not able to swim 50m. Reduce the risk. Enrol your child in PARC Swim today! Source: Life Saving Victoria T:9781 8444 W:parcfrankston.com.au



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www.frankstoncitydental.com.au

Gap Free Kids Check Up \$0.00

Bulk Billing Medicare CDBS benefits also available*
With the Government's Child Dental Benefits Schedule (CDBS), you may qualify to receive up to \$1000 worth of benefits for basic dental services for your children between the ages of 2 and 17. This offer is subject to Medicare eligibility

*Families are encouraged to contact Medicare to check their eligibility for CDBS.





NAB AFL Auskick is a great way for boys and girls to learn the skills of Australian Football. Through weekly coaching sessions at Frankston Dolphins JFC with our passionate coaches and coordinators, your child will learn the skills of the game, be part of a great team and play non-contact AFL games with their friends.

Auskick sessions run Friday nights at Overport Park from 5:30 pm - 6:30 pm.

Register now at aflauskick.com.au & select Frankston Dolphins JFC

Canteen News

A New Price list for term 1

Please use new menu, some price changes across the menu due to supplier increases.

Extra copies available from the office, canteen or the school web page

Orders will be adjusted if incorrect money is sent.

New menu items

Cheesey Mac \$3.00

Noodle Salad \$3.50

Fruit Roll up \$1.50

Following items available as Counter Sales

Following Items availab		differ bares
Mini Wheats	5c	
Cheerios	5c	
Wafers	30c	
•••••		
Home made		
Oat honey balls	50c	
Cookies	\$1.00	
Cup Cakes/ muffins	\$1.00	
•••••		
Noodles	\$1.00	
*Delites	\$1.00	Gluten free
*Popcorn plain_	\$1.60	
Grain waves	\$1.60	
JJ's	\$2.00	
Gingerbread	\$2.00	
Muffin	\$2.50	
Frozen Pineapple rings	20c	
Jelly Tots	40c	
½ tube	50c	
Tube	\$1.00	
Icy Twist	\$1.60	
Paddle pop	\$1.60	
	·	
Milk Smoothie	\$2.00	
Ice cream Sundae	\$2.00	
Yoghurt	\$2.50	
- 8	T-7-0	
Spring Water	\$1.00	
Just Juice	\$2.00	
Mineral Water	\$2.65	
Big M	\$2.80	
	T-100	