



# Kororo Public School

# NEWSLETTER



Week 5 Term 1 - 24th February 2021

Hello Everyone!

**Our student attendance goal for 2021 is 85% or above for all students.**

## **The Importance of Attending School**

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

## **What if my child has to be away from school?**

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- \* being sick, or having an infectious disease
- \* having an unavoidable medical appointment
- \* being required to attend a recognised religious holiday
- \* exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within **7 days** you provide your child's school with a verbal or written explanation for the absence. If the school has not received an explanation from you, the school will contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

Absences are recorded on Student Reports and students will be recognised for 100% attendance and will receive a Star Pupil Award. Classes will also continue to be rewarded on Friday assemblies for the best attendance record for the week.

## **Travel**

Families are encouraged to travel during school holidays. If travel during a school term is necessary, the Application for Extended Leave - Travel form will need to be completed. This form is available from the school office. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods of over 50 school days. This should be discussed with your child's principal.



At Kororo School we are **RESPECTFUL SAFE ENGAGED**



## **The importance of arriving on time**

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day.
- Helps students learn the importance of punctuality and routine.
- Gives students time to greet their friends before class.
- Reduces class disruption for all students' learning.

Lateness is recorded as a partial absence and must be explained by parents.

**It is a legal requirement that you must accompany your child/ren to the office to explain their reason for being late. However, due to the current COVID-19 guidelines, it is also satisfactory if you call the office from the carpark as you drop off your child.**

If you do not do this, your child will be marked as unjustified.

**If a student misses as little as 8 days in a school term, by the end of primary school they'll have missed over a year of school.**

## **What might happen if my child continues to have unacceptable absences?**

It is important to understand that the Department of Education may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

One of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

## **Working in Partnership**

The Department of Education recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school. We look forward to working in partnership with you to support your child to fulfil their life opportunities.

## **Uniform**

Thank you everyone for ensuring students are wearing the correct uniform and are prepared to engage in a day of learning every day. We are very proud of our school uniform and it helps us all work together to achieve our goals. It gives a real sense of belonging and pride to be part of the school community where we value each other. Please avoid buying socks with large emblems and brightly coloured joggers. Our boys' socks are grey and girls' socks are white and our shoes are black with black laces. Remember to write your child/rens' name on their jumper/jackets and hats.

## **Medical**

During the term students who have been identified by their parents as having medical needs will be receiving a form to update their requirements. This form is a Department of Education form that schools require to be completed in order to complete Health Care Plans for students. We are in the process of updating our forms and systems. Please complete the forms as soon as possible and return them to ensure our students are safe.

Enjoy your week!

Leonie Smith

# DEPUTY'S REPORT by Mel Fenton

## Swimming Carnival

The Kororo Public School Swimming Carnival held on Wednesday 10<sup>th</sup> February at Coffs Harbour Memorial Pool was a day of fun and competition. The students all showed fantastic sportsmanship. Thank you to the many wonderful parent helpers that assisted with duties on the day. Miss Shipman placed a great deal of hard work into ensuring the event's success, and I would also like to thank her for all her hard work. This year the winning house was Brelsford. The following students were named age champions:

Junior Girl: Zoe Tarlinton

Junior Boy: Luca Martin

11 Year Girl: Jarrah Onley

11 Year Boy: Ty Parsons

Senior Girl: Piper Phillips

Senior Boy: Leo Tarlinton

*Congratulations!*

Over 30 Kororo students have progressed to the district carnival to swim on Tuesday 23<sup>rd</sup> February.

We wish them all the very best of luck.



## DEPUTY'S REPORT by Mel Fenton

This Monday, I had the pleasure of presenting our 3-6 Class Captains for Semester 1 2021 with their Student Representative Council (SRC) Badge. The position of Class Captain in 2021 is going to be an important one, as we work at Kororo Public School to develop and value student voice.

Student voice is our students actively participating in decision-making at school on things that shape their educational experiences. It is more than just students 'having a say' and 'being heard'. To be successful, Kororo Public School must value our students' perspectives and opinions and act on them in a way that genuinely shapes learning and decision-making.

Including student voice in decision making at schools can:

- allow students and teacher to design solutions together
- increase engagement in learning
- build connections and belonging
- create a positive environment and culture to develop personal and social capabilities.

The students who have achieved the role this semester are:

Class	SRC REP 1	SRC REP 2
<b>2/3 Lime</b>	Tera H	Hunter L
<b>3 Blue</b>	Taylah P	Kale B
<b>3 Yellow</b>	Freya W (VC Ava O'L)	Archie E-W (VC Dean G)
<b>3/4 Lime</b>	Koa M	Ned G
<b>4 Blue</b>	Ava B	Bodhi L
<b>4 Purple</b>	Ruby D	Henry K
<b>4 Yellow</b>	Jordi Mc	Zavier H
<b>5 Blue</b>	Taylah D	Leo G
<b>5 Purple</b>	Harmony C	Tiernan P
<b>5 Yellow</b>	Flynn D	Mia D
<b>5/6 Lime</b>	Mikaelah J	Lincoln B
<b>6 Blue</b>	Fynlay W	Sophie K
<b>6 Purple</b>	Lily J	Zion P
<b>6 Yellow</b>	Jada R-I	Kaleb P

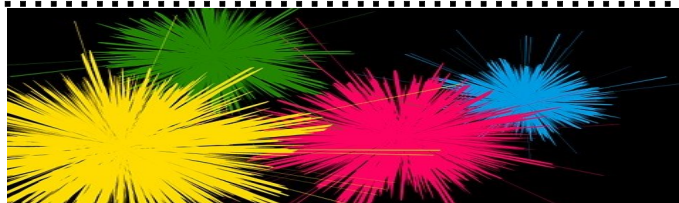
Together with the Captains and prefects, these students will work together: building communication, collaboration, leadership and negotiation skills to connect with school-wide interest projects and promote connectedness and democratic practice.



# Congratulations to the SRC Representatives







# Kindergarten News

What a positive start to Kindergarten we have had! We began by welcoming our youngest students to the school with two days of play, stories, craft and learning about Kororo Public School. We were impressed as we observed the Kindergarten boys and girls begin to share, communicate their needs and wants, ask questions and make new friendships.

Now that the students have been placed into class groups and know their teachers, we are working to establish school and class routines. We are delighted to have already seen so many of the children demonstrate these on a daily basis. In the classroom, the students have started learning some letter sounds, how to represent numbers in different ways, what good listeners and good speakers look like, and many other important things. They are also having lots of fun engaging in stories, play, and art.

One of the most special highlights for Kindergarten students has been the opportunity to play with their 'big buddies' at recess and lunch breaks. We are grateful for the kindness, respect, and care demonstrated by our Year 6 students as they take on this responsibility. Well done and thank you Year 6! As the weeks go on, we will begin to slowly remove this support structure so that Kindergarten learn to play with their peers.

Another special event taking place in Kindergarten is our Dance Fever program. In Week 3, Kindergarten attended their first session and began to learn a dance routine. They had lots of fun dancing with a partner, in a group, and bopping along to the music. It was fantastic to see so many smiles!

All Kinder families should now have received their Seesaw app QR code. We ask that all families please connect to Seesaw so that teachers can begin to share with you updates, reminders and most importantly, the students' learning. In Kindergarten, we use this platform as a communication tool between home and school to help ensure a settled and positive start to school for all. Thank you very much to all of those families who have already connected, 'liked' their child's photos, and begun writing comments.

We thank you for your support and engagement.

We are all very excited about our year of learning and growth together.

Let the fun continue in Kinder!

The Kindergarten Teachers



## IMPORTANT DATES for the Calendar

Event	Date	Who
Mid North Coast Swimming Carnival	Thur 25th Feb	Students that progress
North Coast Swimming	Wed 3rd Mar	Students that progress
MNC PSSA Basketball	Fri 5th Mar	Stage 3 Nominated students
KPS Colour Run	Fri 12th Mar	All students
NC PSSA Basketball	Wed 17th Mar	Students that progress

### Dance Fever Payment

The Dance Fever Program is well under way in all classes from K-6. The payment for this program is now overdue and needs to be paid to the office for students to continue.

The cost is \$15.



### Breakfast Club



We are happy to announce that we will be offering breakfast here at school every Tuesday and Thursday morning during Term 1. Thanks to the generous support of Woolworths Park Beach Plaza, our school chaplain Karli will be serving a simple, 'pick up and go' breakfast of toast with spreads outside the hall, to those who missed breakfast at home that morning. This service is available to all students, but quantities are limited, so we ask your help in encouraging our students to have breakfast at home as normal to allow for those who missed out instead. To discuss the program further or if you would like to offer a contribution, please contact Karli via the school office on 6653 6201.

# Library News

Learning to use libraries to access information and for enjoyment are important skills for 21st Century learners. Library lessons equip our students with information skills and knowledge to assist with learning achievement. We are looking forward to lots of learning and enjoyment of books and reading during our lessons in the Library this year.

Children in Kindergarten to Year 6 visit the library every week and are encouraged to borrow books regularly from our library. Books should be transported to and from school in a library bag to protect the books from wear and tear. We have a small number of library bags available for purchase from the library at a cost of \$3.50. Fabric shopping bags are also suitable for use in place of a library bag. Please be aware that children who do not return books on time are unable to borrow while their loans are outstanding.

Below is the borrowing schedule for all classes in 2021.

***Weekly borrowing*** (1 or 2 books) for students in Kindergarten, Yr 1 and Yr 2

Tuesday: K Orange, 1 Yellow, 1 Blue, 1 Purple

Wednesday: K Blue, 1/2 Lime, 2 Blue, 2 Yellow

Thursday: K Purple

Friday: K Yellow

***Fortnightly borrowing*** (up to 4 books) for students in Yr 3 and Yr 4 in ***even weeks***

Monday: 4 Yellow

Tuesday: 4 Purple

Wednesday: 4 Blue

Thursday: 2/3 Lime, 3 Yellow, 3 Blue, 3/4 Lime

***Fortnightly borrowing*** (up to 4 books) for students in Yr 5 and Yr 6 in ***odd weeks***

Monday: 5 Purple, 5 Blue, 6 Blue, 6 Yellow, 6 Purple

Tuesday: 5/6 Lime

Wednesday: 5 Yellow

We have lots of new guided readers in our library that need covering with contact. Your help with this task would be much appreciated. We can send the books and contact home with your child, or you can pick them up from the office by prior arrangement. If you are able to assist, please let me know via email ([monique.oshea@det.nsw.edu.au](mailto:monique.oshea@det.nsw.edu.au)).

Monique O'Shea  
(Teacher Librarian)





**2021 Stage ES 1 Starworkers Term 1 Week 3**

K Blue	Kiralee C, Georgina L, Jack S
K Yellow	Coen C, Ava E, Skyla J
K Purple	Josie F, Finnlay M, Mia S
K Orange	Arabella H, Joey J, Liam W

**2021 Stage ES 1 Starworkers Term 1 Week 4**

K Blue	Persie R, Chloe O, Roly G
K Yellow	Hudson C, Milla D, Andrew T
K Purple	Ellsie F, Arzak C, Millie De
K Orange	Lachlan W, Billy M, Lyla C

**2021 Stage 1 Starworkers Term 1 Week 2 & 3**

1 Blue	Annabelle D, Lucas b, Lennox m, Layla P
1 Yellow	Sehaj M, Kody P, Amity P, Sienna M
1 Purple	Gracie H, Tenaya B, Lucy H, Keanu P
1/2 Lime	Mark A, Jack R, Cooper W, Pema H
2 Blue	Elle B, Henry C, Isla H, Logan O, Manraj J, Andrew P, Hunter O, Ivy O
2 Yellow	Oscar C, Harnoor R, Arabelle T, Liam S, Chloe K, Jesinta L, Ryder B
2/3 Lime	Oliver T, Indigo H

**2021 Stage 2 Starworkers Term 1 Week 3**

2/3 Lime	Tera H, James H, Oliver T, Tavia S
3 Blue	Hamish L, Ketaya H, Isabella W, Blake R, Shane S
3 Yellow	Jarrah W, Paige H, Amity K, Zak N, Lilah R
3/4 Lime	Jasmine W, Ned G, Bailey C, Koa M, Nadea S
4 Yellow	Zavier H, Terelle B, Aaliyah P, Jordi M, William B
4 Blue	Ava B, Claire C, Lilly M, Tess N, Tiarne T
4 Purple	David A,

**2021 Stage 2 Starworkers Term 1 Week 4**

2/3 Lime	Hunter L, Eva D, Levi C, Oliver H
3 Blue	Mason K, Lars B, Kale B, Taylah P, Janaia M-B
3 Yellow	
3/4 Lime	Leo B, Oliver D, Indigo B, Molly K, Darcy F
4 Yellow	Sam D, Will C, Jasmine C, Mahlia A, Elodie T
4 Blue	Ambroze S, Emarni H, Tanae D, Vinnie M, Zach H,
4 Purple	Brooke L, Henry K, Ruby D, Evie M, Ava G

### **2021 Stage 3 Starworkers Term 1 Week 2**

5 Blue	Lily O, Miia S, Duke L, Alexis R, Rhyse W
5 Yellow	Mia D, Luca M, Malaika M, Lily O, Ruby T
5 Purple	Meika G, Mayer E, Freya E, Olivia D, Alexia C
5/6 Lime	Peter S, Jack J, Mitchell R, Gabriella M, Eli K
6 Blue	Maya B, Sophie K, Cooper P, Clare P, Fynlay W
6 Yellow	
6 Purple	Zion P. Ashley J, TJ R, Lachlan K, Liza K

### **2021 Stage 3 Starworkers Term 1 Week 3**

5 Blue	Alaya B, Olive D, Leo G, Oscar N, Leah W
5 Yellow	Chloe B, Flynn D, Harlow G, Zoe T, Cooper W
5 Purple	Tiernan P, Seth S, Harmony C, Vera Z, Lola G
5/6 Lime	Mikaelah J, Isobel M, Lincoln B, Samuel E, Olivia K
6 Blue	Jhett C, Linkin I, Bree L, Macy P
6 Yellow	Isabel K, Baianna W, Chloe D, Cooper S, Indi B
6 Purple	Alexyhz B, Zac C, Piper K, Charlie R, Zoe V

### **2021 Stage 3 Starworkers Term 1 Week 4**

5 Blue	Sophie B, Taylah D, Charlotte F, Leo G, Jarvis G
5 Yellow	
5 Purple	Arthur J, Ollie P, Jessica M, Taj G, Summer R
5/6 Lime	Kweller H, Nicola P, Neveah S, George F, Shenae P
6 Blue	Lilly T, Blake M, Jordan H, Sophie G, Akaya E
6 Yellow	Cindy Y, Aliyah W, Ben W, Zac S, Leo T,
6 Purple	Tara S, Shianne S, Sophie R, Ryder P, Ebopney B





3/4 Lime and 3 Blue dancing with instructors Mr Yo and Miss T. The Dance Fever program is a wonderful program that builds strength, coordination and working memory all while having a great time. The dances that the students learn will be performed in a Dance Fever Showcase at the end of the Term. Thank you to the families that have paid promptly for this valuable learning experience.





## Get involved in the School Banking program.

Kororo PS is excited to offer the Commonwealth Bank School Banking program to all students.

School Banking is a fun, interactive and engaging way to help teach your child about money. Children who deposit money into their Youthsaver account through School Banking earn Dollarmites tokens, which they can save up and redeem for exciting rewards.

The rewards available during 2021 are:

Terry Denton's Activity Book	Scented Stackable Highlighters
Mini Soccer Ball (size 2)	Icicle Slapband Ruler
Treetop Stationery Set	Snowy Origami Set
Treetop Handball	Water Skimming Bounce Ball
Tomato Seed Kit	Polar Pencils & Pencil Toppers
Emoji Wallet	Scratch Art Cards
Snakes & Ladders Game	

School Banking is also a great fundraiser for our school. Our school receives a Regular Savers Contribution of \$5 for every 10 deposits processed per student as well as an Annual Contribution which is based on the number of students who made at least one School Banking deposit in the prior year. For more information about contribution payments, visit [www.commbank.com.au/sbinfo](http://www.commbank.com.au/sbinfo)

### **Getting involved in School Banking is easy!**

All you need to get involved in the School Banking program is a Commonwealth Bank Youthsaver account. You can open an account for your child in one of two ways:

#### **1. Online**

Visit [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking) and click on the link to open a Youthsaver account.

#### **2. In branch**

Visit a Commonwealth Bank branch with identification for yourself and your child, like a driver's licence and birth certificate.

If your child has an existing Commonwealth Bank Youthsaver account they can start banking straight away. They just need to bring their deposit in every week on School Banking day using their Dollarmites deposit wallet.

School Banking day is **Friday**.

Each week you need to **drop your student bank book to the banking ladies in front of the hall.**

If you would like to know more about School Banking, please ask for a 2021 School Banking program parent guide from the school office or visit [www.commbank.com.au/schoolbanking](http://www.commbank.com.au/schoolbanking)



**Commonwealth  
Bank**



# *90 years of teaching children about money.*

## School Banking Parent Guide.

Dear Parent/Guardian,

For 90 years we have been supporting schools and teaching children about money. Thanks to your participation and support, we've reached this incredible milestone.

Here's how our School Banking program works:

### Weekly saving



Children can save any amount of money each week and bring it to school on their designated School Banking day.



The money is deposited into their Youthsaver account and they can track their progress in their School Banking Dollarmites deposit wallet.

### Fun and rewarding



Each time your child makes a deposit at school, they'll receive a silver Dollarmites token.



Once they collect 10 Dollarmites tokens they can redeem them for a small reward.

### Depositing outside of School Banking?

There are a number of ways your child can make deposits into their Youthsaver account;



Deposit in branch, make sure you bring their deposit book with their account information filled out so they can track their savings.



Use our intelligent deposit machines and ATMs



You can also make deposits into your child's account using internet banking, NetBank or the CommBank app for CommBank customers.

Remember, if you use these services to make deposits into your child's account they will not receive tokens towards redeeming a School Banking reward.

## Helping your school fundraise

As your child banks through School Banking, your school will receive fundraising support to recognise the administration required. To find out more on how we help schools fundraise and how this is calculated, visit [commbank.com.au/sbinfo](http://commbank.com.au/sbinfo)

## Getting started

If you'd like your child to take part in School Banking, they'll need a Youthsaver account. Designed for anyone under 18 years of age, this account has no monthly fees or withdrawal fees. They'll also earn bonus interest when they grow their balance each month\* on balances up to and including \$50,000.

There are three easy ways to get an account:



Apply online at [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking)



Visit any CommBank branch.



Log on to your CommBank app (if you bank with CommBank). From the menu in the bottom left corner, select 'Products and offers', then 'Bank accounts' and 'Student and youth accounts', scroll down to Kids and tap 'Open account'.

## What you'll need

Personal identification for you and your child. You can use a birth certificate, passport, driver's licence or citizenship certificate\*. If applying in branch, please bring your child's birth certificate and/or an applicable Court Order to help us identify you as the parent or legal guardian.

When you open a Youthsaver account, your child will receive a Dollarmites deposit wallet in branch, or we'll mail it to you if you opened the account online.

## Saving is rewarding.

This year we're celebrating the most popular rewards from past years. This will include the popular tomato seed kit, water skipping ball, and much more!

Our most up to date reward wallet insert can be found at [commbank.com.au/sbc](http://commbank.com.au/sbc)

### How to redeem rewards:

1. Make 10 School Banking deposits – receive one silver Dollarmites token each time your child makes a deposit (maximum one Dollarmites token per week).
2. Choose a reward from the wallet insert and fill in the coupon that goes with it.
3. Place the completed reward wallet insert and your child's 10 Dollarmites tokens in their Dollarmites deposit wallet and take it to school on the next School Banking day.

### Simple rules:

1. To reward individual saving, Dollarmites tokens can't be combined with other students' or siblings' tokens.
2. All rewards can be redeemed from Term 1, and are available whilst stocks last.
3. Our School Banking program is suitable for children in primary school.

School Banking rewards are not suitable for children 3 years and under. For safety reasons, remove any tags, labels and packaging before use and refer to the usage instructions.

Things you should know: \*Excluding interest and bank-initiated transactions. You can set this up when applying for a new account. Existing customers simply visit a CommBank branch with identification for you and your child's birth certificate, or if you can see your child's account in your NetBank or CommBank app, you can set this up online at [commbank.com.au/youthapp](http://commbank.com.au/youthapp). The CommBank Youth app is free to download, however your mobile network provider may charge you for accessing data on your phone. #The Bank will accept one of the following documents as acceptable identification on its own. Please note citizenship certificate can only be used as identification in branch. Birth certificate or the birth extract issued by an Australian state or territory. Birth Certificate issued by a foreign government, the United Nations (UN) or an agency of the UN. Citizenship certificate issued by the Commonwealth. Citizenship certificate issued by a foreign government. Note: If written in a language not understood by the person carrying out the verification, the document must be accompanied by an English translation from either a translator at the level of Professional Translator (or above) currently accredited by the National Accreditation Authority for Translators and Interpreters Ltd (NAATI) or another accredited translator who currently holds an equivalent accreditation. NAATI is the Australian government owned National Accreditation Authority for Translators and Interpreters. Where a parent/legal guardian is a signatory to the child's account, they are required to be identified to the acceptable identification standard. The target market for this product will be found within the product's Target Market Determination, available here. As this advice has been prepared without considering your objectives, financial situation or needs, you should, before acting on this advice, consider its appropriateness to your circumstances. Full terms and conditions for the Youthsaver account are available at [commbank.com.au](http://commbank.com.au) and should be considered in any decision about the product. If you have a complaint in respect of this product, the Commonwealth Bank's dispute resolution process can be accessed on 13 2221. The target market for this product will be found within the product's Target Market Determination, available at [commbank.com.au/tmd](http://commbank.com.au/tmd). Commonwealth Bank of Australia, ABN 48 123 123 124, ADV15063 050221



## Recess Menu

### EVERY DAY

Freshly baked Muffins ~ (flavours are <i>rotated daily</i> ) banana bran, apple cinnamon, orange poppyseed, mixed berry	50c
Salsa Breads ~ bread stick with mild salsa sauce and cheese ( <i>everyday</i> ) Spinach, garlic and cream cheese or baked bean and cheese ( <i>rotated</i> )	20c
Bag of freshly made Popcorn	50c
Frozen Orange Quarters	25c
Fruit Cups (terms 1 & 4 only)	\$1.00
Whole Fruit (apple, banana & orange)	50c

### DAILY SPECIALS

Fruit Yoghurt with Toasted Muesli Cheese and Cracker Stack Hummus and Veggie Sticks Corn Cobs	\$1.00 50c 50c 50c
--	-----------------------------



### FROZEN ITEMS

Frozen Yoghurt (light)	\$2.00
Frozen Bananas	50c
Frozen Oranges (in quarters)	25c
<b>Lunch only</b> Quelch Icy Poles (fruit) Ice Cups - made with fruit juice or flavoured milk	50c 50c

### DRINKS

Poppers ~ apple, tropical, orange	\$1.50
Milk ~ plain, chocolate, strawberry, banana	\$2.00
Bottled Water ~ 600 mls	\$1.00

## Lunch Menu

### SANDWICH

Made on wholemeal bread only	Roll / Wrap
Salad ~ lettuce, tomato, carrot, cheese, beetroot, cucumber, salad onion plus a choice of dressing	\$3.50 \$4.00
Salad ~ with Chicken / Ham / Tuna	\$4.50 \$5.00
Chicken / Ham / Tuna	\$3.00 \$3.50
Ham, Cheese & Tomato	\$4.00 \$4.50
Egg & Lettuce	\$3.00 \$3.50
Single fillings e.g. tomato or cheese	\$2.00 \$2.50
Vegemite or Jam	\$1.50 \$2.00



### SALADS & FRUIT

Salad Bowl ~ lettuce, tomato, carrot, cheese, beetroot, cucumber, salad onion and your choice of dressing <i>option:</i> add chicken, ham, tuna or egg	\$4.00 80c
Caesar Salad ~ chicken, lettuce, cheese, croutons, caesar dressing <i>option:</i> add egg	\$4.00 80c
Hard Boiled Egg	80c
Fresh Fruit Salad Tub (Term 1 & 4 only) <i>option:</i> add yoghurt	\$3.00 \$1.00
WholeFruit ~ apple, orange & banana	50c



## SUSHI FRIDAY

### HOMEMADE SUSHI

Chicken teriyaki, tuna & mayo or Kororo roll  
(carrot, cucumber & cream cheese)



\$2.50

## Hot Food

Fried Rice ~ brown rice, corn, peas, beans, carrot, spring onion, ham (homemade)	\$3.50
Vego Fried Rice ~ gluten free soy sauce (as above, no ham)	\$3.50
Spaghetti Bolognese (homemade)	\$4.00
Gluten Free Lasagne	\$3.50
Butter Chicken and Rice (homemade)	\$1.00 <sup>ea</sup>
Chicken Tenders ~ crumbed and baked	50c
Corn on the Cob	\$2.50
Mini Cob Loaf ~ mini wholemeal bun filled with baked beans or spinach/cheese/garlic mix	\$2.50
Chicken Tender Wraps ~ chicken tender strip, lettuce on wholemeal wrap (choice of sauce included)	\$2.50
Chicken Burger ~ crumbed chicken tender strips with lettuce on a wholemeal bun (choice of sauce included)	\$4.50
Beef Burger ~ homemade beef pattie & salad on wholemeal bun, lettuce, tomato, beetroot, onion, cheese (choice of sauce included)	\$4.50
Fish Burger ~ crumbed fillet with salad on a wholemeal bun, lettuce, tomato, beetroot, onion, cheese (choice of sauce included)	\$4.50
Vego Burger ~ homemade veggie pattie & salad on wholemeal bun, lettuce, tomato, beetroot, onion, cheese (choice of sauce included)	\$4.50
Pizza Muffin ~ wholemeal muffin with pizza sauce & cheese base. Choose from ham, BBQ chicken or ham & pineapple	\$2.50
Vego Pizza ~ wholemeal muffin with pizza sauce & cheese base with capsicum, mushroom, spinach & black olives	\$2.50
Soup: Homemade Pumpkin or Chicken Noodle (Term 2 & 3 only) Garlic Bread	\$2.50 50c

### EXTRAS - Sauce Portions

Sauces ~ Tomato, BBQ, Mayo, Aioli, Caesar & Sweet Chilli Sauce	30c
Soy Sauce	10c





## COFFS YOGA & PILATES

Coffs Yoga and Pilates was founded on the idea of creating balance within the body and mind and providing a sanctuary to practice. We are conveniently nestled in the beautiful suburb of Korora, across from Korora Public school.

We offer a range of studio classes in Coffs Harbour and online classes worldwide through Balanced Beings Online, based on the foundation of education, stress release, functional movement, core strengthening and improving balance and posture.

Included in our studio are Reformer Pilates classes, Pilates mat classes, Mums and bubs classes, Barre, HIIT, Yoga, semi-private and private sessions.



**COFFS  
YOGA &  
PILATES**  
BALANCE · BREATHE · CONNECT

54 James Small Drive, Korora 2450  
[info@coffsyogapilates.com.au](mailto:info@coffsyogapilates.com.au) | 0415 361 379  
[www.coffsyogapilates.com.au](http://www.coffsyogapilates.com.au) | @coffsyogapilates