

**End of Term 3**

School finishes 1.20pm

Friday 20th September



# Linkup

## Manangatang P-12 College Newsletter

Respect

Relationships

Resilience

Responsibility

### KEY DATES

#### SEPTEMBER

- 9 GROWING COMMUNITY LUNCH
- 10 PUPIL FREE DAY
- 12 RUOK DAY
- 16 PRIMARY DIVISION ATHLETICS
- 17 FLYING BOOKWORM INCURSION
- 18 YR 9/10 WHITE CARD COURSE
- 20 END OF TERM 3



#### OCTOBER

- 7 TERM 4 STARTS
- 9 RUBICON MEETING
- 10 SECONDARY REGIONAL ATHLETICS
- 14 RUBICON CAMP

#### SEPTEMBER BIRTHDAYS

- 20 WILLIAM G
- 26 KONJOK
- 30 BILLIE

#### OCTOBER BIRTHDAYS

- 2 COOPER
- 10 EVIE
- 12 HARRISON
- 15 LILLY R
- 16 SUE
- 28 JIMMY

#### NAPLAN growth results

Recently the NAPLAN Relative Growth results have been made available to us. The Relative Growth Report shows the level of growth for each student relative to students that had the same NAPLAN score two years ago. This enables schools to make more informed judgements about a student's progress than can be achieved by just looking at the scaled score differences between testing periods. It was very pleasing to see that the percentage of students at Manangatang P-12 College with high relative growth. The table below shows our growth compared to similar schools, schools in our network and schools across the state:

Year Level	Test	Our school	Similar schools	Network	State
Year 5	Numeracy	100%	20%	23%	24%
Year 7	Reading	100%	21%	20%	23%
	Numeracy	80%	17%	13%	23%
Year 9	Reading	50%	26%	21%	24%
	Numeracy	67%	27%	25%	25%

#### Division Athletics

Congratulations to all of the secondary students who competed at the Division Athletics in Ouyen yesterday. You can read more about their achievements later in Linkup. Thank you to Sarah, Nic and Kaylene for supporting the students at the event.

#### Father's Day Breakfast

It was lovely to see so many families, particularly Dad's at our Father's Day Breakfast on Monday and have so many visitors join us for assembly after the breakfast. The community team was well represented for the 1% Club round!

Thank you to Rod and Donna McKenzie, Christian and Marney Rollinson and Robbie Thomas for all their work in preparing the breakfast and cleaning up afterwards.

#### Uniform

Just a reminder that students are expected to be in uniform. Running shorts, football shorts and leggings are not part of the uniform. Uniform items are available from the office if your child needs something. If your child is out of uniform for any reason, please remember to send a note.

#### Pupil Free Day

Next Tuesday (September 10) is a pupil free day. Staff will be working on developing aspects of their professional practice.

#### Preparing for grassfire and bushfire season

As we approach the warmer weather, it is a sad reality that bushfires and grassfires are a very real possibility. On days of catastrophic fire danger in our region, the school will be closed as per the Department guidelines. Should a school closure prove to be necessary, a post will be put out on Compass and home group teachers will be contacting parents and carers via text or phone. If notification of a closure is made on the day prior, a letter will be home with students, along with work for them to complete at home. Should you have any concerns or questions, please do not hesitate to contact me.

Have a great weekend!

Linda

# College News

## MERINO WETHER SHEEP CHALLENGE

This year the College accepted a place in the Inaugural Victorian Schools Merino Wether Challenge.

This required the looking after of six Merino wethers for a six-month period and then presenting them at a competition day. The sheep were all from a farm near Maryborough and were approximately 8 months old when we got them. There were 10 other schools from all around Victoria in the competition.

Our sheep arrived in March and from that time we had to prepare their paddock by building a hay feeder, erecting portable sheep yards and moving an older shelter into their paddock for weather protection. We also needed to provide daily feeding and attention to the sheep, clean the water trough regularly and make up bags of feed mix.

Part of the process was to tame the sheep, by putting harnesses on them and handfeeding. They did not like the leads and would often refuse to walk – sometimes even laying down and pretending to be dead. This process took a long time and even up to the day of the competition 2 wethers were still quite nervous in nature.

Tuesday the 27th of September we travelled to Clunes, near Ballarat, to attend the competition held at the Clunes Showgrounds. The sheep had to sleep overnight in pens and prepare for the judging, whilst we camped in a shed at the showgrounds to keep warm and protect us from the very strong winds.

On judging day, we had to put our sheep on scales to be weighed to get their carcass weight and then their fleece tested to get a micron value – this tells us how much the fleece would be worth.

Then it was on to judging. We had to get the sheep out onto a mat with all the sheep from the other schools (over 60 sheep in total). They had to line up and stand still for over 15 minutes while the judges gave them a score. Surprisingly our sheep were very well behaved for this part, with one sheep even falling asleep during the judging.

It was then onto the shearing. The sheep had to be walked to the shearing stand and then the fleece picked up and weighed.

At the conclusion of the of the event, judges added up the fleece value, best presented scores and carcass weight value to get a final score. The Grand Champion was won by Greater Shepparton Secondary College.

A highlight for us was our Group B sheep finishing 7<sup>th</sup> in the fleece value and Group A finishing 13<sup>th</sup> overall. We were praised for the sheep having nice strong wool.

The sheep were then sold and as part of the program profits from meat and wool sales will be divided between all competing schools to reinvest into the program for the future.

We would like to thank Danni Wilson from Tamaleuca Merino Stud for all her help. Danni assisted with drenching and crutching of the wethers and gave us lots of advice on how to best prepare for the competition.

During the program we sourced a uniform, which was an RB Sellers jumper and designed our own logo. Thank you to Lisa Carroll for putting the logos on the jumpers, there were many compliments on our uniform during the competition.

Thanks also to the Zanker, Arentz, O'Shannassy and Plant Families for donations of hay and lupins and Graincorp for the donations of barley. Also, to the Lehner family who often fed and checked on the sheep on weekends and school holidays.

Thank you to everyone who supported the dim sim lunches as that helped to reduce the costs of the camp.

Although it has been hard work, we were a little bit sad to see them go.

Merino Whether Challenge Team 2024

Caitlin, Jayda, Cooper, Jaxon, Chelsea, Zoe



# College News

## Wellbeing Update- Kim Critchley

**Breakfast Club** has a surplus of breakfast cereals, still in date. We have Weeties, Maple Crunch, Vita Brits and Cheerio's. Please help us out by taking a box or two, let me know and I will send home with your child. Alternatively you can collect at Parent Teacher Interviews when they are held this term?

**RUOK? Day** is fast approaching (September the 12<sup>th</sup>). RUOK? Day is a day to wear yellow and have meaningful conversations to ask everyone, RUOK?

How to ask for RUOK?

- **Ask RUOK?**
- Be relaxed, friendly and concerned in your approach.
- Help them open up by asking questions like "How are you going?" or "What's been happening?"
- Mention specific things that have made you concerned for them, like "You seem less chatty than usual. How are you going?"



**Healthy Headspace** had their first session last Thursday. Students from year 5 up were split into two groups to talk about the importance of sleep on our brain and how we learn, ensuring we develop healthy sleeping patterns. Students were given a handbook with the aims of the session to support the young person to:

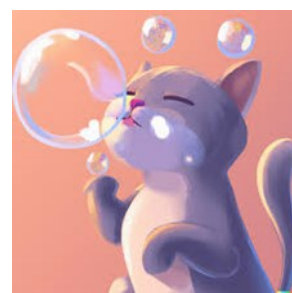
- Describe their sleep experiences and their own thoughts about what interferes with sleeping well.
- Normalise the challenge of sleeping well within the context of other stressors.
- Explain the importance of sleeping well. Explore their current sleep routine.
- Experiment with different ways of reconnecting to their physical selves in a positive way through relaxation, mindfulness and increased self-care.

I have attached the handouts for your interest.

This week will be focusing on PHYSICAL WELLBEING.

**Mindfulness activity** : Attached is a youtube link showing an activity you can do at home <https://www.youtube.com/watch?v=UEuFi9PxKuo>

You could also go outside and make bubbles. Your child/ren can blow with you or can pop them. What a great way to get kids to unwind after a big day. Lets face it, no one is too big to blow bubbles.



**Idea for Term 4.** I would like to establish a 'Walking School Bus'. For this to get up and running it will require parents to be involved. The school will support you in obtaining a 'Working with Children Check' and a Hi-Vis vest will be supplied. Please contact Kim or the Office by Friday the 13th of September if you would like to help.





# College News

## Secondary Division Athletics—Ouyen

There was spring in the weather and a spring in the steps of our students at Division Athletics in Ouyen on Wednesday.

We had 15 students represent the College in the track and field events and they all did well despite an interrupted preparation. They conducted themselves superbly, helping out when asked and reliably marshalling for events on time.

Some key results for our students included:

### 1st

Jordyn - Long Jump, Discus, 100m, Javelin (new record)

Zoe J - Javelin

Caitlin - Discus

Jayda - Long Jump

### 2nd

Maddi R - 200m, 400m

Zoe - Long Jump

Jordyn - Triple Jump, Shot Put, 200m

Jayda - Triple Jump, Discus, Javelin

Ethan - Discus

Cooper - Long Jump

Jaxon - Javelin

### 3rd

Maddi R - Long Jump

Chelsea C - Javelin

Ethan - Shot Put, Javelin

Jaxon - Shot Put

Jordyn had a very successful day. Her individual efforts, including a record throw in the Javelin, saw her win 15 year old girls Age Champion. Her throw of 27.97m eclipsed the record of 25.14m, set by Lusía-Maria Felise (Robinvale) in 2013. Jordyn had the home leg of our 16 girls relay team (with Jayda, Caitlin and Maddi) and produced a brilliant run to get the team over the line in first place. That was after an incredible sprint by Murrayville's Chase got our MMM 12/13 boys team (with Aidan and Jasper) the win by 0.2 seconds over St Mary's Robinvale.

We had the following placings in the Age Champions

Jordyn - 1st

Jayda - 3<sup>rd</sup>

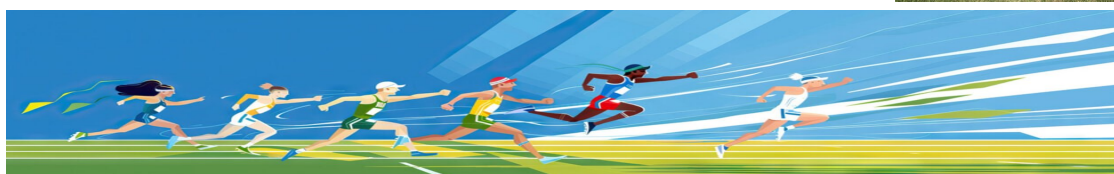
Maddi R - 3rd

Zoe J - 3rd

Congratulations Girls.

Our participants who finished first will get the chance to represent our Division at the Regional Championships in Bendigo on Oct 10th.

Thanks to the staff and parents who supported and transported the children and well done to the students on a successful day. Thank you to those students who travelled with us for support and to help at events. Thank you to Ouyen Secondary for hosting the event.





Help Us Clean-Up Manangatang and Celebrate RUOK Day

WEAR YELLOW

Thursday the 12<sup>th</sup> 12-1pm followed by a free Sausage Sizzle and games at the Park to celebrate from 1-2pm

Cupcakes will be on sale for \$2 each

We thank in advance

Headspace for joining us and SHRCC Youth Inc for assisting with donations of sausages and rubbish bags and gloves.

**SUNSMART**

**SMART**

**SUNSMART**

SMART icons: Brain, Gear, Lightbulb, Person, Gear, Brain, Lightbulb, Person

SUNSMART icons: Slop, Slap, Slip, Seek, Slide

sunsmart.com.au

Cancer Council Victoria

VICTORIA State Government

**Ask RUOK? ANY DAY**

Have a conversation using these 4 steps

- 1 Ask RUOK?**
  - How are you travelling?
  - You don't seem yourself lately - want to talk about it?
- 2 Listen**
  - I'm here to listen if you want to talk more.
  - Have you been feeling this way for a while?
- 3 Encourage action**
  - What do you think is a first step that might help you?
  - Have you spoken to your doctor about this?
- 4 Check in**
  - Just wanted to check in and see how you're doing?
  - Have things improved for you since our last chat?

Learn more at [ruok.org.au](http://ruok.org.au)



## Sleep Hygiene

Do	Don't
<input type="checkbox"/> <b>Go to bed at same time each evening</b> (ideally between 10pm to 11pm)	<input type="checkbox"/> Screens from media devices
<input type="checkbox"/> <b>Up at same time each morning</b> (ideally 6am to 7am)	<input type="checkbox"/> Reading
<input type="checkbox"/> Regularly <b>exercise</b> during the day (ideally in morning)	<input type="checkbox"/> Exercising within two hours of going to bed
<input type="checkbox"/> Regular <b>exposure to sunlight</b> during day	<input type="checkbox"/> Caffeine after 4pm
<input type="checkbox"/> Check bedroom <b>environment</b> (temperature, dark, quiet)	<input type="checkbox"/> Cigarette within an hour of going to bed (nicotine is a stimulant)
<input type="checkbox"/> Build <b>association between bed and sleep</b> (use bed only for sleeping)	<input type="checkbox"/> Going to bed too hungry or too full
<input type="checkbox"/> Build in <b>"wind-down" time</b> 30-60 minutes before bed	<input type="checkbox"/> Napping during the day or evening
<input type="checkbox"/> Specific <b>music</b> can induce brain waves that will induce sleepiness	<input type="checkbox"/> Worry about not sleeping
<input type="checkbox"/> <b>Imagine something pleasant</b> (distract your mind to avoid boredom)	<input type="checkbox"/> Avoid "clock-watching"

### Tips:

- > When lying in bed for more than 20 to 30 minutes:
  1. Get up
  2. Go to another room
  3. Sit quietly and do something non-stimulating (e.g. practice relaxation)
  4. Return to bed when you feel sleepy

MAY NEED TO REPEAT  
THIS SEVERAL TIMES FOR  
A FEW NIGHTS

thePsychcollective.com

JULY 2021

## CLEAR YOUR HEAD BEFORE BED

### The Sleep Equation

Sleep occurs when tiredness (sleep drive) is greater than the mental activation caused by all those problems and troubles on your mind. That activation results in psychological arousal which makes it harder to fall asleep.

$$\text{Sleep Drive} > \text{Arousal} = \text{Asleep}$$

$$\text{Sleep Drive} < \text{Arousal} = \text{Awake}$$

Sleep drive refers to the biological processes that make us feel sleepy, and involves adenosine, melatonin and our circadian rhythm. There are steps we can take to increase our sleep drive, such as practicing light hygiene, undertaking exercise, reducing caffeine and sticking to a regular bed and wake time.

Our arousal is how mentally awake we are. Stress, anxiety and activity keep us alert and thinking. This alertness is counter-productive at bed time. If our arousal exceeds our sleep drive, then we won't get to sleep.

Steps need to be taken that are deliberate and intentional before you get in to bed and optimise sleep. Calming the mind is crucial in preparation for a good night's sleep. If we are worried about sleep, then we're more likely to stay awake. This series of worksheets will help you to learn strategies for overcoming insomnia.

**So increase your sleep drive and reduce your arousal if you want to sleep.**

### Tired but wired

You know that feeling when you are lying on the couch watching TV and you start feeling sleeping, your head is starting to droop, your eyelids feel heavy, so you turn off the TV and climb into bed and all of a sudden your mind is completely awake and buzzing with a million different things? That is wired and tired.

**Tired body + Quiet mind = Asleep**  
**Tired body + Busy mind = Awake**

Feeling tired, but too wired to sleep occurs when your mind won't quieten down. When this happens, your mental arousal is exceeding your drive to fall asleep, keeping you awake.

When your mind is busy, such as when you are worrying, ruminating, trying to solve a problem or deal with a stressful issue you have a choice about how you deal with it. You can either keep ruminating over the thoughts or try to ignore the thoughts (how's that working for you?) or you can identify the thoughts and begin to address them head-on. Ideally in a structured way. The issues need to be named and a starting place on tackling them needs to be created. Get the thoughts out of your head by writing them down.

### Tired and calm mind

The more calm your mind is, the easier it will be to fall asleep. If you have thoughts and unresolved problems on your mind you will be less able to fall asleep.

Addressing these thoughts should be done before you get into bed, so that you don't reinforce the habit of worrying in bed. Ideally, sit down for an hour before going to bed, close your eyes and observe the thoughts that bubble up. If thoughts still arise when you get into bed, then get back up and work through them. The worksheet to guide you through this is over the page. The principle is easy as 1, 2, 3:

1

### DEFINE THE PROBLEM

Be as concise as possible in identifying what you're actually dealing with.

2

### ASSESS THE SOLVABILITY

Can you do anything about it? If not, declare it unsolvable.

3

### PLAN YOUR NEXT ACTION

Decide when you can act and when you will schedule it, then add it to your diary.

## School preparations for the bushfire season

Each year, we undertake a range of activities to ensure the safety of our school and to prepare for bushfires and grassfires.

An important part of this process is communicating to parents what will happen when certain fire danger ratings are issued to help ensure the safety of students and staff.



**Our school has been identified as being at risk of bushfire or grassfire and is a **Category 3** school.**

**Our school will close on a day forecasted as Catastrophic fire danger rating Mallee fire district.**

Closure of the school due to a Catastrophic fire danger rating will be enacted when the Bureau of Meteorology [forecast](#) and related public safety messaging are confirmed. Due to uncertainties in the forecast, the timing of this confirmation may vary. Information regarding potential or confirmed Catastrophic fire danger days will be communicated to you by Compass, Facebook, Email and SMS.

It is also important to be aware that:

- No one will be on site on days where the school is closed due to a forecast Catastrophic day.
- All bus routes that travel through the Catastrophic area will be cancelled.
- School camps will be cancelled if a Catastrophic fire danger rating day is forecast for fire weather district in which the camp is located, or if the travel involves passing through areas that have Catastrophic fire danger.

As part of preparing our school for the fire season, we have updated and completed our Emergency Management Plan and reprioritised any maintenance works that may assist in preparing for the threat of fire and cleared our facility's grounds and gutters.

### *What can families and the school community do to help us prepare?*

- Ensure we have your current contact details, including your mobile phone numbers.
- Keep in touch with us by reading our newsletters and by talking to your child's teacher or any other member of the teaching staff about our emergency management plan.
- Make sure your family's bushfire survival plan is up-to-date and includes alternative care arrangements if our school is closed due to Catastrophic fire danger. Further information can be found on the [CFA's website](#).
- Action your family's bushfire survival plan if your own triggers are met. Our school community may be spread out across many areas and some families may be at higher risk than others. Your family's safety is critical, so please let us know if you are actioning your bushfire survival plan and if your children will be absent on these days.
- If your child is old enough, talk to [them about bushfires](#) and your family's bushfire survival plan.

Families are encouraged to action their [Bushfire Survival Plan](#) on Catastrophic fire danger rating days in their district. The safest option is to leave the night before or early on the morning of the



# College News

Catastrophic day. On such days, children should never be left at home alone or in the care of older children.

You can find more information on emergencies, warnings and preparedness actions here:

- [VicEmergency](#) app – that can be downloaded on your android and iOS mobile devices
- [VicEmergency](#) Hotline (1800 226 226)
- Website <https://emergency.vic.gov.au>
- Facebook (<https://www.facebook.com/vicemergency>)
- Twitter (<https://twitter.com/vicemergency>)
- ABC local radio, Sky News and other emergency broadcasters

## Frequently Asked Questions

### *What is the department's policy?*

The Department of Education annually assesses the fire risk of all schools and early childhood services with the support of the Commonwealth Scientific and Industrial Research Organisation (CSIRO). They are allocated a category of risk (categories 0 to 6). Schools and services that are Categories 0-3 are published on the [Bushfire At-Risk Register \(BARR\)](#). Schools at some risk of bushfire and grassfire are published on the [Category 4 List](#).

The department's [Bushfire and Grassfire Preparedness Policy](#) requires all schools and early childhood services on the BARR and the Category 4 List to close when a Catastrophic fire danger rating day is forecast in their fire weather district. All school bus routes which travel in or through a district with Catastrophic fire danger must also be cancelled.

The policy also requires that schools at the highest risk of bushfire (those in Categories 0, 1 and 2 of the Bushfire At-Risk Register) enact pre-emptive action plans based on the fire danger forecast for their Local Government Area (LGA).

### *Who issues fire danger forecasts?*

The Bureau of Meteorology (BoM) provides public fire danger rating forecasts each day of the fire danger period using fire weather district areas. In Victoria, there are 9 fire weather districts, which are based on Local Government Area boundaries.

The department uses these forecasts when supporting schools to enact their pre-emptive bushfire actions plans.





# College News

## MANANGATANG STAR AWARDS

*Congratulations to the following students who received a Manangatang Star Award for their outstanding work and effort*

*Toby—Maths*

*Ethan—PE and Humanities*

*Xavier—Literacy*

*Jace—Numeracy*

*Zoe M—Literacy & Numeracy*

*Johnny—Numeracy*

*Will G—Numeracy*

*Riley M—Literacy*

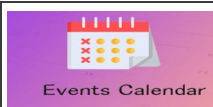
*Ingrid—Maths*




*Will L—Economics*

*Lilly R—Literacy*

*Chayse—Health*

*Amelia J—Maths & Economics*



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>September</b>	9 Growing Community Celebration Lunch 	10 <b>PUPIL FREE DAY</b>	11	12 <b>RUOK Day</b>	13
	16 Primary Division Athletics at Swan Hill	17 Flying Bookworm	18 Yr 9/10 White Card course	19 Library Van 	20 End of Term 3
<b>October</b>	7 Start of Term 4	8	9 Rubicon meeting	10 Secondary Regional Athletics	11
	14 Yr 9 Rubicon Camp	15 Yr 9 Rubicon Camp	16 Yr 9 Rubicon Camp	17 Yr 9 Rubicon Camp Library Van 	18 Yr 9 Rubicon Camp



# College News







## continue your journey

A FREE 2-week program playing mini matches and enjoying football in a fun and safe environment!  
For girls turning 7 - 12 in 2025.

### Central Rivers Junior Girls Under 12 Program

Monday 9th & 16th September  
5:00pm to 6:00pm  
Swan Hill Recreation Reserve



MADE FOR MORE

## Victoria Police Mildura Career Expo

Discover your policing career

Sunday 15 September 2024  
10am - 2pm  
Mildura Sporting Precinct  
684 Deakin Ave, Mildura

Victoria Police are hosting a Career Expo in the Western Region!

This is your opportunity to speak with current members from all over the region, including our recruitment team to learn exactly what life is like on the job and hear all the tips and tricks you need to help you complete a successful application.

There will be some information sessions throughout the day, focusing on the recruitment process and training requirements. Further information about times of these sessions will be released closer to the event, so keep an eye out!

There will also be a range of vehicles on display where you can jump in the front seat and get a feel of what life may be like once you are successful in the application process. We also have a range of specialist units attending on the day to provide you advice on career opportunities once you have completed your 2-4 years in general duties.

If you are considering a career as a Police Officer, currently in the recruitment process, or are interested in finding out more information about the different career pathways available at Victoria Police then this is a must-attend event for you.

You must register to gain entry to this event. Tickets will be scanned upon entry.

To find out more about the role of a Police Officer visit [police.vic.gov.au/police](http://police.vic.gov.au/police)



Scan the QR code to register

Victoria Police Recruitment Team 8am - 4pm (Monday to Friday)  
(03) 8335 5003  
[policecareers-mgr@police.vic.gov.au](mailto:policecareers-mgr@police.vic.gov.au)

Authorised by the Victorian Government.  
Tasmanian Police, Melbourne



## L2P DRIVER MENTORS NEEDED!

ARE YOU INTERESTED IN HELPING YOUNG PEOPLE WITHIN THE COMMUNITY GET THEIR P PLATES!?

### FREE MENTOR TRAINING

WHEN: SUNDAY 15TH OF SEPTEMBER 2024  
TIME: 10AM - 2.00PM (MORNING TEA & LUNCH PROVIDED)  
WHERE: MURRAY MALLEE LLEN OFFICE  
(73 BEVERIDGE STREET, SWAN HILL)



RSVP by 13th of September for catering purposes to:  
Genna King (Swan Hill) (03) 5033 2017 or email [l2padmin@mmlen.com](mailto:l2padmin@mmlen.com)  
Mark O'Dowd (Kerang) 0473 545 482 or email [l2p2@mmlen.com](mailto:l2p2@mmlen.com)



Department of Transport

ARTS MILDURA PRESENTS THE

# ZEST

## SHORT FILM COMP

DEADLINE OCT 15 2024  
CALL OUT FOR SHORT FILMS 2-3 MINUTES LONG  
COMPETITION THEME THIS YEAR - WATER

DETAILS HERE

CREATIVE VICTORIA MILDURA FILM SOCIETY VicHealth

# College News

## Lost Property

There are quite a few jumpers, hats and other personal items (lunchboxes) being found in the yard and left behind in classrooms. **It is easy to return items when they have been labelled.** To help staff return items, can you please ensure that all personal items have a name on them.

Could parents please check their child's clothing labels for names as some uniforms have gone missing at the pool and in the schoolyard.



Dear Parents/Carers

If your child is feeling unwell or has cold-like symptoms please keep them at home.



***Manangatang P-12 College acknowledges Aboriginal and Torres Strait Islander peoples as the first peoples and traditional custodians of the lands where we live, learn and work.***



## MANANGATANG MARKET & TAKEAWAY

### WEDNESDAY LUNCH ORDER MENU

**TO ORDER: Ring 0475 434 714**

**PLEASE NOTE: \* Some prices have increased \***

Payment can be made directly to the shop or sent into school in a clearly labelled envelope

### HOT FOOD

Chicken Nuggets & Chips \$6.00

Chicken Strips – each \$2.00

Loaded toasted sandwich \$7.00

Pie, Pastie, Sausage Rolls \$5.00

Crinkle Cut Chips \$2.50

### SANDWICHES & WRAPS

Ham or Chicken Salad Sandwich \$6.50

Ham or Chicken Salad Roll \$7.50

Ham or Chicken Salad Wrap \$10.00

Sandwich – 2 fillings \$5.00

Extra fillings \$0.50

Fillings: chicken, ham, cheese, lettuce, carrot, tomato, onion, beetroot

### DRINKS

Fruit Box \$2.50

Nippy Milk Box \$2.50

Oak Milk 750ml \$5.50

Sparkling Water \$2.50

Water \$2.00



**Manangatang P-12 College**  
4105 Mallee Highway, Manangatang  
Victoria 3546

Phone: 03 5035 1270

Fax: 03 5035 1244

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

[www.facebook.com/manangatangp12](https://www.facebook.com/manangatangp12)

E-mail: [manangatang.p12@education.vic.gov.au](mailto:manangatang.p12@education.vic.gov.au)