

LIGHTNING RIDGE CENTRAL SCHOOL



Principal: Mr Kerry Adamthwaite

Secondary Deputy Principal: Darren Ball

Term 3 Week 10 2016

PO Box 294, Kaolin Street
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From the Principal's Desk



Ridge Kids can do anything! -We have well and truly proven it in Term 3

Year 12 – Good luck with your HSC Exams

With term 3 nearing an end it is almost time to say goodbye to our current crop of year 12 students. The individuality of year 12 students is apparent every year and this year 12 is unique. Over the years I have watched these students grow up and mature into the young people we have before us today. It was touching to read a letter from one year 12 student who apologised for years of appalling behaviour and rudeness and thanks staff for being so tolerant, so thoughtful and for never giving up on him. That young man will go forward into the world and I'm sure will make a success of whatever he attempts. Just one story from an amazing group of students all different, all with their own story to tell about their journey growing from a small child into a young adult. We wish them all well and look forward to seeing them again further along the journey as they see themselves settled into a career and perhaps establishing their own family.

School Captains

As one group leaves another group will step up and fill the void left by their personalities. Our current year 11's transition into their HSC year from the start of next term. I'm sure they understand the importance of achieving their very best during that HSC year to give them the best possible start for their future. Although it may seem hard and although they will need to give up some of the things they enjoy to find the time to excel in their education one year is but a tiny drop in the ocean compared to lifetime ahead of them and they must never lose sight of that fact.

Term 3 2016

WHAT'S COMING UP

SCHOOL HOLIDAYS
25th Sept– 10th October

CAPA NIGHT
19th October 2016
Adults \$5
Child (under 15) \$2

Grandparents Day
28th October 2016
(bring in chicken wish bones and paper rolls)

Stage 2 Camp
Lake Burrendong
2nd –4th November

School Spectacular
25/26th November 2016
Sydney Olympic Park

Tell them from me survey:

<https://nsw.tellthemfromme.com/lrcs216>

- Takes about 15 mins
- Can be completed more than once if you have more than one child
- Let us know your thoughts

From the Principal's Desk.....continued.

They become the leaders of the school and other students look up to them and whether they like it or not that is what happens and that responsibility will fall to them. I have great faith in these students that they will lead our school in the right direction and set a very positive role model for all those younger. We have successfully elected a new team of school captains and they are:

Captains: Rylan Simms and Penny Loiterton.

Vice captains: Camille Babar and Chloe Buckley

I have every faith in these students ability to fulfil their responsibilities school leaders and believe they will represent students and Lightning Ridge Central School exceptionally well in 2017.

Writing Camp.

Miss Dove organised a writing camp in Baradine which saw students from Lightning Ridge Central School working with students from Fairfield High School. The difference between the backgrounds of the students is enormous however the 2 groups became instant friends and worked hard over the week and produced some stunning writing. Miss Dove is very proud of the results our students achieved and the way in which they befriended the Fairfield students who come from such a different background. Well done Lightning Ridge kids and Miss Dove.

Stage 3 Excursion

Late last week on a cold and rainy Friday night a group of very tired and dishevelled stage 3 students and the teachers who had been with them all week returned from Lake Ainsworth. Although they're just spent about 12 hours on a bus after a week of hectic activity the students loved every minute of it. The learning that occurred was outstanding and the behaviour of our chilled children was as expected wonderful. It was great to have the opportunity to speak to some of the rain soaked parents who came in to pick up the children and to hear how excited they were to have their loved ones back it was also terrific to see the students greeting their families on their return. I'd like to thank the staff who organised and gave up a week of their own family life to support your children in this amazing experience. Lightning Ridge is very lucky to have such dedicated staff, such supportive parents and such wonderful children. This doesn't happen by accident, it happens because of the work that everyone puts in to making our school great and making our children as wonderful as they are.

Student Safety

It is vital that every person entering our school sign in and explain their reason for coming into the school. This helps us maintain the safety of every student and gives staff the best opportunity to help all those people who come into the school. If you are on school grounds without a visitor's badge, please don't be offended when a staff member asked you to sign in at the front office or leave school grounds. This is Department of Education and our school's policy. We follow it to protect your children.

Medical Information

It could be a matter of life and death that we know about any medical condition that your child has. A few times we have had to deal with medical issues with children without being told that there was an underlying medical condition, in some cases quite serious, and its puts the safety of your child at risk. We will do everything we can to protect your child but if we are not told of a potential risk we can't prepare for it. **It is essential that we are informed about any existing medical condition eg Allergies and Asthma etc and any changes to medical circumstances of the student.**

RIDGE KIDS CAN DO ANYTHING!!!

If you have a child with a medical condition or a medical condition that has changed, please contact the school and update this information on our school system.

Visits by ex-students

Students from other schools will not be allowed to enter our school between 8:40 and 3:00 to visit our students. Many private schools close down a week or so before we do and allow the students to go home while we are still hard at work. This is not a time for those students to come in and interrupt learning of Lightning Ridge Central School students who are still actively engaged in their lessons. Our school is a place for learning and the place for socialising with your friends from other schools is outside of school after school has finished. Please do not be offended when we tell children that they are not welcome to come and interrupt our lessons.

As always if you would like to contact me for any reason I'm always happy to talk to parents to hear their concerns or their compliments but it is much easier when an appointment is made.

Lightning Ridge Central School Presentation Day 2016

This year's presentation will be held on December 9th. We currently have 400 students enrolled at the school and 2 students in each class/subject receive a book prize to the approximate value of \$30 each. The Kindergarten children each receive a book to commemorate their first year.

Any donations towards our Presentation Day would be greatly received. If you would like to donate you can do this online at www.lightningr-c.schools.nsw.edu.au Click on "Make a payment" and follow the prompts or via mail to Lightning Ridge Central School PO Box 294 Lightning Ridge 2834.





Library News

Hello,

This will be the last newsletter of Term 3. It has been a wonderful term and I have enjoyed the enthusiasm of the kids during Book Week and also the interest in the Children's Book Council of Australia shortlist books.

We had the Meerkat Performance of 'Mr Huff' last week for K-6 students in the gym. Two actors acted an interpretation of the story "Mr Huff" by Anna Walker and the performance went for an hour with questions asked at the end. Students and staff really enjoyed the actors making them laugh. This was a school funded opportunity for all K-6 students and we have already booked for a 2017 performance.



Miss Press and her class were enjoying the performance of Mr Huff in the gym.



Billy (actor) with Mr Huff

The Term 3 Reading Challenge had 29 students complete the challenge this term with Quenisha Walford being our Term 3 Champion, having read seventy books. Krystal Allen who is replacing Kerrieanne for a while did the catering and a kindy student said to me, "I'm going to do the Reading Challenge next term too. This is the best party."

I recently went to the WATL (Western Area Teacher Librarian) Conference in Dubbo. I have been on the committee for a number of years and am involved in the organisation of this Conference. The keynote speakers were varied: one a Teacher/Librarian who spoke of how she makes the library a big part of the school and another an author who shared his story of becoming an author. The workshops that I attended were Good Reads for year 3-12 (a Presentation of the latest and best books) and Makerspaces (a Presentation of ways to use furniture)

At the Conference I wrote down two quotes to share with you:

"The best way to improve NAPLAN results is to read for pleasure." and ***"Children who know adults who read for pleasure take it for granted that reading is good."***

I have told the students many times about our town library. Perhaps you could visit with your children in the holidays. The library also has Children's programmes after school on Wednesday and Thursday.

Town library opening times are:

Tuesday 9am-2pm

Wednesday 1.30 –5.30pm

Thursday 1.30-5.30pm

Friday 9am-1pm

Saturday 9.30am –1.30pm

Overdue books: It is good to see some students have found their books, but there are still too many who receive overdue notes on a regular basis.

Penny Fahey Teacher-Librarian



Lightning Ridge Central School

Respect · Responsibility · Pride



Dear Community Members,

PRESENTATION DAY 2016

The Lightning Ridge Central School Presentation Day will be held on Friday 9th December 2016 at 9.30am in the school gymnasium.

We would like you to consider making a donation for our students. We have 400 students enrolled and two students in each class/subject receive a book prize to the approximate value of \$30.00 each. Students in Kindergarten each receive a book to commemorate their first year at school.

Cash/cheque donations for Presentation Day would be gratefully received. Donations can also be made online at www.lightningrc.schools.nsw.edu.au. Click on "Make a Payment" and follow the prompts to make a payment via Visa or Mastercard. Access to this option is also available via the school's Facebook page. All donations can be made either anonymously or with full public thanks.

To properly organise the awards for Presentation Day, it would be helpful if your donation could be made by 31st October 2016.

Donations may be sent to:

Lightning Ridge Central School
PO Box 294
Lightning Ridge 2834

Yours faithfully,

Kerry Adamthwaite
Principal

Please find enclosed cheque/cash for \$ _____ being a donation towards the 2016 Lightning Ridge Presentation Day Awards.

I/We do not mind being publicly thanked for our donation

☐

I/We wish my/our donation to be made anonymously

☐

Signed

.....

Name

Organisation

Address

K-6 Awards Assembly







FRED HOLLOWS HUMANITY AWARD

The Fred Hollows Humanity Award recognises Year 6 students from the ACT, NSW, VIC & TAS who are following in Fred's footsteps by making a positive difference in their community. Whether it's volunteering, raising awareness for a cause, or simply showing compassion for others, no act is too small to celebrate.

Fred used to say that the greatest attribute of human kind was our ability to help one another. This award recognises students who reflect this value in their own lives.

- Gabi Hollows, Founding Director.



Kiarta Seal – Lightning Ridge Central School

Kiarta is a quiet, compassionate, and considerate young lady. She is responsible and reliable in supporting her family, doing household chores and caring for her younger family members. Within her school, she capably manages groups of younger students, working as a peer leader and group leader at the annual athletics carnival. In 2018, Kiarta is hoping to travel to Nepal to work with underprivileged students. Kiarta has an incredible work ethic, and when she is given a responsibility, she works above and beyond what is expected of her. Kiarta is happy to take on any job given to her.

Congratulations to Kiarta Seal for being recognised for such an amazing award.

Lost Property

Please check the lost property at the office or classroom for your child's missing clothing. There is also a lot of lost property from the lake Ainsworth excursion.

Hit them hard.

There are many chemical products on the market. These can be both appealing and revolting to parents. Many parents don't like the idea of using strong chemicals on their children's skin, while others feel reassured that the chemicals will do a thorough job.



More Natural

You will find that there is a good selection of natural products available too. Many of these contain essential oils and pyrethrum. These products



usually need to be left in the hair for longer and may need more than one treatment.

How to get rid of Head Lice

In 5 easy steps



Home Remedies

There are plenty of old home remedies around and everyone has one they swear by. Fortunately the ingredients found in many "nit killing" home remedies can be found in your cupboards.

Popular recipes include tea-tree oil, eucalyptus oil, vinegar, olive oil, orange oil and lavender mixed with a thick conditioner.

Making it hard

While your child has nits (the eggs) spraying the hair with hairspray or combing hair gel through the hair makes it hard for the nits to attach to the hair shafts.



Conditioner treatment

Apply a thick white conditioner and using a nit comb, section the hair and carefully comb, this is essential in getting rid of the nits and the lice. Remember to wipe the comb after each swipe. Keep combing until you can't see any more eggs. Do this again in 7 days.



The library Turtle draw has been won recently by:

Week 8

ES1 Martin Babic (Joeys)

Stage 1 Dylan Worley (Yin.ga)

Stage 2 Millie Lehman (Hollows)

Stage 3 Shelby Davis (Bokhara)

Week 9

ES1 Daniel Piper (Puggles)

Stage 1 Isaiah Seaton (Yin.ga)

Stage 2 Kealee McDougall (Hollows)

Stage 3 Katarina Thompson (Narran)



WALGETT SHIRE YOUTH & COMMUNITY DEVELOPMENT TEAM AND YOUTH COUNCIL

Proudly presents



Holiday Program Grawin

26th -29th Sep - 4th-6th Oct

Date	Activity	Time	Details
Monday 26th 	Springtime Spectacular	9am-2pm	Seedling planting , take them home and watch them grow
Tuesday 27th	Games Day	9am-2pm	Individual Challenges & Board Games
Wednesday 28th	Express yourself	9am-2pm	Arts and Crafts Day 
Thursday 29th	Book Mania Scavenger Hunt	9am-2pm	Find the Clues in the books to win awesome prizes
Date	Activity	Time	Details
Tuesday 4th	Cook it up Life Skills Initiative	9am-2pm	Mega Health Munch Out
Wednesday 5th 	Motion Magic	9am-2pm	Make it and Move it Basic engineering tasks
Thursday 6th 	Kickback Movie Day	9am-2pm	Choose a movie to watch from the selection or bring a favourite to share must be PG



For more information contact Marilyn team leader Grawin 0428 341 834

Please note all young people attending must be enrolled



engaging our communities

WALGETT SHIRE YOUTH & COMMUNITY DEVELOPMENT TEAM AND YOUTH COUNCIL

Proudly presents




Holiday Program

26th Sep - 7th Oct

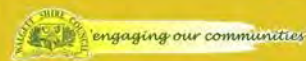
Lightning Ridge

Date	Activity	Time	Details
Monday 26th 	Springtime Spectacular	9am-2pm	Seedling planting veggie garden makeover 
Tuesday 27th	World of Sport Games Day	9am-2pm	Play games from other countries
Wednesday 28th 	Express yourself	9am-2pm	Arts and Crafts extravaganza
Thursday 29th	Brainiac all about me day	9am-2pm	Complete individual Challenges, 
Friday 30th 	Festival Day Lions Park	9am-2pm 	Face Painting, Arts and Crafts, Novelty games and much more
Date	Activity	Time	Details
Tuesday 4th	Cook it up Life Skills Initiative	9am-2pm	Mega Health Munch Out
Wednesday 5th 	Water Wars	9am-2pm 	Outdoor Water Races Beat the Clock Team and Individual 
Thursday 6th	Scavenger Hunt Lions Park	9am-2pm	Work out the clues find the items and be crowned the winners
Friday 7th 	Kickback Picnic Day	9am-2pm	Billycart bash, gumboot toss and other fun games.

Please Note: All activities will be held at Spider Brown Oval due to works on Ella Nagy Youth Centre. If raining activities will be at the Lightning Ridge Library.  Lightning Ridge Child Protection, White Balloon day event may be implemented during the Holiday program, time and Date to be advised



For more information contact KylieTeam Leader Lightning Ridge 0412805322
Please note all young people attending must be enrolled





Every Day COUNTS

Absentee Note

Please return this note to the school **within 7 days** of absence

Lightning Ridge Central School PH: (02) 6829 0511

Student's full name: _____ of Class: _____

Was/ will be away from school on.....

The reason for absence is: (Please tick box)

- | | | |
|---|--|---|
| <input type="checkbox"/> Sickness | <input type="checkbox"/> Wet roads | <input type="checkbox"/> Another reason which I will talk to the school about |
| <input type="checkbox"/> Visit to doctor | <input type="checkbox"/> Family business | |
| <input type="checkbox"/> Visit to dentist | <input type="checkbox"/> Family holiday | |
| <input type="checkbox"/> Royal Far West | <input type="checkbox"/> Rep sport, Regional or State carnival | |

Signed.....(Parent/ caregiver)

Date.....

Office use
Entered <input type="checkbox"/>
SAO Initial.....



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Date.....



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Entered <input type="checkbox"/>
SAO Initial.....



Lightning Ridge Central School

Term 4



	Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
October	1	10 School starts back today	11	12	13	14	15	16
October	2	17	18	19 CAPA Night	20	21	22	23
October	3	24	25 P & C Meeting	26	27	28 Grandparents Day	29	30
October / November	4	31	1	2	3	4	5	6
				Stage 2 Lake Burrendong Excursion				
November	5	7	8	9	10	11	12	13
						Mid Term Break		
November	6	14	15	16	17	18	19	20
November	7	21	22 P & C Meeting	23	24	25	26	27
November / December	8	28	29	30	1	2	3	4
December	9	5	6	7	8	9	10	11
December	10	12	13	14	15	16	17	18
				School Holidays		School Holidays		
December		19	20	21	22	23	24  Xmas Day	25  Boxing Day
		26	27	28	29	30	31	1
		School Holidays		School Holidays		School Holidays		School Holidays

First day back in 2017 is Monday 6th February

Hi Everyone,

My name is Chistie Pacey and I am the new Personalised Learning Support for Aboriginal Students Tutor. I will be working with year 4-8, helping out within the classrooms. I have **approximately 17 years experience in children's services and education**, including previous experience as a Norta Norta Tutor. Some of you might remember me from previous roles here at Lightning Ridge Central School. It's a pleasure to be back.



Cheers



Secondary Student of the Week Week 9 Year 8 Callum McLennan

A quiet achiever who applies himself to his work in all his classes. Keep it up Callum.



Primary Student of the Week Week 9 S2O Parker Bevan

Parker is a kind and thoughtful student who is well respected by his peers. He has a mature attitude towards his school work as he consistently tries his best in all KLA's. Well done Parker!



Primary Student of the Week Week 10 S3C Ellie Barrett

The Student of the Week from 5/6 Culgoa is Ellie Barrett. Ellie is a kind, sensible and conscientious young lady who always greets me with a smile every morning. She always applies herself to all tasks that are set and strives to overcome any challenging situations in the classroom. Ellie produces high quality written work and is an example to her peers. She consistently contributes to classroom discussions and is always a lovely helper when it comes to tasks that I need help with. Congratulations Ellie on gaining Student of The Week Term 3, 2016. I look forward to continuing to teach you in 2016. Miss Menz



Secondary Student of the Week Week 8 Year 7 Cliff Petersen

Nominated for good behaviour, consistent application and a high standard of work in all subjects. Well Done Cliff!



Primary Student of the Week Week 10 S1B Laitori Boney

Laitori is a friendly and dedicated student who always tries her best. She eagerly participates in all class activities and is the first to volunteer to help others. Laitori is always considerate of her peers by making sure they feel included both inside and outside of the classroom. She consistently follows our school turtle goals and is a valued member of our class. Well done, Laitori!

YEAR 8 MANDATORY TECHNOLOGY

During Term 2 Year 8 students completed a unit of work on design, they had to develop a design which was used for string art and then complete the project. Below is a sample of their projects– don't they look awesome!!!



YEAR 8 MANDATORY TECHNOLOGY

During Term 3 Year 8 students completed a unit of work on designing their own café. Students had to plan a menu, design advertising and cost out a food from their menu. Students then selected a food from their menu to prepare, cook & present just like in a real café. Below are a few photos of their creations.





Grandparents/Grandfriends Day

at Lightning Ridge Central School

Friday 28th October

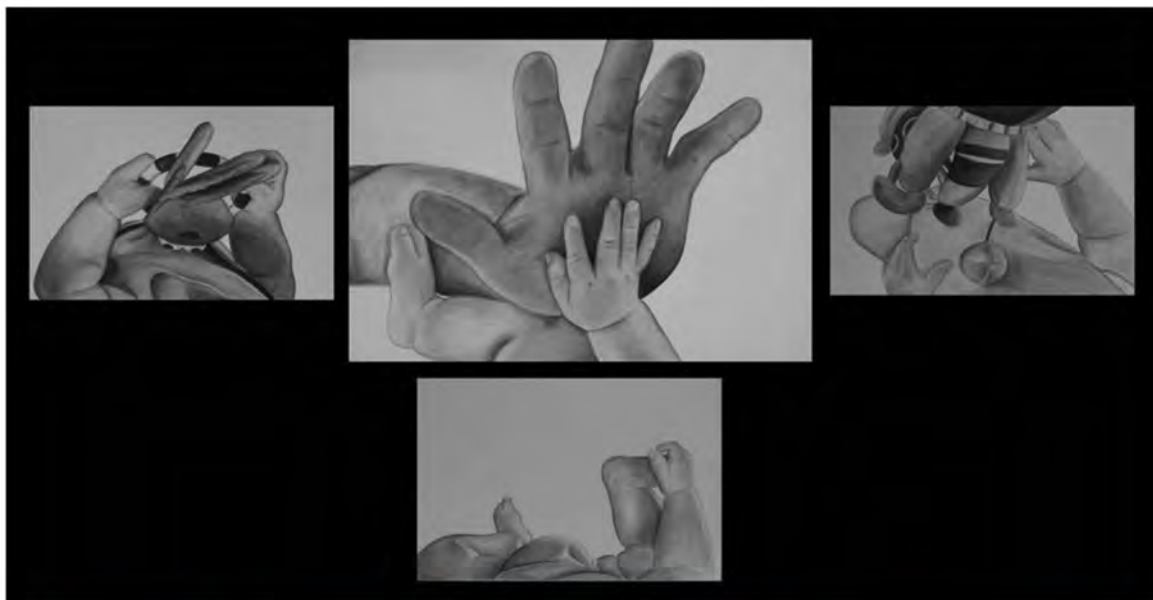
11.00 to 2.55

RSVP 20th October

on 68 290 511

“Celebrating the contribution that our older generation makes in our Lightning Ridge Community”

Genevieve Peady—
“Forgotten Perceptions,
Fleeting Memories”



Kayla Hobden “My Story”



Zalliah Boney “My Cultural Identity”



Zach Webb— “Hypnotic Timber Illusions”



Jessi Smith— “The Industry”



Tellulah Mahoney — "Peaceful Dreaming"



Muriah De Jong - 'Opal Dreaming'



Cristen Finne— "Faded Memories"



Tara Drew— "The Soul of the Fire"



Casey Rice Jones— "Live. Die Repeat"



Catherine Sisa— "Heightened Senses"

YEAR 12 Major Works

The Lightning Ridge Preschool

Proudly Presents The 2016 Prince & princess Balls

Monday 26th September

Registration & Practice Day at 11am at the Lightning Ridge District Bowling Club (no entries after this date)

\$25 per entrant

Tuesday 27th September

Mini Micro (3-5 years) & Micro Prince & Princess's (5-7 years attending school)

Wednesday 28th September

Mini Prince/Princess (8-12 years in primary) & Opal Princess (12-17 years in high school)

Doors open at 5:30pm for a 6:00pm start

\$5 Per head or \$20 per family of 5 people

Entry forms available at the Lightning Ridge District Bowling Club & Lightning Ridge Preschool

Enquiries call Lightning Ridge Preschool on 02 68290626



Lightning Ridge Rotary Trolley Dash

Winner announced on
November 27th at LRCS
After Member draw

Sunday 4th December
2016
9:00am

PURCHASE
YOUR
TICKETS AT
LRCS OFFICE

TERMS AND CONDITIONS
Maximum 2 of any item
The winner can nominate a



Khan's IGA
SUPERMARKET GROUP



LIGHTNING RIDGE



EVET TERM 3

Outdoor Recreation – Winter Program

At the beginning of this term, two of our Year 11 students took part in the TAFE Western – Outdoor Recreation Winter Program held in the Blue Mountains, Lithgow and the Snowy Mountains. Students spent 9 days bushwalking, camping, abseiling and cross country skiing in this continuers program. Students were required to attend the Outdoor Recreation Program held last year in preparation for this fun, and challenging course.

Year 10 students are encouraged to see Mrs Murray if they would like to enrol in the Outdoor Recreation course held next year or any other EVET course.

Opal Cutting & Polishing

EVET Opal Cutting & Polishing students have completed their final class. Many thanks goes to their dedicated teacher, Melissa Jones, for sharing her knowledge and expertise with these students.

Important Dates

**UAC Applications
due 30/10/2016**

**HSC Exams
start 13/10/2016**

**EVET Applications
due 23/10/2016**

**See Mrs Murray
for career
pathway support.
Make an
appointment
today.**

**NEW!!! LRCS
CAREERS WEBSITE &
FACEBOOK PAGE**

www.lrcscareers.com



[@lrcscareers](https://www.facebook.com/lrcscareers)



CAREERS

TERM 3

Opal Carving – Opal Festival 2016

Four students were fortunate enough to take part in a two-day Opal Carving Workshop/Display held at the Lightning Ridge Opal Festival. Students were under the careful guidance of stall holder, Justine Buckley of the Opal Bin. Justine kindly donated her time and equipment to show students the basics of opal carving. We would like to thank Justine and Lynne Carney for their continued support of our students.



Boomalli School Transition Project – Art and Fitness/Wellness Workshops

Boomalli School Transition Program offers participants support in their journey from school to work or further education/training. Students have taken part in a Journey Art Workshop with renowned indigenous artist, Nathan Peckham. Each student created their own personalized artwork throughout the whole day workshop.

More recently, students spent a half day with exercise specialists, Robert 'Gummy' Toomey and Kara Tremain. Students were run through boxing and fitness drills and discussed general healthy wellbeing.

Program coordinator, Shannon Barnes, is currently in the process of arranging more workshops and matching students to a mentor from an industry of their choice.



Stage 4 PD/H/PE “Balancing Act” and “Strike, Catch and Throw”

This term has seen some excellent participation in PE and some outstanding work in Personal Development theory lessons.

Congratulations to all students who have really put maximum effort in to their course this semester!

Page examples from 7/8 Rainbow
Drug Power point Assessment
Task. This term's unit of
"Balancing Act" has looked at
changes and challenges, drug use.

Classification of Marijuana

- It is also a hallucinogen. This means it can change your perception, mood, consciousness or make you see things that aren't really there.



MARIJUANA



By Brendan B. Brown, Editor

Description

Cannabis is a plant used to produce hemp fibre and a psychoactive drug (which means it changes your thoughts). It can look like dried herbs or flowers and can contain leaves or seeds, its colour varies from grey and green to brown. When it can be used in various different ways, it can be smoked when rolled up into a joint, or eaten, or smoked through a bong, or vaped, which filters the smoke better. Weed can also be put in food. While one of marijuana is a community can cause harm and financial issues.

Work Status:

- Plot
- Interest
- Career
- Money issue
- Death



Getting Information

- <http://www.druginfo.adf.org.au/drug-facts/cannabis>
 - You can go to a doctor or medical service to get information about it
 - Headspace <https://www.headspace.com>
- Provides information and counselling services for anything to do with drugs for 12-25 year olds and has centres all over Australia
- Australian Drug Information Network www.adin.com.au
- This website provides a directory of places where its possible to seek information and services for drug related issues
- National Cannabis Prevention and Information Centre www.ncpic.org.au
- Provides evidence based cannabis resources and factsheets, as well as a cannabis information help line.
- <http://www.health.gov.au/what-you-need-to-know> Student Version: Positive Choices Learning Resources National Drugs Campaign Website: health.gov.au

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- Australian Drug Information Network www.adin.com
- This website provides a directory of places where it's possible to seek information and services for drug related issues.
- National Cannabis Prevention and Information Centre www.ncpic.org.au
- Provides evidence based cannabis resources and factsheets, as well as a cannabis information help line.
- Booklet 'Illegal Drugs What you need to know' Student Version. Positive Choices Learning Resources. National Drugs Campaign Website. health.gov.au

Marijuana

- Cannabis is a weed and looks like a tree with broad leaves and small buds in the centre.
 - It can be smoked, filtered through water or inhaled using all manner of drug instruments it can also be eaten.
- It can also be used to make hash, hash oil, spliff or blow

GETTING INFORMATION

3. A Webpage

http://www.government.nsw.edu.au/media/downloads/crimtoolsdrug/leaping/yrk12todustreas/druged/leapwlluna_info.pdf

This website tells you how affects you, what marijuana is
the laws that relate to marijuana use in Australia.
It is easy to read and aimed at school students

Short term effects of marijuana

Marijuana trips you out. (makes you see things that aren't there)

- Loss of memory.
- It affects your co-ordination.
- It makes you hungry.
- It makes you energetic.
- It can make you feel sick (doughy)



DESCRIPTION

Street name:

- Weed: Mary Jane, Pot, Dope, grass

What it looks like

- It can look like dried herbs or tea. Sometimes it contains seeds or twigs. It can be grey, green or brown in colour.

How you live!

- Can turn it into butter to make cakes
- Can be liquidised and injected
- Can be smoked (most common way)
- Can be eaten off the plant



PHYSICAL EDUCATION

7/8 Rainbow and Pandora classes enjoyed a range of games that allowed them to improve their skills in sports that



Indoor Soccer



Volleyball



STAGE 5 CHILD STUDIES

The Child Studies students have been studying two modules of work this term. Firstly they learnt about Childcare Services and Career opportunities with children. As part of their assessment they all completed Work Experience at Little Diggers, Lightning Ridge PreSchool or at Lightning Ridge Central School

Work Experience



The second module they completed this term was Health and Safety in Childhood. Karnie Walford visited the class and through the use of simulated trauma dolls (foetal alcohol syndrome, a shaken baby and a addicted baby going through withdrawal after birth) the students were able to see for themselves and discuss the impact of trauma on young infants.



Trauma dolls



Lightning Ridge Central School

CAPA NIGHT

THE BROADWAY *Edition*

Wednesday October 19th

at 6.30pm

In the school gym

Loads of lucky door prizes throughout the night

Cost of Entry Adults (over 15 years) \$5 Children \$2

Tickets available on the night

Lake Ainsworth

Bike Riding at Lake Ainsworth.

At Lake Ainsworth one of the activities was bike riding. There was a big shed with all the bikes stored inside. After we got our bikes and helmets on we did a lap of Lakes Ainsworth, out the gate and we went for a ride around Lennox Heads, past lots of beautiful homes. We even went past a street sign with my last name on it. We all had a great time.

By Kiara



Bikes



Sailing at Lake Ainsworth

On September the 5th year 5 and 6 classes from Lightning Ridge and Goodooga went on a school excursion to Lake Ainsworth. There were lots of fun activities, but my favourite activity was sail-ing. At first we all thought it was going to be boring, we thought we would be waiting for ages to catch the wind but we were wrong! We actually caught the wind quite quickly and I (savannah) got a turn at steering the boat, it was so fun! Inside the boat there are little straps that you can put your feet under and lean back into the water and this was the best part!!!

Savannah

Beach Games

Beach games and Archery

Beach games were a great experience, to watch the sunrise over the ocean was the best. The sky looked beautiful. We had a choice of either touch footy or building sandcastles. We chose footy. At night games we had a chance to make new friends from the other school that was there. Awesome!

We did archery as one of our activities. We had to hold the bow and shoot the target. (we were NOT allowed to shoot anyone!! Hehe) As you can see by the photos lake Ainsworth was a great experience. A BIG Thankyou for the teachers for organising this wonderful excursion.



Lillia Taylor and Indi Tishler.

Lake Ainsworth

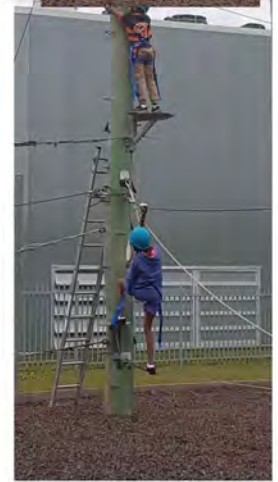
ROPES—Lake Ainsworth.

The ropes are like grappling hooks but you can move with the rope you are hook onto . There are 3 levels to this activity, only levels one and two are for kids. It's the funnest part there in my opinion. It was scary at the start but you got used to it.

Jacob M



ROPES



Orienteering



Sunrise over the ocean

Kayaking

Kayaking was a new experience for a fair few of us kids. I really enjoyed being on a kayak, but after a while it started to hurt around the shoulder blades. I was having so much fun I didn't really think about it though. After we went up the lake, we stopped to have some fruit, then went back on the kayaks, but this time we could go on a double if we wanted to. Kayaking was one of the best activities!!

Zoe I



Dab!

Baradine Writing Camp

Sunshine, poetry, daisy chains and campfire stories

The start of spring saw sixteen Lightning Ridge students from Stage Five and Six travel to Baradine on very wet roads to meet a group of eight students and their teacher from Granville Boys High School in Sydney's southwest. Students were joined at the writing camp by James Roy, the award-winning author who ran writing workshops at the schools in May this year.



On the first night, students got to know each other over a trivia night, followed by an impromptu game of spotlight in the grounds of Camp Cypress. For some Sydney students, it was the first time they had played this game. The trip was also the first time many had travelled more than an hour or two from Sydney.

The next two and half days gave students the opportunity to write

alone and in pairs or groups under the direction of James Roy. Students scattered around the campground and I found them half-hidden in daisy paddocks, perched on old logs and lounging in the old Roy Miller grandstand. Their writing was inspired by the peaceful natural surroundings, the mob of friendly horses and the freedom to explore old buildings and stands of trees. Students also wrote about their visits to the Pilliga Discovery Centre and Baradine Land Council, an astronomy night at the Warrumbungles





Observatory that was hosted by astronomer Peter Starr (I kid you not) and a bushwalk through the Sculptures in the Scrub.

On the final morning, students gathered around the remains of our campfire to read a piece of their writing. Beautiful descriptions of nature, tall tales of the dangers lurking in the Pilliga Forest, and stories about friends and families were shared. Some of the students had so quickly become friends that when home time

approached, we had to tear them apart. When I first started planning the camp some people told me that you couldn't bring two such different groups of kids together and expect them to get along. These kids surpassed our expectations with their friendliness and willingness to share their ideas and writing.

A big thank you to Mr Maclean and Ms Haverhoek for their help on the camp. We are looking forward to reading the final drafts of student writing, which will be published in a combined book with Granville Boys High School and launched in Term Four.

I'd also like to thank Carter Bevan, Xanthe Bryant, Leslie Cobb, Patricia Condino, Hollie Cooling, Ebony Gibson, Jake Guihot, Angus Hallett, Jake Henry, Abby Loiterton, Brae O'Keefe, Laura Pymble, Tenneccie Simpson-Carpenter, Hareem Sohail, Rodney Trindall, Trae-Michael Weldon for being part of this experience.



CANTEEN MENU TERM 3

SNACKS (RECESS & LUNCH)

Bnana Bread 75g
Snaps pkt BBQ/Tangy salsa
JJ'S chick/pizza/burger/s&v pkt
Grain waves sour crème
Gomes chocolate/Anzac bisc
Snac pac Chocolate 140gm
Yoplait yogurts vanilla/strawberry 175gm
Cheese sticks
Lite sara lee muffins choc
Popcorn

SANDWICHES (ROLLS EXTRA 40C)

\$2.50 Cheese
\$1.50 Cheese salad
\$1.00 Cheese & tomato
\$1.20 Ham cheese tomato
\$0.80 Ham or chicken salad
\$1.50 Ham
\$2.00 chicken
\$1.00 Ham & cheese
\$2.00 Chicken lettuce mayo
\$1.00 Egg lettuce mayo

HOT FOODS

\$2.60 Cheese & Bacon roll
\$3.60 Sausage rolls (lite pastry)
\$3.00 Travellers pies
\$3.60 Party pies lite
\$3.80 Chilli tenders
\$3.00 Garlic bread
\$3.00 UFO ½ roll cheese & tom sauce
\$3.40 Chicken strips per bag (6)
\$3.50 Chicken wedges (4)
\$3.50 Lasagne

Fun buns (plain or cinnamon)

\$2.00

Egg/curried egg

\$3.30

Egg & Bacon roll (pastry)

\$3.20

Tuna lettuce mayo

\$3.50

Pizza pocket

\$3.00

Fresh fruit banana/apples/oranges

(\$1.10-\$1.30)

Vegemite

\$2.20

Pizzas Ham pine or ham cheese

\$3.00

Fruit salad cups

\$1.40

WRAPS (WHOLEGRAIN)

Salad wraps

\$5.20

Chicken or Beef gravy rolls

\$4.80

Beefburger (lett/tom/cheese/beet)

\$4.20

Chick. burger (lett/tom/mayo/beet) \$4.00

Chicken /Ham salad

\$5.80

Nacho Dippers Spag. Bol. Sauce

\$4.50

Spring Water 600ml

\$2.00

Chicken lettuce mayo

\$4.80

Beef or Chicken noodles

\$1.80

Quench 10% juice blue/cola/pine lime/orange

Chilli tender lettuce tom avo cheese

\$5.60

Chicken strips ea. (replace nuggets) \$0.60

Apple raspberry

\$2.40

Tuna lettuce mayo

\$4.80

GLUTEN FREE (ORDERS ONLY)

350ml Orange/apple/tropical juice

\$2.50

Tuna salad

\$5.80

Sausage roll gluten free

\$3.60

Poppers apple/orange/tropical

\$1.80

Pie beef gluten free

\$4.00

Classic 300ml choc/iced coffee/strawb milks

\$2.60

SALAD BOXES (please pre order salad bowl or box)

Salad box

\$5.50

MISCELLANEOUS

Big M choc/strawb lite ctn milks 250ml

\$2.00

Chicken/ham/egg/tuna salad box

\$6.00

Tomato Sauce or BBQ

\$0.20

Nippys reduced fat choc/strawb/honeycomb

(.lett/tom/cuc/beet/carrot/cheese/onion optional)

Bundle of lunch bags

\$2.00

Iced coffee 375ml

\$2.50

SMALL SALAD BOWLS

LOL's Tropical/blackcurrent/Razzbri

\$2.50

Salad

\$4.00

Chicken/ham/egg/tuna

\$4.50

Plain ctn milks 300ml

\$2.00

TOASTED SANDWICHES WRAPS EXTRA 80C

(all toasties cooking spray used)

Icy poles lemonade/raspberry

\$1.30

Cheese & ham

\$3.40

Fandangles choc/fairy floss

\$1.50

Ham cheese tomato

\$3.60

Chocolate dixie cups

\$1.00

Ham cheese pineapple

\$3.80

Ka blueys blue/red/lemon fizz/strawberry

\$0.50

Cheese

\$2.60

Frozen yogurts strawberry/mango

\$2.00

Chicken avo cheese

\$3.80

Bananarama/choc Homebrand icecream

\$1.50

Chicken & cheese

\$3.60

Fruity ice pops

\$0.60

Cheese & tomato

\$3.00

ALL PROFITS MADE BY CANTEEN GO TO THE P&C FOR THE STUDENTS. ***PLEASE NOTE THAT CANTEEN CLOSSES FOR ORDERS BY 9.30AM!