

# LIGHTNING RIDGE CENTRAL SCHOOL



**Principal: Mr Kerry Adamthwaite**

**Deputy Principal: Mrs Margaret Morriss**

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

**Term 4, Week 2 2018**



## Principal's Report

### Statistics, Lies and Social Media.

3 things you should never believe!

This week at school we have had a lot of friction between students because of nasty social media posts which do not reflect the honest truth. We have had students threatening each other and students being mean, cruel and hurtful.

Why did this happen? Because a group of girls wants to involve themselves in other people's lives where they are not welcome, and because the truth is a bit too boring, they lie, threaten and blow things out of proportion. They do this not to help but to harm and to make themselves feel better covering their own inadequacies.

This came to a head when 2 students who had been making threats on social media were asked to discuss a very minor issue that had occurred that morning at school (not at all related to the social media threats) and, assuming incorrectly that they were going to be in trouble for those threats, went on a rampage around the secondary area using disgusting language and threatening students and staff. Both of those students have now been suspended for a very long time.

This behaviour is not and will never be acceptable at Lightning Ridge Central School!

To make matters worse, other people outside the school, sent out social media posts lying about what happened and who would been involved, causing a great deal of distress to some families.

The reality is some immature girls behaved badly. It were dealt with by the staff and all students in the school remained safe and able to continue with their learning.

That is what we do at Lightning Ridge Central School - we deal with all students calmly, fairly and with compassion. We base all of our actions on fact not on rumour or lies and at the end of the day students are looked after in a caring safe learning environment.



#### P & C Meeting

Tue 30th Oct

#### Year 12 Formal

Sat 10th Nov

#### K-6 Assembly

Mon 12th Nov

#### Mid - Term Break

Fri 16th - Mon 19th Nov

#### Grandparents Day

Fri 23rd Nov

Kindy Start Program  
Starts from 27th Nov

#### Presentation Day

Fri 7th Dec

#### Last Day of School Term 4

Wed 19th Dec

2018 School Newsletter now available online,  
check out our website on [www.lightningr-c.schools.nsw.edu.au](http://www.lightningr-c.schools.nsw.edu.au)



If you have any doubts about how our school works come and visit our school any time -we do not need to put on a special show to display how good our school and its students are. On a happier note, we all now understand that **Every Day Counts. – Late is Not Great!**

Our campaign to reduce lateness in secondary students has achieved excellent results. Our lateness has been reduced by over 80% which means that many more students are making sure every minute of their education count. Well done and keep on improving.

Congratulations to our Nepal volunteers. Students, staff and community members who spent the 2 weeks of the school holidays doing voluntary work in schools in Nepal after spending 2 years fundraising to make it all possible. The trip is a life changing experience for all who participate. The experience of working in the Third World country and helping students and teachers as well as international travel is one which will change the lives of our students, and the adults who accompanied them, for ever.

And importantly the work that was done and the support given to the Nepali people will change their lives into the future as well. It just goes to prove:

### **Ridge Kids Can Do Anything**

**What is bullying?** (Something we don't have a lot of in this school)

This is something not fully understood in our community.

The word is used widely and incorrectly to describe disputes between people. It is important to get it right so the actions to assist are the correct ones.

Bullying is defined by three key features:

- it involves a misuse of power in a relationship
- it is ongoing and repeated
- it involves behaviours that can cause harm.

Having a disagreement with a friend, or a single incident or argument is not defined as bullying. These behaviours may be upsetting and should be resolved, but they are not bullying.

If you would like to discuss anything mentioned in this newsletter or any other matters, please feel free to come in and have a chat. Parents and community members are always welcome, however it is wise to make an appointment beforehand to avoid having to wait.



## **Positive Behaviour for Learning**

Lightning Ridge Central School share a Positive Behaviour for Learning focus with our Students each fortnight. Students who show exceptional PBL values are rewarded throughout the year with excursions, special activities and treats.

This Fortnights PBL focus is

### **Quality Work**



"Quality Work" is represented by a bowerbird's display, because they work so hard on these and they have to be perfect.





## Deputy Principal's Report

Students were welcomed back to school last Monday . It was wonderful to see all students in school uniform and ready for learning. We are continuing our rewards for those students who arrive on time to school. As a result, many of our students received a special breakfast on their arrival to school on Monday. We are planning to hold similar rewards for students who arrive on time to school during Term 4.

Fortunately, the numbers of students arriving late to school is decreasing, please support us and get your children out of bed in time for them to arrive at school for an 8:40am start.

Once again, Term 4 will be jammed packed with events and activities. Please ensure permission notes are returned by the due date or your child may miss out on an opportunity. This term we have: 7 –10 Yearly exams, SRC Grip leadership training, Aspire trip to Sydney, CEF (Macquarie Uni) trip to Sydney, OPAL rewards afternoon, IPROWD excursion, VALID 8 assessment, Forensic Science 7-10, 2018 year 12 students sit their HSC exams and the Year 12 formal evening.

Most parents are concerned about their child's reading abilities. As a result the school has organised online reading programs called LEXIA and Reading Plus. All students **MUST** bring their charged laptops each day. To gain the most from those programs students must participate three times a week for 20 minutes each lesson. Students are asked to bring a set of headphones to be used when for the reading program. Both reading programs allow students to be motivated by their own successes and have their own personalised learning paths.

Stage 4 & 5 students will be sitting Yearly Examinations in most subjects in Week 4, **5th November to 9th November**. It is essential that all students attend on these days so that student progress can be assessed. In this newsletter, there is a timetable and some useful tips so parents can support their child.

### Yuwaalaraay

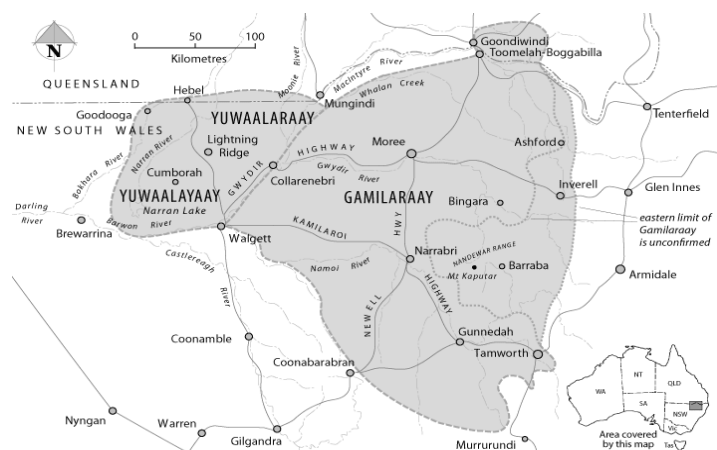
#### Words of the Week

Spring/Spring wind

‘Yarraga’



*Yuwaalaraay is the dialect of the Lightning Ridge area. The name of the language and Aboriginal people of the Balonne River Region.*





# Library Report

Well here we are in Term 4, the term that goes quickly, has lots of events, has reports, the Year Book and Presentation Day. I suppose it is a term that highlights what has been achieved throughout the year.

We are still focusing on writing this term and the more you read, the better you can write and express yourself through the written word. Reading also helps the spoken word. You will still see people with their notes when they make speeches. Prince Harry has made some great speeches since being in Australia and I delight in seeing him with his pages of A4 paper reading his speeches. See photos below of Harry writing at school and reading his speech from A4 pages in the rain in Dubbo.

I encourage students to share their writing and having an audience for what you write is always worthwhile. Stage 3 have written about their experience of being lost and shared them with partners. Many people seem to get lost in shopping centres and kids on motor bikes get lost in the bush. Interesting reading! Kindergarten have written their definition of the word *beat* related to the title *Crocodile Beat*. Often you know what you want to say but cannot find the right words. Reading your writing aloud helps you clarify meaning. Stage 1 will be writing about natural disasters. It was not drought breaking rain last week but the thunder was a good conversation pre cursor to writing. Stage 2 were interested to read and hear about Li Cunxin and later will be writing about how you can achieve if you work at it.

I had a fun time in my favourite book shop in Sydney in the holidays . I purchased Markus Zusak's latest novel *Bridge of Clay* and have yet to read it. Parents may be familiar with this author's world wide success with *The Book Thief*. The book shop had run out of copies of *Rodney Loses It!* which you may recall was my favourite book from the CBCA Shortlist last term.

Lightning Ridge Central School's Term 4 Reading Challenge started in Week 1 and the recording sheets are yellow this term. Students can get more sheets from the library if they need them. The last day to had in the completed sheets is **Thursday 6th December**. Participation in the Reading Challenge is recorded on Semester 2 Reports. Unfortunately the cut off for completing reports by teachers is before the cut off for the Reading Challenge so only those students who completed Term 3 LRCS Reading Challenge and those who handed them in early in Term 4 will have this information on their Semester 2 Report.

The library Turtle Draw winners for the first week of school were:

## Week 1

Early Stage 1 Ava Pelosi – ES1J

Stage 1 Riley Benjamin S1B

Stage 2 Jazmin Murray S2F

Stage 3 Rianna Haverhoek S3N



Penny Fahey Teacher-Librarian



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# Years 7 - 10

# Yearly Exams

## Week 4

**Monday 5/11/17 to Wednesday 7/11/17**

**All students in Stage 4 and Stage 5 (Years 7-10) will have formal Yearly Examinations in the gym during week 4 according to the timetable below.**

How you can help your child prepare:

- Encourage them to set aside time for study and revision prior to the exam week.
- Encourage them to read/ revise/ summarise their class notes and complete any revision tasks set.
- Encourage them to do their best: both before the exam and during the exam.
- Ensure they have a decent night's sleep prior to exams.
- Ensure they have a good breakfast on the morning of each exam to allow them to concentrate as best as possible.
- Ensure they have all necessary equipment required for each exam.

	MONDAY	TUESDAY	WEDNESDAY
PERIOD 1 9:00-10:00	ENGLISH Years 9-10	PDHPE Years 9-10	MATHS Years 9-10
PERIOD 2 10:00-11:00	ENGLISH Years 7-8	PDHPE Years 7-8	MATHS Years 7-8
RECESS			
PERIOD 3 11:30-12:30	SCIENCE Years 9-10	HSIE Years 9-10	PASS Years 9-10
PERIOD 4 12:30-1:30	SCIENCE Years 7-8	HSIE Years 7-8	NORMAL CLASS
LUNCH			
PERIOD 5 2:00-3:00	NORMAL CLASS	NORMAL CLASS	NORMAL CLASS

Students will need to bring all relevant equipment required for each exam, including:

**pens, pencils, a calculator and a ruler.**

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## K-4 Assembly



Student of the Week



Girrabirri-Turtle Award



Quality Work Award



Every Day  
**COUNTS**

ATTEND TODAY  
ACHIEVE TOMORROW



# Singing for the Royals

Congratulations to Billy Roy Frail, Lateisha Torrens and Zoe Invest who were selected to perform for Prince Harry, Duke of Sussex and Meghan, Duchess of Sussex on Wednesday October 17 during Dubbo's Picnic in the Park. Thirteen Moorambilla MAXed Out children made up the ensemble to perform in what turned out to be a great day out in Victoria Park, Dubbo.

The Trio were part of the amazing Moorambilla Gala Concerts performances at the Dubbo Regional Theatre and Convention Centre at the end of September. There were three 80 minutes concerts held over the two days which featured around 200 children, leaving the audiences awe-struck. Billy-Roy, Lateisha and Zoe are all part of the MAXed Out group who captivated the audience with magnificent choral music, dynamic dance and the power of the Japanese Taiko drums.

Moorambilla is led by Artistic Director and Founder Michelle Leonard OAM. Moorambilla is a program that helps children find their voice and their passion. Moorambilla was established in 2006, and has seen over 25,000 students aged between 8 and 18 develop skills in music literacy, singing and creativity.



Office of the  
Advocate for Children  
and Young People



## Congratulations

### **Rhonda Ashby**

Lightning Ridge Central School would like to congratulate Rhonda Ashby. Rhonda was a recent recipient of an Award presented by the Office of the Advocate for Children and Young People.

This award is given to a person who is committed to helping the lives of children and young people in out of home care.



## 7/8 Harlequin Personal Development Assignments

Throughout last term all of Stage 4 studied the unit of work called "Balancing Act" where students were encouraged to think critically about a range of issues relevant to their health. The focus was on drug use but sexual health, coping strategies and harm minimisation were also discussed. Students identified the consequences of risky behaviours and learnt ways to minimise their influence by developing personal problem solving skills.

As part of this unit all students produced a PowerPoint about the nature and effects of an illegal drug. 7/8 H students presented some very high scoring assessments and should be very proud of their individual efforts.

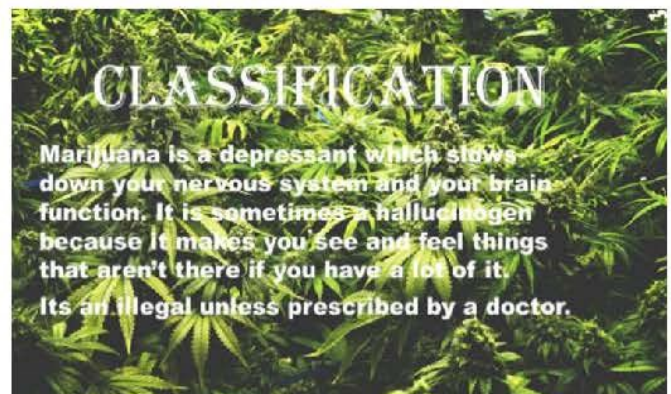
### Where you can get help

Get advice from someone you trust as they can tell you where you could get resources like brochures, counselling, and reassurance:

- A friend or family member
- A counsellor
- A youth worker
- Your Elders, Woman's or Men's Group
- Your Aboriginal Community Liaison Officer.

Get help:

- Go to your local doctor or AMS
- Talk to a local health worker
- Call a help line. They can help you with the medical side of addiction.



## SHORT TERM EFFECTS

- Really bad anxiety, like thinking you are being watched or followed (paranoia)
- Very strange behavior, seeing, hearing or smelling things that aren't there (Hallucinations)
- Panic and memory problems
- Loss of personal identity
- slower reaction time
- Increased heart rate (risk of heart attack)
- Increased risk of stroke
- Problems with coordination (when playing sports)
- Sexual problems (for males)



### Description of the drug

- Ice is a type of amphetamine. It is also known as crystal meth, shabu, crystal, glass, shard and p.
- It comes as little crystals that look like ice or as a crystal-like powder, and has a strong smell and bitter taste.
- Ice is usually smoked or injected, but can also be swallowed or snorted.



## Getting Information

- Go to understand ice.org.au for information for getting help for your self and your family member and friends.
- You can go to the Community Health Centre where there are people that you talk to you and give you information about how bad Ice is for you and maybe give you help to quit.
- You can make an appointment with a doctor and maybe he can give you ways to stop taking Ice by helping you get into a clinic.





## **Primary Student of the week**

### **Term 4 Week 1**

#### **Sharlize Masters S2F**

Sharlize is a hardworking member of our class, who always puts in a big effort across all subject areas. She commits herself to her class work, producing neat, quality work that she can be proud of. Sharlize is respectful of others and sets an excellent standard for behaviour in the classroom and on the playground. We have been so fortunate to have you in S2F this year Sharlize! Keep being wonderful!

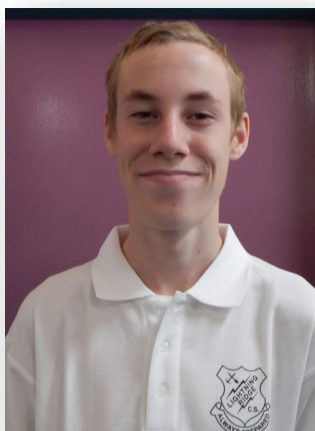


## **Primary Student of the week**

### **Term 4 Week 2**

#### **Claudia Bogdan S1Y**

Claudia is an excellent student in S1Y. She tries hard in all subjects and completes her work on time. She is polite and friendly to other students and follows all instructions in class. She takes on responsibilities and always participates. Excellent Job Claudia



## **Secondary Student of the week**

### **Term 3 Week 10**

#### **James Haywood Year 11**

James has taken a mature approach to his studies this year. He has been working consistently in class, applying himself to all set tasks. He always helps out at Food For Families and is a valued member of that team. He has also become a valued member of class, demonstrating a mature approach to social settings, modelling appropriate behaviour to younger students and assisting his peers when needed. Congratulations James!





## Primary Student of the week

### Term 4 Week 2

### Holly Hayes Year 7

Holly is a polite student who is a pleasure to have in the classroom. She always begins her work immediately without fuss, tries her best at all tasks and is able to work independently. She ignores distractions and focuses on her class work, displaying an excellent work ethic. She follows our PBL goals, wears her school uniform and is ready to learn. Congratulations Holly!

## NAPLAN results are in!

Please keep an eye out in the mail for your child's NAPLAN report.



## Learn to swim program JANUARY 2019

- ◆ Teaches water awareness, stroke development and endurance
- ◆ Fun and safe environment
- ◆ Eight or nine consecutive week days
- ◆ Children aged 18 months to 12 years
- ◆ Qualified instructors
- ◆ \$74 for school aged children and \$52 for pre-schoolers (excludes pool entry)



Phone: 13 13 02  
Email: [swimandsurvive@sport.nsw.gov.au](mailto:swimandsurvive@sport.nsw.gov.au)  
Facebook: [facebook.com/OOSNSW](https://facebook.com/OOSNSW)  
[sport.nsw.gov.au/swimandsurvive](http://sport.nsw.gov.au/swimandsurvive)





Camp Magic is Australia's largest and leading grief education and support program for bereaved children and teenagers between the ages of 7-17. Since its inception in 2015, it has supported hundreds of campers who are grieving the loss of a parent, sibling or legal guardian. Campers attend a transformational weekend-long program free of charge that combines fun, physical challenges with grief education and emotional support.

The aim of Camp Magic is to eliminate the isolation that grief often presents by bringing bereaved children together to meet others who are in a similar situation. It provides a unique opportunity for campers to create lifelong friends, hear other's stories and if they choose to, share their own. Everyone at Camp Magic has experienced loss and can relate on a level that few others can.

Camp Magic strives to increase awareness and provide resources and support for grieving children. Campers learn that hope can be restored and they once again can imagine a life full of possibilities, knowing they are not alone.

Camp Magic is held over a three-day weekend during the NSW school holidays. Currently there are four camps held each year in the months of April, July, October and December. It is supported and staffed by trained volunteers.

Visit : <https://www.feelthemagic.org.au> for more information.

*YOU MUST WEAR A HAT AT AUSPLAY AND ON THE OVAL*



**REMEMBER  
TO BRING  
YOUR HAT  
TO SCHOOL  
EVERYDAY**



# ONLINE ACADEMIC TUTORING SERVICES

## EMPOWERING YOUNG MINDS

Optimise Learning provides Australian students of all ages, and abilities, with individualised academic support and personalised tutoring services.

Online services include one-to-one academic tutoring in many subject areas, and a range of programs designed to be stimulating, interactive, enjoyable, and develop the critical and creative thinking abilities of participating students.

Our online lessons work exactly the same way as our face to face tutoring lessons do, except tutors and students interact online.

### OPTIMISE LEARNING'S ONLINE TUTORING SERVICES:

- ✓ Provide students with individualised academic tutoring and support in a wide range of subject areas
- ✓ Provide students with explicit teaching on a one to one basis
- ✓ Enable students to access high quality academic tutoring services, regardless of where they live
- ✓ Have been shown to accelerate student learning and improve their school achievements
- ✓ Enable students throughout Australia to participate in interest based online programs with up to 3 other like-minded students and a qualified tutor
- ✓ Are facilitated via the Optimise Learning online classroom
- ✓ Parents can access regular feedback in regard to their child's online tutoring, by logging on to our secure parent portal
- ✓ Optimise Learning's teaching materials and resources are based on and reference the Australian National Curriculum, exactly the same curriculum Australian students are studying at school.



To book your child's **FREE** trial online lesson,  
email us at [info@optimiselearning.com](mailto:info@optimiselearning.com)

# Be a Safety Star

Electricity Safety Week  
10-14 September 2018



"SPARK is about celebrating what makes Lightning Ridge so special – why people come for a few days then stay a lifetime.

"It's about the nature, culture, technology and sheer wonder of an elusive gemstone formed in the darkness, yet blazing with light and colour"

Wonderful - it was a highlight of my visit. Don't miss it.  
Toni de Vis

Every resident of Lightning Ridge should see SPARK at least once.  
Len Cram

## SPARK

A one hour cinematic opal field experience under the stars...

A CELEBRATION OF LIGHTNING RIDGE

6.30pm TUESDAY, THURSDAY & SATURDAY NIGHTS

**WHEN:** Tuesday, Thursday & Saturday nights  
6.30pm (please arrive by 6.15pm)  
Easter 'til end of September

**WHERE:** BLACK OPAL HERITAGE SHED  
3 Mile Opal Field, Lightning Ridge

**TICKETS:** Australian Opal Centre,  
Lightning Ridge VIC, Wallangulla  
Motel, Lightning Ridge Tourist Park,  
Crocodile Caravan Park, Opal Bin

**COST:** Adults \$15, Children \$7.50, Family \$50

**WEAR:** Something warm

**BRING:** Torch; BYO picnic or esky welcome!

**BUY:** Tea, coffee, hot chocolate & SPARK  
souvenirs available for purchase

**RAIN:** Still on - inside at same venue

**ALSO ON SHOW** FREE entry with SPARK

**Fragile Black Heart** - Photographs by Lucy di Paolo

**Brilliant Ideas** - Innovation & invention in opal mining



SPARK is a creative initiative of the Australian Opal Centre developed with funding from Arts NSW and sponsored by SunSiz Media, Lightning Ridge Tourism Association, XBS, Chambers of the Black Hand, Peter Carroll Opals, Lost Sea Opals, Lomax Opals, Down to Earth Opals, Black Opal Direct, Lahoud Opals, Sherman Opals, Opal Bin, Cody Opals, John Livingston, Barbara Gasch and Doug Brook (White Cliffs Troglodytes), Bevans Cactus Nursery, John Murray Art Gallery and Deisenberger Mining. In-kind support: PVV Concrete, Walgett Shire Council, Mick Goske, Rebel Black and Michael Matson, the community of Lightning Ridge and the school students of Walgett Shire who entered our 'Design a Dino' competition.





# Player Trials for 2019 Season



Come and experience what makes the Mariners a leading Football Club in the State



## **Women's (Under 14/15/17/Seniors) FNSW NPL 2 Women**

**Sunday November 4th, 2018**  
Police Paddock, Bathurst  
U14/15/17/Seniors - 10:00am

**Wednesday November 7th, 2018**  
Jack Brabham Park, Orange  
U14/15/17/Seniors - 6:15pm

## **Skill Acquisition Program (Under 9/10/11/12 Boys and Under 10/12 Girls) FNSW SAP**

**Sunday November 18th, 2018**  
Police Paddock, Bathurst  
U9/U10 Boys and U10 Girls - 10:00am  
U11/U12 Boys and U12 Girls - 11:30am

**Wednesday November 21st, 2018**  
Jack Brabham Park, Orange  
U9/10/11/12 Boys - 6:15pm  
U10/12 Girls - 6:15pm

## **Boys Youth (Under 13/14/15/16) FNSW NPL 2 Boys Youth**

**Sunday November 18th, 2018**  
Police Paddock, Bathurst  
U13/U14 Boys - 1:30pm  
U15/16 Boys - 3:00pm

**Thursday November 22nd, 2018**  
Jack Brabham Park, Orange  
U13/U14/U15/U16 Boys - 6:15pm

## **Men's (Under 18/20, 1st Grade) NPL 3 Men**

**Sunday November 18th, 2018**  
Police Paddock, Bathurst  
U18 Men - 3:00pm

**Thursday November 22nd, 2018**  
Jack Brabham Park, Orange  
U18 Men - 6:15pm

Players for U20 and 1st Grade to register online and players will be contacted with Trial Information.

**Players should  
attend the 1st Listed  
Trial Date unless  
unavailable**

**Please arrive 15-20  
minutes before the  
scheduled starting  
time for sizing and  
registration check-off**

**Players are to bring  
playing attire, ball  
and drink bottle**

**Players should check  
Western NSW Mariners FC  
on Facebook for any necessary  
changes to trials or in event of  
poor weather**

**ALL PLAYERS MUST TRIAL IN THEIR CORRECT AGE GROUP unless advised/approved by WNSWMFC**

**All players are to register using the  
WNSWMFC TRIAL ONLINE REGISTRATION FORM**

**<https://form.jotform.com/82818035864969>**

**For more information please contact: Andrew Fearnley on 0419 617 312 or [andrew@footballnsw.com.au](mailto:andrew@footballnsw.com.au)**



# DRUG & ALCOHOL SERVICES



Do you live in Lightning Ridge, Walgett, Goodooga, Grawin or Collarenebri?

Are you wanting Drug and or Alcohol Services or would you like Drug or Alcohol Counselling?

Please contact:

**Bonny**

Drug & Alcohol Specialist (Social Worker)

Mental Health Drugs & Alcohol

Lightning Ridge, Walgett, Goodooga, Grawin & Collarenebri

PH 02 6829 9900

Fax 02 6829 9918

Email Bonita.Scott@health.nsw.gov.au



## Love playing Christmas carols?

You are invited to join our carols group as a musician!  
We perform traditional carols.

You need to be available for the Community Carols night – Friday 7<sup>th</sup> December

When are the practice sessions?

Wednesdays 6-8:30pm

Starting 24<sup>th</sup> Oct until 5<sup>th</sup> Dec

Where?

Community Church, 13 Morilla St

Call Joanne Piper (6829 0597)

for more information or to let me know you're coming.

[communitychurch@lightningridge.com.au](mailto:communitychurch@lightningridge.com.au)



Thursday & Saturday 9am - 1pm

28 Nobby rd, Lightning Ridge



Every year more than 160 million drink containers end up as litter in NSW, hurting our environment and costing our community millions to clean up.

That's why the Return and Earn container deposit scheme is rolling out statewide from 1 December 2017. You'll be able to do your bit for the environment by returning eligible containers for a 10c refund at hundreds of collection points across NSW.



### ELIGIBLE DRINK CONTAINERS

Most 150-millilitre to 3-litre drink containers are refundable if they are made from:

- Glass
- Plastic
- Aluminium
- Steel
- Liquid paperboard (cartons)

Wine, spirits, cordial and plain milk containers are generally NOT eligible. Containers should be empty, uncrushed, unbroken and have the original label attached. If a container is not eligible for a refund, please use a recycling bin.

All collection points accept all eligible containers. For convenience, we recommend you visit the following based on the number of containers you are returning.

#### Over the counter returns

Over the counter manual collection points are best suited to redeeming smaller numbers of containers. Some have a limit of 100 containers at one time; please call 1800 290 691 to check for any limits on your local collection point. When you use a collection point hosted by one of our Return and Earn over the counter partners you can choose to get a cash refund, spend your money at the shop, or donate your money if the host is a charity organisation.



#### Collected more than 100 drink containers?

We recommend using your local reverse vending machine (RVM)\* for up to 500 containers at one time. Through the RVM you can choose to get a digital refund to your PayPal account, a cash or retail refund through a collection partner site, or make a donation to a nominated Return and Earn charity. Visit an automated depot\* to return large volumes of containers. These sites have automatic counters to process your containers faster.

#### Why not fundraise for your local community?

Pool the containers collected, and redeem them for cash or a voucher through any local collection point.

\*Go to [returnandearn.org.au](http://returnandearn.org.au) for collection site locations across NSW.

[returnandearn.org.au](http://returnandearn.org.au)  
T: 1800 290 691



## LRCS CAREERS NEWSLETTER

All the latest career information each month

[www.lrcscareers.com](http://www.lrcscareers.com)



DATES TO REMEMBER

INDUSTRY INFORMATION

STUDY AND WORK OPPORTUNITIES

UPCOMING EVENTS

PLUS MUCH MORE





**Royal Flying Doctor Service**

*The furthest corner. The finest care.*

The Flying Doctor **dentist** is located at the **Lightning Ridge Multi-Purpose Health Service** on 25 Pandora St, Lightning Ridge NSW 2834.

**The dentist is in town 2 days a week.**

**The children's dentist is in town 1 day a week.**

Everyone is welcome – come in and have a chat about your oral health!

Enquire on **(02) 6829 9900**.



## **Love singing Christmas carols?**

You are invited to join our carols group as a singer!

We perform traditional carols.

You need to be available for the Community Carols night – Friday 7<sup>th</sup> December

**When are the practice sessions?**

Wednesdays 7-8:30pm

Starting 7<sup>th</sup> Nov until 5<sup>th</sup> Dec

If this is your first time there are 2 additional rehearsals, 24<sup>th</sup> & 31<sup>st</sup> October

**Where?**

Community Church, 13 Morilla St

Call Joanne Piper (6829 0597) for more information or to let me know you're coming.

[communitychurch@lightningridge.com.au](mailto:communitychurch@lightningridge.com.au)



## **Canteen Orders**

**Please have all  
orders**

**Into the Canteen**

**By 9:15am**





Roads and Maritime Services

## **Apprenticeship and Traineeship Program 2019**

### **Kick start your career on the road!**

We're on the lookout for Aboriginal Apprentices and Trainees to join us from January 2019.

#### **What we offer:**

- Apprenticeship – Civil Construction (Roads), Civil Construction (Bridges), Plant Mechanic, Bridge Carpenter, Electrician and Painter
- Traineeships – Business Administration and Civil Construction (Road Marker)
- Generous working conditions, benefits and flexible working arrangements
- Earn while you learn in a supportive environment
- Up to 4 year apprenticeship and 2 to 3 year traineeship with ongoing career development
- Receive a nationally accredited qualification upon completion
- Become part of the Roads and Maritime Aboriginal Employee Network

#### **Who can apply?**

Aboriginal and Torres Strait Islander people of all ages and genders are encouraged to apply for this exciting opportunity! You can be a school-leaver, re-entering the workforce or a mature age worker simply wishing to change careers.

#### **Apply now**

To find out more about these opportunities go to [iworkfor.nsw.gov.au](http://iworkfor.nsw.gov.au)

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# Canteen Newsletter

Welcome back to the last term of 2018. Please note that the Canteen will be opened until the last day of the Term 4, Wednesday 19<sup>th</sup> December, 2018.

Xmas treats will be advertised later on in the term!

## RECESS & LUNCH ORDERS

Please note that all Canteen (R & L) orders be in by 9.00am! Orders can be written out or handed in at the Canteen from 8.30am until 9.00am or placed in class baskets to be sent around to the canteen.

When writing out orders please write orders on separate bags for R & L.

## DELETED ITEMS:

Snack pacs  
Cola chill j  
Twisted frozen strawberry yogurt (replaced by Blueberry cookie dough yogurt flavour)

## NEW ITEMS:

Crunch salad cups (celery, cucumber, carrot, tom, cheese) -\$2.00  
Snaps tangy salsa (gluten free) -\$1.50ea  
Watermelon chill j  
Orange passio chill j -\$2.00ea  
Rise & shine yogurt pouches vanilla  
Strawberry/tropical flavours -\$1.50ea  
Twisted frozen Blueberry cookie dough yogurt -\$2.00ea

## REMINDER OF ITEMS AVAILABLE TO ORDER OR BUY OVER COUNTER:

\*Salad boxes from - \$4.50ea  
\*Chilli tender (2) cheese toasted roll -\$5.00ea  
\*Assorted sandwiches (multigrain bread) -\$3.50 - \$4.00  
\*Chicken or Ham Salad Wraps -\$6.50ea

Gluten free products are available by order only! Gluten free bread, and pies.

Please find updated Canteen Menu for Term 4, 2018 attached! Copies are available at the Canteen.

The canteen tries to cater to all tastes, healthier the better! Any new items, deleted items or price rises will be advertised in the Canteen Newsletter.

A majority of our products are made for School Canteens, as they are portioned controlled.

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 9.00am for students. Canteen roller doors will be closed from 9.00am 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.

\* Ice creams are available to buy 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.

Thankyou,

Susan Chapman

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## CANTEEN MENU TERM 4 2018

### SNACKS (RECESS & LUNCH)

Crunch salad cups (carrot/celery/cuc/tom Cheese)	\$2.00
JJ'S chick/pizza/S&V pkt	\$1.00
Grain waves sour crème	\$1.20
Gomes chocolate/Anzac bisc	\$0.80
Yogurt pockets vanilla/straw/tropical	\$1.50
Yoplait yogurts vanilla/strawberry 175gm	\$2.40
Cheese sticks	\$1.00
Lite sara lee muffins choc	\$2.00
Popcorn (plain)	\$1.00
Popcorn salted caramel/Honey/sea salt	\$1.50
½ frozen banana or ½ frozen orange	\$0.60
Fun buns (plain or cinnamon)	\$2.00
Fresh fruit banana/apples/oranges	\$1.20
Fruit salad cups	\$1.50

### DRINKS

Spring Water 600ml	\$2.00
CHILL J's grape/blackcurrent/watermelon	\$2.00
Apple raspberry/orange passio	
Poppers apple/orange/tropical	\$2.00
Classic 300ml choc/coffee/strawb milks	\$2.70
Big M choc/strawb lite ctn milks 250ml	\$2.00
Nippys reduced fat choc/strawb/honeycomb	
Iced coffee 375ml	\$2.60
Plain ctn milk 300ml	\$2.00

### ICECREAMS LUNCH ONLY

Icy poles lemonade/raspberry	\$1.30
Billabong choc/twirl	\$1.60
Chocolate dixie cup	\$1.00
Ka blueys blue/red/lemon fizz/strawberry	\$0.50
Cola/grape	
Fruity ice pops	\$0.60c
Frozen yog. Twisted (straw, blueberry, mango Watermelon)	\$2.00
Quelch ice pops	\$0.60

### SANDWICHES (gluten free bread available)

#### (Multigrain roll extra 50c)

Cheese	\$2.80
Cheese salad	\$3.80
Cheese & tomato	\$3.20
Ham cheese tomato	\$3.80
Ham or chicken salad	\$4.00
Ham	\$3.20
chicken	\$3.20
Ham & cheese	\$3.60
Chicken lettuce mayo	\$3.70
Chicken avo mayo	\$3.80
Curried egg mayo	\$3.50
Egg lettuce mayo	\$3.50
Tuna lettuce mayo	\$3.50
Vegemite	\$2.20

#### WRAPS (WHOLEGRAIN)

Salad wraps	\$6.00
Chicken or Ham salad	\$6.50
Chicken lettuce mayo	\$5.50
Chilli tender lettuce tom avo cheese	\$6.50
Tuna lettuce mayo	\$5.50
Tuna salad	\$6.50

#### SALAD BOXES (please pre order)

Salad box	\$6.00
Chicken,ham,egg,tuna, salad box	\$6.50
(lett/tom/cuc/beet/carrot/cheese/)	

#### SMALL SALAD BOWLS

Salad	\$4.50
Chicken or ham - egg or tuna	\$5.00

#### TOASTED SANDWICHES WRAPS EXTRA 80c

#### (all toasties cooking spray used)

Cheese & ham	\$3.60
Ham cheese tomato	\$3.80
Cheese	\$2.80
Cheese & tomato	\$3.20
Chicken avo cheese	\$4.00
Chicken & cheese	\$3.80
Chilli tender (2) & cheese roll	\$5.00
Chilli tender (2) cheese avo roll	\$5.50

### HOT FOODS

Sausage rolls	\$3.20
Travellers pie	\$3.50
Bacon & Cheese Travellers pies	\$3.80
Party pies lite	\$1.00
Chilli tender	\$1.50
Garlic bread	\$1.30
UFO ½ roll cheese & tom sauce	\$1.80
Chicken strips per bag (6)	\$3.00
Chicken wedges (4)	\$3.00
Lasagne	\$4.00
Pizza Ham pine or ham cheese	\$3.00
Beefburger (lett/tom/cheese/beet)	\$4.50
Chicken burger (lett/tom/mayo)	\$4.30
Beef or chicken noodles	\$1.80
Chicken strips ea	0.60cea
Aussie UFO veg & cheese or plain cheese on ½ roll melted	\$1.80

### GLUTEN FREE (ORDERS ONLY)

Pies	\$4.00
Sausage rolls	\$3.60

### MISCELLANEOUS

Tomato Sauce or BBQ	\$0.30
Bundle of lunch bags	\$2.00

**OPTIONAL EXTRAS SALAD BOXES:** Onion, Avo, pineapple, corn, please indicate on order.

Mayo or French dressing avail!

**CANTEEN CLOSING AT 9.15AM FOR ORDERS!**  
**ALL PROFIT GOES TO P&C FOR THE STUDENTS!**

PLEASE PUT RECESS & LUNCH ORDERS ON SEPARATE BAGS, NAME, CLASS, THANKYOU!