



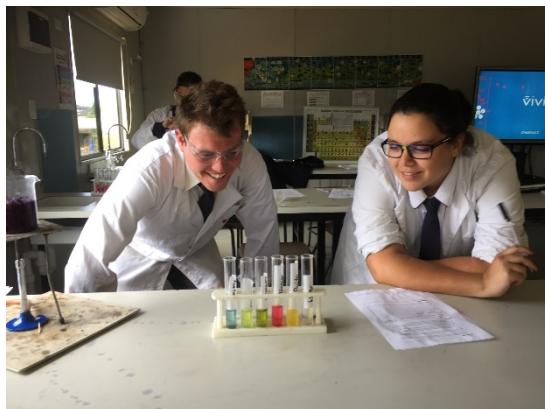
# A New World of Learning...

## ORANGE ANGLICAN GRAMMAR SCHOOL

### NEWSLETTER 19 February 2018

#### From the Deputy Headmaster...

One of my great loves is Chemistry teaching. It's such a challenging yet rewarding experience for both teacher and student alike. The 'aha' moment never gets old and seeing the 'light come on' when studying a new concept is the reason we teachers teach. This photo was taken today as two of my Year 12 Chemists undertook an investigation into a naturally occurring indicator and its associated colour spectrum in solutions of varying pH. Although each of the solutions appeared 'colourless' prior to testing, with just a few small drops of indicator, they revealed their 'true colours'.



I can't help but use this analogy from Chemistry as I reflect on the many students of OAGS. Today, while on duty in the Primary School I looked out over a sea of orange activity. All students playing in identical sports uniforms - looking eerily similar on the surface, yet of course every one of them with a unique and individual personality.

On Tuesday night we held a Primary information evening, followed by a Yr 11 and 12 Study Skills session. In each of these sessions we had an opportunity to pitch to you, the parent body the new initiatives that we have undertaken this year to help our teachers be the best that they can be, so in turn your children can be the best that they can be. As I have started to see our staff gather in 'SAGE' teams (Student Academic Growth Engineering teams) it is obvious that the work that is being done to enhance student learning is groundbreaking. I can't help but be excited about the year ahead. Indeed, I am confident that the passion, collaboration, expertise and sincerity that our teaching staff bring to the classroom every day will not simply give our students their 'aha' moment over and over again this year - it will go one step better. As our teachers take the time to enter into professional dialogue and enter a cycle of team teaching and observation, this will provide the input needed to draw out the very best in every student in our care - their 'true colours' if you like as we seek for every child to reach their growth potential. Now that's something that's got 'real chemistry'.

Have a great week.

**Scott Hazelton**  
**Deputy Headmaster**

During the holidays Mrs Emma LeCouteur had a time of reflection in balancing both the demands of full time employment and a young active family. Mrs LeCouteur has decided to resign from her position at the School for family reasons. We wish Mrs LeCouteur and her family all the very best in the future.

**Rev Louis Stringer**  
**Headmaster**

**Stay in touch...**

**Facebook** [www.facebook.com/orangegrammar/](http://www.facebook.com/orangegrammar/)

**Website** <http://www.orangegrammar.nsw.edu.au/>

**Parent Portal** <https://edumate.orangegrammar.nsw.edu.au/>

#### It's a date...

For all of our important dates  
please find the up-to-date  
Planner on the Website:  
<http://www.oags.nsw.edu.au/notes-info>

#### Netball/Soccer Season Launch

**21 February 2018**

#### Wellness @ OAGS Evening

**21 February 2018**

#### Secondary WAS Swimming

**23 February 2018**

(note: date change)

#### Primary WAS Swimming

**1 March 2018**

#### Year 11 Commencement Dinner

**1 March 2018**

#### Kindergarten (2019) Info Night

**14 March 2018**

#### Stage 3 Camp

**14 – 16 March 2018**

#### Year 7 (2019) Info Night

**21 March 2018**

## Better Buddies Program

The Better Buddies program focuses on activities and strategies that reinforce positive and social values such as care, valuing difference, respect and including others.

Each year, our Year 6 students take on the important role of being a buddy to a Kindergarten student. Throughout the year, the older students support their Kindergarten buddy in a variety of ways, from being a friendly face in the playground to being someone to turn to for help and support if they can't find their teacher.

The Buddies meet each week and participate in a range of activities together. This Term, the children are making a book together, titled 'All About Me'. This is a lovely activity to help the children get to know each other.



Mrs Harbison, Mrs Fairley, Mrs Bowman, Mrs Pearson and Mrs Willis  
Better Buddies Program Facilitators

## 2018 Commencement Service

On Monday February 12th the entire school gathered for our 2018 Commencement Service. In the service all new staff were formally inducted by Rev Stringer and officially welcomed by the student body. As has become tradition, the incoming Captains of Secondary and Primary School were also officially recognised, along with the Year 12 cohort, Peer Support leaders from year 11 and the entire year 7 class for 2018. It was quite an occasion and a fitting way for our K-12 students to commit themselves to the academic year ahead and ask for God's blessing over everything that is to come.



## Year 7 well led by their Peers

At the conclusion of last year, the then Year 10 students, participated in an intensive program of leadership training with the specific focus of becoming Peer Support Leaders. Their great attitude and involvement on that day hinted that we would be blessed with a wonderful group of Peer Support Leaders in 2018. If the first two weeks of the year are anything to go by our Year 7 students are in for a terrific term of Peer Support.

On the first day of the year, our new Peer Support Leaders (Emerson Ginns, Angus Johnston, Giles Jones, Tyler Jones, Timothy McMaster, Bronte Preston, Alicia Robinson, Adam Thurn, Samantha Williamson and Jessica Windus) helped Year 7 transition into Secondary school, running a 'making connections' session. Year 7 students were broken into small groups of 8 or 9 students and with their Peer Support leaders participated in a number of activities designed to help students get to know others. The leaders have shown a genuine interest in the students they led and helped them to settle in so well. One year 7 student said, "They helped us learn each other's name and other students names, they were there for us from the start and we all had great fun."



Building on this great start, the Peer support leaders have begun to meet with year 7 every Tuesday this term. They have been considering how to grow and develop in resilience. Students have considered how their thoughts affect the way they respond to challenges, as well as helpful ways to view challenges. I look forward to seeing the growth these Year 7 students make over the course of the Peer Support Program.

Well done Year 7 and 11 on such a terrific start to the year.



## Charles Sturt University visits Years 11 and 12

On Monday 5<sup>th</sup> of February, Charles Sturt University came and spoke to Year 11 and 12 students about university study. Students learnt about the courses on offer at the different CSU campuses as well as university life both as a day student and as a college resident. Students came to the presentation with questions for our presenters and it was terrific to see the students researching the different career pathways available to them.

Students were also briefly introduced to the process of applying for university study as well as the Schools Recommendation Scheme (SRS).

## University Admission

Whilst the final dates are still to be published by the University Admissions Centre (UAC) I have included some important information below for parents of senior students.

At the **end of July** an email from the Universities Admission Centre will be sent to your child. This is an important email. It contains their pin number for the UAC website. They will use this pin when it is time to apply to study at university as an undergraduate.

O

In **August**, the school will be sent a UAC Guide that will be given to each year 12 student. This will contain information about all the undergraduate university courses available in 2019.

It is **not until August** that the UAC pin, that was emailed, can be used to log into the UAC website and an application to study at university.

The School's Recommendation Scheme (SRS) opens at the beginning of **August** as well. The SRS is one way universities make early offers to current Year 12 students, using criteria other than (or in addition to) ATARs. These criteria include school recommendations, senior secondary studies and personal achievements.

More information will be provided once the exact dates are published by UAC.

**Mr Tim Brown**  
Head of Secondary Welfare

## Primary House Captains 2018

Congratulations to our newly elected House Captains for 2018.



### 2018 School House Captains and Vice Captains Right to Left:

Kiara Wiggins, Tilly Fisher, Jess Taylor, Will Jeffress, Kristy Finlay, Sarah Lawson, Eva Green, Eloise Fairley, Harriet Englund, Rohan Gardol, Nate Lee, Jed Brown, Edwin Tollemache



## Music News

It is shaping up to be a very musical year at OAGS! Our new peripatetic rooms are already in full swing as many students have already started their lessons. We have had **almost 100 enrolments** in Music tuition this year at OAGS, which is incredible for a school of our size. Just imagine what our bands, ensembles and maybe even orchestra will sound like in years to come! Congratulations to every student who is making the most of this terrific opportunity - may your musical journeys be long and joyful.

We are very excited to see that **Beginner Band** have already had their first rehearsal already! We can't wait to hear you playing very soon.

**Ensembles** are starting up this week - please keep an eye on your emails for more details and don't forget to put rehearsals on the family calendar. Our hire instruments have unfortunately been delayed so we are keeping our fingers crossed they arrive soon. All the instruments were cleaned and serviced over the holidays so we know they will come back to us in great condition. Vocal ensembles will also be starting up again soon so please keep an eye on your student email account for details.

In more exciting news, we are pleased to be able to provide **guitar, piano, and voice tuition** this year, and we welcome Mr Phillip Moran, Mrs Jo Lenton and Mr Bill Moxey to our music team. All of our Music tutors are themselves very fine performers and it would be well worth asking them about their performing history. Places are filling up fast so if you haven't enrolled please [click here and fill out the online form](#) as soon as possible.

Yours musically,

**Mrs Priscilla Colgan and Mr Noel Annett.**  
Music Teachers.

## Counselling Corner

Anxiety is one of the most common mental health disorders among young people, with international research indicating that the percentage of high school aged young people diagnosed is close to double that of younger children.

### What is anxiety?

Anxiety is a feeling that makes people hesitant to do things that may cause them harm. It is also a product of certain thoughts in response to a situation perceived as potentially harmful. These thoughts are not automatically produced by the situation but by perceptions of the situation. So something that may cause one person to feel anxious may not produce these feelings in someone else.

Anxiety in the right situations is a good thing, however it can cause problems if it occurs in situations that stop people from living life to the fullest. While most of the anxiety that young people feel is relatively mild, some young people can have chronic anxiety or a disorder which may require specialist attention.

### What makes young people anxious?

Young people can feel anxious about almost anything. Performing well at school or being accepted by their peers are two common things that young people feel anxious about.

Some young people however can experience other types of anxiety that impacts on their ability to function in certain situations. Sources of such anxiety may include (but are not limited to):

- separation from a parent/carer or concern about a parent/carer being harmed
- going to the doctor/dentist
- fear of social settings/public performances
- fear of specific object/situation (phobia) e.g. spiders, heights
- exam performance/achievement
- doing well in a job interview
- fitting in/social acceptance
- health issues
- starting school or work
- being harmed by others
- generalised fears about the future (what will happen, how it might turn out)

### How does anxiety affect young people?

Anxiety may present itself in a number of physiological symptoms including:

- headaches
- stomach aches
- muscle tension
- fatigue
- shaking
- sweating
- dizziness
- sleeping difficulties
- going to the toilet more frequently

A young person experiencing anxiety may also display a number of behavioural symptoms including:

- refusing to go to school
- withdrawing from friends and family
- avoidance of particular object/situation
- perfectionism/excessive slowness (being careful to avoid failure)
- shyness (to avoid appearing foolish to others)
- substance misuse (avoiding negative emotions)
- seeking reassurance

### How can parents and carers assist young people to manage anxiety?

- **Teach them to challenge negative thoughts** - are they focusing on the negative aspects of a situation, exaggerating the likelihood of a negative outcome or imagining the worst case scenario? Negative thoughts

are the basis of all anxiety and by teaching young people to challenge them, you are helping them overcome their worries on their own

- **Teach them to accept uncertainty** - uncertainty is one thing that people worry about a lot because of the potential for a negative outcome. While it's impossible to completely eliminate uncertainty, you can teach young people to accept that it will sometimes be there. For example, by teaching a young person to prepare for an exam as best they can, they are more likely to focus on the potential for a positive outcome rather than the uncertainty of the test
- **Be a role model** - if you are able to manage your own anxiety, young people will see that it can be managed and incorporate these techniques into their own thinking. Teaching parents to manage their own anxiety has been shown to be helpful in reducing their children's anxiety
- **Balance reassurance with new ideas to help your child manage on their own** - when your child comes to you with something they are worried about make sure you listen and understand what is happening for them but also talk to them about what they can do to feel better or manage the feelings on their own. Talk through strategies that they could use, like challenging anxious thoughts together.
- **Show young people some simple relaxation techniques** - deep breathing, progressive muscle relaxation and meditation can all help a person to relax. This is particularly useful if they get nervous before a performance and need to do something quick and simple to calm down
- **Encourage plenty of physical exercise** - exercise is a great way to naturally reduce levels of anxiety. Exercise increases levels of serotonin in the body, raising a person's sense of wellbeing and lowering anxiety levels
- **Where possible, moderate the consumption of caffeine and high sugar products** - caffeine products including cola and energy drinks increase levels of mental arousal and anxiety. Sugar-filled foods and drinks which are popular amongst young people cause energy levels to spike and then crash causing them to feel drained and less able to deal with negative thoughts
- **Make sure young people get enough sleep** - when tired a person will tend to worry more because their mind doesn't have the energy to deal with negative thoughts. Alternatively, when well-rested and relaxed, they will be in a better mental state to handle uncertainty
- **Help them to be aware of avoidance** - some people try to avoid things that make them feel anxious. Avoidance will only serve to make the anxiety worse the next time. Rather than avoiding a situation and potentially missing out on a positive outcome, it is much better to find ways to reduce anxiety in the situation. This will result in feeling less anxious next time
- **Encourage help-seeking when needed** - make sure that young people know that there are people who can help if they find that they can't handle a problem on their own. Knowing that they can call on others for support if needed will assist them to feel less anxious about what might happen in the future

Anxiety is normal and everyone experiences it at times. However, too much anxiety or unhealthy ways of handling anxiety can interfere with a young person's ability to function.

By assisting young people to learn effective ways to handle anxiety, you can ensure that they are able to deal with it later in life.

If you would like further information regarding anxiety or would like to discuss a concern, please feel free to contact the School Counsellors. Email: [natalie.daugherty@oags.nsw.edu.au](mailto:natalie.daugherty@oags.nsw.edu.au) or [diane.healey@oags.nsw.edu.au](mailto:diane.healey@oags.nsw.edu.au)

Information adapted from: Kids Helpline Article 2011

**Mrs Healey and Mrs Daugherty**  
**School Counselling Team**

## **From the Sport Department**



The advertisement features a blue background with white text. On the left, there is a logo for 'coles SPORTS for SCHOOLS 2018' with a red ribbon banner below it. In the center, the text reads 'SUPPORT OUR SCHOOL AND GET COLLECTING'. To the right, there are two athletes: Usain Bolt (a Black man in a grey tank top) and Anna Pearson (a white woman in a grey tank top). Both are holding various sports equipment, including a basketball, a tennis racket, and a soccer ball. They are smiling and pointing towards the text. At the bottom left, there is a paragraph encouraging people to collect vouchers for their school. At the bottom right, the 'coles' logo is displayed in a red box.

We would love your help collecting Coles Sports for Schools for our school.  
Tell your friends and family to get involved as well, because the more  
vouchers we collect, the more sports gear our school will receive.

**coles**

Please submit your 'Sports for Schools' vouchers to administration. We appreciate your support!

## Netball at OAGS:

Netball Skills Session Clinic started on Monday 12th February. Just a reminder of the clinic times:

Monday 19th February:	Years 3 & 4 - 3:30-4:30pm
	Years 5 & 6 - 4:30-5:30pm
Wednesday 21st February:	Years 5 & 6 - 3:30-4:30pm
	Years 7, 8 & 9 - 4:30-5:30pm
Monday 26th February:	Years 3 & 4 - 3:30-4:30pm
	Years 5 & 6 - 4:30-5:30pm
Wednesday 28th February:	Years 5 & 6 - 3:30-4:30pm
	Years 7, 8 & 9 - 4:30-5:30pm

Please bring: water bottle, hat, netball, skipping rope, tennis ball and a BIG SMILE!

**Ben Doyle**  
OAGS Sport Coordinator

---

## **Chaplaincy at OAGS**

One of the many blessings of being at a school like ours is the opportunity to learn about God's unfolding plans for this world and all that he has done for us in the Lord Jesus. It is our hope that as students hear about and experience the amazing love of God they will grow in faith.

In Junior chapel this term we have begun a series looking at the character of Jesus throughout the Gospel of John. In John, Jesus shows us our greatest needs and how he is the fulfillment of each of them. In Week 3, we investigated what Jesus meant when he declared '*I am the Bread of Life*'. When presented with all the challenges and distractions of life, it is reassuring to know that Jesus is all that we need.

With the popularity of JOLT increasing throughout 2017, we are excited to run both a primary and infants group weekly this year. We have continued to look at significant figures from the Old Testament such as King David and Jonah, as we consider how each of these individuals points us to Jesus and his great love for us!

In senior chapel Mr Hazelton has continued guiding us through the life and times of great King David, a flawed yet faithful follower of God. In light of the challenges that many students are facing these stories are a wonderful reminder of our God who knows our weaknesses and who through Jesus, the servant king, entered into our pain to bring us hope and forgiveness.

**New Senior Lunchtime Christian Group** (name suggestions welcome!)

WHO: anyone in years 7-12

WHEN: every **THURSDAY LUNCH**

WHERE: C9

WHY: have fun growing in faith in Jesus

**Mr Thompson and Miss Clissold**  
**Chaplaincy Team**

---

# **Parents and Friends**

**Orange Anglican Grammar School**



## P&F Report

The aim of this short report is to introduce ourselves and briefly describe our plans for 2018. More detailed information as plans progress will be included in forthcoming newsletters.

The OAGS Parents and Friends committee held their first meeting with a new executive on Thursday 8<sup>th</sup> February with 18 in attendance. The new office executive is comprised of the following office bearers:

**President** – Lucinda Bradford (newly elected)

**Vice President** – Jon Baker

**Treasurer** – Michelle Oh

**Secretary** – Sarah Hyde (newly elected)

There are also five non-office bearing members of the executive: Bianca Newcombe, Aaron Wright, Wendy Thorncraft, David Fisher, Annette Brown.

The P&F plans to have a digital media presence this year with a dedicated website linked to from the main school page. The OAGS P&F website will feature meeting agenda and minutes, contact details for all members of the executive, and a list and details of current and past projects – watch this space for more information!

**Current projects** include:

- The second chance clothing pool, principally operated by Annette Brown and Sue Lee. The next store opening will be on the 29<sup>th</sup> March at the Easter fete, we will issue a call for volunteers and items in the next newsletter

**Future plans:**

- To have a more visible presence to help new families and friends feel welcome and engage with the school on various levels
- Having a stage parent rep to facilitate at least one low-key event per year (e.g. a family picnic, parent dinner, breakfast in the park) to help parents get to know each other and the children in their stage group. More details about this to come!
- Helping with the development of school grounds – inspiration and perspiration !
- Having a presence at sporting events and any school functions (e.g. grandparents day)
- Support the businesses of parents in the school through a regular advertising feature in the school newsletter
- We plan to meet once per term (third Thursday in every term at 7pm) and to operate working groups with executive members on each group to achieve our aims

We want as many people as possible to share ideas and participation - don't be intimidated by a structure or needing to make a long-term commitment – join in whenever or wherever you can or have an interest, through ideas or time. If you have any questions or want to become involved in any planned or future events, please contact Sarah on [sarah.hyde79@gmail.com](mailto:sarah.hyde79@gmail.com)

## **OAGS COMMUNITY WELLNESS NIGHT**

**Wednesday 21st February 2018**  
**6:00 – 7:30pm @ OAGS Media Centre**  
**(follows on from Winter Sports Season Launch)**

Following the success of our first Wellness Evening held last year, we are thrilled to invite the whole OAGS community to our second Wellness Evening for OAGS. The evening flows on from the Winter Sports Season Launch. There will be light nibbles upon arrival and dinner after the information session.

The Evening session includes:

- Wellness Initiatives at OAGS & Popular Requests from the 2017 Wellness Brainstorming Session
- Introduction of the School Counsellors (Mrs Natalie Daugherty & Mrs Di Healey)
- Future-in-Focus session for Wellness at OAGS
- P&F Initiatives for 2018
- Winter Sports at OAGS

### **AFTERWARDS, IT'S A CURRY NIGHT!**

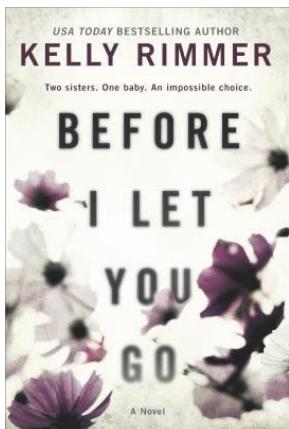
Join us for a 'Curry Night' following the Wellness Session  
Curries by our famous Teen – Queen of the Canteen!

\$5 per serve



**Please RSVP for catering purposes to [admin@oags.nsw.edu.au](mailto:admin@oags.nsw.edu.au) by 5pm Monday 19<sup>th</sup> February.**

# Community Notices



*Before I Let You Go by Kelly Rimmer,*

Australian book launch event

Thursday March 1, 5.30-7pm

Orange City Library, 147 Byng Street Orange

For more information contact Collins Books, or visit:

<https://www.facebook.com/events/824943017676100>

## **Alinta Uniforms**

Navy socks are now available for purchase at the Uniform Shop.



## **BLOOMFIELD J.R.L.F.C Registration Day 2018**

Sunday 4th March 2018

Brendon Sturgeon Oval

10am - 2.00pm

Free Sausage Sizzle and Drink for Children

REGISTRATION INCLUDES:  
REGISTRATION AND INSURANCE FOR YOUR CHILD,  
PLAYING SHORTS, SOCKS & A CUSTOM CLUB TRAINING SHIRT

COST \$120.00 PER CHILD - RUGBY LEAGUE  
COST \$80.00 PER CHILD GIRLS LEAGUE TAG

REGISTER NOW @ [playnrl.com](http://playnrl.com)  
click on REGISTER NOW  
Click on PLAY  
search for Bloomfield Juniors

ALL NEW REGISTRATIONS WILL REQUIRE A COPY OF BIRTH CERTIFICATE AND A CURRENT EMAIL ADDRESS

~~ WE ARE AN APPROVED ACTIVE KIDS PROVIDER ~~



## **Come Try Rugby**

And Meet the Coaches

**Friday 23 February from 4.30pm**

Emus, Woodward Road, Orange

Register now for children from 4 to 17 years of age

For more information contact:

Lisa Darley on 0424 163 086

or email [emusjuniorsregistrar@gmail.com](mailto:emusjuniorsregistrar@gmail.com)



# SAFER DRIVERS COURSE RMS ACCREDITED

QUALITY, EXPERIENCED & CERTIFIED INSTRUCTORS

## WHAT IS THE SAFER DRIVERS COURSE?

The Safer Drivers Course is designed for learner drivers to help them prepare for driving solo when they graduate to their provisional licence.

It teaches young drivers ways to reduce road risks and develop safe driving behaviours.

Some of the topics covered in the Safer Drivers Course:

- ✓ Challenges in the decision making process
- ✓ Developing ways to cope with distractions
- ✓ Fatigue and night driving
- ✓ Speed management and safe following distances

Course fee is \$140, which includes a 3 hour group discussion and a 2 hour in-car coaching session.

There are also two RMS initiatives where you may be eligible to sit the course free of charge: Disadvantaged Learner (DL) & Out of Home Care (OoHC); or speak to your Joblink Plus consultant.

## WHAT ARE THE REQUIREMENTS?

- ✓ A current NSW learners licence
- ✓ Minimum 50 log book driving hours
- ✓ Be aged under 25 years (no age limit for OoHC)
- ✓ OoHC - Present to the RMS with an OoHC certificate
- ✓ DL - Must hold a Pensioner Concession or Health Care Card, in their name, issued by Centrelink

Upon completion of the course, participants will receive a 20 hour credit in their log book.

OUR NEXT COURSE?  
Orange - Feb 24th

1800DRIVE4LIFE  
1800 374 834  
[www.1800drive4life.com.au](http://www.1800drive4life.com.au)



Find us on [Facebook](#)

**TOTEM**  
skateboarding  
PRESENTS

## MILLTHORPE • FREE SKATE COACHING SESSION • EVENT TIMETABLE

SUNDAY THE 8TH OF APRIL  
TIME: 9:30AM TO 1:30PM

9:15 - 9:30	OPEN REGISTRATION
9:30 - 9:45	SET-UP 1ST SESSION (BEGINNERS)
9:45 - 10:15	RUN 1ST SESSION (BEGINNERS)
10:15 - 10:30	OPEN SKATEPARK FOR "FREE SKATE"
10:30 - 10:45	SET-UP 2ND SESSION (BEGINNERS/INTERMEDIATES)
10:45 - 11:15	RUN 2ND SESSION (BEGINNERS/INTERMEDIATES)
11:15 - 11:30	OPEN SKATEPARK FOR "FREE SKATE"
11:30 - 11:45	Demonstration (Skate/BMX/Scooter)
11:45 - 12:00	SET UP 3RD SESSION (INTERMEDIATE/ADVANCED)
12:00 - 12:30	RUN 3RD SESSION (INTERMEDIATE/ADVANCED)
12:30 - 12:45	PACK DOWN 3RD SESSION
12:45 - 1:15	4TH SESSION ADVANCED
1:15 - 1:30	PACK DOWN 4TH SESSION

**SKATEBOARDS AND HELMETS PROVIDED**

NEXT TO THE FAMOUS MILLTHORPE MARKETS

REGISTER ONLINE AT [TOTEMSKATEBOARDING.COM](http://TOTEMSKATEBOARDING.COM) OR ON THE DAY

IN CONJUNCTION WITH: SUPPORTED BY:

## Dance at OAGS

We are excited to announced that the  
OAGS Dance Program  
will be operating again in 2018.  
Keep a look out for more information to  
be sent out soon!



## Study Group

**headspace** is starting a study group to provide a quiet, guided and supported environment for young people in high school

Commencing: **Monday** afternoon on the 24th July & will run every Monday from **3.45pm to 6pm** during term

What's provided

- Laptops
- Black/White Printer
- Internet Access
- Mentors to assist you as needed

### Bookings are essential

To secure your place or for any enquiries, please call us on 6369 9300.

Orange Anglican Grammar School, 7 Murphy Lane, Orange NSW 2800  
(02) 6360 4811

[enrol@oags.nsw.edu.au](mailto:enrol@oags.nsw.edu.au)

[www.facebook.com/orangegrammar/](http://www.facebook.com/orangegrammar/)

[www.oags.nsw.edu.au](http://www.oags.nsw.edu.au)





# OAGS T1, W4

## Canteen Menu

**Fixed Meal Pack:**

\$5 (small)  
\$7.50 (large)

**Monday**

- Carrot & Lentil Soup  
with whole meal mini baguette

**Tuesday**

- Spaghetti Bolognese

**Wednesday**

- Baked Potato with coronation chicken

**Thursday**

- JAMAICA DAY!

**Friday**

- Pizza

**Please Note:**

Fruit & yogurts will be offered with each meal, every day.  
A Gluten Free options will be offered each day (Chefs Choice).  
Menu may change without prior notice.

**Lunch:**

**Sausage roll (large)** \$4.50

**Meat Pie (large)** \$4.50

**Baked Potato with cheese** \$3.50

**Pasta Pot** \$3.50

**Snacks:**

**Ham and Cheese toastie** \$2.00

**Cheese toastie** \$1.00

**Sausage roll (mini)** \$1.00

**Meat Pie (mini)** \$1.00

**Fresh fruit** \$1.00

**Homemade flapjack** \$1.00

**Fruit smoothie** \$1.00

**Still or Sparkling Water** \$1.00

