



USPS P & C Grapevine

WEEK 10 - TERM 3 - 2026

P&C General Meeting

Next Meeting Tuesday 10th November @ 5.30pm

Please email agenda items to uspspandcsecretary@gmail.com

Term 3 Events

Week 10 - Friday 25th September
Free Dress Day

Term 4 Events

Week 3 - Friday 30th October
P&C Stall (2nd Hand Uniforms & Books)

Week 3 - Friday 30th October
School Disco

Week 4 - Friday 6th November
Icely Pole Day

Week 6 - Friday 20th November
P&C Stall (2nd Hand Uniforms & Books)

Week 6 - Friday 20th November
Icely Pole Day

Week 8 - Friday 4th December
Christmas Stall

Week 9 - Monday 7th December
School Holiday Fun Raffle Drawn

Term 3 Lunch Dates

Week 10 - Friday 25th September
Orders close Thursday 24th September 7am

Term 4 Lunch Dates

Week 2 - Friday 23rd October
Orders close Thursday 22nd October 7am

Week 4 - Friday 6th November
Orders close Thursday 5th November 7am

Week 6 - Friday 20th November
Orders close Thursday 19th November 7am

Week 8 - Friday 4th December
Orders close Thursday 3rd December 7am

Week 10 - Thursday 17th December
Orders close Wednesday 16th December 7am

<https://smartschools.com.au>

It's been a busy term with the Father's Day Stall, Faction Carnival VIP Tent, swimming lessons, P&C stalls, Containers for Change and lunch days. We are looking forward to the holidays, but can't wait to bring you more fun in term 4. Have a safe, happy & restful school holidays and GO FREO!!!!



Upper Swan Parents and Citizens
BSB: 066-115
Acc: 00900444

President: Karina Begley
Vice President: Louise Daly
Secretary: Rebecca Russell
Treasurer: Celsey Edwards

President: uspspandcpresident@gmail.com
Secretary: uspspandcsecretary@gmail.com
Treasurer: uspspandctreasurer@gmail.com
Lunches: uspspandclunches@gmail.com
Uniforms: uspspandcuniformshop@gmail.com
Yearbook: uspspandcyearbook@gmail.com
Book Club: uspspandcbookclub@gmail.com



USPS P&C FUNDRAISER

**NO THEME
TODAY,
JUST DRESS
YOUR WAY!**

It's a free dress day with no theme. You can wear your favourite sporting gear, superhero outfit, pyjamas, your dance costume, crazy socks, dinosaur onesie or whatever makes you feel amazing!

**Friday 25th September
Week 10**

We can't wait to see your chosen outfit. Please make sure it's appropriate for school.

**PLEASE BRING A COIN
DONATION ON THE DAY**



TERM 4



SCHOOL HOLIDAY ★ FUN RAFFLE ★



★ Upper Swan Primary School P&C ★

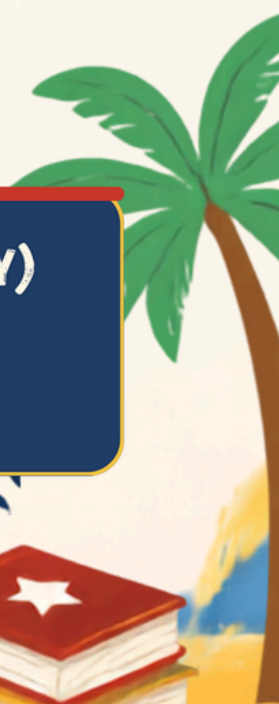
SCHOOL FAMILIES, CAN YOU HELP?

Do you own a business or have a school-holiday item to donate?
We're seeking vouchers or small prizes such as books, craft kits, sporting gear, etc.

PLEASE GET IN TOUCH WITH ELLIE (CO-SECRETARY)

USPSPandCSecretary@gmail.com

Please leave your donation in the P&C box in the office.



SAVE THE DATE

P&C DISCO

let's glow!

Friday October 30th

Dress in NEON & brights

**Kindy
& PP**

4 - 4:45pm

**Years
1 - 3**

5 - 6pm

**Years
4 - 6**

6:15 - 7:15pm

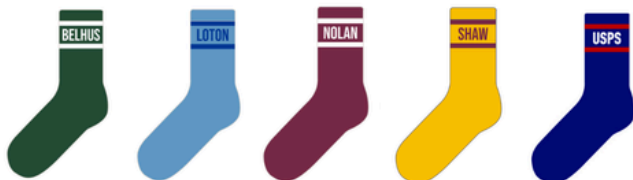
SCHOOL SOCKS

SUPPORTED BY THE USPS P&C

- Jacquard Crew Socks
- Collect from school
- Limited stock available

Small [sizes 9-2]
Medium [sizes 2-7]
Large [sizes 7-11]

\$13.50
per pair



*** Please note, these socks are in no way part of the required school uniform. They are an added optional extra for fun (similar to a faction shirt) but are not a necessity ***



UPPER SWAN PRIMARY SCHOOL P&C

DONATIONS Needed!

FOR OUR 2ND HAND UNIFORMS & BOOKS STALL

Help us raise funds and keep uniforms affordable for all families in our school community!



2ND HAND UNIFORMS

We're especially looking for **SMALLER SIZES** for our incoming Kindy families who will visit the school in Term 4.



PLEASE DONATE GOOD, CLEAN, GENTLY USED UNIFORMS



PRE-LOVED BOOKS

We're also seeking **POPULAR KIDS BOOKS** in good condition for all ages!



DROP DONATIONS TO THE OFFICE DONATION BOX

Thank you for supporting our school!

We'd love for you to follow us on our social media pages, and stay up to date with our events and reminders. Tell your friends, tell other USPS parents and stay connected with us!



facebook.com/UpperSwanPrimarySchoolPC/
Instagram @ usps_pandc



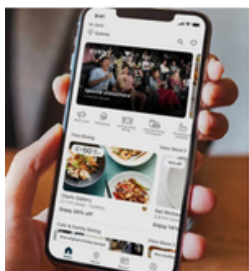
Care For Kids

Upper Swan Primary School Care for Kids OSHC

Run a fantastic program on site at Upper Swan Primary School providing a safe and caring environment, our emphasis is on delivering fun experiences for all children.

- Open **6:30am to 6pm**
- Before school, after school and vacation care
- A healthy afternoon snack is provided daily
- All government subsidies (up to 90% off the standard fee) apply
- Our qualified staff trained in first aid, asthma and anaphylaxis are always in attendance
- We provide a wide range of indoor and outdoor experiences as well as having an external coach attend one afternoon each week (at no extra cost).

For bookings, please feel free to meet us in our OSHC room or contact us on **0418 736 801** or at **upperswanpsoshc@carefor kids we.net.au**



<https://subscribe.entertainment.com.au/fundraiser/8611z5>

School uniforms are available online from Perm-A-Pleat. Please visit the school website to access the link - upperswanps.wa.edu.au



Please consider donating uniforms to the P&C to help other families. Donations can be left at reception.

Upper Swan Primary School P&C

LUNCH ORDER MENU



DRINKS

Brownes Berry Flavoured Milk (300ml)	\$2.99
Brownes Choc Flavoured Milk (300ml)	\$2.99
Emma and Toms Cloudy Apple (250ml)	\$4.00
Emma and Toms Orange (250ml)	\$4.00

GOURMET SANDWICHES

Chicken BLT	\$7.95
GF Chicken BLT	\$9.25

HOT FOOD

Bacon and Egg Burger	\$7.10
GF Bacon and Egg Burger	\$8.75
Butter chicken with rice (200g)	\$8.75
Cheese Burger	\$7.25
GF Cheese Burger	\$8.95
Cheese Burger NO Gherkin spread	\$7.25
GF Cheese Burger NO Gherkin	\$7.95
Chicken Carbonara Penne Pasta 220gm	\$8.75
GF Beef Rendang 220gm	\$8.75
GF Naked Burrito Bowl	\$9.95
Hot Chicken Roll	\$9.90
Lasagna 200gm	\$8.25
Mac and Cheese 200gm	\$8.25
Spaghetti Bolognese 200gm	\$7.95

PIES / SAUSAGE ROLLS / QUICHE

Chicken & Vegetable 220 grams	\$4.95
Beef Sausage Roll 220 grams	\$4.75
Mince Pie 220 grams	\$5.25
Tomato Sauce	\$0.50

PIZZA

7 inch BBQ Chicken Pizza	\$7.30
7 inch Hawaiian Pizza	\$7.30
7 inch Cheese Pizza	\$7.30
7 inch Meatlovers Pizza	\$7.30
7 inch Ham & Cheese Pizza	\$7.30

RICE PAPER ROLLS

Crumbed Chicken Ricepaper Roll	\$6.25
GF Teriyaki Chicken Ricepaper Roll	\$6.25
GF Vegetarian Ricepaper Roll	\$5.95

ROLLS

Roast Chicken Roll	\$10.95
GF Roast Chicken Roll	\$12.75
Roast Beef & Swiss Cheese Turkish Roll	\$10.95
GF Roast Beef & Swiss Cheese Turkish Roll	\$12.75
Salami Baguette	\$10.95
GF Salami Baguette	\$12.75

SALADS / POKE BOWLS

Chicken Caesar Salad	\$9.95
Chicken Teriyaki Poke Bowl	\$9.95
GF Chicken Teriyaki Poke Bowl	\$10.50
GF Greek Salad	\$9.95
GF Peri Peri Chicken Salad	\$9.95
GF Singapore Chicken Noodle Salad	\$9.50
GF Thai Beef Rice Noodle Salad	\$9.50
Moroccan Roast Pumpkin Salad	\$9.95
Samurai Salmon Brown Rice Poke Bowl	\$9.95
GF Samurai Salmon Brown Rice Poke Bowl	\$10.25
Tuna Brown Rice Poke Bowl	\$9.95
GF Tuna Brown Rice Poke Bowl	\$9.95

SANDWICHES

Ham Cheese & Tomato Sandwich	\$6.25
GF Ham Cheese & Tomato Sandwich	\$8.25

SNACKING POTS

Carrot Sticks & Homemade Ranch	\$5.25
Chia Pot	\$5.25
Fresh Season Fruit Pot	\$5.25
GF 2 Egg & Spinach Pot	\$5.25
GF Cucumber Carrot & Homemade Hummus Dip	\$5.25
Yoghurt Parfaite with Berry Kompot	\$4.99
Yoghurt Parfaite with Passion Fruit Kompot	\$4.99
Yoghurt Pot (Vanilla / Mango & Passion / Strawberry)	\$3.50

SUSHI

GF Teriyaki Chicken Sushi 6 Pack	\$8.50
GF Tuna Sushi 6 Pack	\$8.50
GF Vegetarian Sushi 6 Pack	\$8.50
Katsu Chicken Sushi 6 Pack	\$8.50
GF Smoked Salmon Sushi 6 Pack	\$8.50

TOASTED SANDWICHES

Cheese Toastie	\$6.75
GF Cheese Toastie	\$8.25
Ham and Cheese Toastie	\$6.50
GF Ham and Cheese Toastie	\$8.25
Roast Chicken & Cheese Toastie	\$6.50
GF Roast Chicken & Cheese Toastie	\$7.95

WRAPS

Chicken Shwarma Wrap	\$8.95
Falafel, Hummus & Spinach Wrap	\$8.95
Lamb Yiros Wrap	\$8.95
Roast Beef Wrap	\$8.95
Sweet Chili Chicken Wrap	\$8.95

MENU SUBJECT TO CHANGE

All orders incur a \$0.25 fee payable to Smart Schools. There will also be an additional \$1.00 per order which will go directly towards your P&C. These fees will be visible to parents for transparency.