LIGHTNING RIDGE CENTRAL SCHOOL



Relieving Principal: Deputy Principal: Deputy Principal:

Mr Richard Finter Mrs Margaret Morriss Mrs Jane Miles

Term 4, Week 2, 2019



Principal's Report

School Captains

Leadership is the action of leading a group of people or an organization. In Australia we are privileged to be in a position to democratically elect our national leaders. Lightning Ridge Central School students have recently had the privilege of

electing their school leaders for 2020 and in my humble opinion they have chosen well.

It is my pleasure to announce that our captains for 2020 are Mason Allen and Joshua Doctor and our Vice Captains are Opal Trumper and Natasha Kotru. These fine young people are excited about the prospects and opportunities their positions afford them and the whole student body. I feel confident that they will represent their school, community and family with pride.



They are aware that with leadership positions comes great responsibility and they will be meeting with me on a regular basis to discuss issues pertinent to all students and to give voice to student concerns, challenges and successes.

Leadership, however should not be restricted to those who hold high office. Each individual can demonstrate leadership in their schools, their families and their community. This can be demonstrated in a person's everyday actions, whether by showing respect, assisting someone, volunteering to be part of a community group or organisations or just being a positive role model for others.

<u> P&C:</u>

Speaking of leadership, our P&C is looking for new leadership. This organisation which is a very important parent voice within the school community, meets twice a term at 5.00pm on Tuesday of weeks 3 and 7. Recent meetings have been very poorly attended and as a result the Annual General Meeting for 2019, has at this point not taken place.

It is intended that the Annual General Meeting will take place on Tuesday 29th October at 5.00pm. I urge parents and carers to come along and be part of this organisation. All it will cost to join on the night is \$2.

It would be a great pity for the school and the wider community if the P&C folded and deprived parents and community members of a consultative voice within the school. I encourage all parents and community members to get involved. The

more people involved, the greater diversity of views are heard and the voice of the P&C will be stronger. I look forward to seeing you there.





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Moorambilla Voices

On Friday, 27th September, Mr Shannon and I had the pleasure of travelling to the Dubbo Convention Centre to watch 22 of our students performing at the Moorambilla Voices Gala Concert in front of a packed house. The performance, despite being the first one of three at the Convention Centre was first class with students demonstrating their talents in the disciplines of song, dance, and drum playing.

The LRCS students who performed were:

Kobi Thomas, Paxton Kaluski Aiden Brown, Bellah Smith, Jaidey Sameulsson, Izabella Mallouk, Lilly Kaluski, Tayla Flint, Lateisha Torrens, Tarnee Flint, Taleah Anderson, Skye Noyes, Callum McLennan, Travis Smith, Gloria Khabo, Parker Bevan, Claire Cummings, Joshua Doctor, Amelia Wilson, Karlie Haverhoek, Megan Pymble, Logan Lohse

Our students were prominent in a very large ensemble and both Mr Shannon and a I were extremely proud of the efforts of our students for what was a challenging yet very rewarding program. Well done all!

I would like to thank Mr Shannon and Mrs Kerry Flint for being the driving forces behind this excellent program.

Visit the Moorambilla Link https://moorambilla.com/







Photos by Noni Carroll Photography.













Secondary Deputy Principal's Report

Students were welcomed back to school last Monday, it was wonderful to see all students in school uniform and ready for learning.

Once again Term 4 will be jammed packed with events and activities, please ensure permission notes are returned by the due date or your child may miss out on an opportunity. This term we have: 7 - 10 Yearly exams, SRC Grip leadership training,

Aspire trips for years 7 & 8 students, OPAL rewards afternoon, Questacon 7-10, Defence Force visit for Years 9,10,11 & 12, Year 12 (2020) excursion to Sydney, 2019 Year 12 students sit their HSC exams and the Year 12 formal evening.

Most parents are concerned about their child's reading abilities, as a result the school has organised an online reading program called LEXIA and Reading Plus. All students <u>MUST</u> bring their charged laptops each day. To gain the most from these programs students must participate three times a week for 20 minutes each lesson. Students are asked to bring a set of headphones to be used for the reading program. The LEXIA and Reading Plus reading programs allow students to be motivated by their own *success and have their own personalized learning path.*

Stage 4 & 5 students will be sitting Yearly Examinations in most subjects in Week 5 Monday 11th November to Thursday 14th November. It is essential that all students attend on these days so that student progress can be assessed.



Primary Deputy Principal's Report

On Friday 18th October, Lightning Ridge Central School had the pleasure of hosting 87 students from Weilmoringle PS, Collarenebri CS, Walgett Community Primary and High Schools, Goodooga CS for rehearsals for the Language and Culture Nest Spectacular which will take place at the Dubbo Convention Centre on Tuesday 29th October. There will be 2 performances on the 29th: 12.30pm matinee and 7pm evening. Students will be travelling down to Dubbo this Sunday and returning Wednesday (permission notes

go out this week.)

This event will be an artistic demonstration of Yuwaalaraay and Gamilaroi song and culture. Our students will work collaboratively with students from other Language and Culture Nests from around the state to put on what I am sure will be an outstanding performance.

I would like to thank Lana Finley and Donna Mountstephen from Mission Australia here in Lightning Ridge, who as part of Poverty Week wanted to make a contribution to their community, in particular to the school. They did this by running the barbeque for the hungry students and staff involved in the Spectacular rehearsals. We thank them, and indeed all of the Mission Australia staff who make such a great contribution to our school. Many thanks also to Priscilla Strasek, Kelsey Strasek-Barker, Jacquline Frail and Tania Kennedy for without them, LRCS students would not have had the opportunity to celebrate and perform during the International Year of Indigenous Languages





Worth your Weight in Opal Max Dominic ES1P

Max was nominated by Mrs Hicks for being super focussed during writing sessions and getting really good at saying the sounds letters make.



Worth your Weight in Opal Hunter Williams S1Y

Hunter was nominated by Miss Krystal for a fantastic effort during our sport lesson! Hunter participated in a Stage 1 cricket match and showed great enthusiasm and skill. Well done Hunter!



Worth your Weight in Opal Macy Seaton S2O

Macy was nominated by Mrs Molly for always displaying a happy and enthusiastic attitude towards all class work!



Worth your Weight in Opal Austin Hallett S3N

Austin was nominated by Ms Slater for helping Mr Bonsing to clean and organise the sport storeroom. Thankyou Austin



Worth your Weight in Opal Callum McLennan Year 11

Callum was nominated by Mr Reavell for outstanding effort in delivering his speech for the 2020 school captains.

Well Done Callum



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



Show Respect

This symbol represents an owl's eyes and beak because it is a locally significant animal that even non-Aboriginal folklore recognises as wise and deserving respect.

Show respect by using manners and speaking respectfully

When is sick too sick for school

Gastroenteritis

Symptoms

Diarrhoea, vomiting, fever, stomach cramps and headaches.

Home or school?

Keep home from school for 24 hours until diarrhoea/vomiting stops.





Knowing whether a child is well enough to go to school can be tough for any parent.

Never send a child to school who has a fever, is vomiting or nauseated, or has diarrhoea.

Influenza Symptoms

Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.

Home or school?

Keep home from school until well.



Farewell to Year 12 of 2019



Our 2019 year 12 students enjoyed their last day as students from Lightning Ridge Central on Thursday 26th September with a whole school farewell assembly. With exams starting on the 17 October 2019 we would like to wish you all Good Luck as you move into the next chapter in your lives.







Secondary MC Report



In the MC class we have been working really hard. This term we are looking at Ecosystems of Coral Reefs in HSIE, Mathematics we are working hard at Probability and our Times Tables, English our topic is Poetry where we are learning different types of poems. In PE we have been playing Tennis, and in Science we have made turned a Lego car into a remote control Lego car. Out of the classroom our Food for Families activities are continuing and the students are enjoying themselves.



Stage 2 Report



Stage 2 O'Sullivan were lucky to receive a visit from Therese Quigley who delivered an engaging lesson on hearing and what affects our ears. Students practised some strategies to help keep their ears healthy and got to experience what it was like to have difficulty hearing with the help of noise-cancelling headphones.





In Term 4, students in S2H have been writing recounts about their holidays and learning how to multiply and divide number up to four digits. All students have been working very hard!









Secondary Child Studies



I enjoyed watching all the adorable children at the playgroup. Some of the older children were able to jump over hoops, skipping ropes and some were able to run over a ladder. One of the children even reached out to me, I was surprised, I then picked her up. At playgroup I learnt that young children have a short attention span" As part of the Child Studies program "Growing Pains" (growth and development of a child) students attended the Mackillop playgroup presenting a gross or fine motor skill to a small group of children. Lots of fun was had by all.





"The children were able to push the bike up the hill"

"I was amazed how many people were at playgroup"

Max McMaster



Mackillop Playgroup Experiences



"I was amazed that the children could name certain items such as a shovel, and different animals"

Shelby Davis



"I enjoyed speaking an playing and speaking with the children"

"The children were able to use the blocks to build a tower and make shapes out of the play dough"

Jazzmin Farkas



Secondary Child Studies

"I barely slept and would never do it again"

When I first took Davo home he was quite settled and did not cry at all. I fed and changed his nappy and I thought it was going to be easy. I put Davo into bed and thought he may sleep all night.. He started crying at around 12am and then every half hour we would wake up crying. It was almost impossible to settle him and I was struggling a lot. When Davo would cry I would change his nappy, give him a bottle of milk and rock him until he settled. I barely slept and would never do it again. This experience has given me a complete different perspective on having children and it was much harder that what I initially thought it would be.





Claire Cummings







Real Care Baby Experiences



"My afternoon with Larry was pretty peaceful"

My experience with my real care baby Larry was different to others. I was scared at first because I wasn't use to handling a baby, and hearing it cry was very much different to what I am use to. My afternoon with Larry was pretty peaceful, he didn't make any noise for nearly 3 hours. After that he only needed a few diaper changes and feeding and he then became settled again. Night time for me was the easiest as Larry only woke up a couple of times for a fed. I realised after a while he had developed a routine with what he needed so I knew before hand what Larry need to be settled. It wasn't as bad as I thought but i would not do it again. This helped me realise how different life is when you have someone else to look after. I have gained an understanding of what it's like to care for a baby now.

Liddy Brenton

PDHPE and Sport

During term 4 Stage 4 students will be exploring the qualities of caring and respectful relationships, and how they can be developed and maintained in a variety contexts in their lives. They will also examine the importance of rights and responsibilities in relationships, recognising abuse, power in relationships and protective strategies. Students will be participating in a strike, catch and throw unit during their practical Physical Education lessons.





During term 4 Stage 5 students will be exploring the influence of media on the health, safety, wellbeing and physical activity levels of young people. They will critique different sources of health information and how to assess their credibility and relevance. Students will evaluate the options available for young people seeking help.



EXAMS –Week 5

Stage 4 and 5 PDHPE students and PASS students will have a formal examination in Week 5. Students will be examined all units explored this year. The expectation is that students are revising their class work to be prepared for the upcoming exams.



K- 6 Assembly











The K - 6 merit assembly was held on Monday 21st October in the gym.

A big congratulations to all the students who received awards.

Students, teachers, parents and community members were also treated to a performance from Helena's dancers











MY Journey MY Life Program

THE MY JOURNEY MY LIFE (MJML) PROGRAM IS A CULTURALLY BASED INTERVENTION RESOURCE FOR YOUNG ABORIGINAL MEN

This program has been developed in consultation with Aboriginal and non-Aboriginal staff within Juvenile Justice. Juvenile Justice Workers are visiting LRCS on Monday 4th November- commencing at midday, 5th November ,-9.00am until 3 and 6th November 9.00am until midday. The purpose of the visit is to train members of the community in delivering the course both at school and in the wider community If you would like to attend this training over the three days please contact the school on 68290511. Please leave your name and contact number by Tuesday 29th October 2019.

The goal is to lead young men away from offending behaviour and reduce the risk of reoffending so they become the strong men needed to lead their respective communities in the future.



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

Yuwaalaraay Word of the Week

Burrugarrbuu - Magpie

Watch out for those Magpies as its swooping season.





Thursday & Saturday 8am—12am 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.



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.

Go to returnandearn.org.au for collection site locations 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)

re generally NOT eligible. Containers should e **empty, uncrushed, unbroken and have the riginal label attached**. If a container is not ligible 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 charty. Visit an automated deport to return large volumes of containers. These sites have automatic counters to process your containers faster.

Why not fundraise for your local community?

T: 1800 290 691

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

returnandearn.org.au



LIDS FOR LIMBS

Please donate your **BLUE** milk bottle lids

Lids must have a 2 or 4 (see pic below) on the inside and be washed. Lids will be used for 3-D printing of prosthetic limbs for children

You can drop off your blue milk bottle lids to the front office or to Mrs Loiterton's class.





HDPE LDPE

A prosthesis is an artificial body part and people with a limb difference often wear a prosthesis to replace all or part of an arm, leg, hand or foot. A prosthesis is used to replace the function of the missing limb.



KEEP YOUR CHILDS ATTENDANCE ON TRACK AND EXPLAIN THEIR ABSENCES



Lightning Ridge Central School now has **ABSENT NOTES** for your convenience when explaining why your child was absent from school. These can be used prior to the absence for a planned absence or within 7 days of the first day of their absence. Absent Notes can be found in the School Newsletter and at the Schools Front Office.



If your're a financial member of Walgett R.S.L Memorial Club and you are the parent or guardian of child is in year six, entering high school next year then you are entitled to apply for this scholarship.

To apply contact the Walgett R.S.L Club to obtain an application form from the Club office, applications close on 31st October 2019 @ 5pm. The exam will be held on the Friday 1st November 2019. Please arrive at the Club at 9:15am.

For further information contact;

David Hutchinson 0419 223 629



You can buy a laptop, courses, text books – anything to keep you learning." N'KAYLA – scholarship recipient

SCHOLARS

APPLY NOW FOR \$1000 www.facs.nsw.gov.au/scholarships

@ 5pm

AR WEST Academy of Sport

FWAS Under 18's and Under 16's Rugby League, Under 16's Ladies League Tag and Under 16's Netball Trials for 2020.

WHO IS ELIGIBLE?

Athletes that reside in the Far West Region (ie. area bounded by Lake Cargelligo-Lightning Ridge-Trangie-Broken Hill)

Rugby League Athletes (male) must turn 15 - 18 years of age in 2020 League Tag Athletes (female) must turn 14, 15 or 16 in 2020 Netball Athletes (female) must turn 14, 15 or 16 in 2020

WARREN

When: Sunday 3rd November, 2019 Where: Victoria Park, Udora Rd WARREN 2824

Time: 9:30am – 1.30pm (Fruit platters and water provided)

Please note:

To be eligible for selection, ALL ATHLETES MUST trial at Warren on the 3rd November 2019.

If athletes are unable to trial on this date, a written explanation with your current team and Coaches details must be submitted via email to:

executive@fwas.com.au by Wednesday 30th October 2019

Transport

Athletes are required to coordinate their own travel to attend trials. The Academy suggests carpooling where possible.

What to bring Rugby League training gear, boots, water bottle, towel, tape for strapping if required &

snacks. NO Representative apparel – FWAS, Western Rams, Group 14 etc. to be worn at this trial.

etc. to be worn at this trial. How to enroll

Please apply via our web page fwas.com.au or by following the link on our Facebook page.

Phone (02) 6847 3638 Email <u>executive@fwas.com.au</u>

NOMINATIONS CLOSE Wednesday 30th October, 2019



For enquiries contact

P & C MEETING

TUESDAY 29TH OCTOBER 2019

Parents invited to attend and become a member of the P & C Committee.



Parents and Citizens Association is a school based organisation consisting of parents, teachers and interested citizens. P&C Associations reflect the role of the community in the local school and provide opportunities to enjoy, learn and communicate with parents interested in the education of children.

P & C meetings are held at the school every 3rd and 7th week of each term at 5pm in B2 Building (next to uniform shop).

Lightning Ridge Central School Kaolin Street (PO Box 294) Lightning Ridge 2834 Ph 02 68290511 Fax 02 68290137 Email: lightningr-c.school@det.nsw.edu.au



Lightning Ridge Central School

Enrolments for Kindergarten 2020 are now open!

Sigh up for Kindy Start to help your Child transition to School.

Kindy Start will run on Tuesdays and Thursdays, beginning on November 19th 2019.

More information is available at the school office. Please Contact Miss K. Cross at the school on 0268 290 511 with any questions.



MID-TERM BREAK

FRIDAY 15th NOVEMBER &

MONDAY 18th NOVEMBER

YEAR 12 FORMAL TICKETS ON SALE NOW \$35 Adults ea \$16.50 Child ea Available from the Front Office Please join us for The Lightning Ridge Central School YEAR TWELVE

FORMAL

On Saturday November 23, 2019

At 6pm Lightning Ridge District Bowling Club Legends Room RSVP by November 8, 2019 68 290 511 Tickets \$35 adults



GET READY FOR A BUSH FIRE FOUR SIMPLE STEPS TO MAKING YOUR BUSH FIRE SURVIVAL PLAN

Getting ready for a bush fire is easier than you think. By taking 20 minutes with your family to discuss what you'll do during a fire, you could save their lives, as well as your home.



www.rfs.nsw.gov.au



AIKIDO CLASSES

> -Self Defence -Self Confidence -Self Esteem -Concentration -Fitness -Balance & Core Strength -Social Skills -Awareness & Self Defence

FREE!!!

Eligible Students Year 7 - Year 12 to ask Mr MacLean for an application form

LESSONS HELD Monday & Thursday from 3:15pm





Follow us:

Fact sheet FACEBOOK (For parents)

@ThinkUKnow_Aus

🗧 facebook.com/ThinkUKnowAustralia

What is Facebook?

Facebook is a free social networking site that allows users to create profiles, upload, share and view photos and videos and send messages. The site allows users who have common interests to interact, create and manage events and live chat with their online contacts, or 'Friends'. Facebook is restricted to users aged 13-years-old and above, however some users may lie about their age to join.

What devices can access Facebook?

Facebook can be accessed on any device that has an internet connection such as mobile phones, tablets and computers. It can be accessed via the Facebook website or through one of two apps, the generic Facebook app which includes all of Facebook's features except private messaging, and Facebook's 'Messenger' app which is used for private messaging.

Who can young people interact with when on Facebook?

Facebook users have the ability to interact with a wide range of individuals. Through Facebook's news feed users have the ability to interact in public conversations, with people who are not Friends.

What are the potential challenges with Facebook?

As with any form of social media, there are some challenges that young people may face when using Facebook. These can include online grooming (when an adult makes online contact with someone under the age of 16 with the intention of engaging in a sexual relationship) or cyberbullying and harassment. Other challenges include privacy concerns, such as revealing too much personal information on Facebook, reputation management or falling victim to scams shared through social networking sites.

What are the recommended privacy settings?

By maintaining strong privacy settings, users can limit the amount of information shared with strangers. When setting up privacy features on Facebook there are three options:

- Public any Facebook user to can view personal content and interact with your child.
- Friends of Friends allows Friends and their Friends to view and interact with your child and their content.

Microsoft

 Friends - only accepted Friends can see your content in the first instance. The Friends option is the safest way to ensure that you are sharing information with people you know and trust, but should not be considered as 100 per cent private.

There is also the ability to change the privacy options for individual posts.

How do you manage Facebook privacy settings?

It may be easier to change privacy settings on a computer rather than a mobile device. To manage your privacy on Facebook (on a computer), access the privacy settings by clicking on the downward facing arrow in the upper right-hand side of the page and select 'Settings'. In the left hand column, click on 'Privacy'.

To access these settings on a mobile device select the 'More' tab. Scroll down to the Help & Settings section and select 'Account Settings' and then 'Privacy'.

e [®] General	Privacy Settings and	Tools		
Privacy	Who can see my stuff?	Who can see your future posts?	Friends	Edi
Timeline and Tagging Blocking		Review all your pools and things you've tagged in		Use Activity Log
Canguage		Limit the audience for posts you've shared with triands of triands or Public?		Limit Past Posts
Notifications	Who can contact me?	Who can send you blend requests?	Friends of Itiends	Ed
Followers	Who can look me up?	Who can look you up using the email address you provided?	Friends	Ed
Apps Adverts Payments		Who can look you up using the phone number you provided?	Friends	Ed
Support Inbox		Do you want search engines outside of Facebook to test to your Profile?	No	Ed

Here you can change a number of settings:

Restricting who can see a timeline (wall)

Under the 'Who can see my stuff?' section, you can manage who is able to access your timeline. Next to 'Who can see your future posts?', click on 'Edit' to ensure that 'Friends' is selected.

Restricting who can contact me

Under the 'Who can contact me?' section, you can manage who is able to send you Facebook requests. Next to 'Who can contact me?', click on the 'Who can send you friend requests?' and select the appropriate setting.

DATACOM

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FOR A HEALTHY LUNCHBOX SOMETHING FROM EACH GROUP 1:61



Healthy, balanced packed lunch.

Fill-you-up foods

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



Pasta, Potato, Noodle Couscous, Lentil, Chickpea, Rice, MAKE A SALAD!

Help-you-grow foods

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

- · 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).



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 / Iollies

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!

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 voghurt · Berries with voghurt

DOX

keep your packed lunch cool and well-

contained

Canteen Information

As mentioned in the last newsletter, the Canteen has had to make a few changes to the menu as the guidelines have changed. The Canteen follows the NSW Healthy Kids Canteen Strategy, under the guidelines of Australian Dietary Regulations. As we are a

Central School, some of these changes will be harder to implement, as some items are only allowed to be sold to High School and not allowed to be sold to Primary. Before the end of Term 4, a draft of Canteen Menu for Term 1, 2020 will be advertised in the Newsletter!

DELETED ITEMS: Iced coffee 300ml

Please note items listed below will not be allowed to be sold in the Canteen next year: (looking for replacements for some of these items)

Icy poles Billabong Fruitzy pops Garlic bread

**Chill J's have changed from bottles to cans, (Juice Bombs) same price and flavours available! CHANGES TO STUDENTS ORDERING:

Stage 3 (5&6), are only allowed to order recess and lunch, not allowed to buy over counter! GLUTEN FREE bread also available!

JUST A REMINDER ITEMS AVAILABLE TO ORDER OR OVER COUNTER:

Crunch cups (tom, cue, carrot,celery,cheese) -	\$2.50ea
Chicken burgers (lettuce, tom, mayo, chick pattie) -	\$4.50ea
Frozen orange $\frac{1}{2}$, pineapple rings, and sliced banana-	\$0.60ea
Frozen poppers (incl spoon)-	\$2.00ea
Salad bowls (pis order) from-	\$5.00ea

Canteen will be opened until the last day of Term 4, 20th December, 2019!

The Canteen has a Cash only policy! RECESS & LUNCDERS

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

High school only allowed to buy drinks in the mornings during the above times! Parents can order until 9.00am for students. Canteen doors will be closed from 9.00am until Recess.

Kindy to Stage 3 (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 Lon 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 7 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

LRCS CANTEEN MENU TERM 4 2019

<u>SNACKS (RECESS & LUNCH)</u>	
Crunch cups	ኖን ርብ
(Cheese/carrot/celery/cucumber/toms)	\$2.50
Grain waves sour crème	\$1.20
Gomes chocolate/Anzac bisc lite	\$0.80
Yoplait yogurts vanilla/strawberry 175gm	\$2.50
Cheese sticks	\$1.00
lite Choc muffins 75gm	\$2.00
Koala popcorn salted	\$1.50
Snaps tangy salsa	\$1.50
Fresh fruit banana/apples/oranges (\$1.00-\$	1.30)
Fruit salad cups	\$1.50
Frozen banana pieces/1/2 frozen orange	
/frozen pineapple	\$0.60
Frozen fruit salad bowl (pine/orange/ban)	\$1.50
<u>drinks</u>	
Spring Water 600ml	\$2.00
CHILL J (Juice Bo(grape/blackcurrent/	\$2.00
Watermelon/Apple raspberry/orange passio	
Just juice poppers 250ml Apple/orange	
Apple blackcurrent	\$2.00
Classic 300ml chocolate/strawb milks	\$2.80
Big M choc/strawb ctn milks 250ml	\$2.00
Nippys reduced fat choc/strawb/honeycomb	
Iced coffee 375ml (High school only)	\$2.70
Plain ctn milk 300ml	\$2.00
ICECREAMS LUNCH ONLY	
Icy poles lemonade/raspberry	\$1.30
Billabong choc/twirl	
•	\$1.60
Vanilla (Bulla) dixie cup	\$1.20
•	

Fruitzy ice pops

Watermelon)

Frozen yog. Twisted (blueberry, mango

		SANDWICHES (gluten free bread avai	<u>lable)</u>
		(<u>Multigrain roll extra 50c</u>)	~~ ~ ^
	¢3 60	Cheese	\$3.20
	\$2.50	Cheese salad	\$4.00
	61 55	Cheese & tomato	\$3.40
	\$1.20	Ham cheese tomato	\$4.00
	\$0.80	Ham or chicken salad	\$4.20
		Ham or Chicken	\$3.40
	\$2.50	Chicken Chilli Tender Salad(ROLL)	\$5.00
	\$1.00	Ham & cheese	\$3.80
	\$2.00	Chicken lettuce mayo	\$3.80
	\$1.50	Chicken avo mayo	\$4.00
	\$1.50	Curried egg	\$3.60
\$	1.30)	Egg lettuce mayo	\$3.80
	\$1.50	Tuna lettuce mayo	\$3.80
		Vegemite	\$2.50
	\$0.60	<u>WRAPS (WHOLEGRAIN)</u>	
	\$1.50	Salad wraps	\$6.00
		Chicken or Ham salad	\$6.50
	\$2.00	Chicken lettuce mayo	\$5.50
	\$2.00	Chilli tender lettuce tom avo cheese	\$6.50
		Tuna lettuce mayo	\$5.50
		Tuna salad	\$6.50
	\$2.00		
	\$2.80	<u>SALAD BOXES (please pre order)</u>	
	\$2.00	Salad box	\$6.50
þ		Chicken or ham /egg or tuna salad	\$7.00
	\$2.70	(.lett/tom/cuc/beet/carrot/cheese/)	
	\$2.00	SMALL SALAD BOWLS	
		Salad	\$5.00
		Chicken or ham - egg or tuna	\$5.50
		TOASTED SANDWICHS (pls order)	_
	\$1.30	(please order during summer months)
	\$1.60	Cheese & ham	\$3.80
	\$1.20	Ham cheese tomato	\$4.00
	\$0.50	Cheese	\$3.20
	\$2.00	Cheese & tomato	\$3.50
	\$0.60c	Chicken avo cheese	\$4.50
		Chicken & cheese	\$4.00
	\$2.20	Chilli tender & cheese roll	\$5.00
	,		

Sausage rolls	\$3.30
Travellers pie	\$3.60
Party pies lite	\$1.00
Chilli tender	\$1.50
Garlic bread (good tucker)	\$1.30
UFO ½ roll cheese & tom sauce	\$1.80
Chicken strips per bag (6)	\$3.00
Lasagne	\$4.00
McCains Pizza Ham pine or	
ham cheese	\$3.00
Beefburger (lett/tom/cheese/beet)	\$4.80
Chicken burger (lett/tom/mayo)	\$4.50
Chicken strips ea	0.60c
Beef or Chicken noodles	\$1.80

<u>HOT FOODS</u>

MISCELLANEOUS

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

<u>OPTIONAL EXTRAS SALAD BOXES</u> : Onion, Avo, pineapple, please indicate on order. Also avail Mayo or French dressing!
CANTEEN CLOSES AT 9.00AM FOR ORDERS! ALL PROFIT GOES TO P&C FOR THE STUDENTS! PLEASE PUT RECESS & LUNCH ORDERS ON SEPARATE BAGS, NAME, CLASS, THANKYOU!