

# Artarmon Public School Canteen

## **WELCOME to all the new families joining the Artarmon Public School Community!**

Our school canteen is open 5 days a week at recess, lunchtimes, and before school for over the counter sales. However, we encourage Kindy kids to NOT purchase over the counter at recess or lunch for at least the first term – it can be intimidating to be in amongst lines of hungry big kids!

Lunch orders are available every day of the week and are perfect for Kindy kids, as they are delivered to the classroom. All orders must be done through our online system, Flexischools (see below).

We are open on Friday afternoons after school for ice block and drink sales. Kindy finishes 10 mins earlier than the “big” kids in first term, which makes this is the ideal time for parents to bring them around and show them what is available and how to wait for their change!

## **WELCOME back to everyone returning this year!**

### **NEW Flexischools for Online Ordering**

The canteen is now using Flexischools for online canteen ordering. Register and setup an online account at [www.flexischools.com.au](http://www.flexischools.com.au). See below for more information or visit <https://www.flexischools.com.au/support>.

Register your child’s name and 2018 class to start with and update when you know their new 2019 class. Please remember to update your child's class if it changes in the first few weeks.

If you would like to order lunch or recess in the first week back, and before your child knows their 2019 class, your child will need to collect their order from the canteen. Orders can be placed at the canteen in the morning in the first week also.

### **Closing your MunchMonitor account:**

For everyone with a MunchMonitor account in 2018, please email [help@munchmonitor.com](mailto:help@munchmonitor.com) to request to close your account and to refund any remaining funds.



# Artarmon Public School Supports "Crunch and Sip"

You can rely on the Canteen as a source of fresh and healthy food at recess and lunch but don't forget to pack that first important snack of the day in your child's schoolbag.

Kids who are hungry are often irritable and have difficulty concentrating for long periods. That is why we have a Crunch and Sip break in class for students to refuel with a small snack of fruit or vegetables and rehydrate with water.

Through Crunch and Sip, schools demonstrate their commitment to nutrition education in the classroom, by making links with the curriculum and creating a supportive school environment. The Crunch and Sip break gives children the opportunity to eat the piece of fruit that might otherwise be left in their lunchbox or not be eaten at all. The Crunch and Sip break also aims

- to promote the importance of eating fruit or vegetables and drinking water every day
- encourage parents to provide students with fruit or vegetables every day
- develop strategies to help students who don't have regular access to fruit and vegetables



# FLEXISCHOOLS ... Getting started information

**For online lunch and recess ordering.**



The canteen has partnered with Flexischools to provide an online ordering system for lunches and recess for hot/cold food, snacks and drinks. All lunches must be ordered via Flexischools. You can access the current menu and price list via [www.flexischools.com.au](http://www.flexischools.com.au) from your account.

## How to setup a new Flexischools Account:

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| <p><b>Get Started in just 4 easy steps:</b></p> <ol style="list-style-type: none"><li>1. Go to <a href="http://www.flexischools.com.au">www.flexischools.com.au</a></li><li>2. Click the <b>Register</b> button at the top right of the screen.<br/><br/>Follow the instructions to register and setup your account</li><li>3. Login to your account in flexischools and setup your:<ol style="list-style-type: none"><li>a. profile (My Profile)</li><li>b. student account (My Students) (1 for each child you wish to register to use online ordering)</li><li>c. top-up your account (My Account)</li></ol></li></ol> | <p><b>Flexischools allows you to:</b></p> <ul style="list-style-type: none"><li>• place lunch and recess orders ahead of time</li><li>• place orders using your phone, tablet or desktop PC</li><li>• setup reoccurring weekly orders</li><li>• make easy healthy food choices</li><li>• Pay and top up your account by credit card, PayPal or Bank Transfer</li><li>• See what has been ordered</li><li>• Setup email and SMS notifications</li></ul> |
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## Download and use the Flexischools App:



Goto <https://www.flexischools.com.au/mobile-app> and follow the instructions

## Need help with Flexischools?

For more help in getting started, or for other questions or information:

**visit:** <https://www.flexischools.com.au/support>

**Email:** [help@flexischools.com.au](mailto:help@flexischools.com.au)

**phone:** 1300 361 769 Mon-Fri 8am-5pm



# The P&C Canteen Committee

**The overall management and policy direction of the school canteen is looked after by the Artarmon Public School and supported by the Canteen Committee. The Canteen Committee is a sub-committee of the Artarmon School P&C.**

School canteens can be run in two different ways in NSW public school – P&C operated or school managed. The Artarmon Public School Canteen is operated by the school and is run by Dan and Nina Wilson, the owners of Canapes and Cupcakes, with their staff – Megumi (our canteen manager), Satomi and Takae.

Cupcakes & Canapés run four other local school canteens and the Conservatorium Music Cafe in the city. All canteen's have a 5 star food safety rating and aim to use 100% recycled materials in packaging of meals and snacks. If you have any suggestions or ideas you think would benefit the canteen operation then please don't hesitate in dropping by the canteen to have a chat with the team or send an email to the P&C.

## **The Artarmon Public School Canteen aims to:**

- Provide balanced and nutritious food and drinks in line with the NSW Healthy School Canteen Strategy as implemented by the Department of Education and Communities.
- Provide a regular and high quality service to the school community at a reasonable cost
- Maintain legislative standards of hygiene and health care (or better) in relation to the preparation, supply and service of food to the canteen.
- Reinforce, in practice, the principles of classroom nutrition education.
- Provide an opportunity for parents and other family members to participate in their children's educational environment.
- Assist the Artarmon Primary School P&C Association with fundraising events for the benefit of the Artarmon Primary School and its students.
- Promote a friendly environment for all students, staff and visitors



# Canteen FAQ (Frequently Asked Questions)

**Where do I find the Canteen?** The canteen is located in the permanent building on the Abbot Road campus, on the opposite side to the COLA (Covered Outdoor Learning Area – where the Kindy kids line-up each morning).

**Is there a lunch menu I can browse?** All the lunch order options that the canteen sells and their prices are on Flexischools ([www.flexischools.com.au](http://www.flexischools.com.au)).

**My child has allergies or food intolerances.** Special procedures are in place, please refer to the website at <http://www.artarmon-p.schools.nsw.edu.au/caring-for-students/student-health>. If you would like to know more about the ingredients in our foods, please visit the Canteen between 8am and 9:30am Monday to Friday and talk with our Canteen Manager, Megumi.

**What about buying a snack or ice-block at lunchtime?** Children can purchase from the Canteen using cash during recess and lunch breaks and before school. Snacks and ice-blocks can also be pre-ordered and paid for using Flexischools instead of using cash. We encourage Kindy kids to NOT purchase over the counter at recess or lunch for at least the first term as the lines can be long. A great way to teach your Kindy child to order at the counter in term 1 is to bring them on Friday afternoons after school. Kindy kids finish school 10 minutes earlier than the remainder of the school in term 1, which is a perfect for them to take their time and learn how. Note: you don't need a tag for lunch orders or cash sales, only over the counter sales.

**How does my child receive the order?** Each class collects their lunch order box from the Canteen just before the lunch and the class teacher distributes the orders to the children. During the first week of school and before new classes are allocated and updated in Flexischools, your child will need to collect their lunch order from the canteen.

**Is there a fee to use Flexischools?** Yes, and the canteen prices are adjusted to share this cost with you. Further information about Flexischools can be obtained from their website and the Terms and Conditions info provided when you register and setup your account.

**What if my child forgets his/her lunch or doesn't receive their order?** For Kindy and Year 1 children, they should ask their teacher for a note to take to the canteen and your child will be provided lunch. If there was a lunch order, it will be found if possible or an alternative provided. Older children can go to the canteen and ask directly. If lunch was forgotten, the canteen lunch can be charged to your Flexischools account.

**How about a snack or ice-block after school on Friday?** Children can purchase from the Canteen using cash from 2:45 until 3:10 on Friday afternoons after school. In Term 1 this is a great opportunity for your Kindy child to purchase something at the canteen without the big kids around.



### **Does the canteen need adult volunteers?**

The canteen is run by the school and is professionally operated by Dan and Nina, the owners of Cupcakes and Canapes. Together with Megumi, the canteen manager, Satomi and Takae, the canteen is fully staffed and does not need parent volunteers for day to day running.

The P&C would love to have your help, so please read on ...

**What's the end-of-term sausage sizzle and can I volunteer to help?** The Canteen and P&C get together to provide a fun way to end the term and raise money for the school. The sausage sizzle meal is sausage in a roll, fruit and a drink. Vegetarian Felafel wraps are also available to order. We need lots of parent helpers from each year that day to ensure our kids are well looked after.

**Sausage Sizzle Co-ordinators:** Two or three co-ordinators would work together to produce the adverts for Newsflash and organise the volunteer and student lists in the week or two before the sausage sizzle. This can be done in your own time. At least one volunteer be present on the day of the sausage sizzle (usually the last day of the term) to help sort the students and co-ordinate the day with Dan and the Canteen. Experienced volunteers will be on-hand to help, so come and join in the fun. Please send an email to [president@artarmonpandc.org.au](mailto:president@artarmonpandc.org.au) if you have some time and would like to help

**Other volunteering jobs:** Please send an email to [president@artarmonpandc.org.au](mailto:president@artarmonpandc.org.au) if you have some time and would like to help at our school.

### **I still have some questions about using the Canteen.**

Email [canteen@artarmonpandc.org.au](mailto:canteen@artarmonpandc.org.au) or call the canteen (between 8:00 and 9:30am weekdays) on 9411 1425 or just drop by before school.

