

TERM 1, WEEK 2
Wednesday 5 February 2020

SCHOOL TIMETABLE

8:20am

Morning supervision

8:30am-8:45am

Bag Unpacking

8:50am

Morning bell

10:40am—11:10am

Recess

12:50pm-1:30pm

Lunch

3:00pm

Dismissal

3:00pm—3:30pm

Afternoon supervision

STAFF DEVELOPMENT DAYS

Term 2

Monday 4 May

Term 4

Thursday 17 December

Friday 18 December

*St Monica's
Welcome BBQ*

*Friday
7 February 2020*

*6:00pm—7:30 pm
All welcome*

*RSVP by
Wednesday
5 February*



Monica's Matters

Web: www.stmonicasparra.catholic.edu.au
Email: stmonicasnparra@parra.catholic.edu.au

Phone: 8832 4100
Fax: 9683 4984

Dear Parents/Caregivers and Friends,

Thank you so much for the warm welcome I have received at St Monica's. I had heard wonderful things about the community here and I have been blessed to find this week that each of those things have been true. I have experienced kindness, generosity, patience, warmth and sincerity from the students, staff, families and community of St Monica's.

I look forward to meeting more of the community at our Opening School Mass on Thursday at 9:15am, our Welcome BBQ on Friday from 6pm and our Information Night in Week 4.

Welcome to our new students and their families

Baydon Alley, Sofia Arbulu Caycho, Christian Azar, Aiva Bernardez, Joshua Boutros, Olivia Brooke, Jasper Corin, Oliver Cox, Phenicia-Grace Dankwa, Noah Doolan, Keira Filgate, Domenic Galati, Matina Haramis, Jonathan Hekeik, Elise Inigo, Aarna Jagasia, Pablo Jimenez, Giada La Macchia, Wo-Hing Emmanuel Lim, Gregory Markarian, Grace Meale, Will Michael, Cassiel Moncada, Mateo Nabua, Dominic Perera, Lucas Siemsen, Lottie Stewart and Liam Szymanski

Ethan and Oceann Gan, Jaylen and Tahlia Brohier, Selini Tissatheja and Michael Godfrey

Happy Lunar New Year 2020 - The year of the rat!



The Rat is the first of all zodiac animals. According to one myth, the Jade Emperor said the order would be decided by the order in which they arrived to his party. The Rat tricked the Ox into giving him a ride. Then, just as they arrived at the finish line, Rat jumped down and landed ahead of Ox, becoming first.

The last Year of the Rat was in 2008 when many of our Year 6 students were born. People born in the Rat year are likeable by all. They are sensitive to others' emotions, but can be stubborn! They have kind personalities and are clever, quick thinkers. Because of their independence and imagination, they are suitable for creative jobs. These include authors, editors and artists. Rats also pay attention to fine detail, which means they are suitable for technical work, such as engineering and architecture.

I can't wait to see these attributes in action in Stage 3 this year!

Yours sincerely,

Lisa Howell
Principal

Ruby Graham - Ambassador

2020 - The start of a new exciting school year here at St Monica's. I am one of your Ambassadors along with Simon and we are looking forward to leading our school into the new decade.

Here is some information about me.

My hobbies- I absolutely love to dance. I have been dancing since I was 4 and it's something I work very hard at. Dancing doesn't always come naturally to me but I enjoy the hard work and persistence. I have gained confidence and strength that I use in all areas of my life. Horse Riding is something I also enjoy, particularly when I can go on trail rides with my Dad.

My Favourite Subject- Religion is a great subject. I have always loved learning about God and his stories that we read in the Bible. I love learning more about God and how his word can help me live my life. My other favourite subject is English. I love writing and being creative with narratives. I love how in English we always have to learn more and more about the text we are writing.

What I love about St Monica's- St Monica's has been more than just a school, it is home. The teachers are so helpful and understanding and push you to be the best you can. We are so fortunate to be able to attend a school that pushes the boundaries for learning and I love the open classroom. St Monica's has given me so many wonderful friendships which I am sure will follow through into my high schooling years and beyond.

My Goal for 2020- As I said last year in my speech "We are the heroes", I want to aim for us all to be heroes. This might mean being kind to someone, following the school rules/values or doing your best. I want to encourage us to be good examples of people living our faith and I hope this year you can be the best YOU!



Simon Forsyth - Ambassador

My hobbies: I love playing sports every year. The sports I love doing are swimming, rugby league, soccer, athletics and cricket. These sports help me with leadership skills. I have good strong relationships with my teammates. When I am outside I am always trying to improve my skills in each sport, I love learning new skills and getting better

My favourite subject: My favourites are religion and English. What I love about English is identifying key parts of a story like sophisticated language, connections. When I am doing English I feel like I am always involved and always exploring more about the story or film. Religion helps me to be more like Jesus and be a better leader. I like exploring what Jesus did and what happened during his life.

What I love about St Monica's: St Monica's is more than just a school - The teachers and students are always there when you need them. We are learning new things in different subjects which is fun. The support from the teachers is always motivating us to do better and learn new things. Our school is trying to help this environment and world with things like Waste Free Wednesday, The Social Justice team and more.

My Goal for 2020: For 2020 I am trying to make everyone feel comfortable at St Monica's and for me to set a good example for the Parents, Teachers and students. I wish to be looked as an Inspirational, respectful and Intelligent leader for this school



Charli Meldrum - SRC Leader

Hello and Welcome to this new school year, I am excited to be your new SRC Leader along with Charbel Sadek and our Ambassadors Ruby Graham and Simon Forsyth. I can't wait to see what is ahead of us in this school year. This is what I have written for all of you to see. Enjoy!

My hobbies- My hobbies include Bush/coastal walks and have loved them ever since me and my family began, we then went overseas and found it extremely fascinating. Also for a very long time I have loved learning about new cultures and part of that is the language which I find very interesting.

My Favourite Subject- My favourite subject is Science, History and Geography but at this amazing school we have one subject for all those things... PBL. PBL is such an interesting subject and it is always surprising every time. PBL has things from Videos to Podcasts in the funniest ways. That's why PBL is my favourite subject.

What I love about St Monica's- Even though I have only been at St Monica's a short time it's been nothing below spectacular, the teachers are very intelligent and teach you in new ways giving you a great understanding of all subjects. Not only that but the classrooms are open and comfortable, the perfect place to learn.

My Goal for 2020- **the goal I am going to strive to achieve is a more eco friendly St Monica's and come up with a handful of fundraisers and activities to help control the horrible bushfires destroying our once green bushland. So as we are part of the community we all need to do our part.**



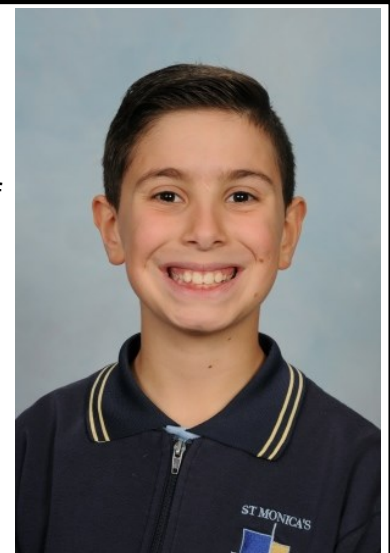
Charbel Sadek - SRC Leader

My Hobbies - I have many things of my interest such as Youtube, Fortnite and I love soccer. I play rep soccer for my soccer club Rydalmere lions. I've also played in the Youth Premier League, one of the highest tournaments in Sydney. I play as a Goalkeeper for my soccer club as well.

My Favourite Subject - I have two favourite subjects which are English and Project Base Learning. I enjoy English because in writing times I can let my imagination go on the page or on the screen. I like PBL because I get a chance to cooperate with others that I have and haven't worked with before. PBL also helps me to learn about things happening in the world.

Why I love this school - I love this school because the school is filled with joyful, kind, trustworthy and fair people. I also like how they solve situations on the playground and in the classroom.

My goal for 2020 - My goal for 2020 is to be the best I can be as an SRC Leader. My goal is to be a role model to the younger kids and telling them what is wrong and right. I want to lead this years students to be best they and the school can be.



Welcome to all our new staff

- **Mrs Mary-Anne Stenning—Assistant Principal**
- **Miss Jowelle Chahine—Early Stage One**
- **Mrs Lauren Hartz—Stage 2**
- **Mrs Ivana Algeri—Stage 3**
- **Mrs Nerida Samaha—Learning Support / Release Teacher**
- **Mrs Emma Eastman—Japanese Teacher**

Communication Framework

Whom to speak with	When it is about.....
Administration Officer Jacqueline Abood	General enquiries, school communication, enrolments, appointments, Student Banking, medication, First Aid, late arrivals.
Finance Officer Lata Rebello	School Fees, purchasing and payments, Assets, First Aid
Classroom Teachers	Any issue relating to classroom and teaching and learning (including outside of school that may affect your child whilst at school) Friendship issues or playground matters
Diversity Leader Tracie Hope	Reading Recovery Any concerns about your child's learning development including medical issues (after speaking with class teacher). Copies of reports from outside agencies i.e. learning/behaviour/medical. Personalised Plans.
Library Rita Davino	Any issue pertaining to the library including borrowing and book covering.
Leadership Team	Support for any social, emotional and /or behavioural concerns (after speaking with class teacher). ES1 and Stage 1 Mary-Anne Stenning Stage 2 Lauren Hartz Stage 3 Angela Wedesweiler
Lisa Howell (Principal)	Policies and Procedures or when you are unsure of whom to speak with or when you feel you may not have been heard by someone else Complaints/Concerns Child Protection
Mary-Anne Stenning (Assistant Principal)	Issues relating to curriculum and transport Pressing matters in Lisa Howell's absence.
Angela Wedesweiler (Religious Education Coordinator)	Any issues relating to Religious Education (programs, Sacramental programs) Social Justice
Lauren Hartz (Leader of Learning)	Numeracy K-6 Sport

Skoolbag

IMPORTANT NOTICE

Parents are advised that all communication is delivered via the Skoolbag app. If you have not yet downloaded the app, please do so immediately as this is our primary source of communication with parents. [Skoolbag app instructions](#)

Every learner, every day

Attendance at school has a direct impact on a student's academic success. Families play a key role in ensuring that their child/children come to school every day.

Some absences are unavoidable due to health problems or other circumstances. However, when students miss too many days from school it can cause them to fall behind academically. Absences can add up very quickly and if a student is away one day a fortnight they would in fact miss one month of school (20 days).

If your child is absent from school a letter addressed to your child's teacher is required on the day that they return to school.

We want every student at St Monica's to be successful at school and we know you do too. If parents have a problem with their child attending school regularly, please let us know. We will support you and work together for a solution.

Keeping the students safe

Every day our external school gates are locked to keep all our students and staff safe. This ensures that all visitors to our school report to the school office before entering the school grounds. Last year a camera was installed at the office gate as extra security.

The external gates are locked after all parents leave the school after morning assembly and a chat with other parents. The gates and the car park double gates are reopened at 2:45 pm. Parents arriving at this time are able to leave their car on the line and interact with other parents until dismissal time at 3:00 pm.

Dealing with playground issues

Please go through the correct channels when an issue arises concerning your child and another student. Let matters relating to children be dealt with at school by our staff. Please do not approach children or parents when an issue occurs. Approaching someone else's child translates into a Child Protection issue that can be avoided if the issue is brought to the attention of the child's teacher or a member of the School Leadership Team.

Afternoon Car Line

To assist the teachers on duty each afternoon please display your family name card clearly under the driver's sun visor. This assists teachers in locating the students quickly.

Mathematic Assessment Interviews (MAI)

Thank you to all the parents who were able bring their child/children along to the MAI last week.

We are currently completing assessments and have started to analyse the results to inform our teaching in numeracy.

Parking

Parents are reminded to please be respectful and considerate of our neighbouring businesses and refrain from parking in their driveways when dropping off or picking up your children.



2020 School Term dates

Term 1	Tuesday 29 January—Thursday 9 April Good Friday - 10 April 2020
Term 2	Monday 27 April - Friday 3 July
Term 3	Monday 20 July - Friday 25 September
Term 4	Monday 12 October - Wednesday 16 December

Staff Development Days

Every school receives six days for professional learning during the year.

Term 1	Tuesday 28 January and Wednesday 29 January
Term 2	Monday 4 May
Term 3	* An additional day in Term 3 is yet to be decided
Term 4	Thursday 17 December and Friday 18 December

Newsletter dates for Term 1

The school newsletter will be published fortnightly on the following Wednesdays in Term 1:

5 February	(Week 2)
19 February	(Week 4)
4 March	(Week 6)
18 March	(Week 8)
1 April	(Week 10)

Sport Uniform Days—Term 1

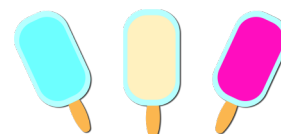
Students are to wear their Sport Uniform every **Friday** in Term 1.

Dance Fever– Athletics Programme

Our Dance Fever programme will commence this **Friday 7 February**. Students are to wear their sport uniform.

Ice Blocks

Ice blocks will be sold at lunchtime during Term 1. **50 cents each.**



Late arrivals procedure

Any student who arrives after the morning bell (8:50 am) **must attend the office with a parent** to be signed in.

Students who attend the office, without a parent, will be given a red late arrival slip which is to be given to the teacher. A Late Arrival Note will be sent home with your child. Please complete the note and return it to the office the next day so that your child's attendance record can be updated.

Late arrivals / absences are recorded as "Unexplained" until we receive written notification from parents. Thank you for your co-operation.

Anaphylaxis / Allergies—Food Awareness

A number of students at school suffer from anaphylaxis and allergies. In order for us to provide for the needs of all our students we ask that you **only send food to school** that is **nut free**. Thank you for your co-operation.

Pow Wow

Pow Wow (playgroup for pre-schoolers - 5 years) is held in the Community Room each Thursday morning during school terms between 9:00am - 10:00 am. Parents or grandparents have an opportunity to meet new friends over morning tea while the children play.

If you and your child/children would be interested in Pow Wow please inform the school office. All parents/carers who attend Pow Wow are required to sign in at the school office.

Spare Underwear / Socks

IMPORTANT NOTICE

All students (K-6) are requested to have a **spare pair of underwear (and socks K-2)** in their school bag. The school office has a very limited supply of underwear / clothing and sizes are mainly 4-6. If your child does borrow clothing from the school office, kindly launder it and return as soon as possible. Thank you for your co-operation.

School Lunches —Plastic Forks / Spoons

If your child requires a plastic fork/spoon to eat their lunch, *please ensure that you pack one in their school lunchbox. Please note that supplies of these items are not kept at the school office*



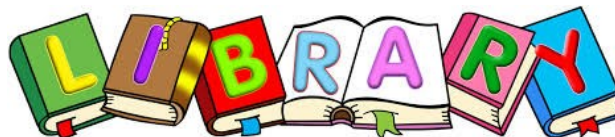
**HAPPY
BIRTHDAY**

Happy birthday to the following students and staff who celebrated birthdays in January.

Siria Mondinelli	Archie Levins	Alicia Youssef	Aiva Bernardez
Caleb Caga-Anan	Christian Azar	Iryssa Alley	Mason Nader
Margarita San Juan	Deihl Peter Talampas	William Stewart	Noah Day
Joshua Chandra	Laila Kula	Pablo Jimenez	Jadon Kim
Elizabeth Toman	<i>Staff: Miss Chahine, Mrs Rebello and Mrs Samaha</i>		

Happy birthday to the following students who celebrate birthdays in February.

Aarna Jagasia	Philopateer Toma	Giselle Heathcote	Sarah Vasanth
Aaliyah Assaf	Mathew Dretvic	Maureen Haddad	Annria Jeenson
Lucas Siemsen	Tiffany Do	Jonathan Cong	Keiralee Cosmai-Galvin
Noah Abi-Daher	Cody Wylie	Will Michael	<i>Happy Birthday</i>



LIBRARY TIMES: Monday-Thursday: 8.30am-8.50am

(OPEN TO ALL CLASSES)

Extra Borrowing Times:

Monday: YEAR 2 Recess

Tuesday: YEAR 1 Lunch

Wednesday: STAGE 2 & YEAR 5 Recess

Thursday: ES1 & YEAR 6 Lunch (storytime)

Please encourage your children to come & visit the library -

We have a great range of books to borrow and a "bee sting" is given when books are borrowed and then returned!

Our library monitors & Mrs Davino are in the library during these times to help any students.

The St Monica's message bag or a material/cloth bag can be used to protect borrowed books.

Our **library monitors** this semester are:

Manuela Salib (S2), Helen Elias (S2), Nina Talty (S2), William Stewart (S2),
Calista Soriano (S2), Tiara Arredondo (S3), Ashleigh North (S3),
Parmida Foroutan (S3), Jessica Chandra (S3), Charlize Cooper (S3),
Theo Choi (S3)

*** Assistance with Book covering ***

Any new books that need covering will be left near the doors of the student entrance foyer in the office & all contact/plastic is supplied.

Your help is greatly appreciated!

If any parents would like a 'book covering lesson' please contact Mrs Davino



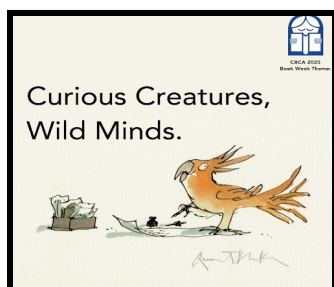


Some exciting things to look forward to this year:

Book Fair: Term 1 (March 2nd - 4th)
"Enchanted Forest: Enter the magical and enchanted world of reading!"



There will be a great selection of books to buy and every purchase will directly benefit the school. More details to follow.

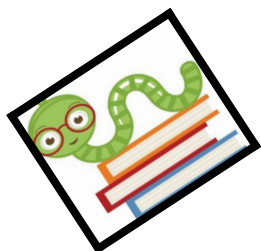


CBCA Book Week (Term 3 Week 6)
August 24th - 28th

This year's theme: "Curious Creatures, Wild Minds"

There will be lots of exciting events for our students to enjoy...more details to follow!

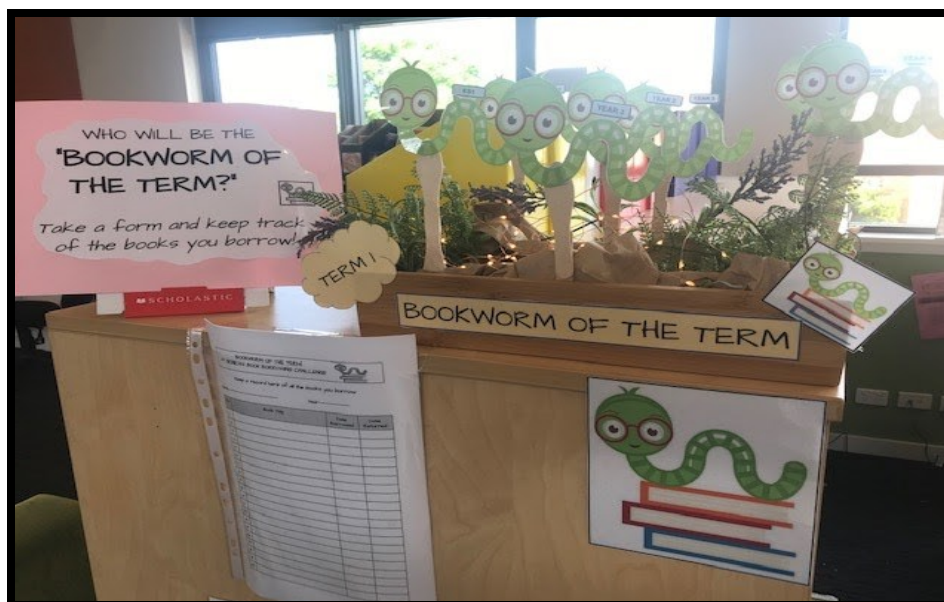
BOOKWORM OF THE TERM



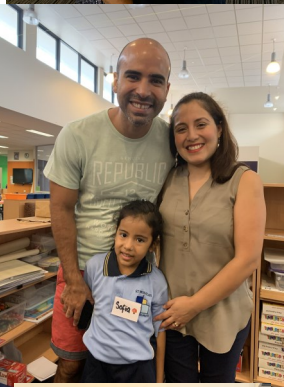
Each term we will be looking for the student in each class who borrows & reads the most books from the library.

That student will be crowned the
"Bookworm of the Term".

These students will win a prize and have their name & face displayed on our Bookworm Farm in the Library



Welcome to our Early Stage One Students!!



Welcome back to School!!
Our First School Assembly for the year!



Good luck to our St Monica's students who commenced Year 7 last week.



St Monica's Primary School

Open Morning for Kindergarten 2021 enrolments

Thursday 5 March 2020

Principal Talks at 9:15am and 9:45 am followed by School Tours for new families.

Please register your attendance by calling our school office on 8832 4100.

Term 1 Important Dates

Please make a note of important upcoming dates and events for this term.

Week 2

Thursday 6 February 9:15am Welcome Mass - Student Leaders receive their badges

Friday 7 February Dance Fever Athletics commences (Sport Uniform)

Welcome BBQ 6:00pm - 7:30pm

Week 3

Wednesday 12 February Student Banking recommences
Zone Swimming Carnival - Mount Druitt Pool

Friday 15 February Dance Fever Athletics (Sport Uniform)

Week 4

Monday 17 February Morning Tea for Mr Davidson (Staff and Students)

Wednesday 19 February **Parent Involvement Committee Meeting** **Time: 5pm** (Learning Space)

Parent Information Night (Learning Space)

Infants (K-2) **6:00pm - 6:30pm**

Primary (3-6) **6:30pm - 7:00pm**

Thursday 20 February Diocesan Swimming Carnival - Blacktown Pool

Friday 21 February Dance Fever Athletics (Sport Uniform)

Week 5

Tuesday 25 February Shrove Tuesday

Wednesday 26 February ASH Wednesday

Thursday 27 February School Photographs

Friday 28 February Dance Fever Athletics (Sport Uniform)

Welcome BBQ

Our Welcome BBQ will be held this **Friday 7 February** commencing at **6:00pm** and concluding at **7:30pm**. For catering purposes we request that you return the RSVP by this afternoon (Wednesday 5 February). Everyone is welcome to attend.

✂ _____

Welcome BBQ

RSVP by this afternoon (Wednesday 5 February 2020)

Family Name: _____

Number of Adults: _____

Number of Children: _____

Please tick: ☐ **Vegetarian option is required** ☐ **Gluten Free is required**

SCHOOL UNIFORM

Parents are required to purchase all school clothing items through **Oz Fashions**.

Oz Fashions is located at: 115-127 Parramatta Road, Granville
Phone: 9897 3121

Opening Hours:
Monday-Friday 9:00am - 5:30pm Saturday 9:00am - 4:00pm

Parking is available on site.

<http://www.ozfashions.com.au>

Strive for Higher Things at Catherine McAuley Westmead



Enrolling now for 2021 - Applications close 27th March 2020

OPEN EVENING Wednesday 4th March 2020 4pm - 7pm

Catherine McAuley Westmead, 2 Darcy Rd, Westmead | www.mcauley.nsw.edu.au



Child Protection Requirements

*All Parent Volunteers / Helpers are required to complete the following Child Protection requirements **prior** to assisting in the classroom or on excursions ('Building Child Safe Communities—Undertaking for Volunteers')*

These can be accessed by visiting the Catholic Education Diocese of Parramatta homepage
<http://www.parra.catholic.edu.au> then scroll down to
'Volunteers and Contractors – click here'

- **Volunteer Form**
- **Online Training Module (every two years)**

Please contact the school if you require any assistance.

We thank all volunteers for their continued support.



Welcomeasy—Summer Menu 2020

COLD Specials R: \$10.00 (L: +\$2)

Includes fresh seasonal fruits!

WED ONLY

Seared Salmon Nigiri (GF)

Freshly cut salmon topped with teriyaki sauce and mayonnaise seared to a lightly charred finish. Served (R) 4 pieces and (L) 6 pieces.

Hurry - Limited availability!

THURS ONLY

Salmon & Avo Roll (GF)

Freshly cut salmon with avocado rolled inside out. Served (R) 6 pieces and (L) 9 pieces.

Hurry - Limited availability!

HOT Specials R: \$7.00 (L: +\$2)

Includes fresh seasonal fruits!

MON & TUES ONLY

Gourmet Pastries

Made fresh with goodness specially for the little ones

- Beef or Chicken Vege Pie
- Sausage or Spinach Ricotta Roll

Served (R) 2 pieces (L) 3 pieces.

THURS & FRI ONLY

Chickee Bites (GF)

Fried fresh chicken marinated in our secret soy and honey sauce with crunchy coating, served with rice.

Add Sauce: Tomato (GF), BBQ or Mayo (GF) (+\$0.50)

Welcomeasy (.we.) are a family owned and operated business specialising in healthy (nut free) children's meals.

.we. are passionate about a healthy lifestyle for children and are committed to working together with you to benefit your school community.

.we. acknowledge the important role that nutritious food plays in the growth and development of children and are therefore committed to providing students with a variety of fun & healthy menu options every day. All ingredients are carefully selected for high sources of nutrients whilst limiting saturated fat, sugar and salt intake and ensuring that it's delicious to eat!

HOW TO ORDER

Order through our website till 10:59PM for delivery next school day #welcomeasylife ☺

Single meal order is available or SAVE up to 30% on your meals by subscribing to a 3-day or 5-day meal, drink and snack plan.

Note: (R) denotes Regular meals and (L) are for Large.



SUMMER Menu



Welcomeasy

Healthy communities through meals

www.welcomeasy.com.au

ask@welcomeasy.com.au

Find us on f @Welcomeasy

Sandwiches & Salad Meal Pack

Sandwiches (GF) \$4.00 (+\$1.50)

Wraps (GF) \$6.00 (+\$1.50)

Garden Salad (GF) \$5.50

Includes fresh seasonal fruits!

Basic Sandwiches (Smooth Wholemeal or GF)

- Vegemite, Ham, Cheese, Jam or Egg Mayo *NEW*

Wraps

(White, Wholegrain or GF)

- Ham, Cheese & Tomato
- Chicken, Lettuce & Mayo
- Egg Mayo & Salad *NEW*
- Tuna Mayo & Salad
- Cheese & Salad



Kids Garden Salad (GF)

(Lettuce, carrot, tomato and corn)

- Add: Pasta or Cheese (+\$1.00)
- Add: Chicken or Tuna (+\$1.50)

Sushi Variety Packs

Mini Rolls 8pcs (GF) \$7.00 (+\$1.50)

Sushi Wrap (GF) \$5.00 (+\$1.50)

Includes fresh seasonal fruits!



Mini Sushi Roll

Healthily balanced sushi pack with teriyaki chicken, tuna mayo, avocado and cucumber rolls (2 of each kind). Perfect finger-sized meal. (GF Available)



Sushi Wrap *NEW*

- Tuna & Avocado
- Teri Chicken & Avo
- Schnitzel & Avo
- Avo & Cucumber
- California

Seasonal Special R: \$7.00 (L: +\$2)

Includes fresh seasonal fruits!

WED ONLY

Classic Mini Burger

Toasted Soft buns topped with lettuce and choice of sauce. (GF Available)

- Angus beef w Tomato
- Chicken Schnitzel w Mayo
- Vegetable Pattie w Tomato



HOT Favourites From \$5.50 (L: +\$2)

Includes fresh seasonal fruits!

Penne Pasta with:

- House-made Bolognese Sauce
- Vegetarian Bolognese
- Meatball Bolognese (Kids fav!)



Fried Rice (Chicken or Vegetarian)

Mild Butter Chicken w Rice *POPULAR*

Fried Noodles (Chicken or Vegetarian)



WEBSITE ONLY!

Visit our website for our fortnightly fresh, exciting and fun Chef's specials!

SUGAR FREE-ZIES! \$2.00

Frozen 100% Natural Icy Poles

A treat for the kids without the GUILT!

* \$1 if purchased with any meals *



Snack Bag \$4.00

Includes mixed fruit snack!

Crunchy Vege Mix (GF)

Welcomeasy Mixed Berry Yoghurt Cup (GF)

Edamame or Corn Cob (GF) ★★

Baked Mini Pretzels Or Crunchy Rice Bites

NEW Home-made Mango Pudding 🍌

Fresh Muffins - Cocoa or Banana Bread (GF)

Creation*Fresh Organic Popcorn (GF)

Drinks (Served chilled)

Pure Spring Mini Bottled Water \$1.90

Milk

Full Cream, Chocolate, Strawberry \$1.90

Soy Drink

Original, Chocolate \$2.50

Organic 100% Juice

Apple, Orange, Apple & B'currant, Tropical \$2.50

Coconut Water \$2.50



Healthy communities through meals

SAVE up to 30% with a 3-day or 5-day meal, drink & snack plan subscription

Please check our website for allergens and dietary details of what's inside all meals.



welcomeasy.com.au

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