



McVay House Newsletter

Edition: #7 Term 1 2018



Hello from McVay House!

A very warm welcome back to our returning McVay House families, and to our new families this year! We hope that everyone had a relaxing summer break and are ready for a busy and rewarding school year.

Staffing 2018

This year we have welcomed three new staff members to the team. Mrytle Endley and Grace Borraine are our GAP students this year, who are both from South Africa, Pretoria and Cape Town respectively. They have both emerged themselves in the house and life in Esperance since starting at the end of January.

We also welcome our new House Mother, Johanna Wright, who started with us officially on the 1st of March. Johanna has been working hard to build rapport with the boarders and assisting them with their daily routines. Johanna is available to the boarders from 3pm - 5pm every weekday.

Amelia Green, Kim Clayton, Jesse Hall and Brodie Bratton have continued on at McVay House for 2018.

Cameras

As part of increasing security of the house and meeting Australian Boarding Standards, we have had CCTV cameras installed in McVay House, streaming footage of the entry points of the house as well as common traffic areas. No cameras are able to access ANY footage of boarders in their private bedrooms. Students are aware of these and that their movements through these areas are being recorded. We are more than happy to discuss any areas of concern you may have about these should you feel the need.

Menus

This year we have begun our implementation of a four weekly rotation of meals for McVay House. These include breakfast, lunch, dinner and supper for the week. Below you will find a copy of the current rotational outline.

Johanna is putting together an afternoon tea menu to complement our rotating menu. This will be sent out to all parents once it is available.

Boarders and staff have hit the ground running for 2018, and we hope this is an indication of a great year ahead!

Nathan, Mandie and the McVay House Team.

Upcoming Events

Tuesday 13th March

School Planning Seminar for all staff, parents, students and School Council members.
5:30pm

Friday 16th March

Beach Carnival

Tuesday 20th March

PFA AGM - 5:15pm

Saturday 24th March

Condungup Fair. Boarders will be attending.

22nd - 25th March

Perth International Arts Festival (PIAF) Camp

26th - 27th March

Elevate Study Skills workshops (students, staff and parents)

Wednesday 28th March

Year 7 Parent-Teacher Meeting

Thursday 29th March

House closes at 3:30pm for the Easter long weekend.

Friday 30th March

Good Friday holiday.

Monday 2nd April

Easter Monday holiday. House re-opens at 3:30pm.

9th - 13th April

Year 7&8 Metricup Camp

Friday 13th April

Last day of Term 1: House closes at 3:30pm for the term break.

Second Closed Weekend

A reminder that McVay House will be closed from 3:30pm, Thursday 29th March, reopening 3:30pm Monday 2nd April for the Easter break.

Could you please advise us of your child's travel times and arrangements leaving from and returning to the house at your earliest convenience (prior to Wednesday 28th March).

Important Contact Details

Tutor on Duty:

Mobile: 0475 959 324

Heads of Boarding:

Nathan Abbott / Mandie Abbott

Mobile: 0409 090 354

Email: nabbott@eacs.wa.edu.au

aabbott@eacs.wa.edu.au



McVay House Camp 2018 / Year 7 McVay House 2018



McVay House – Week 1 Menu

Day	Breakfast	Lunch	Dinner	Vegetables *	Supper
Monday	Continental	Canteen	Spaghetti bolognaise with garlic bread	Mixed garden salad	Fruit platter and portioned vanilla ice-cream buckets
Tuesday	Continental	Canteen	Sweet and sour chicken with rice	Steamed broccoli and cauliflower	Apple Crumble
Wednesday	Continental	Canteen	Silverside	Honeyed carrots, peas, beans and mash potato	Fruit Salad
Thursday	Continental	Canteen	Bangers and Mash	Steamed mixed vegetables	Fruit platter and portioned vanilla ice-cream buckets
Friday	Continental	Canteen	Chicken pasta bake	Mixed garden salad	Jelly Pots
Saturday	Assorted Cereals and Toast (in house)	Assorted Sandwich Fillings	Beef burgers	Salad toppings	Milo and Biscuits (in house)
Sunday	Assorted Cereals and Toast (in house)	Assorted Sandwich Fillings OR Hot Dogs	Roast chicken with gravy	Roast potato, roast pumpkin, peas, corn and steamed broccoli	Portioned ice cream buckets

Please remember to take breakfast foods, for Saturday and Sunday mornings (Friday and Saturday nights)

IMPORTANT – Let a tutor know when you are not going to be here to alert the kitchen *** Especially Weekends (Leave requests to be completed by Wednesday PM)

* Vegetables are a side dish with each meal unless stated.

** Dietary requirements for some dishes may need to be adjusted.



McVay House – Week 2 Menu

Day	Breakfast	Lunch	Dinner	Vegetables *	Supper
Monday	Continental	Canteen	Butter chicken with rice	Mixed garden salad	Chocolate Mousse
Tuesday	Continental	Canteen	Porcupine meatballs	Mashed potato and steamed mixed vegetables	Fruit platter and portioned vanilla ice-cream buckets
Wednesday	Continental	Canteen	Fish and chips with tarte sauce	Mixed garden salad	Chocolate Ripple Cake
Thursday	Continental	Canteen	Beef stir-fry with rice **	Vegetables included with dish	Fruit platter and portioned vanilla ice-cream buckets
Friday	Continental	Canteen	Chicken enchiladas	Mixed garden salad	Rice Pudding
Saturday	Assorted Cereals and Toast (in house)	Assorted Sandwich Fillings	Tacos	Salad toppings	Eaton Mess
Sunday	Cooked Breakfast (bacon, eggs, tomato, mushrooms)	Assorted Sandwich Fillings OR Nachos	Pork chops with gravy and apple sauce	Mashed sweet potato, peas, corn, steamed broccoli and cauliflower	Strawberries and custard

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McVay House – Week 3 Menu

Day	Breakfast	Lunch	Dinner	Vegetables *	Supper
Monday	Continental	Canteen	Cottage pie	Mixed garden salad	Fruit platter and portioned vanilla ice-cream buckets
Tuesday	Continental	Canteen	Chicken and chorizo risotto	Mixed garden salad	Portioned vanilla ice cream with assorted toppings
Wednesday	Continental	Canteen	Devilled sausages	Mashed pumpkin and steamed mix vegetables	Sticky Date Pudding
Thursday	Continental	Canteen	Beef curry with rice and pappadums	Steamed mixed vegetables	Fruit platter and portioned vanilla ice-cream buckets
Friday	Continental	Canteen	Tuna mornay **	Mixed garden salad	Cream cheese and blueberry turnovers
Saturday	Assorted Cereals and Toast (in house)	Assorted Sandwich Fillings	Chicken burgers	Salad toppings	Milo and Biscuits (in house)
Sunday	Assorted Cereals and Toast (in house)	Assorted Sandwich Fillings OR Pies/ Sausage Rolls	Roast lamb with gravy and mint sauce	Roast potato, roast pumpkin, peas, corn, steamed cauliflower	Fruit Salad

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McVay House – Week 4 Menu

Day	Breakfast	Lunch	Dinner	Vegetables *	Supper
Monday	Continental	Canteen	Chicken curry with rice	Peas and beans	Jelly Pots
Tuesday	Continental	Canteen	Meatloaf	Corn on the cob, steamed broccoli and cauliflower	Fruit platter and portioned vanilla ice- cream buckets
Wednesday	Continental	Canteen	Chicken parmigiana	Mixed garden salad	Berry Self Saucing Pudding
Thursday	Continental	Canteen	Lamb stew	Mashed potato, steamed carrots and peas	Fruit platter and portioned vanilla ice- cream buckets
Friday	Continental	Canteen	BBQ – Steak and sausages	Potato salad and mixed garden salad	Apple Pie
Saturday	Assorted Cereals and Toast (in house)	Assorted Sandwich Fillings	Fajitas	Mixed garden salad	Banana Bread
Sunday	Cooked Breakfast (pancakes with fruit and maple syrup)	Assorted Sandwich Fillings OR Individual Pizzas	Lasagne with garlic bread	Mixed garden salad	Golden Syrup Dumplings

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