

P&C Association Incorporated

Minutes of P&C General Meeting

held on 27th June 2023

Open	Meeting started @ pm via Zoom
Attendance	Principal – Mr Mark Steed Deputy Principal – Mr Dave Renshaw Deputy Principal – Mrs Jessica Maakaroun Others as per Attendance Sheet
Minute taker	Alysia Hatzinikolis
Distribution	via email where requested.
Apologies	Chuyon Lee, Fay Li
Previous Minutes	TBC July Meeting due to Technical Error
Business arising from previous meeting	N/A
Principal's Report	<ul style="list-style-type: none"> Uniform Review: Data from surveys is a snapshot, it shows the items supported by students /families. Feedback is mainly the availability of the items from the uniform shop. 350 responses from about 900 families. Mark very happy with number. Feedback to P&C is crucial, P&C hold the agreement with the uniform shop. Mark will be sharing results with staff at the end of the week 10 Term 2, 2023. Mark mentioned school is working towards a new/revised uniform policy. Mark said they will collect data first then source things to create the new uniform policy. Mark mentioned to members to download uniform survey review. Mark asked Dave R to post link in the chat. Mark moved on to talk about the road safety. Mark met with GRC councillors about pedestrian safety. A Rep. from Chris Minns office and other reps were present at meeting. The last traffic survey was conducted in 2017. A clear snapshot of what improvements have been made for pedestrians. There have been 40 recommendations, the council have acted on 18 of them. Mark has itemised recommendations to school community. Mark has stressed the point to members, if you want to see these supported you need to get behind your school and contact the council. Mark mentioned an article of this in the local paper. Community building partnership grant has been processed. It's for the multipurpose court in Area 2. The kids need a space where they won't fall and hurt themselves. Job is 55K Short term goals have been achieved.

	<ul style="list-style-type: none"> • Long term goals will need a fundraising thermometer. • We have up until March 2024 to fulfil the remainder of the costings for Area 2. Lots of fundraiser required. • Mark introduces Bec Ryan, Year 3-6 Learning and Support Leader. • Bec runs the Breakfast Club at HPS 5 days a week. Parent Volunteers and staff help. • Feeds over 100 students. • Bec was looking at Grants to see if they can get funds to keep the program sustainable. • Bec needs to use a bank account for the funds to be deposited in if the grants are successful. • Bec has proposed this to the P&C and was wondering if we can offer our bank account. • Breakfast Club is very busy, lots of parent volunteers. Friday busiest day. Data shows 702 students over the whole term 2, approx. 70 students each Friday. • Cereal, toast, fruit stations • Connections through Woolies, foodbank. • Everyone belongs and feels comfortable. • Inflation is high and there is a high need. • Mark mentioned this program is huge value to the school community and it's great to see both school and community working together. • Mark mentioned we chat, Themes around canteen, portion sizes and quality. • Mark talk deeper into Green, Amber, and red items. Will put something about this in Week 10 newsletter. • Mark will provide the certificate of legislation that shows our canteen is a healthy canteen. • Dave R mentions items that are occasional items.
Deputy Report- Dave Renshaw	<ul style="list-style-type: none"> • Money raised with P&C lacks clarity around goals. • Weekly updates to community members. • Dave proposes a donation drive. • Dave spoke about the DGR- Deductible Gift Recipients • DGR will be used for building and infrastructure. • Donations over \$2 will be tax deductible. • Need to see if businesses will donate to school. • ED week is 31st July-4th August 2023 term 3. • 175 yrs of Public Education. • There will events happening all day/all week. • AFL NSW sports reps will join school to reflect on life experiences. • On Tuesday morning P&C will host a morning tea, Ray White to Donate • Work samples to be set up and displayed. • 9-10am performances and cultural groups will be performing, lion dances and South American dances also. • 10-11am there will be open classrooms focus point past to present. • 11-12:30pm extended break time for all students. • Wednesday is Gala Day.

	<ul style="list-style-type: none"> All year 6 will provide fun events for all, mufti to be worn families welcome. On Thursday it is community day. There will be an afternoon tea, cultural activities, tai chi and Year 6 OC debating/mock trial. Dave was hoping to have Chris Minns present for either the Thursday or Friday because he will be in his electorate.
Deputy Principal- Jessica Maakaroun	<ul style="list-style-type: none"> Reports will be sent home Week 10 Term 2. Wellbeing team will be sharing data about the behaviour system.
President Report	<ul style="list-style-type: none"> Athletics Carnival is approaching, thank you to Ray White Hurstville for supporting and providing food/drinks/staff to assist on the day. Father's Day gifts ordered, counted and in P&C storeroom ready for the Father's Day stall, Thursday August 31st.
Treasurer's Report	<ul style="list-style-type: none"> Rita mentioned we need an auditor. P&C insurance is approaching, and we will need to purchase this for the next 12 months. Helen Hui and Husband can sign off the reports. \$2300 raised from the Athletics BBQ. Around \$28000 in P&C account.
General Business	<ul style="list-style-type: none"> Helen Hui suggested for businesses to donate to the school for Ed Week because this can help with staff and promote their business. Dave R mentioned that the focus is Ed week and not to promote businesses. Helen suggested a fare type of event for Ed Week. Mark said a logistical stuff when you have fares going on. Helen moved on and spoke about the toilet block wasn't being cleaned enough. Mark said toilets being cleaned 3 times a day. Each year the toilets get a professional deep clean. \$5000 to do all toilet blocks on the school site. The professional cleaners are there all day. Helen mentioned a deeper clean of the toilet block. Mark has expressed the deep clean is very effective. Helen mentioned to move uniform supplier back to school. Mark said it's not that easy. Mark mentioned popping by the office to check out the screen and watch the story of Hurstville. Footage is unbelievable. NAIDOC WEEK 2 Term 3
Meeting close	8:30pm
Next meeting date 2023	Tuesday 25 th July @ 9:15am face to face and Zoom available link TBC



CONGRATULATIONS

Hurstville Public School

This certificate verifies that your menu is meeting the
requirements of
The NSW Healthy School Canteen Strategy

Date issued: 8 March 2023

Valid until: 8 March 2026



Note: This certificate is valid for three years from the date of issue. To re-new your certificate please review your menu against the Food and Drink Criteria of the Strategy and re-submit a Menu Application Form to the Healthy Food Information Service.

NSW Healthy School Canteen Strategy

MENU CHECK

Results Report



Hurstville Public School

Congratulations!

Your school canteen is meeting the NSW Healthy School Canteen Strategy

Thank you for submitting an application to the Healthy Food Information Service (formerly the Menu Check Service). Of the foods and drinks checked on your menu, we found that:

- Sugar-sweetened drinks (included frozen varieties and jellies) and energy drinks are not for sale in your school canteen.
- **Occasional** packaged foods and drinks have a Health Star Rating of 3.5 stars or above.
- Portion limits are met for **Occasional** foods and drinks and **Everyday** flavoured milk and 99% fruit juices.
- At least $\frac{3}{4}$ (75%) of the menu are **Everyday** foods and drinks and no more than $\frac{1}{4}$ (25%) of the menu are **Occasional** food and drinks.
- Only **Everyday** foods and drinks are actively promoted in meal deals and specials. **Occasional** foods and drinks are not placed on the countertop at the point of sale.

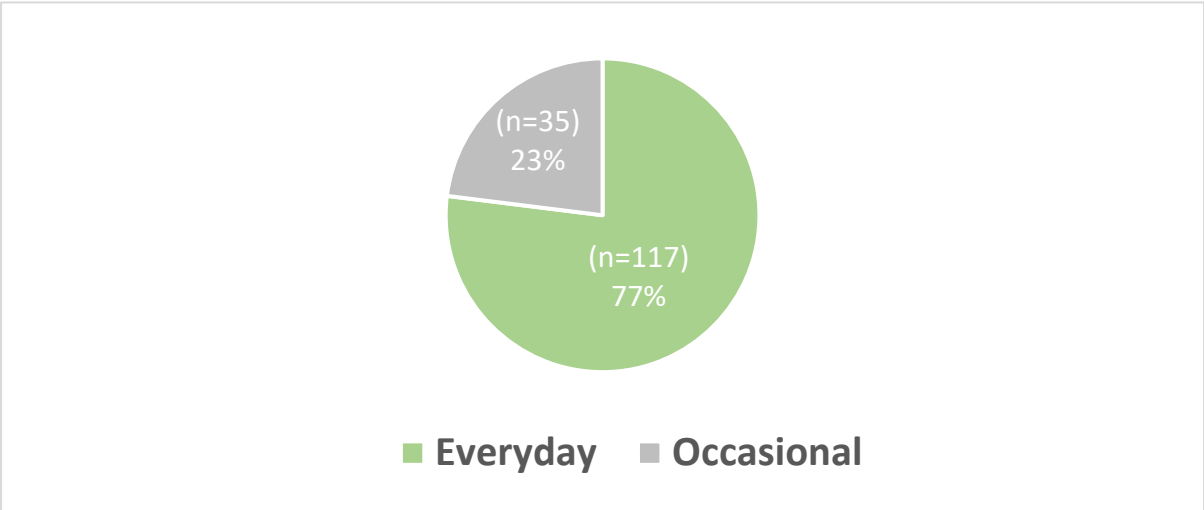
Please see the rest of the report for details on how your menu has been counted, as well as what to do if you wish to make changes to your menu in the future.

If you have any questions regarding this report, please do not hesitate to contact us at healthyfood@health.nsw.gov.au or phone 1800 930 966.

Date: 8 March 2023

Proportion of Everyday and Occasional foods and drinks on your canteen menu

Congratulations, At least ¾ (75%) of your master menu contains **Everyday** foods and drinks and no more than ¼ (25%) of the menu are **Occasional** foods and drinks.



	Menu	
	No. of items	%
Everyday	117	77
Occasional	35	23

Your Colour Coded Menu

The following table shows how we have classified ([Everyday](#) or [Occasional](#)) and counted the foods and drinks on your menu to work out the percentages. This can help guide any changes you may want to make in the future to ensure that 75% of your menu continues to be made up of [Everyday](#) foods and drinks.

Key:

- — [Everyday](#) ● — Occasional ● — [Everyday - does not meet criteria](#)
- — [Occasional does not meet criteria](#) ● — Sugar Sweetened Drink - Should not be sold

Item	E/O	Count	Availability
SANDWICHES			
Vegemite	E	1	
Jam or honey	E	2	
Cheese	E	1	
Lean ham	E	1	
Cheese & tomato	E	1	
Lean ham & cheese	E	1	
Lean ham, cheese & tomato	E	1	
Salad (lettuce, tomato, carrot, cucumber)	E	1	
Tuna, lettuce & mayo	E	1	
Fresh chicken with cheese	E	1	
Fresh chicken, lettuce & mayo	E	1	
Fresh chicken & salad	E	1	
Lean ham & salad	E	1	
WRAPS - ROLLS - FOCACCIA			
Cheese & tomato	E	0	
Lean ham & cheese	E	0	
Lean ham, cheese & tomato	E	0	
Salad (lettuce, tomato, carrot, cucumber)	E	0	
Tuna, lettuce & mayo	E	0	
Fresh chicken with cheese	E	0	
Fresh chicken, lettuce & mayo	E	0	
SALADS			
Garden salad	E	1	
Tuna salad	E	1	
Cheese salad	E	1	
Lean ham salad	E	1	
Fresh chicken breast salad	E	1	
Fresh chicken breast pasta salad	E	1	
Caesar salad	E	1	
Fresh chicken avocado salad	E	1	

Greek salad	E	1	
Fresh chicken Caesar salad	E	1	
SUSHI			
Teriyaki chicken with cucumber	E	1	
Salmon with cucumber	E	1	
Veggie Tofu, carrot, cucumber (vegan)	E	1	
Tuna with cucumber	E	1	
SNACKS & FROZEN ITEMS			
Plain or frozen 99% juice small cup (orange, apple/blackcurrant, apple) 200ml	E	3	
Plain or frozen 99% juice-jelly small cup (100ml)	O	3	
Custard small cup	E	1	
Plain or frozen 99% juice cup (orange, apple/blackcurrant, apple)	E	0	
Plain or frozen 99% juice-jelly cup (200ml)	O	3	
Frozen diced pineapple cup	E	1	
Frozen plain milk cup	E	1	
Frozen 99% quelch fruit juice sticks (orange, apple, strawberry, passionfruit)	E	4	
Bread sticks x 4 (pain)	E	1	
Custard cup	E	1	
Chocolate custard cup	E	1	
Frozen orange wedges	E	1	
Frozen mandarin wedges	E	1	
Frozen lite milk cup (chocolate, banana, strawberry)	E	3	
Frozen 99% nippy's juice cup (orange, apple/blackcurrant, apple) - 110ml	E	3	
Sour snap sticks (grape, blueberry)	E	2	
Frozen grapes cup	E	1	
Frozen watermelon cup	E	1	
Ice mony freeze pops (chocolate, sour blue raspberry, sour red berry blast)	E	3	
BREAKFAST-RECESS & LUNCH			
Plain milk cup	E	0	
Diced pineapple cup	E	0	
Vegemite or jam or honey toast	E	0	
Hot chocolate cup	E	1	
Lite banana milk cup	E	0	
Lite chocolate milk cup	E	0	
Lite strawberry milk cup	E	0	
Fresh cut veggie cup	E	1	
Fresh grapes cup (seasonal)	E	0	
Fresh cut watermelon cup	E	0	
Toasted cheese sub	E	0	
Toasted cheese & lean ham sub	E	0	
Fresh diced fruit cup	E	1	

Tabouleh cup	E	1	
Corn flakes bowl	E	1	
Pancakes x2 with honey	E	1	
Yoghurt (low fat)	E	1	
Yoghurt & fruit cup	E	1	
Yoghurt & muesli cup	E	1	
FRESH FRUIT			
Orange, apple or mandarin	E	3	
Banana	E	1	
Orange, apple or mandarin wedges in a cup	E	3	
Watermelon pieces in a bowl (12oz)	E	1	
Seasonal fresh fruit salad bowl (12oz)	E	1	
MILK-JUICES-DRINKS			
Water 400ml	E	1	
Water 600ml	E	1	
Milk 300ml (plain)	E	1	
Popper 99% juice 250ml (orange, apple/blackcurrent, apple)	E	3	
Light milk 300ml (chocolate, strawberry)	E	2	
UP & GO 250ml (chocolate, vanilla, strawberry, banana)	E	4	
HOT FOOD			
Corn cob	E	1	
Garlic bread	E	1	
Garlic & cheese bread	E	1	
Fresh chicken wings x1	E	1	
Cheese pizza (served on roll)	E	1	
Mexican quesadilla	E	1	
Stuffed vine leaves with rice x5	E	1	
Beef meatball sub with napolitana sauce/cheese	E	1	
Chicken meatball sub with napolitana sauce/cheese	E	1	
Plain grilled chicken souvlaki on a roll	E	1	
Plain grilled chicken souvlaki wrap	E	1	
Homemade pizza with cheese	E	1	
Homemade pizza with lean ham & cheese	E	1	
Homemade hawaiian pizza	E	1	
Beef lasagne (non halal)	E	1	
Vegetarian lasagne	E	1	
Cheeseburger	E	1	
Aussie lean beef burger lettuce/tomato	E	1	
Chicken breast fillet burger lettuce & mayo	E	1	
Tuna pattie burger	E	1	
HOMEMADE MENU			
Available everyday:			
Pasta bolognaise	E	1	
Mac & Cheese	E	1	

Chicken Napolitana pasta	E	1	
Pasta with beef meatballs	E	1	
Pasta with chicken meatballs	E	1	
Monday: Veggie fried rice	E	1	Monday
Tuesday: Mexican chicken burrito skillet & rice	E	1	Tuesday
Wednesday: Teriyaki chicken stir fry & steamed rice	E	1	Wednesday
Thursday: Thai red curry chicken, vegetables and rice	E	1	Thursday
Friday: Chicken hokkien noodles	E	1	Friday
<i>Gluten Free options available</i>			GF students only
DAZZLING MEAL DEALS			
Pack 1: CHEESE SANDWICH Water 400ml + frozen stick or fruit	E	0	
Pack 2: SALAD SANDWICH Water 400ml + frozen stick or fruit	E	0	
Pack 3: MEATBALL SUB Water 400ml + frozen stick or fruit	E	0	
Pack 4: PASTA BOLOGNAISE Water 400ml + frozen stick or fruit	E	0	
Pack 5: CHICKEN & CHEESE ROLL Water 400ml + frozen stick or fruit	E	0	
Pack 6: LASAGNE (beef or vegetarian) Water 400ml + frozen stick or fruit	E	0	
VEGGIE & OTHER SNACK PACKS			
Veggie cup with hommus	E	1	
Veggie dome (carrots,celery,corn,tomatoes, bread sticks)	E	1	
Veggie dome with cheese cubes & bread Sticks	E	1	
Veggie dome with fresh chicken Breast & Bread Sticks	E	1	
CRUNCH N SIP PACKS			
Fresh piece of fruit & water 400ml	E	0	
Fresh orange/apple wedges & water 400ml	E	0	
Fresh cut veggie cup & water 400ml	E	0	
Fresh diced fruit cup & water 400ml	E	0	
OCCASIONAL ITEMS AVAILABLE EACH DAY HOT FOOD - SNACKS & DRINKS			
Hash brown	O	1	
Chicken & corn roll	O	1	
Potato wedges bag	O	1	
Nachos with salsa & cheese	O	1	
Noodles cup	O	1	
Chicken nuggets x5	O	1	
Chicken or beef hot dog (one free sauce)	O	2	
Sausage roll (one free sauce)	O	1	
Meat pie (one free sauce)	O	1	
Crumbed Chicken Burger with lettuce & mayo	O	1	
Fillet-O-Fish burger with lettuce & mayo	E	1	
Homemade cookies x1 (freshly made daily)	O	2	

Gummy bear x3	O	1	
Popcorn	O	1	
Jelly cup (lime, orange, raspberry)	O	3	
Monster noodle snacks (chicken or bbq)	O	2	
Jelly & custard cup	O	3	
Homemade fresh muffins (freshly made daily)	O	2	
Rice sticks cheese	O	1	
Vanilla ice cream cup - light 100ml	O	1	
Grain waves 22g (sour cream and chives)	O	1	
Red rock deli chips 28g (sea salt)	O	1	

What happens if I change my menu?

You may wish to make changes to your menu for a variety of reasons including:

- increasing variety to keep students interested
- introducing new commercial products or new canteen made recipes
- removing or replacing products that have been reformulated and no longer meet the Criteria
- swapping out items that don't sell very well
- making seasonal changes.

While you do need to ensure that any change continues to meet the Strategy, the good news is you don't need to re-submit your menu to the Healthy Food Information Service (formerly the Menu Check Service) every time you make a change. Having been through the menu check process you should be familiar with the Food and Drink Criteria and how to apply this to new foods and drinks that you want to add to your menu.

For example, if you add new **Occasional** foods or drinks, you need to make sure they have a Health Star Rating of at least 3.5 stars and do not exceed the maximum portion limits. You will also need to check that at least 75% of your menu is still made up of **Everyday** foods and drinks, otherwise you may need to add more **Everyday** items to balance your menu.

How can I keep up to date with the latest information?

There are a number of ways you can keep up to date with the latest information, products and resources:

- **Visit the Healthy School Canteens website** <https://education.nsw.gov.au/student-wellbeing/whole-school-approach/healthy-canteens> for resources on the Healthy School Canteen Strategy, including the NSW Healthy School Canteen Strategy **Food and Drink Criteria booklet**.
- **Visit the HKA website** <https://healthy-kids.com.au> for resources, recipes and case studies on the Healthy School Canteen Strategy.
- **Network with other canteen managers** - Join canteen manager groups on social media platforms, such as Facebook, to network with other canteen managers. Local Health Districts may also host canteen network meetings in your area. Get in touch with your local health promotion officer to learn if there other networking opportunities near you (see Support Services next page).

- **Check the Healthy Food Finder:** <https://www.foodfinder.health.nsw.gov.au/> and the **NSW Buyer's Guide** <https://healthy-kids.com.au/what-is-the-food-industry/buyers-guide/> for new commercial foods and drinks or to check that commercial items on your menu still meet the Criteria.

Support services

All NSW schools can access the following free support to implement the Strategy and apply for a menu check.

- Contact the Healthy Food Information Service (formerly the Menu Check Service) at healthyfood@health.nsw.gov.au or phone **1800 930 966**.
- Contact their local health promotion officer - visit the NSW Healthy School Canteen website <https://education.nsw.gov.au/student-wellbeing/whole-school-approach/healthy-canteens> and click the "Resources and support" option on the left.