PRINCIPAL’S REPORT

HARMONY DAY
What a fantastic day we had last Wednesday to celebrate Harmony Day. The children loved the cultural excursion with Axedale PS and particularly enjoyed the opportunity, some of them had, to get up on stage and show off their dance moves. We had a fantastic afternoon back at school with the children taking part in a range of activities include Aboriginal Dot Painting, making Mosaics and thinking about diversity while making a chatterbox. Thank you so much to all the wonderful parents who sent along a variety of dishes from across the world for the children to share for lunch. They had a complete banquet of dishes and were well satisfied.

National Day of Action Against Bullying and Violence was last Friday, 21st March and students at Eppalock PS showed their support by making a stand against bullying. All children and teachers signed a pledge to stand up against Bullying and students took part in a range of activities to broaden their understanding around what bullying is and how to prevent it. For further details go to the website www.bullyingnoway.gov.au/national-day.

SCHOOL COUNCIL
Our AGM was last Thursday night. Thank you so much for the help and support of the retiring school council and congratulations to our new (and continuing) school council members. The make-up of the 2014 school council is listed below …

President Andrew Gallagher
Vice President Danielle Couch
Secretary Neil Bowe
DEECD Members Emily Ryan, Anne Hartney
Parent Members Sally-Anne Symes, Bianca Rinaldi, Jackie Hebble, Vanessa Wild
Community Member Kevin Reade

Grounds sub-committee of School Council would welcome anyone who is interested to join them. Contact Andrew Gallagher or Neil Bowe if you would like to be involved.

At the AGM we also ratified the 2013 Annual Report to the school community which outlines the achievements of the school over the past twelve months. If you would like to view the Eppalock PS 2013 Annual Report please see Marie in the office.

Bendigo Advertiser—for those who may not have seen it, Eppalock Primary School was featured in the School Noticeboard section of the Bendigo Advertiser yesterday. There is a copy on our noticeboard here at school if you missed it.
PARENTS & PRINCIPAL CHAT
I wish to invite parents to join me for a cuppa and a chat in the staffroom next Wednesday morning, 2nd April at 9am. If you have any ideas or thoughts on how we can better Eppalock PS please bring them along to discuss or you might just like to have a social catch up. Either way I look forward to seeing those available parents on Wednesday 2nd April.

NEW STAFF MEMBER
We wish to warmly welcome Sue Gentry to Eppalock PS. Sue will be working in Mrs Lindhe’s room as a Student Support Person for the remainder of the year. Congratulations Sue, on your appointment, we know you will be a wonderful asset to our school.

EARLY SCHOOL FINISH END OF TERM
Term 1 concludes on Friday 4th April with the Annual School Lap-a-thon and a sausage sizzle. Students will be dismissed at 1.30pm.

SCHOOL BUS CODE OF CONDUCT
A School Bus Code of Conduct will be sent home shortly. This document needs to be read, discussed and signed by all parents and students who travel on our school bus. It is vitally important that all children who travel on the school bus do so in a safe manner for the safety of themselves and fellow travellers. The signing of this Code of Conduct is a requirement of all who use the bus and by following the procedures set out in the Bus Code of Conduct we can all be assured that the children at Eppalock Primary School will travel safely to and from school.

HEAD LICE
There have been a number of reported cases of head lice in the past few weeks. It is important that parents are vigilant in checking their child’s hair to ensure we can control the spread of lice. For tips on how to look for lice and control please refer to http://health.vic.gov.au/headlice/.

AFTER SCHOOL CARE
A reminder to all parents regarding After School Care arrangements. All children who are in After School Care need to be placed in the After School Care Book and/or the school notified by 2pm of that day. Also just a reminder that Active After School Sport finishes at 4.30pm, those children not picked up at that time will be placed in After School Care and charged accordingly.

CHILD CARE BENEFIT REBATE
We have just received notification that our After School Hours Care program has been approved for Child Care Benefit Rebate.
We are currently working through the implications of this for families and the process that needs to be gone through to claim this rebate.
We will keep you notified of any changes to the After School Hours Care payment system etc. as they arise.
Invoices will be sent out as soon as we finalise this process.

I hope everyone has a great week. Mrs Ryan 😊

SCHOOL UNIFORMS—ORDER FORMS ARE ATTACHED—if you wish to place an order, please complete the form and return to school by Friday of this week (28th March).

EXCESS SPARE UNIFORMS—The School has received some donations of second-hand uniforms and we now have excess spare uniforms, especially skirts and dresses. If you would like some extra uniforms for your children, please come and collect some.

LIBRARY NOTICE—MISSING BOOKS—All books in the Harry Potter Series are missing from our library. Please check for any library books your child/ren may have borrowed.

PREMIER’S ACTIVE APRIL—JOIN THE FUN
Get active this April—the Premier’s Active April is a fun way for you to get more active, more often. All it takes is 30 minutes of physical activity a day during April. Sign up today!
IMPORTANT DATES

MARCH
Friday  28th  Living Green Clubs
         Uniform Orders due
Monday  31st  Parent Club meeting—9.15 am
         Confucius Classroom

APRIL
Tuesday 1st  Drama / Music
         ACTIVE AFTER SCHOOL PROGRAM—Soccer (final day for Term 1)
Wednesday 2nd  Parent and Principal chat—9.00 am
         Blue Day—Autism Awareness
Thursday 3rd  MARC Library
         Visit to Victoria Heights Residential Care
Friday  4th  Lap-a-thon & Sausage Sizzle
         Last day Term 1 (1.30 pm finish)
Tuesday 22nd  FIRST DAY TERM 2

Wednesday 23rd & Thursday 24th  Camp—Grade 3/4/5/6 students
Friday  25th  ANZAC Day—public holiday

MAY
Thursday 15th  School Council Meeting—6.00 pm
Wednesday 21st  Whole School Open Morning followed by Grandparents and Special Friends
         morning tea at 11.00 am

ADVANCE NOTICE
The following days are Pupil Free—staff will be involved in Maths Professional Development sessions —please mark the dates in your diary.
• Monday June 2nd
• Wednesday September 17th
• Friday November 7th

Friday 12th December  End of Year COMMUNITY NIGHT
Tuesday 16th December  Grade 6 Graduation Dinner
School Awards - Congratulations to the following students;

- Prep/1 - April — for fantastic home reading
- Grade 2/3/4 - Levi - for showing good leadership in class
- Grade 5/6 - Jazz for her great attitude towards her learning

Care & Compassion Award this week is awarded to;

Sam

for being kind, caring and thoughtful

2015 Enrolment & Education Week

2015 Prep Dates — The 2015 Prep Enrolment Information Booklet will be available in kindergartens soon and outlines key dates for 2015 Preps in all Bendigo schools including information sessions for prospective Prep parents and transition days for students.

EPPALOCK PRIMARY SCHOOL:
Orientation Program Dates for 2014 Preps
Visit 1; Thursday 13th November - 11.30am-1.00pm
Visit 2; Wednesday 19th November - 9.30am-11.00am
Visit 3; Monday 24th November - 10.00am-11.30am
Whole school/State Wide Orientation Day/Classroom visit 4 Tuesday December 9th - 9.00am-11.30am

Education Week Activities & Dates — The prospective Prep Parent Information Evening at Eppalock Primary School is on Monday May 19th between 6.00pm-7:00pm. For an individual tour of the school & appointment, please contact the school at any time.

School Open Morning & Grandparents / Special Friends Morning Tea — Wednesday May 21st. Guided Tours from 10am–11am followed by a Grandparents & Special Friends Morning Tea in the Project Space at 11am.

LIVING GREEN

WRIGGLING WORMS
Have you got an amazing worm farm that made it through the summer? Do you have a spare handful of worm farm worms? Our school worms have an abundance of fruit that they are struggling to eat and we need to boost their numbers to get our worm farm really working. If you can spare some worms we would really appreciate it. We currently have red wrigglers (the ones you buy from the hardware shop in the yellow box).
NUDE FOOD LUNCH BOX IDEAS

To help each other in our efforts to be wrapper free at school, the parent club has decided to include a regular weekly ‘Nude Food Lunch Box Ideas’ section in the newsletter.

This will be an opportunity for us to share lunch box ideas that are quick, easy, cost effective, kid friendly, and most importantly, wrapper free.

Please email any recipes you come across throughout the year to mark_bee@iinet.net.au so we can be sure to have it included.

**NUDE FOOD LUNCH BOX IDEA #3  CHOCOLATE COCONUT SLICE**

**Ingredients:**
- 125 g butter
- 110 g brown sugar
- 75 g coconut
- 1 egg
- 75 g plain flour
- 65g SR flour
- 1 tbs cocoa
- Icing sugar and cocoa

**Method:**
1. Line a slice tray with grease proof paper.
2. Pre heat oven to 180 degrees
3. Melt butter in microwave for approximately 45 seconds.
4. Combine all ingredients in a bowl and stir well.
5. Press mixture onto baking tray.
6. Bake for approximately 20 minutes.
7. Take out of oven and allow to cool completely.
8. Spread chocolate icing on top of cooled slice, sprinkle with hundreds and thousands (optional).
9. Slice and serve!
COMMUNITY NEWS

AXE CREEK COMMUNITY FRESH PRODUCE SWAP

Do you have excess vegetables, fruit, eggs or herbs from your garden?
Not sure what to do with them?
Bring them to the Axe Creek Community Fresh Produce Swap at Eppalock Primary School.

If you have excess vegetables, fresh fruit, eggs, herbs or any other items, please bring them along and be part of our Fresh Produce Swap program. There are baskets on the bench in the school foyer and the process is that you can swap your produce for other produce.

If you do not have produce to swap that’s OK, just help yourself to the fresh produce displayed. You do not need to pay for any of the produce, however if you wish to make a monetary donation for anything it will be put towards our Living Green Program.

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A Holiday Program

for primary school aged children will run at the Church on Monday April 14 to Thursday April 17 from 9.30am to 12noon each day.

Then we will have a celebration Church service on Easter Saturday April 19 at 5pm. The coordinator is Steve.

For more information about these or any other local Church activities contact Rev. Steve Weickhardt on 5439 4817 or steve@southeastbendigo.com.

The address is Strathfieldsaye Uniting Church, 920 Wellington Street.

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Are you looking for a babysitter?

Ashleigh is 13 ½ years old and is well liked by younger children. She would be looking to charge about $10 an hour but is negotiable according to how many kids and how, when & where.

Anyone interested can contact Donna on
BENDIGO BANK SCHOOL BANKING

The staff from Bendigo Bank’s Strath Hill branch visit Eppalock Primary School each TUESDAY MORNING providing a school banking service for students.

Participants in the program will use a Bendigo Piggy Bank Passbook Account and moneybox to learn about the process and the benefits of saving.

With no account keeping fees, no transaction or government fees, no penalties and no deposit restrictions—plus a lot of fun games and rewards—a Piggy Bank Passbook Account makes saving fun.

Please note—the school banking program provides a deposit service only, however, withdrawals can be made at the Strath Hill branch.

Further information is available from the school office or by calling into the Bendigo Bank Strath Hill branch.

WANT TO KNOW WHAT THE FUTURE HOLDS FOR STRATHFIELDSAYE?

The Strathfieldsaye Business Network invites you to their Autumn Networking Breakfast. Come along and hear how our district is growing and the plans for our future. Plus, the NBN is now available in parts of our district, so learn more about connecting! Network with other local businesses and enjoy a FREE breakfast catered by Strathfieldsaye Lions Club.

Guest speakers: Brian Gould, City of Greater Bendigo, and John Barlow, Bendigo Community Telco

When: Friday 28 March  
Time: 7 am to 8.30 am  
Where: Strathfieldsaye Cricket and Football Club Rooms, Tannery Lane  
Cost: FREE including breakfast  
RSVP: sdce@strathfieldsaye.com.au

BENDIGO LEGO FAN EXPO—18th, 19th & 20th April 2014

Rediscover the magic of building and join us for the Inside The Brick LEGO Fan Expo in Bendigo during Easter weekend, Friday 18th, Saturday 19th and Sunday the 20th of April.

See amazing creations by master builders including LEGO Ninjago, a huge train layout, LEGO City, Star Wars, LEGO Friends and many unique creations. Tickets are only available via online booking.

We’ll have a huge brick pile to play with in the LEGO play area and lots of DUPLO for the little fans as well. LEGO sets and printed LEGO bricks will be available for purchase.

Why no sweet drinks for children

Nutrition

Often babies and children prefer sweet tasting drinks, but sugary drinks such as fruit juice, soft drink or cordial are not necessary and may cause health problems if drunk in large amounts.

What are sweet drinks?

Sweet drinks include all fruit juices, soft drinks, energy drinks, cordials, flavoured waters and sports drinks either bought or home made. Fruit juices contain sugars that are found naturally in fresh fruits, but become very concentrated when made into juice.

While breast milk, formula and unflavoured cow’s milk contain a sugar called lactose, these are not considered to be sweet drinks. Milk is important for children's healthy bones, and for growth and development.

How much is too much?

Children do not need any fruit juices or other sweet drinks to have a healthy diet. If you include sweet drinks in your child's diet, limit to one small cup per day. Intake of sweet drinks reduces the quality of your child's diet and also teaches children the 'habit' of drinking sweet drinks.

Why limit juice?

As juice comes from fresh fruit and vegetables, it is easy to believe it is a natural, healthy food, full of vitamins. Children only need half an orange to get their daily vitamin C – but it takes three or four oranges to make one glass of juice.

Encourage your children to eat fresh fruit and vegetables instead of juice. This will:
  • supply fibre to the diet and help prevent constipation
  • satisfy appetite for longer, helping to prevent over eating

• help with skills such as chewing
• teach about different textures, colour and tastes
• provide a convenient, healthy and nourishing option for snacks

What should I give my child to drink?

Breast milk is the best drink for infants. For children less than 12 months old, breast milk or infant formula should be the main drink. After 12 months of age, when your toddler has reduced breastfeeding or formula, full fat cow’s milk and water are recommended as the best drinks. Whole milk is important for children, drinking too much can lead to poor appetite. Three small serves each day is suggested. For healthy growth children need around 2 cups of dairy foods each day, including milk.

For toddlers and older children, water is the preferred drink, so encourage this regularly through the day.

Fruit juice, cordial, soft drinks, and flavoured water are not needed. Unpasteurised milks, caffeinated drinks, tea, coffee and herbal drinks are all not recommended for children.

Artificially sweetened cordials and soft drinks are also not recommended as they still teach your child the habit of sweet drinks.

Which milk should I give my child?

For children under two years only full fat dairy products are recommended.

From two years reduced fat milk and dairy products can be offered.

Encourage plain milk in preference to flavoured milks which are higher in sugar.

Calcium-enriched soy and other plant-based milks (e.g., rice, oat, almond) can be used after 12 months of age, as long as these are full-fat and there are other protein foods such as meat, lentils, and eggs in the diet.
Why no sweet drinks for children

What happens when children drink too many sweet drinks?

Excess weight gain

Sweet drinks are high in energy and contain very little nutrition for your child’s diet. Regular intakes of sweet drinks may lead to excess weight gain.

Tooth decay

Children who have sweet drinks such as cordial, soft drink and juice regularly are at a higher risk of tooth decay.

For babies and toddlers, problems start when a bottle is used for comfort when going to sleep, to suck on during the night or to snack on during the day. If the bottle contains any drink other than water, even milk, the sugar in the fluid sits on the teeth and gums for some time and this is when decay can start, even before the teeth have broken through.

Avoid using a baby’s bottle for comfort and start teaching your child to drink from a cup from around six months of age. Stop bottles from around one year of age.

It is also important to develop a regular tooth cleaning routine as soon as your child’s first tooth appears.

Small appetite and fussy eating

Sweet drinks are full of energy and can fill children up making them less hungry for food.

For picky eaters stopping or limiting sweet drinks is a helpful way to encourage appetite for other foods.

Problems such as iron deficiency anaemia, and poor growth may occur in infants and toddlers who replace foods such as breast milk, formula or solids with sweet drinks.

Change in bowel habits

Young children may have problems digesting some of the sugars in sweet drinks, and the results can be loose bowel actions or diarrhoea. This may affect growth if energy and nutrients are lost from the body. When sweet drinks are removed from a child’s diet, loose bowel actions may improve.

Bottles to cup

Many toddlers become attached to their bottles - they provide comfort and security as well as nutrition. From around six months of age, infants can learn to drink from a cup and by 12 months, most toddlers have good enough coordination to hold a cup and drink from it. Tips to reducing bottles include:

• gradually reduce the number of bottles offered, or the amount in each one
• stop some of the day-time bottles first and offer a small cup of milk instead
• if bottles are used to help your toddler sleep, introduce new bed-time routines such as a small cup of milk instead of the bottle, story time or a cuddly toy.

How do I reduce sweet drinks?

Changing your child’s diet can be a challenge, but remember young children can only eat or drink what is given to them. Avoid keeping sweet drinks in the house and try not to drink them yourself.

If your child already has sweet drinks regularly, or if you have older children who are used to having sweet drinks available, start to reduce the number of drinks per day and limit the amounts you buy. Offer the remaining drinks watered down, until you can stop them. Children may be upset at first but will get used to it if you continue.

Be patient. This may take time, particularly if your child is in the habit of wanting sweet drinks whenever they are thirsty or hungry.

Important tips about sweet drinks

• children do not need sweet drinks for good health
• fruit and vegetable juice, soft drinks, energy drinks, flavoured water, mineral water, cordials and sport drinks are all considered sweet drinks
• after their first birthday children need around two cups of dairy foods each day, including milk, for healthy growth
• enjoy water as the main drink in your family
• avoid using a baby’s bottle to settle your child to sleep
• encourage your child to drink from a cup from around six months
• stop bottles from around one year of age
• start a tooth brushing routine as soon as your child’s first tooth appears
• visit your local doctor or health centre if you have concerns about your child’s health and growth

Nutrition

The Royal Children’s Hospital Melbourne
50 Flemington Road Parkville, Victoria 3052 Australia
TELEPHONE: +61 3 9345 9300
www.rch.org.au/nutrition

2013 Why no sweet drinks for children tip sheet
Previously funded by The Department of Health, Victoria
Eppalock Primary School ‘Lap-a-thon’

*How many laps of the school can you do?*

On Friday 4th April, 2014 at 11am

Eppalock Primary School will be running a ‘Lap-a-thon’!

Students are asked to get sponsorship for this event—you can ask parents, extended family, neighbours etc. to sponsor you for each lap completed or to give a donation for the event.

When students have completed the event, they will be informed of the number of laps that they have completed and then they will be able to collect their sponsorship from their sponsors over the holidays.

*Sponsorship money is due back on the first week of Term 2*

Following the ‘Lap-a-thon’, the Parents Club will be have a ‘sausage sizzle’ lunch beginning at approximately 12:15pm.

**Sausage in bread $2.00 each**

(order forms below)

Parents and friends are welcome and encouraged to come and support you during the ‘Lap-a-thon’ and are invited to stay for lunch if they would like (just mark your order on the order form please).

---

**SAUSAGE SIZZLE - FRIDAY 4TH APRIL**

**ORDER FORM**

(please complete and return to school by Friday 28th March)

**SAUSAGE IN BREAD @ $2.00 each**

X .................................................................

**FAMILY NAME**

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**TOTAL MONEY ENCLOSED**

$.................................................................
### Sponsorship Form

**Student Name**

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EPPALOCK PRIMARY SCHOOL - UNIFORM ORDER
March 2014 (25/3/2014)

Family Name .................................................................
Contact Number ..............................................................

- If you wish to place an order, please fill in the form and return it to school by **Friday 28th March 2014**
- Please note there is an additional cost of approximately $7.50 per garment for school logo printing (t-shirts, windcheaters)
- Accounts will be forwarded to families when order is filled – please do not enclose money with order
- Any queries please contact Marie at school office (5439 6366)

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<td>5963DC</td>
<td>Dry &amp; Cosy Jacket Bottle Fully lined with polar fleece – Waterproof nylon Black</td>
<td>$30.00</td>
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<tr>
<td>4310DP</td>
<td>Fleecy Double Knee Track Pants (with bottom cuffs) Bottle</td>
<td>$17.25</td>
<td></td>
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</tr>
<tr>
<td>4310DP</td>
<td>Fleecy Double Knee Track Pants (with bottom cuffs) Black</td>
<td>$17.25</td>
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</tr>
<tr>
<td>4310SL</td>
<td>Fleecy Straight Leg Track Pants Bottle</td>
<td>$15.00</td>
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</tr>
<tr>
<td>4310SL</td>
<td>Fleecy Straight Leg Track Pants Black</td>
<td>$15.00</td>
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<tr>
<td>G3250SD</td>
<td>Check School Dress with zip pocket White/Bottle</td>
<td>$15.50</td>
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</tr>
<tr>
<td>G386SK</td>
<td>Girls Gaberdine Skorts Bottle</td>
<td>$14.50</td>
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</tr>
<tr>
<td>G386SK</td>
<td>Girls Gaberdine Skorts Black</td>
<td>$14.50</td>
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</tr>
<tr>
<td>Wide Brimmed Hat with school logo Bottle Green (one size fits all)</td>
<td>$12.00</td>
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</tr>
<tr>
<td>L4888</td>
<td>Netball Skirts (polyester &amp; viscose) Bottle</td>
<td>$14.30</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>L4888</td>
<td>Netball Skirts (polyester &amp; viscose) Black</td>
<td>$14.30</td>
<td></td>
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</tr>
<tr>
<td>490JB</td>
<td>Waterproof Jacket in a Bag with hood Bottle</td>
<td>$20.00</td>
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