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CANOBOLAS RURAL TECHNOLOGY HIGH SCHOOL

Term 3 Issue 8

Friday 25th August 2023

NEWSLETTER

UPCOMING EVENTS

CKC Cup: vs Kelso | 25 August (CRTHS Host)

Year 11 Yearly Examinations | 11 - 20 September

Year 12 Farewell Assembly | 21 September

RIDDLE ME THIS...

What grows when you feed it but dies when you water it?

Answer: Fire

What has many keys and yet cannot open doors?



Acknowledgement of Country

CRTHS acknowledges and pays respect to the Traditional Owners and Custodians of country throughout Australia, specifically the Wiradjuri peoples of whom land we learn on each day.

We honour and respect the cultural heritage, customs and beliefs of all Aboriginal and Torres Strait Islander people.



Canobolas Rural Technology High School

Principal: Mr Brett Blaker

Deputy Principals: Mr Baden Curran, Mr Tristan Goodwin, Mrs Melisa Kerr and Mrs Lucinda Macdonald.

PO Box 8100 | 142 Icely Road Orange NSW 2800 | 02 6362 1677 | canobolas-h.school@det.nsw.edu.au



PRINCIPAL REPORT

Greetings,

During Term 2, our school engaged in a School Climate Survey which saw our parents/carers, teachers and students undertake a survey that focused upon four key themes. These themes are referred to as the four pillars which work in unison together to promote school improvement. The pillars are the Institutional Environment, Safety, Community, and Academics.

Last week, I met with Dean White (Executive Director- Rural South and West), Duncan Auld (Director Educational Leadership- Orange Network), and Susan Hilliar (Director of Educational Leadership- School Upgrades) to unpack our School Climate Executive Summary. Whilst there is still a lot of data to review from this survey, there is clear and significant evidence that supports a significant upgrade for our school which will provide our students with a high-quality learning environment.

Later this term, a team from the Assets Management Unit will come out to CRTHS to undertake a site inspection. This will help identify the areas of improvement which are required for our school site. I am also scheduled to meet with Murat Dizdar (Secretary of the NSW Department of Education) early in Term 4 to discuss this matter further.

Whilst the AMU is responsible for the infrastructure, our school is responsible for acting upon the data associated with Safety, Community, and Academics. Whilst this data has validated the positive work we have been doing within our school context over the past few years, we have also identified areas for improvement which will be used in our new school planning cycle which will be developed during Term 4, 2023 for a 2024 implementation.

I am looking forward to sharing more of this information with you all over the coming weeks/months.

In our last newsletter, I shared with you information about the pending Mobile Phone Ban and the school-based management system that we will be using here at CRTHS. Over the past few weeks, we have developed a school-based policy to support this mandated government ban. This policy document will be emailed to all parents/carers with this newsletter edition.

From a community perspective, we have developed this policy in consultation with Molong Central School and Orange High School to ensure there is a consistent approach within the Orange Network. All three schools have selected the Mobile Phone Locker pouches and we will have the same implementation strategies and consequences for students who fail to comply with this policy. Information will continue to be distributed over the coming weeks to ensure our community is aware of the implementation process.

As we move further into Term 3, I would like to wish our Year 12 students all the best as they complete their last 4-weeks of secondary schooling. Whilst there are exciting times ahead, these students must remain focused on their studies and continue to strive for improvement.

For Year 11, I wish you all the best in your upcoming Final Examinations. This will be a new challenge for you all but one I am sure you are all well prepared for.

I would also like to pass on my congratulations to those students who have applied to be our 2024 School Captains. These students will have the opportunity to present their speeches during the Week 8 assembly which will be held on Thursday 7th September. We have some excellent candidates and I look forward to announcing the newly elected school and vice captains who will be inducted at the Year 12 Farewell Assembly which will be held on Thursday 21st September.

Thanks,
Mr Blaker



DEPUTY PRINCIPAL REPORT

Greetings to our Canobolas School Community,

As we find ourselves already in the midst of Week 6 of Term 3, it's heartening to witness the dedication and enthusiasm that continue to flourish within our school. In this edition of our newsletter, we bring you important updates and highlights that reflect our commitment to fostering respectful and responsible learners.

Summer School Uniform: Full Uniform Implementation

As we head into warmer weather, we would like to remind students that they are expected to be in full summer uniform. We deeply appreciate the efforts of our students, parents, and guardians in adhering to the uniform policy. A neat and consistent uniform fosters a sense of pride and unity within our school community. We kindly ask for your ongoing support in ensuring that your child is adhering to the uniform guidelines.

Attendance Matters: Striving for 95% and Beyond

A strong reminder about the significance of attendance. Regular school attendance is vital for academic success and personal growth. We encourage all parents and guardians to work with us in achieving a minimum attendance rate of 95%. By being present in school, students actively participate in lessons, engage with peers and teachers, and lay the foundation for a successful future. Your partnership in prioritising punctuality and attendance is greatly valued. You kindly ask that if your child is absent or late to school, a note be provided explaining the absence.

Congratulations to Year 12: Trial Examinations

A resounding round of applause to our Year 12 students for their diligence and commitment during their recent trial examinations. Completing these exams is an important milestone, and we commend our Year 12 cohort for their hard work. These trials are significant steps toward the HSC examinations, and we encourage our Year 12 students to reflect on their performance, learn from the experience, and continue their dedicated efforts. We stand by you in your journey towards academic excellence.

We want to take this opportunity to acknowledge our students' ongoing dedication to becoming respectful and responsible learners. We also want to extend our gratitude to our incredible parents and guardians. Your continuous involvement, support, and collaboration play a pivotal role in our students' achievements. Let's continue to work together in providing a nurturing and inspiring environment for their growth.

Stay tuned for more updates on upcoming events and activities as we progress through the term. Please feel free to reach out if you have any questions or suggestions. Your input is highly valued.

Thank you for being an essential part of the Canobolas Rural Technology High School community.

Warm regards,

Deputy Principal (Years 8 & 11)

Mr T Goodwin

MATHS

Mrs Arman's Year 11 Advanced class sat their 'Deriver' Licence P1 Test last week to check their understanding of their first look at Calculus.



The students were AMAZING and put so much effort into getting their P's and their determination was rewarded with PASSES and their own, physical licences to keep with them at all times. Well done Year 11 ADV! You have made Mrs Arman VERY proud!



Year 10 have been working on their Trigonometry assessment task around the school.

Students had to make their own clinometer and use it to find the angle between themselves and the top of a flagpole or particular block within the school. They then used the information they had gathered and their Trigonometry skills to estimate the height of the structures.



REMINDERS

ICAS Maths Comp is on in week 7! 7MTH Quokka, 8MTH Krakatoa, 9MTH Fraser and 10MTH Murray need to get your money in ASAP!

Lunch is on Mrs Arman is you manage amazing results!! See your classroom teacher if you need a new note or assistance!!

Year 12 HSC Revision Days at Bathurst CSU are being held in Week 8 and are a really valuable day to help prepare for your HSC Examination. Time is running out to get tickets so if you plan on attending please bring your permission notes and money in ASAP!!

TAS

It has been an exciting week with year 11 Metal students completing Work Placement and discovering the world of the Metal Industry.

Employers have been extremely happy with the work ethic and motivation demonstrated by all of our students.

Many thanks to the following businesses for hosting our students.

Metals

Almighty Industries

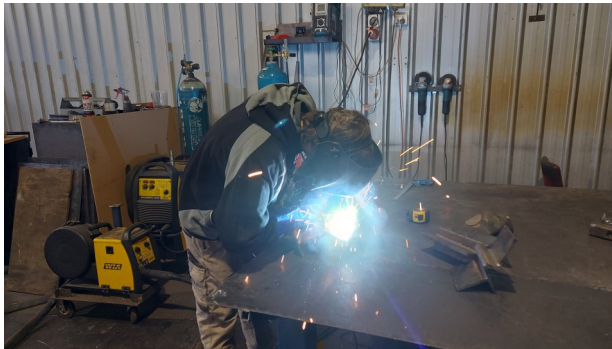
Craig Hort Engineering

Lovicks

Orange Precision Metalcraft

Pedders Suspensions

Scott Camery Engineering



SUPPORT



Work Placement

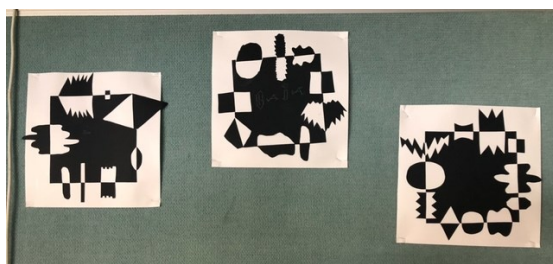
Kahlo has been reading **Anh Do's Happiest Refugee** for English. As a class, we have created a visual representation of the main points of each chapter and some important quotes.



Wonder Art

Learning about Elements of Art.

So far we have covered line, shape and form, space and colour.



Hands on practice in Woodwork and Metalwork



CAREERS

Greetings, Students and Parents/Carers!

Year 12 Students:

Time flies, doesn't it? We're down to just 4 more weeks of your final year here at Canobolas High, and it's essential that you're prepared for the exciting journey that lies ahead. As your dedicated careers adviser, I'm here to remind you that failing to plan is indeed planning to fail. So, let's get proactive and chart a course for your future success!

Individualised Career Planning:

I encourage all Year 12 students to schedule some time with me for a one-on-one discussion about your post-graduation plans. Remember, these plans will shape your path towards a fulfilling career. Don't hesitate - let's ensure you're on track and have a solid plan in place.

White Card Course Success:

Kudos to the 12 students who successfully completed the White Card course on Thursday, August 17th. This accomplishment marks a significant step towards gaining valuable skills and knowledge in occupational health and safety in the Construction industry.



TAFE Campus Tours:

Fifteen of our students recently embarked on an insightful tour of the TAFE campus. This experience aimed to provide you with a better understanding of your upcoming courses, whether pursued full-time or as part of our school's offerings. Your enthusiasm towards your future education is inspiring!



Weekly Job Emails:

Our weekly job email updates continue to be a fantastic resource for both students and parents/carers. Remember to keep an eye on these emails and explore any positions that pique your interest. If you find a position that aligns with your aspirations, don't hesitate to reach out to me for guidance.



Work Experience Update:

Work experience has been progressing remarkably well! A friendly reminder to all students to proactively engage with your host employers. Prior research and communication will ensure a rewarding experience for both you and the host employer. After all, they want to hear from you, the aspiring professionals!

School Bytes and Payment Notes:

Our School Bytes platform is now operational for permission notes. Please be aware that the payment section will be activated towards the end of the term. You can continue making payments through the usual methods until then. We appreciate your cooperation in this matter.

As we approach the end of this academic term, let's work together to ensure you're ready to embrace your bright futures. Remember, I'm here to guide you every step of the way. Don't hesitate to reach out to me via email or stop by my office.

Wishing you all the best for these last few weeks and the exciting journey that lies ahead!

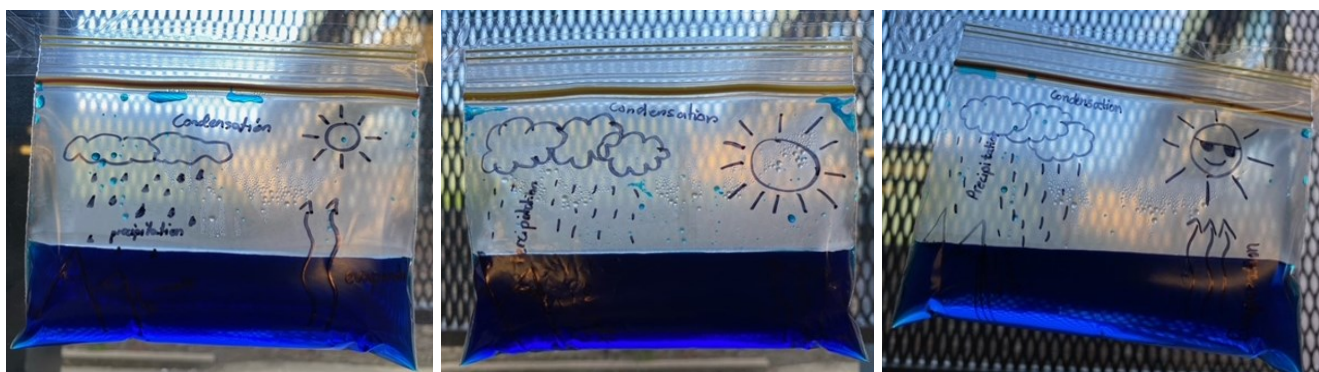
Careers Advisor

Mr S Coote

samuel.coote@det.nsw.edu.au

HSIE

Year 8 have been continuing their study of Water in the World and have been making water cycles to see how evaporation and condensation form part of the cycle.



The HSIE faculty have a range of assessments due in the coming weeks:

7 HSIE

8 HSIE

9 HSIE

9 Elective History

10 Aboriginal Studies

10 HSIE

We want to encourage year 11 students to begin to revise this years content in the lead up to their end of year exams. Please encourage them to seek assistance if they are concerned about their preparation.

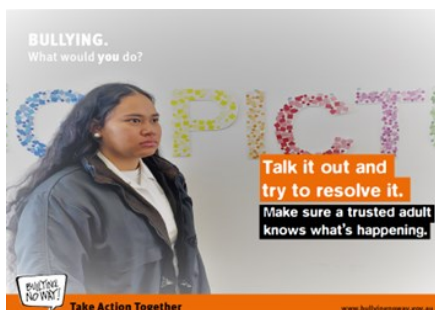
Head Teacher HSIE

Mr Adcock

STUDENT REPRESENTATIVE COUNCIL

National Day of Action Against Bullying and Violence

Last Friday the 18th of August, a group of proactive, caring students volunteered to be the faces of Anti-bullying at Canobolas High. The students created a radio advert played over our speakers during recess and lunch then posed for pictures that were turned into "Bullying no way" posters that are now displayed in each classroom.



"Bullying is an ongoing and deliberate misuse of power. Bullying can happen in person or online. Bullying can be verbal, physical, social but always emotional". "Don't stay silent, you're not alone". "Bullying harms everyone and we want our school to be a safe, inclusive, respectful place". "The students of Canobolas High say – Bullying no way!"

Mr Francey

BIG PICTURE

STAY CALM AND CROCHET

Social Action is a mandatory component of Big Picture for all year groups in the academy. In Term 3, the junior and senior advisory students and advisors have decided to contribute to the 'Wrap with love Inc' initiative. Students and advisors are crocheting 25 cm squares with the intention to donate them to the Orange Pearlers who will compile squares into a blanket, and then send onto to remote communities in Australia and around the world.

Despite the initial feelings of frustration, anxiety and doing something totally outside their comfort zone, all students are well on their way to completing a square, with most choosing to enjoy the calm, relaxed and inclusive town hall environment.

Congrats to all who are well on their way to contributing to such a worthwhile cause.

To our extended Orange community – Please feel free to crochet or knit a square at your leisure OR donate acrylic wool to the BP Academy and our 'addicted' crocheting crew, will complete a square to help our cause.



ENGLISH & LOTE

Congratulations to Year 12 completing all their HSC Trial Examinations in the previous weeks.

Goodluck to Year 11 who have their End of Year Examinations starting in Week 9.

Year 7 Chinese

你好 (nǐ hǎo)

Year 7 language classes have continued learning to use the Chinese of familiar sports, such as rugby, basketball, netball and swimming, through various speaking, listening, reading, writing and hands-on activities. They have learned to ask and answer questions about their preferences for sports. Students have further developed their vocabulary and literacy by learning to use conjunction words “and” and “but” in Chinese. They have also extended their cultural knowledge and understanding by learning about and playing another traditional sport/cultural game called 空竹 (kōng zhú, or Chinese diabolo).

The assessment task for Term 3 has been handed out in Week 6, and students will have class time to work on it. After completing the task, students will learn to use the question word for yes/no questions in Chinese. They will also design a learned sport's jersey incorporating their culture and identity. There are a lot of opportunities for interaction and hands-on learning in class. Keep having fun!

Draw the story on the symbol	The word in English
运动	Sports/Exercise
球	BALL
篮球	Basketball
排球	Volleyball
板球	Cricket
投球	Netball
网球	Tennis
乒乓球	Table Tennis / Ping Pong
曲棍球	Hockey
橄榄球	Rugby
打	To play by hand

Translate the following sentences into English.

Example:

我(wǒ) 喜欢(xǐ huan) 打乒乓球(dǎ ping pāng qiú) 和(hé) 打板球(dǎ bǎn qiú).

I like playing table tennis and playing cricket.

1. 我(wǒ) 喜欢(xǐ huan) 踢足球(tī zú qiú) 和(hé) 打网球(dǎ wǎng qiú).

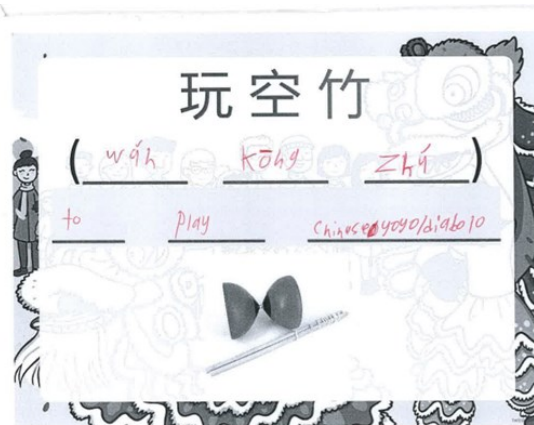
I like to play soccer and to play tennis.

2. 我(wǒ) 喜欢(xǐ huan) 游泳(yóu yǒng) 和(hé) 田径(tián jīng).

I like swimming and sports.

3. 我(wǒ) 不喜欢(bù xǐ huan) 骑车(qí chē) 和(hé) 打排球(dǎ pái qiú).

I don't like to ride a bike and to play volleyball.

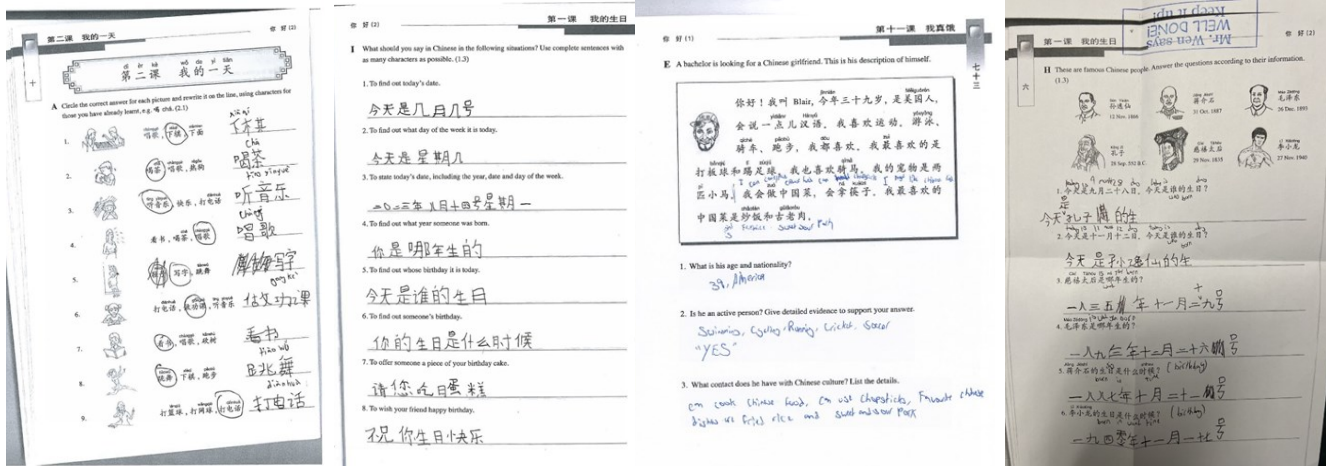


Year 11 Chinese Beginners

同学们好 (tóng xué mén hǎo)

Year 11 Chinese Beginners have continued building their knowledge, understanding and skills by learning to talk about dates, days of the week and birthdays. They are learning to communicate about time and daily routines and express opinions about time. They have extended their intercultural knowledge and understanding by learning about the history of modern China through personal stories of famous historical figures such as Bruce Lee. They will also learn about and attempt various popular leisure activities in the Chinese community, such as making and drinking tea and playing Chinese checkers.

This term's assessment task, a Preliminary Examination, will be in Week 9. The examination will cover all the topics learned since the start of the course. Students will have several lessons before the examination to review the content.



Year 7 English

Year 7 recently completed their third assessment task for English in which they were required to plan a narrative and write an exposition/introduction to their planned story. Below is a selection of student samples with the names removed.

By C.E.

When they get to the town square they are greeted with a purplish swirling portal. "Um, should we go through it", asks Jamie with a clear look of concern. "Sure", replies Jesse as she tries to ease the tension. They hold hands and jump in. When they step out they are greeted with a beautiful new world with everything you will ever need. Some of the immediately obvious things are a school with every facility you will ever need and mansions as far as the eye can see. They are walking towards the school when they see Bailey (the nicest girl in school) kicking a puppy. "Keep this stupid mutt away from me, he nearly messed up my hair". Hey Bailey, what are you doing?" examines Jesse. "Eww, get away from me, I don't speak to anyone that doesn't own Gucci, now shoo". "OK that was weird" says Jesse as it hits her that in this alternate dimension all of your best qualities and what makes you perfectly you are seemingly being taken away!

By C.W.

On a morning at 8:00 on the first day of the week, a boy named Jackson in the 7th grade tries to sleep and attempt to ignore his mothers screams for him to get up, get dressed and get in the car for school. On a Monday morning, he gets up and falls and wiggles like an Earthworm to the living room. He gets on his feet to visit his chunky pug Stanley who is waiting on the living room carpet for food and pats. After a few pats the fat fluffy pug-tato rolls over on his back for tummy scratches, he makes vegemite toast and cuts some chicken for his pug and salts some for himself and mother, eats breakfast and brushes his teeth and lies down for a while. His mother calls him to the car for school at 8:30, when he arrives he sits and talks with his mother until 8:50, when he leaves the car for school and waits for the school day to start. When roll call begins he sits in his spot and waits for his mate, Corey to arrive, when Corey sits down he plays idle games on his phone while Jackson sits and waits for the trivia game to end, when it ends he goes to Science in the literal longest place in the school grounds from him for 1st period.

By I.S.

The voice in the distance whispers "I won't, but you only have 24 hours to save your partner, have fun".

Under Agent Lori's breath she said, "I hope I never come back to this underground lair, It's too dark and gloomy for my likings".

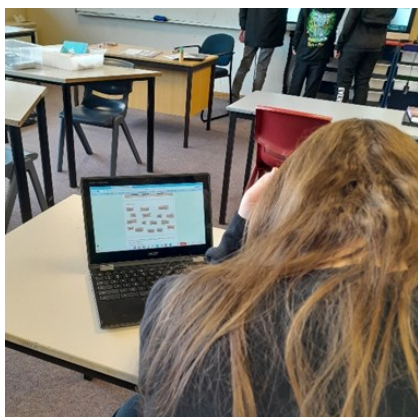
I have never been on this type of mission before. A secret organization has to be a secret and so does my job. I will have to go back to the crime scene, but at night this time not throughout the day.

Night comes around and Agent Lori gets ready to go to the crime scene.

By K.B.

Her curiosity had took over after a while, and she slowly looked out the window with a shaky body. Nobody was there. She looked back at the box and reluctantly grabbed it. She sat down on her bed, opening the box. Suddenly, The box had sucked her inside, almost as if there was a strong vacuum in there. She screamed, closing her eyes in tightly fright. She blacked out.

Year 7 have begun a new unit looking at fairytales and fantasy in Shakespeare dramas. Last week Echidna used their fairytale knowledge and problem-solving skills to make it out of the Fairy Tale escape room. The students worked together in groups to solve jigsaws, codes, research tasks, riddles and more to solve the overall escape code.



Year 8:

This term, Year 8 have been completing the Poetry for the Senses unit, learning how to read and write poetry. Last week, they learnt about limericks and had a go at writing their own, resulting in some of the excellent poems shown here.

The Spider

There once was a scared little spider
Who's webs had just caught on fire
He jumped to the ground
And there he had found
Another scared little spider.

A Cheetah called Ben

There once was a cheetah called Ben.
He liked to roar at kids and then...
The kids had enough
So they got very tough
So they ate him up right there and then

A Cat named Beji

There once was a cat named Beji
That looked like it lived in Fiji
One day he got burnt
Cause he hasn't learnt
That you need sunscreen when you live in Fiji



UNIFORM

CRTHS SCHOOL UNIFORM

JUNIOR GIRLS	JUNIOR BOYS
<p><u>SHIRT:</u></p> <ul style="list-style-type: none"> White collared button up shirt OR white polo. - All items with the CRTHS emblem. <p><u>TROUSERS/SKIRT:</u></p> <ul style="list-style-type: none"> Bottle green pleated skirt - short OR long. Black tailored shorts OR black tailored trousers. <p><u>JUMPER</u></p> <ul style="list-style-type: none"> Bottle green polar fleece jumper. Bottle green knitted jumper. - All items with the CRTHS emblem. <p><u>SOCKS/SHOES</u></p> <ul style="list-style-type: none"> White socks OR black stockings (with skirt). Black enclosed leather shoes. Bottle green & white stripe tie – optional. 	<p><u>SHIRT:</u></p> <ul style="list-style-type: none"> White collared button up shirt OR white polo. - All items with the CRTHS emblem. <p><u>TROUSERS:</u></p> <ul style="list-style-type: none"> Grey shorts OR grey trousers. <p><u>JUMPER</u></p> <ul style="list-style-type: none"> Bottle green polar fleece jumper. Bottle green knitted jumper. - All items with the CRTHS emblem. <p><u>SOCKS/SHOES</u></p> <ul style="list-style-type: none"> Grey socks. Black enclosed leather shoes. Bottle green & white stripe tie – optional.
SENIOR GIRLS	SENIOR BOYS
<p><u>SHIRT:</u></p> <ul style="list-style-type: none"> White collared button up shirt OR white polo. - All items with the CRTHS emblem. <p><u>TROUSERS/SKIRT:</u></p> <ul style="list-style-type: none"> Bottle green tartan pleated skirt - short OR long. Black tailored shorts OR black tailored trousers. <p><u>JUMPER</u></p> <ul style="list-style-type: none"> Bottle green polar fleece jumper. Bottle green knitted jumper. - All items with the CRTHS emblem. <p><u>SOCKS/SHOES</u></p> <ul style="list-style-type: none"> White socks OR black stockings (with skirt). Black enclosed leather shoes. Bottle green tartan check tie – optional. 	<p><u>SHIRT:</u></p> <ul style="list-style-type: none"> White collared button up shirt OR white polo. - All items with the CRTHS emblem. <p><u>TROUSERS:</u></p> <ul style="list-style-type: none"> Grey shorts OR black tailored trousers. <p><u>JUMPER</u></p> <ul style="list-style-type: none"> Bottle green polar fleece jumper. Bottle green knitted jumper. - All items with the CRTHS emblem. <p><u>SOCKS/SHOES</u></p> <ul style="list-style-type: none"> Grey OR black socks. Black enclosed leather shoes. Bottle green & white stripe tie – optional.
SPORTS UNIFORM	OTHER ITEMS
<ul style="list-style-type: none"> Bottle green and black polo shirt. - All items with the CRTHS emblem. Bottle green and black shorts OR tracksuit pants. Bottle green and black hoodie. - may be worn with all uniforms. White OR black socks. Sports shoes. 	<ul style="list-style-type: none"> Black Anorak with CRTHS emblem - purchased from the school front office. Black School Blazer with CRTHS emblem.

CLOTHING POOL & DONATIONS

It has been wonderful to see how much pride the students are showing in themselves and their school by wearing their uniforms every day. A huge thank you to the families/carers who are encouraging them to be in uniform each day.



The clothing pool is always in need of stock and new supplies, If you have any uniforms that have been outgrown or no longer needed, it would be greatly appreciated if they could be donated to the clothing pool for other families to access. Donations can be left at the front office at any time during the day.

The Clothing pool continues to be available by appointment for families who would like to access it. Please contact the office to arrange a time. Regular opening times will be available in the near future and will be advised when confirmed.



LABELLING SCHOOL ITEMS

Uniform items cannot be returned if they do not have a name on them. Please check uniform items for students' names and that they are readable so they can be returned if found. The lost property box is in the courier's space in A block.



P&C NEWS



COME AND JOIN OUR P&C

The Canobolas Rural Technology High School Parents and Citizens (P&C) Association needs your help.

Being involved in the P & C helps to build a supportive community around the students of our school.

By attending the P & C meetings:

- you get an opportunity to have your say on decisions affecting your child at school
- learn about the school's policies and programs
- participate in fundraising activities that help improve our school.

There is a yearly membership of \$2.

We meet on the first Wednesday of each month during the school term, in the Big Picture Building (1st building on the left) at 6.30pm.

Unable to attend meetings and would still like to help?

Volunteers are greatly appreciated.

Assistance is required with our fundraising events and school canteen.

For more information contact Sharlene Anderson or Liz Crossman at the school on ph 63621677 or via our email canobolas.r.techhighschool@pandcaffiliate.org.au



Keep up to date with P&C activities via the school's newsletter and Facebook page

We warmly welcome new members!

***Next Meeting is:
Wednesday 6 September***

PUZZLE PAGE

Term 3 Issue 8

Easier

7	3	6					4	5
		9	3			8	1	
	2	8	5	4				6
			7	2		4	5	
5	8	4	9		1	2		
	7	2		6	5		3	8
6		7		8	3			1
2		3	1		7	6	8	4
	1	5	6	9		7	2	

Harder

5						8	1	3
	1		6			2		
	3						7	6
	7	1						8
9		2					3	5
			2	8		7		1
	4				8	6		
1					5		8	
	2	6				1		4

Solutions

Term 3 Issue 7

Easier

6	1	7	8	9	5	2	4	3
5	8	4	2	1	3	6	7	9
2	3	9	4	6	7	8	1	5
8	9	2	5	7	4	3	6	1
7	6	1	9	3	8	4	5	2
4	5	3	6	2	1	9	8	7
9	7	5	3	8	6	1	2	4
1	2	8	7	4	9	5	3	6
3	4	6	1	5	2	7	9	8

Harder

2	5	9	8	1	7	4	3	6
7	8	1	6	4	3	5	9	2
3	6	4	9	2	5	8	1	7
6	3	5	7	9	1	2	8	4
8	1	2	3	5	4	7	6	9
4	9	7	2	6	8	1	5	3
1	2	6	4	8	9	3	7	5
5	4	3	1	7	6	9	2	8
9	7	8	5	3	2	6	4	1

NOTICES

BLETCHINGTON SOFTBALL CLUB



**GIVE
SOFTBALL
A GO THIS
SUMMER**



**Registrations for the 2023/2024
Season are now open!**

We have something for everyone:

Teeball-A - 8-9 years

Teeball-B- 5-7 years

Modball - Under 13 yrs

Softball - Under 16 yrs, A-Grade,

B-Grade (Friday Evening) & C-Grade

GET \$10 OFF
WITH OUR
"BRING A
FRIEND"
DISCOUNT

**SCAN THE QR CODE OR CONTACT US
TO REGISTER TODAY**



Email - admin@bletchingtonsc.org.au

Facebook - Bletchington Softball Club

Instagram - bletchington_softball

#EVERYONESGAME

———— Your Health Link ————

National Photographic Competition

HEALTHY LIFE HEALTHY YOU

**FREE
TO
ENTER**



Mid North Coast
Local Health District

www.yourhealthlinkphotocomp.com.au

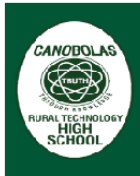
Primary and high school students are encouraged to grab their trusty camera or mobile phones/tablets to capture images that promote 'Healthy Life - Healthy You' for a chance to win **a range of great prizes.**

Schools are also the big winners with prizes that support healthy canteen programs.

**Competition closes
8 October 2023**

Competition Partners





Canobolas Rural Technology High School

Canteen Menu



The CRTHS Canteen

Breakfast

Cheese Toastie	\$1.00
Hashbrown	\$2.50
Bacon and Egg Roll	\$6.00
Breaky Wrap	\$5.50
Bacon, egg, spinach, cheese, hashbrown & relish	
Ricotta Pancakes & maple syrup	\$4.00
Ricotta Pancakes \$ maple syrup	\$4.50
With seasonal fruit	
Yogurt cup	\$3.00
Greek yogurt honey and fruit (seasonal)	

First Break (Recess)

Muffin of the day	\$3.00
Turkish toasties	
o Ham and Cheese	\$5.00
o Chicken, Avocado & Cheese	\$5.50
o Cheese, Tomato, Ham	\$5.50
o Seasonal Vegetables	\$5.50
o BLT	\$5.00
Bacon lettuce and Tomato	
add Avocado + 50c (order only)	

Second Break (lunch)

Sandwiches/Wraps	
o Ham	\$4.00
o Chicken, lettuce & mayo,	\$4.50
o Cheese	\$4.00
o Egg and lettuce	\$4.50
o Chicken and seasonal salad	\$6.00
o Ham and seasonal salad	\$6.00
Pasta of the day	\$6.00
Rice, noodles, or pasta	
Soup of the day (seasonal)	\$5.00
Lasagna/Quiche (seasonal)	\$5.50

Specials

See Canteen board for Specials and package deals.
Prices as shown.

**Ordering recommended to avoid
disappointment.**

Both Breaks - Till Sold Out.

Chicken Burger	\$6.00
Chicken, lettuce, and mayo	
Cheeseburger	\$6.00
Beef and Cheese	
Beef Burger	\$6.50
Beef and seasonal salad	
Veggie Burger	\$6.00
Veggie paddy & seasonal salad	
Traveller Pie	\$5.00
Traveller Sausage Rolls	\$4.00
Sausage Rolls homemade	\$5.00
Spinach and ricotta Roll	\$5.00
Fruit cups (seasonal)	\$3.00
Custard (seasonal)	\$3.00

Drinks

Hot Drinks

Small \$5.00 Medium \$5.50 Large \$6.00

Cappuccino	Flat White
Hot Chocolate	Mocha
Latte	Chai Latte
Vanilla, Hazelnut, caramel +50c	

Cold Drinks

Large Water "Pump" plain	\$4.00
Large Water "Pump" flavoured	\$4.50
Small Water	\$3.00
Up and Go	\$3.00
Poppers	\$3.00
Ice Blocks	\$1.00

Small, flavoured milk	\$3.00
Chocolate, Strawberry	

Large, flavoured milk	\$4.00
Chocolate, Strawberry	
Coffee, Vanilla	

Milkshakes	\$4.00
Chocolate, Strawberry, Coffee	
Caramel, Vanilla, Blue Heaven	

Iced Coffee (seasonal)	\$6.00
Iced Chocolate (seasonal)	\$6.00