



BERWICK LODGE NEWSLETTER

MORE INFO:

(03) 9709 6700 berwick.lodge.ps@education.vic.gov.au berwicklodgeps.vic.edu.au

NEWSLETTER NO 32

15TH OCTOBER 2026

ALL CANTEEN ORDERS MUST BE DONE ONLINE VIA THE QKR APP BY 9:00am
CANTEEN IS OPEN MONDAY, WEDNESDAY & FRIDAY
CIRRICLUM DAY - MONDAY 2nd NOVEMBER. NO STUDENTS AT SCHOOL

PRINCIPAL'S REPORT

NO SCHOOL -CURRICULUM DAY, MONDAY 2nd NOVEMBER

Monday 2nd November is our curriculum day with no students at school. At this stage, Camp Australia will be operating. If you need to place your child with Camp Australia for the day, please make a booking as soon as possible.

BOOK FAIR – TUESDAY 27th AND WEDNESDAY 28th OCTOBER AFTER SCHOOL

Our school book fair will take place on Tuesday 27th and Wednesday 28th October after school. This year the book fair will be in the junior area double portables at the end of the main school building. Parents are encouraged to visit the fair with their child or if unable to attend, you can order books online. As the book fair space is limited, we will be letting in small groups of parents/students at a time. We thank you in advance for your patience and understanding and we look forward to a wonderful book fair. Thank you to Mrs. Whitelaw our Literacy Learning Specialist for organising the event.

STUDENTS TRANSFERRING OUT - END 2026

Please remember to inform the office as soon as possible if your child/ren will be leaving Berwick Lodge at the end of the year and transferring to another school. This assists us with our planning for 2027.

FANTASTIC FRIDAYS – VOLUNTEERS WANTED

Starting on Friday 23rd October we will be running a four week 'Fantastic Fridays' program again for our students in grades 3, 4, 5 and 6. Students will be working in multiage groups, participating in their chosen activity. Dates: 23rd and 30th October 6th and 13th November. The focus is on building relationships across the grade levels, teamwork, collaboration, learning from others and creativity. The activities will be held from 2:00pm to 2:55pm and we are inviting interested parents to volunteer to assist. Please contact the office to express your interest. All parents must have completed the parent induction and have a current working with children card.

PLAYGROUND AREAS 8.45am – 3.45pm

During the supervised school times 8.45am – 3.45pm students are only allowed to play on their designated playground/outdoor space. Teachers will be reminding all students of the areas they can play in and yard duty teachers before and after school particularly will be speaking with students who are in other areas. This is for the student's safety, and we appreciate parents supporting our school in only allowing your child to play on their area equipment.

Continued...



BERWICK LODGE PRIMARY SCHOOL

LEARNING FOR LIFE

PRINCIPAL'S REPORT

STUDENTS VISITING THE LOCAL MILKBAR BEFORE SCHOOL

It has come to our attention that some students are going to the milk bar before school and purchasing lollies and other items which they are then bringing into school. We are not sure if parents are aware that their child may be doing this, especially if they have been given money to spend at the school canteen. Once students are on school grounds, they are not allowed to leave the school to go to the milk bar. We appreciate parents speaking with their children in regards to this matter.

RIDING BIKES OR SCOOTERS TO SCHOOL

Students who ride a bike or scooter to school are required to dismount and walk along the footpath boundary of the school, this includes Collins Crescent, Mansfield Street and the footpath along the Cyril Molineux reserve. This is for everyone's safety and teachers will be reminding students of this requirement. Students should also all be wearing a helmet.

PARKING AROUND THE SCHOOL STREETS

We ask all families to please be considerate when you are parking in the neighbouring streets. We have been notified by people who live in Collins Crescent that parents are queuing in front of their driveways or parking over their driveway and they are unable to enter/exit their property. The bylaws officer from the City of Casey regularly patrols around the school and they will fine people for parking illegally.

SAVE THE DATE – COMMUNITY AFTERNOON CELEBRATION MONDAY 7th DECEMBER

We will be celebrating as a whole school on Monday 7th December (weather dependant) after school with a community picnic, BBQ and performances by our students. We look forward to enjoying the afternoon with our families and community. Further information will be provided over the next few weeks.

COMMUNITY GARDEN HARVEST STALL

Thank you to our parents who purchased items from the Community Garden Harvest stall last Friday. All proceeds go directly back into the garden program to purchase materials and items for student use. Keep an eye out for notifications about our next stall when we have produce ready to harvest again. A big thank you to Mr Kerr who works tirelessly in the garden which is looking amazing! Thank you also to the students who enjoy being in the space, learning about plants and assisting with planting and harvesting.



Kind regards,

Sandra McCrum

DIARY DATES

UPCOMING EVENTS:

Grade 5/6 Division Cricket Finals	Friday 16th October
Prep Swimming Program	Monday 19th October - Wednesday 21st October
Grade 2 Swimming Program	Monday 19th October - Friday 23rd October
Regional Athletics Competition	Wednesday 21st October
Book Club Orders Due by 5:30pm	Wednesday 21st October
St Johns First Aid Program - all year levels	Tuesday 27th October
Book Fair - 3:45pm-4:30pm	Tuesday 27th October - Wednesday 28th October
Grade 3/4 Future Star Girls Regional Hooptime Finals	Wednesday 28th October
Curriculum Day - NO Students at School	Monday 2nd November
Melbourne Cup Public Holiday - NO Students at School	Tuesday 3rd November
Grade 3/4 All Star Boys Hooptime Regional Finals	Wednesday 11th November
Community Afternoon - all welcome	Monday 7th December
Grade 6 Graduation	Wednesday 16th December

CONSENT AND PAYMENTS DUE:

Fantastic Fridays Cooking Permission (select students)	Friday 16th October
Grade 3/4 Future Star Girls B'ball Consent	Wednesday 21st October

HAVE YOU CHANGED YOUR ADDRESS OR PHONE NUMBER?

Please ensure you let the school office know if you have changed address or updated mobile phones with new numbers. This information alleviates stressful situations for students when they are ill and we cannot contact parents.

Assistant Principals' Report

WELCOME BACK

We hope everyone enjoyed a restful break. It's wonderful to see all the happy faces return and feel the enthusiasm of students and staff. Let's make the final term of 2026 a great one!

FOUNDATION TRANSITION PROGRAM

Information regarding the 2026 Prep Transition Program has been emailed to all new families.

For all our Prep 2026 families, please contact the office to book an EYE (Early Years Evaluation) time for your child to attend. Sessions are running from **Monday 26th October and Monday 2nd November**. We are excited to welcome all new families onsite this year to commence our formal transition program.

RESPECTFUL RELATIONSHIPS

During Respectful Relationships this term, students will focus on topics 5 and 6.

Topic 5: Stress Management – This teaches students to learn a range of problem-solving skills through applied learning tasks, so that they can cope with challenges as they arise.

Ideas to explore with your children at home:

Talk about what is Stress?

- Provide a simple, child-friendly explanation of what stress is and why it's normal to feel it sometimes. Include relatable examples (e.g., feeling nervous before a test or when trying something new).
- What are some common signs of stress? (e.g., irritability, trouble sleeping, stomach aches).
- Think of some easy relaxation techniques. Share simple breathing exercises or mindfulness activities.
- Encourage play and highlight the benefits of outdoor activities, sports, and creative play like drawing or storytelling.
- Talk about the power of positive thinking and share techniques to help reframe negative thoughts (e.g., turning "I can't do this" into "I'll give it a try!").
- Explain the connection between a good night's sleep and lower stress levels. Think about
- Effective ways to unwind at the end of the day.
- Think about how nutrition can impact mood. Suggest easy, healthy snacks that can help keep energy levels steady throughout the day.
- Talk About Emotions. Discuss, "How are you feeling today?" or "What made you feel happy/sad?"

Topic 6: Help-Seeking- Help seeking is a coping strategy that involves seeking technical, instrumental, social, or emotional support from other people.

Activities within this topic area will assist students to:

- identify situations that feel safe and unsafe
- identify when they may need to seek help and who they could approach for help
- discuss the importance of seeking help when dealing with problems that are too big to solve alone
- identify a list of trusted people to seek out when needing help
- practise seeking help from adults and peers.

FANTASTIC FRIDAYS

Fantastic Fridays will run in term 4 for students in grades 3 to 6. The multi-age activities include cooking, working with wool, art and craft, drawing, chess, photography, woodwork, Pokémon and sport. If you are available to assist with any of these activities please contact the office. The activities will run for four weeks on a Friday afternoon from 2:00 – 3:00pm on Friday 23rd and 30th October and Friday 6th and 13th November. The students will find out which activity group they are in over the next few days.

Continued...

Assistant Principals' Report

COMMUNITY GARDEN MARKEY STALL

A big thank you to Mr Kerr and the garden club for all the hard work they do in the Community Garden. The fresh produce that has been grown is delicious and it was great to see so many families purchasing items to eat and grow.



GLASSES FOR KIDS – Term 1, 2027

We are excited to work with the Glasses for Kids organisation in 2027, available to the 2027 Foundation to Year Three students, (current Foundation, Year One and Year Two)



GFK partners with qualified optometrists who will visit Berwick Lodge and offer the students an initial vision screening and if required further testing and glasses at no cost.

Any students who currently wear glasses that are less than 12 months old please provide a copy of their latest prescription if available. If your child is already under the care of another optometrist, please share any relevant information on the Optometrist Questionnaire.

Consents must be completed by our current **Foundation, Year One and Year Two** parents/Guardians **by the end of week 10, Term 4 [Friday 11th December]**.

Here is the consent link: <https://stateschoolsrelief.snapforms.com.au/form/gfk-consent-form>

Angela Maskery and Sharyn King

FOUNDATION NEWS

THIS WEEK

Inquiry: our topic for inquiry this term is called 'I'm a planeteer'. We will be learning about how to be sustainable and how reducing, re-using and recycling materials to conserve Earth's resources.

Eco Warriors:

We will be choosing 'Eco Warriors' everyday to help us clean up and school yard and be proactive in looking after our planet.

UPCOMING EVENTS:

Swimming:

Our swimming program begins next week! Please ensure your child wears their bathers underneath their school uniform and pack a spare set of clothes and a plastic bag for wet items.

PRACTICE:

Over the weekend, please encourage your child to practice getting dressed independently and packing their clothes into their bag. This will help them feel confident and prepared for swimming.



REMINDERS

Don't forget your hat! If your child does not have a hat they will be asked to seek shade as part of our SunSmart policy.

GRADE 1/2 NEWS

GRADE 1/2 NEWSLETTER

Welcome to Term 4

Welcome Back!

The Grade 1 and 2 team are so excited for everyone to be back! We can't wait to see the growth and independence showcased by our students as they complete their last term of the year.



Grade 1 Inquiry

Under the Waves

This term the Grade 1's are diving into the fascinating underwater world as we explore the amazing creatures that live in our oceans and seas! Students will investigate different sea creatures, discover their unique features and habitats, and learn how they survive underwater.

Grade 2 Inquiry

In My Backyard

This term in Grade 2 we will be stepping outside and discovering the wonderful world right in our own backyards! Students will explore minibeasts, plants and the important role they play in our environment. Students will learn how living things grow, interact and help our environment thrive. They will discover how we can care for our gardens, reduce waste and make a positive difference to the world around us.



GRADE 3/4 NEWS

It has been a fantastic start to Term 4 for our Grade 3 and 4 students, who have jumped straight into our Summer Sports program!

This term, students will have the opportunity to rotate through a range of exciting activities, including netball, four square, cricket, basketball and VolleyStars.

Each week brings a new challenge and a chance for students to develop different skills, try something new and work together with their classmates. Whether they are practising their passing in netball, serving in VolleyStars, bowling in cricket or competing in a game of four square, the focus is on having fun, being active and giving things a go.

It has been wonderful to see students encouraging one another, building confidence and showing great sportsmanship as they get stuck into their summer sports!



GRADE 5/6 NEWS

Welcome back to Term 4! We hope everyone enjoyed a relaxing break and is ready for an exciting and busy final term of the year.

Our Grade 6 students have begun practising for their upcoming graduation. There is plenty to prepare, and we look forward to celebrating this important milestone with them at the end of the year.

Our Grade 5 students have also started working on their Book Showbag projects, where they will bring their favourite books to life through creative and engaging activities.

In English, students have been reading *The Blue Cat* and learning about World War II.

This has provided opportunities to explore the historical context of the story, develop their understanding of this significant period in history, and strengthen their reading comprehension and discussion skills.

Both Grade 5 and Grade 6 students have kicked off their Lodgiepreneur assignments! Working in small groups, students will plan, create and run their own market stalls, selling homemade goods. This is a fantastic opportunity to develop teamwork, creativity, problem-solving and entrepreneurial skills while learning about the process of running a small business.



JSC NEWS

Remembrance Day **APPEAL**

Wear a poppy. Show you care.

On Remembrance Day, we pause to remember and honour the courage and sacrifice of the men and women who have served our country.

Our JSC will be selling a range of items to help raise funds for the RSL.

≡ Items available include: ≡

Poppies • Wrist bands • Pins • Pens • and more...

Items will be available for purchase
≡ NOW UNTIL REMEMBRANCE DAY. ≡

Prices range from

≡ **\$2 - \$5** ≡



BOOK FAIR



Berwick Lodge Book Fair 2026

**Tuesday 27th and Wednesday
28th October.**

Dear Parents and Guardians,

We are excited to remind you that our Book Fair will be held on Tuesday 27th and Wednesday 28th of October, from 3:45 to 4:30 pm in room

Please note that all transactions will be processed via EFTPOS and Scholastic credit receipts; we **NO** longer will accept **cash payments** at the school. Online payments can be made - please refer to the leaflet sent home with your child and uploaded on Compass.

We look forward to seeing you there and appreciate your support!

Warm regards,

Lia Whitelaw

Learning specialist

STEM NEWS

To celebrate **World Space Week**, Mr Kelly has been taking students on an exciting journey into space during STEM and Digital Technologies lessons this week!

Students across the school have been exploring our Solar System, learning about rockets and putting their creativity, scientific thinking and engineering skills to the test.

Grades 1/2 – Exploring Our Solar System

Our junior astronauts have been learning about the eight planets and their order from the Sun. Students coloured, cut out and arranged the planets to create their own Solar System displays, developing their understanding of our place in space.

Grades 3/4 – The Cup Rocket Challenge

Students became aerospace engineers as they designed and constructed their very own cup rockets! Using paper cups, elastic bands and decorated rocket components, students explored how stored elastic energy can be used to launch a rocket. They tested their designs, investigated how their launchers worked and considered ways to improve their rockets.

Grades 5/6 – Rocket Race: The Journey to Outer Space!

Our senior students have been busy designing and creating their very own **Rocket Race games** for our junior students to enjoy!

This exciting two-player game challenges players to race their rockets along a number line, rolling dice, counting and adding numbers to move closer to outer space. The first player to reach space wins! Next week, our younger students will have the opportunity to play the dice game, practise their counting and addition skills and see the fantastic work created by our senior students.

There are plenty of fantastic examples of student work from all three activities proudly on display in the STEM room. Students, staff and families are warmly encouraged to come by, have a look and see what our young scientists, engineers and designers have been creating. There is some wonderful work worth celebrating!



P.E NEWS

REGIONAL HOOPTIME FINALS

On Wednesday 14th October our Future Stars boys team played in the Regional Hooptime finals at the State Basketball Centre. Tate 5/6W, Jackson 5/6W, Oscar 5/6W, Archer 5/6N, Aliyas 5/6N, Mauri 5/6N, Max 5/6P and Oliver 5/6P progressed to the Regional finals after winning the district competition in August.

The boys played 4 matches against tough competition winning 2 games and losing 2 games only narrowly by 2 and 4 points. Their first game was against Our Lady of Southern Cross where they fought hard to only lose by 2 points. In their next match they faced Solway P.S and won this game convincingly. Kew East P.S proved to be a tough component in the boys third game, losing by 4 points. The final game was a great way to finish the tournament winning easily against Park Ridge. Overall the Lodgers finished 3rd in the pool and should be super proud of their efforts. An amazing accomplishment to progress to such a high level of competition. Well done.



A big thank you to Mr Pryor for coaching the boys on the day and to all the parents and family members that came to support the Lodgers!

Best of luck to Boris 5/6L, Chris 5/6L, Vihaan 5/6L, Muhammad 5/6L, Jack 5/6W, Aarush 5/6W, Raihan 5/6W, Xavier 5/6K, Will 5/6N and Advik 5/6N who will be representing Berwick Lodge and the Berwick District in cricket at the Casey North Division finals on Friday 16th October.

Also wishing Charlotte 5/6L, Zendaya 5/6L, River 5/6L, Mauri 5/6N, Archer 5/6N, Tate 5/6W, Jackson 5/6W, Iyla 4S, Sabrina 5/6W and Sophia 4H the best of luck when they will be representing Berwick Lodge and the Casey North Division at the Southern Metropolitan Regional Athletics Championships on Wednesday 21st October.

Thank you,
Kylee Muccignat
P.E Coordinator

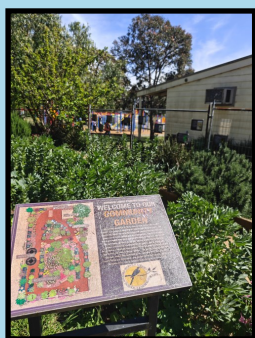
FARMERS' MARKET

We are excited to announce the opening of our very own Berwick Lodge Farmers' Market! The market will run every second week, straight after assembly, outside our school vegetable garden.

Students have been busy harvesting fresh produce, collecting seeds and planting seedlings to prepare for our market. We will be selling our garden produce, seeds and seedlings, with all money raised going back into supporting and developing our school garden.

A huge thank you to all the parents and friends who supported our first market last week by donating and purchasing produce. Your generosity and enthusiasm are greatly appreciated and will help our garden continue to grow!

Our next Farmers' Market will be held in week 3 and will continue every fortnight after that. We encourage families to pop by after assembly, support our budding gardeners and take home something special from our garden. We look forward to seeing you there!





Parents may bring in food treats to celebrate their child's birthday.

However, this treat **must be** individually commercially packaged with ingredients listed (ie: fun-size chocolate) and distributed to students at the end of the school day.



LIBRARY NEWS

Welcome back to Term 4 in the Library.

We have lots of exciting things, to celebrate our love of books, happening at the moment. The annual, Scholastic Book Fair is almost here and to celebrate, we have been running a free raffle for some beautiful books. All students have been given a ticket to enter and they chose from eight books that they might like to win. Mrs Whitelaw will draw the winners before Book Fair and the prizes will be handed out at assembly on Friday the 23rd of October. Good luck everyone.

All grades will have the opportunity to view the books, posters, stationery and other items on sale at the Book Fair. They will write a wish list of items they would like, then on the Book Fair afternoons, they can come and buy these. There is no obligation to purchase anything on the wish list, it is just a guide if you would like to attend.

BLPS are given rewards from any sales and these items will go into the school library for students to borrow.

Our Prep students have been reading books about looking after our environment and our Grade 1/2 students are looking at books focusing on Under the Sea. Our grade 3/4 students are focusing on Michael Wagner books and our 5/6 students are working on making Book Show Bags and writing and illustrating their own Picture Story Books.

The new books have been flying off the shelves already and many students are eagerly swapping these with their friends once they have finished reading them.

Make sure you check our reading awards to see if you have reached any borrowing and reading milestones this term.

Please remember to return your books on time and to bring your library bag to every session.



BOOK CLUB ORDERS

Issue 7 has arrived and it is filled with loads of new and exciting items. There is a FIND IT puzzle on the back cover as well as offers on how to earn up to 3 free books. If you have a \$5.00 coupon from Issue 6, you can use it for this issue.

There is a GIFT function available when ordering as well. Just click on this and we will contact you to collect your books if they are a surprise. If you don't click this, books will be delivered to classrooms as usual.

Please place any orders before 5.30pm on Wednesday the 21st of October.

Thank you for your ongoing support of reading and our school library.

Happy reading everyone,

Karen Tsekouras



LIBRARY NEWS

READING AWARDS

CONGRATULATIONS ON READING 10 BOOKS:

Sharmai H - PW Evelyn H - 4H Lily C - PS
Baxter M - 4S Nyra R - PRM Connah D - 34K

CONGRATULATIONS ON READING 20 BOOKS:

Dylan W - PS Sharleen K - 56K Oliver N - PW
Milo M - 3B Pax P - PRM Felix B - 4S
Archer J - 34K Quinn G - 34W Louka M - PW
Verity P - PRM Sophie H - 34K

CONGRATULATIONS ON READING 30 BOOKS:

Ruby M - 1R Maverick S - PB Hannah J - 56K
Matilda M - 3B Willow V - 3B

CONGRATULATIONS ON READING 40 BOOKS:

Sami M - 3M Rodger L - 4S Ava N - 2D
Edward T - 4H Matilda G - 4H Mary Q - 4H

Well done everyone

PFA NEWS

PFA Second Hand Uniform Shop

The PFA Second Hand Uniform Shop has incorporated an online ordering system. Below you will find what we currently have in stock. If you would like to purchase items please email through your request to pfa@berwicklodgings.vic.edu.au.

Orders will be ready for collection at Reception on Thursday from 3:30pm - 4pm.

Donations are currently being accepted at the office. Thank you for your support!

Place Order Email: pfa@berwicklodgings.vic.edu.au										
Collection & Payment from Reception on Thursday 3:30-4pm										
	Price	#	Size 4	Size 5	Size 6	Size 8	Size 10	Size 12	Size 14	Size 16
Top Blue Sports	\$5		1	1	0	0	0	0	0	0
Top Yellow Short Sleeve	\$5		0	0	1	3	1	2	1	1
Top Yellow Long Sleeve	\$5		0	2	0	12	4	7	2	0
Jacket Bomber	\$5		4	0	11	35	7	4	4	2
Jumper Crew Neck	\$5		5	8	12	4	2	8	0	0
Jumper Fleece Rugby	\$5		0	0	2	6	4	0	0	0
Trackpants	\$5		0	1	0	0	4	0	0	0
Trousers	\$5		2	2	0	0	1	1	0	0
Sports Shorts/basketball shorts	\$5		0	0	2	8	7	5	0	3
Shorts - Thinner Fabric	\$5		1	0	1	2	3	1	0	2
Shorts - thicker fabric			9	1	0	5	3	4	0	2
Shorts Pleated - girls	\$5		0	4	5	7	2	3	1	0
Skirt Netball	\$5		1	0	1	0	5	2	0	0
Skirt Sports Skort	\$5		2	0	0	0	0	3	0	0
Dress Summer	\$5		1	0	3	7	6	1	0	0
Dress Winter	\$5		0	0	0	5	0	0	0	0
Backpack	\$5	3								

PFA NEWS



Yellow Long Sleeve Top



Blue Sports Top



Yellow Short Sleeve Top



Blue Bomber Jacker



Blue Rugby Jumper



Blue Crew Neck



Sports Shorts - Basketball
Shorts - Thinner fabric



Shorts - Thicker fabric



Trackpants



Shorts Pleated - Girls



Skirt - Sports Skort



Skirt - Netball/Tennis Skirt



Summer Dress



Winter Dress



Beanie

CANTEEN NEWS

BELLBROOK CATERING



BERWICK LODGE PRIMARY

CANTEEN MENU

Open Monday, Wednesday, Friday

Online ordering is now our preferred method. Download the QKR App from the App Store or Google Play

Manual ordering will still be accepted

HEARTY HOT FOOD

Lasagne 97% fat free	\$6.55	@@@
Macaroni Cheese 97% fat free	\$6.55	@@@ V
Pizza - Margherita	\$5.50	@@
Dim Sims Steamed	\$1.60	@@@
Potato Cakes (recess only)	\$1.60	@@
Hot Noodles Chicken or Beef	\$3.60	@@
Chicken crumbed tender	\$2.90	@@GF
Hot Dog	\$4.60	@@
Beef Cheese Burger, Lettuce and Sauce	\$6.70	@@@
Chicken & Cheese Burger, Lettuce & Mayo	\$6.70	@@@
Gluten Free Hot Dog (no roll)	\$3.10	@@GF
Chicken Breast Nugget - Bag of 3	\$3.70	@@H
Chicken Breast Nugget - Bag of 6	\$6.20	@@H
Lite N Up Beef Pie	\$6.40	@@H
Lite N Up Sausage Roll	\$5.60	@@H
Lite N Up Snack Party Pie	\$1.70	@@H

All pies heart foundation approved, low GI, reduced fat

TASTY JAFFLES

Baked Bean and Cheese	\$4.70	@@@ V
Spaghetti	\$4.20	@@@ V
Cheese	\$4.20	@@@ V
Ham and Cheese	\$5.20	@@@

Preferred Payment Method



QKR!
by MasterCard

SPECIAL SNACKS

Popcorn Butter	\$2.10	@@GF
Piranha Snaps - Light & Tangy Salsa	\$2.10	@@GFH
Chips Honey/Soy and Salt Vinegar	\$2.00	@@
Homestyle Cookies	\$3.00	@@
Gingerbread	\$2.50	@@
Ovalteenies	\$1.50	@@
Homemade Mini Muffin	\$1.40	@@
Veggie Cup with Dip	\$2.30	@@GF
Yoghurt Frogs (10 pack)	\$2.00	@@
Sun Fruits	\$1.40	@@

@@@ Every Day Foods
 @@ Select Carefully foods
 V Denotes Vegetarian
 GF Denotes Gluten Free.



SUPER SANDWICHES AND SALADS

Sandwich

Vegetemite	\$2.50	@@@ V
Cheese	\$2.60	@@@ V
Ham (97% fat free)	\$3.50	@@
Ham (97% fat free) and Salad	\$5.00	@@
Ham & Cheese	\$4.50	@@
Roast Chicken	\$3.50	@@@
Roast Chicken & Salad	\$5.00	@@@
Fresh Salad (lettuce, cucumber, tomato, carrot)	\$4.50	@@@ V
Egg and Lettuce	\$4.00	@@@ V

Rolls or Wraps extra

\$0.80

All sandwiches on wholemeal bread

White bread available on request

FRESH MADE SALAD BOXES

Mixed Salad (lettuce, cucumber, tomato, cheese, carrot)	\$5.00	Regular @@@GF
Add Chicken or Ham	\$1.50	
Add Egg	\$1.50	

EXTRAS

Salad Dressing Tub	\$0.50	@@
Tomato Sauce	\$0.50	@@
LUNCH BAGS	\$0.30	

This menu has been categorised by Nutrition Australia as a guide to encourage healthy choices

DRINKS

600ml Water	\$3.15	@@@GF
250ml Milk (Reduced Fat) Chocolate, Strawberry	\$3.60	@@@GF
100% Fruit Juice 250ml	\$3.50	@@@GF
Apple or Apple & Blackcurrant		
Chill J Natural Sparkling Fruit Drink 250ml	\$3.00	@@GF
Raspberry, Watermelon, Grape, Lemonade		

FROZEN TREATS

100% Frozen Juice Tubes	\$1.30	@@@GF
Skim Milk Tubes (Choc or Blue Moosies)	\$3.00	@@@GF
Frozen Pineapple and Watermelon	\$0.80	@@@GF
Twisted Frozen Yoghurt Choc/Van,		
Mango/W'Melon or Strawberry	\$3.30	@@@GF
Supa Pop Chocolate Ice Cream	\$2.20	@@@GF
Streets Paddle Pop Rainbow	\$3.00	@@

PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

PRICES SUBJECT TO CHANGE

EFFECTIVE JULY 2026

IF YOUR CHILD HAS ANY FOOD ALLERGIES PLEASE SELECT ON QKR!

IN OTHER NEWS...

Outside School Hours Care

Newsletter

October 2026

Berwick Lodge



Your
OSHC.



At Berwick Lodge CA we have had a spooky welcome back to Term 4, we have decorated our room ready for Halloween, adding crafts to our display as the month progresses and planning for our party. We had a great holidays jam packed full of activities and excursions.

Activities coming up

- Halloween party!
- Diwali
- Remembrance day

Make a booking

Join in the fun of Outside School Hours Care activities and experiences with Your OSHC and Rocketeers.

Book now



Activities

- Popsicle stick characters
- Make your own pumpkin
- Paper cup ghost



Thank you

IN OTHER NEWS...



Big Art Week

A whole week of creative fun!

26-30 October

in Before & After School Care

Wild about animals

- Owl Nature Collage
- Animal Pattern Painting
- Newspaper Animal Portraits
- Eric Carle Inspired Collage Animals
- Paper Plate Safari Animals
- Animal Footprints

Get inspired for the Big Art comp!

Get an extra entry for every day you attend Big Art Week. More entries = more chances to win BIG!

Book now
A world of creativity awaits!

by Camp Australia
pp.campaustalia.com.au



Run Wild with Creativity!

Big Art Comp

26 October to 20 November

The world is full of amazing creatures, big and small, just waiting to inspire your imagination! Create an artwork that brings your favourite animal to life!

ENTER NOW

Win Big
6 major prize packs up for grabs!

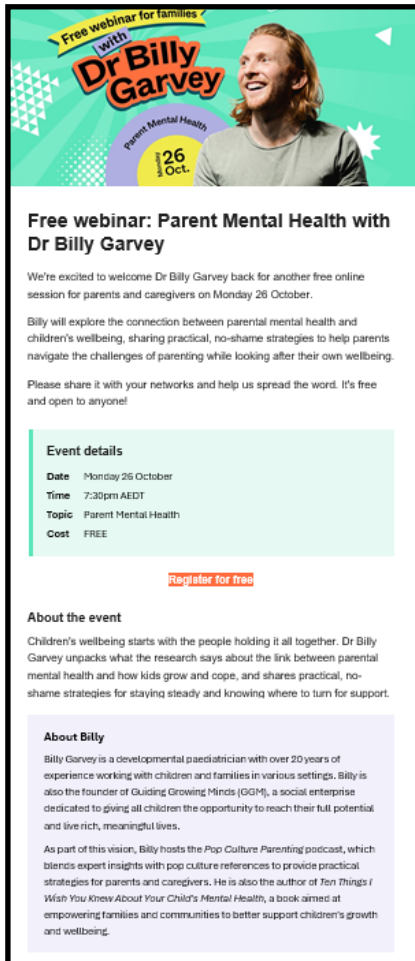
Your Spotlight
One child in each service will score a special reward!

Boost Your Chances
Attend Big Art Week (26-30 October) for extra entries!

Showcase Your Art
All entries will be featured in our online gallery!

campaustalia.com.au/big-art-comp
Terms & conditions apply. See the website for more details.

by Camp Australia



Free webinar for families with **Dr Billy Garvey**

Parent Mental Health

26 Oct.

Free webinar: Parent Mental Health with Dr Billy Garvey

We're excited to welcome Dr Billy Garvey back for another free online session for parents and caregivers on Monday 26 October.

Billy will explore the connection between parental mental health and children's wellbeing, sharing practical, no-shame strategies to help parents navigate the challenges of parenting while looking after their own wellbeing.

Please share it with your networks and help us spread the word. It's free and open to anyone!

Event details

Date: Monday 26 October
Time: 7:30pm AEDT
Topic: Parent Mental Health
Cost: FREE

[Register for free](#)

About the event

Children's wellbeing starts with the people holding it all together. Dr Billy Garvey unpacks what the research says about the link between parental mental health and how kids grow and cope, and shares practical, no-shame strategies for staying steady and knowing where to turn for support.

About Billy

Billy Garvey is a developmental paediatrician with over 20 years of experience working with children and families in various settings. Billy is also the founder of Guiding Growing Minds (GGM), a social enterprise dedicated to giving all children the opportunity to reach their full potential and live rich, meaningful lives.

As part of this vision, Billy hosts the Pop Culture Parenting podcast, which blends expert insights with pop culture references to provide practical strategies for parents and caregivers. He is also the author of Ten Things I Wish You Knew About Your Child's Mental Health, a book aimed at empowering families and communities to better support children's growth and wellbeing.



Celebrate National Recycling Week with

RUBBISH ROBOTS

9-13 November

in After School Care!

- Collect**
Bring in recyclable materials from home
- Explore**
Enjoy a week of fun and creative recycling activities
- Build**
Work together to create an incredible rubbish robot
- Win**
Your service could win a prize!

Book now
campaustalia.com.au

COMMUNITY NEWS

E Bikes/E Scooters



A guide to safe and legal e-bike and e-scooter use

E Bikes



- Maximum assisted speed: 25 km/h
- Have working pedals
- Always wear a helmet
- No mobile phones while riding
- Don't carry others
- Only riders 12 and under can ride on footpaths

E Scooters



- Must be 16 or older
- Ride at no more than 20 km/h
- Always wear a helmet
- No mobile phones while riding
- Don't carry others
- No riding on footpaths

Not all e-bikes or e-scooters sold are legal to ride on public roads and paths. Check it is legal before you buy.

www.casey.vic.gov.au/safe-around-schools



Holiday Card Competition

Collect a template from the library to enter

Prizes:

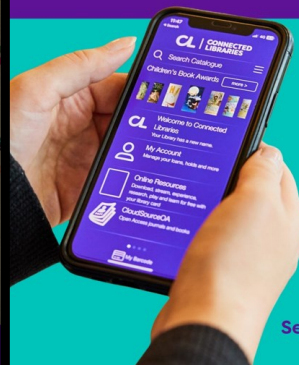
- \$50 gift voucher
- Your design printed on cards for our Home Library Service members
- 20 copies of your design on our holiday cards!



Visit connectedlibraries.org.au for details



Download the Connected Libraries app



- Access your digital library card
- Renew loans
- Search the collection
- Place holds
- Book into events



Search Connected Libraries in the app store

COMMUNITY NEWS

PUBLIC

POP UP PLAYGROUP

Discover Learn Play



The City of Casey free 'Pop-up Playgroup' Term 4 2026

Come along and enjoy playgroup activities outdoors with your child, music, art, reading, blocks, imaginary, sensory and active play.

You can also pick up information about Community Playgroups, Maternal and Child Health, Kindergarten and other community services.

Eddie Barron Reserve
21A Bemersyde Dr, Berwick

<https://maps.app.goo.gl/UQZmyKYUsF9GRqQv7>

Wednesday 7 October 9:30 am – 11:00 am.

Wednesday 14 October 9:30 am – 11:00 am.

Wednesday 28 October 9:30 am – 11:00 am.

Zanda Park
216 Alexander Boulevard, Clyde North

<https://maps.app.goo.gl/WiW5p2mThrFiUEGC9>

Wednesday 4 November 9:30 am – 11:00 am.

Wednesday 11 November 9:30 am – 11:00 am.

Wednesday 25 November 9:30 am – 11:00 am.

Please note Pop-up Playgroup is an outdoor event.
Please bring water, snacks, and spare clothes.
No bookings are required.



Contact the City of Casey:

Web: casey.vic.gov.au
Email: caseyco@casey.vic.gov.au
Phone: 03 9705 5200
Post: PO Box 1000, Narre Warren VIC 3805
NRS: 133 677 (for the deaf, hearing or speech impaired)

Customer Service Centres:

Narre Warren: Bunjil Place, Patrick Northeast Drive, Narre Warren
Cranbourne: Cranbourne Park Shopping Centre, Cranbourne
ABN: 43 320 295 742

TIS: 131450 (Translating and Interpreting Service) مترجم شفاهي 翻譯 電話 131450

CASEY.VIC.GOV.AU

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Junction Village Recreation Reserve Playground
33 Craig Road, Junction Village

<https://maps.app.goo.gl/kqzWNBToTyZusy8E9>

Thursday 8 October 9:30am – 11:00am.

Thursday 15 October 9:30am – 11:00am.

Thursday 29 October 9:30am – 11:00am.

Thursday 5 November 9:30am – 11:00am.

Wildbloom Playground

Corner of Mellow Place & Ochre Street, Clyde North

<https://maps.app.goo.gl/1XmWppvBdChivQzYA>

Thursday 12 November 9:30am – 11:00am.

Thursday 19 November 9:30am – 11:00am.

Thursday 26 November 9:30am – 11:00am.

Please note Pop-up Playgroup is an outdoor event.
Please bring water, snacks, and spare clothes.
No bookings are required.



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