

USPS P & C Grapevine

WEEK 1 - TERM 4 - 2026

P&C General Meeting

Next Meeting Tuesday 10th November @ 5.30pm

Please email agenda items to uspspandcsecretary@gmail.com

Term 4 Events

Week 3 - Wednesday 28th October
Sock Sales 8am

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 5 - Friday 13th November
Containers For Change Drive

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 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>

Welcome Back!

We hope you've enjoyed a fun and restorative break. We have a very full and exciting term ahead.

Please take a read of this edition and see what we have lined up for the coming months.

We are always seeking volunteers to assist with our events. Can you help us with a few hours of your time?

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



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

P&C DISCO

Let's LuMiNaTe
the night ✨

Dress in NEON
& brights



LET'S
GLOW!



Get your
TICKETS
here

Can you help?
Volunteers
needed!

[Trybooking.com/DPPZK](https://trybooking.com/DPPZK)

volunteersignup.org/FXKP7

Friday October 30th

Kindy & PP

4 - 4:45pm

\$10 early bird
(\$12 after)

Years 1 - 3

5 - 6pm

\$12 early bird
(\$15 after)

Years 4 - 6

6:15 - 7:15pm

\$12 early bird
(\$15 after)

Early bird tickets close **Monday 26 October 9pm**

Buy tickets using the **QR code** or
copy the **Trybooking link above**

🍕 Pizza, snacks, & drinks for sale on the night 🔍

Cash preferred. EFTPOS available

ICEY POLE DAYS ARE BACK!

BERRI QUELCH 99% FRUIT JUICE



WEEK 4 FRIDAY 6TH NOVEMBER

WEEK 6 FRIDAY 20TH NOVEMBER

\$1 EACH (CASH ONLY)
LIMIT 1 PER CHILD
SOLD AT RECESS

 **PARENTS/CARERS: CAN YOU HELP?**

To make this happen, the P&C needs 5 adults from 1-2pm on the day to cut & sell the icy poles. If you can help, please email Bec Russell
USPSPandCSecretary@gmail.com



P&C FUNDRAISING

Our
P&C
needs
you!

UPPER SWAN PRIMARY
P & C ASSOCIATION

Small
commitment.
Big impact.

WE'RE LOOKING FOR A NEW TREASURER

Our wonderful Treasurer, Celsey, is moving schools next year — and without someone to step into the role, **we may not be able to continue our P&C.**

The Treasurer plays an important role in keeping our P&C finances organised, accurate and transparent, helping us continue to support our students and school community.

WHAT'S INVOLVED?



Manage payments, reimbursements and banking



Prepare simple financial reports and provide updates at P&C meetings



Keep receipts, invoices and other records organised



Assist with end-of-financial-year processes



TIME COMMITMENT

Approximately **1–2 hours per week**, with a little extra around P&C events and meetings.



YOU DON'T NEED TO BE AN ACCOUNTANT!

A willingness to learn and keep good records is much more important. A full handover and support from Celsey and the existing committee will be provided.

WANT TO KNOW MORE?

Contact one of us with any questions, or to express your interest.



Karina Begley (President)
uspspancpresident@gmail.com

Rebecca Russell (Secretary)
uspspancsecretary@gmail.com

Celsey Edwards (Outgoing Treasurer)
uspspanctreasurer@gmail.com

OUR NEXT P&C MEETING



Tuesday 10 November
(Term 4, Week 5)

5:30 – 7:00pm

Join us in person or online

*Come along
for a chat –
no commitment
required!*

SCHOOL SOCKS

SUPPORTED BY THE USPS P&C

Available for purchase in the ECE area on:

- WEEK 1 Wed 14 Oct 2:40pm
- WEEK 3 Wed 28 Oct 8:15am

Cash and EFTPOS available

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

**\$13.50
per pair**



*** Please note, these socks are not 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!



TERM 4



SCHOOL HOLIDAY ★ FUN RAFFLE ★



★ Upper Swan Primary School P&C ★

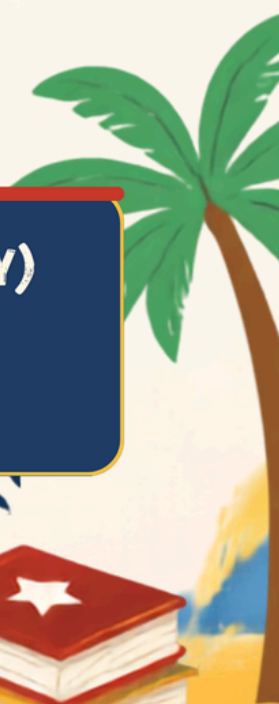
SCHOOL FAMILIES, CAN YOU HELP?

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.





CONTAINERS FOR CHANGE DRIVE

Support your P&C to raise funds for our school, while also saving containers from landfill!

Week 5 Friday 13 Nov



Eligible Containers



**Collection bins will be on the grass area near
Room 12 before school commences.**



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

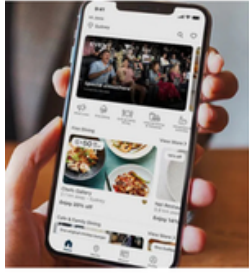
Cheese Toastie	\$6.75
GF Cheese Toastie	\$8.25
Ham and Cheese Toastie	\$6.50
GF Ham and Cheese Toastie	\$8.25
Roast Chicken & Cheese Toastie	\$6.50
GF Roast Chicken & Cheese Toastie	\$7.95

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.



<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.



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@careforkidswe.net.au**