



Milton Ulladulla Support Service

Learn Protective Behaviours Skills

Protective Behaviours is a living skills and personal safety program which can be helpful when working with children and young people.

It enables people of all ages to develop strategies to help them deal with all forms of difficult situations.

Protective Behaviours can be used by children, young people and adults to help keep themselves safe and work towards reducing violence in the community. It can provide a basis for helping children be safe at school and address problems such as bullying.

It can also help everyone learn to stay safe from the risks and challenges that surround us in everyday life.

Four sessions on Tuesdays commencing 6th March 2018

6th, 13th, 20th & 27th March 2018

from 10 am—12 pm

With Katie Welsh & Laurece Keith

At Milton Ulladulla Family Support Service

158 Green Street Ulladulla

Bookings essential as numbers are limited

Child care will be provided

Please call Milton Ulladulla Family Support
on ph. 44 555 428



**Protective Behaviours
Consultancy Group of NSW**



SIPS SNACK SHACK MENU 2018

Canteen is open Wednesday to Friday for lunch orders, lunch time and recess.
Canteen enquiries please phone-44412053

FRESH

Sandwiches/ Toastys/ Wraps/ Rolls/Turkish & Salad Tubs.

(Wholemeal bread unless white is specified)

PLEASE ADD 50c EXTRA FOR ROLL OR WRAP.

Vegemite/Jam/ Honey	\$1.50
Cold Meats	\$3.00
Egg/Cheese	\$2.50

Salad/ Salad Tub	\$3.50
With cold meat	50c extra
With egg	50c extra

Caesar Salad	\$3.50
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Toasted Turkish (full)	\$4.50
(half)	\$2.50

SAUCE

Add 10c extra per item

Tomato, BBQ, Sweet
Chilli, Mayo

**Lunch bags-50 for \$2.00
single bag-10c**

Cutlery-10c

If you require a spoon or fork
for food brought from home

HOT FOOD

Traveller Pie	\$3.00
Small Pie	50c
Noodle Cup	\$2.20
Garlic Bread	\$1.20
Pasta Bolognese	\$3.50
4 Chicken Chips (incl sauce)	\$2.20
4 Chicken Chips & Rice (incl sauce)	\$3.20

HOT ROLLS/ WRAPS/ TURKISH

Cheese	\$3.00
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Chicken	}	\$4.00
Chicken & Cheese		
Chicken, Cheese & Tomato		
Ham & Cheese		
Ham, Cheese & Tomato		
Ham, Cheese & Pineapple		

HOT ROLL COMBO – Add a popper \$5.20

Chicken Gougon Wrap	\$4.00
(with Lettuce, Tomato, Carrot & Cucumber)	

DRINKS

Water	\$1.00
Moove (Choc/Strawb)	\$2.00
Chilli J	\$2.00
Popper 250ml, 100%juice	\$1.50
(orange, apple, blackcurrant)	
Up & Go	\$2.00

INGREDIENTS (options)

Vegemite	Grated Cheese
Jam	Lettuce
Honey	Tomato
	Grated Carrot
	Pineapple
Ham	Cucumber
Chicken	Capsicum
Tuna	Onions



Egg

SNACK/FROZEN FOOD

(Available over counter
@ Recess & Lunch)

Popcorn	50cents
Cheese sticks	80c
Fresh Fruit	80c
Sultana Box	80c

Frozen Treats

Milk Cubes	10cents
Juice sticks	60c
Moozies	\$1.00
Yoghurt Tub	\$2.20
Paddle Pop	\$1.50

Blackboard Specials (when available)

Picklets
Muffins
Custard

WEDNESDAY ONLY!!!!

Burger Bonanza... only \$4.00

Flame Grilled Chicken Burger
(with Lettuce & Mayo)

Hamburger
(cheese, lettuce, tomato & beetroot)

Veggie Burger
(cheese, lettuce, tomato & beetroot)

THURSDAY ONLY!!!!

Home Made Mini Pizza

Only \$2.20 each

(choose from ingredients box)

Available Recess & Lunch



Sussex Inlet Swimming Carnival
PROGRAM OF EVENTS *All heats are timed finals:*

8.45am

100M FREESTYLE Boys / Girls (all age divisions)
200M IM Boys/ Girls (all age divisions)

9.30am

Junior Events

50M FREESTYLE **10 yrs Boys / Girls**
 9 yrs Boys / Girls
 8 yrs Boys / Girls

50M BACKSTROKE **Jnr Boys / Girls**

50M BREASTSTROKE **Jnr Boys / Girls**

50M BUTTERFLY **Jnr Boys / Girls**

25M FREESTYLE **10 yrs Boys / Girls**
 9 yrs Boys / Girls
 8 yrs Boys / Girls

4 X 50M HOUSE RELAYS **Jnr Boys / Girls**

11.45 am (approx) **11YRS/Senior Events**

50M FREESTYLE **11 yrs Boys / Girls**
 12 yrs Boys / Girls

50M BACKSTROKE **11yrs Boys / Girls**
 Senior Boys / Girls

50M BREASTSTROKE **11yrs Boys / Girls**
 Senior Boys / Girls

50M BUTTERFLY **11yrs Boys / Girls**
 Senior Boys / Girls

25M FREESTYLE **11 yrs Boys / Girls**
 12 yrs Boys / Girls

4 X 50M HOUSE RELAYS **Senior Boys / Girls**

\$500 to help with education costs for you or your children



Join Saver Plus and we'll match
your savings, dollar for dollar, up
to \$500.

"I'm much more relaxed now. After
Saver Plus, I'm confident that I can
always save enough money to not only
support my family, but also give them
the extras in life."

Saver Plus Participant



Saver Plus is a free ten-month savings program that provides financial education, budgeting and savings tips, and matches participants' savings up to \$500 for education costs.

What can the \$500 be used for?



laptops & tablets



lessons & activities



uniforms & shoes



books & supplies



vocational education



camps & excursions

Am I eligible?

To join Saver Plus, you must meet all of the below criteria:

- have a Centrelink Health Care or Pensioner Concession Card
- be at least 18 years old
- have some regular income from work (you or your partner)
- have a child at school or attend vocational education yourself.

To find out more:

Enquire online at www.saverplus.org.au

Email saverplus@bsl.org.au

Call or SMS your postcode to
1300 610 355



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.