

# LIGHTNING RIDGE CENTRAL SCHOOL



**Relieving Principal:** Mr Richard Finter  
**Deputy Principal:** Mrs Margaret Morriss  
**Deputy Principal:** Mrs Jane Miles

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Term 4, Week 6 2019



## Principal's Report

As we approach the end of the school year I would just like to remind students, parents and carers that normal school expectations apply regarding punctuality, attendance, behaviour and academic performance. There will however be a number of variations to normal routine including PBL reward days and other excursions. You can keep up to date with these events and other important end of year milestones

through the school newsletter, our new Skoolbag app and our Facebook page.

### Year Advisor of the Year Award

I recently had the pleasure of accompanying our Careers Advisor, Mrs Trudie Murray to the NSW/ACT Careers Advisor's Association Annual Conference. Trudie had made a shortlist of three for the Year Advisor of the Year Award. Trudie's efforts were acknowledged by an audience of approximately 300 of her peers when she was chosen as two runners up. It was a great occasion and as relieving Principal I was proud to see the efforts of our staff acknowledged.



This award, in combination with the Premier's Scholarship Award received earlier in the year by Miss Jennifer Dove, further emphasised the high quality staff we have here at LRCS.

**PCYC Fit for Life** On the last two Wednesday mornings representatives from the NSW Police and the Walgett PCYC have been running a fitness program from 7.30am until 8.15. We have had at least 45 students and a number of staff attend each day and at the end of the session students have been provided with a cooked breakfast. It is open to students in Stages 3 to 6 and we would like to continue this momentum so please encourage your kids to attend. Parents are also most welcome to join in. I would like to thank Mr Leon Allen for starting this worthwhile initiative.

**Correction of date** There is an error printed on the 2019 LRCS School Planner Calendar Magnet that was given out at the beginning of the year. The last day of school date that is shown on the calendar is Friday 20th December. The correct last day for students is Wednesday 18th December 2019.

Please correct your calendars. We apologise for any inconvenience.

Join us on



#### P&C Meeting

Tue 26th Nov

#### T120 Laptop Fees Due

Fri 29th Nov

#### Primary Assembly

Mon 2nd Dec

#### Secondary Assembly

Tue 3rd Dec

#### Year 6 Celebration Day

Wed 11th Dec

#### Presentation Day

Thu 12th Dec

#### Primary Opal Pool Party

Mon 16th Dec

#### Secondary PBL Rewards

Mon 16th Dec

#### Last Day of Term 4

Wed 18th Dec

#### Students Return

Wed 5th Feb 2020

#### Long Dist. Swim Carnival

Mon 10th Feb 2020

#### School Swimming Carnival

Fri 14th Feb 2020

2019 School Newsletter now available online via our Skoolbag App and website on [www.lightningr-c.schools.nsw.edu.au](http://www.lightningr-c.schools.nsw.edu.au) and SkoolBag



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## Secondary Deputy Principal's Report



Students are now working towards completing course work, assessment tasks and practical projects. School continues until the 18th December, students need to bring all their equipment and be ready for learning until the end of the year.

A number of online activities such as LEXIA are planned for our students & it is essential that they bring their charged laptop to school. Parents & carers will soon be sent invoices for laptops— please ensure laptop fees are paid on time to enable your child to continue with the use of their laptop.

This fortnight we have a number of excursions planned, thanks to the teachers for organising these events. Specially selected Year 8 students will travel to Sydney to be involved in the ASPIRE program at Sydney UNSW, where students will create a video of their visit. They will be filming and editing their own footage to create a digital story of their experiences in Sydney and at UNSW. Students will also get to experience what student life is like on a university campus.

Year 12 students will be travelling to Sydney to participate in English writing activities, a Poetry Slam, Film the Script project, watch a film at Dendy Opera Quay and the play "Little Miss Sunshine" at New Theatre, Newtown, visit the Art Gallery of NSW/Museum of Contemporary Art after all these events they will sleep on the long trip home, Thanks to Ms Dove & Mr Shannon for organizing this jam packed excursion.

Year 10 students will participate in Work Experience in our community. Thanks to local businesses for their participation in this important education program. This allows students to get an understanding of what life is like after they leave school.



### 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



""Right place right time" is shown by a meeting symbol, to give that idea of protocol and Law in knowledge exchange.

**Primary Students should arrive at school by 8:55am**

**Secondary Students should arrive at school by 8:40am**

*LATE IS NOT GREAT*

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# Primary Deputy Principal's Report



Hope everyone had a lovely mid-term break.

Term 4 continues to power ahead with the Year 2 - 6 Swim School starting next Monday 25th November and finishing Friday 6th December. Students who have completed and returned their permission notes will be attending every day so they can develop and strengthen their water safety skills. If your child doesn't have a season pass to the pool, they will need to pay \$5 every day for 2 weeks for pool entry.

As Summer weather starts to hit us, it is important that students wear hats at school.

Please ensure your child/ren have a hat, preferably a wide brim hat, with their name clearly written on the inside. Wearing their own hat reduces the chance of your child getting head lice which, in the warm weather, will be on the increase.

Anti-Bullying Week was this week at LRCS. The introduction of a *Buddy Bench* in the K-4 COLA has been a warm welcome for our students. The *Buddy Bench* (which was built and painted by our Secondary teachers, Mr Murray and Ms Martinez, and some of our Secondary students) is designed for children who don't feel like they have someone to play with. Other children will see them seated on the *Buddy Bench* and offer to play with them or just check and see if they are OK. You might also hear the term 'upstander' which is different to a bystander. A bystander is someone who stands around and watches or encourages others while someone is harmed. An *upstander* is the exact opposite— they **stand up** for the student and report what they've seen to a teacher. Already this week, I've had several *upstanders* inform me of injustices to others—*Taking a stand together*.

KindyStart began this week with 15 pre-schoolers joining our program. Please join Mrs Cross and Miss Cross in KindyStart on:

**Thursday 21st November** - 9:30 - 10:30

**Thursday 28th November** - 10:00 - 11:30

**Thursday 5th December** - 10:00 - 12:00

**Tuesday 26th November** - 10:00 - 11:30

**Tuesday 3rd December** - 10:00- 12:00

**Tuesday 10th December Graduation and parent info session** - 12:00 - 2:00

*Welcome to all our little ones and their families joining us at LRCS.*

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## 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.



Influenza

### Symptoms

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

### Home or school?

Keep home from school until well.



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.**

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# Library Report

We are half way through the term now and having fun with books in the library in our lessons. Sharing our experiences in discussions after reading a text is always good.

Four Corners, the ABC television programme on Monday evenings aired a literacy programme: Digi kids. It is still available online if you missed it.

Another interesting article I read online I am sharing here for you to think about.

## **A SILENT TRAGEDY**

There is a silent tragedy that is unfolding today in our homes, and concerns our most precious jewels: our children. What is happening and what are we doing wrong?

Today's children are being over-stimulated and over-gifted with material objects, but they are deprived of the fundamentals of a healthy childhood, such as:

- Emotionally available parents
- Clearly defined limits
- Responsibilities
- Balanced nutrition and adequate sleep
- Movement in general but especially OUTDOORS
- Creative play, social interaction, unstructured game opportunities and boredom spaces

Instead, in recent years, children have been filled with:

- Digitally distracted parents
- Indulgent and permissive parents who let children "rule the world" and whoever sets the rules
- A sense of right, of deserving everything without earning it or being responsible for obtaining it
- Inadequate sleep and unbalanced nutrition
- A sedentary lifestyle
- Endless stimulation, technological nannies, instant gratification and absence of boring moments

What to do?

If we want our children to be happy and healthy individuals, we have to wake up and get back to basics. It is still possible! Many families see immediate improvements after weeks of implementing the following recommendations:

Set limits and remember that you are the captain of the ship. Your children will feel more confident knowing that you have control of the helm.

• Offer children a balanced lifestyle full of what children NEED, not just what they WANT. Don't be afraid to say "no" to your children if what they want is not what they need.

• Provide nutritious food and limit junk food.

• Spend at least one hour a day outdoors doing activities such as: cycling, walking, fishing, bird / insect watching

• Enjoy a daily family dinner without smartphones or distracting technology.

• Play board games as a family or if children are very small for board games, get carried away by their interests and allow them to rule in the game

• Involve your children in some homework or household chores according to their age (folding clothes, ordering toys, hanging clothes, unpacking food, setting the table, feeding the dog etc.)

• Implement a consistent sleep routine to ensure your child gets enough sleep. The schedules will be even more important for school-age children.

• Teach responsibility and independence. Do not overprotect them against all frustration or mistakes. Misunderstanding will help them build resilience and learn to overcome life's challenges,

• Do not carry your children's backpack, do not carry the homework they forgot, do not peel bananas or peel oranges if they can do it on their own (4-5 years). Instead of giving them the fish, teach them to fish.

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#### Library Report Continued

- Teach them to wait and delay gratification.
- Provide opportunities for "boredom", since boredom is the moment when creativity awakens. Do not feel responsible for always keeping children entertained..

Kindergarten and Stage 1 have improvised with dress ups and with a library bag they have become a bearded man, a superhero, a chef wearing an apron, a dinosaur opening its mouth and numerous other things. This all related to the book: The Dress up Box.

Stage 3 rewrote a poem on Resilience with the same meaning achieved.

Library Turtle Draw winners recently have been:

#### Week 5

ES1 - Ezra Webb ES1P (Canteen Voucher)

Stage 1 – Cynthia Khabo S1D (Canteen Voucher)

Stage 2 – Ginibi Walker-Torrens (Canteen Voucher)

Stage 3 - Jaidey Samuelsson (Book: Where the Wild Things Are)

**LRCS Reading Challenge for K-6 finishes on 5th December** Penny Fahey Teacher-Librarian

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*"You are able to do it.  
You can get through it.  
You can do it if you put  
your mind to it.  
You can be whoever you  
want.  
But you have to do it."*

*- Michael Wiesnet*



## **Worth your Weight in Opal Dani Burgess-Dale Year 7**

Dani was nominated by Miss Ravot for excellent application in Mathematics. She made great use of her in-class study time in preparation for her yearly exams. Well done!



## **Worth your Weight in Opal Torin Barron Year 7**

Torin was nominated by Miss Ravot for improved application in Mathematics in Week 4. He made great use of his in-class study time in preparation for his yearly exams. Well done Torin!!

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## **Worth your Weight in Opal**

### **Noah Walford ES1J**

Noah was nominated by Mrs Hicks for his big effort during our writing sessions this week.



## **Worth your Weight in Opal**

### **Chloe Charty S1B**

Chloe was nominated by Mrs Cross for reading with expression! Keep up the great work, Chloe!



## **Worth your Weight in Opal**

### **Hallie Bamford S2O**

Hallie was nominated by Mrs Molly for her willingness to try new things. Hallie is now joining in for sport and confidently participates in reading activities.



## **Worth your Weight in Opal**

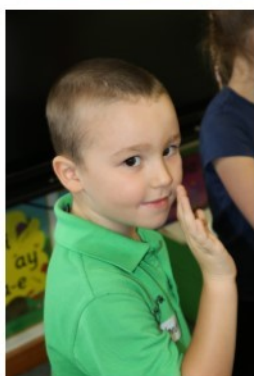
### **Lukas Mahoney MC**

Lukas was nominated by Mrs Loiterton for utilising the office with courtesy and respect.

# Kindy Start



A great start to the Kindy Start program this week. The incoming class had a chance to experience an hour at big school on Tuesday and Thursday starting off with the Breath, Blow, Cough, Wash and Chew (BBCWC) program, sharing what they already know about our school values and turtle goals, and a trip to AusPlay. Mrs Cross and Miss Cross are looking forward to spending more time with the group over the next 4 visits. We have lots of fun activities planned to help get the group ready for school next year.

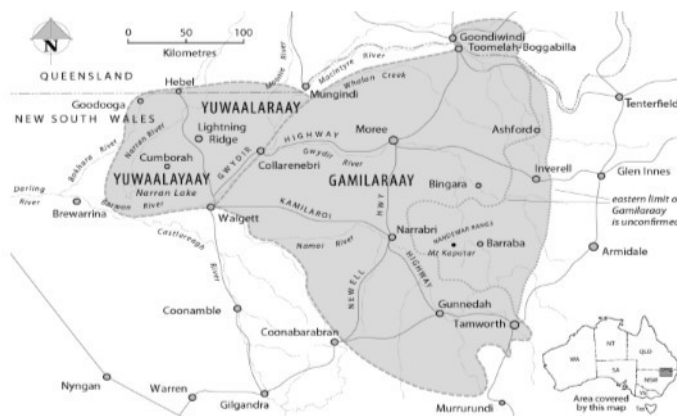


Yuwaalaraay is the dialect of the Lightning Ridge area. The name of the language and Aboriginal people of the Balonne River Region.

## Yuwaalaraay Word of the Week

Family - dhiyaan

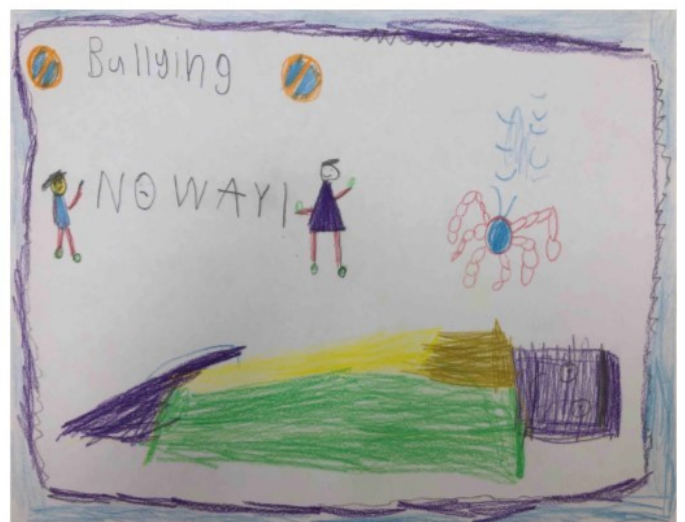
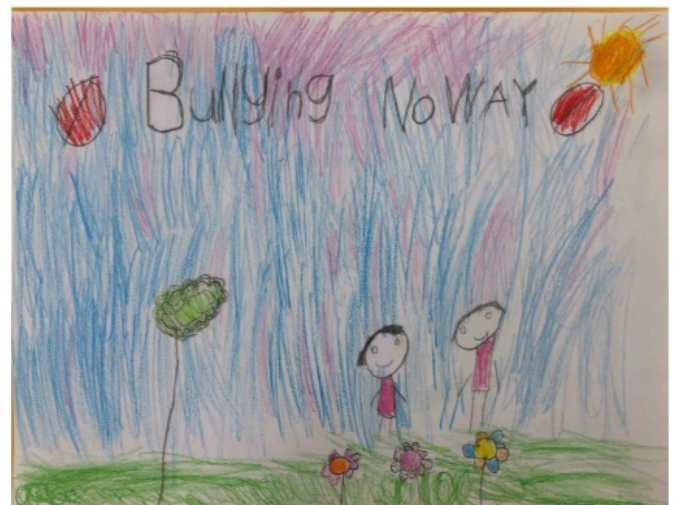
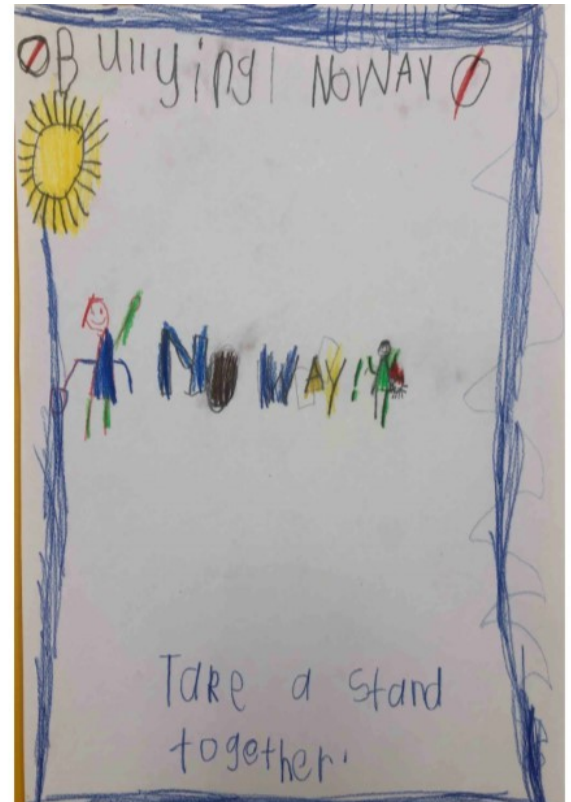
Everyone will soon be visiting dhiyaan for the holidays.





# Bullying - Kindergarten says NO WAY!

This week is Anti- Bullying Week at Lightning Ridge Central School. Kindergarten made posters to raise awareness of bullying. We talked about what bullying is and learned some strategies that we can use if we are being bullied or if we see others being bullied. We will **take a stand together!** If we see others being picked on, we will be **'upstanders'** - not bystanders!

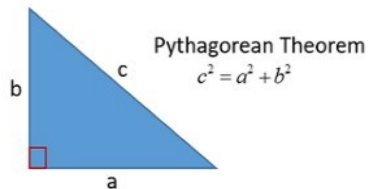




# Secondary Maths

## Year 7

Year 7 have been learning about Pythagoras' Theorem and how it is used to solve practical problems. These year seven students are working hard on making their Pythagoras' Theorem posters to demonstrate its uses for a variety of problems.



## Year 9

Year 9 have been learning about Income and Income Tax. They have been able to calculate a person's income, the amount of tax they have paid through PAYG, their taxable income and then use the ATO tax table to calculate whether a person is due a refund or is expected to receive a tax bill. These students are working on their Income and Tax Posters for our community display.





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# PCYC FIT FOR LIFE PROGRAM



On Wednesday, 13<sup>th</sup> and again Wednesday 20<sup>th</sup> November, staff and students participated in the FIT for Life program run by the local Police Youth Liaison Officer and the Walgett PCYC.

Students took part in a number of fun athletic activities, before sharing a BBQ breakfast at the LRCS Breakfast Club with their mentors from the PCYC.

The PCYC bus also picked up some students from their homes.

LRCS would like to thank Constable Jay Murphy, Constable Ebony Mackey, Constable Rebecca Edgar Moore and all members of the PCYC that have brought this opportunity to our students. We look forward to the program being an ongoing success for the rest of this year and beyond.

At this stage this program is only available to year 5 - year 12 students.





# PCYC FIT FOR LIFE PROGRAM



'Fit for Life' is an entry level activity using boxing, incidental education and consistent mentoring to encourage youth to connect and remain engaged with the school community. The activity aims to improve physical fitness and overall wellbeing. In addition, the program hopes to act as an early intervention to prevent and divert youth from anti-social and offending behaviours.

'Fit for Life' will continue to run at LRCS every Wednesday morning from 7:30 – 8:30 in the school gym





## Bullying. No Way!

**Tuesday 19th November To  
Friday 22nd November, 2019**

Lightning ridge Central School has formed a new Anti-Bullying Team which has recently developed our new Anti-Bullying procedures based on the Method of Shared Concern. The new policy and procedures will be available on the school website in the coming weeks.

Lightning Ridge Central School does not tolerate any form of bullying and, to raise awareness of this, we are having an Anti-Bullying Week in Week 6. Students will complete units on Anti-Bullying that seek to promote and maintain an environment of safety, mutual respect and equity for the school community as a whole. This Anti-Bullying Week will include all members of our school community from K-12.

Students will complete activities in class, take part in an Anti-Bullying poster competition, be involved in a whole school 'Bullying: No Way' photo, enjoy a free BBQ, take part in an Anti-Bullying Tik-Tok competition and much more. There will be more details on the school Facebook page and the school's electronic sign in Week 5. We hope that the community will get behind us, so that we can continue to develop a safer learning environment for every member of the LRCS community.

# LAPTOP PAYMENTS NOW DUE

**T120 Laptop Payments due by Friday 29th November 2019**

Laptop lease payments are due Friday of week 7 of every Term. Any Laptops with outstanding payments will be collected in Week 8 and stored at Lightning Ridge Central School until the laptop lease payment is made.

Payments can be paid online at our School website [www.lightningr-c.schools.nsw.edu.au](http://www.lightningr-c.schools.nsw.edu.au) by clicking on "Make a payment" and following the prompts by using your credit/debit card.

Alternatively, you can pay cash or cheque at the School office.



# P & C MEETING



**TUESDAY 26TH NOVEMBER 2019**

**@ 5pm**

**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).

For enquiries contact

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

Dear Parents & Carers,

**We want you!**

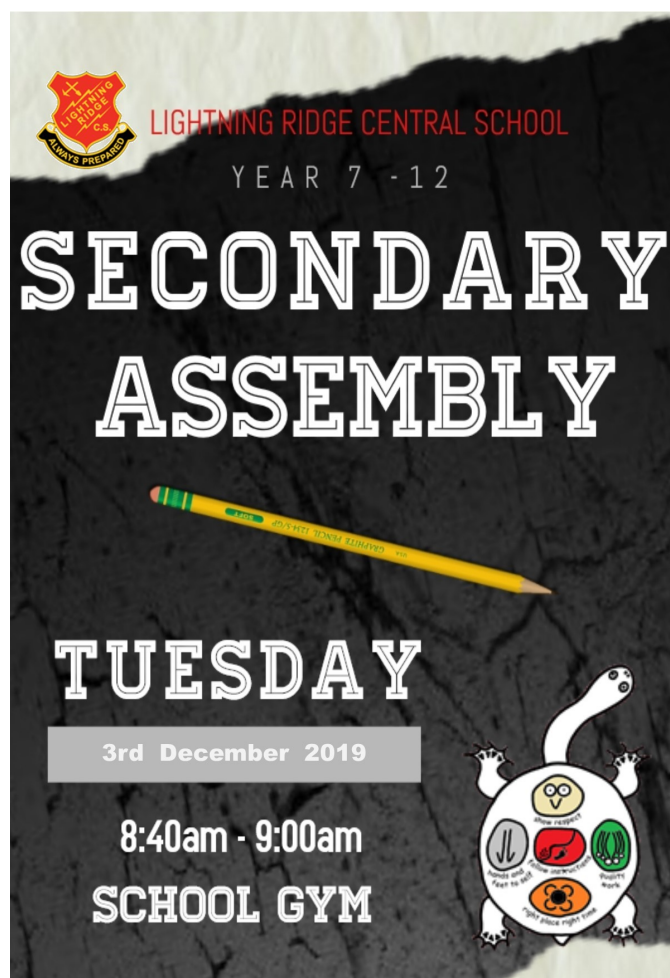
This Tuesday 26<sup>th</sup> November there will be a P&C Meeting in B2 commencing at 5.00pm and we welcome you to join us!

The P&C is an important organisation within a school community. It plays a role in strategic discussions as well as fundraising, running the canteen and uniform shop.

As with any organisation, the mantra of “many hands makes light work” rings true. Therefore, I encourage all parents and carers to seriously consider attending Tuesdays meeting and getting involved with this important organisation.

Yours sincerely,

**Richard Finter**





# Presentation Day

DECEMBER 12TH  
9:30AM - 11:00AM

*2019*

LIGHTNING RIDGE  
CENTRAL SCHOOL



## SkoolBag

Don't forget to download our school's SkoolBag app to ensure that you are kept in the loop on:

- \* School newsletters
- \* Notices
- \* Events
- \* Cancellations
- \* Reminders
- \* ...and more!

**INSTALLATION  
INSTRUCTIONS**

Just download the "SkoolBag" app on your phone, open the app and add our school!





## Aikido Classes

Aikido is a Japanese martial art that focuses on self-control, discipline and conflict resolution. Aikido classes are held every Monday and Thursday at 3.15 pm in the gym, and all Secondary students (boys and girls) can participate.

For the rest of Term 4, Year 6 students (boys and girls) are invited to take part in aikido classes. Interested students must see Mr MacLean beforehand to discuss the rules and expectations. An application form must also be completed: these are available from Mr MacLean, and from Stage 3 teachers (Mr Bonsing, Ms Stiller or Ms Slater).

If any parents have any questions about aikido, please contact Mr MacLean.

A poster for 'Aikido Classes' featuring a black and white photograph of two people practicing Aikido in a gym. One person is in a low, defensive stance while the other is leaning over them. The text 'AIKIDO CLASSES' is in large, white, sans-serif capital letters. To the left, 'JAPANESE MARTIAL ART' is written vertically in orange. Below the title, a list of benefits is provided: '-Self Defence', '-Self Confidence', '-Self Esteem', '-Concentration', '-Fitness', '-Balance &amp; Core Strength', '-Social Skills', and '-Awareness &amp; Self Defence'. A red box contains the text 'FREE!!!' and 'Eligible Students Year 7 - Year 12 to ask Mr MacLean for an application form'. At the bottom, 'LESSONS HELD Monday &amp; Thursday from 3:15pm' is written. The bottom left corner includes the school name and address: 'Lightning Ridge Central School, Koolin Street, Lightning Ridge 2834'.





Thursday & Saturday 8am—12pm  
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 (RVVM)\* for up to 500 containers at one time. Through the RVVM 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](http://returnandearn.org.au)  
T: 1800 290 691

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

# 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.



# NO HAT NO PLAY



Do you have any spare hats at home?  
if so please donate to the school

## 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.

## Lightning Ridge Central School

Enrolments for Kindergarten 2020 are now open!

Sign up for **Kindy Start** to help your  
Child transition to School.

Kindy Start will run on Tuesdays and Thursdays,  
beginning on November 19<sup>th</sup> 2019.

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



**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.

DISCUSS PREPARE KNOW KEEP

PREPARE. ACT. SURVIVE.

[www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au)

YOU MUST WEAR A HAT AT AUSPLAY AND ON THE OVAL



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



# 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

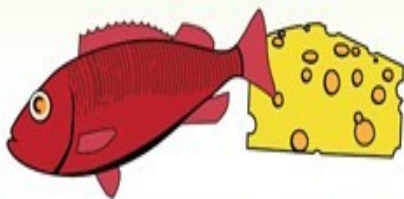
## Help-you-grow foods

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

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# 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.

These changes are to be made by all State School Canteens by 2020.

Please find a copy of Draft Menu 2020, attached.

Some of the changes have already been implemented into the Canteen, the rest of the changes will commence in Term 1, 2020.

All packaged items are to be 3.5 star rated or above, so please find listed below items that are no longer being sold in the Canteen:(or until sold out)

Icypoles

Billabongs

Gomes Cookies (from Term 1, 2020)

Fruity pops (until sold out – replace by Quelch fruit pops)

Maybe chilli tenders over counter, but allowed to sell in salad rolls, sandwiches or toasties!! Still out on this one!!

Chicken burger patties will be replaced by char grilled chicken burger as it is not crumbed!

We have Bulla Vanilla Dixie cup Icecreams, Ka blueys and Quelch ice blocks. Twisted frozen yogurts in Watermelon Mango or Blueberry flavours are fine to sell every day!

\*\*Available to buy now Water 1.5ltr bottles - \$3.00ea!

\*\*Chill J's have changed from bottles to cans, (Juice Bombs) same price, (\$2.00) 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, cuc, carrot, celery, cheese) -	\$2.50ea
Chicken burgers (lettuce, tom, mayo, chick pattie) -	\$4.50ea
Frozen orange ½, pineapple rings, and sliced banana	\$0.60ea
Frozen poppers (incl spoon)	\$2.00ea

**Canteen will be opened until the last day of Term 4, Wednesday 18<sup>th</sup> December, 2019! (please note that the last few days some items will be out of stock).**

**XMAS TREATS WILL BE AVAILABLE TO BUY OR ORDER ON TUESDAY 17<sup>TH</sup> AND WEDNESDAY 18<sup>TH</sup>, DECEMBER, 2019. WILL ADVERTISE TREATS NEXT NEWSLETTER WILL ALSO ADVERTISE IN BASKETS AND AT CANTEEN!**

**The Canteen has a Cash only policy!**

## **RECESS & LUNCH ORDERS**

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 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

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 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 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.

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## LRCS CANTEEN MENU TERM 4 2019

### SNACKS (RECESS & LUNCH)

Crunch cups (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
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### DRINKS

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
Ka blueys blue/red/lemon//chocolate	\$0.50
Frozen poppers (incl spoon)	\$2.00
Fruitz ice pops	\$0.60c
Frozen yog. Twisted (blueberry, mango	
Watermelon)	\$2.20

### SANDWICHES (gluten free bread available)

#### (Multigrain roll extra 50c)

Cheese	\$3.20
Cheese salad	\$4.00
Cheese & tomato	\$3.40
Ham cheese tomato	\$4.00
Ham or chicken salad	\$4.20
Ham or Chicken	\$3.40
Chicken Chilli Tender Salad(ROLL)	\$5.00
Ham & cheese	\$3.80
Chicken lettuce mayo	\$3.80
Chicken avo mayo	\$4.00
Curried egg	\$3.60
Egg lettuce mayo	\$3.80
Tuna lettuce mayo	\$3.80
Vegemite	\$2.50

### 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	\$6.50
Chicken or ham /egg or tuna salad	\$7.00
(lett/tom/cuc/beet/carrot/cheese/)	

### SMALL SALAD BOWLS

Salad	\$5.00
Chicken or ham - egg or tuna	\$5.50

### TOASTED SANDWICHES (pls order)

(please order during summer months)	
Cheese & ham	\$3.80
Ham cheese tomato	\$4.00
Cheese	\$3.20
Cheese & tomato	\$3.50
Chicken avo cheese	\$4.50
Chicken & cheese	\$4.00
Chilli tender & cheese roll	\$5.00

### HOT FOODS

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

### MISCELLANEOUS

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

OPTIONAL EXTRAS SALAD BOXES: Onion, Avo, pineapple, please indicate on order. Also avail Mayo or French dressing!

**CANTEEN CLOSING 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!**