

# LIGHTNING RIDGE CENTRAL SCHOOL



**Principal: Mr Kerry Adamthwaite**

**Secondary Deputy Principal: Darren Ball**

**Term 4, Week 2**

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



This week is the start of the HSC for 2014.

Best wishes to all students involved.

I won't wish you luck because your results come from hard work, dedication to your studies and commitment to your future.

Our school has supported you until now and will continue to offer help. Please come into school and see your teachers for any help you need during the exams. As always we will do our best to make your future better.

Term 4 will be a very busy term at Lightning Ridge Central School.

We welcome Adam Ryan, a new teacher, who has come from Wellington to help with our KindyStart Program this year. We wish Adam a very rewarding experience at LRCS.

Each Year we run our KindyStart Program with the support of our Kinder Teachers, Erin Newton, Nathan Forbes and others. It is a great introduction to "big school" for our Preschoolers and assists in making the transition easier for students and parents.

We appreciate the support we receive from the parents and preschools without whose support the program could not go ahead. The KindyStart Program has shown great benefits to the Kinder students and by knowing the students better we are able to tailor an appropriate educational program for each student. The progress made by kinder students over the last 2 years is remarkable.

Across the school students and teachers will be working on educational programs until Wednesday December 17 – 3pm. This is the last day of the term and I expect that all students will be attending and prepared to work until then. It is very difficult for Teachers to prepare and present valuable educational lessons if students are not attending every day. It becomes very frustrating for students attending to repeat work to 'catchup' students who have been absent and equally frustrating for students who have been away from class to return to find they have been left behind as the class has learnt more and moved on educationally in their absence.

The best way to avoid this is to attend school every day and gain the most benefit for your future!

## What's Coming Up!

### Term 4

#### Week 2

**13 October**

Kindy Start

#### Week 3

**20 - 21 October**

Dyslexia Screening

**21 October**

P&C Meeting

**24 October**

Grandparents Day

#### Week 5

**7-10 November**

Mid Term Break

#### Week 6

**15 November**

Year 12 Formal

**18 November**

P&C Meeting

#### Week 10

**10 December**

Year 6 Farewell

**11 December**

Stage 3 Pool Party

#### Week 11

**17 December**

Last Day of School

2014 School Newsletter now available online,  
check out our website on [www.lightningr-c.schools.nsw.edu.au](http://www.lightningr-c.schools.nsw.edu.au)



*Continued.*

In order to see the progress being made by every student is to have assessments. Some assessments are exams and Secondary exams are Week 3 for PDHPE classes and week 6 for other classes 7-10.

Preparation for exams is best done continuously throughout the year but most students take the opportunity to study a lot more just before the exams. **Now is the time to start.** A small amount of extra study can make a big difference to your results.

Once the exams are over we will be taking the opportunity to reward our Gold and Opal students with a range of special activities to celebrate their great effort in 2014 and encourage them and others to perform just as well or better in 2015.

These activities are planned as described in our Welfare and Discipline policy.

We try to follow the guidelines in our policy for students who misbehave and reward students who set a good example for others. I hope the students involved enjoy their rewards.

Tuesday 21<sup>st</sup> October (week 3) is the meeting date for our P&C Association. This is a great organization with a small amount of dedicated members who achieve a great deal for the school. Grab some friends and come along – You can enjoy yourself while contributing to your child's education. The P&C is the voice of **ALL** parents at Lightning Ridge Central School – come along and have YOUR voice heard.



## From The Deputy Principal - Darren Ball

At Lightning Ridge Central School our aim is to create positive, safe and respectful learning environments that engage students in quality lessons. We celebrate success and promote lifelong learning.

The staff recently looked at our 5 goals, Show respect, Follow Instructions, Hands & Feet to self, Quality Work & Right Place Right Time. We are proposing 3 core values to support these goals.

At Lightning Ridge Central School, we believe our core values are Respect, Responsibility & Pride.

**Respect** - Having regard for yourself and others, lawful and just authority and diversity within Australian society and accepting the right of others to hold different or opposing views. Respect is reflected in our goals of Show Respect & Follow Instructions.

**Responsibility** - Being accountable for your individual and community's actions towards yourself, others and the environment. Responsibility is reflected in our goals of Hands & Feet to Self and Right place Right Time.

**Pride** - Celebrating your own and others success. Having self-confidence, doing your best and conducting yourself with dignity and respect.

We would like your feedback on these core values to ensure they align with community expectations. If you would like to give feedback, you can do so at any time by contacting the school or leaving a message on our Facebook page. We will also be discussing this at P&C and AECG meetings in the near future.

Term 4 has begun well our HSC students sat their first exam on Monday. I wish them all the best in their exams and future pursuits. Already there are many activities planned to engage and motivate our students. Later this week, there is an Art excursion for some Stage 5 students and Week 3 will see the whole school involved in "Grandparent's Day". An opportunity for us to celebrate the wonderful contribution grandparents make to our lives.

Students in Year 8 will be involved Essential Secondary Science Assessment (ESSA) in week 6. This assessment will be conducted online. Some Stage 5 students will also have the opportunity to attend an Aspire workshop in Dubbo in week 6 to look at future career and study opportunities.



# Primary Report

**Penny Lehman - Assistant Principal**

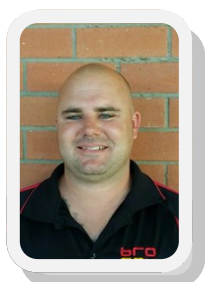
## Welcome back

Welcome back to all students and families – it is great to see the uniform looking so good and the return to school routine seems to have been seamless for most.

With summer quickly approaching it is important that everyone brings a hat & water bottle to school. Keeping hydrated is so important for successful learning.

## Bus Lines

At the end of Term 3 we had some major problems with our bus lines. Some students were breaking school rules and causing concern for students, parents and teachers. We are looking at how we can manage our end of school day routine more effectively. Students who walk home or are picked up by parents will be let out at **2.55pm** – this allows the playground to be cleared before the bus kids are walked to their bus lines. So far this appears to have made the end of school day calmer.



## New Staff

Welcome Adam Ryan, a new teacher from Wellington to help with our KindyStart program this year.

## Attendance

All students need to come to school each day unless they have a valid reason. Kids that come to school every day do better with their learning than students who miss school. A reminder for children who are absent, parents need to contact the school by phone, email or in writing to explain their child's absence. This needs to occur within 7 days of the absence.

## Reminders

Grandparents Day – Friday 24<sup>th</sup> October 2014 11:30 am to 3:00pm

Uniform Shop – Monday & Thursday 8.30 -9.00am

**Claim the date – Gold Reward event K-6 Thursday 23 October.**

We are having a movie night at school for all students K-6 who have achieved their gold award. More information for parents will be available next week.



# Primary Student of the Week

Week 1 S1M

**Nicholas Newton**



Nicholas demonstrates a wonderful attitude towards all areas of his learning. He enthusiastically participates in all classroom activities and is always patient and considerate when working with others.

# Primary Student of the Week

Week 2 ES1T

**Isaiah Seaton**



Isaiah Seaton of ES1T is our Infant Student of the week this week for always producing quality work and helping others in the classroom. Well Done Isaiah!



# Primary Student of the Week



Week 2 S3R  
**Chloe Brain**

Chloe Brain has been awarded Student of the week this week for consistency in all areas of learning. Congratulations Chloe!

# Secondary Student of the Week

Week 2 Year 7  
**Aaron Walsh**

Aaron Walsh of Year 7 is our Secondary Student of the Week, this week. Aaron is a quiet achiever who always tries his best in all subjects. He is a good role model for his peers as he completes his work to the best of his abilities and is a polite and co-operative student.





# Library News

Hello,

I hope your break from school was a good time to do some of the things you do not get time to do or complete. Now that school has gone back my book mark is moving very slowly. **Making time for reading** is a choice and it should be one of the priorities you make for and with your children. A love of reading cannot be underestimated and as parents and teachers we owe it to children to encourage and make time for this.

I watched an Australian story on the progress a boy with autism. Most of his progress came down to the parent's willingness and desire for the child to achieve and have the best opportunities. With our isolation comes some disadvantage but making the most of any opportunities can only improve outcomes. We have a great school library and a town library which will order in books from the regional libraries. You can join the State Library and have books posted to you, buying books online is a choice you can make and you can swap books with friends. There are second hand books for sale at Vinny's, the Ridge Second hand shop and Weeks newsagency has some books for sale too. You can also have the Ridge Newspaper delivered.

**Reading opportunities are available.**

**Books in Homes is happening again this term for Stage 1.** Students have taken home their catalogue and their order form needs to be back to their class teacher by Wednesday 15th October. In library lessons all classes have looked at the online BIH catalogue and suggested which books would appeal to which age groups. Parents are most welcome to come and browse the display in the library and particularly Stage 1 parents, so that students make the best choice by actually seeing the book. Books in Homes sends us a preview pack of all the books in the catalogue and we get to keep these in the library. Very generous! Also the generosity was evident when we had extra students in Stage 1. We had funding from FRRR (Foundation for Rural and Regional Renewal) for sixty students but this term there are sixty-nine students and extra funds were allocated by Books in Homes. Thank you BIH! If parents or students would like to send thank you letters I can post them.

This term's Library RFF lessons **will focus on writing. I will use the Books in Homes books as a stimulus.** Stage 3 last week wrote Fiction and Non Fiction stories about being lost. (Many students have been lost in large shopping centres) Next week I will read *Lost*. Stage 2 will write information about sharks using *Fly Guy Presents Sharks*, Stage 1 has three stories that relate to Growing and Changing and ES1 will have books that relate to bodies. *Hokey Pokey Aussie Edition* has a CD so we will sing and dance as well as read and write.

Books in Homes has made our library exciting this term. Hopefully there will be funding for K-6 next year. Also from Books in Homes comes a selection of books for awards and an extra surprise of some hard cover DK Learning books. (DK Learning books are my favourite kid's books) These will also be given as library awards.

Below are photos of students making their Books in Homes selections. Zara was lucky to have her interested mum help her choose.

Penny Fahey Teacher - Librarian



## NSW University Mathematics Competition Results



Hareem Sohail Year 7 and Carter Bevan Year 8 received a Credit result in the Mathematics competition. Well done harem and Carter! These tests are not easy so a Credit result is a good one.

Penny Fahey NSW University Competitions Co-ordinator

# Anti-Racism Contact Officers (ARCOs)

## Role of the ARCO



Lightning Ridge Central School has nominated Nathan Forbes to be the school's Anti-Racism Contact Officer (ARCO). The ARCO is the contact between students, staff, parents and community members who wish to make a complaint regarding racism and the appropriate procedure that will be used to resolve the complaint, including the person who will have responsibility for dealing with the complaint - the delegate. The ARCO's role can be described under four headings:

### **Mediator role**

On receiving a complaint the ARCO, in certain circumstances, may attempt to negotiate an informal resolution.

### **Procedural role**

If an informal resolution is not appropriate or satisfactory then the complainant has the option of lodging a formal complaint.

The ARCO may assist the complainant in writing the complaint, if appropriate.

The ARCO may be asked to assist in seeking a resolution through the appropriate formal procedure but it is not the ARCO's role to lead the process. It is the delegate's role to lead the process.

In most cases complaints regarding racism are dealt with using the Complaints Handling Policy Guidelines.

### **Educational role**

The ARCO can assist the principal to:

- ensure the school community is aware that the school has an ARCO, who the ARCO is and what the ARCO role involves. Posters promoting awareness of the role and identity of the ARCO are available on the Department's intranet site.
- ensure that staff are aware of relevant policies *and* complaints procedures as they relate to complaints about racism.
- promote anti-racism education in the school.

### **Monitoring role**

The ARCO can assist the principal to:

- maintain records of complaints and allegations concerning racism
- decide what statistics regarding complaints about racism would be useful to collect
- alert the school's executive and welfare team to significant statistical trends.

If a complaint is resolved then further action is not required but the situation will need to be monitored. *It is important to note that the principal is responsible for ensuring that the Anti-Racism Policy is implemented in the school and that complaints regarding racism are dealt with in accordance with the Complaints Handling Policy Guidelines.*



# The Chris Witcher Memorial fund

The Chris Witcher Memorial fund was set up on 2002 to award \$1000.00 each to the boy and girl who make the top score in the HSC examinations. The first award commenced in 2003. The aim is to encourage and help the students by giving this prize. One of the Trustees, usually Robina Boardman will contact the school to be advised who has the top score for each boy and girl. The winners will be contacted with the happy news. There are no rules as to how this money is to be spent and a cheque is usually presented sometime in January by Danny Hatcher and Robina Boardman at the bank. If either person can't be available then the bank will deposit directly into their account.

Usually the local press to cover with photos and/or an article on the results and invite anyone who wishes to attend at the bank to do so.

Chris Witcher was a young man of Lightning Ridge who inspired and motivated many youngsters of the Ridge and was very popular with children and adults. He mined and worked for Giles and Associates, known as the Canadians but died in the 1970s. The Canadians decided to donate a sum of money to support the youth of Lightning Ridge in his name.

Danny Hatcher and Robina Boardman are the trustees of this fund which has been going for a number of years and it was decided to use the fund with it's accrued interest in this way, both to motivate the youth of Lightning Ridge and also to help them on their way after they have completed their studies at Lightning Ridge Central School. The aim is to provide assistance with the high costs most young people meet as they proceed to university or some other tertiary training etc.

The local school is not involved other than submitting results to the trustees and the trustee's decision is final.

# Bullying: What's a Parent to Do?

## A definition of bullying

Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the **misuse of power** by an individual or group towards one or more persons. Cyberbullying refers to bullying through information and communication technologies.

Bullying can involve humiliation, domination, intimidation, victimisation and all forms of harassment including that based on sex, race, disability, homosexuality or transgender. Bullying of any form or for any reason can have long-term effects on those involved **including bystanders**.

Bullying can happen anywhere: at school, travelling to and from school, in sporting teams, between neighbours or in the workplace.

Bullying behaviour can be:

- **verbal** eg name calling, teasing, abuse, putdowns, sarcasm, insults, threats
- **physical** eg hitting, punching, kicking, scratching, tripping, spitting
- **social** eg ignoring, excluding, ostracising, alienating, making inappropriate gestures
- **psychological** eg spreading rumours, dirty looks, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones.

Conflict or fights between equals and single incidents are **not defined as bullying**.

Bullying behaviour is not:

- children not getting along well
- a situation of mutual conflict
- single episodes of nastiness or random acts of aggression or intimidation by an individual or group towards one or more persons.

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## Additional Resources - available as a link on our school website newsletter

- [Bullies and Victims: Information for Parents \(National Association of School Psychologists\)](#)
- [Bullying Prevention: Tips for Teachers, Principals and Parents. \(Edutopia\)](#)
- [Tools for Teacher on Bullying \(American Federation of Teachers\)](#)
- [How parents, teachers, and kids can take action to prevent bullying \(American Psychological Association\)](#)



# There is no place for bullying at Lightning Ridge Central School.

## How Familiar Are These Phrases?

- Kids will be kids and teasing is normal; they really don't mean any harm.
- Just ignore it and it will go away.
- All you have to do is stand up for yourself.

Is this the kind of advice that you would give to your child if they reported being picked on at school? Sure, maybe the first time they were called a name, or the second time they were intentionally pushed to the back of the line. But is this the approach you would take if your child was singled out in a mean and hurtful way day after day? Of course not!

And what about these phrases:

- You need to remember to use your words instead of your hands.
- Detention again? Why can't you stay out of the Principal's office?
- Did you know the boy who tried to hurt himself because he was picked on?
- I wonder why she is missing so many days of school...she seems like such a sweet girl.

The thoughts and feelings underlying these comments and questions could be unrecognized signs that bullying is taking place. **Bullying involves not only the victim, but also the one doing the bullying, and those who stand by and don't take action.** Even when it is not possible to protect the victim from a particular incident, there is no excuse for not taking a stand and taking action that will discourage or prevent bullying behavior from happening again.

## What Should Parents Do?

- **Stop bullying before it starts.**  
Let everyone know (your child and his friends, school personnel, the bus driver, sports coach... everyone!) that you are on the prowl for signs of bullying and that you expect everyone else to do the same. Preventing and stopping bullying is a shared responsibility, and one that is not voluntary. Ask to see the school-wide no-bullying policy (Part of our whole school Welfare and Discipline Policy that guides how we look after students at school) so you understand and can support the work being done at school.
- **Use the word "bullying" with your child; make sure they know what it means.**  
They may not know that the hurtful behavior they are being forced to endure is wrong, mistaking it for "attention" or "acceptance" from peers. If your child is the one doing the bullying, help them to understand the negative impact it has on their status (which is often why they engage in bullying behavior in the first place). And if they are bystanders when bullying is taking place, help them to know what options they have -- doing nothing not being one of them -- without fear of being targeted themselves.
- **Help your child know what to do, and assure them that they will not get in trouble.**  
The perceived consequences of "tattling" could be keeping your child from sharing their bullying experiences. Help your child know the difference between "tattling" and "reporting an incident of bullying." This is equally important for children who are being victimized, who are themselves the aggressor, or who are bystanders and not speaking up on behalf of those directly involved.

There are topics about which children, parents and school staff might disagree, but there should be no question that **every individual deserves respect** and that **it is everyone's responsibility to protect the physical and emotional wellbeing of every child**, treating them as valued and respected members of the community





## Language Learning & Literacy

Mrs Taylor and Miss Birney have been participating in L3 training throughout the year to continue our quality teaching and learning experiences for all students in our class. We are participating in ongoing professional learning inside and outside the classroom and share our theories and ideas with colleagues from other schools. Our goals for the L3 intervention is for our students to be able to read texts at level 9 or above as a result of instruction. We also aim for students to be able to compose and write two simple sentences demonstrating a range of ways to solve unknown words. The students have been enjoying the variety of learning activities throughout the sessions and are well on their way to achieving remarkable results!







## Stage 4 MC

In the Middle MC class, we do our best to celebrate everyone's birthdays. Here, we are celebrating James's 13<sup>th</sup> Birthday and enjoying his birthday cake made by Heidi (teacher's aide).

In Term 3, the Middle MC Class studied life in medieval times. In this unit, the students explored the features of medieval society and identified aspects of everyday life, such as occupations, housing, clothing and food. For one of their history assignments, students had to investigate an aspect of medieval society that interested them and create a visual display. With their interests in medieval housing, students created castles from various materials and sources to show what they have learnt throughout the unit. Below are the Stage 4 MC Medieval projects.



At the end of Term 3, the Middle MC had a reward day. As winners of Secondary Bake a Book Competition for Book Week, students were given a voucher to spend at the local Geckos Café. Students enjoyed their end of term rewards day excursion after their hard work and great effort throughout the term.

# Senior MC



This term has begun well for the Senior MC class. We have started our Tennis practice for PE PD and Health. We have been sharing our sport time with the middle MC class. In the last week of term, Norton spent his time productively, painting the back wall of the classroom. A great start on a big job Norton!



The Senior MC class have also begun a unit on gardening and farming skills. We will be visiting some local properties to undertake some practical tasks. First among those tasks is to collect some quality garden soil so our seedlings will thrive. We have tomatoes, lettuce, beans, watermelon and Rockmelon. We are hoping to have a bumper crop later in the term and over the holidays.



In maths we are concentrating on practical activities that help our garden work. We have begun a unit on Area. This will help us work out how much fertiliser we need to put on our garden and measurement tells us how far apart to plant our seeds. We also have learnt that the area of a triangle can be found by multiplying  $\frac{1}{2}$  base X height!

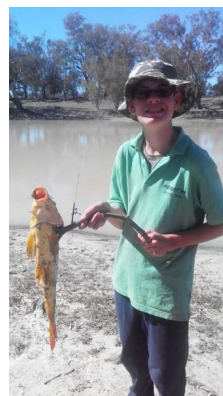
We have also started studying the Drivers Handbook.



Most of the students in the class are 16 or approaching it, so it is an age appropriate literacy activity to be involved in. No-one has passed the test yet and everyone has attempted it once. They are showing great progress and will eventually pass their L test.



Our end of term fishing trip was a success with Norton catching his first fish. We again journeyed to Collarenebri and fished on the Barwon. We were able to pull well over 50 carp out of the river.







# 2014-2015 Family Energy Rebate

Apply before Midnight  
16 June 2015



**\$150\***  
**TOWARDS  
ENERGY  
BILLS**



**2 MINUTES TO FILL IN A FORM**

<https://applications.fer.trade.nsw.gov.au/>

\* eligibility criteria apply

## WHAT IS THE FAMILY ENERGY REBATE?

The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:

- A \$150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer
- A \$165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.

## AM I ELIGIBLE FOR THE REBATE?

To be eligible you **MUST**:

- Be a NSW resident; and
- Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and
- Be an account holder of an electricity retailer, or a long-term resident of a residential community (caravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

## WHAT DO I NEED TO DO BEFORE I APPLY?

Before you apply, here's a quick checklist. Have you:

- Lodged your tax return for 2013-14 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
- Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

## HOW TO APPLY

- **ONLINE** – it takes just two minutes to submit an application. Processing starts immediately.
- **PAPER** – download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the residential community where you live.

**APPLY  
ONLINE  
NOW!**

## FOR MORE INFORMATION & ASSISTANCE

**PHONE** Service NSW 13 77 88

**EMAIL** [fer.program@trade.nsw.gov.au](mailto:fer.program@trade.nsw.gov.au)

**WEB** [www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate](http://www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate)

## **CANTEEN NEWSLETTER**

Welcome back to Term 4, 2014. The Canteen is allowed two RED days per Term, at the end of Term 4, Xmas treats will be available to buy over the counter or by order, on Monday 8<sup>th</sup> and Tuesday 9<sup>th</sup> of December. As these dates come a little closer, I will advertise at the Canteen and in the Newsletter, treats available to buy and prices.

The Canteen follows the Fresh Tastes Healthy Canteen guidelines set out by the canteen association. GREE (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).

The Canteen has a Cash only policy, no booking up items!

**NEW PRODUCT AVAILABLE:** As advertised in the last Newsletter Pulled meats, (slowly cooked meat) are now available, (Beef & Turkey) ie. Sandwiches, rolls, Wraps and salad boxes. These items are listed on the latest Menu for Term 4, 2014.

**DELETED FROM THE MENU :** Chicken / Beef Gravy rolls, these items are available only during the winter months.

**Back on menu:** Frozen ½ banana or frozen orange 1/4s (2) – 50c ea.

Please note that all profits made by the canteen go to the P&C for the students.

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.

## **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





### SNACKS (RECESS & LUNCH)

Frozen orange ½ or ½ banana	\$0.50c
Frozen moosies (milk) choc,strawb,blue)	\$1.20
JJ'S chick/pizza/burger/s&v pkt	\$1.00
Grain waves sour crème	\$1.20
Go cookies choc chip lite/Anzac bisc	\$0.80
Snack pacs choc /vanilla 140gm	\$1.50
Yoplait yogurts vanilla/strawberry 175gm	\$2.00
Cheese sticks	\$1.00
Lite sara lee muffins choc	\$1.80
Popcorn	\$1.00
Fun buns (plain or cinnamon)	\$1.80
Bacon & cheese rolls	\$1.50
Mamee lone star chicken or Cheese pkt	\$1.00
Mamee noodles chicken or BBQ pke	\$0.80
Fresh fruit banana/apples/oranges (\$1.00 - \$1.20)	
Fruit salad / peaches cups	\$1.30

### DRINKS

Spring Water 600ml	\$2.00
Quench 10% juice blue/cola/pine lime/orange	
Apple raspberry	\$2.20
350ml Orange/apple/tropical juice	\$2.30
Poppers apple/orange/tropical	\$1.80
300ml choc/strawberry/banana milks	\$2.50
Big M choc/strawb lite ctn milks 250ml	\$2.00
Nippys reduced fat choc/strawb/honeycomb	
Iced coffee 375ml	\$2.30
LOL's Tropical/blackcurrent/Razzbri	\$2.40
Plain ctn milks 300ml	\$1.80
Classic iced coffee/Choc milks ctn 375ml	\$2.80

### ICECREAMS LUNCH ONLY

Icy poles lemonade/raspberry	\$1.20
Fandangles caramel p/corn/choc/fairy floss	\$1.50
Chocolate dixie cups/vanilla	\$1.00
Ka blueys blue/red/lemon fizz/b/gum	\$0.50
Frozen yogurts strawberry/mango	\$1.80
Fruitsicles	\$1.50
Bananarama/choc /real caramel icecream	\$1.50
Fruity ice pops	\$0.60

### SANDWICHES (ROLLS EXTRA 20C)

Pulled beef or turkey salad	\$3.60
Cheese & tomato	\$2.80
Ham cheese tomato	\$3.40
Ham or chicken salad	\$3.60
Ham	\$3.00
chicken/Turkey or beef	\$3.00
Ham & cheese	\$3.20
Chicken lettuce mayo or salad	\$3.40
Egg lettuce mayo	\$3.20
Egg/curried egg	\$3.00
Tuna lettuce mayo	\$3.40
Vegemite/cheese	\$2.50

### WRAPS (WHOLEGRAIN)

Salad wraps	\$4.50
Chicken /Ham/Turkey or beef salad	\$5.00
Chicken/Turkey lettuce mayo	\$4.50
Chilli tender lettuce tom avo cheese	\$5.50
Tuna lettuce mayo	\$4.50
Tuna salad	\$5.00

### SALAD BOXES (please pre order salad bowl or box)

Salad box	\$5.50
Chicken/ham/egg/tuna/turkey or beef	\$6.00
salad box	

### SMALL SALAD BOWLS

Salad	\$4.00
Chicken/ham/egg/tuna/turkey or beef	\$4.50

### TOASTED SANDWICHES WRAPS EXTRA 80C

#### (all toasties cooking spray used)

Cheese & ham	\$3.20
Ham cheese tomato	\$3.40
Ham cheese pineapple	\$3.40
Cheese	\$2.50
Chicken avo cheese	\$3.50
Chicken & cheese	\$3.40
Cheese & tomato	\$2.80

### HOT FOODS

Sausage rolls (lite pastry)	\$2.80
Travellers pies	\$3.20
Party pies lite	\$0.90
Chilli tenders	\$1.40
Garlic bread	\$1.20
UFO ½ roll cheese & tom sauce	\$1.50
Chick. wedges (4)/strips(6) per bag	\$2.80
Lasagne	\$3.80
Macaroni cheese	\$3.80
Pizza pocket	\$2.60
Enrico Pizzas 160gm Ham pine	\$2.80
Enrico Pizzas BBQ meatlovers	\$2.80
Beefburger (lett/tom/cheese)	\$4.00
Chicken burger (lett/tom/mayo)	\$3.80
Potato bake	\$3.80

Beef or chicken noodles	\$1.80
Chicken strips or wedges ea	\$0.60

### MISCELLANEOUS

Tomato Sauce or BBQ	\$0.20
Salad dressing	\$0.40
Bundle of lunch bags	\$2.00

\*\*SALAD BOXES INCL. (LETTUCE/TOMATO/CUCUMBER/CARROT/BEET/CHEESE) (please pre order)

\*\*\*ALL PROFITS MADE BY CANTEEN GO TO THE P&C FOR THE STUDENTS.

\*\*\*PLEASE NOTE CANTEEN CLOSERS FOR ORDERS AT 9.30AM!

# **Dyslexia Screening and Lens Assessment**

On Monday the 20<sup>th</sup> of October 2014 and Tuesday 21<sup>st</sup> October (Week 3) Erin Young from the Dubbo Irlens Dyslexia Clinic will be coming to Lightning Ridge to screen or test children for Irlen Syndrome (formerly known as Scotopic Sensitivity Syndrome).

Children/adults use coloured overlays or glasses to help process visual information. Symptoms can include: Light sensitivity, reading problems, discomfort, attention and concentration problems, writing problems, depth perception and word distortion.

## **Costs: Dubbo Irlen Dyslexia Clinic prices**

The basic screening costs \$98 and takes 1 hour

The second assessment is for the coloured overlays/lens assessment and costs \$198

Coloured lens costs a minimum of \$200 (Plano only, no script)

Should you wish to have your child assessed or reassessed please contact Jasna at Lightning Ridge Central School 6829 0511 and I will put you on the list.

Also, Diane French who lives in Lightning Ridge is qualified to conduct basic/initial screening. If you want to have your child screened before the 20<sup>th</sup> October, contact Diane on 6829 2296.



**Provides services to people with a disability & their carer/family**

### **Western District Respite Service**

Aims to provide culturally appropriate respite, overnight stays and support for people with disabilities and their carer/families.

**&**

### **Community Access and Day Program**

Aims to provide culturally appropriate support and programs to people with disabilities to allow them access to their community and encourage them to develop skills to become more independent.

For further information or enquiries  
Please feel free to contact the coordinator  
*Monday & Wednesday*

58 Morilla St - Lightning Ridge  
Ph 02 6829 1331  
Fax 02 68291 272  
Email [lrldgeyarrabin@bigpond.com](mailto:lrldgeyarrabin@bigpond.com)



**NEW SOUTH WALES**

**AECG**

**INCORPORATED**

Lightning Ridge Local AECG  
North West Region 1  
Lightning Ridge Central School  
Po Box 294  
Kaolin St Lightning Ridge  
NSW 2834

### **General Meeting**

When: 31/10/2014

Time: 10am

Where: Lightning Ridge Intergrated Aboriginal Child and Family Centre .Walanbaa Dhurruli

#### **Agenda**

Open meeting

Minute silence

Apologies

- Norta Norta evaluation
- Identified Administration position at Lightning Ridge Central School
- Memberships
- NSW AECG Rules of Association draft
- General Business

### **AECG AGM**

#### **Agenda**

Open meeting

Minute silence

Apologies

Minutes from previous AGM meeting

- Business arising from minutes
- Minutes excepted
- President Report/ excepted
- Treasurer Report / except
- Committee vacate positions
- Nominate interim chair
- Election for new committee
- Correspondence
- General Business

Meeting Closed

**Reminder that memberships renewed before meeting \$2.50**

Thanking You

President Rhonda Ashby.





# WALGETT WHOLE OF COMMUNITY CULTURAL ACTIVITIES + CORROBOREE

NGEEMBAH PEOPLE OF  
THE GREAT GOMEROI NATION WELCOME YOU.  
WE ACKNOWLEDGE OUR ELDERS PAST AND PRESENT.

## **Corroboree 18th October**

STARTS AT 6PM AND  
CONTINUES INTO THE NIGHT

### **Cultural Activities**

**15th, 16th, 17th & 18th October**

9AM TILL 4PM: CULTURAL TOURS TO  
NARRAN LAKES, DANCE WORKSHOPS,  
ARTEFACT WORKSHOPS, ART WORKSHOPS,  
ELDERS CULTURAL WORKSHOPS (KA,  
ELDERS HOUR)...

**Venue: No.1 Football Oval.**

**Fox St.**

TRADITIONAL FOOD/BUSH TUCKER INCLUDING  
JOHNNY CAKES, DAMPERS AND CURRIES AVAILABLE.  
FOOD & DRINKS AVAILABLE FOR PURCHASE.  
SERVICE PROVIDERS AVAILABLE FOR INFORMATION  
PARKING AVAILABLE

**FOR MORE INFORMATION**

**PETER PLAZINA PH: 0478 037 192**

**KELLI RANDELL PH: 0408 631 697**

**BARWON NAMOI COLLECTIVE INC & MARRA WALLAN PTY LTD**



# 2014 POTCH QUEEN



**SATURDAY 25TH OCTOBER 2014  
LIGHTNING RIDGE OUTBACK RESORT  
DOORS OPEN AT 7PM  
SHOW STARTS AT 8PM**

**\*\*\*PRE-SHOW TICKET DEAL\*\*\*  
\$25 IF PURCHASED FROM  
LIGHTNING RIDGE OUTBACK RESORT RECEPTION  
BETWEEN THE 10TH AND 24TH OCTOBER 2014,  
TICKETS ARE \$30 IF YOU PAY AT THE DOOR.**

**THEME: ARMED FORCES (ARMY, NAVY, AIRFORCE)  
BIG PRIZES FOR BEST DRESSED MALE AND FEMALE  
AND LUCKY DOOR PRIZE  
AFTER-SHOW ENTERTAINMENT "DJ LE-PUK"  
NIBBLIES PROVIDED**

**UNFORTUNATELY WE WILL NOT BE RESERVING TABLES THIS YEAR,  
IF YOU WOULD LIKE A TABLE, YOU MUST ARRIVE EARLY ON THE NIGHT.  
FOR MORE INFO, PLEASE CONTACT  
LIGHTNING RIDGE PRESCHOOL ON 02 68290626**

Come to a Community Information Forum

Lots of FREE information and giveaways!

*Come along!*

# Community Information & Complaints Forum

The Good Service Mob will be visiting communities in Northern New South Wales to talk about the free complaint handling services available for Aboriginal and Torres Strait Islander peoples.

**Cost:** FREE

**Refreshments:** A light lunch will be provided

**Enquiries:** (02) 8218 5211 or (02) 9268 5541

**For more information visit**

**[www.goodservicemob.com.au](http://www.goodservicemob.com.au)**

*Lightning Ridge*

**Wednesday 22 October 2014**

**Time** 10am - 1.30pm

**Venue** Lightning Ridge Community Church  
13 Morilla Street, Lightning Ridge

**RSVP and enquiries**

Albert Torrens

Energy & Water Ombudsman NSW

Ph (02) 8218 5221

Noni Ross

Anti-Discrimination Board NSW

Ph (02) 9268 5541



Energy & Water  
Ombudsman NSW



ASIC  
Australian Securities &  
Investments Commission

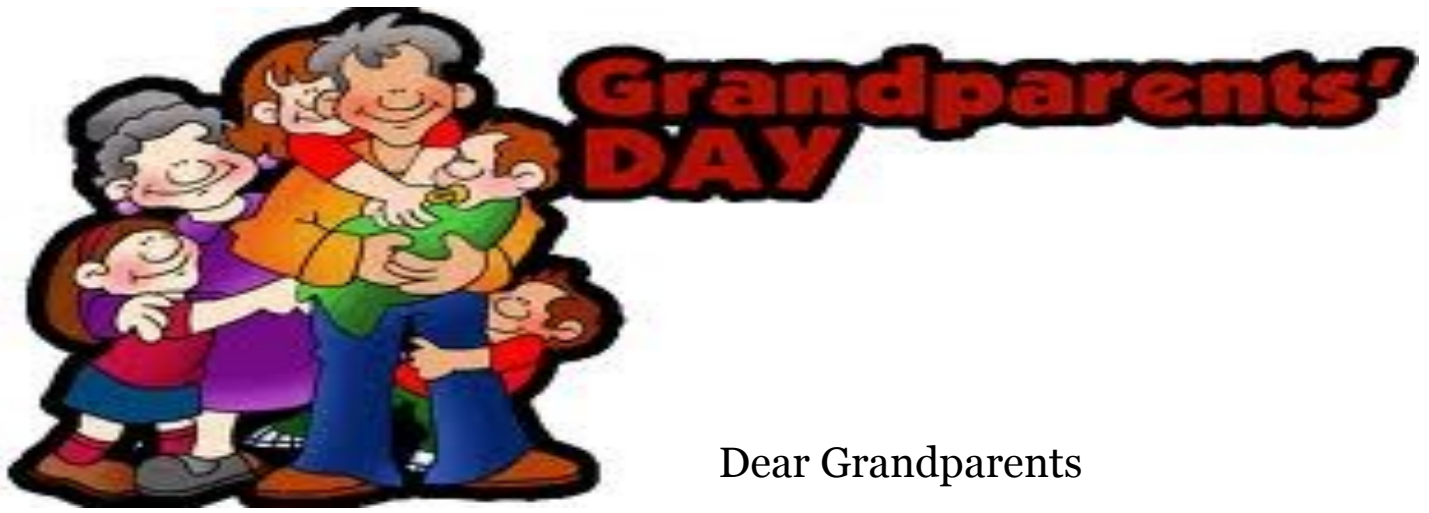


Fair  
Trading



For more information visit:  
**[goodservicemob.com.au](http://goodservicemob.com.au)**





Dear Grandparents

You are warmly invited to spend Grandparents Day at  
Lightning Ridge Central School on **Friday 24<sup>th</sup> October, 2014**

To celebrate the extremely important role that you play in your grandchildren's or surrogate grandchildren's lives.

The day will officially begin at 11.30am with a Welcome Assembly in the Gym however Grandparents are welcome to come at 11.00 for morning tea in B2 (the old wooden school room) and look at a memorabilia display of LRCS in the past.

All students will be in family groupings between 12 noon and 1.30 pm for two craft or activity sessions. Grandparents are invited to join their respective family group for this time.

From 1.30 – 2.00pm a BBQ lunch will be available and a variety of races and old time sports will be held.

The afternoon session will run more as a fete style where grandparents and children can either watch or participate in chalk art, tree planting, a fishing competition, bubble blowing and paper plane competitions or a variety of dancing. A memory box will be buried, wish flag will be hung, cricket will be played on the Junior Oval and a professional Photographer will be present to take happy family photos.

Throughout the day members of the Men's Shed will educate and assist some of the secondary students erect an outdoor timber learning circle. Grandparents may also purchase a portrait drawn and painted by their grandchild and also contribute their fantastic ideas to a Grandparents Cookbook (either send your recipes in before or bring them on the day).

To assist with catering please let the school know of your attendance by phoning 68290511 by Monday 20<sup>th</sup> October.

We are looking forward to you spending a fun filled, injury free day and lots of quality time at Lightning Ridge Central School.



# Grandparents' DAY

Friday 24th October 2014

From 11.30am to 3.00pm

starting with an assembly in our  
School Gymnasium.

There will be plenty of activities

throughout the day & a BBQ lunch at 1.30pm.



Tina Phipps Photography  
will be available to take your  
family photos for \$10  
& you get them on the day!

