

# LIGHTNING RIDGE CENTRAL SCHOOL



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

Relieving Secondary Principal: Gavin Khan

Primary 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 Principals Desk

### Things constantly change!

The weather is getting cooler and many students, feeling the cold, are beginning to wear jumpers and jackets to help keep warm. It would be perfect to see all our students in full uniform however, it is very pleasing to see that the majority of students are wearing Black or Red tops to keep warm rather than the multi coloured ones you often see in places where the students and community have less pride in their school.

Our English Head Teacher Ms Hunt has left our school. She has taken up a position in Dubbo and we all wish her well in her new role and thank her for the time and effort she has put into teaching our students during her time here.

Because this has been a sudden change a new head teacher will be appointed as soon as possible. In the meantime Mr Murray has agreed to become the relieving English head teacher and is doing a wonderful job of managing the faculty and assisting with welfare issues. I have full confidence in the ability of our young and talented staff to maintain the highest level of quality teaching in this time of change.

It was certainly a change to see about 150 Yr. 5 to Yr. 12 students sitting in the playground last week playing pass the parcel. It was great to see so many of our students laughing and enjoying school. Thanks to Ms Martinez, Ms Kalmanidis and the rest of the PBL team who are coming up with great ways of rewarding the majority of our students who come to school each day, work in class and show respect to others.

These students make up the majority of our students and often feel overlooked and unappreciated when they see the attention given to students who fail to reach the standards set by our community and our school. These students are appreciated and valued by the staff of the school and we are looking for more ways to reward their great behaviour, attitude and effort more regularly. I have already signed over 300 Proud and Positive letters for students who have been acknowledged for their consistent following of our PBL goals and classwork. They outnumber the disrespectful, and students who don't follow instructions by about 50 to 1 and are beginning to stand up and reclaim their school from the noisy majority.

I have been so impressed by the quality of work being brought to me by students – particularly the younger primary students – who come to show me their terrific work. They are so proud of their quality work and enjoy the praise of their teacher and positively float into my office. That is what school should be like for all students and is for many.

Pride in self and pride in achievement are essential for happy children.

I look forward to next week and seeing the changes, challenges and success of our children.



# LRCS Students of the Week

## Week 3



**Elva-Lou Cran S2/3R**

Age: **10**

Nickname: **None**

Family: **Keiran, Meeka, Lillian, Ashton, Lexi, Jessie**

Favourite food: **Chocolate**

Favourite sport: **Netball**

Favourite School subject: **Spelling**

Best thing about school: **Playing Sport**

What Would you like to be when you grow up: **Doctor**

What would you change about school if you could:

**Give all the kids more playtime**



## Week 4

**Chris Jones S2F**

Age: **9**

Nickname: **None**

Family: **Marnie, Zarleigh**

Favourite food: **Pizza**

Favourite sport: **Football**

Favourite School subject: **Mentals**

Best thing about school: **Basketball**

What Would you like to be when you grow up: **Policeman**

What would you change about school if you could:

**More sport for everyone!**



## Week 3



**Branden Cooling**

Branden is a student who consistently puts in his best effort. He is always cheerful, shows respect and happily works with everyone in class!



## Week 4



**Patrick Moore**

Pat is always willing to assist others even if he is not asked and he puts in his best effort in class to do quality work. Pat is also a polite, well mannered young man who is always ready to have a chat!



## **SECONDARY NEWS from Mr Gavin Khan**

### **Energy Drinks**

A reminder that any and all types of energy drinks are not permitted on school grounds. Staff have noticed a small increase in the number of drinks that have been consumed at school.

### **Year 11 Exams**

I want to thank all staff and students for your efforts during this week. I have noticed that a majority of students have been studying hard and trying their best in exams.

### **New and returning enrolments**

Since the start of the term, we have had a few new students enrol at the school in both the primary and secondary sections of the school, it is wonderful to see a number of students returning to Lightning Ridge to continue their schooling with us. A big welcome to all new students and families and a big welcome back to those students and families returning.

### **New Staff welcome**

This term the school has been fortunate to secure the services of Mr McHardy as one of our mathematics teachers. Mr McHardy is already making significant contributions to our teaching team and is slowly getting to know students, he will be with the school for this term. If you happen to see Mr McHardy around the school or town please make an effort to introduce yourself and make him welcome.

# Parent Tips

## Primary and High school

### Weekly scheduling

Learning how to make time for homework, study, chores, part-time jobs and so on is a vital skill for all kids, but it's one that we need to teach them by example. It's just a Word document, but you can now create your own weekly schedules to whip your family into shape.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/weekly-schedule-template>

### Snow sports camps

Looking for an affordable family holiday to the snow? Sport and Recreation run holiday snow packages from Jul – Sept. Take a break, improve your health and well being, and breathe the fresh mountain air.

Find our more: <http://www.dsr.nsw.gov.au/jindabyne/>

## Primary school

### Making school easier

Teacher and mum **Katherine Bricknell** has already helped several of her kids navigate primary, high school and tertiary education, and has some great, practical advice for other parents.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/tips-to-make-high-school-easier>

### The sum of us

Be honest: are you a bit afraid of maths? And are you passing that on to your kids? Maths and science guru Adam Spencer suggests a better approach. (No time to listen to the podcast? The read our at-a-glance summary)

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/mathematics/mathematics-tips/the-sum-of-us>

## High school

### Exceptional kids

Would you rather your child have a high I.Q or a never-give-up attitude? Michael Grose looks at the research

Find out more: <http://parentingideas.com.au/Blog/April-2013-%28%29/Intelligence-or-persistence--which-would-you-choos>

### Bouncing back

Does your child bounce back from disappointment, or do they need to learn to be more resilient - and how do you teach them, so they can deal with life's challenges? Watch the video.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/development/developing-resilience-in-your-child>

## Expressions of Interest

Aboriginal School Administrative Officer (SAO) at Lightning Ridge Central School.

The **identified leave position** is for a 14 week period. The successful applicant will be required to undertake a criminal record check, and a Working with Children check.

**Application form and job description** are available at the administration Office of Lightning Ridge Central School from **22 May 2013**.

Applications should be sent, in writing, to The Principal, Lightning Ridge Central School, PO Box 294, Lightning Ridge NSW 2834, 3pm on Thursday 30 May 2013. They can be hand delivered, or sent electronically to [kerry.adamthwaite@det.nsw.edu.au](mailto:kerry.adamthwaite@det.nsw.edu.au).

We have a small number of computers available for purchase via tender.

Please contact the front office for more details.

02 6829 0511



# PRIMARY NEWS from Mrs Ellis

## Deputy Principal PBL Awards

This fortnight I have found the following students following instructions, keeping their hands and feet to themselves, doing quality work, showing respect and being in the right place at the right time.

ESIB	Jason Pistol Zara McLeod	ESIT	Erin Buchanan Brandan Dos Santos
S1W	Khyalli Drew Luke Morris	S1M	Kiara Barrett Preston Mahoney
S1F	Nate Bamford Melanie Biciancin	S1/2V	Angel-Lena Wiesnet Adam Newton
S2G	Elijah Ferguson Lydell Brenton	S2F	Dyami Bleasdale Tallulah Chesworth
S123PM	Darren Small	S2/3R	Elva Cran Charlie Taylor
S3M	Jake Randell Grace Lehman	S3T	Chiffona Kennedy Jacob Ellis

## NAPLAN Tests

Well done to the students who completed their NAPLAN tests last week. All of the students tried their best and followed instructions. Thank you to the teachers who supervised the tests in such an efficient manner and the support staff who assisted during these tests.

## Barwon Cross Country

This Friday a number of students will be participating in the Barwon Cross Country at Goodooga after another successful school carnival two weeks ago. Our students will be competing against students from Walgett, Goodooga, Collarenebri and Distance Education. I wish them all the best.

## Narrabri Eisteddfod

All the best to the Primary Choir who are participating in the Narrabri Eisteddfod on Wednesday 22<sup>nd</sup> May. This is a

wonderful opportunity for our students that we have not offered at our school for some time.

## K-6 Merit Award Assembly and Local Blokes' Day

These events will be held on Thursday 30<sup>th</sup> May commencing at 9.30 with the assembly in the K-4 Quad. There will then be a free BBQ supplied by the P&C at recess time. Local Blokes (and Local Ladies) are then invited to attend their child's class to meet the teacher, look at some work and make a kite. The kites will then be flown on the oval at approx 12.00-12.30. This is always a fantastic day which is well supported by the community. Hoping to see you all there. Until Week 6,  
Genienne Ellis





## Lightning Ridge Central School Proud & Positive

### Learning Support Officer Early Stage 1/Stage 1 and Stage 2/Stage 3

#### Duties

*Applicants must commit to all of the following duties:*

- Implementing and supporting Literacy and Numeracy programs including *MULTI-LIT*, Jolly Phonics, Jolly Grammar, Reading to Learn, Anger Management, Social Skills, Multi-sensory, Occupational Therapy, Speech and Sport programs.
- Implementing and supporting individual and class LAST plans in consultation with the LAST Committee
- Attending Learning and Support Team meetings on Thursday afternoons and Staff Meetings on Tuesday afternoons (after school hours)
- Encouraging parent involvement and attending parent meetings
- Recording daily action
- Attending relevant Training and Development (in school and after hours)
- Implementing assessment tools
- Being proactive in the playground to prevent bullying and problems
- Implementing playground programs and reinforce sporting and social skills

#### Criteria

*Applicants must address the following criteria in their application (maximum 2 pages)*

1. Understanding of the needs of students from K-6
2. Understanding of cultural differences
3. Good literacy, numeracy and technology skills
4. Commitment to duties involved in this role
5. Be proactive in the classroom and playground
6. Show initiative in all duties and activities

The employment of tutors must be in accordance with NSW Department of Education and Communities policies and procedures. The Department's risk management procedures, child protection measures and the Working with Children Check are essential for the safety and welfare of students. The Department's policies and procedures are available on the Department's Internet and Intranet websites.

Applications should be sent, in writing, to The Principal, Lightning Ridge Central School, PO Box 294, Lightning Ridge NSW 2834, 3pm on Tuesday 4 June 2013. They can be hand delivered, or sent electronically to [kerry.adamthwaite@det.nsw.edu.au](mailto:kerry.adamthwaite@det.nsw.edu.au).



## Lightning Ridge Central School Proud & Positive

### Secondary Learning Support Officer Stage 4/ Stage 5/ Stage 6

**Duties**  
Applications are invited for the positions of Secondary Support Officer for the remainder of 2013.

*Applicants must be prepared to work within a range of programs and perform a range of duties that may include:*

- Literacy and Numeracy programs, Multi-lit, Reading to Learn, Anger Management, Social Skills, Multi-sensory, Occupational Therapy, Speech and Sport programs.
- Implementing and supporting individual and class learning plans in consultation with the L&ST committee
- Attending Learning and Support Team meetings on Thursday afternoons and Staff meetings on Tuesday afternoons(after school), attending morning muster at 8:30am each day
- Recording daily action
- Attending training and development(in school hours and after hours)
- Implementing assessment tools
- Being proactive in the playground
- Implementing playground programs and reinforce sporting and social skills
- Other appropriate duties as necessary

#### Criteria:

*Applicants must address the following criteria in their application (maximum 2 pages)*

1. Understanding of cultural differences
2. Proven competence in numeracy and technology
3. Show initiative in all duties and activities
4. Demonstrate effective communication skills
5. Ability to work as a part of a team with teachers, students, support staff, parents and carers
6. Understanding of the needs of students from Years 7 to 12

The employment of tutors must be in accordance with NSW Department of Education and Communities policies and procedures. The Department's risk management procedures, child protection measures and the Working with Children Check are essential for the safety and welfare of students. The Department's policies and procedures are available on the Department's Internet and Intranet websites.

Applications should be sent, in writing, to The Principal, Lightning Ridge Central School, PO Box 294, Lightning Ridge NSW 2834, 3pm on Tuesday 4 June 2013. They can be hand delivered, or sent electronically to [kerry.adamthwaite@det.nsw.edu.au](mailto:kerry.adamthwaite@det.nsw.edu.au).



# Library News

What a delightful visit by the author illustrator and fabulous storyteller, John Danalis, we had on 13<sup>th</sup> and 14<sup>th</sup> of May. He touched our hearts and minds and left us with so much to think about and so much to just enjoy.

John arrived in Lightning Ridge from Brisbane and was keen to get a feel for the Ridge. He walked the car door tracks and listened to many locals before arriving at school. Wherever he went he spoke to people and took an interest in their story. He told the students how fortunate they were and that you can make good things come from bad and unfortunate experiences. His eye operation story is a very memorable story and taught him to value the other ways we can experience the world. John told students how his experiences have given him ideas for stories. He related these stories to his books by using the Smartboard and displaying his early drawings and characters from his books.

From Kindergarten to Year 12 John captivated his audience through story. He was able to pitch his story at the level of understanding of each group and they will remember his visit for a long time.

John also donated books to our library and sketched a picture which we will get framed for display to add to our author illustrator collection.

I have had students come to personally thank me for John's visit and John has written to me saying, "I can't stop talking about my experience of LR.. loved every minute of my time in your community. Thank you for such an incredible experience."



Library Turtle draw winners have recently been:

## Week 2

ES1 Isabella Hackett ES1T

Stage 1 Tegan McGovern S1F

Stage 2 Roman Cobb S1/2V

Stage 3 Bradley Taylor S3T

## Week 3

ES1 Taylor Morgan ES1B

Stage 1 Jorja Hackett S1W

Stage 2 David Lloyd S2F

Stage 3 Tom Barrett S2/3R

[A reminder to keep reading and recording for the Lightning ridge Central School Reading challenge.](#)

# Walgett Show Winner

Congratulations to Luca Cheal  
 who won Article in children's  
 handicraft Champion and  
 Lower Primary piece of craft  
 Champion!



## Books way to go

Parents of NAPLAN students take note (Letters, May 10). Rush into your nearest bookshop this weekend with your child. Walk straight past the shelves displaying the latest NAPLAN practice books and head straight for the children's books. Tell your child they can choose any book they would like to read, buy it for them and when you return home, your child will immediately start their 'NAPLAN practice' either on their own or with you

This was in the Sydney Morning Herald letters column.

Interesting Reading!!!

Mrs Fahey

sharing the new book with them.

Fostering a love of reading for enjoyment has both measurable and immeasurable rewards for your child for their rest of their life.

Guaranteed. Can NAPLAN practice books give your child the same?

**Sharon McGuinness** Thirroul

## Half Yearly Exams 7-10

HELD IN THE GYM, HALL & EXAM DEMOUNTABLE

	MONDAY 27 <sup>TH</sup> MAY	TUESDAY 28 <sup>TH</sup> MAY	WEDNESDAY 29 <sup>TH</sup> MAY	THURSDAY 30 <sup>TH</sup> MAY
1	ENGLISH 7-10	MATHS 7-10	MUSIC 7-8	
2			AGRICULTURE 9/10	
3	SCIENCE 7-10	GEOGRAPHY/ HISTORY 7-10	WOOD 9/10	
4				
5		WOOD 9/10		

 = NORMAL CLASSES/CATCH UP TIME

MC EXAMS TO BE HELD IN THEIR CLASSROOM

## Sweet potato, rocket and bacon frittata



4  
SERVINGS

### Nutrition

Energy 2481kJ	Fat saturated 20.40g
Fat Total 39.30g	Carbohydrate sugars -
Carbohydrate Total 23.60g	Dietary Fibre 3.50g
Protein 35.60g	Cholesterol 481.00mg
Sodium 1275mg	

Bring home the bacon with this easy recipe!

- 650g sweet potato, peeled, thinly sliced
- 1 teaspoon smoked paprika
- 6 rashers middle bacon, trimmed, thinly sliced
- 50g baby rocket
- 8 eggs
- 2/3 cup pure cream
- 1/2 cup grated pizza cheese
- Mixed salad leaves, to serve

Season with salt and pepper. Pour over potato mixture. Sprinkle with cheese. Bake for 40 to 45 minutes or until set and golden. Cut into squares. Serve with salad.

All nutrition values are per serve.

### Method

1. Preheat oven to 180°C/160°C fan-forced. Grease a 5cm-deep, 20cm x 28cm (base) baking dish. Line with baking paper, leaving a 2cm overhang on all sides.
2. Bring a saucepan of water to the boil over high heat. Add potato. Cook for 5 to 7 minutes or until tender. Drain. Cool. Sprinkle with paprika.
3. Meanwhile, heat a non-stick frying pan over medium heat. Cook bacon for 3 to 4 minutes or until crisp. Drain on a plate lined with paper towel.
4. Layer half the potato, rocket and bacon over base of prepared dish. Repeat with remaining potato, rocket and bacon. Whisk eggs and cream together in a jug.

# Barwon Netball



# PRIMARY SPORT

Recently the school has had students attend trials in Regional league, Regional netball and a Gala day in Goodooga for league.

The school's cross country carnival was held last week results are included in this newsletter. What wonderful weather we had and some great competition, too. Well done to the K-2 children who ran their race around the oval. All students who placed 1<sup>st</sup> to 6<sup>th</sup> are eligible to attend the Barwon Cross Country carnival at Goodooga this Friday.

Here are some reports from students who attended Regional trials and the game at Goodooga.

## Goodooga

Last week we went to Goodooga and played ruby league. It also was very hot. It took us about 40 minutes to get there. We played against Walgett, St Josephs, Brewarrina, Goodooga and one other team. The games went for 20 minutes and we played 10 minute halves. The stage two team played 3 games and the stage 3 team played 5 games. The games were 7 aside. Our coach was Mrs Ellis. The winners and runners up were the two Walgett teams. The teams got hats and footballs. The driver was Mrs Ellis. At the end of the day we come back to school and played handball and then the bell rang. By Daemen Thompson

## Rugby league state trials

The carnival started at 9:30 am. Firstly we all sat down and the opens coach and manager explained what was happening throughout the day. They said that the 11s were going to have a 40 minute game while the opens did ball skills and tactics then we'll swap over. So we went and did ball skill and tactics for 40 minutes. Then we switched over and we versed the southern team. They were quite a strong side. We had two 20 minute halves. After that game they told us to have lunch and meet back there at 12:30pm (40 minutes) while they sort out the possibles and probables. So I had lunch and we met back over there when they wanted us. They sat us down and told us the possibles and probables. They picked me for lock (13) in the possibles. The possibles and probables game went for 20 minutes (two 10 minute halves). Everyone played so hard! But once it was finished everyone sat down. The coaches then called out the northwest team from one to seventeen. I was hoping for lock (13). When he finally got to number 13, I was so nervous. Then I heard the northwest manager say number thirteen Oscar Cheal. I was so relieved. I got up and shook his hand. I was so happy.

## Netball in Inverell

On the ninth of May Abigail Murray, Xhana Tishler and Hareem Sohail went to Inverell to play netball for Barwon zone. We had three players from Lightning Ridge and all the rest were Walgett players. Our first game was with New England and the final score was 11-2, against Moree the score was 16-0. Then we played Armidale and we won 7-3. Our last game was with Inverell and we won 10-4. We won all our games but only one person got on the northern team which was a girl from Walgett. It was a very hot day but that didn't stop the Barwon team from trying their best!!!!

By Abigail, Xhana and Hareem

## Primary Cross Country 2013

2013 Primary Cross Country					
<b>8/9 Girls (2000m)</b>			<b>8/9 Boys (2000m)</b>		
Place	Name	House	Place	Name	House
1st	Lilia Taylor	Reece	1st	Jock McKenzie	Bruce
2nd	Tallulah Chesworth	Bruce	2nd	Thomas Ellis	Bodell
3rd	Katie Drew	Reece	3rd	Michael Butler	Reece
4th	Jada Seaton	Reece	4th	Nakai Bleasdale	Bruce
5th	Julie Lohse	Bruce	5th	Milan Flick	Bruce
6th	Lydell Brenton	Bodell	6th	Kyhnan Samuelsson	Bodell
<b>10 yr Girls (2000m)</b>			<b>10 yr Boys (2000m)</b>		
Place	Name	House	Place	Name	House
1st	Luca Cheal	Reece	1st	Dyami Bleasdale	Bruce
2nd	Lizzy Raveneau	Reece	2nd	Isaac Hooper	Bruce
3rd	Cassidy Finne	Reece	3rd	Daemen Thompson	Bruce
4th	Brooke Brown	Bruce	4th	Khayden Morgan	Reece
5th	Sophie Bienke	Bodell	5th	Dorian Abel	Bruce
6th	Tiffany Morris	Bruce	6th	Feli Ciprian	Bodell
<b>11 yr Girls (3000m)</b>			<b>11 yr Boys (3000m)</b>		
Place	Name	House	Place	Name	House
1st	Madyson Tooth	Bruce	1st	Jacob Ellis	Bodell
2nd	Maddison O'Neill	Bruce	2nd	Jock Ellis	Bodell
3rd	Laura Murray	Bruce	3rd	Leon Raveneau	Reece
4th	Natasha Kotru	Reece	4th	Tom Barrett	Bruce
5th	Ieashya Chapman	Bodell	5th	Joshua Doctor	Bodell
6th	Teleah Anderson	Bruce	6th	Kyle Brown	Reece
<b>12/13 yr Girls (3000m)</b>			<b>12/13 yr Boys (3000m)</b>		
Place	Name	House	Place	Name	House
1st	Ainsley Barron	Bodell	1st	Oscar Cheal	Reece
2nd	Grace Lehman	Bruce	2nd	Ryan Weatherall	Bodell
3rd	Mary Dransfield	Reece	3rd	Mack Holz	Bruce
4th	Chiffona Kennedy	Bodell	4th	Jack Stone	Bruce
5th	Elisha Ralph	Reece	5th	Brae O'Keefe	Bruce
6th	Tenneccee Simpson-Carpenter	Reece	6th	Jake Randell	Bodell

## Secondary Cross Country 2013

12yr Girls (3000m)			12yr Boys (3000m)		
Place	Name	House	Place	Name	House
1st	Swastika Sharma	Bruce	1st	Peter Demaine	Reece
2nd	Tiarnie McBride	Bruce	2nd	Trae-Michael Weldon	Bodell
3rd	Tiana Middleton	Reece	3rd		
13 yr Girls (3000m)			13 yr Boys (3000m)		
Place	Name	House	Place	Name	House
1st	Jasmine Tooth	Bruce	1st	Patrick Demaine	Reece
2nd	Brianna Adamson	Bruce	2nd	Bleair Morrison	Reece
3rd	Xanthe Bryant	Bruce	2nd	Steven Kupfer	Reece
4th	Judy Scott	Bodell	4th	Angus Hallett	Bruce
5th	Florence Wallace	Reece	5th	Riley Harrison	Reece
6th	Laura Pymble	Reece	6th	Toby Thomson	Bruce
14 yr Girls (4000m)			14 yr Boys (4000m)		
Place	Name	House	Place	Name	House
1st	Chloe Buckley	Bruce	1st	Lachlan Lawson	Bruce
2nd	Darcy-Leigh Brain	Reece	2nd	Patrick Moore	Bruce
3rd	Kylee Tuhura	Reece	3rd	Branden Cooling	Bodell
4th	Emily Simmons	Reece	4th	Camryn Butterworth	Reece
5th			5th	Grant Hancock	Reece
6th			6th	Kyle McGovern	Reece
15 yr Girls (4000m)			15 yr Boys (4000m)		
Place	Name	House	Place	Name	House
1st	Jasmin Nagy	Bodell	1st	Ned Hallett	Bruce
2nd	Cristen Finne	Reece	2nd	Mitchell Cummings	Bodell
3rd			3rd	Nathan Lenord	Reece
4th			4th	Alex McKay	Bruce
5th			5th	Jake Wallace	Bodell
6th			6th	Russell Dean	Reece
16 yr Girls (4000m)			16 yr Boys (6000m)		
Place	Name	House	Place	Name	House
1st	Amanda Morriss	Bruce	1st	Liam Hughes	Bruce
17 yr Girls (4000m)			17 yr Boys (6000m)		
Place	Name	House	Place	Name	House
1st	Sarah Thomas	Reece	1st	Brad Pickering	Reece
2nd	Sharleen Righini	Bodell	1st	Lincon Costello	Bruce
3rd	Ashleigh Huckel	Bodell	3rd	Sam Pocock	Bodell
4th			4th	Dominic Sisa	Bodell
5th			5th	Michael McGregor	Bodell
18+ yr Girls (6000m)			18+ yr Boys (8000m)		
Place	Name	House	Place	Name	House
1st	Lisa McSwan	Bodell	1st	Ronald Stronach	Bodell
2nd	Emma-Lea McKay	Bruce	1st	Matthew McGregor	Bodell

# SCIENCE IN TERM 2

## Help Save Our Mother Earth



Does the starting temperature of water affect how long it takes to boil?

(Individual Research Project)



During Term 2, Science classes have been studying 'The blue planet' and 'In my backyard' in Stage 4, Stage 5 just handed in their individual research projects and are studying how to 'Save our mother earth' and Stage 6 science classes are recovering from exams and working hard to improve their skills and power on through till the end of the year.

Students in science have been doing a lot of different activities as part of these study areas:

- Cloud watching and identifying
- making models of the earth's layers
- analysing our own backyards
- talking space and the big bang

Just to name a few, everyone has been keeping very busy.

Science teachers this term are pushing towards better reading and writing skills in science. Students will be able to achieve better results and work smarter through this improvement in scientific literacy.

### Reviewing your Backyard

#### 1. Is your backyard a healthy ecosystem

As a class design a set of criteria to determine this. In groups discuss this information and write down information which will assist in determining the health of their backyards. Share with class group results. Make conclusions about findings.

2. Assess the health of this backyard ecosystem - give it a rating based on the criteria designed. Propose how the health of this backyard could be improved.

3. Take action at home in response to information gathered and inform other members of the household - make a poster which will relay you information.

#### 4. Chapter reviews





# Go4Fun

Healthy • Active • Happy • Kids

For more information or to register for the program:

Free call  
**1800 780 900**

SMS for a call back  
**0409 745 645**

Register online at  
**www.mendcentral.org**



NSW Ministry of Health  
73 Miller St, North Sydney, 2060  
Tel (02) 9391 9000 [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

This work is copyright. It may be reproduced in whole or in part for study training purposes subject to the inclusion of an acknowledgement of the source. It may not be reproduced for commercial usage or sale. Reproduction for the purposes other than those indicated above requires written permission from the NSW Ministry of Health.  
December 2011 SHPH (CHA) 110292



# Go4Fun

Healthy • Active • Happy • Kids



# Go4Fun

Healthy • Active • Happy • Kids

# Go4Fun

Healthy • Active • Happy • Kids

### What is Go4Fun®?

Go4Fun® is a **FREE** healthy lifestyle program for kids to become fitter, healthier and happier. The program is fun and interactive and supports 7-13 year old children and their families to adopt a healthy lifestyle and a long lasting and healthy approach to living. Go4Fun® is based on the United Kingdom's Mind, Exercise, Nutrition...Do it! (MEND) program, and has been fully adapted to meet all current Australian guidelines and the NHMRC recommendations for the Management of Overweight and Obesity in Children. Thanks to funding provided by the NSW Ministry of Health, we are delivering Go4Fun® across Western and Far West NSW.

### What is MEND?

The MEND 7-13 Program was designed in 2001 by leading health experts in the field of childhood obesity management.

MEND 7-13 is a multi-disciplinary program that supports 7-13 year old children and their families to:

- Adopt healthy attitudes to food and eating (**Mind**);
- Be motivated to exercise on a regular basis (**Exercise**);
- Be empowered to make informed food choices (**Nutrition**);
- Know how to **Do it** in a fun, easy and sustainable way!

Go4Fun®, based on MEND 7-13, combines all the elements known to be vital in treating and preventing overweight or obesity in children, including family involvement, practical education in nutrition and diet, increasing physical activity and behavioural change. With an emphasis on practical, fun learning, the program is designed to deliver sustained improvements in families' diets, fitness levels and overall health. MEND is about empowerment: providing the child with a range of ways to make positive life changes that relate to physical activity, food, self confidence and personal development. By following the MEND principles, participants will lose weight naturally and thereby build a foundation for healthy living – for life.

For more information about the MEND program please visit <http://au.mendcentral.org> or contact the MEND Australia office on 03 9889 4486.

### Why do Go4Fun®?

Go4Fun® aims to address childhood overweight and obesity by assisting parents and children to develop a long lasting and healthy approach to living. This will be achieved through implementation of strategies that aim to:

- Modify family lifestyles and improve parenting skills around healthy eating, physical activity and sedentary small screen behaviours
- Promote healthy weight and weight management through sustainable behaviour change
- Encourage, inform and improve children's food choices and eating behaviours
- Encourage, inform and improve children's physical activity skills and behaviours
- Increase children's sense of well being, confidence and self esteem



**FREE fun program for kids to become fitter, healthier & happier**

**Do you have children 7 to 13 years old?  
Are you worried they might be above their healthy weight?**

The Go4Fun® program helps kids get healthy and fit in only 10 weeks and helps them stay that way! The program has been specifically designed for children aged 7 - 13 years and their parents.

To find out whether your child qualifies and to get more details on how to register call:



Free call **1800 780 900**

SMS for a call back 0409 745 645 or visit [www.mendcentral.org](http://www.mendcentral.org)



[www.lightningr-c.schools.nsw.edu.au](http://www.lightningr-c.schools.nsw.edu.au)





# CANTEEN MENU TERM 2 & 3 2013

**\*\*new items (snacks)**

## SNACKS (RECESS & LUNCH)

J'J'S (Chicken/S&V/Burger/Pizza pkt) 20g	1.00
Fruit <i>salad</i> cup/diced peach cups 120g	1.30
<b>**Warm Homemade Bannana Bread</b>	<b>1.00</b>
<b>**Warm hotcakes choc chip/blueberry</b>	
Plain with butter	1.00
Go Cookies (lite)	70c
Fruit Straps Apple/Strawberry	70c
Chocolate or Vanilla custards	1.10
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

## DRINKS

Spring Water 600ml	2.00
Aroona 10% juice	2.20
(Blue/orange/Pine lime/cola	
350ml Orange juice bottle	2.30
Poppers Apple/orange/tropical	1.80
300ml choc/strawberry /banana	2.40
Big M chocolate 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/Tropki/Blackcurrent	2.30
Plain carton milk	1.60

## SALAD BOXES (please order salad boxes)

Salad	5.50
Chicken or Ham salad	6.00
Egg or chickpea salad	6.00

## SMALL SALAD BOWLS

Salad	4.00
Chicken or Ham salad	4.50
Egg or chickpea salad box	4.50

## ICECREAMS (LUNCH ONLY)

Paddle Pops choc/ban/rainbow	1.30
Icy Poles Lemonade/Raspberry	1.20
Frozen Yogurts Strawb./fruit salad	1.80
Quelch frozen fruit pops	60c
KAE Blueys Blue	
Red/Orange mango	50c
Chocolate thickshakes	2.20

## 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 (all toasties cooking spray used )

Ham cheese & tomato	3.20
Cheese & Ham	3.00
Cheese	2.20
Cheese & Tomato	2.60
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

UFO melted cheese & sauce ½ roll	1.50
Chicken wedges/strips per bag	2.80
Lasagne	3.70

## Macaroni Cheese

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
Bowl of chicken or beef noodles	1.60
Chicken & Gravy Roll	3.80
Beef & Gravy Roll	3.80
Warm Chilli tender avo tomato cheese roll or Lavash	4.00

## 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!**

# Uniform Shop

The Uniform shop will be open Monday & Thursday  
8.30am – 9am.

Winter uniforms are available!

Senior jackets are in stock.

These are the schools jumper for winter.

No alternatives are part of the school  
uniform



# Lightning Ridge Junior Rugby League

**Training on Tuesday & Thursday at 5.30pm**

## **DRAW**

**Saturday 25th May – Mungindi**

**Saturday 1st June – St George**

**Saturday 8th June – Dirranbandi**

**Saturday 15th June – Mungindi**

# Local Blokes

## Day

9:30 K-6

Assembly

11:00-11:30 BBQ

provided by P&C

11:30-12:30

Making and flying

Kites

Thursday 30<sup>th</sup> of May

