

# LIGHTNING RIDGE CENTRAL SCHOOL



**Principal: Mr Kerry Adamthwaite**

**Deputy Principal: Mrs Margaret Morriss**

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Term 3, Week 8 2018



## Principal's Report

It is hard to believe that another 2 weeks have passed, in that time so many things have happened around our school. My last newsletter concentrated on the list which included many of the things that happen at our school every year, since then that list has grown to over 130 items. When more of our parents, students, and staff have input I am sure it will increase significantly further.

The capacity of our staff to achieve extraordinary things for your children is often only surpassed by the extraordinary things your children do for themselves. One of our students is currently in Perth competing in a National Championship representing our School and of course the whole of New South Wales. We wish Allira well and look forward to hearing of her success over there.

### Ridge Kids Can Do Anything

In the last 2 weeks we have managed 50 inspiring hours of individualised learning for every student, where every student is supported by teachers and learning support officers. Of course there is also 20 minutes of Quickstart in secondary every morning.

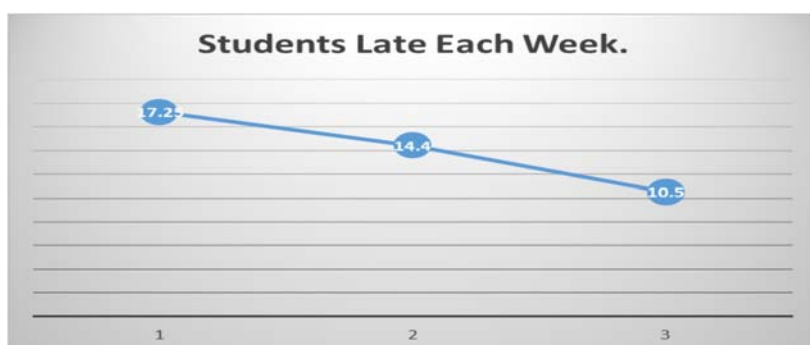
In addition to all of our regular things we have also managed to fit in:

The Llanillo Biosecurity excursion, Stage 4 Love Bites program, Year 11 Mission Australia visit, Year 6 and Year 10 VALID testing, two visits by speech therapists, RUOK? Day activities and talk by a counsellor, and of course our stage 2 ZooSnooze excursion.

Just another couple of weeks at Lightning Ridge Central School and you can see why we say....

### Every Day Counts!

**And now we are saying It's Not Great To Be Late**



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)



#### K-6 Assembly

Mon 17th Sep

#### School Photos

Tue 18th - Wed 19th Sep

#### Primary Regional Athletics

Fri 21st Sep

#### Year 12 Final Assembly

Thur 27th Sep

#### School Holidays

Mon 1st Oct - Fri 12th Oct

#### P & C Meeting

30th Oct

#### Year 12 Formal

10th Nov

#### Mid - Term Break

Fri 16th - Mon 19th Nov

#### Presentation Day

Fri 7th Dec



As I said in a previous newsletter lateness for our secondary students was causing a problem, so over the last 3 weeks we have instituted a program of rewards. On random days, students who arrive at school before the commencement of lessons and, at the same time, requiring all students who arrive at school late without an explanation from their parents to make up that time in the school library at recess. As you can see from the graph (over page) of the average number of students late each week over the last 3 weeks we have seen a significant decline in the number of students missing valuable learning time by arriving late each week. We are also sending letters home to parents informing them of their student's lateness. This is coming as a surprise to some parents who believed that their children were leaving home and going straight to school. Do you know where your children are in the morning?

**Haileybury – one of Melbourne's top private schools – was awarded Primary School of the Year they also took home the award for Australian School of the Year.**

"We're renowned for our explicit instruction model. Haileybury's Deputy Principal, John Fleming, said

"The model has resulted in Haileybury Junior School becoming one of the top performing schools in terms of student achievement in Australia," Fleming told The Educator in an interview.

Big deal! So what? Why should Lightning Ridge be celebrating the success of some private school in Melbourne?

The answer is very simple. Last year our school, ahead of the game yet again, identified John Fleming and explicit instruction is the way forward for our school's academic results. Twice this year John Fleming and his team have visited lightning Ridge to work with our staff and train them on the implementation of the explicit instruction model. We have already started using this successful model to teach your children more effectively. It makes me feel great to see the fantastic success that his own school has had in Melbourne.

If you want the same academic results as top private schools do not waste your money paying their fees, come to Lightning Ridge Central School. Our continuing work with John over the next few years will see a huge increase in our academic results.

The only problem is your children have to come to school every day prepared to learn or nothing will help improve their academic results.

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.

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## Deputy Principal's Report

Late is not Great!

We are continuing our focus on school attendance, specifically arriving on time to school. Those student who do arrive on time at 8:40 have been receiving rewards, this includes hot chocolate, sausage sandwich and even bacon & egg sandwich, they never know what they will receive or what day it will happen.

Those students who arrive late are placed on detention, phone calls are made to parents/carers and letters have been sent home to keep families informed of their child's lateness to school. Arriving on time to work is an essential part of working life and our young adults need to learn this necessary trait. I often ask our students what would happen if they arrived 20 minutes late to work everyday, they generally reply that they would lose their job. We are simply trying to ensure that when your child leaves school and gets a job they wont be fired for being late as it has become a habit.

R U OK? Day last Friday saw the school covered in yellow. Staff & students wore yellow, we tied yellow ribbons & balloons to the front fence and secondary students listened to a presentation from our relieving District Guidance office Kayla providing a very important message about helping each other through the tough times that we might all experience. On Friday 14th September some of our students are going to attend the community R U OK ? event.

The Tell Them From Me Survey is open until the 26th of October 2018, the information gathered from the survey will provide us with important information which will be used to develop our next school plan. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 27th August and 26 October. Participating in the survey is entirely voluntary.

If you do not want your child or children to participate, please return the form to 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>

School photos will be taken on the 18th & 19th September it is essential that all students wear FULL school uniform. Please return the envelopes with photo orders including money to the front office as soon as possible.

Year 11 students will be sitting their Yearly Examinations during week 10 of this term. During Term 4 students will be commencing Year 12 studies. Students in Year 11 should now be producing study notes and completing practice examination papers.

Year 12 General Mathematics students will be participating in a study day held at school and conducted by Aurora. Aurora is a virtual selective High School and they are running study days in a range of subjects. It is an initiative through the rural and remote project.

2019 School captain voting has commenced, we had five very capable Year 11 students make speeches explaining why they should be elected as our school captains. All candidates spoke very well, clearly stating why they are the right person for the job. The 2019 School captains will be announced shortly.

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## 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**



Yuwaalaraay  
Word of the Week

**dhiirrabaa**

School

This word is made up of two Yuwaalaraay word parts:  
*dhiirra* "teach, know" and the word ending - *baa* "place of"

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





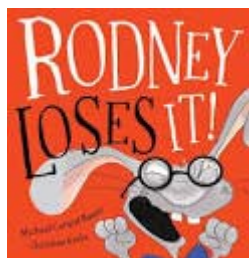


## Library News

Well after Book Week everything seems a little less exciting. I didn't really want to take down the displays and I suppose I will just have to be content with the displays of students work and our new books. The kids love Book Week and all of the other library events and even students who have been here years ago ask me about different library things. Logan Taylor, who is working so well in our school as an aide asked me about Books in Homes recently and he said it was the best thing he remembers and that he still has his Books in Homes books. It is great to have good memories and to share them with others.

I went to a Teacher-Librarian Conference for K-6 Talking About Texts. It reinforced that what I am doing here is good and I felt like a Treasure Hunter after Book Week at this Conference. I was immersed in Rich Texts and was with those who have a passion for books. Authors and illustrators make conscious decisions when they write and illustrate and it is our job to interpret them. Analysing what you read is a syllabus outcome, but it is also developing understanding when you have skills that relate to texts. Good writers start off as good readers. Paul MacDonald from the Children's Bookshop in Beecroft spoke and repeated something I firmly believe in: the best way to improve NAPLAN results is to read for pleasure. Children need to be read to, spoken with and they also need to have a connection with adults who read. Homes need to be places that value reading. (Pity we don't still get Books in Homes as I know some families cannot afford to buy books...that's why I am forever suggesting visits to the Town Library as a family activity. Have you done this lately?)

Stage 3 have, in groups, been rewriting blurbs from the Younger Readers category of books from the CBCA shortlist. I have been very impressed with their group discussion, their use of a thesaurus and also their ability to help each other edit their work. Stage 2 worked with the text *A Walk in the Bush* also part of the Shortlist and then walked around our school observing as the characters in the story had done the birds, animals and plants in our school environment. It was lovely to sit quietly and see especially the parrots who visit our school. The students were asked to repeat this observation in their home environment. Stage 1 and Kindergarten have enjoyed the book *Rodney Loses It!* This is a great read aloud book and I did so enjoy acting and using my voice to read and entertain. Students joined in and we had a lot of fun. It is a book that I would recommend to own with great opportunities to read with expression. It also won in its CBCA Category for Early childhood. I listened online to someone reading this text and I must say they didn't read it as well as me. Perhaps they didn't love the book as much as me! If you love a book it comes across to kids. Choose a favourite of yours and try reading it to your kids and see if this happens for you too.



This is a book I think is suitable for K-6 and therefore I will be exposing all students to this text. Please ask your kids about it and if you are thinking of a Christmas book purchase this is a good one. Perhaps we will have an oral reading competition with this book as I have heard students repeat parts of the book and I have loved hearing their expressive voices.

The LRCS Reading Challenge finishes this week: Week 8, Thursday, 13th September. With all that has gone on this term I can understand that some students haven't handed in their sheets yet, but there is still a week to go as I type this (6th!) The party for those who hand in their recording sheets is on Monday 17th September in the library at lunchtime. This is a free event to celebrate the achievement of reading ten or more books during the term. It is achievable for all students I believe.

### Recent Library Turtle Draw winners have been:

#### Week 6

Early Stage 1 Suzanne Dominick K1P

Stage 1 Amy Charty S1B

Stage 2 Zachery Walford S2H

Stage 3 Leanna Tucker S3N

Penny Fahey Teacher-Librarian

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## Secondary Student of the week

### Term 3 Week 5

### Connor Barton Year 12

Connor is a well deserving student of the week for Week 5. He is always an enthusiastic participant in all class activities and completes tasks to the best of his ability. He works hard at Food for Families and is always an excellent representative for the school. Connor always wears his school uniform, follows our school's PBL goals and is a valued member of our school community. Well Done Connor!



## Secondary Student of the week

### Term 3 Week 6

### Jada Seaton Year 7

Jada has shown a consistent effort this year. She has applied herself diligently across all subjects and takes a mature approach to her studies. She always follows instructions, is respectful and submits high quality work. She is a pleasure to have in class and should be proud of her efforts to date. Congratulations Jada!



## Primary Student of the week

### Term 3 Week 7

### Chanel Kenny S3B

Chanel is a fantastic role model in S3B. She helps to create a terrific class environment as she always gives 100% effort towards her schoolwork and she regularly compliments and encourages her peers. She supports others with their learning, as she is always happy to give meaningful feedback to help her classmates improve. Keep up the great work, Chanel!



## Primary Student of the week

Term 3 Week 7

Cameron Farkas S3N

Cameron Farkas is our student of the week. Cameron is an asset to the class. he epitomises the values of Respect, Responsibility and Pride in everything he does. Cameron has been an active and enthusiastic participant in our CAPA night performance and, puts in a marvellous effort with his school work. He completes homework every week. Cameron has shown new students kindness and support and he comes to school ready to learn every day. Thankyou Cameron for being a role model for other students and giving school your best shot. Well Done Cameron!



## Secondary Student of the week

Term 3 Week 7

Sebastian Bogdan Year 8

Sebastian has made a consistent effort this year. He has continually shown a positive attitude in class and attempts all work to the best of his ability. He always follows our PBL goals and is a pleasure to have in class. Congratulations Sebastian!

# Check LOST PROPERTY

## At the Office



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



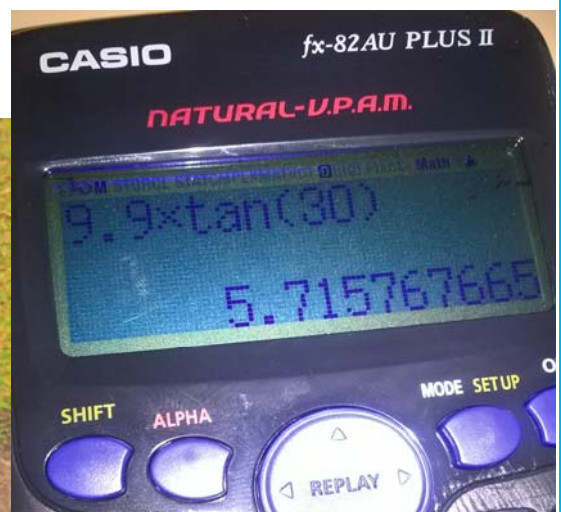
# Maths Science



This boy is doing his Maths assignment.

Why is he standing to attention?

Why is he covering his face with a box?

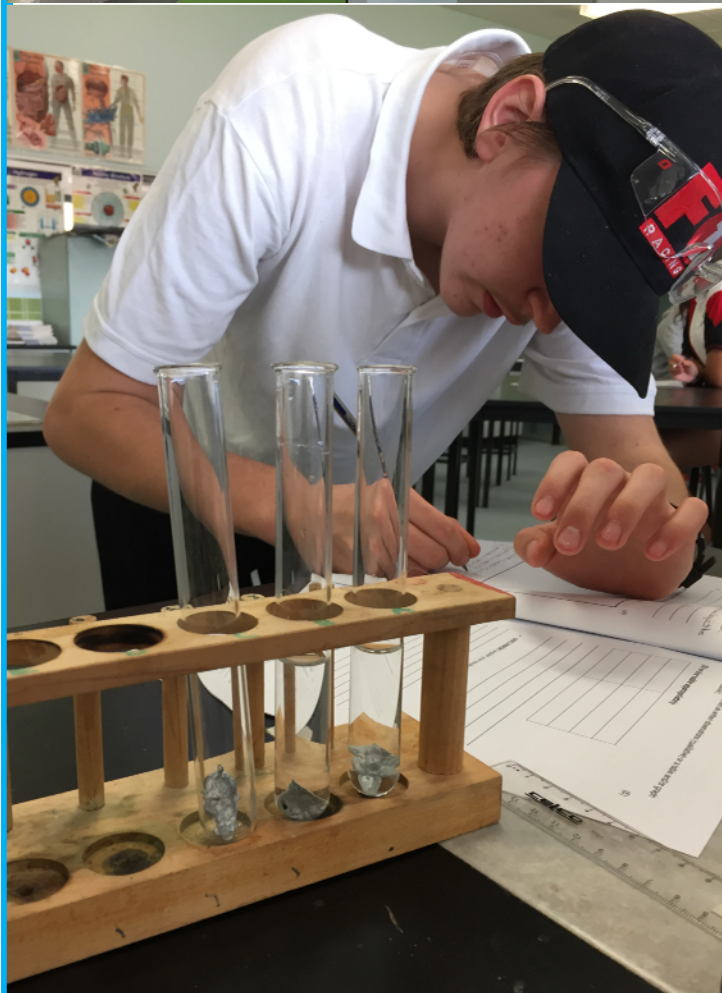




# Maths Science

## 7 Steps of the Scientific Method

- Make an observation.
- Conduct research.
- Form hypothesis.
- Test hypothesis.
- Record data.
- Draw conclusion.



**Last fortnight our**  
**BEST ATTENDERS**  
**were**

**YEAR 1**

**Congratulations to**

**Mrs Mapperson and Mr Sundstrom's**  
**Classes**

Going to school and being at school every day gives every child the best chance for a good start in life. The school, families, parents, and community organisations work together to ensure all children go to school every day.

**Every Day Counts**



# K-6 Assembly



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.

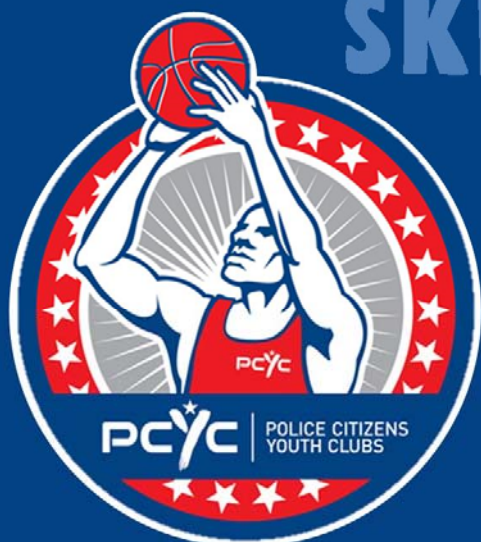
Visit : <https://www.feelthemagic.org.au> for more information.

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



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

# **JUNIOR BASKETBALL** **SKILLS AND DRILLS**



**LIGHTNING RIDGE**

**INDOOR SPORTS CENTRE**

**FRIDAY 5TH OCTOBER**

**2-3PM • AGES 8-16**



**FREE EVENT**

**SIGN UP FOR TERM 4 BASKETBALL SESSIONS STARTING THURS 18TH OCTOBER**  
**\$60 INCLUDES PCYC MEMBERSHIP & UNIFORM PACK**



walgett@pcycnsw.org.au



0429 955 937





# 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)

# 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



**FAR WEST Academy of Sport**

**Rugby League and Ladies League Tag Coaching Staff Wanted**

FWAS are calling for 'Expressions of Interest' for International Games Coaches and Squad Staff –

Managers, Sports Trainers, League Safe personnel for the 2018/2019 FWAS

Rugby League and Ladies League Tag Programs

Nominations can be submitted via a link on our Far West Academy of Sport Facebook page.

**Nominations Close: 24<sup>th</sup> September, 2018**

For more information, contact the FWAS Office on 6884 6483

Applicants must reside in the FWAS region



**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.

**returnandearn.org.au**  
T: 1800 290 691

\*Go to returnandearn.org.au for collection site locations across NSW.



# 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



# 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

<p><b>WHEN:</b> Tuesday, Thursday &amp; Saturday nights 6.30pm (please arrive by 6.15pm) Easter 'til end of September</p> <p><b>WHERE:</b> BLACK OPAL HERITAGE SHED 3 Mile Opal Field, Lightning Ridge</p> <p><b>TICKETS:</b> Australian Opal Centre, Lightning Ridge VIC, Wallangulla Motel, Lightning Ridge Tourist Park, Crocodile Caravan Park, Opal Bin</p>	<p><b>COST:</b> Adults \$15, Children \$7.50, Family \$50</p> <p><b>WEAR:</b> Something warm</p> <p><b>BRING:</b> Torch; BYO picnic or esky welcome!</p> <p><b>BUY:</b> Tea, coffee, hot chocolate &amp; SPARK souvenirs available for purchase</p> <p><b>RAIN:</b> Still on - inside at same venue</p>	
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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, Lornax 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, Flick Cooke, Rebel Black and Michael Matson, the community of Lightning Ridge and the school students of Walgett Shire who entered our 'Design a Dino' competition.



**SKYDIVE OZ**

# SKYDIVE TOUR

**SEPTEMBER 2018**

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

**BOOK NOW!**  
 SKYDIVEOZ.COM.AU  
 OR CALL 1300 185 180

Proudly supporting  
  
 Royal Flying Doctor Service  
 SOUTH EASTERN SECTION  
**\$5 DONATED PER SKYDIVE!**

**R U OK?**<sup>TM</sup>  
 A conversation could change a life.



## You're invited...

We're hosting an event in support of the national charity R U OK? because we believe that asking "are you ok?" is something we can all do to make a difference.

*LIGHTNING RIDGE 14th Sept*

Date/Time: *11-1pm* Location: *old "Diggers Rest Site" opp ST*

Visit [ruok.org.au](http://ruok.org.au) for tips on how to ask.

**Moorambilla Fundraiser**

 **Picture products**



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

# Canteen Orders

**Please have all orders**

**Into Sue at the Canteen**

**By 9:30am**





# FOR A HEALTHY LUNCHBOX SOMETHING FROM EACH GROUP 1-6!

## PICK & MIX



## Healthy, balanced packed lunch.

1

### Fill-you-up foods

Choose slow release energy foods. Wholegrain or wholemeal carbohydrates are best!

**TRY...**



Bread, Rolls, Pittas. **MAKE A SANDWICH!**

Pasta, Potato, Noodle  
Couscous, Lentil, Chick-pea, Rice.  
**MAKE A SALAD!**

### Salad suggestion

Choose a 'fill you up' base

- Rice • Lentils • Pasta • Noodles
- Couscous • Beans • Potato

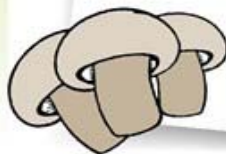
**Add some colours**

- Mushroom • Celery • Carrot
- Cauliflower • Cabbage • Capsicum
- Sweet corn • Bean sprouts

**Add a little dressing**

- Low-fat mayonnaise
- Olive oil & fresh lemon

**Lovely!**



2

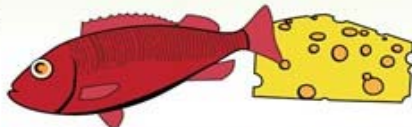
### Help-you-grow foods

Have a small portion of MEAT, FISH, EGGS or BEANS (for protein). Perhaps in a sandwich or salad.

**TRY...**

- Hard boiled egg • Cold cooked meat & poultry
- Cold cooked fish – fresh or tinned
- Low fat cheese • Handfull of unsalted nuts

Don't forget the dairy foods (for calcium).



3

### Fruit and vegetables

Pack some crunch in a salad or sandwich or just to eat on their own.

**TRY...**

- Handfull of dried fruit • Fresh salad
- Vegetable sticks with low fat hummus, salsa or yoghurt
- Berries with yoghurt



### Take a drink

- Water (the best choice!)
- Low fat milk
- Smoothies
- Diluted 100% fruit juice



### Occasional treats

- Cereal bar
- Scone
- Pikelet
- Sweet / savoury biscuit
- Chocolate / lollies



## lunch box tips

keep your packed lunch cool and well-contained

***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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# CANTEEN NEWSLETTER

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## **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 your orders on separate bags for R & L

Recently some orders have been coming in 15 min before recess as orders need to be processed then sorted and items need to be prepped / heated and then ready for baskets in less than an hour, I would really appreciate that orders be in by 9.00am as the Canteen is very busy most days of the school year!

## **DELETED ITEMS:**

- Snack pacs
- Cola chill j

## **NEW ITEMS:**

- Snaps tangy salsa (gluten free) - \$1.50ea
- Watermelon chill j
- Orange passio chill j - \$2.00ea
- Rise & shine yogurt pouches vanilla  
Strawberry/tropical flavours - \$1.40ea

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

*Beef cheese & bacon pies-	\$3.80ea
*Chilli tender (2) cheese toasted roll-	\$5.00ea
*Assorted sandwiches (multigrain bread)	\$3.50 - \$4.00
*Chicken burgers	\$4.30ea
*Beefburgers	\$4.50ea

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

Please find Canteen Menu for Term 3, 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.
- Icecreams 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 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
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/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!