can also be dropped into the General Office.
4. Order will be processed and uniform items will be either sent home with your child or collected from the office if requested. Orders are usually completed within one week (excepting unavoidable delays from the supplier). Any items not available at time of order will be placed on back order and provided as soon as possible.



## Information for families

### Could we contact YOU in an emergency?

Unfortunately, we still have a number of families with incomplete or incorrect contact and/or emergency contact details.

**PLEASE CHECK YOUR FAMILY DETAILS IN XUNO & UPDATE IF NECESSARY.**

Thank you 😊

Amsleigh Park uses Xuno as our main communication tool with families, including newsletter distribution, absence notifications, student reports, communication with your child's teacher, messages and reminders, event approvals and online payments.

Xuno is a web-based school management program that has a website portal for use in a browser and an App, 'Xuno Family' for use on smart phones or tablets.

It is easy to use and is a vital tool to keep our parents informed about their child/ren's school life and all things happening at Amsleigh Park.

Bookings for "Get to Know You" & Parent Teacher interviews are also managed through Xuno.

Parents can use Xuno to notify the school of any address/contact detail changes, absences, late arrivals, upcoming family holidays etc.

For new families - On enrolment, you should have received a welcome email from Xuno (please check your junk folder if not received in your inbox), with information on how to create your Xuno account. Please follow the instructions and links in the email to create a Xuno account and password.

**As Xuno is our main communication tool, it is important that all families are signed up so they are aware of school information and events and can easily inform the school of their child's absences and advise us of any changes to family or emergency contact details.**

Please contact the office if you require a Xuno welcome email to be resent or a password reset.

Thank you,

Amsleigh Admin Team







## Every day counts

Missing **one day per fortnight** adds up to missing **four weeks** of school a year.



# Book an ADVENTURE!

BOOK WEEK 2025 | AUGUST 16-23



## MONDAY 18TH

Book Character Dress Up Day  
Guest Reader: Library  
Lunchtime

## TUESDAY 19TH

Visiting Author Workshop:  
Patrick Guest



Guest Reader: Library Lunchtime

## ALL WEEK

Extreme Reading Challenge  
Library Quiz  
Book Character Adventure Hunt



# Happy Birthday

TO ALL OF OUR STUDENTS  
WITH A BIRTHDAY IN AUGUST

GHADYA  
ALEXANDER  
JEREMIAH  
FLYNN  
KOSTA  
LILY  
AISHU  
SAMUEL  
OSCAR  
LUCAS  
MASON  
SHUBHAN  
LIADAN  
NADYA

ANDY  
LAVANYA  
EMILY  
MARIA  
CHARLIE  
LUKE  
ETHAN  
RIAAN  
JOEL  
CHAYSE  
ANASTASIOS  
JING  
HAJUN  
RICHARD

ELLERY  
HAMISH  
BENJI  
EVIE  
KATIA  
RIO  
PALOMA  
BENNO  
ALIA  
MASON  
DOMINIC  
MARLIE  
MILLIE



## THE BIRTHDAY BUCKET

Want to create a delicious and special birthday experience for your child and their classmates?

Order a **Birthday Bucket** and have a festive bucket delivered to the classroom just prior to lunch filled with either Zooper Doopers, Killer Pythons<sup>1</sup>, or Skittles<sup>2</sup> to ensure your child's birthday does not go unnoticed.

**Cost: \$15**

Fill out the form below and return it to the front office a **minimum of 1 week prior** to the date you would like your birthday bucket delivered. We will take care of the rest!

Any questions or suggestions please contact the PFA at [apps.parents@gmail.com](mailto:apps.parents@gmail.com)

<sup>1</sup>Killer Pythons contain gluten

<sup>2</sup>Skittles are vegan friendly



### APPS - BIRTHDAY BUCKET ORDER SLIP

Please complete all details and return to the school office (min 1 week prior to delivery date)

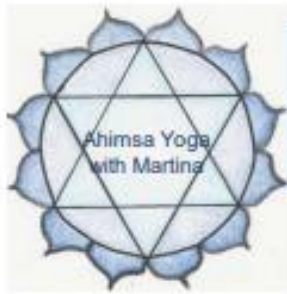
Student name: \_\_\_\_\_ Class: \_\_\_\_\_

Select one: ☐ Zooper Doopers ☐ Killer Pythons ☐ Skittles New for Term 3

Date Birthday Bucket to be delivered to classroom: \_\_\_\_\_

\$15.00 Payment to be made over the counter at the School Office by Credit/Debit Card only





## Hatha Yoga classes at Amsleigh Park PS



**Saturdays, 10:30am – 11:30am**, Before & After Care Building

Classes will run during **term 3** (26 July to 20 September 2025)

The gentle and nurturing classes consist of

- postures (different variations & the use of props will be offered),
- a breathing technique, and
- a guided meditation

to enable participants to reconnect to their inner Self & to reap the many physical and mental benefits of Yoga.

**Experience for yourself, what a difference  
practicing Yoga may make in your life!**

**Introductory offer** for new students:

Enrol & pay by 24/07/2025, **get 1 class free:**

\$120 for 9 classes.

\$135 for 9 classes from 25/07/2025

Need more flexibility? There are 2 6-class-passes available this term for \$108, expiry 21/09/2025. Once these are gone, class passes will only be available again in term 4 2025.

Please **reserve your spot** by sending a **SMS** with your name & email address to:



Martina Rosenberger - Ahimsa Yoga with Martina  
Advanced Diploma of Yoga Teaching

Mobile: **0431 845 664**

Email: [ahimsayogawithmartina@gmail.com](mailto:ahimsayogawithmartina@gmail.com)

**Private & corporate classes, events & vouchers also available**

# THE AMSLEIGH BUZZ



Healthy, Interesting and Affordable Lunch Packs, Delivered to School  
AMSLEIGH PARK – Term 3 – Monday, Wednesday, Thursday and Friday!

Order until 8:30am on the day!

2 Course Lunch Pack from \$6.45

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

## Main Course Menu

**BAKERY** All items freshly baked this morning!

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

## PIZZA / SAUSAGE ROLLS / GOZLEME / PASTIZZI / QUESADILLA / PUFF PARCEL SERVED AT ROOM TEMPI

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

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

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

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

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

## SANDWICHES / ROLLS / WRAPS / SOFT SHELL TACOS

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

## SALADS / PICNIC BOXES / POKE BOWLS

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

## GF SANDWICHES & WRAPS

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

## Snack/Drink Menu

### FRESH FRUIT & VEGETABLES

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

### BAKERY – SWEET

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

### SUSHI

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

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

### DRIED FRUIT / LEGUMES

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

### DIPS WITH MINI RICE CAKES / CORN CHIPS

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

### YOGHURTS / BOWLS

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

### DRINKS

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



ORDER NOW

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

Descriptions, dietary and allergen information available on our website.

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**GOOD CLEAN FUN**

**PLAY.AFL/AUSKICK**

**Oakleigh & Surrounds**

**Term 3 Auskick Centre**

Princes Highway Reserve, Oakleigh East

Starting Thursday August 21st  
4:30pm - 5:30pm  
5 Weeks for \$35\*

\*USE CODE FOR \$20 OFF\*  
82B1A9FC

ALL GIRLS GROUPS AVAILABLE

**AFL PLAY**



We are super excited to announce that AFL Victoria will be hosting the Oakleigh & Surrounds Term 3 Auskick Centre at Princes Highway Reserve as we head into the start of the AFLW Season and the commencement of the AFL Men's Final's Series!

This program will run for 5-weeks at a cost of \$35\*\* (Apply the discount code on the flyer to receive a \$20 discount!)

Register Now: <https://www.playhq.com/afl/register/7b552c>

Program dates:

Thursday 21st August 4:30pm - 5:30pm

Thursday 28<sup>th</sup> August 4:30pm - 5:30pm

Thursday 4<sup>th</sup> September 4:30pm - 5:30pm

Thursday 11<sup>th</sup> September 4:30pm - 5:30pm

Thursday 18<sup>th</sup> September 4:30pm - 5:30pm





**\$245 for 3  
days! 30%  
Offer ends  
August 31st!**

## PROGRAM INCLUDES

- 01** 9-3pm each day
- 02** Basketball, AFL, Cricket Netball, Soccer on offer
- 03** Suitable for all ages and skill levels
- 04** Guest appearances at selected programs



**It was overall very positive and the kids made great connections with coaching staff and other participants**



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### LOCATIONS

- Brighton Grammar School, Brighton - **22, 23, 24 September 2025 and 29, 30 September, 1 October 2025**
- Sandringham College, Sandringham - **2, 3 October 2025**
- Firbank Grammar, Brighton - **23, 24, 25 September 2025**

#### Contact Us:

1300 914 368

[admin@australiansportscamps.com.au](mailto:admin@australiansportscamps.com.au)

#### More Information:

[australiansportscamps.com.au](http://australiansportscamps.com.au)



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TERM 3

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OF THE UNIVERSE

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- 2 EXPLORE HOW TECHNOLOGY DECODES INFORMATION AND CONNECTS US ACROSS TIME AND SPACE.
- 3 SOLVE PROBLEMS AND BUILD CLEVER CREATIONS USING NATURAL RESOURCES.
- 4 USE NUMBERS, SHAPES, AND LOGIC TO SPOT PATTERNS AND REVEAL NATURE'S CODES.

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BEAUTY  
AND THE  
BEAST

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Music by  
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Lyrics by  
Howard Ashman and Tim Rice  
Book by  
Linda Woolverton



27th - 29th August

Director  
Kerryn Hoernel

Assistant Director  
Adam Platenkamp

Vocal Director  
Sara Neep

Choreographer  
Kerryn Hoernel

*Christine Strachan Theatre, Bakers Road, Oakleigh South, 3167*

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