

LIGHTNING RIDGE CENTRAL SCHOOL



Principal: Mr Kerry Adamthwaite

Deputy Principal: Mrs Margaret Morriss

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

Term 4, Week 4 2018



Principal's Report

Everything is back to normal in attendance.

After a week during which foolish, immature students used social media inappropriately and, in some cases, illegally to threaten, intimidate and harass others everything is, once again, calm at Lightning Ridge Central School. (At least as calm as any place can be when we have almost 400 young people every day) Some students are still suffering the consequences of their actions while others are having to continue interactions with the Police.

As always every child has been protected. Most students are largely unaware that there were any ongoing problems because they are sensible mature young people who avoid the stupidity of others. The learning of our students has suffered minimal disruption. As usual, our teachers remained supportive, calm and professional.

Most of our parents and support staff were calm, supportive and concerned only with doing the best to support their children. Unfortunately, there were others who used inappropriate language and supported their children's wrong doing.

It is really encouraging to know that the students who do not want to be involved in this rubbish are by far the majority of our students. The parents who know and realise the danger to their children of inappropriate behaviour at school, online and in the community are also by far the majority. We are very fortunate at Lightning Ridge Central School because in many schools this is not the case. Lightning Ridge has a brilliant community and an excellent school we should all be very proud of both.

Every Day Counts.

Our program of getting kids to school on time because - late is not great - has been working excellently. When we began the program up to 28 students per day were coming into our school late this week on some days there were no late students on others 2 or 3.



Year 12 Formal

Sat 10th Nov

Remembrance Day

Sun 11th Nov

K-6 Assembly

Mon 12th Nov

AECG Meeting

Barriekineal Offices
Wed 14th Nov

Mid - Term Break

Fri 16th - Mon 19th Nov

Grandparents Day

Fri 23rd Nov

Kindy Start Program

Beginning from 27th Nov

P & C Meeting

Tue 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



Well done to our students who are making a big effort to be at school on time and a huge thank you to all the parents who are supporting our efforts by encouraging their children to be here on time. We all know that every minute is important so we will continue our efforts to ensure that all students arrive at school, on time, every day.

Ridge Kids Can Do Anything

Congratulations to Teo Malinovic and Austin Hallett. Their research project was the winning entry from our school in the CWA International PowerPoint Competition. After being chosen by the Goodooga/Lightning Ridge CWA they now have been successful at Barwon CWA Group with an exceptional score. Their entry has now progressed to the state-level for judging. Congratulations Teo and Austin and their teachers and parents and other supporters who helped them achieve this remarkable PowerPoint display.

Lightning Ridge Rotary drought support

The local Lightning Ridge Rotary club has raised many thousands of dollars to support people affected by the drought. While much of their effort has been focused on assisting rural families it is also acknowledged that farmworkers and local businesses and others are also affected and are also receiving support.

I'd like to offer my thanks to the Rotary Club for the huge amount of time and effort being put into supporting people in our local Lightning Ridge community - including many of our students and their families.

The Rotary club does a fantastic job for our community all of the time and is always looking for new members keen to help out and assist in the huge range of projects they undertake every year.

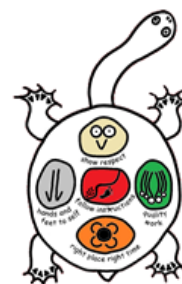
If you feel you would like to assist our community and, along the way, meet new people and have enjoyable new experiences, please contact the school and will put you in touch.

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.



HANDS AND FEET TO SELF





Deputy Principal's Report

During the last fortnight I have had to deal with students who have inappropriate photos or videos on their phones. These matters have been directed to the Police, it is an offense to possess and send these types of photos/videos. The school is given strict guidelines in regards to these situations and we must contact the Police. Students have been warned they should not have these photos/videos in their possession. Students have previously participated in cyberbullying and the safe use of social media presentations and there are more presentations planned in the coming weeks. All students have been warned about the consequences. Penalties can include being placed in the sex offender register and even jail time. Please talk to your child about the appropriate and safe use of social media.

Students in stage 4 & 5 are sitting their Yearly Examinations next week is our Yearly Examination. Students will be sitting exams in most subjects, it is especially important that students attend school during this time. If your child is ill please contact the school so alternative arrangements can be made when they return. An illness and misadventure form should also be submitted. The information gathered from the Yearly Examinations will then be combined with class work and assessment tasks to inform our Teachers regarding students achievements, this information will then be included in their reports.

During this fortnight a number of students have been involved in extra curricular activities:

- SRC students went to Dubbo to attend a leadership conference
- Some students have been to the dental van at school for a check up
- Year 8 students have completed their VALID Science assessment

Some students are going to Macquarie University to experience life at University, this is funded by the Country Education Foundation

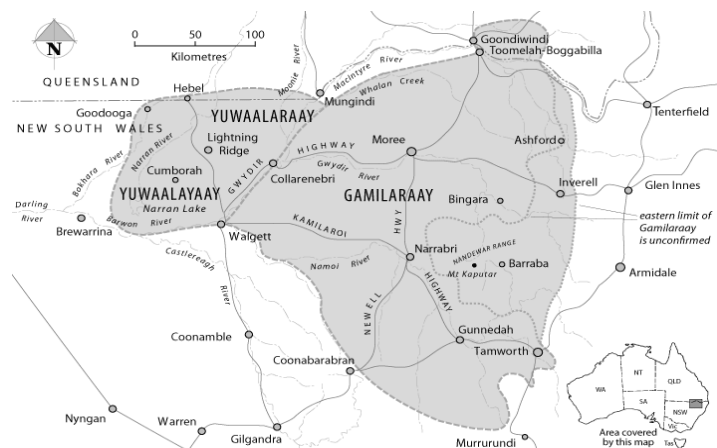
Yuwaalaraay

Words of the Week

Guyayn/Flowers



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





Library Report

Now that it is hot I am now taking reading material, sometimes the SMH, sometimes a book to the pool to combine two things that I love. I see parents reading at the pool too and perhaps it would be a good thing to encourage kids to do this too.

The Reading Challenge has continued with a trickle of sheets handed in. The last day to hand in sheets is Thursday 6th December and the celebration party will be the following Monday for lunch in the library.

I have been thinking about next year already and have booked an author and the Meerkat performance. We have done our library budget and ordered supplies for next year also. Term 4 is a term where lots of boxes get ticked. Reports have been done too in preparation for completion and printing at the end of term. I have some fabulous new Christmas books to use with classes. I know Kindergarten especially will love the stories and some have an accompanying CD.

Library Turtle Draw winners recently have been:

Week 2

Early Stage1 Allegra Kaluski ES1P(Canteen voucher)

Stage 1 Claudia Bogdan S1Y (Book: Pig the Grub)

Stage 2 Izabella Mallouk S2O (Book: Thelma the Unicorn)

Stage 3 Jessie McBride S3C (Canteen voucher)

Week 3

Early Stage1 Sam Caley ES1J

Stage 1 Oliver Sisa S1Y

Stage 2 Ayerah Sohail S2O

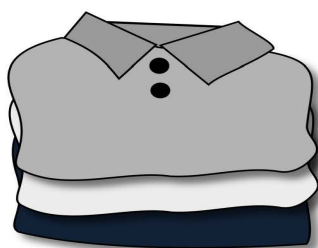
Stage 3 Cooper Gordon S3B (Canteen voucher)



Penny Fahey Teacher-Librarian

Check LOST PROPERTY

At the Office and in your child's
classroom!



At the end of every term all lost property that is
unclaimed will be recycled in the clothing pool.

Cooking with the MC Bumble Bees' in 2018

- Giraffe Cake - 'The Giraffe, the Pelly and me'
- Peach Pie—'James and the Giant Peach'
 - Hamburger for 'The BFG'
- Chocolate Cream Cake—'Charlie and the Chocolate Factory'



Rock and Water Program



The Rock and Water program is an experience that provides young people a pathway to self-awareness, increased self-confidence and social functioning.

The five steps of the Rock and Water Program

The foundation; self-control, self-reflection and self-confidence

Standing up for yourself (Assertiveness)

Safety

Communication

The inner compass; Awareness of personal possibilities, qualities and responsibilities as you move toward adulthood.

A big Thankyou to Melvyn Samuelsson from Mission Australia for delivering this program!!



Stage 3 Report

So where did the year go? In the blink of an eye, here we are in Term 4! While the end of the school year is looming, students have been reminded that the same high expectations regarding learning and behaviour apply every day. There are still many days of learning to be had. As the school advocates "Every Day Counts".

Term 4 is another busy term. Besides the wonderful learning taking place, we have presentation day, our Opal rewards day at the pool, Year 6 celebration day and the year 6 transition days in secondary classes. More Information will be forthcoming over the next few weeks. Please keep a look out in the newsletter or for notes that come home with students.

In addition, teachers have begun the process of preparing Semester 2 reports. This work is mostly done in the teachers own time with many nights and weekends taken to ensure these are prepared professionally and accurately. The reports will be finalised and sent home towards the end of term.

As the weather is most certainly warming up, please ensure your child has a water bottle every day. Water is available from the bubblers for students, however, a cool drink from a water bottle kept in the classroom fridge would be more refreshing. Cold water can also be purchased from the canteen.

There is an increasing amount of students who are not bringing their laptop to school each day or the laptop not being charged. Students signed an agreement that they would bring their laptop to school (fully charged) each day. When this does not happen, it is a disruption not only for that child, but also for the rest of the class as the teacher organises alternate work or charging points. Please ensure that your child brings their laptop each day. Laptop fees are due in week 6 of each term.

As always, if you have any questions or concerns, please contact the school to arrange a suitable time to meet with myself or your child's teacher.

Darryl Bonsing



Remembrance DAY
11 NOVEMBER 2018



Armistice



Primary Student of the week

Term 4 Week 3

Myja Farkas ES1P

Myja is a kind and hardworking student who always tries her best. She is always the first to help others and is a wonderful source of encouragement for her peers. Myja always has a smile on her face and is an excellent role model for other students. We are very lucky to have her in our class. Well done, Myja!



Primary Student of the week

Term 4 Week 3

James-Lee Tucker MC

James-Lee is a wonderful student who tries his best throughout all aspects of his schooling. He is willing to have a go at all activities and is a positive role model in our classroom! Well done James-Lee!



Primary Student of the week

Term 4 Week 4

Riley Schellnegger S20

Riley is a helpful and polite student who has worked very hard this year. He readily takes responsibility for his actions and has made an increased effort to follow instructions and show respect to others. Riley's hard work and positive attitude towards school have resulted in improvements in all areas of his learning. He uses appropriate strategies to resolve conflict on the playground and interacts cooperatively with his peers and teachers. Well done, Riley and all the best for Year 4!



Primary Student of the week

Term 4 Week 2

Zane Gough ES1J

Zane is a friendly class member that always tries his best in everything we do. Zane takes pride in his work and showing respect in the classroom as well as demonstrating responsibility, picking up after himself and volunteering to help with jobs. Keep up with the amazing work Zane!



Secondary Student of the week

Term 4 Week 3

Tarnee Flint Year 8

Tarnee has demonstrated a consistent application to her education throughout this year. She has proven to be a respectful and responsible student who always follows our PBL goals. She is always in uniform, in class on time, produces quality work and is a pleasure to have in the classroom. Congratulations Tarnee!



Secondary Student of the week

Term 4 Week 4

Dyami Bleasdale Year 9

Dyami has shown an excellent application to his education this semester. He follows our PBL goals; always on time, in uniform, follows instructions and shows respect. He completes all class work and applies himself to both theory and practical aspects of his subjects. He is always willing to try new technology and applies these skills to produce quality work. Congratulations Dyami!

VOLUNTEER OPPORTUNITIES AT THE AUSTRALIAN OPAL CENTRE

Learn, help make your community great, work with beautiful and interesting things, join a great team, be part of something BIG!

- No prior knowledge required – all training provided.
- Essential: good manners, neat presentation, honesty, reliability, a happy disposition, enjoy learning, like working with people.
- Minimum commitment: one 4 hour shift/week.
- Interested? Have questions? Contact us!

Call Teresa Cree on 6829 1667, or leave your name and contact details at the AOC, 3/11 Morilla St, Lightning Ridge.



AUSTRALIAN
OPAL
CENTRE
LIGHTNING RIDGE - NSW

OPAL
AUSTRALIA'S
NATIONAL GEMSTONE
FOSSILS
OPAL MINING
HISTORY
DINOSAURS
ANCIENT WORLDS
LEARNING
OPAL EDUCATION
TWO-STORY
UNDERGROUND
BUILDING
ENERGY EFFICIENCY
WORLD'S MOST
BEAUTIFUL GEMS
OLD TIMERS
CHARACTERS
LOCAL CULTURE
PALAEOLOGY
GEOLOGY
SHARING OPAL WITH
THE WORLD
GUEST SPEAKERS
EXHIBITIONS
GOOD TIMES!

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

"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

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

WEAR: Something warm

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

BRING: Torch; BYO picnic or esky welcome!

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

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

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 Sunco 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, Lakouli 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: PV Concrete, Walgett Shire Council, Mick Crocker, Robert Black and Michael Platon, the community of Lightning Ridge and the school students of Walgett Shire who entered our 'Design a Dino' competition.

NSW Arts NSW
AUSTRALIAN OPAL CENTRE
SUNCO MEDIA

return AND EARN

Thursday & Saturday 8-12
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.

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 for collection site locations across NSW.

returnandearn.org.au
T: 1800 290 691



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**

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



Dear Parents/Caregivers,

Are you tired and frustrated watching your child struggle with learning?

The answer *could* be as simple as a natural health balance.

As a parent, I discovered how empowering Kinesiology could be. My body was reacting to stress, tiredness, tight muscles, food sensitivities, etc, etc. Once I established the connections between what was going on and what could be changed, I soon felt well and in control again.

Realising this, we made some simple changes in our son's habits.

It was worth the effort when his teacher reported that he was suddenly, happy and engaged in learning.

Kinesiology produced great results.

I believe that as a kinesiologist, I can help you achieve these results too and love that it is without the use of drugs.

Please call for a free 15minute phone consultation to see if there's some way I can help you.

Sharyn McKay 0438 162 182

Kinesiology Consultant

No need to travel – we're right here in Lightning Ridge!



Canteen Orders

Please have all
orders
Into the Canteen
By 9:15am



LRCS CAREERS NEWSLETTER

All the latest career information each month

www.lrcscareers.com



DATES TO REMEMBER

INDUSTRY INFORMATION

STUDY AND WORK OPPORTUNITIES

UPCOMING EVENTS

PLUS MUCH MORE

Community Christmas Carols!

Friday 7th December, 7:30pm

At Lightning Ridge Central School

Carols singalong, kids' performances

Glowsticks, food and drinks for sale

BYO chair or rug



Join us on the lawn near school gym if weather is good. Or under cover if weather isn't good! Contact David 6829 0597 for more info.

Cumborah

St Peters in the Pines

CAROLS BY
CANDLELIGHT

Sunday 9th December 7.30pm

Carols singalong, kids activities. BYO food and drink

Contact Jo Mihalic for more info, 0418 317002



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**.



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



Goodooga Central School

E-mail: goodooga-c.school@det.nsw.edu.au

Principal: Anne Downes

Doyle St
Goodooga NSW 2831
Phone (02) 6829 6257
Fax (02) 6829 6294

Wednesday, 24 October 2018

EXPRESSION OF INTEREST

Expressions of interest are sought for the position of **School Administrative Manager** in a temporary part time role (2 days/week) at Goodooga Central School from Term 4, 2018 with possibility of extension.

The School Administrative Manager is responsible to the Principal for the efficient management of the school's financial and administrative functions and the supervision and training of school administrative officers, as well as providing assistance in school routines and working with teachers.

Specific Selection Criteria (to be addressed in 2 pages)

1. Demonstrated ability to undertake financial and accounting responsibilities including use of computerised financial/administrative systems
2. Competency in word processing, email
3. Learning Management Business Reform (LMBR) training preferred although not essential
4. Demonstrated capacity to exercise initiative, organise resources and meet deadlines
5. Capacity to provide leadership, work with and supervise staff
6. Effective oral and written communication skills

For further information please contact Anne Downes at Goodooga Central School on 02 6829 6257. Single accommodation is available if required. Please send your expression of interest addressing the criteria, resume and the contact details of two referees to anne.downes@det.nsw.edu.au by 5pm 9th of November, 2018.



Every Day COUNTS

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

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

Give your child every chance to succeed...

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!