

# LIGHTNING RIDGE CENTRAL SCHOOL



Principal: Mr Kerry Adamthwaite

Deputy Principal: Mrs Margaret Morriss

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Term 3 , Week 4 2018



## Principal's Report

The last few weeks of school have, like all other weeks been incredibly busy. Our hard-working and dedicated staff have gone to extraordinary lengths to give your children the best educational, social, sporting and cultural opportunities possible.

During the last fortnight, every classroom in our school has been staffed by caring and capable teachers who work hard, both in school time and at nights and weekends, to provide your students with the best possible learning activities during class time. In addition to this our Students have been involved in:

Goodooga Indigenous Games to enable your children to travel to Goodooga and participate in a fun sporting competition for the day.

Our Iki Fit program ran for 2 days which enables Primary Students to engage in fun and energetic activities to assist in developing respect, self-discipline, healthy lifestyles and leadership skills.

It is Moorambilla time again and this year a large number of our students are involved in the girls and boys camps as well as the Maxed out camp. This is a great activity for students who not only develop choir skills but also understanding, cooperation, and leadership skills. I would like to thank the parents and staff members who have volunteered to transport our students to and from Baradine in our school bus to enable them to participate.

Our students participated in the Barwon Athletics Carnival which promotes cooperation, teamwork and healthy lifestyles. It is great to see so many of our Students participating successfully and now looking forward to the Regional Athletics Carnival.

Our school hosted the Western Secondary Principal's Council meeting for 2 days and Principals from across the region were amazed at the quality of our school, our teachers and in particular our Learning And Support Team and their amazing support for all of our students. Principals were also impressed by our hospitality students and their work in catering for the 2 days and the way in which our whole community works cooperatively to support each other and our fantastic school.

This week our Stage 3 students and teachers and Learning Support Officers left early Monday morning for Tea Gardens where they will spend the week participating in educational and fun activities.

I would like to thank Mr. Bonsing, Ms. Slater, Mrs. Smith and Mr. B Allen who have volunteered to give up part of their weekend, and left their homes, family and loved ones for a whole week to make sure that your children have this amazing opportunity. In most workplaces, it would be hard enough to get staff to do this if they were paid and our teachers volunteer for no additional pay.



### K- 6 Assembly

Mon 20th Aug

### Book Week

Mon 20th - Thu 23rd Aug

### Mid-Term Break

Fri 24th - Mon 27th Aug

### Fathers Day Stall

Tue 28th - Fri 31st Aug

### School Disco

Thu 30th Aug

### P & C Meeting

Tues 4th Sep

### Stage 2 Excursion

Thu 6th - Fri 7th Sep

### School Photos

Tue 18th - Wed 19th Sep

### CAPA Performance

Thu 13th Sep

### School Holidays

Mon1st Oct - Fri 12th Oct

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)



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## Principal's report continued

On Wednesday Mr Britts had organised to take Stage 2 boys to Walgett to play in the Ricky Walford Shield. This is usually a huge day for all of our primary boys, however, after the Ricky Walford organisers made a late change to the date it was impossible for us to cancel a Stage 3 excursion to allow the boys and girls to participate.

On Thursday our stage 4 and 5 students will be treated to an amazing event. The World War I Living History tour will give our students an opportunity to learn more about the history of World War I.

On Friday our tired, but happy. Year 5 and 6 students and their exhausted staff will return to school. If you have children on the excursion please check the note for their arrival time and, if the time varies, updates will be given on our Facebook page and the school sign (Yes! It is back working again). It is really obvious why **Every Day Counts**.

A reminder that while all of these fantastic things happen so regularly at our school, Students who have poor behaviour and are placed on a monitoring cards are not able to participate in any event organised outside of our school until they have successfully completed their monitoring card.

I have slightly changed my usual Ridge Kids Can Do Anything into something I think is a little more appropriate this week. **Ridge Kids Can Are Doing Anything Everything!!**

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 Right Place, Right Time



- ⇒ Learning starts at 8:40am for Secondary Students
  - ⇒ Learning Starts at 8:55am for Primary Students
  - ⇒ Don't go out of bounds
  - ⇒ Follow the rules
  - ⇒ Primary students who arrive to School early are to wait at yellow line until teacher on duty arrives
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## Deputy Principal's Report

We recently celebrated Education week by holding open classrooms and a display in a shop window in Opal Street. Thank you to the Gary & Isabell Stone for kindly allowing us to display Students work in their shop. I hope you all managed to see the wonderful work your children have completed.

This week students in Year 10 will be presented important information regarding their subject selections for Year 11 in 2019. This is a very important time for Year 10 Students and their Parents, because Students will be planning their future working lives. It is essential that Students and Parents have accurate information to make effective decisions. Thank you to Mrs Murray for her informative presentation to the Students and Parents. Students in Year 8 will have the opportunity to select their elective subjects for 2019 shortly.

During Week 6 & 7 students in Year 12 will soon be sitting their Trial Examinations in readiness for the Higher School Certificate Examinations in October. At this time of year students in Year 12 should all have a study timetable which includes completing practice papers.

During Week 6 students in Stage 4 will be involved in a program called Love Bites. WHAT IS Love Bites? Love Bites Junior is an accredited NAPCAN program aimed for delivery to Years 7 to 9 focusing on Relationships and Social media. The program will address the helps and harms of social media use, respecting ourselves, others and relationships. Appropriate sharing of images and the ramifications of sharing inappropriate images. This program was scheduled earlier in the year and had to be postponed until this term. Information notes were sent home earlier in the year. If you have any questions or concerns about the program please contact the school by 30th August. Love Bites program is delivered jointly between NSW Police, NSW Health (Sexual Assault Counsellor), McKillop Rural Community Services and Mission Australia.

I am delighted that this term, our School, like many other public schools in the state, will participate in a Department of Education initiative: the Tell Them From Me student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices. You may remember that our students also participated in a Tell Them From Me student survey in Term 1 this year. Asking students to complete the survey twice in one year allows us to identify trends in student responses as well as track engagement and motivation across the school year. The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help improve how they do things at school. Copies of the form and FAQs are available from: <http://surveys.cese.nsw.gov.au/information-for-parents> More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 26th August and 27th October. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is included in this newsletter. If you **do not** want your child or children to participate, please return the form to school by **31st August 2018.**

Please find non-consent form on page 12 & 13

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# Library Report

The Meerkat performance was held in the gym in Week 2. Two actors performed the book BOY which was a story about a boy who was deaf and around him there was constant noise and fighting. He managed to communicate and the fighting stopped. K-6 had this performance school funded and because it related to a book we studied the students were able to understand and really benefit from what they saw and heard in a live performance. Ask your kids what they thought of the show. They could even tell you the message the story gave I think, such as the engagement in this story by Phil Cummings. Well it is time to start gearing up for Book Week.

Book Week is a celebration held each year at LRCS and all over Australia. The Children's Book Council of Australia chooses the theme and you can celebrate in all different ways. This year the theme is "Find your Treasure" and it is in my bookcase that I find my treasure. Such wonderful memories of my childhood and that of my children's are in the books in my bookcase. Please join us in celebrating Book Week at our school in any way you can. As Book Week is before the midterm break we only have four days, so make the most of what is on offer.

Bake a book can be done on the weekend before Book Week, some classes are making Placards in class and with the Oral Reading competition the choice needs to be a poem to read expressively. Classes will have readings in their class/Stage and the two from each class who are the best will read in the finals on Wednesday of Book Week. The Book Fair is a great place to not only buy books for your kids, but a place where you can stock up on presents for later needs: birthdays, Christmas etc.

Book Week is in Week 5 - Monday 20th August to Thursday 23rd August. (before mid-term break) Theme is 'Find Your Treasure' Book Fair (Books from Collins Book sellers in Tamworth for sale) runs from Monday – Thursday lunchtime in the Library.

## Monday 20th August

- \* K-12 Bake a Book Competition. Cakes are decorated to look like a favourite book. Please deliver the cakes to the library by 10 o'clock. Stage prizes of recipe books.
- \* Book Week themed lessons and Colouring Competition.
- \* Book Fair

## Tuesday 21st August

- \* K-6 Placard Parade, 9.10am in the Junior Quad. Students walk in classes displaying their favourite book on a cardboard sheet. They can also dress up in a costume that depicts their favourite book. All who participate have names put in a draw and two will win a book from the Book Fair.
- \* Book Week themed lessons and Colouring Competition.
- \* Book Fair

## Wednesday 22nd August

- \* Oral Reading Competition finals in the library starting at 9.10am. Two students from each class read a poem. Book prizes for Stage winners and certificates for finalists.
- \* Book Week themed lessons and Colouring Competition.
- \* Book Fair

## Thursday 23rd August

- \* Judging of K-6 Colouring Competition on Book Week theme: 'Find Your Treasure', winner receives a \$10 Canteen voucher prize.
- \* Book Fair finishes lunchtime.

Turtle Ticket Winners are:

	<u>Week 1</u>		<u>Week 2</u>
<u>Early Stage 1</u>	Harley Platts ES1J	<u>Early Stage 1</u>	Rachel Bateup ES1J
<u>Stage 1</u>	Rafay Khurram S1Y	<u>Stage 1</u>	Callum Lees S1Y
<u>Stage 2</u>	Tori Smith S2F	<u>Stage 2</u>	Sharlize Masters S2F
<u>Stage 3</u>	Layla Dench S3C	<u>Stage 3</u>	Dani Burgess-Dale S3B



The Meerkat performance of *BOY* was fun!





**Secondary Student of the week**  
**Chloe Charty ES1P**  
**Term 3 Week 3**

Chloe always treats her school work with high regard and completes work to the best of her ability. She produces quality work and always helps her peers if she finishes with time to spare. Chloe enthusiastically participates in group activities and works well with teachers and her peers every day. She always follows the turtle rules and is such a wonderful and kind friend to everyone. Well done Chloe.



**Primary Student of the week**  
**Izabella Mallouk S20**  
**Term 3 Week 4**

Izabella is a caring student who always tries her best. She approaches all activities with enthusiasm and works cooperatively with others to complete set tasks. Izabella has worked extremely hard to see improvements in her reading and spelling and should be proud of the effort she puts into her learning. Well done Izabella!



**Secondary Student of the week**  
**Opal Trumper Yr 10**  
**Term 3 Week 3**

Opal is a pleasant and respectful student. She is a valued member of class and makes positive contributions to class discussions. She shows excellent application to her work and always completes tasks with a positive attitude. She always wears full school uniform and follows our PBL goals. Congratulations Opal!

## 7/8 Harlequin PD/H/PE

7/8H have continued with the excellent progress they showed in Semester 1. In Term 1 the average class mark for the Safe and Supported Video analysis test was 78.85% and in the Term 2 Fitness Analysis assignment 50% of the class gained a mark over 90%. Linken McBride gained the outstanding mark of 99% on this shared Stage 4 assessment. In Term 2 as part of their PE lessons they practised their skills in a variety of Athletic Field events and several of the class performed very well at the Athletics Carnival. Jack Cummings was so successful he gained the title of Sub Junior Boys Champion. Congratulations to them all for some excellent achievements.



This term the Stage 4 Topic is "Balancing Act" where 7/8 H members have been encouraged to critically think about two main issues that are relevant to the health of young people, specifically the Personal Development Syllabus topics of drug use and sexual health. Students are currently researching and evaluating the effects and influences of legal and illegal drugs and the social and economic consequences. They will then study sexual health and learn strategies to minimise harm and protect their personal safety later this term.



The class used scales to practically compare how we need to balance our food intake and energy out to maintain a stable weight.



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## ES1J Class Report

ES1J have been very busy with their learning and it is only the beginning of Term 3. We are learning about our Friend's of Ten. Below are some of our student's writing on their reflection in mathematics.

Last week in maths, we discussed Ten Frames. When you put counters down, you start at the left. There is ten spaces in a ten frame. The ten spaces are to place counters down. Five and five makes ten. It helps me learn numbers with friends of ten.  
Luke Piper

Last week in maths we counted numbers.  
Tayla White

Last week in maths we talked about ten frames.  
Brax Seaton



Last week in maths we talked about ten frames.  
Cooper Collins

Last week in maths we learnt five and five makes ten. Rachel Bateup

Last week in maths we shared ten frames.  
Zane Gough

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## Aikido



Two of our students travelled to Newcastle on the weekend of 11 August to take their first grading at Saku Shin Kan aikido dojo. There were over 30 other students from all around Newcastle, the Hunter Valley and Central Coast at the grading day. George Smith successfully graded for 6th kyu (white belt), and Keenan Middleton successfully graded for 5th kyu (yellow belt).

Both boys gave it their all, the months of hard training paying off with great feedback from dojo-cho Sensei Darius Wingate-Pearse.

Aikido training takes place in the school gym at 3.15 pm every Monday and Wednesday.

All secondary students, male and female, are welcome. There is no cost. If you are interested, speak to Mr MacLean, Keenan or George.

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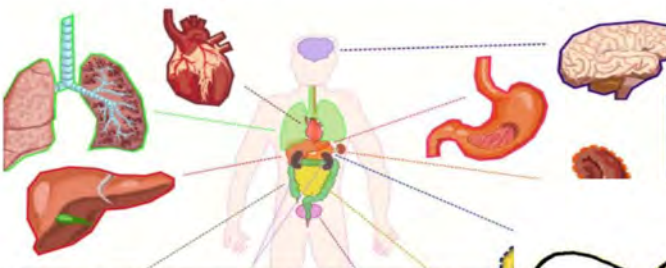
# Goodooga Indigenous Games 2018



# Out and About with MC Bumble Bee



## Organ Expo



## Goodooga Indigenous Games



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# Ricky Walford and George Rose Memorial Football Gala Day

On Wednesday the 15th of August, a team of stage 2 boys travelled to Walgett to compete in the George Rose Memorial Shield. The team consisted of Ben Haverhoek, Lennie Frail, Blake Benjamin, Levi McCabe, Steven Sharpley, Isaiah Seaton, Cooper Lohse, Paxton Kaluski, Tristan Doolan and Aiden Brown.

During the group stages, the boys came up against two Walgett teams and a team from Brewarrina. A solid forward pack and a number of skilful backs allowed the team to move through the group stages without difficulty. Up next, the boys played a strong, competent side from Gulargambone, which proved to be their toughest game yet. A huge defensive effort from Blake Benjamin, combined with some dazzling attack from the likes of Lennie Frail, Isaiah Seaton and Ben Haverhoek, gave the team their fourth win of the day.

After an extended break, the boys took the field for the grand-final, once again coming up against Walgett. Steven Sharpley opened the scoring with some brilliant footwork but only minutes later Walgett bounced back. Another two tries from both teams saw the game remain neck and neck until the final minutes, when LRCS scored two quick tries consecutively. This was enough to get over the line and win the George Rose Memorial Shield.

In the end, the team's success came down to an endless amount of effort from every single one of the boys. Congratulations boys on your ability to work as a team and for bringing home the shield!

Finally, a MASSIVE thank you to Brad Benjamin, Lennie Frail, and Andrew Kaluski who coached the boys on the day.



Well Done Boys!!





***Tell Them From Me* student survey:  
Information and consent form for  
parents and carers**



16<sup>th</sup> August 2018

Dear Parents and Carers

This term, our school is taking part in the *Tell Them From Me* student survey. The survey will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help them improve. The survey is completed on-line and is run by an independent research company, **The Learning Bar**, which specialises in school-based surveys.

Staff in schools will **not** be able to identify individual students from their responses. To ensure confidentiality, participating students will receive a unique username and password. Where fewer than five students respond to a question, the results will be suppressed. The survey typically takes 30 minutes or less to complete and will be administered by the school during normal school hours. Once the surveys are completed by students, reports are prepared and in most cases are available to schools within three business days.

This survey will help our school better understand how to improve student wellbeing and engagement. It will help the school identify what works to improve student outcomes.

Participating in the survey is entirely voluntary. Your child will not take part if either you or your child do not wish. If, during the survey, your child is uncomfortable, he/she can choose to stop the survey at any time. The majority of questions in the survey can be skipped.

If you **do not want your child to take part** in the survey, please complete the attached form and return it to your child's school by 31<sup>st</sup> August 2018

More information about the survey and the research is available in English on the CESE website: <http://surveys.cese.nsw.gov.au/information-for-parents>

Kerry Adamthwaite  
Principal  
Lightning Ridge Central School

Dr Jenny Donovan  
Executive Director  
Centre for Education Statistics and Evaluation

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## ***Tell Them From Me* Student Feedback Survey non-consent form**

If you **do not want** your child to participate in the student feedback survey, please sign this form and return it to the school by 31<sup>st</sup> August 2018.

**I DO NOT** give consent for my child/children to participate in the ***Tell Them From Me*** student feedback survey.

Name of student 1

Roll class of student 1

.....

.....

Name of student 2

Roll class of student 2

.....

.....

Name of student 3

Roll class of student 3

.....

.....

Name of student 4

Roll class of student 4

.....

.....

Name of parent/carer .....

Signature of parent/carer .....

Date .....

**Yuwaalaraay**  
**Word of the**  
**Week**  
**Baalaraan**  
**Flower**

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

baalaraan is the flower or blossom of the leopard wood. As the weather starts to warm up we'll see more and more baalaraan in the bush.

**Moorambilla Fundraiser**



Create your own artwork with pens, paint, craft dyes, fingers, feet, photos—the brighter the better!

Buy one plate for \$28, more than one for \$25 each.

No more tattered drawings on the fridge.

Pictureplates are fun to make, fun to use and tough enough to last thousands of washes. They're dishwasher safe and made of BPA free melamine.

Backed by our unique 40 year guarantee, you can be sure your child's plate will last for years, whether you put it on display or use it every day.

Perfect gifts for proud relatives

**WALGETT LITTLE A's 2018**

FAMILY, FUN & FITNESS  
 FOR ALL CHILDREN 3 & OVER.

**SEASON STARTS 5TH SEPTEMBER**

EVERY WEDNESDAY NIGHT

@ No. 1 Oval

**5.30 – 7.30PM**

COST: \$75 per child  
 Dinner Available

**Online Registrations NOW OPEN**

[www.lansw.com.au](http://www.lansw.com.au)

All registrations to be completed online.

**REGISTRATION DAY**

**WEDNESDAY 29TH AUGUST**

4-5.30PM @ SPORTO

Assistance with registrations, payment & uniform ordering.

Contact Camilla Rowntree to be added to the Walgett L.As mailing list:  
[camrowntree@bigpond.com](mailto:camrowntree@bigpond.com)

Contact Tiffany Loeve for assistance with registrations:  
[benandtiffloeve@hotmail.com](mailto:benandtiffloeve@hotmail.com)



# 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)



# 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



"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 lit 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 Gram

## 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
WHERE:	BLACK OPAL HERITAGE SHED 3 Mile Opal Field, Lightning Ridge	WEAR:	Something warm
TICKETS:	Australian Opal Centre, Lightning Ridge VIC, Wallangulla Motel, Lightning Ridge Tourist Park, Crocodile Caravan Park, Opal Bin	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 Suzis Media, Lightning Ridge Tourist Association, XBS, Chambers of the Black Hand, Peter Carroll Opals, Lost Sea Opals, Lonax Opals, Down to Earth Opals, Black Opal Direct, Latwood Opals, Shearman Opals, Opal Bin, Cody Opals, John Livingston, Barbara Givens and Doug Brock, (White Cliffs Toolworks), Beans, Cactus Nursery, John Murray Art Gallery and Designer/Printer, In-kind support: PW Concrete, Walgett Shire Council, Mick Cooley, Rebel Black and Michael Mason, the community of Lightning Ridge and the school students of Walgett Shire who entered our 'Design a Dream' competition.



GYMNASTICS FOR ALL

# Start Here, Go Anywhere!

REGISTRATIONS OPEN NOW



Friday 3:30pm - 5pm  
\$50.00 Registration  
\$7.00 Per Session

**Lightning Ridge Sports Centre Pandora Street.**  
*Children must bring a water bottle, piece of fruit to share, and be wearing comfortable clothing (no jewellery, belts or buckles)*



# FATHERS DAY STALL



**Tuesday 28th -  
Friday 31st August**

Open at  
Lunch  
in B2



Gifts range  
from  
\$1-\$8

**Money raised will help our Students attend Moorambilla**





## Violin Tutoring

30 minute lessons @ \$25

10 weeks at  
Lightning Ridge Central  
School  
Violin and Music Folder  
included in the lesson.

Beginners Aged 4 and Above  
After school hours

Please email your interest to  
[amoxham22@gmail.com](mailto:amoxham22@gmail.com) by:

**28<sup>th</sup> August 2018**

# ROCK AND SOUL

*Through the ages*

# C.A.P.A

## THURSDAY

## SEPTEMBER 13TH

**COMING SOON**



**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



**LIGHTNING RIDGE  
JUNIOR RUGBY LEAGUE**

# GRAND FINAL

# THIS WEEKEND!

Come down to Spider Brown Oval This  
**Saturday 18th August 9am - 1:30pm**  
to cheer on our Junior Football & Netball  
Players.

Everyone Welcome!!

SKYDIVE OZ

# SKYDIVE TOUR



SEPTEMBER 2018

GUNNDAH	8 <sup>th</sup>
NARRABRI	9 <sup>th</sup>
COONABARABRAN	10 <sup>th</sup>
COONAMBLE	11 <sup>th</sup>
WALGETT	12 <sup>th</sup>
LIGHTNING RIDGE	13-14 <sup>th</sup>
MOREE	15-16 <sup>th</sup>

**BOOK NOW!**

SKYDIVEOZ.COM.AU  
OR CALL 1300 185 180

Proudly supporting



**\$5 DONATED PER SKYDIVE!**

## LIGHTNING RIDGE GOLF CLUB



Locals & Visitors you're invited to come along to our

# Open Fun Day & BBQ

Saturday 25 August  
from 12 noon



Come join in the fun games

- closest to the pin
- dad and son team event
- hole in one
- try a round for FREE
- FREE BBQ

*Directions: Crystal Road, Lightning Ridge*  
Morilla street east to "T" intersection, turn left, continue past end of race track, next street left. You'll see us on the left.

THANKS to our Sponsors

enquiries phone Jeff 0497 606 495.

Taylor's Butchery  
Lightning Ridge Bowling Club

*Let's get swinging.....*

# Be SUNSMART Today!

Today's date: \_\_\_\_\_

Max UV level: \_\_\_\_\_

Slip



Slop



Slap



Seek



Slide



## Protect yourself in five ways from skin cancer

For more information visit [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart)  
Phone: (02) 9334 1761  
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# FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!



## FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p><b>FRESH FRUIT</b></p> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Banana</li> <li>• Mandarin</li> <li>• Orange quarters</li> <li>• Passionfruit halves (with spoon)</li> <li>• Watermelon, honeydew, rockmelon chunks</li> <li>• Pineapple chunks</li> <li>• Grapes</li> <li>• Plums</li> <li>• Nectarines, peaches, Apricots</li> <li>• Strawberries</li> <li>• Cherries</li> <li>• Kiwifruit halves (with spoon)</li> <li>• Pear</li> </ul> <p><b>MIXED FRUIT</b></p> <ul style="list-style-type: none"> <li>• Fruit salad</li> <li>• Fruit kebabs</li> </ul> <p><b>DRIED FRUIT</b></p> <ul style="list-style-type: none"> <li>• Dried fruit, nut, popcorn mixes*</li> </ul> <p><b>TINNED FRUIT/SNACK PACKS/CUPS</b></p> <ul style="list-style-type: none"> <li>• In natural juice (not syrup)</li> </ul>	<p><b>FRESH CRUNCHY VEGIES</b></p> <ul style="list-style-type: none"> <li>• Corn cobs</li> <li>• Carrot sticks</li> <li>• Capsicum sticks</li> <li>• Green beans</li> <li>• Cucumber sticks</li> <li>• Celery sticks</li> <li>• Snow peas</li> <li>• Tomatoes (e.g. cherry and Roma tomatoes)</li> <li>• Mushroom pieces</li> </ul> <p><i>Can serve with either:</i></p> <ul style="list-style-type: none"> <li>• Hummus</li> <li>• Tomato salsa</li> <li>• Tatziki</li> <li>• Beetroot dip</li> <li>• Natural yoghurt</li> </ul> <p><b>SALADS</b></p> <ul style="list-style-type: none"> <li>• Coleslaw and potato salad (reduced fat dressing)</li> <li>• Mexican bean, tomato, lettuce and cheese salad</li> <li>• Pesto pasta salad*</li> </ul> <p><b>BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>• Grilled or roasted vegetables</li> <li>• Wholemeal vegetable muffins or scones</li> <li>• Vegetable slice (with grated zucchini and carrot)</li> <li>• Popcorn</li> </ul> <p><b>SOUP</b> (In small thermos)</p> <ul style="list-style-type: none"> <li>• Pumpkin soup</li> <li>• Potato and leak soup</li> <li>• Chicken and corn soup</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Calcium-enriched soy and other plant-based milks</li> <li>• Yoghurt (frozen overnight)</li> <li>• Custard</li> </ul> <p><i>Tip:</i></p> <ul style="list-style-type: none"> <li>• Freeze the night before to keep cool during the day</li> </ul> <ul style="list-style-type: none"> <li>• Cheese cubes, sticks or slices</li> <li>• Cottage or ricotta cheese</li> <li>• Cream cheese</li> <li>• Tatziki dip</li> </ul> <p><i>Can serve with either:</i></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Wholegrain cereal, low in sugar</li> <li>• Vegetable sticks</li> <li>• Rice and corn cakes</li> <li>• Wholegrain wheat crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Tinned tuna or salmon in springwater</li> <li>• Lean roast or grilled meats (e.g. beef, chicken, kangaroo)</li> <li>• Falafel balls</li> <li>• Lean meat or chicken patties</li> <li>• Tinned tuna or salmon patties</li> <li>• Lentil patties</li> <li>• Lean deli meats (e.g. ham, silver side, chicken)</li> <li>• Boiled eggs</li> <li>• Baked beans (canned)</li> <li>• Tofu cubes</li> <li>• Hummus dip</li> <li>• Lean meat or chicken kebab sticks</li> <li>• Peanut butter*</li> </ul> <p><i>Can serve with:</i></p> <ul style="list-style-type: none"> <li>• Wholegrain sandwich, roll, pita or wrap bread with salad</li> <li>• Rice and corn cakes</li> <li>• Wholegrain wheat crackers</li> <li>• Side salad</li> </ul> <ul style="list-style-type: none"> <li>• Vegetable frittata</li> <li>• Skinless chicken drumsticks</li> <li>• Savoury muffins or scones (e.g. lean ham, cheese and shallots)</li> <li>• Homemade pizzas with lean roast or deli meats and vegetables</li> </ul> <p><i>Can serve with:</i></p> <ul style="list-style-type: none"> <li>• Side salad</li> <li>• Steamed or roasted vegetables</li> </ul>	<p><b>MAINS</b></p> <ul style="list-style-type: none"> <li>• Wraps</li> <li>• Sandwiches</li> <li>• Rolls</li> <li>• Toasted sandwiches</li> </ul> <p><i>Tip:</i> Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, focaccias, fruit bread and English muffins.</p> <ul style="list-style-type: none"> <li>• Pasta dishes</li> <li>• Rice, quinoa or cous cous dishes</li> <li>• Noodle dishes</li> <li>• Sushi</li> </ul> <p><b>SAVORY BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>- Homemade pizzas</li> <li>- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)</li> <li>- Vegetable based muffins</li> <li>- Pasta or noodle bake</li> </ul> <p><b>SWEET BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>• Fruit loaf</li> <li>• Wholemeal fruit based muffins</li> </ul> <p><b>SNACKS</b></p> <ul style="list-style-type: none"> <li>• High fibre, low sugar cereal (e.g. muesli)</li> <li>• English muffins</li> <li>• Crackers</li> <li>• Crisps/cakes</li> <li>• Rice cakes</li> <li>• Corn thins</li> <li>• Wholemeal scones</li> <li>• Pikelets</li> <li>• Crumpets</li> <li>• Hot cross buns (no icing)</li> </ul>	<ul style="list-style-type: none"> <li>• Take a water bottle (for refilling throughout the day)</li> </ul> <p><i>Tip:</i></p> <ul style="list-style-type: none"> <li>• Freeze overnight to keep foods cool in lunchboxes</li> </ul> <p><b>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</b></p> <p><b>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</b></p>



## CANTEEN MENU TERM 3 2018

### SNACKS (RECESS & LUNCH)

Cafe style fruit bread fresh or toasted (2)	\$2.00
JJ'S chick/pizza/S&V pkt	\$1.00
Grain waves sour crème	\$1.20
Gomes chocolate/Anzac bisc	\$0.80
Snac pac Chocolate/Banana 140gm	\$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
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/cola	\$2.00
Apple raspberry	
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, raspberry coc, 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
Egg lettuce tomato mayo	\$3.70
Curried egg OR egg lett mayo	\$3.50
Tuna lettuce tomato mayo	\$3.70
Tuna lettuce mayo	\$3.50
Vegetemite	\$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/onion optional)	

#### SMALL SALAD BOWLS

Salad	\$4.50
Chicken/ham/egg/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 Roll	\$3.20
Travellers pie	\$3.50
Beef Bacon & Cheese Travellers pie	\$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
Chicken & Gravy roll	\$5.00

#### GLUTEN FREE (ORDERS ONLY)

Pies	\$4.00
Sausage rolls	\$3.60

#### MISCELLANEOUS

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

**CANTEEN CLOSING AT 9.30AM FOR ORDERS!  
ALL PROFIT GOES TO P&C FOR THE  
STUDENTS!**

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