

LIGHTNING RIDGE CENTRAL SCHOOL



Principal: Mr Kerry Adamthwaite

Secondary Deputy Principal: Darren Ball

Primary Deputy Principal: Penny Lehman

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Term 2 Week 8, 2015

From the Principal's Desk

Student Principal for a day

This is a special edition of the Principal's Report, brought to you by LRCS' special guest Principals for Monday, 1st June. Our school was one of many across the country that participated in the Student Principal for a Day (or SP4D) program, which involves handing the top position of the school over to students to help develop leadership qualities. Our two student Principals were Charlie Taylor for Primary and Stevan Kotru for Secondary. Here is their report of their day:

Our day started off very well at 8:20 sharp. Dressed in our snazzy suits and dashing blue and pink ties, we attended the Secondary teacher's muster and ran the meeting (those teachers are as bad as the kids!). We then ran off to attend the Primary muster, where we let them know our plans for the day. We then walked very quickly to the Secondary assembly, where we addressed the students about SP4D and impressed them with our dapper outfits. Questacon was happening that day, so we visited the presentation to see what they had in-store and thanked them for their time, then we were off to teach our first lesson.

We worked with Year 4 to discuss all things leadership and we received many enthusiastic answers about how they could be leaders in and out of school. We then ran all around the place, visiting as many classrooms as we could: we read to kindy, helped mark maths, had students proudly show us their quality work and were bombarded by questions from inquisitive kids. We also asked students about what improvements they thought could be made around the school to make it even better than it already is (if that's even possible!). A large majority said we should build a swimming pool, to which the answer was unsurprisingly no. A lot also said we should retouch up paint or have the local football teams logo painted on some of the walls, which we thought was a great idea.

We also got to attend the annual Biggest Morning Tea in the staffroom with the teachers (free food, what more can you ask for) to raise funds for the Cancer Council. Lunch time was spent on playground duty, where we got to spend time with our fans. The day ended with the K-4 assembly, where we handed out awards along with the help of Mr Adamthwaite. We have also taken part in webinars, which involved interactive video conferences with Principals and students from all across Australia.

It was a tiring day for both of us, and our assistant Miss Fitzgerald (we walked over 8000 steps that day). All in all it was a terrific experience for us, as we learnt so much about what it means to be a leader and it was definitely a privilege that we got to do the first year of SP4D at LRCS. It will be something we take into the future with us, and we thank everyone for letting us go into their classrooms and talk to the students. We now have a lot of appreciation for teachers and the work they do, thanks to them the school runs so smoothly because of what they do behind the scenes.

A note from the assistant: Stevan and Charlie impressed everyone with their natural leadership qualities and constant displays of initiative and maturity. They went above and beyond in their roles and proved themselves to be worthy of the role of principal, as well as potential teachers. Well done, boys. You are a credit to everyone in our community!

Photos from the day can be found on page 3.



What's Coming Up!

Term 2

2015

**Friday 12th
June**

**Regional Cross
Country -
Primary and
Secondary**

**22nd—26th
June
Naidoc Week**

**27th June—13th
July**

Winter Holidays

**Tuesday 14th
July**

1st day back

Friday 17th July

**Naidoc 7's
Dubbo**

Friday 24th July

**Secondary
Regional
Athletics
Carnival**

**Wednesday 19th
August**

**Stage 2
Excursion to
Western Plains
Zoo in Dubbo**

2015 School Newsletter now available online,
check out our website on www.lightningr-c.schools.nsw.edu.au



Primary Report

Michelle Taylor - Assistant Principal

Proud and Positive in the Primary Department

The past couple of weeks have been extremely busy around the school, particularly in the primary area. Miss Gamble did a wonderful job of organising all children to attend the Life Education Van last week. All the students enjoyed visiting Healthy Harold and taking home work booklets filled with fun activities.

Students are busy with sporting events these few weeks. About 30 students will be participating at the Regional Cross Country held in Coolah and we wish them the best of luck in this great experience.

Our House Captains have also excelled in their leadership skills with competing in and organising some magnificent House cheering at the Athletics Carnival. House Points are extremely close and the final winning House will be announced once students have competed in the High Jump. Students will have the opportunity to participate in High Jump in Term 3. The Barwon Athletics Carnival will be held in Collarenebri on the 7th August 2015. More information will be available closer to the date.

Parent Teacher Meetings - School reports are currently being written and Teachers have been busy assessing student progress. Parents are encouraged to maximise the feedback from teachers regarding student progress by attending the parent / teacher nights that will be held in Week 9. If your child is in Year 3 or 4 the report that your child receives will look significantly different. We are currently looking at making some changes that we hope will make the reports more informative and appealing to parents.

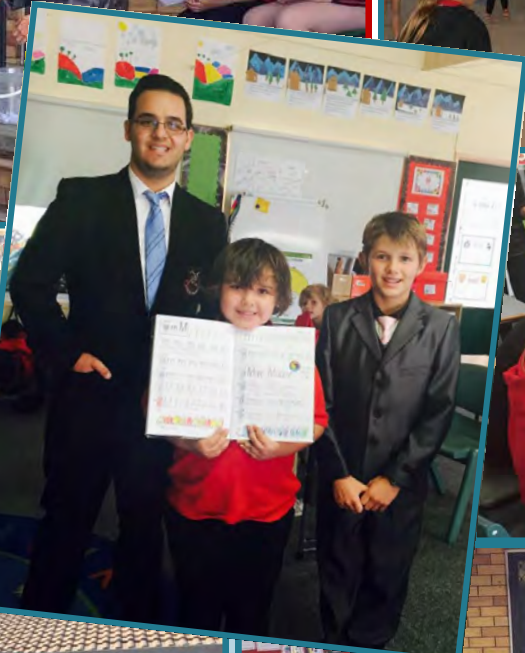
Please make your appointment through the front office to visit your child's teacher. The dates are Monday 15th, Tuesday 16th and Wednesday 17th June. We hope to see you all there.

We also look forward to see family and community members visiting the school during NAIDOC Week in Week 10.

Michelle Taylor
Assistant Principal



STUDENT PRINCIPAL FOR A DAY





Library News

Hello,

We have had lots of varied activities in the school lately. I have delighted in organising a library event: the visit of author Oliver Phommavanh. Oliver is not only funny, he is young, funky and relates to students well with his personal stories which have a cultural origin from Thailand. As I write this I am thinking of the timetable for Oliver and planning where he might like to go in the Ridge. Visitors are always interested in our town and it is a long way for most to travel; so **we are fortunate to have an author of Oliver's calibre prepared to trek out west of Sydney.** Oliver will have a Primary day and a Secondary day with students. The workshops will focus on the writing process and he will of course make us laugh. He began his career as a stand up comedian.

I recently attended a Primary English Teachers Conference with a focus on writing. I reinforced some of my thoughts on writing and found new ways with poetry. One of the types **of poetry that appealed to me was "Post it Note Poetry" where you write a poem on a post it note and stick it anywhere: on the fridge, near the kettle, on a door, anywhere someone would perhaps find it and read it.** These poems are not meant to be kept but just spur of the moment thoughts. I was suffering from a rotten cold on the day of the conference and when it came to **try out some of the poetry ideas which we were presented with I wrote "No Tissues" which I will share with you.**

No Tissues

Cold

Airconditioning blowing

Throat tickling

Nose streaming

Snot flowing

Serviettes doing more than serving.

The LRCS Reading Challenge finishes soon. Thursday the 18th June is the last day I will be accepting recording sheets. The party of celebration for those who complete the challenge will be Monday lunch on the last week of term, which is also during Naidoc Week.

The Library Turtle Draw winners recently were:

Week 5

<u>ES1</u>	Musa Akram	ES1T (Canteen Voucher)
<u>Stage 1</u>	Isaiah Seaton	S1M (Book: Going Bush)
<u>Stage 2</u>	Noah Hallam-Adamson	S2C (Canteen Voucher)
<u>Stage 3</u>	Riley Gibson	S2/3MA (School Magazines)

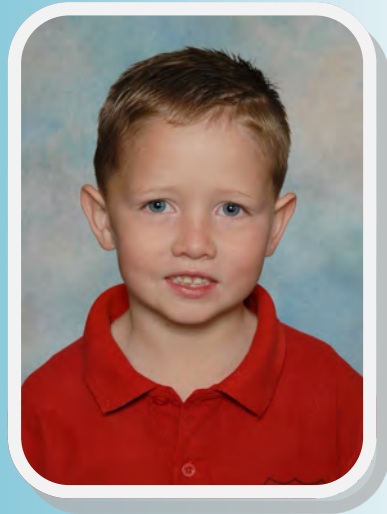
Week 6

<u>ES1</u>	Macy Seaton	ES1M (Canteen Voucher)
<u>Stage 1</u>	Jazmin Murray	S1M (Magazine Voucher)
<u>Stage 2</u>	Torin Barron	S2S (Magazine voucher)
<u>Stage 3</u>	Karlie Haverhoek	S3M (Magazine Voucher)

Thank you to the parents who are making an effort to look for lost books. Parents are always welcome in classrooms to look with their child for a book that has been borrowed.

Penny Fahey Teacher-Librarian





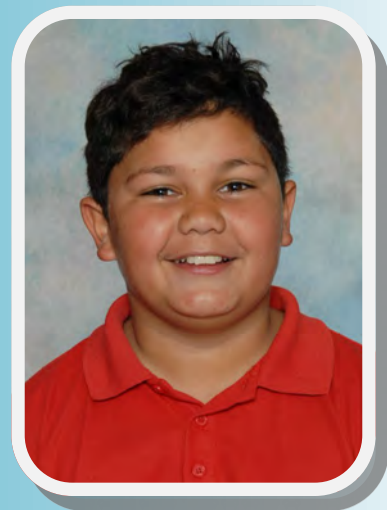
Primary Student of the Week

Week 6 S1M

Isaiah Seaton

Isaiah demonstrates a fantastic attitude towards all school activities. He always tries his best and enjoys helping his teacher and other students. Isaiah is always polite and friendly and is a positive role model for his peers.

Well done, Isaiah!



Primary Student of the Week

Week 6 S3D

Ashton McBride

Ashton is a delightful student. He works hard to complete his classwork and he wants to do quality work. His determination to learn is fantastic and he keeps trying no matter how difficult he finds the task.

Well done Ashton, keep it up!



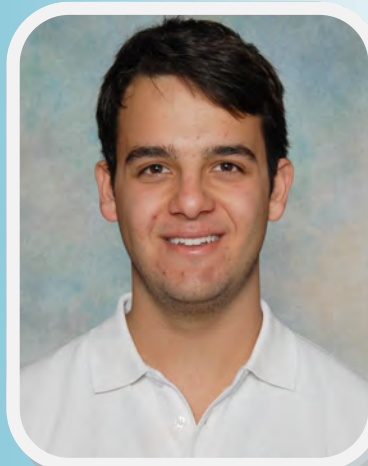
Primary Student of the Week

Week 7 S2V

Ellie Barrett

Ellie has been selected as student of the week for her consistent effort in all areas of her learning and her willingness to assist others.

Well done Ellie!



Secondary Student of the Week

Week 7 Year 12

Stevan Kotru

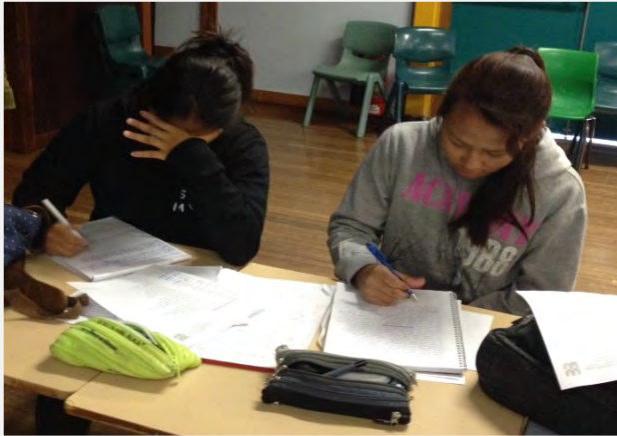
Stevan has been enthusiastically participating in all of his leadership roles and consistently demonstrates that he is a great role model for his peers.

Congratulations Stevan!

English/HSIE Faculty

Bubble, bubble, toil and trouble

In Stage Five English trouble has bubbled, daggers have floated and students have wrestled with Elizabethan English during their study of Shakespeare's *Macbeth*.



The classes have tackled reading the original play, watched modern film versions and challenged themselves with the “32-second *Macbeth*”.



The high levels of engagement and consistent work effort of all students was evident in their half-yearly exam responses, which showed a solid understanding of the famous play and its themes.



Institution and Individual Experience

Year 11 Standard English are studying a unit about the experiences of individuals in institutions through the film *The Shawshank Redemption*. English and Travel has been the focus of the Year 11 English Studies class, and students have been travelling the world of film with *The Secret Life of Walter Mitty* and *Into the Wild*.



They are looking forward to *The Amazing Race* in the next stage of their travels.

HSC—Fast approaching

Year 12 Standard English are beginning preparations for their upcoming HSC Trial exams and are encouraged to revise and draft practise responses. Past papers can be found on the Board of Studies website and will provide a useful guide for students at this time.



Exploring the past

English Studies in Year 12 have been exploring Australia's nation building past with research into industrial events such as building the Sydney Harbour Bridge and the Snowy River Hydro Electric Scheme.

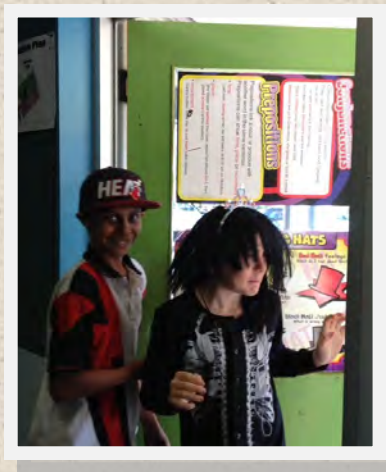
English/HSIE Faculty continued

Books, books, books...

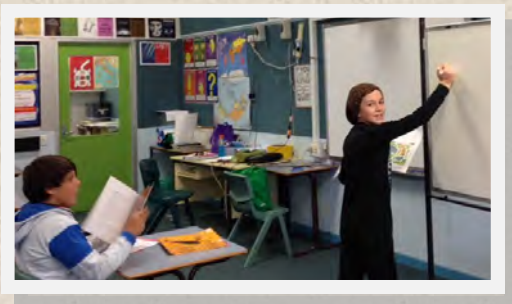
Stage Four English classes have been reading a range of books to improve their comprehension, vocabulary, understanding of narrative and story-telling ability. Fantasy stories have been popular and included *Artemis Fowl*, *The Invention of Hugo Cabret* and *Rowan of Rin*.



In addition to their novel studies, students have taken to developing their performance skills with drama activities.



Teaching the class has also contributed to a development of confidence and ability to explain key ideas.



History Buffs

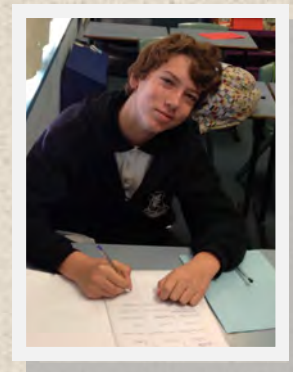
The Year 12 Ancient History are enjoying a viewing of *Caligula*, the documentary, in the course of their study of the Julio Claudians of Ancient Rome.



The students of Modern History in Year 11 are undertaking a student-directed historical investigation, which is building their independent research skills.

Geographically speaking...

Stage Five HSIE classes are studying **Australia's Changing Communities with a focus on sustainability, multiculturalism and globalism**. Strong classroom discussions are **contributing to the students' ability to construct meaningful extended responses**. Students are also developing their geography skills in the context of a community study comparing the demographics of Lightning Ridge and Walgett.



In the Stage Four HSIE classes, the focus has been on the different Global Environments around the world. Students have been compared the challenges of living in these different parts of the world, such as the polar, **desert and tundra**. The students' favourite environment to investigate is the Rainforest Environment and they practising their **map reading skills to locate the world's great rainforests**.



We all Stand on Sacred Ground:

Learn, Respect & Celebrate

22 June to 26 June 2015

Aboriginal and Torres Strait Islander peoples' unique and timeless connection to land is the special focus and theme of this year's National NAIDOC Week celebrations.

The theme – *We all Stand on Sacred Ground: Learn, Respect and Celebrate* – highlights Aboriginal and Torres Strait Islander peoples' strong **spiritual and cultural connection to land and sea.**

The National NAIDOC Committee encourages all Australians, young and old, to embrace the 2015 National NAIDOC theme and to respect and celebrate local and national sites of **significance or 'sacred places' and to learn of their traditional names, history and stories.** For Aboriginal and Torres Strait Islander peoples, a sacred place could be a geographic feature like a river or lake, a beach, bays, inlets, hills or mountain ranges. They could also be ceremonial grounds, galleries of rock art or engravings, or places used for gathering for cultural practices.

As the oldest continuing culture on the planet, the living culture of Aboriginal and Torres Strait Islander peoples is intrinsically linked with these sacred places. Long before European arrival, these places had traditional names that reflect the timeless relationship between the people and the land. Often they are connected with Dreaming stories or tell of the meaning of an area. National NAIDOC Committee co-chairs **Anne Martin and Benjamin Mitchell** said this year's theme is an opportunity to pay our respects to country, acknowledge those who work tirelessly on preserving land, sea and culture and to celebrate our many sacred and significant places. Benjamin said that these places have been of important significance for Aboriginal and Torres Strait Islander people for tens of thousands of years.

“Lots of places in your local region, your town or your city have traditional names and dreaming stories and we encourage everyone to learn more about their history, their meaning and the extraordinary relationship they have to the traditional custodians.”

Anne points out that this year's theme was specifically chosen to also highlight and celebrate a significant anniversary of one of Australia's most iconic sacred places – Uluru.

“2015 marks the 30th anniversary of the 'Handback' of Uluru to its traditional owners on 26 October 1985 and we wanted to honour and share their story with the nation.”

For more information including entry forms and ideas on how to celebrate, visit www.naidoc.org.au

Lightning Ridge Central School will be celebrating NAIDOC week 22nd –26th June

SACRED GROUND • LEARN RESPECT & CELEBRATE • CULTURE • HERITAGE • AWARENESS • EDUCATE • HISTORY • TRADITION • LEGENDS • CUSTOMARY

WE ALL STAND ON

SACRED GROUND

LEARN, RESPECT
AND CELEBRATE

Celebrating
NAIDOC Week

www.naidoc.org.au

Artwork
We all stand on Sacred Ground
Artist
Elaine Chambers

My artwork is a combination of my photography, drawings, and graphic design work, representing the ages and colours of our Aboriginal and Torres Strait Islander people, and their strong spiritual and cultural connection to the land and the sea. The feet represent the different people, from elders to the young and stories our elders shared of the significant sites and sacred places, and how all Australians should take the time to learn about our history and stories.



We all Stand on
Sacred Ground:
Learn, Respect & Celebrate

5 - 12 JULY 2015

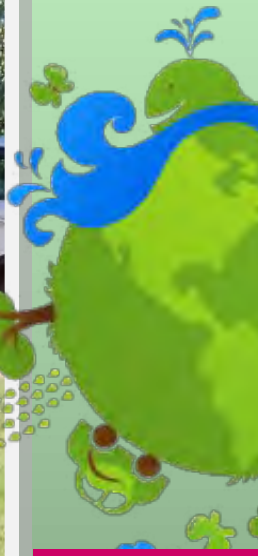
Secondary Athletics Carnival



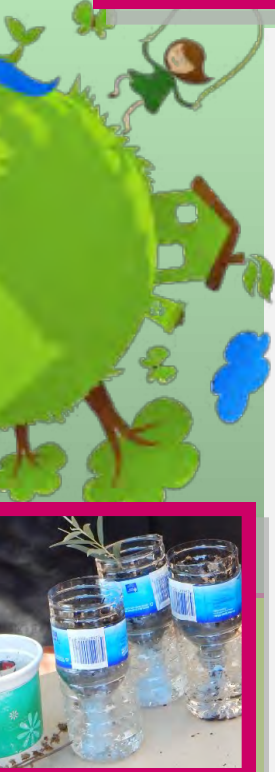
Primary Athletics Carnival



Warrumbungle Environmental Education Centre



Sustainability outreach program



Pyjama Day





Lightning Ridge Moorambilla Fundraising

Thank you for supporting our Moorambilla students Fundraising Drive. Please select products below, freshly made to order by Watson's Kitchen. If you have any queries please contact the Fundraising Event Coordinator. Please note the date your order is due - all new orders or changes to existing orders are accepted up until this date.

Coordinator name: Dayle Murray - 0418228047 *Orders Due* 15/07/2015
 Your name: _____
 Your phone: _____ *Order Pick-up* 23/07/2015

	Family Size QTY	Price	Packs of 6 QTY	Price	Total Price
Minced Steak Pie		\$ 9.00		\$ 14.50	\$ -
Chicken Pie		\$ 9.50		\$ 15.50	\$ -
Steak & Kidney Pie		\$ 9.50		\$ 15.50	\$ -
Curry Pie		\$ 9.50		\$ 15.50	\$ -
Cheese & Bacon Pie		\$ 9.50		\$ 15.50	\$ -
Beef & Mushroom Pie		\$ 9.50		\$ 15.50	\$ -
Beef & Onion Pie		\$ 9.50		\$ 15.50	\$ -
Shepards Pie		\$ 9.50		\$ 15.50	\$ -
Large Family Fruit Pie - Apple		\$ 9.50		\$ 14.50	\$ -
Large Family Fruit Pie - Cherry		\$ 9.50		\$ 14.50	\$ -
Large Family Fruit Pie - Apricot		\$ 9.50		\$ 14.50	\$ -
Large Family Fruit Pie - Peach		\$ 9.50		\$ 14.50	\$ -
Large Family Fruit Pie - Pineapple		\$ 9.50		\$ 14.50	\$ -
Large Family Fruit Pie - Lemon		\$ 9.50		\$ 14.50	\$ -
Large Family Fruit Pie - Caramel		\$ 9.50		\$ 14.50	\$ -
Large Sausage Roll				\$ 15.00	\$ -
Small Sausage Roll				\$ 10.00	\$ -
Quiche Lorraine		\$ 12.00		\$ 15.00	\$ -
Spinach Quiche		\$ 12.00		\$ 15.00	\$ -
					\$ -
Pizza - Ham & Pineapple		\$ 12.00			\$ -
Pizza - Capsicum		\$ 12.00			\$ -
Pizza - Mushroom		\$ 12.00			\$ -
Lasagne - Plain		\$ 20.00			\$ -
Lasagne - Vegetarian		\$ 20.00			\$ -
Steak Dianne Gourmet Pie				\$ 20.00	\$ -
Minted Lamb Gourmet Pie				\$ 21.00	\$ -
Tandoori Lamb Gourmet Pie				\$ 21.00	\$ -
Beef & Garlic Gourmet Pie				\$ 20.00	\$ -
Chicken Mornay Gourmet Pie				\$ 21.00	\$ -
Mushroom Gourmet Pie				\$ 20.00	\$ -
Apple Strudle		\$ 9.50			\$ -
Lamingtons Dozen		\$ 10.00			\$ -
Lamingtons Cream Dozen		\$ 11.00			\$ -
Carrot Cake		\$ 11.00			\$ -
Hummingbird Cake		\$ 11.00			\$ -
Luncheon Fruit Cake		\$ 11.00			\$ -
Muffins Dozen Assorted		\$ 16.00			\$ -
Muffins Dozen Blueberry		\$ 16.00			\$ -
Total Payable					\$
Total GST Included in Total					

Bakery Fundraising Drive Fresh From



Orders due Wednesday 15 July



**Order Pick up on Thursday 23rd July
at LRCS in Old Wooden Building**

**You are supporting our Moorambilla
students to attend in 2015**

EVERY DAY COUNTS....

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

Every day counts!



EVERY MINUTE COUNTS...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

Your child's best learning time is at the beginning of the day...

**Check the time your school starts.
DON'T BE LATE!**



Behaviour Code for Students

This document from the Department of Education and Training was released recently to outline the expectations for Students and schools in regard to behaviour at school. Lightning Ridge Central School has done a lot of work with all involved with our school over recent years to successfully address student behaviour.

This document reinforces what we are trying to achieve and we will continue to work for – now with greater support from DEC.

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

Behaviour Code for Students: Actions

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education and Communities.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

Respect

- Treat one another with dignity
- Speak and behave courteously
- Cooperate with others
- Develop positive and respectful relationships and think about the effect on relationships before acting
- Value the interests, ability and culture of others
- Dress appropriately by complying with the school uniform or dress code
- Take care with property

Safety

- Model and follow departmental, school and/or class codes of behaviour and conduct
- Negotiate and resolve conflict with empathy
- Take personal responsibility for behaviour and actions
- Care for self and others

Avoid dangerous behaviour and encourage others to avoid dangerous behaviour

Engagement

- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning

Aspire and strive to achieve the highest standards of learning

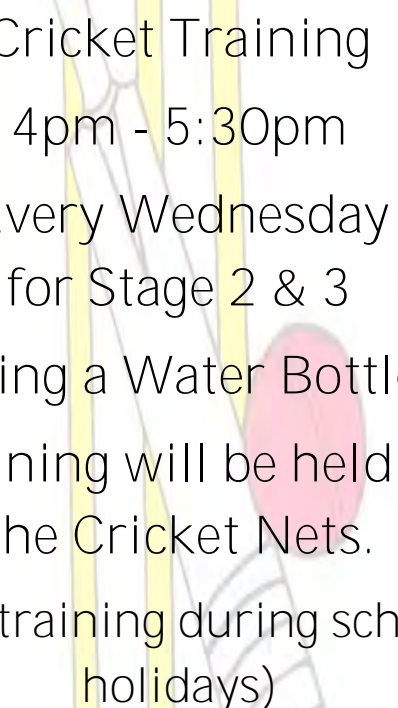
The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education and Communities will back the authority and judgment of principals and school staff at the local level.

Dr Kath Keenan coming on the 11th of June

Dr Kath Keenan who comes to Lightning Ridge with the help of the Royal Flying Doctors will be visiting the school again on the 11th of June.

Dr Kath is available to see children that attend the school. If you have concerns **that your child's health or behaviour is** affecting their learning and wish to speak with Dr Kath, please make an appointment to see her. Parents/carers need to be present at the appointment. Please phone the school and speak with Michelle Pymble to make your appointment.

Unfortunately Dr Kath can only see students whilst visiting the school. If you would like to see Dr Kath you can see her at the Community Health Centre.



Cricket Training
4pm - 5:30pm
Every Wednesday
for Stage 2 & 3
Bring a Water Bottle
Training will be held at
the Cricket Nets.
(No training during school
holidays)

LOST PROPERTY

Reminder to all parents, if your child is missing items of clothing please check lost property in BOTH Front office Lost Property and your child's classroom.

If you have lost other items, please ask at the front office.





BE DRUG AWARE

IT'S OUR PROBLEM TO SHARE

**Do you care about drug and alcohol problems
in your community?**

Community Drug Action Teams (CDATs) are groups of people who are working together in towns and cities across NSW to prevent harm from drugs and alcohol.

LIGHTNING RIDGE CDAT WILL BE PRESENT AT THE NAIDOC WEEK CAREER EXPO

Wednesday June 24 2015

At the Lightning Ridge Central School

**Students, use this opportunity to have your say
about the problems in our community**

For more information contact: Walgett Shire Council Community and Youth Development Teams on 02/6829126 or 02/68286107 or
The Ridge Community Resource Centre Inc. on 02/6829 4027



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Community Drug Action Teams (CDATs) are groups of people who are working together in towns and cities across NSW to prevent harm from drugs and alcohol.

LIGHTNING RIDGE CDAT COMMUNITY EVENT AND INFORMATION DAY

FRIDAY June 19 2015

10 AM TO 2 PM

CRN OF OPAL AND MORILLA STREET

**Use this opportunity to have your say about the
problems in our community**

For more information contact: Walgett Shire Council Community and Youth Development Teams on 02/6829126 or 02/68286107 or
The Ridge Community Resource Centre Inc. on 02/6829 4027



Did you know a **speech pathologist** regularly visits your school?

Far West NSW Medicare Local Speech Pathologist, Lisa Newnham will be at Lightning Ridge Central School in Term 2, 2015 on:

- Thursday 30th April – Week 2
- Thursday 14th May – Week 4
- Thursday 28th May – Week 6
- Thursday 11th June – Week 8
- Thursday 25th June – Week 10

You can contact the speech pathologist on 02 6829 1800 or talk to your schools Learning and Support Teacher.

Why is communication important?

Communication is essential for letting someone know what you want or need, building friendships, learning, literacy, numeracy and being involved in all daily activities at home, school or in the community.

A speech pathologist can help someone communicate using speech, sign, symbols, gesture, reading and writing.

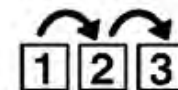


What is Speech Pathology?

Speech Pathology can assess, diagnose, treat and manage difficulties with communication and swallowing.

Speech Pathologists can help with:

- **Speech** – making the sounds that are used to make up words.
- **Using language** – using a range of words, forming complete sentences and telling a story in order.
- **Understanding language** – being able to follow instructions, answer questions and understand any information.
- **Fluency** – stuttering or speaking smoothly.
- **Social skills** – being able to play and talk with others.
- **Voice** – using voice that is age and gender appropriate.
- **Feeding** – being able to taste and swallow a range of flavours and textures.



ROYAL FAR WEST, ALONG WITH KEY PARTNERS PRESENT

LIGHTNING RIDGE HEALTHY KIDS BUS STOP

23-25 JUNE 2015

What is the Healthy Kids Bus Stop?

The Healthy Kids Bus Stop is a **FREE** Child Health Screening for children who are aged 3-5 years old. The program includes:

- ☑ A comprehensive child health check
- ☑ Vision and hearing screening
- ☑ Oral health check
- ☑ Fine and gross motor skill assessment
- ☑ Speech assessment
- ☑ Food and Nutritional assessment

How do I book my child in?

Registrations are essential. Please call Royal Far West on 1800 500 061 or 8966 8500. A time slot will be selected that suits you and your child. As this is a comprehensive health check please allow up to 2 ½ hours for appointments.

Registrations close 12 June 2015.

Where will it be held?

Lightning Ridge Central School

What do I need to bring?

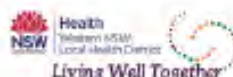
- ☑ Your child's Blue Book
- ☑ Your child's hat
- ☑ Your child's drink bottle
- ☑ Snacks for your child



The Healthy Kids Bus Stop is proudly delivered in partnership with and sponsored by:



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CANTEEN MENU TERM 2 2015

SNACKS (RECESS & LUNCH)

Zombie Monsters cheese flavoured pkt	\$1.00
Banana toastie	\$2.50
J'J'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	\$1.90
Popcorn	\$1.00
Fun buns (plain or cinnamon)	\$1.90
Bacon & cheese rolls	\$1.60
Mamee lone star Cheese snacks pkt	\$1.00
Mamee noodles chicken or BBQ pkt	\$0.80
Fresh fruit banana/apples/oranges (\$1.00 - \$1.30)	
Fruit salad / peaches cups	\$1.30
<u>DRINKS</u>	
Spring Water 600ml	\$2.00
Quench 10% juice blue/cola/pine lime/orange	\$0.60
Apple raspberry	\$2.30
350ml Orange/apple/tropical juice	\$2.50
Poppers apple/orange/tropical	\$1.80
Classic 300ml choc/iced coffee/strawb milks	\$2.60
Big M choc/strawb lite ctn milks 250ml	\$2.00
Nippys reduced fat choc/strawb/honeycomb	
Iced coffee 375ml	\$2.40
LOL's Tropical/blackcurrent/Razzbri	\$2.50
Plain ctn milks 300ml	\$2.00

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	\$0.50
Frozen yogurts strawberry/mango	\$2.00
Frozen moosies Blue/Choc/Strawb.	\$1.20
Bananarama/choc /real caramel icecream	\$1.50
Fruity ice pops	\$0.60

SANDWICHES (ROLLS EXTRA 20C)

Cheese	\$2.40
Cheese salad	\$3.60
Cheese & tomato	\$3.00
Ham cheese tomato	\$3.60
Ham or chicken salad	\$3.80
Ham	\$3.00
chicken	\$3.00
Ham & cheese	\$3.40
Chicken lettuce mayo	\$3.50
Egg lettuce mayo	\$3.40
Egg/curried egg	\$3.20
Tuna lettuce mayo	\$3.50
Vegemite	\$2.20

WRAPS (WHOLEGRAIN)

Salad wraps	\$4.80
Chicken /Ham salad	\$5.50
Chicken lettuce mayo	\$4.60
Chilli tender lettuce tom avo cheese	\$5.50
Tuna lettuce mayo	\$4.60
Tuna salad	\$5.50

SALAD BOXES (please pre order salad bowl or box)

Salad box	\$5.50
Chicken/ham/egg/tuna all	\$6.00
salad box	

SMALL SALAD BOWLS

Salad	\$4.00
Chicken/ham/egg/tuna	\$4.50

TOASTED SANDWICHES WRAPS EXTRA 80C

(all toasties cooking spray used)

Cheese & ham	\$3.40
Ham cheese tomato	\$3.60
Ham cheese pineapple	\$3.70
Cheese	\$2.60
Chicken avo cheese	\$3.70
Chicken & cheese	\$3.50
Cheese & tomato	\$3.00

HOT FOODS

Sausage rolls (lite pastry)	\$3.00
Travellers pies	\$3.30
Party pies lite	\$0.90
Chilli tenders	\$1.50
Garlic bread	\$1.20
UFO ½ roll cheese & tom sauce	\$1.60
Chicken strips per bag (6)	\$2.80
Chicken wedges (4)	\$2.80
Lasagne	\$3.80
Macaroni cheese	\$3.80
Pizza pocket	\$2.80
Pizzas Ham & pineapple	\$3.00
Pizzas Supreme	\$3.00
Beefburger (lett/tom/cheese/beet)	\$4.20
Chick. burger (lett/tom/mayo/beet)	\$4.00
Potato bake	\$3.80
Beef or Chicken noodles	\$1.80
Chicken strips ea. (replace nuggets)	
Cheese & tomato melt ½ roll	\$2.40
Cheese ham & tomato melt ½ roll	\$2.60
<u>MISCELLANEOUS</u>	
Tomato Sauce or BBQ	\$0.20
Italian lite dressing	\$0.40
Bundle of lunch bags	\$2.00

****SALAD BOXES INCL. (LETTUCE/TOMATO/CUCUMBER/CARROT/BEET/CHEESE) ALL PROFITS MADE BY CANTEEN GO TO THE P&C FOR THE STUDENTS. ***PLEASE NOTE THAT CANTEEN CLOSSES FOR ORDERS BY 9.30AM!**