

# LIGHTNING RIDGE CENTRAL SCHOOL



Term 4, Week 2

2013 School Newsletter now available online,  
check out our website on  
[www.lightningr-cschools.nsw.edu.au](http://www.lightningr-cschools.nsw.edu.au)



Principal: Mr Kerry Adamthwaite

Secondary Deputy Principal: Penny Lehman

Primary Deputy Principal: Genienne Ellis

PO Box 294, Kaolin Street  
Lightning Ridge NSW 2834  
T 02 68290511 F 02 68290137  
E [lightningr-c.school@det.nsw.edu.au](mailto:lightningr-c.school@det.nsw.edu.au)

## From the Principal's Desk

A big welcome back after the break.

Many of the students tell me their holiday was restful, fun, busy and in some cases boring. Most of the staff tell me they spent a lot of time on school work during their break, as usual, and that they are looking forward to the 10 weeks of learning they have prepared. The last day of school for students is Wednesday 18<sup>th</sup> of December and our expectation is that all students will attend every day until then. A full, busy educational program will be provided by teachers until that day.

Please make sure that your children attend every day.

We are sad Mr Paul McCormak, our Secondary MC Teacher has had to leave us at the end of last term. He enjoyed his time at our fantastic school and wished he could have stayed longer. We are very fortunate to have Mrs Barb Adamthwaite available to take over his class and is doing an excellent job.

We have also added Mr Steven Marcham and Mr Bob Montgomery to our secondary staff to replace Mr Bruce McHardy until he is well enough to return as well as run some special programs for us. In Primary we welcome Priscilla Strasek who has joined us to implement an Aboriginal Language Program.

We also have Miss Bridie Hodinott joining us in Primary to assist in our bigger, better Kindystart Program that has commenced to help Preschool students get better acquainted with "Big School" and make the move to Kinder next year as smooth and successful as possible.

I said "bigger, better Kindystart Program" because we have expanded our very successful program by adding a number of smaller group sessions for all students to better prepare the young students for the start of next year. With the cooperation of our 2 Preschools we are able to run our 1 day per week classes and also a 2 hour mini session for all students each week. To make this possible Ms Birney, Mrs Taylor, Mrs Newton and Ms Johnson have worked very hard and very creatively to develop one of the best transition programs you will find in any school. It is easy to think that because Lightning Ridge Central School is smaller than some schools and because Lightning Ridge is away from larger towns that things here cannot be as good as in bigger centres. Big is not always better!



**What's  
Coming  
Up!**

**Week 2**  
**Kindystart**

**Week 3**  
**P&C  
Meeting**

**Tuesday  
22nd  
October**

**Boys night  
in-  
Thursday  
24th  
October**

For more information regarding future dates please go to  
the LRCS Website and view the online calendar.

## **Principals report continued...**

**The students at Lightning Ridge Central School have access to some of the best teachers in NSW and better facilities than most schools. Because of its size staff know every student and CARE about every single one and do extra work to give them all more opportunities.**

**We are putting a lot of effort into making sure every student is able to reach their potential and working with parents to acknowledge and reward success and appropriate behaviour. Our PBL leaders Liz Meek (Head Teacher Engagement) and Nathan Forbes (Assistant Principal) have analysed our behaviour data and are able to identify important areas of student behaviour that have shown big improvements. If you would like to talk about this information please drop in and see me to get the full picture of how we are working together to improve our school.**

## **PRIMARY SPORT**



**Above: Regional Athletics team– Jock Ellis, Jacob Ellis, Angel Johnston, Chloe Brain, Lydell Brenton, Issac Hooper, Thomas Ellis, Jock McKenzie, Lilia Taylor.**

**Right: Oscar Cheal who represented at NSW PSSA State Championships for Rugby Union.**



# From the Primary Deputy Principal

## Reminders

Students need to wear closed in shoes to school. We also ask that students bring a piece of fruit or vegetables and a bottle of water to school each day for 'crunch and sip'. Now that the weather is warming up, students are able to keep their bottle of water on their desk to use during the day and need to bring a hat to school each day.

## KindyStart

The KindyStart program commences this week. We are looking forward to meeting the students who will be in Kindergarten in 2014 and their parents. Our Year 3 students will become 'buddies' for our Kindergarten students. If you have a child who will be starting Kindergarten next year (or know of anyone that does) who has not yet enrolled in the KindyStart program, please contact the school on (02) 68 290511.

## Family Gala Day

Next week we have been invited to participate in a Family Gala Day at Spider Brown Oval. This day involves NAIDOC celebrations, activities and a free BBQ. We will provide more information closer to the date.

## Stage 2 Dubbo Excursion

The students from Year 3 and 4 will be going to Dubbo on Thursday and Friday this week for two days 'jam packed' with fantastic activities and learning opportunities. This is an excellent way to prepare students for the Stage 3 excursions where students are away for a whole week. We wish them all the best and hope they enjoy their time away.

## Deputy Principal Awards

Congratulations to the students who have received the Deputy Principal Awards each term. It is a huge honour to be chosen out of each class for this award. I am planning a big surprise for the students who have received this award throughout 2013 (including the two assemblies this term). There will be more information about this reward later.

## K-6 Merit Assemblies

The last K-6 Merit Assemblies for the year will be held on Thursday 7<sup>th</sup> November (Week 5) and Thursday 5<sup>th</sup> December (Week 9) commencing at 9.30 in the school Gym. Some of our classes will be performing and awards will be given out. Parents and visitors are more than welcome to attend these assemblies.

## Opal Awards Pool Party

The pool has been booked for Thursday 12<sup>th</sup> December for this yearly. All students who have received their Opal Award this year will be invited to attend. This includes free theme park entry and a free BBQ.

Until next fortnight,  
Genienne Ellis





# Library News

Hello again for another term. Two delightful students started the term by handing in the Term 4 LRCS Reading Challenge recording sheet in Week 1! You will see by the photo below of the students at the Term 3 Reading Challenge participant's party that it is celebrated well...hope the students don't just read for the food. Incentives often help to get kids to do what you want them to do, but being interested and taking part in your child's life is the best way of promoting whatever you hope to achieve with them.

Reading Challenge recording sheets have been given out to K-2 students in their library lessons. This term they are green and I have spare sheets in the library if students need them.

ES1 students have changed their Library/RFF lesson time with me this term. ES1T is Monday from 2-3pm and ES1B is Wednesday 2-3pm. This is due to the Kinderstart programme.

Overdue library books loaned from our library are an on going concern. Teachers are following up on this in class but we need your help too please. If books are lost they can be paid for at the front office. If families have a problem with paying I am asking students to come in and work in the library. They can shelve books, sharpen pencils, tidy the tables, sort the games and aim to "work off" the cost of their lost book.

I often give my classes a little bit of "hopeful homework." It is related to their lesson and usually comes from the lesson where I see that students are lacking a skill that I feel could be learned outside of school. I asked Stage 2 students to find out how far the towns were from Lightning Ridge that they travelled to in the holidays and the time it took to travel these distances. Angel Johnston who is in S2G handed me in a record of her journey to Dubbo. Great effort Angel.

A short overview of Library lessons this term is:

ES1 My Body and Senses. Traditional Christmas stories

Stage 1 COGs HSIE work on Growing and Changing. We worked on the poem *Now I am Six* by A A Milne last week.

Stage 2 Procedure Poetry and Reviews

We planted Rocket seeds last week and have started to write a procedure. A rocket salad is also planned.

Stage 3 Murray Darling basin work. There will be lots of mapping skills incorporated in this work.

As always, contact me if you have any questions or concerns.

Best wishes,

Penny Fahey Teacher - Librarian





# **NATIONAL BANDANNA DAY**

**FRIDAY 25TH OCTOBER**

**PRODUCTS ON SALE  
FROM MONDAY 21ST OC-  
TOBER**

**BANDANNAS \$4**





# Term 3 Gymnastics





# nastics 2013





# Term 3 Awards





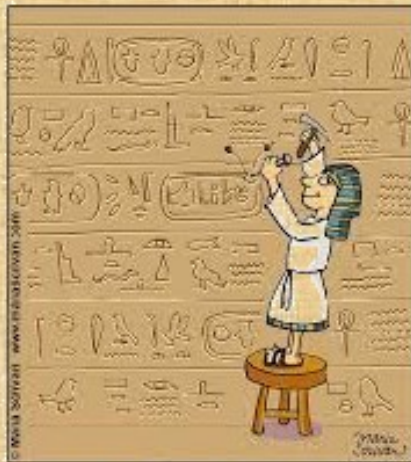
# ards Assembly





# Year 7/8 History

In Term 4, Year 7 and 8 are learning about Ancient Egypt in History. We will study social structure, pharaohs, daily life, beliefs and the legacy of the Egyptians such as the pyramids.



Early Social Networking



## Stage 5 English

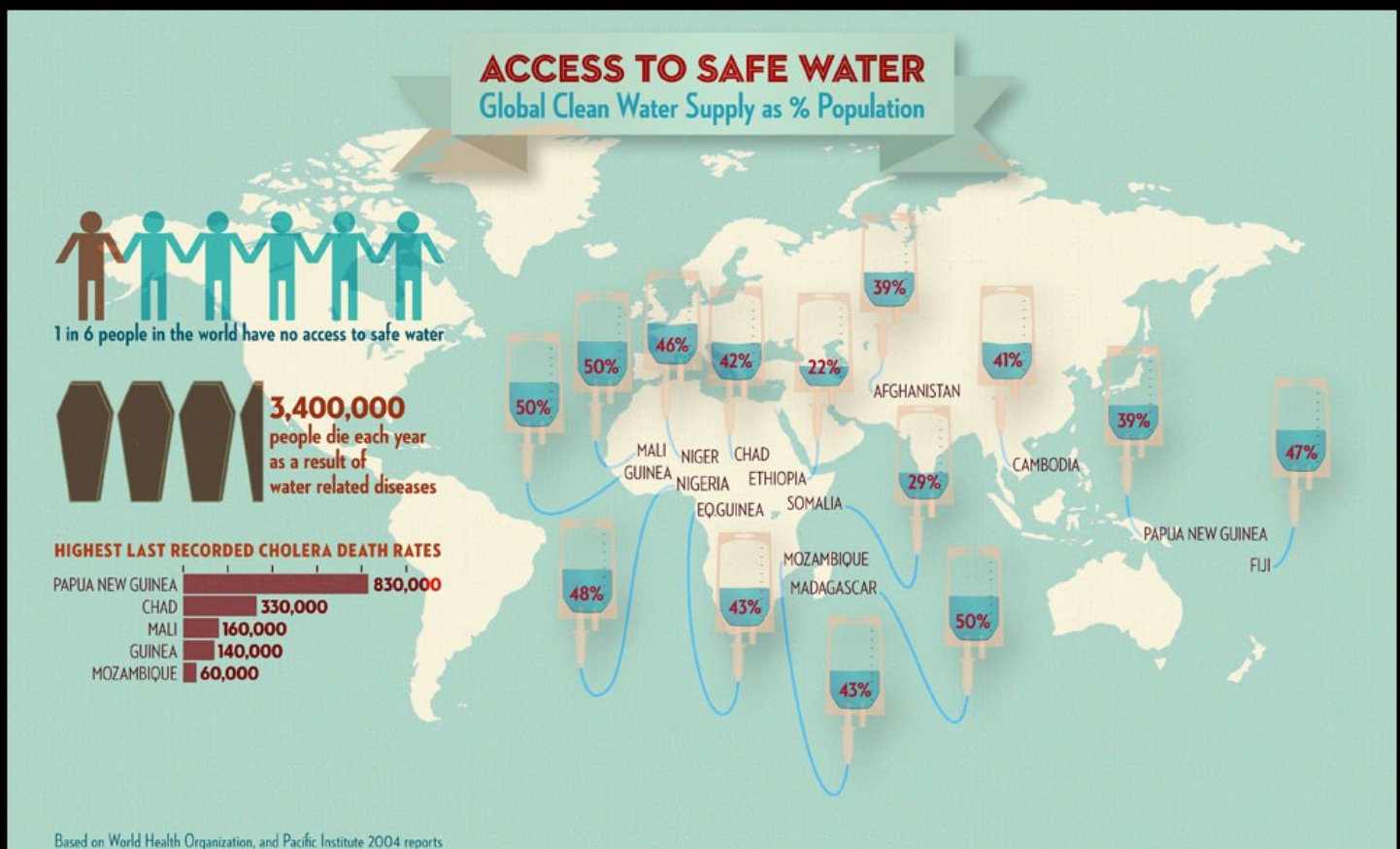
Stage 5 are studying Shakespeare in Term 4—in particular, *Macbeth*. *Macbeth* is a tragedy—one of Shakespeare's darkest. Set in Scotland and beset by magic, it is a story of ambition and arrogance grown wild with power and hope, in a time of violence and swirling evil.





# Year 8 Geography

Year 8 are finishing Geography with a unit called 'Global Issues and the Role of Citizenship'. This includes global geographical issues such as access to clean water and human rights, and the response of governments, groups and individuals to these problems.



# CALLING ON NEW MEMBERS

## Lightning Ridge P&C

The Lightning Ridge PTCA held it's AGM on Tuesday 27<sup>th</sup> August. At the meeting the Secretary and the Treasurer (Miss Liz Meek and Mrs Rebecca McKenzie respectively) resigned from the positions. Due to the lack of attendance at this meeting, these positions have not been filled.

The PTCA raises money throughout the year which then goes back into our school. Catering for various functions, throughout the year, is our main source of raising money. A small group of reliable helpers prepare menus for the school staff professional development days and various community meetings (regional AECG) and events (Local Bloke's Day) held at the school throughout the year.

The PTCA also manages the Uniform shop and the school Canteen. Ms Mim Middleton has volunteered her time every Monday and Thursday morning to manage the uniform shop this year. The PTCA buy the school uniform in bulk in order to keep the price of the uniforms as low as possible. The PTCA makes a very small profit from the sale of some uniform items. Mrs Sue Chapman has managed the School Canteen for a very long time and she continues to do a fantastic job. She too works to keep the food item prices at a minimum and affordable for students to purchase.

Since August 2012 the PTCA has raised approximately \$20,000. The PTCA puts this money back into the school for **your children's** benefit. The PTCA purchases uniforms. The PTCA sponsored Local Blokes Day by purchasing all the kites and providing a BBQ. A total of \$1,950 has been granted to assist students that have achieved State and National Levels in various sporting activities. The PTCA supports the Reading Challenge and has bought appliances for the Home Economics classroom. Earlier this year the PTCA bought a trailer, and Mr Chris Murray, a teacher from the school, has made it into an amazing portable BBQ. The school has recently built two giant chess boards in the senior area of the playground and the PTCA has agreed to purchase giant chess and draft pieces and large shade sails for the students to enjoy.

As you can see the PTCA does a lot to support **our children** and **our school**. If we don't have people to fill the executive positions and members to help out occasionally we won't have a PTCA and all of this will come to an end.

We are inviting you to a meeting/BBQ/Chess & Draft Competition at the school on Tuesday 22<sup>nd</sup> October 2013 at 5.00pm. Please come along to support our PTCA and think about what you can do to help out. We do need a Secretary, a Treasurer and members to continue.



**P&C meeting & unveiling  
of jumbo chess set Tuesday  
22nd October.**

**Come & have a game**





# CANTEEN

The Canteen follows the Fresh Tastes Healthy Canteen guidelines set out by the canteen association. GREEN (healthiest ie. Fruit, salads, sandwiches, etc) , AMBER (majority of menu ie. Pizza, pies etc), RED (items to be sold only twice a Term ie. Confectionary items).

Please note that the canteen tries to cater to all tastes and healthier the better, please find canteen menu attached, any new items, deleted items or price rises will be advertised in the Canteen Newsletter.

New items listed on the Menu for Term 4 2013:

PRODUCTS DELETED during warmer months:

- \* Chicken & Beef gravy rolls

NEW PRODUCTS AVAILABLE:

Frozen 1/2 Banana pops or 1/2 frozen oranges	-	0.50cea
Small box of sultanas	-	\$1.00ea
Billabong ice creams chocolate or triple swirl	-	\$1.30ea
Dixie chocolate cups	-	\$1.00ea

During the warmer **months frozen waters and frozen fruit cups** will be available to buy or order, the usual sandwiches, rolls, wraps and small and large salad boxes are available all year round. Please pre order salad boxes and wraps, some sandwiches and rolls are ready made to sell over the counter.

Closer to the end of Term 4, the Canteen will have 2 RED days for Xmas treats, will advise what treats and prices closer to the end of Term in Newsletter and at the Canteen.

Please note Canteen will be opened until the last day of Term 4.

## CANTEEN RULES

**MORNINGS: CANTEEN OPENED FOR ORDERS AND TO BUY DRINKS ONLY**  
– 8.30am – 8.40am

Year 5 & 6 and High school only allowed to buy drinks in the mornings during the above times!

Parents can order until 9.30am for students. Canteen screen will be closed from 9.45am until Recess.

- Kindy to Stage 2 (Red shirts) all orders can be placed in canteen baskets (menu and bags available in each stages baskets) and sent around to canteen for Recess and Lunch orders.
- Please when ordering students Recess and Lunches please put R or L on separate bags with students name and class and items to be ordered any icecreams ordered for lunch will be put in separate bag with students name on bag and sent with lunch orders, change will be sticky taped to bag.
- Year 5 & 6 to year 12 students can buy over the counter at recess and lunch.
- Icecreams are sold or ordered at lunch only.
- Please note that the Canteen will close 5 min before bell time. Screen will be closed. Students will not be served outside of canteen opened times.
- Over the counter hot foods and snacks always available and an assortment of sandwiches and rolls also available, Beefburgers and Chicken Burgers.
- wraps, salad boxes please pre-order these items always best to order as you get what you want!

Thankyou,  
**Susan Chapman**



Special photos now available to order from office

# CANTEEN MENU TERM 4 2013



## SNACKS (RECESS & LUNCH)

Fruit <i>salad</i> cup/diced peach cups 120g	1.30
<i>Fresh fruit apples oranges bananas 1.00-</i>	<i>1.20</i>
J'J'S (Chicken/S&V/Burger/Pizza pkt) 20g	1.00
Hotcakes choc chip/b. Berry	1.00
Go Cookies (lite)	70c
½ frozen banana or orange	50c
Snack packs choc/vanilla/strawb 140g	1.50
Yoplait lite yogurt 175gm vanilla/strawb	1.80
Popcorn	90c
Cheese sticks	1.00
Lite sara lee muffins choc	1.80
Grain waves sour creme	1.20
Moosies(choc/blue/strawb)frozen milk	1.20
Sultanas (box)	1.00

## DRINKS

Spring Water 600ml	2.00
Aroona 10% juice	2.20
(Blue/orange/Pine lime/cola/apple rasp.	
350ml Orange juice bottle	2.30
Poppers Apple/orange/tropical	1.80
300ml choc/strawberry /banana	2.40
Big M choc/straw lite ctn milk 250ml	2.00
Nippy's 375ml reduced fat choc/strawb/	
Iced coffee/honeycomb	2.30
Iced coffee classic 375ml carton	2.60
LOL's Razzbri/Tropkl/Blackcurrent	2.30
Plain carton milk	1.60

## SALAD BOXES (please order salad boxes)

Salad	5.50
Chicken / Ham /Tuna or Egg salad	6.00

## SMALL SALAD BOWLS

Salad	4.00
Chicken / Ham /Tuna or Egg salad	4.50

## ICECREAMS (LUNCH ONLY)

(all toasties cooking spray used )

Icy Poles Lemonade/Raspberry	1.20
Billabongs choc/triple swirl	1.30
Paddle Pops choc/ban/rainbow/	
vanilla	1.30
Quelch frozen fruit pops	60c
KAE Blueys Blue	
Red/lemon fizz	50c
Chocolate thickshakes	2.20
Frozen yogurts strawb/mango	1.80
Dixie cups chocolate	1.00

## SANDWICHES (ROLLS 20C EXTRA)

(assortment of sand. or rolls sold over counter)

Cheese tom lettuce	2.80
Vegemite or cheese	2.20
Chicken lettuce mayo	3.20
Egg lettuce mayo	3.00
Egg/curried egg	2.80
Ham	2.30
Ham salad	3.40
Chicken	2.80
Chicken salad	3.40
Ham & Cheese	3.00
Salad/Ham/cheese/tom	3.20
Chicken /Avo/lett/mayo	3.40
Tuna lettuce mayo	3.40

## WHOLE WRAPS (please order wraps)

Salad wraps	\$4.50
Chicken or ham salad	\$5.00
Tuna salad	\$5.00
Chicken lettuce mayo	\$4.50

## TOASTED SANDWICHES/lavash 80c extra

Cheese & Ham	3.00
Cheese	2.20
Ham cheese & tomato	3.20
Chicken Avo & Cheese	3.40
Chicken & cheese	3.20

## HOT FOODS

Sausage roll (lite pastry)	2.60
Travellers pie (lite pastry)	3.20
party pies lite	90c
Chilli tenders	1.40
Garlic bread sub	1.50
Steak potato trav. Pies	3.80
UFO melted cheese & sauce ½ roll	1.50
Chicken wedges/strips per bag	2.80
Lasagne	3.70
Macaroni Cheese	3.70
Chicken strips (replace nuggets)	50c
Pizza Ham & Pineapple	2.50
Pizza pockets	2.60
Beefburger (lett/tom/cheese)	4.00
Hamburger (the works)	4.50
Chicken Burger (lett/tom/mayo)	3.80
Quiche Lorraine	3.00
Honey soy chicken rice tubs	4.00
Beef or Chicken noodles	1.60

## MISCELLANEOUS

Tomato or BBQ sauce	20c
50 lunch bags	2.00
Salad dressing	30c
Chilli Sauce	20c

\*\*Salad boxes include lettuce, tomato, cucumber, beetroot, carrot, cheese. (please pre-order salad boxes)

\*\*\*Salad dressing available

\*\* please note: Canteen closes for orders by 9.30am each morning!

All profits made by Canteen go to the P&C for the Students!



# RECLAIM THE NIGHT 2013

*Reclaim the Night is an annual event  
held throughout the world to claim  
the right for women & children  
to live safe, free of violence and sexual abuse*

THE RECLAIM THE NIGHT EVENT WILL BE HELD AT  
THE CORNER BLOCK MORILLA & OPAL STREETS

Service Provider Stalls

Music

Meet Service Providers

colour

with whistle & bang

Information

CHILDRENS ACTIVITY CORNER

sausage sizzle

**DATE: Thursday 24 October 2013**

**TIME: 12.00 - 2.00**

**AT: "Diggers" Corner Block Morilla/Opal St.**

**EVERYONE WELCOME TO ATTEND**

# Lightning Ridge Fun Day



The **National Rugby League (NRL)** are hosting a **Fun Sports Day** for your community as part of their **2013 Footy For Fun tour!!!**

**When:** Wednesday 30<sup>th</sup> October, 2013 **Where:** Spider Brown Oval

## For 5 years and under

**PARENTS/CARE GIVERS** are invited to bring their **LITTLE ONES** to a joint **Footy/Netty For Fun** program:

- Each participating child receives **RUGBY LEAGUE & NETBALL** give a ways
- Parents/Care Givers must accompany child for the duration of the program
- All activities conducted by NRL/Netball NSW staff and willing parents
- **Program Duration: 5pm-6pm** followed by free play in the NRL sports arena!

## For 6 years and above

- Participants will rotate between Rugby League, League Tag, Netball, Traditional Indigenous Games & health stations with lots of great prizes to be won!!!
- **Program Duration: 5.30pm-7pm**

**A BBQ Dinner will be provided by Mission Australia at the conclusion of all activities!!!**



## Mobile phones, iPods, MP3 players and other electronic devices

We have had a number of recent incidents involving the inappropriate use of mobile phones, and other electronic devices, by students at the school. Devices have been used for bullying and promoting violence. This is completely against all our efforts to promote a positive and harmonious learning environment, where students are safe from harm and threats of harm. As well, these devices are very disruptive to student learning.

After consultation with the school executive, the P&C executive and the AECG executive, as well as discussions with Mr Paul Loxley, Director of Schools, Bourke, **It has been decided all students are banned from using mobile phones, iPods, MP3 players and other electronic devices which can record and transmit images, text and sound to other devices, during their time at school. This ban has been in place since Monday 21 November 2011.**

Students who own these devices will have three choices of action:

Leave the devices at home. This is our preferred option.

Turn off the devices and place them in their school bags as they enter the school grounds each morning. These devices must remain in the bags and turned off throughout the school day. They may only be turned on once the students have left the school at the end of the day.

Students may leave their device with the Deputy Principal before the start of school. Devices left at the Deputy Principal's office will be securely locked away for the day, and students may collect them as they leave school in the afternoon.

Students who ignore this ban will have the device confiscated by a member of the school staff if the student repeatedly refuses to hand over the device parents will be requested to collect the device and keep it at home. Confiscated devices will be stored securely until a parent is contacted to collect it. Repeated violations of the ban will be dealt with under the school's discipline procedures.

Parents wishing to contact students are asked **NOT** to ring student mobiles. Please ring the school on 68295011 and the student will be contacted.

Should you wish to discuss this matter with me, please do not hesitate to contact me at the school.





# Choose water as a drink

## Did you know?

- ★ Children and teenagers who regularly drink soft drinks and other sweetened drinks are more likely to be overweight.
- ★ In NSW, 45% of boys and 38% of girls in Year 6 drink two to six cups of soft drink per week.

## Water

Drinking water is the best way to quench your thirst. Even better, it doesn't come with all the sugar and energy (kilojoules) found in fruit juice drinks, soft drinks, sports drinks and flavoured mineral waters.

Drinking water instead of sweetened drinks may also prevent dental problems, while the fluoride found in tap water can help strengthen teeth and bones.

## Milk

Milk is a nutritious drink for kids and teens and a great source of calcium, which is important for growing strong bones and teeth.

From 2 years of age, children should drink reduced fat milk. It contains much the same nutrients as full cream milk but is lower in unhealthy saturated fats and lower in energy (kilojoules).

Children under 2 years of age should not drink reduced fat milk as they need the extra energy (kilojoules) for their growth and development.



## Fruit juice

Giving kids and teens whole fruit to eat is a better choice than offering fruit juice to drink.

While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.

One small glass of juice provides a child's recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

**“Drinking water is the best way to quench your thirst”**

continues over the page ►

## Sweetened drinks: soft drinks, cordials, sports and energy drinks

Soft drinks, cordials, sports and energy drinks and flavoured mineral waters often have large amounts of sugar and kilojoules. In fact, a can of soft drink contains around 10 teaspoons of sugar.

Drinking too many sweetened drinks can cause a range of problems including tooth decay, poor appetite, picky eating, change in bowel habits and putting on excess weight. These drinks should only be consumed occasionally – not every day.

- Don't keep sweetened drinks at home; make cold water available instead.
- Water down sweetened drinks – such as cordials or fruit juice – for a short time and then start to replace them with plain water.
- When playing sport, encourage kids to drink water rather than sports drinks or energy drinks.
- Serve plain water in decorative jugs. Add slices of lemon, orange or mint for flavour and, in summer, add ice cubes to keep it chilled.
- Serve sweetened drinks in smaller glasses and only have them occasionally – not every day.

## Sweetened drinks containing caffeine

Caffeine is a mildly addictive stimulant drug. Cola-type soft drinks and energy drinks contain caffeine as well as lots of sugar. Higher amounts of caffeine are found in energy drinks. There are many side effects of caffeine consumption, particularly in kids and teens. These include disturbed sleep, bedwetting, anxiety and headache – even from drinking quite small amounts. There is also a link between caffeine in soft drinks and bone fractures. Consumption by kids and teens of cola drinks, particularly energy drinks, is best avoided.

## Ideas to help kids and teens drink more water

- Pack a water bottle whenever you go out.
- In summer, pack a frozen water bottle in your child's lunch box.

## Remember

- Choose water as a drink.
- Sweetened drinks such as soft drinks, fruit juice drinks, cordials, sports and energy drinks are not a necessary part of a healthy diet.
- Regularly offering sweetened drinks makes it harder to choose water as a drink.
- If sweetened drinks are on the menu, try not to include them every day and choose healthier options, such as watered-down versions of favourite drinks. These will still quench your thirst, but without the excess sugar and kilojoules. It can also help reduce the preference for strongly sweetened drinks.

For more information and ideas on healthy eating and physical activity, go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)



## **Hello Lightning Ridge**

### **PARENT INFORMATION SESSION**

**We would like to invite all Lightning Ridge community members to our Information Day at Lightning Ridge Central School on Wednesday 16<sup>th</sup> October 2013 at 12.30 pm. This is a fantastic opportunity to come along and speak to allied health professionals, ask questions about your child's hearing and aural health as well as RIDBC's program within your community. There will be members from your local Aboriginal Medical service to provide you with information on their services.**

**Please come join us for an informal yarn and enjoy a free BBQ lunch!**

**We hope to see you there.**



**Royal Institute for  
Deaf and Blind Children**





# Bite Back Competition

*Everyone has at least one thing on their list that they haven't quite been able to start. Have you ever felt procrastination take over more than just school work? Has it held back your dreams of starting your own band, joining an indoor soccer team, creating a YouTube channel, or learning how to unicycle?*

*Now is your excuse to put aside the excuses! BITE BACK has just launched a new competition called Try Something New. People from all over Australia are joining in to put down on paper what they've always wanted to do, and are now getting out there and doing it.*

*So here's your chance. Register now and go in the running to win one of three awesome prize packs including an underwater video camera, movie vouchers, outdoor speakers and heaps more.*

*Registration closes soon. Make it happen and try something new at [www.biteback.org.au/competition](http://www.biteback.org.au/competition)*



The poster features a background of colorful pencils at the top and a blue water surface at the bottom with two red and blue striped poles. The central text reads "BITE BACK's Try Something NEW Competition". Below this, three prize packs are displayed: "1st Prize Action Pack" with a Sony camera, "2nd Prize Social Pack" with a bowling gift card, and "3rd Prize Screen Pack" with movie vouchers and a camera. At the bottom, it says "Set some goals & start doing" and "For more info on how to enter check out... [\*\*www.biteback.org.au\*\*](http://www.biteback.org.au)".



# FAMILY GALA DAY

## & NAIDOC Celebrations

FRIDAY 25<sup>TH</sup> OCTOBER,

2013



- SPIDER BROWN OVAL
- 9.00am – 3.00pm

- Jumping Castles
- Face Painting
- Free Giveaways
- NRL – football clinics
- BEN BARBA IS COMING
- Many more activities

Come along for a great Family Day out...

### Service Providers:-

Lightning Ridge Local Aboriginal Land Council, Walgett Shire Council, NSWALC, FAHSCIA, Best Employment, Joblink Plus, , Ambulance NSW, NSW Police, Mission Australia, Yawarra Meamai, McKillop Rural Community Services, Centrelink, Roads & Maritime Service, LR Fire & SES Services and various other providers.



For more information please call the Lightning Ridge Local Aboriginal Land Council on: 6829-0105 or Mobile: 0427 158 183 or Email: [lightningridgealc@bigpond.com](mailto:lightningridgealc@bigpond.com)

# 2013 NAIDOC WEEK BALL



30 YEAR CELEBRATION OF ABORIGINAL

LAND RIGHTS.

**DATE:** Saturday 26<sup>th</sup> October, 2013

**VENUE:** Lightning Ridge District Bowling Club

**Tickets \$15pp**

Limited seating NO tickets sold on night.

**Entertainment: Simmo's**

(Dress: Semi-formal - Red, Black & Yellow Theme)

**Special Guest:**

**Ben Barba**

**Come along for a great night out.....**



For more information or to purchase tickets Please contact The Lightning Ridge Local Aboriginal Land Council Office – 12 Pandora Street or (02) 6829-0105 or e-mail: [lightningridgealc@bigpond.com](mailto:lightningridgealc@bigpond.com)