

LIGHTNING RIDGE CENTRAL SCHOOL



Principal: Mr Kerry Adamthwaite

Secondary Deputy Principal: Darren Ball

Term 3 Week 10, 2015

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

From the Principal's Desk

All visitors are Welcome
however, to ensure the safety
of your children
PLEASE

All visitors must SIGN IN
at the
School Office

We take our responsibility to look after your children and keep them safe very seriously. Ensuring that all visitors to the school during lesson times share our goal to keep children safe and offer the best possible education helps us do the best for your child. We need to know who is in the school and where they wish to visit—This is Department of Education Policy all over NSW.

Anyone entering the school during lesson time—**must** sign in and obtain a visitors badge from the school office.

Anyone without a badge will be asked to leave school grounds and, if necessary, escorted from the school.

What's Coming Up!

Term 3 2015

WEEK 10

16th—19th September

Moorambilla Maxed
Out camp

17th—19th

September

Moorambilla Voices
Girls & Boys camps

Friday 18th September

Graduation

Assembly & parents
Morning Tea

10:15– 11:00

Saturday 19th

September

Moorambilla Gala
Concert

19th September -

5th October

Spring Holidays

1st day back

Tuesday 6th October



Term 4

WEEK 3

19th October -

23rd October

Stage 3 Canberra
Excursion

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



From the Principal's Desk

It's hard to believe that three quarters of the year are already over. Looking at the exhausted faces of students, parents and teachers, it's easy to see how busy we have been in the last 10 weeks. I don't think I've seen a term before which has been packed with so much sport, so many cultural activities, so many excursions and unfortunately so much illness. Despite this it has been an incredibly successful term for our students.

I'm sure that after a few days rest, the students will be fully recovered and ready to come back and continue their learning, increase their potential and I'm sure, increase their enjoyment when school commences on Tuesday, 6th October.

As I said, it's been an incredibly busy term and unfortunately many of our students and our staff have been ill from some of the nasty bugs that have been doing the rounds of our town. We have, at times, had up to 18 staff members absent in one day. Despite this, I'm proud to say that unlike many schools, we have had a staff member teaching every student every day. We have never had to put groups of students in the playground because we don't have teachers able to teach them. This places a huge burden on the staff who are at school but it is one that they gladly bear to ensure that your children get the best possible education and I'm sure you'll join me in thanking them for their dedication and all of the extra work that they do.

It is a timely reminder that our staff work incredibly hard every day. They do lots and lots of unpaid overtime, they give up their meal breaks to work with and help your children and unfortunately sometimes this dedication and hard work is repaid by students who are rude and disrespectful. This will never be tolerated. The goals we strive toward are Respect, Responsibility and Pride and students who are disrespectful to each other, to visitors or to staff will always face the consequence of their poor choice.

Physical violence, while declining rapidly, is still unfortunately present in our school, as it is in our community. Any student making the mistake of believing that physical violence will be accepted, will face the consequence of their poor choice, every single time. It is this no tolerance approach that has led to the significant reduction in violence and bullying at the school.

Fortunately most of the students in our school understand that poor behaviour is not respectful to themselves and they make wise choices not to engage in such destructive practices. Our school is a Positive Behaviour for Learning school which means that while we do impose consequences for poor behaviour, our main focus is to acknowledge the great behaviour of our students when it occurs.

As well as offering our thanks and congratulations to students who work with us to make this the best school it can be, we are looking forward to a lot more acknowledgements for these students and those acknowledgements will be bigger, better and more frequent than ever before.

Those basic things like getting to school on time, getting to class on time, being in school uniform and being polite and respectful to everyone will be looked for by staff and acknowledgement will be made as often as possible.

This is a fantastic school and most of our students know what it means to be respectful and responsible and they have pride in themselves and their family and their school. We are working towards acknowledging that behaviour and the very small group who are not respectful are seeing the benefits of changing their behaviour.

This is a school, we are here for learning and students' outcomes are better than they have been and we will continue to improve. I look forward to reporting that improvement to you next term.





Library News

Greetings,

I hope you have a lovely time with your children over the holidays. The weather is warmer, but not too hot so outside activities are always fun. I recall sending my daughter outside on a beautiful day suggesting that the garden was a good place to be. She sat under a huge fig tree and read. Reading outside is very relaxing. I plan to do this.

Our town library often has holiday activities for kids. They also have a growing collection of audio books and I love that you can borrow many resources at the one time. You do not have to pay, so why not suggest to your kids that they go there. Better still go yourself with your kids!

Holidays are also a good time for writing as well as reading and there are so many writing activities that only require paper and a pencil. Writing **letters helps develop skills and who doesn't enjoy receiving a letter in the mail? You could also ask your children to start** writing their history. This is fun to look back on in later years. The number of students who delight in reading our old Year Books in the library shows that we love looking back on our lives.

Reflecting on how you help your children with their learning is worth doing. If you just encourage them to read I think you will have achieved a **lot! Certainly some other forms of "entertainment" are easy and often whined for...but being a parent is not always about being popular and allowing what kids want.**

Our new library system continues to challenge us. I am fortunate to have Kerrieanne sorting the glitches and understanding how the new overdue notes are printed! I wish we did not have to bother with these. Please try and look for lost books or pay for them if you cannot find them. Books are valuable, hence their cost. Our library is well resourced and our teachers make good use of our wonderful books.

Kids can start reading for the LRCS Reading Challenge in the holidays too. Recording sheets will be available first week back so **let's see who can** aim at being our Term 4 champion.

The number of students who complete the LRCS Reading Challenge continues to increase. Many students are doing their reading at school and **the recording is done by a teacher's aide. This is fine, but I would like more independent effort by students, so at lunchtime** in the library I will be encouraging students to do their recording if they cannot do this at home.

Library Turtle Draw winners have recently been:

<u>ES1</u>	Temia McBride	ES1T	(Canteen voucher)
<u>Stage 1</u>	Dannielle McFadden	S1M	(Canteen voucher)
<u>Stage 2</u>	Ellie Barrett	S2V	(Book: The 52 Storey Treehouse)
<u>Stage 3</u>	Ace Medhurst	S3M	(Book: Macbeth)

Enjoy the holidays.

Best wishes,

Penny Fahey Teacher-Librarian

LIGHTNING RIDGE PRESCHOOL PROUDLY PRESENTS THE 2015 PRINCE & PRINCESS BALLS

**Registration & Practice Day Monday 21st
September 11am at the Lightning Ridge
Bowling Club. (No entries after this date!!)**

**Mini Micro & Micro Prince & Princess Ball
Tuesday 22nd September.**

**Mini Prince/Princess & Opal Princess
Wednesday 23rd September.**

\$25 per Entrant

Doors open at 5:30pm for 6pm start

\$5 per head or \$20 per family

Entry forms available from Lightning Ridge Preschool.

Theme: Winter Wonderland. Enquiries call Tamen 68290626





Primary Student of the Week

Week 9 S1W

Quintin Bolton-Cubby

Quintin has received this award for being a hardworking student who always strives to complete Quality Work. He always encourages, supports and helps others when needed. Quintin is eager to come to school everyday and has a positive attitude towards all aspects of his learning.

Congratulations Quintin!



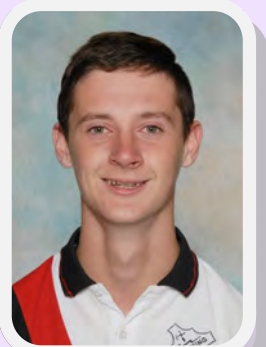
Primary Student of the Week

Week 8 S2F

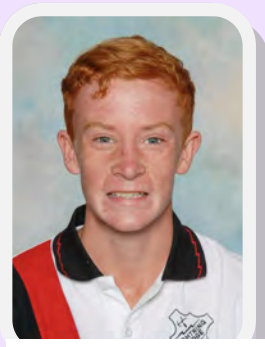
Bryce Abel

Bryce is an enthusiastic and optimistic member of our class. He gets involved and has a go on the sporting field, in class, and with extracurricular activities. Bryce practiced hard and achieved a great result in the Bookweek Oral Reading Competition. Bryce was a wonderful addition to the Dubbo Excursion, helping other students and showing people how Lightning Ridge Students behave in public. He has been a regular member of the ukulele club, and he gives his work in class the focus and attention it deserves. Well done Bryce!

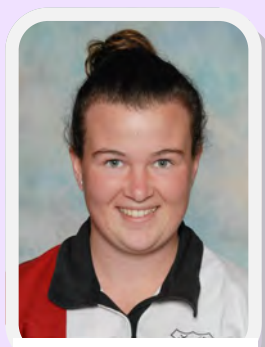
Secondary Students of the Week *Week 9 Year 10 & 11*



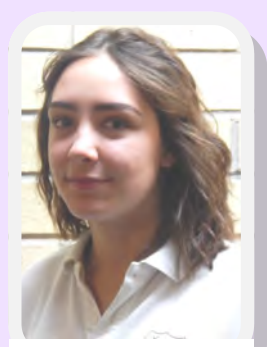
Nathan Lenord



Patrick Demaine



Jessi Smith



Tara Drew

Our Students of the Week for Week 9 have been awarded to recognise their actions out in the community. These four students assisted in saving the life of an unconscious man by helping his wife pull him out of the bore baths, putting him in the recovery position, calling an ambulance and reassuring the wife and patient. Well done for being such responsible, mature and level-headed individuals in an emergency!

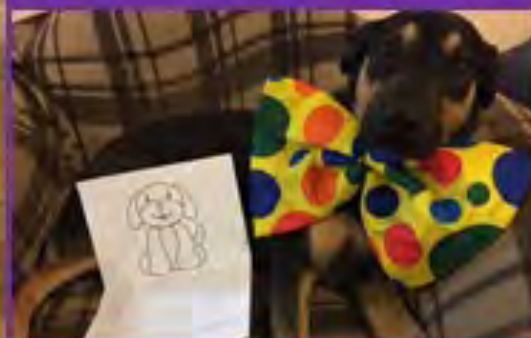
S1M Stage 1 report



S1M went on a treasure hunt after learning all about pirates.



S1M attended the opening of the Child and Family centre. We had a lot of fun participating in all the activities.

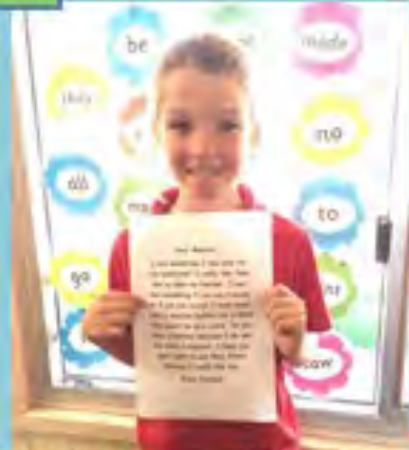
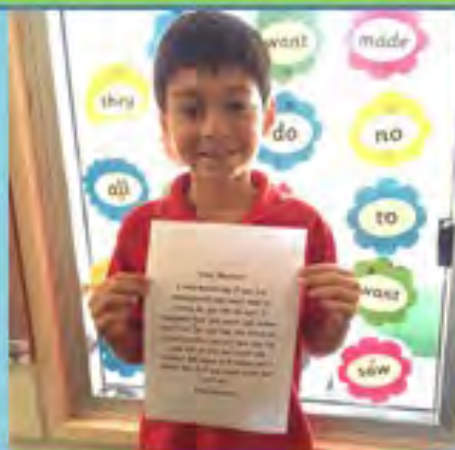
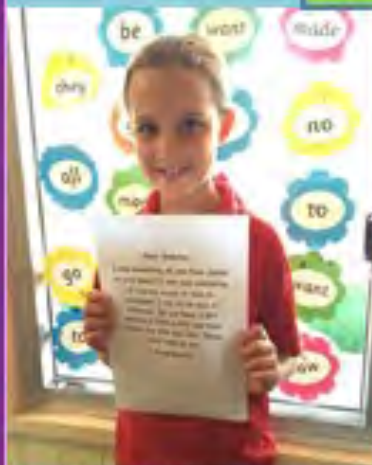


In S1M we have been focusing on letter writing. We have been writing letters to Miss Molly's dog, Vinnie. If we produce quality work he sends us replies.

S1S Stage 1 report



S1S have been learning lots of new skills at gymnastics.



After reading the book 'a monster wrote me a letter' we wrote letters to monsters.



We created individual pieces of art based on our Term 3 chapter book 'Fantastic Mr Fox'.

Hospitality

Non-alcoholic beverages and espresso art.



SECONDARY STUDIES

FOOD TECHNOLOGY

Year 9 & 10 students have been preparing, cooking & presenting foods from a range of countries during this Term. Here are some pictures of the foods they cooked.



PDHPE

Another busy and productive term at Lightning Ridge Central School is coming to an end. Here is a recap of what has been happening in the PDHPE faculty.

Stage 4

Assessments have been handed out to all students and are now due for submission.

This involved a power point presentation on Lifestyle Diseases and covered such areas as treatment, how you can lead a healthy lifestyle and who you can turn to for assistance.

This is a vital focus area for students due to the fact that Australia has a significant issue with Obesity from high fat / sugar diets and not nearly enough exercise. Cardiovascular Disease is also a major concern in this country and can also be linked to excessive alcohol consumption and stress.

It is important that the community of Lightning Ridge Central School understands the importance of adequate nutrition and a regular movement to assist in sound overall health. Remember we all can still enjoy our treats on occasion. The key like anything is balance and a simple tip is to enjoy a wide variety of foods and not too much of one thing.

Stage 4 will also be commencing Dance in Term 4 for practical activities so come prepared to have fun and enjoy the fantastic exercise that Dance is. This is a vital sport as Dance is something that stays with us for the rest of our lives. Events such as 21st birthday parties and weddings all include Dance or perhaps we may decide to join Dancing with the Stars!

Footwear

It has come to the attention of the PDHPE staff that a number of students are wearing footwear that while may look trendy, offers no support for sporting activities. Shoes with little or no support increase the incidence of injury and places significant stress on the whole body not just the feet. We encourage students to think about the shoes they are wearing from a health and safety perspective.



Stage 5

Assessments are also due this week. The PDHPE task looked at Smoking and Alcohol consumption which is an issue not just for our community but for the nation as a whole. In this assessment students looked at government advertisements regarding Quitting Smoking and minimising the damage that can be caused from excessive alcohol consumption.

Again, this assessment is a valuable tool for our students to understand how lifelong habits can form from experimentation / rebellion during the adolescent years.

Not only is alcohol and smoking dangerous to our health it can also have a significant impact on the wellbeing of the family unit. Not to mention the financial cost which is significant.

It is imperative that our students understand the benefits from leading a positive and healthy lifestyle.

Sun Safety

With the heat fast approaching we encourage our students to wear hats and sunscreen. This is an issue for all. Not only can wearing a hat and sunscreen reduce the incidence of nasty skin cancers, your skin will be very thankful down the track and suffer less damage.



Please make sure you are well hydrated with water being the best source of hydration.



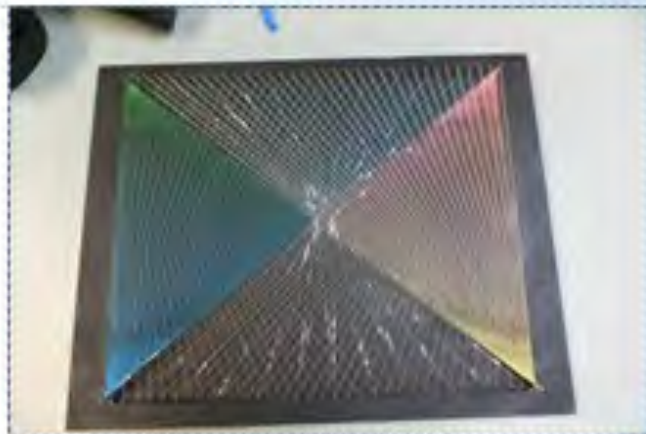
Mr Webb PDHPE / MATHS

I would like to thank the Lightning Ridge Central School community for making myself and my family feel very welcome. It is a pleasure to work with such a vibrant and professional staff.

As you could appreciate it is a significant change from Sydney and one that I am thoroughly enjoying. I look forward in time to establishing further positive relationships with the Lightning Ridge School community.

Year 8 Mandatory Technology

This term half of Year 8 are completing a Technology unit on Design. Students began with a recycling exercise where they had to create as many useful items as they could using a plastic milk bottle. Each product was marked by the whole class and students were rewarded for ingenuity, attractiveness, functionality and the number of products they made from one bottle. The articles made ranged from door stoppers to funnels and measuring cylinders and also included watering devices and money boxes.



Students then chose a design project. They all decided to complete a string art project and after researching various templates, many decided to design their own patterns. All of the class have been thoroughly engaged with some students choosing to take it home to work on in between lessons. Most are now almost finished and the quality of their work has led to some high weekly marks for their design, execution, colour choices and work ethic. The final lesson will see the students involved in both peer and self assessment of their work.





WELFARE



INDIVIDUAL MENTORING

This term 40 students have been involved in Individual Mentoring 3 days a week during Roll Call. Twenty students from Year 7 and Year 8 have been paired with an equal number of Year 9 and 10 students to give them someone older that they can form a closer bond with and help them with a range of topics from self esteem to team work.

Two mornings have been devoted to theory based activities or sharing time while each Wednesday morning a team based sport or practical activity has been held in the Gym. The benefits for both the Mentors and those they have worked with have become obvious with increased leadership skills and increased confidence for those in Years 9 and 10 and greater attendance during Roll Call and someone older they can go to for those in Years 7 and 8.

Parent Teacher Interviews



A successful Secondary Parent Teacher afternoon was held last Tuesday in Q block. Many parents were able to discuss the progress their child or children were making and it was great to see several students also involved in the interviews this year.



Stage 5 Child Studies

This term the Year 9/10 Child Studies class has been completing a unit of work called "Growing Pains". Throughout the term they have explored the major milestones associated with children from 0—5 years and learnt about the wide range of influences that can affect a child's growth and development. They have studied cognitive, motor, social/emotional and language development in both practical and theoretical ways and devised development tests that they were able to conduct on ES1G.



The students have been most fortunate this year to share Necia's pregnancy and Levi's growth!

Students were also able to assist with Literacy sessions and made a reading cubby for ES1G for Book Week.



The class studied the influence that nutrition has on growth and development and prepared food for a 5 year old's birthday party which they peer marked and also shared with ES1G.



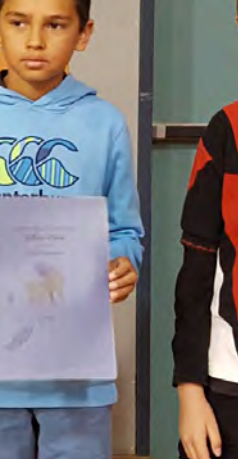
SPORTS ASSEMBLY

Places and Age Champions

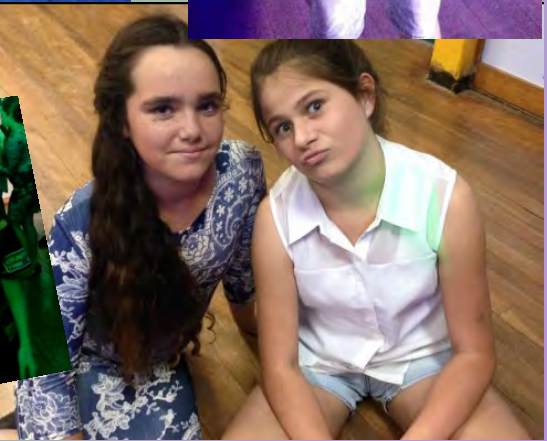
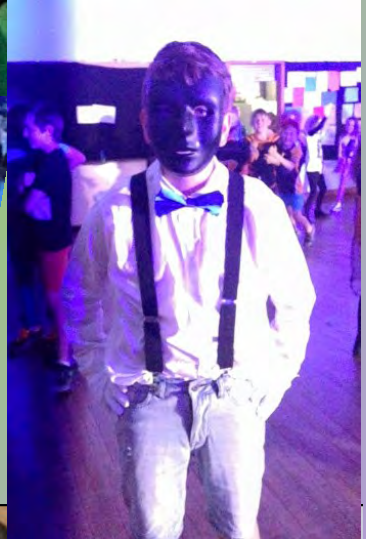
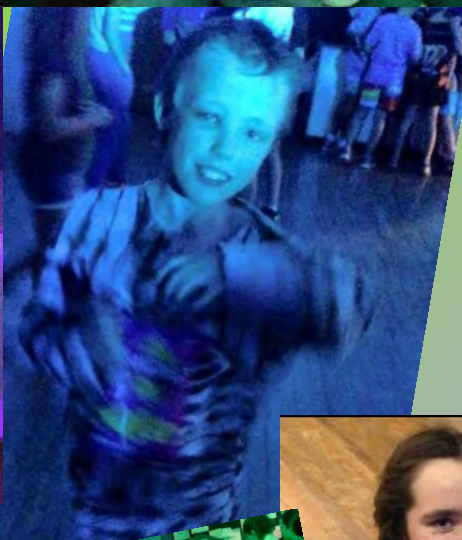
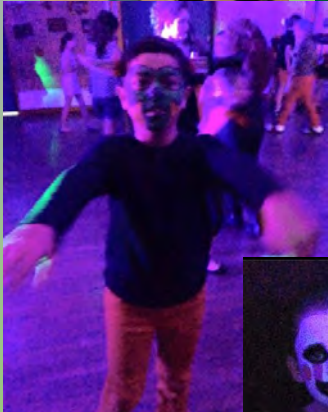


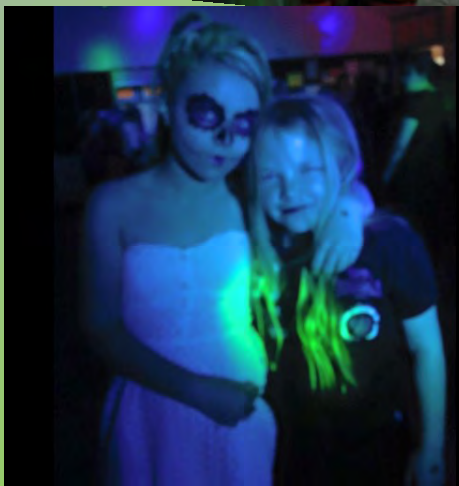
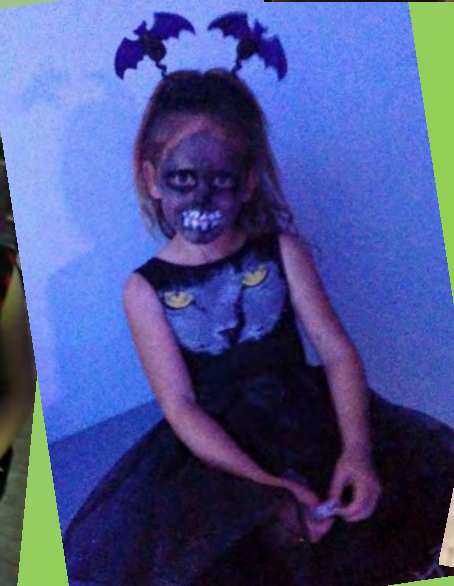
North West Diving Representative badges





Freaky Friday Disco





Workplace Support Skills

*Providing employees with essential support skills
for work and everyday life*

Do you come in to contact with distressed persons within your workplace? Would you like to be able to deal more effectively with stressed clients and difficult conversations? Would you like to know more about how and where help is available for mental health concerns?

This **3 hour short course** will cover:

- stress—impacts and coping techniques
- effective communication skills
- delivering unwelcome information
- how to deal with an angry or distressed person
- signs that a person may be struggling with their mental health
- seeking and providing help
- available mental health services
- how to look after your mental wellbeing

When: 12th October, 2015

Time: 10.30am

Lightning Ridge Aboriginal Integrated Child and Family Centre

Where: Lot 95 Pandora Street

Lightning Ridge NSW 2834

6th October 2015

RSVP: Ellie Blanch (RAMHP Coordinator) 0477 343 628

Ellie.Blanch@hnehealth.nsw.gov.au



Centre for
Rural & Remote
Mental Health



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA



NSW
GOVERNMENT

Health

SPORTING EXCURSIONS

GOODDOOGA INDIGENOUS GAMES

On the 6th of August we had 10 students head out to Goodooga for the Indigenous Games. Our students were placed into different groups and competed against each other. Groups were awarded points for winning and for fair play. Our students had a great day.



RONNY GIBBS

Leaving very early in the morning, we arrived at Bourke at 10:30am. We had an Opens and Under 14s Netball Team (Girls) and a Boys Opens Football team. The Under 14s Netball team won several of their games but it was not enough to make the finals. The Open Football team narrowly missed being in the finals too, losing out to their arch nemesis, Bourke.



BREWARRINA GIRLS IN UNION

We took 14 girls to Brewarrina to be part of a training and play day for Rugby Union. Brewarrina, Walgett and Lightning Ridge girls were separated into 2 Opens and 2 Under 15 teams with players from every school mixed onto each team. In their teams they were run through safety aspects, skills and drills, and played 2 games each. The day was very successful and the girls and schools would like to meet again.



FIRST TIME LODGING YOUR TAX RETURN?

The easiest and fastest way to lodge your return is online.

Follow these simple steps

1

Make sure you have your tax file number (TFN) handy and one of the following documents:

Your birth certificate, passport
or citizenship certificate.



Create a myGov account

(See my.gov.au for more info)



3

Call the ATO on 13 28 61
and press 5 at the prompt
to get your unique linking
code to verify your account.



In myGov, go to the Services page
and link to the ATO.

Select 'I have a linking code' and enter
your linking code when prompted.

4

SERVICES

5

From 1 July, lodge your
tax return online.

(See ato.gov.au/lodgeonline)



When are tax returns due?

You have from
1 July to 31 October
to lodge.

Keep track of your tax and super by
downloading the free ATO App

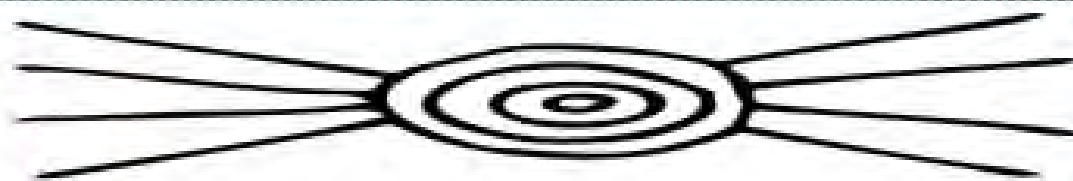
Download on the
App Store

Get it on
Google play

Download from
Windows Phone Store




Australian Government
Australian Taxation Office



Unveiling of Totem Poles

All Welcome

Lightning Ridge Pre-School

Pandora Street

10am–12pm

8th October 2015

Little Diggers Pre-School and

Childcare Centre

Kaolin Street

10am–12pm

9th October 2015



Community Animal Welfare Scheme



(CAWS)



Would you like to desex your dog or cat?

A low cost desexing program for the pets of
pensioners and low income earners
is coming to Lightning Ridge and Walgett

26 - 30 October 2015

DOG desexing – Female \$65, Male \$50
(Includes microchipping & vaccination)

CAT desexing – Female \$50, Male \$35
(Includes microchipping)

To register* your pet please contact:

**conditions apply*

Walgett Veterinary Clinic 6828 1090

Lightning Ridge Veterinary Clinic 6829 2199

Proudly supported by RSPCA NSW, Walgett Vet Clinic
and Walgett Shire Council



Kids Holiday Club



- When?** Mon 21st – Fri 25th September
9:45am – 1.30pm (lunch included)
- What?** Games, craft, bible stories, food, fun!

ALSO family BBQ & movie night
(Friday 25th, 6.00-8.30pm)

- Where?** Community Church (13 Morilla St)
- Who?** Kids years K-6 (evenings for the whole family)
- Cost?** Free!
- Contact?** David Piper 6829 0597.

Is it a safe place for our kids?

A guide for parents.

As a parent or carer you play an important role in making sure your kids are spending time in places that are safe. This guide will help you look out for 'child safe' places.

What is a 'child safe' place?

Child safe means making sure the place where our kids spend time is safe from neglect, physical, sexual or emotional harm or abuse. A child safe place will have rules that are set up to make sure our kids are kept safe.

Parents have a right to know who is working with their children.

It is your business to know who is working with your children. Every day kids around NSW spend time with adults outside of their home. This can be at places like a sports club, youth group centre, or a drama studio. As a parent or guardian you need to understand what organisations should be doing to keep your child safe.

It is the law that people who work with your children including many tutors, nannies, coaches and counsellors have a current Working With Children Check. However, there is much more an organisation can do to keep kids safe.

Understanding the Working With Children Check.

In NSW all people who are working with your children (as well as a number of volunteers) need to have a current NSW Working With Children Check clearance number.

Some people don't have to get a Working With Children Check number, such as a parent that volunteers in an activity that involves their own child e.g. a sports coach. The Check provides either a clearance or a bar to work with children.

It is a crime for a person with a bar to work or volunteer with children.

How do you know they have a Check?

Parents and guardians are now able to 'verify' if the person working with their child (under 18) has a Working With Children Check. When we say 'verify', we mean parents can check online.

By checking online you will instantly see if the person is allowed to work with your child. Also, if they become a 'barred' person we will let you know. You will however need to know their details, including their name, birth date, application or clearance number.

What parents can do.

Employers and organisations can check or verify online that their workers or volunteers have a current Working With Children Check clearance number. So you don't need to check a person who is employed but if your child has a coach or tutor that you pay directly you can go online to verify a Working With Children Check.

How to verify a WWC online

To verify, follow these simple steps:

- STEP 1** Ask the person who works with your child for their surname, date of birth and WWCC or APP number.
- STEP 2** Go to www.kidsguardian.nsw.gov.au/check and click on this blue button:
- STEP 3** Under Verify, click the Individuals (e.g. parents) Verify button.
- STEP 4** Complete the form, including the reason why you are checking the person (e.g. sports coach, dance teacher etc)
- STEP 5** Click **Submit**.
- STEP 5** You will receive the outcome by email.



What should I look for when choosing a safe program for my child?

It's always good to become familiar with the places where your children spend time. A Working With Children Check is important but its only one part of what should be done to make a place 'child safe'. When choosing a service or program for your child it's important to ask questions of those in charge so they can tell you what they do to keep kids safe.

For example, do staff have the right qualifications and training? What type of training, ongoing support and advice do workers receive about creating a child safe environment? Does the organisation involve the parents and children in the decisions that affect them? How does the organisation respond if there is a complaint or allegation?

It's also important to ask your children about their experiences and let them know you are interested in what they do. Talk about safe behaviours and teach them to talk to you so they can tell you if they ever feel scared, worried, upset or uncomfortable.

Some questions that may help to start the conversation include:

- ◆ What do you like most about the service?
- ◆ What don't you like?
- ◆ Does anybody make you feel happy?
- ◆ Does anybody make you feel sad?
- ◆ What makes you feel safe?
- ◆ What makes you feel scared?

To find out more about child safe organisations go to:

www.kidsguardian.nsw.gov.au/childsafes
or contact us on (02) 8219 3600

CANTEEN NEWSLETTER

Please note that Term 4 Menu will have some changes due to the warmer weather, a few items will be deleted until next winter and a few items added during the summer months, please find listed below deleted and new items for next Term.

DELETED ITEMS: : Chicken/Beef Gravy rolls

: Macaroni Cheese / Potato Bake

NEW ITEMS : : Banana Bread 75g - \$2.50ea (available now)

: Assorted frozen fruit

: Nacho Dippers - \$ 4.40ea (available now)

Listed below items that need to be pre-ordered: (items that cannot be bought over the counter at recess and lunch).

Chilli Tender Mayo wraps

All salad wraps (some available to buy over counter next term)

Nacho Dippers

Salad boxes or bowls

There is always an assortment of sandwiches, rolls, chicken or beef burgers, chicken or beef gravy rolls etc, available to buy over the counter. Always best to pre-order if you want make up items.

Please note that icecreams are only available to buy or order at Lunch.

The only day of the year Canteen will be closed is PRESENTATION DAY, (date will be available Term 4 newsletter), we are always opened until the last day of Term 4.

The Canteen follows the Fresh Tastes guidelines, set out by the Canteen Association, 2 RED days are allowed each Term (confectionary items etc.), most of the Menu is made up of GREEN or AMBER. The Canteen tries to cater for all tastes.

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

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 9.30am 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. Roller doors will be closed. Students will not be served outside of Recess & Lunch 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!

Have a great holiday!

Thankyou,

Susan Chapman