



Parent Bulletin

MALABAR PUBLIC SCHOOL

Week 7 Term 3

4 September 2025

SEPTEMBER 2025

	MON	TUES	WED	THURS	FRI
	1	2	3	4	5
WEEK 7	Assembly: K-2 Host: KW		S2 Camp	S2 Camp	S2 Camp
	8	9	10	11	12
WEEK 8	Assembly: 3-6 Host: 3W	P&C Meeting - 6:30pm in Library	Speak Off - Sandra Clarke	Debate @ Malabar v Stanmore	
	15	16	17	18	19
WEEK 9	Assembly: K-2 Host: KB	Stage 3 - Art Excursion	Regional Athletics KOORI Club		
	22	23	24	25	26
WEEK 10	Assembly: 3-6 Host: 6W			Skip-a-thon	School Holidays

OCTOBER 2025

	MON	TUES	WED	THURS	FRI
	13	14	15	16	17
WEEK 1	SDD	Students Return			Kindy Yoga
	20	21	22	23	24
WEEK 2	Assembly: 3-6 Host: 5/6B	Cleanaway Incursion - Whole School	S3 - Quest W/ Shop KOORI Club	OzTag Gala Day	Halloween Disco Kindy Yoga

Hello Everyone,

SASS Recognition Week

This week we celebrated our incredible School Administrative and Support Staff (SASS).

At Malabar PS, we know we are spoilt — our office staff are individually and collectively amazing, ensuring our school runs smoothly every day. They know nearly every child by name, along with their siblings and families, and take the time to care for students when they are injured or upset. Whether it's offering comfort after a tough morning or warmly welcoming students as they arrive, our office team truly embodies the heart of Malabar.

We also thank our Student Learning Support Officers for the incredible work they do to support teaching and learning in every classroom. Their deep knowledge of our students allows them to notice even the smallest changes in behaviour and step in. They play a vital role in supporting not only learning but also students' emotional growth and social skills, helping children build confidence, resilience, and positive connections every day. We are so fortunate to have such a dedicated and caring team at Malabar.

Stage 2 Camp

Our school has felt a little quiet over the past two days due to Stage 2 being at Lake Macquarie Camp until Friday afternoon. It will certainly be a fantastic time away for the students, who are able to try new activities like canoeing, giant swing and high ropes with their friends and teachers. Thank you to Mr Fagerstrom, Ms Boatwain Ms Swinburn and Ms Emery who will push through extreme sleep deprivation to provide Stage 2 students with life-long memories this week. There are no overtime payments for teachers in New South Wales, so to take two nights away from their families to ensure our students have these rich experiences beyond the classroom is an act of extreme generosity. I know the Stage 2 families join me with gratitude for this sacrifice.

How you can support your children at home

As parents, you play a vital role in your child's education and overall development. One of the most powerful ways to support your child's learning is by actively engaging with what they are doing at school. This term, many students have been bringing home work samples that showcase their progress and achievements across various subjects.

These work samples are a valuable window into your child's learning journey and offer a wonderful opportunity for you to connect with their education in a meaningful way.

When your child brings home their work, take the time to explore it together. Ask them to explain what they have been learning and what the tasks involved. This not only reinforces their understanding but also shows them that you value their efforts and are interested in their growth. Celebrating their successes and discussing any challenges can boost their confidence and motivate them to keep striving.

Using these work samples as a conversation starter can also help you identify areas where your child might need extra support or enrichment. You can then work with your child's teacher to find resources or activities to extend their learning at home. Whether it's practicing new skills, reading related books, or exploring educational games, your involvement makes a significant difference.

Remember, learning doesn't stop at the school gate. By nurturing curiosity, encouraging questions, and showing genuine interest in your child's schoolwork, you create a positive learning environment that fosters resilience and a lifelong love of learning.

Together, as parents and educators, we can ensure our children thrive and reach their full potential. So next time your child brings home a piece of work, take a moment to celebrate their progress and dive into the exciting world of learning right alongside them.

Thought of the Week

"I intend to live forever.....so far so good!"

Have a great weekend do I dare say "go the Roosters!!!"

Neil Atwell

Principal



Malabar Community

Art Afternoon



Our Malabar Families
Creating & Connecting

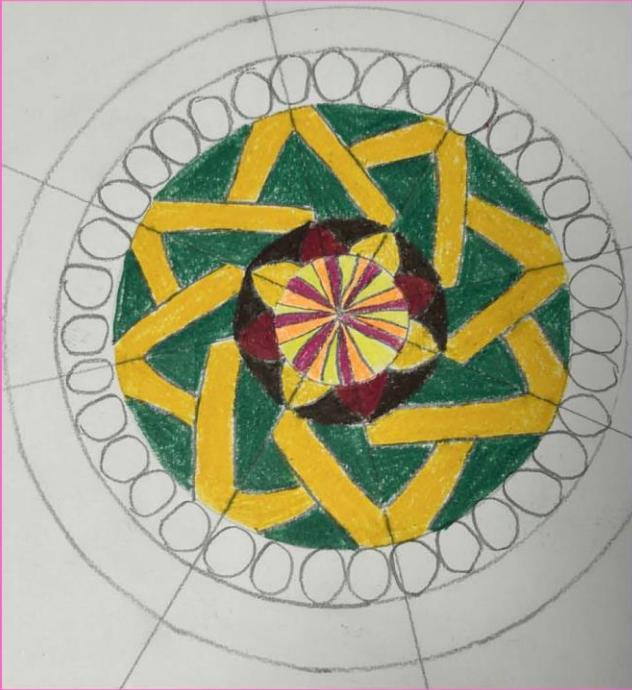


Mandala Art



Our creative families & teachers





YEAR 6 FUNDRAISER

This Saturday 6th September, Malabar Public School Year 6 Class is hosting the local Bunnings BBQ as well as a Cake Stall at Bunnings Eastgardens!

They will be there from 9-4 dishing up delicious sausage sizzles as well as some sweet treats, all with the aim to raise money for their Year 6 Activities, including graduation, school gift and yearbook.

As it is the day before Father's Day, why not come down, grab a bite, while you do your last minute Father's Day Gift shopping!

We hope to see you there and we thank you for your support!



**Fundraising
EVENT**

**Saturday
6th September**

Malabar P.S. are raising
funds for their Year 6 end of
Primary School Celebrations!

SAUSAGE SIZZLE * DRINKS * CAKES

Lunch, snacks and last minute
Father's Day Gifts are sorted!!!

See You There!

**BUNNINGS
warehouse
EASTGARDENS**



School Bytes

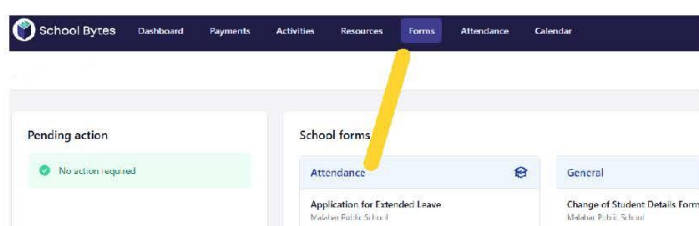
School Bytes provides a parent portal to help Malabar Public School communicate with you for various things, including online permission notes, logging attendance, newsletters, online student payments, live calendar of events, access to student academic reports, etc.

Whats new for our school!

Application for Extended/Planned Leave (5 school days or more)

You can now apply online for extended leave via the parent portal under forms on the menu bar or see the below link:

https://online.schoolbytes.education/published_forms/3780/123ef944-441a-4bc5-981a-33131e9b8226



Once this has been actioned online, the attendance will be pending until the Application has been approved. Once approved, **a certificate will be emailed as confirmation**, and the attendance will be updated accordingly. Paper copies are still available at the school office if you prefer to apply that way instead of online.

School Calendar

Our school calendar is a way of checking what events are happening, this is a **live calendar** and is constantly being updated with the school's events each term. Please see the below link for access. This is also accessible via the parent portal.

<https://portal.schoolbytes.education/calendar>



Parent Guides

We have also attached a link that contains **instructional guides for parents/carers**. Not all guides will be relevant to Malabar PS. This is also available on the parent portal, user guides.

<https://support.schoolbytes.education/hc/en-us/sections/4414095645839-Parent-Guides>



Assessments

All student Academic Reports are accessible on the parental portal under the menu Resources. The **2025 NAPLAN** results are also available under the same menu.



Botany Bites Catering

CANTEEN DELIVERY SERVICE

To all Parents, Teachers and Students,

We would like to introduce ourselves and give a brief overview of our services, philosophy and approach towards food that we supply to your school.

Botany Bites Catering has had a long history providing excellence within the school canteen sector. We are passionate about food and providing great tasting meals to your school. We have a fresh food philosophy and use real ingredients to cook real food, which is cooked, prepared and packed fresh daily. We come from a background in cheffing and so for us, providing quality food is a very important aspect of our business, second only to providing an outstanding service to the community.

We are looking forward to servicing your school this year. You can order online by creating an account with Flexischools. Visit www.flexischools.com.au to sign up. Alternatively, you can download the Flexischools app to create your account. We do also send communications through the app so we recommend that you download it onto your phone.

If you need to cancel your order, please call us on PH: (02) 96661799. If you have any queries regarding our food or service or if you have any suggestions or special dietary requirements, please email us at admin@botanybites.com.au and we will be happy to assist you in any way that we can.

We hope that you enjoy the food that you order from us as much as we have enjoyed creating and making it for you.

Kind regards,

The Botany Bites Team.

Botany Bites School Lunch Menu - 2025

EXTRA OPTIONS AVAILABLE ON FLEXISCHOOLS

Hot Food

Pasta Bolognese	Add: Cheese \$0.90 / Olives \$1	\$7.50
Plain Pasta (Butter)	Add: Cheese \$0.90 / Olives \$1 / Nap Sauce \$2.20	\$5.00
Vegetarian Tortellini	with Napolitana Sauce Add: Cheese \$0.90 / Olives \$1	\$7.50
Macaroni & Cheese		\$6.50
Butter Chicken & Rice	Creamy mild Butter Chicken & Rice	\$7.50
6 Chicken Nuggets	Add: Sauce \$0.35	\$5.60
8 Chicken Nuggets	Add: Sauce \$0.35	\$7.50
12 Chicken Nuggets	Add: Sauce \$0.35	\$11.20
Garlic Bread		\$3.60
Corn Cobb		\$3.80 GF

Burgers

Hamburger	Meat patty, Lettuce, Sauce	\$7.80
Schnitzel Burger	Homemade Chicken Schnitzel, Lettuce & Sauce	\$7.60
Grilled Chicken Burger	Fresh grilled chicken, Lettuce & sauce	\$7.60 GF available
Veggie Burger	Homemade veggie patty, Lettuce, sauce	\$7.40
Bacon & Egg Roll	with Sauce	\$6.50 GF available
Bacon Roll	with Sauce	\$5.50 GF available
Hot Dog	with Sauce	\$5.20
Fried Egg Roll	with Sauce	\$5.20
Add: Cheese \$0.9 / Tomato \$0.80 / Egg \$1.10 / Pineapple \$1 / Bacon \$2 / Gluten Free Toasted \$1.20 / Caramelised onion = \$1		

Gourmet Wraps

Sweet Chilli Chicken Wrap	Homemade Tenders, Cheese, baby spinach, sweet chilli sauce	\$7.70
Falafel Wrap	Homemade Falafel, hummus, lettuce, cucumber, tomato, tzatziki	\$7.70
Chicken & Salad Wrap	Lettuce, Tomato, Cucumber & carrot	\$7.70
Ham & Salad Wrap	Lettuce, Tomato, Cucumber & carrot	\$7.70
Chicken Schnitzel Wrap	Homemade Schnitzel, Lettuce, tomato & mayo	\$7.70

Sandwiches

GF Bread available

Cheese		\$4.80
Crumbed Chicken, Lettuce, Mayonnaise		\$6.50
Crumbed Chicken		\$6.20
Mashed Egg or Sliced Egg		\$5.00
Ham		\$5.00
Ham & Cheese		\$5.50
Hummus		\$4.40
Honey / Jam / Vegemite		\$4.00
Salad		\$5.50
Tuna & Mayonnaise		\$6.00
Poached Chicken		\$6.00
Roast Turkey		\$6.20
Ham & Cheese Squashy	Ham and Cheese toasted on a roll	\$5.70
Cheesy Squashy	Cheese toasted on a roll	\$5.00

Roll or Wrap - Add \$0.50 / Gluten Free Toasted \$1.20

Add: Lettuce \$0.80 / Cheese \$0.9 / Tomato \$0.80 / Cucumber \$0.80 / Carrot \$0.80 / Avocado \$1.80

Salads

Create Your Own	Lettuce and your choice of salad options	\$5.00
Caesar Salad	Lettuce, crispy Bacon, parmesan, egg, croutons	\$8.50
Greek Salad	Lettuce, Tomato, cucumber, olives & feta	\$8.50 GF
Tuna Salad	Lettuce, Tuna, olives, cucumber, carrot	\$8.50 GF
Green Salad (Small - recommended as a side serv	Lettuce, tomato, cucumber, carrot	\$6.50 GF

Add: Tomato / Cucumber / Carrot / Croutons \$0.80 / Boiled Egg \$1.40 / Feta \$1.50 / Parmesan \$1.50 / Crispy Bacon \$1.50 / Olives \$1

Avocado \$1.80 / Ham \$2.20 / Poached Chicken \$2.80 / Crumbed Chicken \$3.00 / Tuna \$2.80 / Turkey \$2.80 / Roast vegetables \$2.80

Sushi		Must be ordered by midnight – day before delivery
Large Sushi Roll – Choice of the following:		\$4.60
Chicken Teriyaki & Avocado		
Chicken Teriyaki & Cucumber		
Chicken Teriyaki		
Tuna & Avocado		
Tuna & Cucumber		
Tuna		
Mini Sushi Box – 12 pieced Mini Sushi. Choice of the following:		\$6.00
Cucumber		
Avocado		
Tuna		
Mixed		
Edamame Box		\$3.40

Snacks		
Popcorn		\$3.00 GF
Banana Bread		\$3.30
Yoghurt & Berries		\$4.50 GF
Fresh Fruit Salad		\$4.50 GF
Watermelon Cup		\$4.10 GF
Jelly		\$3.00 GF
Sumo Cookie		\$2.80
Mini Choc Chip Cookies		\$2.80
Homemade Chocolate Brownie		\$3.20
Hummus & Vege Sticks		\$3.80
Vege Sticks		\$3.20
Custard Cup		\$3.50 GF
Custard Cup with Milo		\$4.00 GF
Custard Cup with Mixed Berries		\$4.20 GF

Drinks		
Spring Water		\$2.50
Flavoured Milk		Chocolate or Strawberry \$3.20
Juice		Apple, Orange, Apple Blackcurrant \$3.00
Up & Go		Chocolate, Strawberry, Banana \$3.40

Botany Bites Catering

ORDER CANCELLATION PROCEDURE

Dear Parents & Staff,

Should you ever need to cancel orders that have already been placed with Flexischools, the process should be as follows:

If cancelling prior to the delivery day:

Visit www.flexischools.com.au log into your account, access your order and nominate to cancel it. This can be done up until Midnight of the day prior to delivery.

If cancelling on the day of delivery:

Please **call us on PH: 96661799 BEFORE 9am.**

We try to provide as flexible a service as possible. However if you do not call before 9.00am we will not be able to credit your account.

You must **speak to us directly (do not email)** to ensure that the order has been cancelled and funds can be credited to your account.

Kind Regards,

Botany Bites Catering

HOW TO REGISTER



WITH *flexischools*

- 1 Download the Flexischools app and select "Register".
- 2 Type in your email and submit to create an account.
- 3 Go to your inbox and click the link to verify your email (remember to check your junk).
- 4 Follow the registration process, creating a password and adding your personal details.
- 5 Add your student under "Profile" and start ordering online!



Download Flexischools app

HOW TO PLACE A CANTEEN ORDER



WITH *flexischools*

- 1 Click "Order food" at the top of the home page on your app.
- 2 Select the child you want to order for, then the date you wish to receive your order on.
- 3 Choose the food items you wish to purchase, then select "Confirm Order".
- 4 Choose your desired payment option.
- 5 Press "Place Order" to confirm your purchase.

ENJOY!



Download Flexischools app



MALABAR PUBLIC SCHOOL P&C ASSOCIATION UNIFORM SHOP ORDER FORM

Uniform shop hours are **Monday and Wednesday 8.55am – 9.20am**. Orders may be left at the school office and every effort is made to have the orders filled ASAP. Unfortunately we are unable to fill orders if payment has not been received.

Date: _____
Name: _____ **Phone:** _____
Child's Name: _____ **Class:** _____

Clothing sizes: 4, 6, 8, 10, 12, 14, 16

Hats: S, M, L

Please indicate size and quantity required

ITEM	SIZE	QUANTITY	PRICE	TOTAL \$
Girls				
Girls Striped Blouse			\$35.00	
Girls Navy Box Pleat Shorts			\$25.00	
Girls Navy Long Pants			\$27.00	
Girls Navy Soft Cotton Blend Winter Tights	Please circle size: 3-5yrs (108-120cm), 6-9yrs (120-130cm), 10-12yrs (140-150cm) 12-14yrs (150-160cm)		\$18.00	
Girls Royal Blue Hair Scrunchie	One size		\$2.00	
Boys				
Boys Striped Shirt			\$35.00	
Boys Navy Cargo Shorts			\$25.00	
Boys Navy Long Cargo Pants			\$27.00	
Unisex				
School Hat – size S, M, L			\$20.00	
School Backpack	One size		\$60.00	
Sports Polo Shirt			\$35.00	
Sports Shorts			\$30.00	
Microfibre Track Pants			\$30.00	
Navy Zip-up Jumper			\$35.00	
Waterproof Jacket (Fleece lining)			\$45.00	
Raincoat (Royal Blue)			\$25.00	
Navy Socks 3 Pack	Please circle size: 9-12, 13-3, 2-8		\$18.00	
Library/Homework Bag	One size		\$10.00	
Total Amount Payable			\$	
Cash enclosed			\$	

Would you like this order to be given to your child? Yes / No (please circle)

- **Payment by CARD only available for purchases made at the Uniform Shop**
- **Please enclose payment with your order – CASH**
- We will happily exchange or refund purchases provided the item has not been used and labels/tags have not been removed

Uniform Shop Coordinator
Jean-Louis Lam Yan Foon – 0411 535 609

Prices effective January 2024
Prices are subject to change without notice



Malabar Public School Soccer

Free Trial Day

Day/Dates: Tuesday 9 September 2025

Time: 8:00 am - 9:00 am

Ages: Kindergarten - Year 6

Location: Malabar Public School Playground

Bring: Comfortable clothes, appropriate sports shoes, water bottle, and hat

ENROL TO START NOW!
Limited vacancy!

LEARN MUSIC AT SCHOOL

MUSIC KEYBOARD CLASSES AT MALABAR PS
LESSON ON WED DURING LUNCHTIME

- 45-minute weekly sessions in small groups.
- Instrument not required initially.
- \$33 per session – follows the school term. New students are welcome to join mid-term.
- Ideal for beginners!

Music Shapes Minds!
Learning music enhances cognitive skills, builds discipline and boosts confidence!

To enrol, call 9411 3122 or visit:
www.learnmusicatschool.com.au

VIP Music - Bringing music culture to primary schools since 1984

FREE FAMILY FUN DAY

AT THE PARLIAMENT OF NSW

Free activities for children up to 12 years at the Parliament of NSW

Friday 10 October 9.30am - 3pm

Visit Australia's oldest Parliament, step inside history and get creative in workshops and role plays.

- Visit our heritage rooms
- Make craft animals and objects
- Play music and draw with Blak Douglas
- Have your say in a committee role play
- Learn how to vote
- Enjoy live music and more...



FREE ENTRY
Activities 9.30am to 3pm

LOCATION
Parliament of New South Wales,
6 Macquarie Street
Opposite Martin Place

The public café will be open.

BOOKINGS ESSENTIAL

P: (02) 9230 2047 or
E: dps.education@parliament.nsw.gov.au





Spring VACATION CARE

29 September to 13 October 2025

Secure your spot, book online today!



THE BIG BATTLE

EASTERN SUBURBS: EXPERIENCE AUSTRALIA'S
NO.1 SCHOOL HOLIDAY SPORTS EVENTS!

Early Bird Tickets:
First 100 Only!
Save \$25.00



SEPT / OCT

KINDY - YR 6

8.30AM TO 3.30PM

www.motiv8sports.com.au

Eastern Suburbs