



Attadale
Primary School

Foundations for life

Reminders for Term 2 Week 3, 2023

[TERM 2 Planners can be found here](#)

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3	8 May School Board Meeting	9 May	10 May Canteen	11 May	12 May Canteen
WEEK 4	15 May	16 May Indigenous Tours Incursion – Kindy and Years 1-3	17 May Canteen Indigenous Tours Incursion – PP's and Years 4-6	18 May	19 May Canteen Yr2 Rm7 Assembly Ms Pearl & Mrs Dalitz
WEEK 5	22 May	23 May	24 May Canteen	25 May	26 May Canteen Winter Carnival

First Aid Course

Our P & C are running some First Aid Courses on 12 - 13 June. Click the link to book online <https://www.trybooking.com/CHRAG> or scan the QR code on the attached flyer.

Mother's Day Family Breakfast

Our P & C are hosting a Mother's Day Family Breakfast on Friday 12 May 2023. There will be craft activities, raffle prizes, coffee and of course a delicious breakfast for the whole family. Please see the attached flyer. Book here: <https://www.trybooking.com/CHTYB>

Triple P – Positive Parenting Program

On Tuesday 30 May 2023 from 6-8pm, Sarah Boyd, our School Psychologist (Provisionally Registered) will be co-presenting the Triple P – Power of Positive Parenting Seminar at Kardinya Primary School with parents from Attadale Primary School invited to attend. The seminar introduces five positive parenting principles that can help promote child development, strong family relationships and encourage positive behaviour. We hope to see you there. For more information, please see the attached flyer.



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Canteen Menu

Our canteen has updated the menu for Term 2, see attached flyer. They also have some scrumptious specials on just in time for this cooler weather.



Specials

Warm Apple Cups \$3

Warm diced apple tossed in cinnamon served with vanilla bean yoghurt
+ Granola
+ Lactose Free Yoghurt



Cottage Pie \$5.50

Warm your belly with this flavour packed minced beef & veggie casserole smothered in a saucy sauce topped with cheesy mash potato. Simply delicious GF

Vegetarian option available - made with lentils, veggies and a whole lot of love! GF



Attalicious Pizza \$5

Perfect portions of pizza with choice of toppings. All made with our Attalicious special sauce.

- Margarita
- Ham & Cheese
- Hawaiian



Similar to photos.
Full description in the spriggy app.

Attadale Primary School Wichmann Road Attadale WA 6156

School office: 08 6274 1700 Email: attadale.ps@education.wa.edu.au Web: attadaleps.wa.edu.au

Winter Menu

Open Wednesday
and Friday



Term 2

Order at the
counter or through
Spriggy Schools

Recess

Banana Bread *	\$2.50
Choc-chip Cookies	\$2.50
Mixed Berry Muffins	\$2.50
Vanilla Yogurt Pot (GF)	\$2.50
Bunny Snacks (GF)	\$2.50
Bunny Snacks with Hummus	\$3.00
Small Watermelon (200g) (GF)	\$2.50
Large Watermelon (300g) (GF)	\$3.50
Warm Apple Cups (GF)	\$3.00
Rice Crackers and Cheese Spk (GF)	\$2.00
Popcorn (GF)	\$0.50
Smoothies	\$3.50
Cheesies – Pizza, Plain or Garlic *	\$2.50
Emma and Tom's Juices	\$2.50
Plain Milk Cup	\$1.50
Water	\$2.00
Milo (Cold or Hot)	\$2.50

* Gluten Free option available

Toasted Sandwiches

Ham & Cheese Toastie *	\$4.00
Cheese Toastie*	\$3.00
Chicken & Cheese Toastie *	\$4.00
Turkish Melt- <i>small</i>	\$4.50
Turkish Melt	\$6.50
*Gluten free bread available	\$0.50
*Extras: Sundried tomato, avocado, Tomato	\$0.50

Hot Food

Pizza- Margherita	\$5.00
Pizza- Ham & Cheese	\$5.00
Pizza- Hawaiian	\$5.00
<i>Pizza extra: Add olives</i>	\$0.00
Pasta Bolognaise *	\$5.00
Hidden Vege Pasta Cup*	\$5.00
Pasta Extras: Cheddar Cheese, Parmesan	
* Gluten Free option available	\$0.50
Honey Soy Chicken Drumstick	\$2.00
Canteen Made Hot Soup *	
Small	\$3.00
Large	\$4.00

* Gluten Free option available

Lunchboxes

Drummie Lunchbox	\$6.00
<i>(chicken drumstick, muffin & watermelon tub)</i>	
Sambo Lunchbox	\$6.00
<i>(fresh sandwich, muffin & watermelon tub)</i>	

GF Gluten Free

Fresh Sandwiches

Cheese & Salad Wrap *	\$5.50
Egg & Salad Wrap *	\$5.50
Chicken & Salad Wrap *	\$5.50
Tuna & Salad Wrap *	\$5.50
*Add avocado, sundried tomato, cheese	\$0.50
Cheese Sandwich **	\$2.50
Egg Sandwich **	\$3.50
Chicken Sandwich **	\$3.50
Tuna Sandwich **	\$3.50
Vegemite Sandwich **	\$2.50
Ham Sandwich **	\$3.50
** gluten free bread, tomato, lettuce	\$0.50

Fresh Salads

Garden Salad * (GF)	\$4.00
Power Salad	\$6.00
*Add chicken, boiled egg or tuna	\$1.00

Snacks (Available for Lunch)

Banana Bread *	\$2.50
Choc-chip Cookies	\$2.50
Mixed Berry Muffins	\$2.50
Bunny Snacks (GF)	\$2.50
Bunny Snacks with Hummus (GF)	\$3.00
Popcorn (GF)	\$0.50
Small Watermelon (200g) (GF)	\$2.50
Large Watermelon (300g) (GF)	\$3.50
Rice Crackers and Cheese Spk (GF)	\$2.00
Hard Boiled Egg (GF)	\$2.00
* Gluten Free option available	

Drinks

Emma & Tom's juices 250ml	\$3.00
<i>OJ, Apple & Tropical</i>	
Milo (Cold or hot)	\$2.50
Plain Milk Cup	\$1.50
Water	\$2.00
Smoothies *	\$3.50
<i>Banana, Mango & Berry</i>	
*Lactose Free Available	

Ice pops

Cookies & Cream	\$3.00
Raspberry Lemonade	\$3.00
Double Choc	\$3.00
Watermelon Lemonade	\$3.00
Mango Coconut	\$3.00
Flamingo - <i>small</i>	\$2.50
Watermelon Lemonade- <i>small</i>	\$2.50
Raspberry Lemonade- <i>small</i>	\$2.50



ATTADALE PRIMARY SHOOOL P&C

CERTIFIED FIRST AID COURSES

Training and
Assessment
Delivered
on Behalf of:



HLTAID009- CPR Refresher
HLTAID011 - Provide First Aid
HLTAID012 - First Aid in a Child
Care Setting

MONDAY/TUESDAY
12TH-13TH JUNE 2023 6:30PM
ATTADALE PRIMARY SCHOOL HALL



REGISTER VIA TRYBOOKING - PLACES LIMITED
WWW.TRYBOOKING.COM/CHRAAG



Attadale Primary School P&C

Mother's Day Family Breakfast

CRAFT ACTIVITIES - DELICIOUS BREKKY - COFFEE DELIVERY - RAFFLE PRIZES

Friday 12 May 2023

7am - 8:50am, canteen area

All welcome, including grandparents!

For tickets go to:

<https://www.trybooking.com/CHTYB>

Small changes, big differences.



Free seminar for parents Triple P – Positive Parenting Program

Triple P seminars give you simple, practical strategies to:

- Promote your child's development and independent skills
- Strengthen family relationships and wellbeing
- Encourage positive behaviour
- Raise resilient, confident children

The Power of Positive Parenting

Learn about the five positive parenting principles that can help you promote your child's development, strong family relationships and encourage positive behaviour.

Tuesday 30th May from 6-8pm

All parents will receive a free tip sheet with the content to take home. Light refreshments provided.

BOOKINGS AND MORE INFORMATION

Register online by [clicking here](http://www.triplep-parenting.net.au/wa) or searching for this session by location (Kardinya) at www.triplep-parenting.net.au/wa

Please note: there will be no crèche available and it is recommended that children are not brought to the session.



www.triplep-parenting.net.au/wa

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