



Positively Paynesville

Leading 21st century learning.



Paynesville Primary School • www.paynesville-ps.vic.edu.au • paynesville.ps@edumail.vic.gov.au • ph: 03 5156 6334
School No: 2343 Est. 1881 • 31-47 Ashley Street (PO Box 38) Paynesville Vic 3880 • mob: 0458 566 371 • fax: 03 5156 7999

ISSUE 5 – 28th February, 2014

Week Ahead – March 7 to 14

*Fri Mar 7th – Pupil Free day/parent teacher interviews
Mon Mar 10th – Labour Day Holiday – No School
Tues Mar 11th - Prep, 1,2,3 Swimming Program
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COMING UP

PFA MEETS EVERY WEDNESDAY AT 2:30pm

UNSW exams coming soon - watch this space for entry forms!

**Monday
Green Eagles**

**Tuesday
Red Swans**

**Wednesday
Gold Kookaburras**

**Thursday
Blue Seagulls**

Office Hours - 8:30am to 4:00pm - Monday to Friday

SCHOOL HATS ARE AVAILABLE – PRICE \$11.00



**Dear Students, Parents,
Caregivers and Friends of
Paynesville Primary School,**

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Working Bee last Saturday

Last Saturday we worked all day to construct the new retaining wall around the end of the new kitchen garden. We used recycled timber and the end result is terrific. We also managed to pour the footings for the new outdoor classroom which is due to be erected by a group of volunteer tradies this weekend. Dads donating their time, skills and gear means that we can stretch our money further. If you would like to be involved then please watch the newsletter. Anthony Goranitis is constructing the new garden beds this week – so if you are able to help please contact the school office.

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Kyson, Isaac, Lachie and Logan competed for the boys. After registering and receiving a show bag, we did a warm up and watched the opening ceremony with cool dances. The girls team played Lucknow and the boys played 754. Art activities, Health workshops, dance competitions and basketball. What a great day!. The girls team beat 754 for a medal and the boys were proud of their efforts.

By Indi & Jaime.





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REGISTRATION DAY

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 U10, U12, U14
 New and old players welcome
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We are holding fundraiser for Leukaemia,

'Be Brave and Shave'.

Kelly Buchanan and her 6 year old son Jacob will be having their heads shaved by two lucky ticket holders on the day.

When: Saturday 15th March.

Where: Paynesville Foreshore BBQ and playground area.

Time: 12:00 noon BBQ and Drinks.

 : 12.30 pm tickets given out.

 : 1:00 pm - **heads shaved.**

You are more than welcome to join in and have your heads shaved too.

Wanting to raise as much as possible for this devastating illness.

(I'm trying to get TR.FM for free music and live entertainment, free jumping castles, free meat, free drinks and free bread all donated by various businesses and companies)

Also going to try get businesses to donate items from business / stores that can be auctioned for low cost to also be donated. Please let me know if you can help.

If this helps sells the promo, I'm a former stunt woman, former boxer and kick boxer, youth worker.

Currently I'm a single mum, lifeguard, personal trainer, gym instructor and a great friend!!!!

It was my sons idea to do this, I will support him 100%.

We need your recipes! Earth & Soul Food
Volume Two: The Kid's Edition



Merryn Padgett is a PPS parent and the Founder of Earth & Sea Creative (Paynesville's leading graphic design and marketing service).

Merryn's lifelong passion for amazing food, design and photography is expressed through the cookbook series *Earth & Soul Food*.

This year Merryn is releasing her second cookbook and has called it *The Kid's Edition*. This edition will feature child friendly recipes, perfect for busy parents who may even have a fussy eater at the table!

The Kid's Edition will be an eBook release and will attract a minimum donation of \$5.00, with 100% of the profits going back to Paynesville Primary School Kitchen Garden Program.

Merryn wants to include your favourite recipes!!

Simply email Merryn with your recipe and a photo of your child/family cooking the recipe and we will include it in *The Kid's Edition*. Please note that the recipe needs to include ingredients list and method and images need to be high quality/resolution to be used in the publication. (Merryn can answer any queries you may have about image quality). For more information about the Earth & Soul Food Project, visit: <http://earthandsea.com.au/philanthropy>.

Email your recipes to: m@earthandsea.com.au.

Don't Palm Us Off! – Orange Week at PPS 24-28 March 2014



Orang-utans live in the forests of Indonesia and Malaysia, and these forests are currently cleared to plant palm trees for palm oil production. These amazing creatures face extinction due to the unsustainable production of palm oil.

Palm oil is used in a lot of products we regularly eat and use. Product packaging does not clearly label palm oil, so it's hard to know if we're buying products that contain sustainably produced palm oil.

Together we can make a difference.

Through the Zoo's Victoria 'Don't Palm Us Off' Campaign, the Parents and Friends Association will be fundraising throughout the year, running events to raise awareness and money for the Orang-utans. A donation will be made to Zoos Victoria at the end of the year, and the PFA are investigating Adopting an Animal.

Our first Don't Palm Us Off event is Orange Week and this will run from 24-28 March 2014. During the week classroom activities will include education around palm oil labeling and how we can make a difference at school and at home. On 28 March we are holding Dress in Orange Day so come dressed in something orange and make a gold coin donation.

How you can help the Orang-utans outside of school.

As well as participating in school events, you can voice your opinion on behalf of Orang-utans and make informed choices as a consumer. We've included a small list of palm oil free products at the end of the newsletter. Visit the Zoopermarket on the Zoos Victoria website to discover what is behind the labels of your favourite brands and speak up on behalf of wild Orang-utans.

<http://www.zoo.org.au/zoopermarket>.

Or visit WWF website:

http://www.wwf.org.au/our_work/saving_the_natural_world/forests/palm_oil/fact_sheet

PALM OIL FREE – These companies or products

DO NOT contain palm oil.

April 10, 2013 at 2:20pm

<https://www.facebook.com/notes/palm-oil-products-on-australian-shelves-that-contain-palm-oil/palm-oil-free-these-companies-or-products-do-not-contain-palm-oil/584069374950238>

All of the products and companies below have been thoroughly researched by the Facebook Community "Palm Oil Free – Products on Australian shelves that contain palm oil" and found to be palm oil free at the time of research. This is also a very good link for alternatives <http://www.orangutans.com.au/Orangutans-Survival-Information/Helping-you-buy-responsibly-Palm-oil-free-alternatives.aspx> - * however the Facebook Community have not researched all of the products on their list.

POF = palm oil free	V = Vegan	Veg = Vegetarian	CCF =cruelty free accredited not tested on animals
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CLEANING PRODUCTS

Clean Conscience www.cleanconscience.com.au POF, V, CCF

PERSONAL CARE RANGES - SKIN, HAIR, ORAL, BODY CARE & COSMETIC PRODUCTS

Vegan Palm Oil Free skincare & more www.withcompassion.com.au POF,V, CCF (go to the webstore on this site – all profits from sales go back into helping animals, women & children globally)

Mokosh - www.mokosh.com.au

Fresca Natural deodorants www.frescanatural.com.au POF, V, CCF

Country Life Soap - available at supermarkets POF

Riddells Creek (Massage Oils, Toothpaste) <http://www.riddellscreekorganic.com.au> POF,V, CCF

Gentle Earth Soaps and Lotions <https://www.facebook.com/gentle.earth> POF

Pompadour Soaps & Candles <http://www.pompadour.com.au/> POF,V,CCF

Cherry Brown cosmetics www.cherrybrown.com.au POF,V, CCF

FOOD PRODUCTS

Vegan Palm Oil Free food www.withcompassion.com.au POF,V, CCF (go to the webstore on this site – all profits from sales go back into helping animals, women & children globally)

VEGETA (stockpowder/flavouring) www.vegeta.com.au POF,V, CCF

Fry's Vegetarian Veggie burgers & mince POF

Old Elpaso hard Taco Shells POF

Vege Chips <http://www.vegechips.com> POF, V

The only BREADS which are palm oil free are any 'sourdough' loaves (because they do not use yeast they use a sourdough culture) or any of the Healthy Bake bread products (other healthy bake products like buns are not palm oil free) usually available from health food shops. The reason for this is that the flour mixes that most bakeries buy in from the flour mills use a dried sachet of yeast which yes you guessed it, contains palm oil. Not one supermarket loaf (apart from sourdough) does not use yeast (in the form of a dried sachet) – details below for healthy bake breads

Healthy Bakebread www.healthybake.com.au

Abbots

CHOCOLATES

Funky Chocolat & Funky

Fudge treats www.funkychocolat.com POF, V, CCF (all profits from sales go back into helping animals,women & children globally)

Whitakers

Cadbury flake, Crunchie, Twirl and plain chocolate blocks

PET PRODUCTS

Carma Crittapet products www.carmacritta.com.au POF, V, CCF

VeganPet www.veganpet.com.au POF,V

PEDIGREE and OPTIMUM pet foods POF

WHISKAS POF

Purina

SNACKS

Whittakers Chocolates (ALL) www.whittakers.co.nz/

Smiths Chips

Sakata crackers, entire range.

SPREADS

Lino Hazelnut Spread POF

Sanitarium NATURAL Peanut Butter POF,V, all other peanut butter in their range contain veg oil

Dick Smiths OZENUTS Peanut Butter

Alfa One Margarine Spread Made from Rice Bran Oil.

Vegemite

FREEZER

Pacific West frozen seafood range POF

DRINK POWDERS - Milo POF



Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Colin Robson, your local Saver Plus Worker:
(03) 5144 3255 / 0408 132 044
or crobson@berrystreet.org.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Wellington by Berry Street. The program is funded by ANZ and the Australian Government.

An event by



NATIONAL RIDE **2** SCHOOL DAY

WEDNESDAY 19 MARCH
RIDE • WALK • SCOOT • SKATE

Be part of the fun!

Supported by

Department of
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Mokosh - www.mokosh.com.au

Fresca Natural deodorants www.frescanatural.com.au POF, V, CCF

Country Life Soap - available at supermarkets POF

Riddells Creek (Massage Oils, Toothpaste) <http://www.riddellscreekorganic.com.au> POF,V, CCF

Gentle Earth Soaps and

Lotions <https://www.facebook.com/gentle.earth> POF

Pompadour Soaps &

Candles <http://www.pompadour.com.au/> POF,V,CCF

Cherry Brown cosmetics www.cherrybrown.com.au POF,V, CCF

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Vege Chips <http://www.vegechips.com> POF, V

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VeganPet www.veganpet.com.au POF,V

PEDIGREE and OPTIMUM pet foods POF

WHISKAS POF

Purina

SNACKS

Whittakers Chocolates (ALL) www.whittakers.co.nz/

Smiths Chips

Sakata crackers, entire range.

SPREADS

Lino Hazelnut Spread POF

Sanitarium NATURAL Peanut Butter POF,V, all other peanut butter in their range contain veg oil

Dick Smiths OZENUTS Peanut Butter

Alfa One Margarine Spread Made from Rice Bran Oil.

Vegemite

FREEZER

Pacific West frozen seafood range POF

DRINK POWDERS - Milo POF



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RIDE • WALK • SCOOT • SKATE

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SCHOOL®**



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Volume Two: The Kid's Edition



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Don't Palm Us Off! – Orange Week at PPS 24-28 March 2014



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Or visit WWF website:

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PALM OIL FREE – These companies or products

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April 10, 2013 at 2:20pm

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Mokosh - www.mokosh.com.au

Fresca Natural deodorants www.frescanatural.com.au POF, V, CCF

Country Life Soap - available at supermarkets POF

Riddells Creek (Massage Oils, Toothpaste) <http://www.riddellscreekorganic.com.au> POF,V, CCF

Gentle Earth Soaps and Lotions <https://www.facebook.com/gentle.earth> POF

Pompadour Soaps & Candles <http://www.pompadour.com.au/> POF,V,CCF

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VeganPet www.veganpet.com.au POF,V

PEDIGREE and OPTIMUM pet foods POF

WHISKAS POF

Purina

SNACKS

Whittakers Chocolates (ALL) www.whittakers.co.nz/

Smiths Chips

Sakata crackers, entire range.

SPREADS

Lino Hazelnut Spread POF

Sanitarium NATURAL Peanut Butter POF,V, all other peanut butter in their range contain veg oil

Dick Smiths OZENUTS Peanut Butter

Alfa One Margarine Spread Made from Rice Bran Oil.

Vegemite

FREEZER

Pacific West frozen seafood range POF

DRINK POWDERS - Milo POF



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- school uniforms and text books
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NATIONAL RIDE **2** SCHOOL DAY

WEDNESDAY 19 MARCH
RIDE • WALK • SCOOT • SKATE

Be part of the fun!

Supported by

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ISSUE 5 – 28th February, 2014

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Don't Palm Us Off! – Orange Week at PPS 24-28 March 2014



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Together we can make a difference.

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April 10, 2013 at 2:20pm

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Vegan Palm Oil Free skincare & more www.withcompassion.com.au POF,V, CCF (go to the webstore on this site – all profits from sales go back into helping animals, women & children globally)

Mokosh - www.mokosh.com.au

Fresca Natural deodorants www.frescanatural.com.au POF, V, CCF

Country Life Soap - available at supermarkets POF

Riddells Creek (Massage Oils, Toothpaste) <http://www.riddellscreekorganic.com.au> POF,V, CCF

Gentle Earth Soaps and Lotions <https://www.facebook.com/gentle.earth> POF

Pompadour Soaps & Candles <http://www.pompadour.com.au/> POF,V,CCF

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Old Elpaso hard Taco Shells POF

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Whitakers

Cadbury flake, Crunchie, Twirl and plain chocolate blocks

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Carma Crittapet products www.carmacritta.com.au POF, V, CCF

VeganPet www.veganpet.com.au POF,V

PEDIGREE and OPTIMUM pet foods POF

WHISKAS POF

Purina

SNACKS

Whittakers Chocolates (ALL) www.whittakers.co.nz/

Smiths Chips

Sakata crackers, entire range.

SPREADS

Lino Hazelnut Spread POF

Sanitarium NATURAL Peanut Butter POF,V, all other peanut butter in their range contain veg oil

Dick Smiths OZENUTS Peanut Butter

Alfa One Margarine Spread Made from Rice Bran Oil.

Vegemite

FREEZER

Pacific West frozen seafood range POF

DRINK POWDERS - Milo POF



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- school uniforms and text books
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- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

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or crobson@berrystreet.org.au

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An event by



NATIONAL RIDE **2** SCHOOL DAY

WEDNESDAY 19 MARCH
RIDE • WALK • SCOOT • SKATE

Be part of the fun!

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ISSUE 5 – 28th February, 2014

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Red Swans

Wednesday
Gold Kookaburras

Thursday
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When: Saturday 15th March.

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Time: 12:00 noon BBQ and Drinks.

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 : 1:00 pm - **heads shaved.**

You are more than welcome to join in and have your heads shaved too.

Wanting to raise as much as possible for this devastating illness.

(I'm trying to get TR.FM for free music and live entertainment, free jumping castles, free meat, free drinks and free bread all donated by various businesses and companies)

Also going to try get businesses to donate items from business / stores that can be auctioned for low cost to also be donated. Please let me know if you can help.

If this helps sells the promo, I'm a former stunt woman, former boxer and kick boxer, youth worker.

Currently I'm a single mum, lifeguard, personal trainer, gym instructor and a great friend!!!!

It was my sons idea to do this, I will support him 100%.

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Carma Crittapet products www.carmacritta.com.au POF, V, CCF

VeganPet www.veganpet.com.au POF,V

PEDIGREE and **OPTIMUM** pet foods POF

WHISKAS POF

Purina

SNACKS

Whittakers Chocolates (ALL) www.whittakers.co.nz/

Smiths Chips

Sakata crackers, entire range.

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Dick Smiths OZENUTS Peanut Butter

Alfa One Margarine Spread Made from Rice Bran Oil.

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Pacific West frozen seafood range POF

DRINK POWDERS - Milo POF



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WEDNESDAY 19 MARCH
RIDE • WALK • SCOOT • SKATE

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ISSUE 5 – 28th February, 2014

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Also going to try get businesses to donate items from business / stores that can be auctioned for low cost to also be donated. Please let me know if you can help.

If this helps sells the promo, I'm a former stunt woman, former boxer and kick boxer, youth worker.

Currently I'm a single mum, lifeguard, personal trainer, gym instructor and a great friend!!!!

It was my sons idea to do this, I will support him 100%.

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Volume Two: The Kid's Edition



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Don't Palm Us Off! – Orange Week at PPS 24-28 March 2014



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Together we can make a difference.

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Cadbury flake, Crunchie, Twirl and plain chocolate blocks

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VeganPet www.veganpet.com.au POF,V

PEDIGREE and OPTIMUM pet foods POF

WHISKAS POF

Purina

SNACKS

Whittakers Chocolates (ALL) www.whittakers.co.nz/

Smiths Chips

Sakata crackers, entire range.

SPREADS

Lino Hazelnut Spread POF

Sanitarium NATURAL Peanut Butter POF,V, all other peanut butter in their range contain veg oil

Dick Smiths OZENUTS Peanut Butter

Alfa One Margarine Spread Made from Rice Bran Oil.

Vegemite

FREEZER

Pacific West frozen seafood range POF

DRINK POWDERS - Milo POF



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ISSUE 5 – 28th February, 2014

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(I'm trying to get TR.FM for free music and live entertainment, free jumping castles, free meat, free drinks and free bread all donated by various businesses and companies)

Also going to try get businesses to donate items from business / stores that can be auctioned for low cost to also be donated. Please let me know if you can help.

If this helps sells the promo, I'm a former stunt woman, former boxer and kick boxer, youth worker.

Currently I'm a single mum, lifeguard, personal trainer, gym instructor and a great friend!!!!

It was my sons idea to do this, I will support him 100%.

We need your recipes! Earth & Soul Food
Volume Two: The Kid's Edition



Merryn Padgett is a PPS parent and the Founder of Earth & Sea Creative (Paynesville's leading graphic design and marketing service).

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Email your recipes to: m@earthandsea.com.au.

Don't Palm Us Off! – Orange Week at PPS 24-28 March 2014



Orang-utans live in the forests of Indonesia and Malaysia, and these forests are currently cleared to plant palm trees for palm oil production. These amazing creatures face extinction due to the unsustainable production of palm oil.

Palm oil is used in a lot of products we regularly eat and use. Product packaging does not clearly label palm oil, so it's hard to know if we're buying products that contain sustainably produced palm oil.

Together we can make a difference.

Through the Zoo's Victoria 'Don't Palm Us Off' Campaign, the Parents and Friends Association will be fundraising throughout the year, running events to raise awareness and money for the Orang-utans. A donation will be made to Zoos Victoria at the end of the year, and the PFA are investigating Adopting an Animal.

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As well as participating in school events, you can voice your opinion on behalf of Orang-utans and make informed choices as a consumer. We've included a small list of palm oil free products at the end of the newsletter. Visit the Zoopermarket on the Zoos Victoria website to discover what is behind the labels of your favourite brands and speak up on behalf of wild Orang-utans.

<http://www.zoo.org.au/zoopermarket>.

Or visit WWF website:

http://www.wwf.org.au/our_work/saving_the_natural_world/forests/palm_oil/fact_sheet

PALM OIL FREE – These companies or products

DO NOT contain palm oil.

April 10, 2013 at 2:20pm

<https://www.facebook.com/notes/palm-oil-products-on-australian-shelves-that-contain-palm-oil/palm-oil-free-these-companies-or-products-do-not-contain-palm-oil/584069374950238>

All of the products and companies below have been thoroughly researched by the Facebook Community "Palm Oil Free – Products on Australian shelves that contain palm oil" and found to be palm oil free at the time of research. This is also a very good link for alternatives <http://www.orangutans.com.au/Orangutans-Survival-Information/Helping-you-buy-responsibly-Palm-oil-free-alternatives.aspx> - * however the Facebook Community have not researched all of the products on their list.

POF = palm oil free	V = Vegan	Veg = Vegetarian	CCF =cruelty free accredited not tested on animals
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Mokosh - www.mokosh.com.au

Fresca Natural deodorants www.frescanatural.com.au POF, V, CCF

Country Life Soap - available at supermarkets POF

Riddells Creek (Massage Oils, Toothpaste) <http://www.riddellscreekorganic.com.au> POF,V, CCF

Gentle Earth Soaps and

Lotions <https://www.facebook.com/gentle.earth> POF

Pompadour Soaps &

Candles <http://www.pompadour.com.au/> POF,V,CCF

Cherry Brown cosmetics www.cherrybrown.com.au POF,V, CCF

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Old El Paso hard Taco Shells POF

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Gentle Earth Soaps and Lotions <https://www.facebook.com/gentle.earth> POF

Pompadour Soaps & Candles <http://www.pompadour.com.au/> POF,V,CCF

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Wednesday
Gold Kookaburras

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By Indi & Jaime.





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 U10, U12, U14
 New and old players welcome
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Kelly Buchanan and her 6 year old son Jacob will be having their heads shaved by two lucky ticket holders on the day.

When: Saturday 15th March.

Where: Paynesville Foreshore BBQ and playground area.

Time: 12:00 noon BBQ and Drinks.

 : 12.30 pm tickets given out.

 : 1:00 pm - **heads shaved.**

You are more than welcome to join in and have your heads shaved too.

Wanting to raise as much as possible for this devastating illness.

(I'm trying to get TR.FM for free music and live entertainment, free jumping castles, free meat, free drinks and free bread all donated by various businesses and companies)

Also going to try get businesses to donate items from business / stores that can be auctioned for low cost to also be donated. Please let me know if you can help.

If this helps sells the promo, I'm a former stunt woman, former boxer and kick boxer, youth worker.

Currently I'm a single mum, lifeguard, personal trainer, gym instructor and a great friend!!!!

It was my sons idea to do this, I will support him 100%.

We need your recipes! Earth & Soul Food
Volume Two: The Kid's Edition



Merryn Padgett is a PPS parent and the Founder of Earth & Sea Creative (Paynesville's leading graphic design and marketing service).

Merryn's lifelong passion for amazing food, design and photography is expressed through the cookbook series *Earth & Soul Food*.

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Merryn wants to include your favourite recipes!!

Simply email Merryn with your recipe and a photo of your child/family cooking the recipe and we will include it in *The Kid's Edition*. Please note that the recipe needs to include ingredients list and method and images need to be high quality/resolution to be used in the publication. (Merryn can answer any queries you may have about image quality). For more information about the Earth & Soul Food Project, visit: <http://earthandsea.com.au/philanthropy>.

Email your recipes to: m@earthandsea.com.au.

Don't Palm Us Off! – Orange Week at PPS 24-28 March 2014



Orang-utans live in the forests of Indonesia and Malaysia, and these forests are currently cleared to plant palm trees for palm oil production. These amazing creatures face extinction due to the unsustainable production of palm oil.

Palm oil is used in a lot of products we regularly eat and use. Product packaging does not clearly label palm oil, so it's hard to know if we're buying products that contain sustainably produced palm oil.

Together we can make a difference.

Through the Zoo's Victoria 'Don't Palm Us Off' Campaign, the Parents and Friends Association will be fundraising throughout the year, running events to raise awareness and money for the Orang-utans. A donation will be made to Zoos Victoria at the end of the year, and the PFA are investigating Adopting an Animal.

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How you can help the Orang-utans outside of school.

As well as participating in school events, you can voice your opinion on behalf of Orang-utans and make informed choices as a consumer. We've included a small list of palm oil free products at the end of the newsletter. Visit the Zoopermarket on the Zoos Victoria website to discover what is behind the labels of your favourite brands and speak up on behalf of wild Orang-utans.

<http://www.zoo.org.au/zoopermarket>.

Or visit WWF website:

http://www.wwf.org.au/our_work/saving_the_natural_world/forests/palm_oil/fact_sheet

PALM OIL FREE – These companies or products

DO NOT contain palm oil.

April 10, 2013 at 2:20pm

<https://www.facebook.com/notes/palm-oil-products-on-australian-shelves-that-contain-palm-oil/palm-oil-free-these-companies-or-products-do-not-contain-palm-oil/584069374950238>

All of the products and companies below have been thoroughly researched by the Facebook Community "Palm Oil Free – Products on Australian shelves that contain palm oil" and found to be palm oil free at the time of research. This is also a very good link for alternatives <http://www.orangutans.com.au/Orangutans-Survival-Information/Helping-you-buy-responsibly-Palm-oil-free-alternatives.aspx> - * however the Facebook Community have not researched all of the products on their list.

POF = palm oil free	V = Vegan	Veg = Vegetarian	CCF =cruelty free accredited not tested on animals
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Clean Conscience www.cleanconscience.com.au POF, V, CCF

PERSONAL CARE RANGES - SKIN, HAIR, ORAL, BODY CARE & COSMETIC PRODUCTS

Vegan Palm Oil Free skincare & more www.withcompassion.com.au POF,V, CCF (go to the webstore on this site – all profits from sales go back into helping animals, women & children globally)

Mokosh - www.mokosh.com.au

Fresca Natural deodorants www.frescanatural.com.au POF, V, CCF

Country Life Soap - available at supermarkets POF

Riddells Creek (Massage Oils, Toothpaste) <http://www.riddellscreekorganic.com.au> POF,V, CCF

Gentle Earth Soaps and Lotions <https://www.facebook.com/gentle.earth> POF

Pompadour Soaps & Candles <http://www.pompadour.com.au/> POF,V,CCF

Cherry Brown cosmetics www.cherrybrown.com.au POF,V, CCF

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Vegan Palm Oil Free food www.withcompassion.com.au POF,V, CCF (go to the webstore on this site – all profits from sales go back into helping animals, women & children globally)

VEGETA (stockpowder/flavouring) www.vegeta.com.au POF,V, CCF

Fry's Vegetarian Veggie burgers & mince POF

Old El Paso hard Taco Shells POF

Vege Chips <http://www.vegechips.com> POF, V

The only BREADS which are palm oil free are any 'sourdough' loaves (because they do not use yeast they use a sourdough culture) or any of the Healthy Bake bread products (other healthy bake products like buns are not palm oil free) usually available from health food shops. The reason for this is that the flour mixes that most bakeries buy in from the flour mills use a dried sachet of yeast which yes you guessed it, contains palm oil. Not one supermarket loaf (apart from sourdough) does not use yeast (in the form of a dried sachet) – details below for healthy bake breads

Healthy Bakebread www.healthybake.com.au

Abbots

CHOCOLATES

Funky Chocolat & Funky

Fudge treats www.funkychocolat.com POF, V, CCF (all profits from sales go back into helping animals,women & children globally)

Whitakers

Cadbury flake, Crunchie, Twirl and plain chocolate blocks

PET PRODUCTS

Carma Crittapet products www.carmacritta.com.au POF, V, CCF

VeganPet www.veganpet.com.au POF,V

PEDIGREE and OPTIMUM pet foods POF

WHISKAS POF

Purina

SNACKS

Whittakers Chocolates (ALL) www.whittakers.co.nz/

Smiths Chips

Sakata crackers, entire range.

SPREADS

Lino Hazelnut Spread POF

Sanitarium NATURAL Peanut Butter POF,V, all other peanut butter in their range contain veg oil

Dick Smiths OZENUTS Peanut Butter

Alfa One Margarine Spread Made from Rice Bran Oil.

Vegemite

FREEZER

Pacific West frozen seafood range POF

DRINK POWDERS - Milo POF



Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Colin Robson, your local Saver Plus Worker:
(03) 5144 3255 / 0408 132 044
or crobson@berrystreet.org.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Wellington by Berry Street. The program is funded by ANZ and the Australian Government.

An event by



NATIONAL RIDE **2** SCHOOL DAY

WEDNESDAY 19 MARCH
RIDE • WALK • SCOOT • SKATE

Be part of the fun!

Supported by

Department of
Transport, Planning and
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Leading 21st century learning.



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School No: 2343 Est. 1881 • 31-47 Ashley Street (PO Box 38) Paynesville Vic 3880 • mob: 0458 566 371 • fax: 03 5156 7999

ISSUE 5 – 28th February, 2014

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Or visit WWF website:

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April 10, 2013 at 2:20pm

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Mokosh - www.mokosh.com.au

Fresca Natural deodorants www.frescanatural.com.au POF, V, CCF

Country Life Soap - available at supermarkets POF

Riddells Creek (Massage Oils, Toothpaste) <http://www.riddellscreekorganic.com.au> POF,V, CCF

Gentle Earth Soaps and Lotions <https://www.facebook.com/gentle.earth> POF

Pompadour Soaps & Candles <http://www.pompadour.com.au/> POF,V,CCF

Cherry Brown cosmetics www.cherrybrown.com.au POF,V, CCF

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Old El Paso hard Taco Shells POF

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WHISKAS POF

Purina

SNACKS

Whittakers Chocolates (ALL) www.whittakers.co.nz/

Smiths Chips

Sakata crackers, entire range.

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Alfa One Margarine Spread Made from Rice Bran Oil.

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**RIDE 2
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Volume Two: The Kid's Edition



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PALM OIL FREE – These companies or products

DO NOT contain palm oil.

April 10, 2013 at 2:20pm

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Mokosh - www.mokosh.com.au

Fresca Natural deodorants www.frescanatural.com.au POF, V, CCF

Country Life Soap - available at supermarkets POF

Riddells Creek (Massage Oils, Toothpaste) <http://www.riddellscreekorganic.com.au> POF,V, CCF

Gentle Earth Soaps and Lotions <https://www.facebook.com/gentle.earth> POF

Pompadour Soaps & Candles <http://www.pompadour.com.au/> POF,V,CCF

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Old Elpaso hard Taco Shells POF

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VeganPet www.veganpet.com.au POF,V

PEDIGREE and OPTIMUM pet foods POF

WHISKAS POF

Purina

SNACKS

Whittakers Chocolates (ALL) www.whittakers.co.nz/

Smiths Chips

Sakata crackers, entire range.

SPREADS

Lino Hazelnut Spread POF

Sanitarium NATURAL Peanut Butter POF,V, all other peanut butter in their range contain veg oil

Dick Smiths OZENUTS Peanut Butter

Alfa One Margarine Spread Made from Rice Bran Oil.

Vegemite

FREEZER

Pacific West frozen seafood range POF

DRINK POWDERS - Milo POF



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- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

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An event by



NATIONAL RIDE **2** SCHOOL DAY

WEDNESDAY 19 MARCH
RIDE • WALK • SCOOT • SKATE

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ISSUE 5 – 28th February, 2014

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WHISKAS POF

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Vegemite

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NATIONAL RIDE **2** SCHOOL DAY

WEDNESDAY 19 MARCH
RIDE • WALK • SCOOT • SKATE

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ISSUE 5 – 28th February, 2014

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Wanting to raise as much as possible for this devastating illness.

(I'm trying to get TR.FM for free music and live entertainment, free jumping castles, free meat, free drinks and free bread all donated by various businesses and companies)

Also going to try get businesses to donate items from business / stores that can be auctioned for low cost to also be donated. Please let me know if you can help.

If this helps sells the promo, I'm a former stunt woman, former boxer and kick boxer, youth worker.

Currently I'm a single mum, lifeguard, personal trainer, gym instructor and a great friend!!!!

It was my sons idea to do this, I will support him 100%.

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Volume Two: The Kid's Edition



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An event by



NATIONAL RIDE **2** SCHOOL DAY

WEDNESDAY 19 MARCH
RIDE • WALK • SCOOT • SKATE

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ISSUE 5 – 28th February, 2014

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Also going to try get businesses to donate items from business / stores that can be auctioned for low cost to also be donated. Please let me know if you can help. If this helps sells the promo, I'm a former stunt woman, former boxer and kick boxer, youth worker. Currently I'm a single mum, lifeguard, personal trainer, gym instructor and a great friend!!!! It was my sons idea to do this, I will support him 100%.

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Volume Two: The Kid's Edition



Merryn Padgett is a PPS parent and the Founder of Earth & Sea Creative (Paynesville's leading graphic design and marketing service).

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Don't Palm Us Off! – Orange Week at PPS 24-28 March 2014



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Together we can make a difference.

Through the Zoo's Victoria 'Don't Palm Us Off' Campaign, the Parents and Friends Association will be fundraising throughout the year, running events to raise awareness and money for the Orang-utans. A donation will be made to Zoos Victoria at the end of the year, and the PFA are investigating Adopting an Animal.

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Or visit WWF website:

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PALM OIL FREE – These companies or products

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April 10, 2013 at 2:20pm

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WEDNESDAY 19 MARCH
RIDE • WALK • SCOOT • SKATE

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**RIDE 2
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ISSUE 5 – 28th February, 2014

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 : 1:00 pm - **heads shaved.**

You are more than welcome to join in and have your heads shaved too.

Wanting to raise as much as possible for this devastating illness.

(I'm trying to get TR.FM for free music and live entertainment, free jumping castles, free meat, free drinks and free bread all donated by various businesses and companies)

Also going to try get businesses to donate items from business / stores that can be auctioned for low cost to also be donated. Please let me know if you can help.

If this helps sells the promo, I'm a former stunt woman, former boxer and kick boxer, youth worker.

Currently I'm a single mum, lifeguard, personal trainer, gym instructor and a great friend!!!!

It was my sons idea to do this, I will support him 100%.

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Volume Two: The Kid's Edition



Merryn Padgett is a PPS parent and the Founder of Earth & Sea Creative (Paynesville's leading graphic design and marketing service).

Merryn's lifelong passion for amazing food, design and photography is expressed through the cookbook series *Earth & Soul Food*.

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Simply email Merryn with your recipe and a photo of your child/family cooking the recipe and we will include it in *The Kid's Edition*. Please note that the recipe needs to include ingredients list and method and images need to be high quality/resolution to be used in the publication. (Merryn can answer any queries you may have about image quality). For more information about the Earth & Soul Food Project, visit: <http://earthandsea.com.au/philanthropy>.

Email your recipes to: m@earthandsea.com.au.

Don't Palm Us Off! – Orange Week at PPS 24-28 March 2014



Orang-utans live in the forests of Indonesia and Malaysia, and these forests are currently cleared to plant palm trees for palm oil production. These amazing creatures face extinction due to the unsustainable production of palm oil.

Palm oil is used in a lot of products we regularly eat and use. Product packaging does not clearly label palm oil, so it's hard to know if we're buying products that contain sustainably produced palm oil.

Together we can make a difference.

Through the Zoo's Victoria 'Don't Palm Us Off' Campaign, the Parents and Friends Association will be fundraising throughout the year, running events to raise awareness and money for the Orang-utans. A donation will be made to Zoos Victoria at the end of the year, and the PFA are investigating Adopting an Animal.

Our first Don't Palm Us Off event is Orange Week and this will run from 24-28 March 2014. During the week classroom activities will include education around palm oil labeling and how we can make a difference at school and at home. On 28 March we are holding Dress in Orange Day so come dressed in something orange and make a gold coin donation.

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As well as participating in school events, you can voice your opinion on behalf of Orang-utans and make informed choices as a consumer. We've included a small list of palm oil free products at the end of the newsletter. Visit the Zoopermarket on the Zoos Victoria website to discover what is behind the labels of your favourite brands and speak up on behalf of wild Orang-utans.

<http://www.zoo.org.au/zoopermarket>.

Or visit WWF website:

http://www.wwf.org.au/our_work/saving_the_natural_world/forests/palm_oil/fact_sheet

PALM OIL FREE – These companies or products

DO NOT contain palm oil.

April 10, 2013 at 2:20pm

<https://www.facebook.com/notes/palm-oil-products-on-australian-shelves-that-contain-palm-oil/palm-oil-free-these-companies-or-products-do-not-contain-palm-oil/584069374950238>

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POF = palm oil free	V = Vegan	Veg = Vegetarian	CCF =cruelty free accredited not tested on animals
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Mokosh - www.mokosh.com.au

Fresca Natural deodorants www.frescanatural.com.au POF, V, CCF

Country Life Soap - available at supermarkets POF

Riddells Creek (Massage Oils, Toothpaste) <http://www.riddellscreekorganic.com.au> POF,V, CCF

Gentle Earth Soaps and

Lotions <https://www.facebook.com/gentle.earth> POF

Pompadour Soaps &

Candles <http://www.pompadour.com.au/> POF,V,CCF

Cherry Brown cosmetics www.cherrybrown.com.au POF,V, CCF

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VEGETA (stockpowder/flavouring) www.vegeta.com.au POF,V, CCF

Fry's Vegetarian Veggie burgers & mince POF

Old Elpaso hard Taco Shells POF

Vege Chips <http://www.vegechips.com> POF, V

The only BREADS which are palm oil free are any 'sourdough' loaves (because they do not use yeast they use a sourdough culture) or any of the Healthy Bake bread products (other healthy bake products like buns are not palm oil free) usually available from health food shops. The reason for this is that the flour mixes that most bakeries buy in from the flour mills use a dried sachet of yeast which yes you guessed it, contains palm oil. Not one supermarket loaf (apart from sourdough) does not use yeast (in the form of a dried sachet) – details below for healthy bake breads

Healthy Bakebread www.healthybake.com.au

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Whitakers

Cadbury flake, Crunchie, Twirl and plain chocolate blocks

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Carma Crittapet products www.carmacritta.com.au POF, V, CCF

VeganPet www.veganpet.com.au POF,V

PEDIGREE and OPTIMUM pet foods POF

WHISKAS POF

Purina

SNACKS

Whittakers Chocolates (ALL) www.whittakers.co.nz/

Smiths Chips

Sakata crackers, entire range.

SPREADS

Lino Hazelnut Spread POF

Sanitarium NATURAL Peanut Butter POF,V, all other peanut butter in their range contain veg oil

Dick Smiths OZENUTS Peanut Butter

Alfa One Margarine Spread Made from Rice Bran Oil.

Vegemite

FREEZER

Pacific West frozen seafood range POF

DRINK POWDERS - Milo POF



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Country Life Soap - available at supermarkets POF

Riddells Creek (Massage Oils, Toothpaste) <http://www.riddellscreekorganic.com.au> POF,V, CCF

Gentle Earth Soaps and Lotions <https://www.facebook.com/gentle.earth> POF

Pompadour Soaps & Candles <http://www.pompadour.com.au/> POF,V,CCF

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WHISKAS POF

Purina

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If this helps sells the promo, I'm a former stunt woman, former boxer and kick boxer, youth worker.

Currently I'm a single mum, lifeguard, personal trainer, gym instructor and a great friend!!!!

It was my sons idea to do this, I will support him 100%.

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Volume Two: The Kid's Edition



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Don't Palm Us Off! – Orange Week at PPS 24-28 March 2014



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<http://www.zoo.org.au/zoopermarket>.

Or visit WWF website:

http://www.wwf.org.au/our_work/saving_the_natural_world/forests/palm_oil/fact_sheet

PALM OIL FREE – These companies or products

DO NOT contain palm oil.

April 10, 2013 at 2:20pm

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Mokosh - www.mokosh.com.au

Fresca Natural deodorants www.frescanatural.com.au POF, V, CCF

Country Life Soap - available at supermarkets POF

Riddells Creek (Massage Oils, Toothpaste) <http://www.riddellscreekorganic.com.au> POF,V, CCF

Gentle Earth Soaps and Lotions <https://www.facebook.com/gentle.earth> POF

Pompadour Soaps & Candles <http://www.pompadour.com.au/> POF,V,CCF

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Old El Paso hard Taco Shells POF

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Whitakers

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VeganPet www.veganpet.com.au POF,V

PEDIGREE and OPTIMUM pet foods POF

WHISKAS POF

Purina

SNACKS

Whittakers Chocolates (ALL) www.whittakers.co.nz/

Smiths Chips

Sakata crackers, entire range.

SPREADS

Lino Hazelnut Spread POF

Sanitarium NATURAL Peanut Butter POF,V, all other peanut butter in their range contain veg oil

Dick Smiths OZENUTS Peanut Butter

Alfa One Margarine Spread Made from Rice Bran Oil.

Vegemite

FREEZER

Pacific West frozen seafood range POF

DRINK POWDERS - Milo POF



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- school uniforms and text books
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- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

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An event by



NATIONAL RIDE **2** SCHOOL DAY

WEDNESDAY 19 MARCH
RIDE • WALK • SCOOT • SKATE

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ISSUE 5 – 28th February, 2014

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It was my sons idea to do this, I will support him 100%.

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Volume Two: The Kid's Edition



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Or visit WWF website:

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PALM OIL FREE – These companies or products

DO NOT contain palm oil.

April 10, 2013 at 2:20pm

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Mokosh - www.mokosh.com.au

Fresca Natural deodorants www.frescanatural.com.au POF, V, CCF

Country Life Soap - available at supermarkets POF

Riddells Creek (Massage Oils, Toothpaste) <http://www.riddellscreekorganic.com.au> POF,V, CCF

Gentle Earth Soaps and Lotions <https://www.facebook.com/gentle.earth> POF

Pompadour Soaps & Candles <http://www.pompadour.com.au/> POF,V,CCF

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VeganPet www.veganpet.com.au POF,V

PEDIGREE and OPTIMUM pet foods POF

WHISKAS POF

Purina

SNACKS

Whittakers Chocolates (ALL) www.whittakers.co.nz/

Smiths Chips

Sakata crackers, entire range.

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Dick Smiths OZENUTS Peanut Butter

Alfa One Margarine Spread Made from Rice Bran Oil.

Vegemite

FREEZER

Pacific West frozen seafood range POF

DRINK POWDERS - Milo POF



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An event by



NATIONAL RIDE **2** SCHOOL DAY

WEDNESDAY 19 MARCH
RIDE • WALK • SCOOT • SKATE

Be part of the fun!

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ISSUE 5 – 28th February, 2014

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April 10, 2013 at 2:20pm

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PEDIGREE and OPTIMUM pet foods POF

WHISKAS POF

Purina

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Whittakers Chocolates (ALL) www.whittakers.co.nz/

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Alfa One Margarine Spread Made from Rice Bran Oil.

Vegemite

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NATIONAL RIDE **2** SCHOOL DAY

WEDNESDAY 19 MARCH
RIDE • WALK • SCOOT • SKATE

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ISSUE 5 – 28th February, 2014

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When: Saturday 15th March.

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Time: 12:00 noon BBQ and Drinks.

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You are more than welcome to join in and have your heads shaved too.

Wanting to raise as much as possible for this devastating illness.

(I'm trying to get TR.FM for free music and live entertainment, free jumping castles, free meat, free drinks and free bread all donated by various businesses and companies)

Also going to try get businesses to donate items from business / stores that can be auctioned for low cost to also be donated. Please let me know if you can help.

If this helps sells the promo, I'm a former stunt woman, former boxer and kick boxer, youth worker.

Currently I'm a single mum, lifeguard, personal trainer, gym instructor and a great friend!!!!

It was my sons idea to do this, I will support him 100%.

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Volume Two: The Kid's Edition



Merryn Padgett is a PPS parent and the Founder of Earth & Sea Creative (Paynesville's leading graphic design and marketing service).

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Don't Palm Us Off! – Orange Week at PPS 24-28 March 2014



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Palm oil is used in a lot of products we regularly eat and use. Product packaging does not clearly label palm oil, so it's hard to know if we're buying products that contain sustainably produced palm oil.

Together we can make a difference.

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WHISKAS POF

Purina

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ISSUE 5 – 28th February, 2014

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Also going to try get businesses to donate items from business / stores that can be auctioned for low cost to also be donated. Please let me know if you can help.

If this helps sells the promo, I'm a former stunt woman, former boxer and kick boxer, youth worker.

Currently I'm a single mum, lifeguard, personal trainer, gym instructor and a great friend!!!!

It was my sons idea to do this, I will support him 100%.

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Volume Two: The Kid's Edition



Merryn Padgett is a PPS parent and the Founder of Earth & Sea Creative (Paynesville's leading graphic design and marketing service).

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Email your recipes to: m@earthandsea.com.au.

Don't Palm Us Off! – Orange Week at PPS 24-28 March 2014



Orang-utans live in the forests of Indonesia and Malaysia, and these forests are currently cleared to plant palm trees for palm oil production. These amazing creatures face extinction due to the unsustainable production of palm oil.

Palm oil is used in a lot of products we regularly eat and use. Product packaging does not clearly label palm oil, so it's hard to know if we're buying products that contain sustainably produced palm oil.

Together we can make a difference.

Through the Zoo's Victoria 'Don't Palm Us Off' Campaign, the Parents and Friends Association will be fundraising throughout the year, running events to raise awareness and money for the Orang-utans. A donation will be made to Zoos Victoria at the end of the year, and the PFA are investigating Adopting an Animal.

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<http://www.zoo.org.au/zoopermarket>.

Or visit WWF website:

http://www.wwf.org.au/our_work/saving_the_natural_world/forests/palm_oil/fact_sheet

PALM OIL FREE – These companies or products

DO NOT contain palm oil.

April 10, 2013 at 2:20pm

<https://www.facebook.com/notes/palm-oil-products-on-australian-shelves-that-contain-palm-oil/palm-oil-free-these-companies-or-products-do-not-contain-palm-oil/584069374950238>

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POF = palm oil free	V = Vegan	Veg = Vegetarian	CCF =cruelty free accredited not tested on animals
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Mokosh - www.mokosh.com.au

Fresca Natural deodorants www.frescanatural.com.au POF, V, CCF

Country Life Soap - available at supermarkets POF

Riddells Creek (Massage Oils, Toothpaste) <http://www.riddellscreekorganic.com.au> POF,V, CCF

Gentle Earth Soaps and

Lotions <https://www.facebook.com/gentle.earth> POF

Pompadour Soaps &

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School No: 2343 Est. 1881 • 31-47 Ashley Street (PO Box 38) Paynesville Vic 3880 • mob: 0458 566 371 • fax: 03 5156 7999

ISSUE 5 – 28th February, 2014

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(I'm trying to get TR.FM for free music and live entertainment, free jumping castles, free meat, free drinks and free bread all donated by various businesses and companies)

Also going to try get businesses to donate items from business / stores that can be auctioned for low cost to also be donated. Please let me know if you can help. If this helps sells the promo, I'm a former stunt woman, former boxer and kick boxer, youth worker. Currently I'm a single mum, lifeguard, personal trainer, gym instructor and a great friend!!!! It was my sons idea to do this, I will support him 100%.

We need your recipes! Earth & Soul Food
Volume Two: The Kid's Edition



Merryn Padgett is a PPS parent and the Founder of Earth & Sea Creative (Paynesville's leading graphic design and marketing service).

Merryn's lifelong passion for amazing food, design and photography is expressed through the cookbook series *Earth & Soul Food*.

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Merryn wants to include your favourite recipes!!

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Email your recipes to: m@earthandsea.com.au.

Don't Palm Us Off! – Orange Week at PPS 24-28 March 2014



Orang-utans live in the forests of Indonesia and Malaysia, and these forests are currently cleared to plant palm trees for palm oil production. These amazing creatures face extinction due to the unsustainable production of palm oil.

Palm oil is used in a lot of products we regularly eat and use. Product packaging does not clearly label palm oil, so it's hard to know if we're buying products that contain sustainably produced palm oil.

Together we can make a difference.

Through the Zoo's Victoria 'Don't Palm Us Off' Campaign, the Parents and Friends Association will be fundraising throughout the year, running events to raise awareness and money for the Orang-utans. A donation will be made to Zoos Victoria at the end of the year, and the PFA are investigating Adopting an Animal.

Our first Don't Palm Us Off event is Orange Week and this will run from 24-28 March 2014. During the week classroom activities will include education around palm oil labeling and how we can make a difference at school and at home. On 28 March we are holding Dress in Orange Day so come dressed in something orange and make a gold coin donation.

How you can help the Orang-utans outside of school.

As well as participating in school events, you can voice your opinion on behalf of Orang-utans and make informed choices as a consumer. We've included a small list of palm oil free products at the end of the newsletter. Visit the Zoopermarket on the Zoos Victoria website to discover what is behind the labels of your favourite brands and speak up on behalf of wild Orang-utans.

<http://www.zoo.org.au/zoopermarket>.

Or visit WWF website:

http://www.wwf.org.au/our_work/saving_the_natural_world/forests/palm_oil/fact_sheet

PALM OIL FREE – These companies or products

DO NOT contain palm oil.

April 10, 2013 at 2:20pm

<https://www.facebook.com/notes/palm-oil-products-on-australian-shelves-that-contain-palm-oil/palm-oil-free-these-companies-or-products-do-not-contain-palm-oil/584069374950238>

All of the products and companies below have been thoroughly researched by the Facebook Community "Palm Oil Free – Products on Australian shelves that contain palm oil" and found to be palm oil free at the time of research. This is also a very good link for alternatives <http://www.orangutans.com.au/Orangutans-Survival-Information/Helping-you-buy-responsibly-Palm-oil-free-alternatives.aspx> - * however the Facebook Community have not researched all of the products on their list.

POF = palm oil free	V = Vegan	Veg = Vegetarian	CCF =cruelty free accredited not tested on animals
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PERSONAL CARE RANGES - SKIN, HAIR, ORAL, BODY CARE & COSMETIC PRODUCTS

Vegan Palm Oil Free skincare & more www.withcompassion.com.au POF,V, CCF (go to the webstore on this site – all profits from sales go back into helping animals, women & children globally)

Mokosh - www.mokosh.com.au

Fresca Natural deodorants www.frescanatural.com.au POF, V, CCF

Country Life Soap - available at supermarkets POF

Riddells Creek (Massage Oils, Toothpaste) <http://www.riddellscreekorganic.com.au> POF,V, CCF

Gentle Earth Soaps and

Lotions <https://www.facebook.com/gentle.earth> POF

Pompadour Soaps &

Candles <http://www.pompadour.com.au/> POF,V,CCF

Cherry Brown cosmetics www.cherrybrown.com.au POF,V, CCF

FOOD PRODUCTS

Vegan Palm Oil Free food www.withcompassion.com.au POF,V, CCF (go to the webstore on this site – all profits from sales go back into helping animals, women & children globally)

VEGETA (stockpowder/flavouring) www.vegeta.com.au POF,V, CCF

Fry's Vegetarian Veggie burgers & mince POF

Old Elpaso hard Taco Shells POF

Vege Chips <http://www.vegechips.com> POF, V

The only BREADS which are palm oil free are any 'sourdough' loaves (because they do not use yeast they use a sourdough culture) or any of the Healthy Bake bread products (other healthy bake products like buns are not palm oil free) usually available from health food shops. The reason for this is that the flour mixes that most bakeries buy in from the flour mills use a dried sachet of yeast which yes you guessed it, contains palm oil. Not one supermarket loaf (apart from sourdough) does not use yeast (in the form of a dried sachet) – details below for healthy bake breads

Healthy Bakebread www.healthybake.com.au

Abbots

CHOCOLATES

Funky Chocolat & Funky

Fudge treats www.funkychocolat.com POF, V, CCF (all profits from sales go back into helping animals, women & children globally)

Whitakers

Cadbury flake, Crunchie, Twirl and plain chocolate blocks

PET PRODUCTS

Carma Crittapet products www.carmacritta.com.au POF, V, CCF

VeganPet www.veganpet.com.au POF,V

PEDIGREE and OPTIMUM pet foods POF

WHISKAS POF

Purina

SNACKS

Whittakers Chocolates (ALL) www.whittakers.co.nz/

Smiths Chips

Sakata crackers, entire range.

SPREADS

Lino Hazelnut Spread POF

Sanitarium NATURAL Peanut Butter POF,V, all other peanut butter in their range contain veg oil

Dick Smiths OZENUTS Peanut Butter

Alfa One Margarine Spread Made from Rice Bran Oil.

Vegemite

FREEZER

Pacific West frozen seafood range POF

DRINK POWDERS - Milo POF



Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Colin Robson, your local Saver Plus Worker:
(03) 5144 3255 / 0408 132 044
or crobson@berrystreet.org.au

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An event by



NATIONAL RIDE **2** SCHOOL DAY

WEDNESDAY 19 MARCH
RIDE • WALK • SCOOT • SKATE

Be part of the fun!

Supported by

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Country Life Soap - available at supermarkets POF

Riddells Creek (Massage Oils, Toothpaste) <http://www.riddellscreekorganic.com.au> POF,V, CCF

Gentle Earth Soaps and Lotions <https://www.facebook.com/gentle.earth> POF

Pompadour Soaps & Candles <http://www.pompadour.com.au/> POF,V,CCF

Cherry Brown cosmetics www.cherrybrown.com.au POF,V, CCF

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Vege Chips <http://www.vegechips.com> POF, V

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VeganPet www.veganpet.com.au POF,V

PEDIGREE and OPTIMUM pet foods POF

WHISKAS POF

Purina

SNACKS

Whittakers Chocolates (ALL) www.whittakers.co.nz/

Smiths Chips

Sakata crackers, entire range.

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Pacific West frozen seafood range POF

DRINK POWDERS - Milo POF



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Working Bee last Saturday

Last Saturday we worked all day to construct the new retaining wall around the end of the new kitchen garden. We used recycled timber and the end result is terrific. We also managed to pour the footings for the new outdoor classroom which is due to be erected by a group of volunteer tradies this weekend. Dads donating their time, skills and gear means that we can stretch our money further. If you would like to be involved then please watch the newsletter. Anthony Goranitis is constructing the new garden beds this week – so if you are able to help please contact the school office.

I would like to thank the following people for giving up their Saturday last weekend to work on the school garden: Simon Dalton, Martin Higgins, Jamie Watkinson, Gerry Tomkins, David Turner, Russell Broomhall and Andy Booth. A special mention to Oskar and Nick who helped out around the job – well done boys.

Basketball Vibe 3 on 3

On Wednesday two teams went to BARC to take part in the Deadly Vibe 3 on 3 Basketball Event. Indi, Jaime, Callie and Rahnee made up the girl's team and

Kyson, Isaac, Lachie and Logan competed for the boys. After registering and receiving a show bag, we did a warm up and watched the opening ceremony with cool dances. The girls team played Lucknow and the boys played 754. Art activities, Health workshops, dance competitions and basketball. What a great day!. The girls team beat 754 for a medal and the boys were proud of their efforts.

By Indi & Jaime.



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