



St Albans Heights Primary School

Principal Mrs Effie Sultana

9366 4211

www.sahps.vic.edu.au

NEWSLETTER NO. 5

April 4th 2023

Principal's Message



Dear Parents/Guardians,

Prep 2024 Enrolments:

Starting school in 2024 seems like a long time away but I know that there are some parents who are keen to enrol their child. The Department of Education and Training has changed the way Prep enrolments are managed at Victorian schools. You will now need to download an enrolment pack from the Department's "Enrolling in Foundation (Prep) Starting School" page. This isn't available until the start of term 2, April 24. The office can assist you with this if required. Enrolments need to be finalised by 28th July for all state schools.

If There's a Problem:

Sometimes children will come home upset about something that has happened at school. Often, parents are the first people to hear about this and sometimes staff are not aware there is an issue. If there is a problem, or if you have any questions or concerns, here's what you should do:

1. Speak with the child's teacher. Problems can usually be sorted out very quickly if the teacher is aware of them.
 2. If the teacher can't solve the issue, contact the office on 93663127 and make an appointment to speak with Mr Glenn, Mrs Bubeck or myself.
 3. If you still don't think that the matter has been addressed you can contact our Regional office on 1300 333 232
- Under NO circumstances should any parent approach another child in the yard for any reason. In the interest of student safety, you must follow this process and allow the school to have these discussions.

IMPORTANT DATES

Tuesday 4th April
School Photos

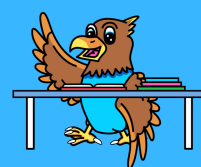
Thursday 6th April
Last Day of Term 1
2.30pm Dismissal

Thursday 6th April
Pyjama Day
Gold Coin Donation

Monday 24th April
Pupil Free Day
No School

Tuesday 25th April
ANZAC Day
No School

Wednesday 26th April
1st Day of Term 2



Principal's Message Continued



Basketball Grand final win!

Congratulations to Mr Simon and the girls' basketball team who won the finals game last week against St Pauls. Everyone showed great sportsmanship and worked well together. Thank you to Ms Christine for attending and supporting the students too.



Sporting Events this term

Thank you to Mr Simon and Mr Glenn for organising several sporting opportunities for our students to enjoy this term, to improve their skills. We have had AFL, Basketball and Soccer Clinics for the students to enjoy, with Softball coming next term.

Welcome BBQ and Harmony Day

Thank you so much to all our families that were able to attend and enjoy this annual get together. It was so much fun and there were lots of activities to entertain the students. A huge thank you to Ms Dannielle, Ms Leanne, Ms Christine, Mr Glenn and all of the staff who supported the event with preparations beforehand and those who stayed later on the evening. It was a sea of orange and cultural dress to celebrate the theme of Harmony day - 'Everyone Belongs'



School Photos

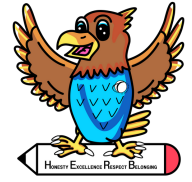
Photo day was today, all students had their photo taken for school identity purposes (i.e. COMPASS), you may still order individual and/or group photos on COMPASS.

School Wide Positive Behaviours

For the second year running we have been recognised for our work around SWPBS (MVP cards behaviour expectations and matrix, and strong wellbeing strategies in place) and we have received GOLD recognition. A huge congratulations to Mr Glenn for leading this work and to all the staff for following the processes we have implemented to ensure strong wellbeing support for our students.



Principal's Message Continued



Easter Raffle and Donations

Thank you to all of the families who donated easter eggs for our Easter raffle and for buying raffle tickets. Your generosity and support is always appreciated. Thank you Ms Dannielle and Ms Leanne for organising this fundraiser.

On the last day of school Thursday 6th September we are having a Pyjama Day, students and staff can come to school dressed in their pyjamas and we ask for everyone to bring a gold coin donation for the Royal Children's Hospital Good Friday Appeal.

ACMI visits

This term we have been fortunate once again to visit ACMI and take part in some exciting activities. Students were learning about animation and creating a game where they could insert themselves as an animation. We thank Christine Everly and the team at ACMI for making this opportunity available to our school.



Parking around the school

We know parking around the school is tight (it is the same at every school) and we strongly encourage families to park in nearby streets and walk the last distance to school. Parking officers from Brimbank Council have been out and about last week taking photos of cars parked in 'no parking' zones. You may receive a fine in the mail if you do not follow the parking signs carefully. A reminder that the front of the school is a drop and go zone only for 2 mins, between 8-9am and 2.30-4.00pm. You may not leave your car or stay parked for longer than 2 mins, or you may receive a fine.



Families can drop off and pick up from here, however if your child is not ready at the gate you will need to drive around the block and return, you cannot remain parked outside the front of the school for more than 2 minutes.

Principal's Message Continued



School Uniform

We have had a number of families come to the office looking for lost uniforms. The mornings are cold and then as the afternoons warm up, students are just dropping jackets everywhere outside when playing. We try and return items left outside to their original owners if they are named, however lots of jackets have no names on them.

We have also had a number of students accidentally take home other students' jackets and hats as they all look the same. Can I ask all families to please ensure you name ALL items of clothing brought to school and please check all your child's clothing over the holidays to ensure it belongs to your family and not someone else's.



Holiday Break

A reminder that school finishes on Thursday 6th April at 2.30pm for the Easter/Term break. Wishing all the families that celebrate a very Happy Easter and we look forward to seeing you all when we return for term 2 on Wednesday 26th April at 8.50am. Please note Monday 24th April is a Staff Professional Practice Day (no students at school) and Tuesday 25th April is the ANZAC day public holiday, so no school.



Happy Ramadan

To our families who are celebrating this religious event, Ramadan Mubarak!



Regards
Effie Sultana
Principal

CSEF

CSEF applications for 2023 are now open. Eligible parents or carers with a health care card can apply for CSEF. Please note that applications need to be a parent or carer only with a health care card. If your circumstances have changed, please contact the school office to obtain an application form.

School applications close 23rd of June 2023



The Check-In

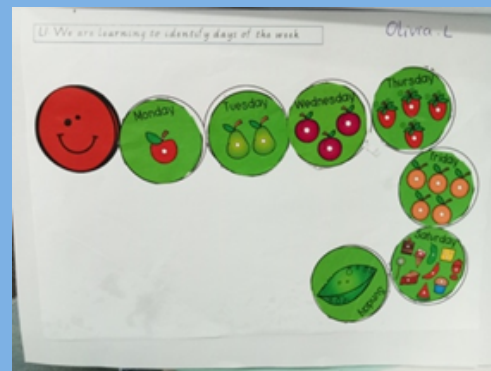
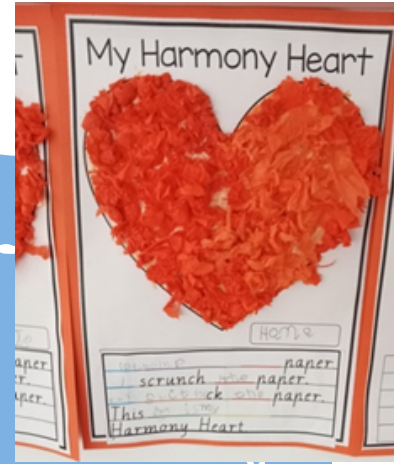
FOUNDATION - GRADE 2 NEWS

FOUNDATION/1 BY MS DANIELLA, MS IRMA & MS KARA

In the Foundation/1 area we have been working hard on our learning. Foundation students have shown a great improvement to read more words as the weeks progress. Our Grade 1s have had good discussions about books whilst making predictions before and during reading.

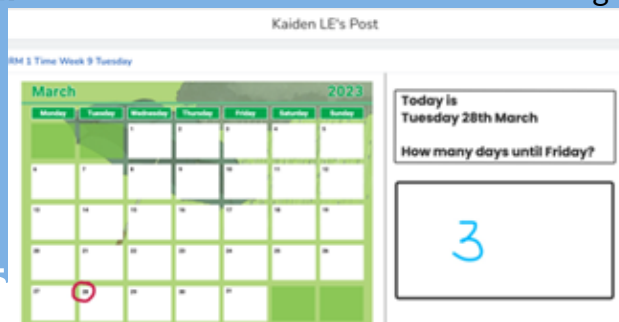
We celebrated Harmony week by learning all about the significance of this day, many students could articulate that we all belong and therefore we tried to ensure our students showed the value of belonging.

Our students created wonderful Harmony hearts and showed their understanding of belonging by assisting each other to scrunch, rip and glue the many orange pieces on their heart. Come and check out our display!



Foundation students read *The Very Hungry Caterpillar* to assist with them understanding the days of the week.

Our Grade 1s have been trying hard to identify the duration of time, for example how many hours have elapsed from one start time to another. They have also practised reading a calendar and counting how many days, weeks, and months an event lasts for. Phew!! Lots of great learning and growth in Grade 1



Reminders:

- Continue to listen to or read with your child each evening and sign their diary each day to show this has been done. Don't forget to work on heart words too. As students can read and write all the words on their current list by heart, they'll be given a new set of words to practice.
- Please ensure all clothing items are labelled with your child's name. We have had many students lose jackets, hats etc as of late.
- No HATS next term. Please ensure your child brings their hat home to be washed at ready for later in the year.



The Check-In

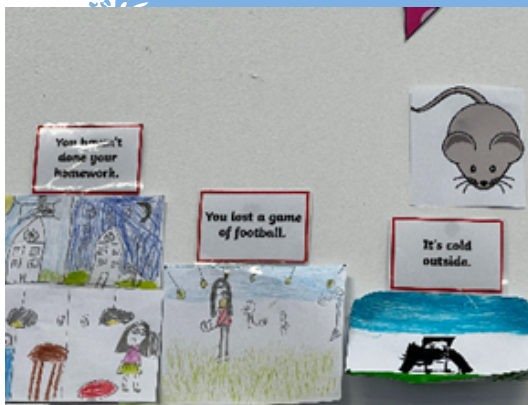
FOUNDATION - GRADE 2 NEWS 1/2 BY MS NICOLE, MS MIRELLA & MS REBECCA

Whats on in the wonderful 1/2s!

We have been working hard in Inquiry on conflict resolution and problem solving with a growth mindset. When we have a growth mindset we think about how we can improve, keep positive and think about how to solve problems rather than dwell on what is wrong. When looking at problems, we call small problems we can solve ourselves 'Mouse Problems' or bigger problems that we need adult support to solve 'Elephant problems'.

Some examples of mouse and elephant problems we looked are below:

What to do when we have mouse problems or conflicts, how we can solve them by ourselves before they become bigger problems.



They then worked on how to solve mouse problems themselves.



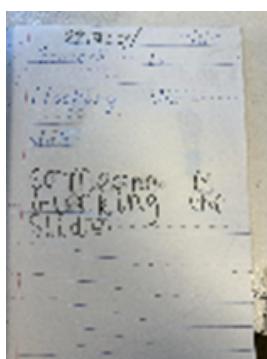
Sarah



They then chose a problem or a conflict with a team to work out how to solve by themselves or how to get help to solve them.

David

Bilen



Kenny





The Check-In

FOUNDATION - GRADE 2 NEWS

1/2 BY MS NICOLE, MS MIRELLA & MS REBECCA

Once the team had a plan they began rehearsing the problem/conflict and how to solve it. Then they filmed their problem and solution. They are looking forward to sharing thier videos with you at student led conferences later in the year.



How to solve the problem: Someone pushed me on the monkey bars (this is an elephant problem so student showed getting support from the yard duty teacher).





The Check-In

FOUNDATION - GRADE 2 NEWS

1/2 BY MS NICOLE, MS MIRELLA & MS REBECCA



Someone said something mean to me (Mouse problem - we can solve this ourselves and we can help our friends if this happens to them!)



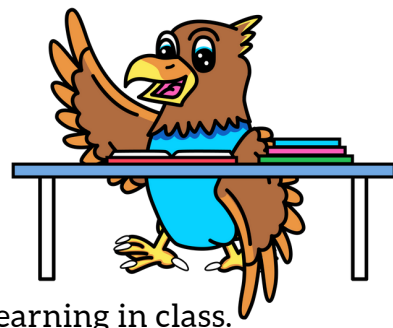
My friend does not want to play with me today (Mouse problem - we can solve this ourselves by going to the buddy bench to make a new friend)



The Check-In

GRADE 3-6 NEWS

BY MR JIMI, MS HELEN, & MS ABBY

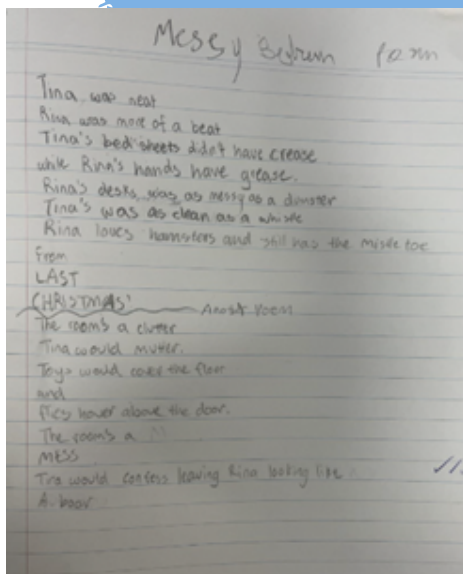


We are excited to share with you what our Year 3 and 4 students have been learning in class.

In Maths, they have been exploring symmetry and nets. They have been creating patterns and folding paper to create symmetrical shapes and investigating how shapes can be folded to create 3D objects. The students have also been learning how to identify and draw nets of 3D shapes.

In English, the students have been focusing on poetry. They have been reading a range of poems and learning how to infer meaning from them. The students have also been exploring free verse poetry and how figurative language can be used to create imagery and convey emotions. They have had the opportunity to write their own free verse poems, experimenting with language and structure.

3/4 students are commended for showing school values and remaining focused on learning throughout a busy first term.



THE PLAYGROUND

Everybody was swarming like bees protecting their hive.

People keep on avoiding others like animals avoiding fire.

Everyone kept on screaming like bustling streets in traffic.

Children were panting and sniffing because of running so fast.

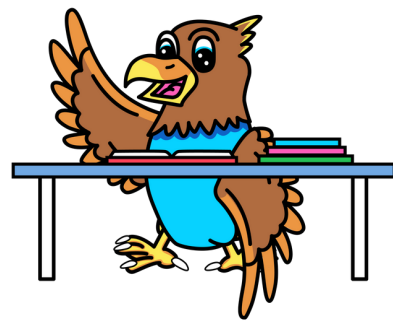
Some assassins tagged someone secretly so that the real assassin will pretend to chase the one who is already tagged.

Gurbaaz Maan



The Check-In

GRADE 3-6 NEWS BY MR GARY, MS LAURA & MR DYLAN



Overview from Miss Laura, Mr Laffy and Mr R

Students in 5/6 have had a very busy Term One and start to 2023 with many exciting opportunities. Students attended a workshop at ACMI, where they turned themselves into retro videogame characters and explored the physics of gameplay, and principles of level design.

Interschool sports for Term One finished up, all teams are to be commended on their dedication, sportsmanship and determination throughout the season. A huge congratulations to the girls' basketball team that won the finals and took home the flag. Students also had the opportunity to participate in a soccer clinic run by Soccer Victoria, where they practised their soccer and teamwork skills.

Despite many disruptions this term the students have continued to demonstrate the school values and expectations. We look forward to watching the students continue to grow and excel in Term Two.

Overview from Hoang and Nelson

Hello today I am going to provide a brief insight on what the 5/6s have been doing this term. In maths we started with place value and then moved into addition and subtraction. In writing we focused on narratives and ended with some persuasive writing. Finally, in reading we looked at how to summarise, visualise and infer characters feelings and ending the term with poems. We are now looking forward to camp with fun activities and grade 6 graduation.

Basketball finals

Last week on Friday the 31st of March, the girls' basketball team went to the finals and versed St Paul's primary school.

We had an amazing time versing St Paul's, even though it was a rough and hard game. We had a hard time and at half time we were going down but then in the last quarter we managed to make a big comeback and won the finals. Our coach Mr. Simon pushed us and encouraged us to work harder leading us to a big victory with 12-6 points, but all that matters is that we had fun. We shook hands and left with 3 big loud cheers and our victory flag.

Soccer clinic

In soccer practice, the first thing we did was a warm up. The warm up was running to a goal and back in many ways like running, jogging, running sideways and crabbing.

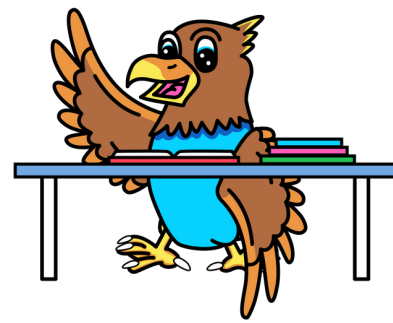
The next thing we did was a passing game where we chose partners and passed it to them using the inside of our foot. After the passing game, we dribbled the ball halfway then passed to each other. We did a competition where we saw which group could pass to each other the most.

The last part of soccer training was number soccer. We got into 2 teams then the coach said numbers to represent each player. After we got our assigned numbers, the coach called out some numbers to play. For example, if the coach called out 3 and 4 then the students with the assigned numbers had to get the ball and score it into the goal.

The Check-In

GRADE 3-6 NEWS

BY MR GARY, MS LAURA & MR DYLAN



ACMI-

Over the past two weeks the 5/6 students have visited ACMI. We all were extraordinarily excited on the bus. When we arrived we waited until it opened, then ACMI Staff led us upstairs to the lounge. After that we put our bags in a closet. He led us to a room that had two long tables.

The ACMI Staff had shown the 5/6s what kind of fun and exciting things they have to offer for us. The staff were so friendly and kind that they didn't charge the school for the excursion to ACMI, staff had shown excellent experiences to the students teaching them step by step and offering to help the students.

The staff had shown us how to make games, we made the pixel games on GameFroot and we coded to make the games. The staff took photos of the students for their characters. We got to draw out how we wanted to plan out our game together and they showed us how to place blocks and how to arrange the backgrounds.

After everything the staff gave us a break and we all went out for lunch at the playground the students loved the playground there was this bridge we could walk on, it was very strong and stable. All of us really like the red rope net, even our teacher climbed on and got a try she said that she was terrified it was so fast.

We had an amazing time at ACMI and really enjoyed the experience, the best part was seeing ourselves in the game!

Leaders' excursion-

On Thursday 30th of March we went to the Brimbank Council head offices in Sunshine, to learn more about the Brimbank council. We went at 9:40 on a bus to the Sunshine library and met with the other participating schools.

We went inside where we were set up in the room where the council has all of the council meetings.

We got to test out the communication systems, we learned how to connect with others.

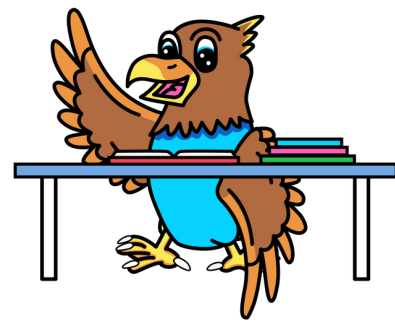
The Brimbank youth services team taught us about the roles and programs the local government is in charge of or working on, which included kindergartens, libraries, swimming pools, playgrounds, parks and a range of community programs.

We have been invited back in term 2 to put forward ideas on how to improve Brimbank.



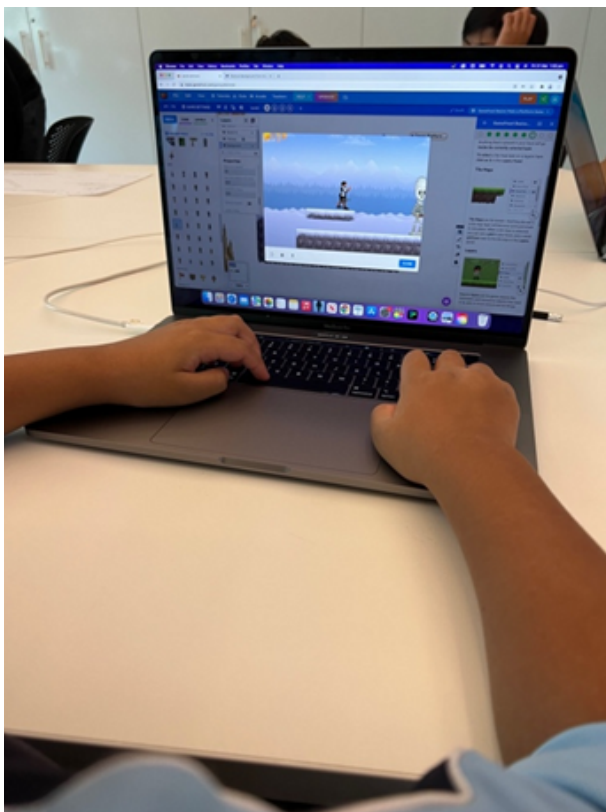
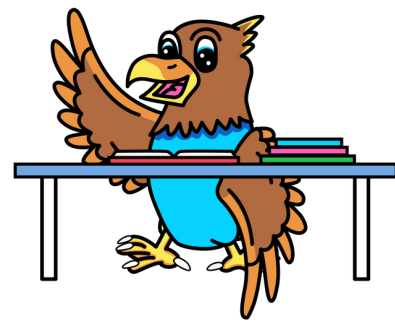
The Check-In

GRADE 3-6 NEWS
BY MR GARY, MS LAURA & MR DYLAN



The Check-In

GRADE 3-6 NEWS
BY MR GARY, MS LAURA & MR DYLAN



The Check-In

LITERACY NUMERACY WELLBEING



LITERACY BY MRS. BUBECK

Hello SAHPS Families

The Victorian Premier's Reading Challenge has begun, and we would love to see as many SAHPS students participate. This is a great program that encourages students to read a range of texts and at the end of the challenge, those who have completed it receive a certificate from the Premier of Victoria. We will also be awarding special prizes to 10 students across the school who have read the most books as part of the challenged.

Here are the steps to follow to login to the challenge. Your child has their own login details which are in their student diary.

Step 1: Go to this website <https://vprc.eduweb.vic.gov.au/home>

Step 2: Click on

School coordinator or student

Sign In

Step 3: Click on

VPRC login

For Government, Catholic, Independent and Home based readers

Step 4: Enter your child's login details

Username

Username

Passcode

Passcode

Login Cancel

Your child will then be able to add books that they have read. A list of books that are part of the challenge are also available on this page.

If you have any questions, please speak to your child's classroom teacher.

Happy Reading
Mrs Bubeck

The Check-In

LITERACY NUMERACY WELLBEING



WELLBEING

By Mr. Glenn & Ms. Christine

Bullying is a term used a lot in society today and many times it is used in the wrong context.

What is bullying?

According to the Department of Education:

There is a nationally agreed definition of bullying which all Australian schools now use:

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records).

Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

What is not bullying?

There are also some behaviours, which, although they might be unpleasant or distressing, are not bullying:

- mutual conflict - which involves a disagreement, but not an imbalance of power. Unresolved mutual conflict can develop into bullying if one of the parties targets the other repeatedly in retaliation
- single-episode acts of nastiness or physical aggression, or aggression directed towards many different people, is not bullying
- social rejection or dislike is not bullying unless it involves deliberate and repeated attempts to cause distress, exclude or create dislike by others.

We take bullying very seriously at SAHPS, we implement programs to stop bullying before it happens.

All students are taught Bully Stoppers and Respectful Relationships each year.

Our data around bullying and disrespectful behaviour is well above the state averages.

	St Albans Heights	State Average
Staff Managing Bullying	90%	76%
Not Experiencing Bullying	92%	82%

AtoSS 2022

St. Albans Heights Primary School is committed to the safety and wellbeing of all children and young people, we have a zero tolerance for child abuse. This will be the primary focus of our care and decision-making.

The Check-In

LITERACY NUMERACY WELLBEING



WELLBEING

By Mr. Glenn & Ms. Christine

Kids Day Out- Raising Money for The Royal Children's Hospital

The first day of the Easter school holidays is Good Friday - 7 April. Kids Day Out will be held on this day at the Melbourne Convention and Exhibition Centre. The MCEC will be transformed into a children's wonderland of carnival rides, giant inflatables, craft activities, music, dancing, sports, food and much more.

Entry to Kids Day Out is free, with donations and proceeds from its paid activities helping The Royal Children's Hospital give sick kids the best possible care.



FRIDAY 7 APRIL
10AM - 5PM

**FREE
ENTRY!**

MELBOURNE CONVENTION AND EXHIBITION CENTRE

The Good Friday Appeal's Family Fun Festival

St. Albans Heights Primary School is committed to the safety and wellbeing of all children and young people, we have a zero tolerance for child abuse. This will be the primary focus of our care and decision-making.



The Check-In

ART PE STEM JAPANESE

ART BY MR PODY

The students in Grade 5/6 have been studying 3 dimensional (3D) line art. They have developed skills in accuracy, contrasting colour choice and shading. The goal of this art was to create an optical illusion, meaning that it needed to look 3 dimensional and realistic.



Herb's Heroes



HONESTY
EXCELLENCE
RESPECT
BELONGING

Clare F1A
Gurfateh 12A
Angelina 12B
Vonhi 12C
Blake 34B
Mannat 34A

Excellence
Excellence
Respect
Excellence
Excellence
Excellence

The Check-In








COMMUNITY HUB



BY MS. DANNIELLE



St Albans Heights Primary School Community Hub Timetable. Term 1.

Monday	Tuesday	Wednesday	Thursday	Friday
Parents and Careers "Cuppa & Chat" 9:30-10:30am (In the School Community Hub) 	Make, Create, Grow & Sew. 9:30-12:30pm (In the School community Hub) 	Zumba 9:30-10:30 @ Holy Eucharist Primary School (Morning tea provided) 	English Class 9:30-12:00pm <u>(Child minding available)</u>  St Albans Heights Primary School.	
Vietnamese Playgroup 9:30-12:00pm  St Albans Heights Primary School.	"Sing & Grow" 9:30-10:30am  Pre-school Music therapy program. St Albans Heights Primary School.		Cooking and Conversation 1:00-3:00pm  St Albans Heights Primary School.	

If you're interested in joining any of our classes, please email your interest to dannielle.tomlinson@education.vic.gov.au or call **Dannielle on 9366-4211.**

Everyone is welcome & all events are **FREE** of charge unless stated otherwise.

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All events are **FREE** of charge unless stated otherwise.

The Check-In

COMMUNITY HUB



What is Sing&Grow?

Sing&Grow provides Music Therapy services in the community for parents with children from birth to five years.



What happens at Sing&Grow

During sessions, a Music Therapist will lead you in singing, dancing and playing instruments with your child.

We use familiar and original songs to help you and your child have fun playing together.



Benefits for Children

Sing&Grow helps children

- Focus
- Learn about their emotions
- Follow instructions
- Make choices
- Practice their language and numbers
- Practice big and small movements
- Make friends

Benefits for Parents and Carers

Sing&Grow will help you

- Learn how to use music and play with your child
- Connect with other parents
- Receive help and advice with parenting challenges



UNIFORM SALE

FINAL CLEARANCE

AVAILABLE WHILE

STOCKS LAST

BIKE SHORTS

\$2



BE QUICK

The Check-In

COMMUNITY NEWS



ST ALBANS HEIGHTS PRIMARY SCHOOL CANTEEN MENU 2023

Hot Items

Lasagne <i>E</i>	\$4.50
Macaroni & Cheese <i>E V</i>	\$4.50
Chicken Burger w Lettuce, Cheese & Mayo	\$5.50
Beef Burger with Cheese, Tomato Sauce	\$5.50
Oven Bake Chicken Nuggets (Breast)	3/ \$3.30
Dim Sims (Steamed)	\$1.30
Fantastic Noodle (Chicken or Beef)	\$3.60
Pie	\$4.50
Party Pie/Sausage Roll	\$1.30
Regular Sausage Roll	\$3.50
Skinless Hot Dog	\$4.00
Nacho-with Salsa & Cheese <i>E V</i>	\$3.60
Falafel Bites GF Vegan <i>E</i>	3/ \$3.00

Halal

Halal Hot Dog	\$4.00
Halal Pie	\$4.50
Lasagne <i>E</i>	\$4.50
Mac & Cheese <i>V E</i>	\$4.50
Falafel Bites GF Vegan <i>E</i>	3/ \$3.00
Chicken Burger w Lettuce, Cheese & Mayo	\$5.50
Vegetable Pastie <i>V</i>	\$4.50

Drinks

600ml Water <i>E</i>	\$3.00
300ml Oak Milk (Chocolate, Strawberry)	\$3.20

Salad Bowls

Fruit Salad <i>E V</i>	\$1.50
Garden Salad Bowl-Lettuce, Tomato, Cucumber, Beet, Carrot, Italian dressing <i>E V</i>	\$4.00

Sushi-Wednesday and Thursdays only

2 Rolls from 7.00

Chicken Teriyaki, California, Tuna & Avocado.

Canteen will be open Wednesday, Thursday, and Friday in 2023.

Please place orders by 8.30 am via the QKR App.

ORDERS CAN BE PLACED VIA THE QKR APP & THROUGH THE CANTEEN



Download the Qkr app on your mobile or iPad today!

Sandwiches (Fresh or Toasted)

Salad <i>E V</i>	\$4.00
Ham <i>E</i>	\$3.00
Cheese <i>E</i>	\$3.00
Ham & Cheese <i>E</i>	\$3.20
HCT (Ham, Cheese & Tomato) <i>E</i>	\$3.70
HLT (Ham, Lettuce & Tomato) <i>E</i>	\$3.70
Chicken with Lettuce & Mayo <i>E</i>	\$4.70
Tuna with Lettuce & Mayo <i>E</i>	\$4.70
Vegemite & Cheese <i>E</i>	\$3.00
Egg with Lettuce & Mayo <i>E</i>	\$4.20

Gluten Free Sandwiches Available add 30c

Rolls

Salad <i>E V</i>	\$4.50
Ham <i>E</i>	\$3.50
Ham & Cheese <i>E</i>	\$3.70
HCT (Ham, Cheese & Tomato) <i>E</i>	\$4.20
HLT (Ham, Lettuce & Tomato) <i>E</i>	\$4.20
Chicken with Lettuce & Mayo <i>E</i>	\$5.20
Tuna with Lettuce & Mayo <i>E</i>	\$5.20
Vegemite & Cheese <i>E</i>	\$3.50
Egg with Lettuce & Mayo <i>E</i>	\$4.70

Wraps

Salad <i>E V</i>	\$4.50
Ham <i>E</i>	\$3.50
Ham & Cheese <i>E</i>	\$3.70
HCT (Ham, Cheese & Tomato) <i>E</i>	\$4.20
HLT (Ham, Lettuce & Tomato) <i>E</i>	\$4.20
Chicken with Lettuce & Mayo <i>E</i>	\$5.20
Sweet Chilli Chicken Wrap	\$5.20
Tuna with Lettuce & Mayo <i>E</i>	\$5.20
Vegemite & Cheese <i>E</i>	\$3.50
Egg with Lettuce & Mayo <i>E</i>	\$4.70

Snacks

Large Cookie	\$3.00
Koala Popcorn (Sweet chilli, Sweet & Salty, Salty) <i>V</i>	\$2.00
Jelly Cup <i>E</i>	\$1.50
Noodle Snacks	\$1.20
Fruit of the day	\$1.00

Additions for Sandwiches, Rolls and Wraps & Salad Plate

Ham 50c	Chicken \$1.00	Egg \$1.00
Cheese 50c	Tuna \$1.00	

E= Healthy Option *V*=Vegetarian Option *GF*=Gluten Free

Sandwiches, Rolls and Wraps are made with white bread. If you would like Wholemeal or Multigrain please state this on your order.

Tomato Sauce 20c
Brown Paper Bag 12c