LIGHTNING RIDGE CENTRAL SCHOOL



Relieving Principal: Deputy Principal Secondary: Mrs Margaret Morriss **Deputy Principal Primary:**

Mr Richard Finter Mrs Jane Miles

Term 4, Week 8 2019

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Principal's Report

What impact does social media use have on student performance? Good question. It turns out that the University of Technology Sydney (UTS) has also been pondering this question. A new study reveals that the impact of social media use on academic performance is dependent upon whose performance is being considered. Researchers found that different students are impacted differently,

depending on whether they are normally high or low performers.

UTS's James Wakefield and Jessica Frawley found that below-average students tend to spend more time on social media platforms - even when some of that time is spent on such platforms for educational purposes - were at a higher risk of posting lower scores or even failing their courses.

Conversely, the study found that the performance and scores of high-achieving students were not affected by the amount of time they spend on social media.

The study conducted by Wakefield and Frawley was not of secondary students. They worked with 500 first-year university students. Each of the 500 participants was assessed on their general academic achievement through their weighted average mark across all of their studies. With this score known, they were then asked about their social media use.

The average age of the students in the study was 19. The researchers suggest that their results may be similar for high school students, particularly those in Years 11 and 12.

What the results seem to indicate, is that for students who may already grapple with self-regulation – struggle with when to stop or when enough screen time is enough - and be able to focus on work, social media provides an ill-advised distraction.

The researchers found that if these same young people spent three hours per day on social media platforms, just one hour more than the average of two, the difference in results achieved was around 10 marks in every task worth 100. 10 marks. If you're a middle-of-the-road student in a tertiary setting, that's potentially the difference between passing and failing a course.

Stating what appears the bleeding obvious, UTS's James Wakefield noted that "below-average students would spend less time studying... the longer they stay on (social media platforms)."

Balance. Easily said but harder achieved. Getting it right can make a profound difference, as the UTS report makes clear. In the interests of balance, it is the policy of Lightning Ridge Central School by banning the use of mobile phones and hence keeping students off social media for 6.5 hours per day.

Presentation Day Awards Assembly The 2019 school year is coming to its conclusion and we are preparing to celebrate the achievements of our students

2019 School Newsletter now available online via our Skoolbag App and website on www.lightningr-c.schools.nsw.edu.au and SkoolBag



Continued.

throughout the year. We invite you to join us in this celebration for our Presentation Day on Thursday 12th December at 9:30am in the School Gymnasium.

Milestones I have been speaking with students about milestones in recent assemblies. They are achievements and signposts in people's lives. Last week I achieved a professional milestone of my own when through a process of merit selection I was successful in being appointed the Permanent Principal of this fine school. I am proud to be able to lead the staff and students at LRCS and work with the community to achieve improved outcomes for all over the next few years. And by the way.... My mother is proud too!



Secondary Deputy Principal's Report

During the next two weeks students will continue their learning in classes up until Wednesday 18th December. This includes arriving on time to school in school uniform and ready to learn with books, pens and a laptop every day.

There are some reward trips planned for those students who have reached OPAL, please ensure permission notes are returned by the due date or your child may miss out. Once again those student who have received only positive incidents in millennium

will be receive a special deputy's reward, this is to reinforce those student following our PBL values of Respect, responsibility and pride. There will be a semester Two rewards assembly for Secondary students, to celebrate students success during the semester.

Farewell to our secondary staff members who are beginning new journeys, Mr Murray and Mrs Pascoe. Even though Mrs Pascoe has been here for a short time she has made a huge impact, she has been teaching in the Mathematics faculty and filling in when teachers are away both in Secondary & Primary.

Mr Murray has been teaching at LRCS for a number of years, his innovative, consistent, professional approach to teaching and learning, will be missed by students and teachers, Chris does a lot of additional jobs around the school and leaves very big shoes for someone to fill.

We thank each of you for your hard work & dedication whilst you have been at LRCS and we wish you luck at your future schools.

Laptops are continued to be used in classes, the LEXIA and reading Plus reading programs has been especially beneficial to our students in just a short time we have recorded some amazing improvements in our students reading ability. LEXIA and reading Plus can be accessed at home if you have internet access, t would be wonderful if parents encouraged their children to use LEXIA or reading Plus during the school holidays.

Good luck to our Year12 students who are waiting for their HSC result which arrive shortly, these students have just completed their school journey we wish you all the best in your next journey where ever that may take them.

To our 2020 Year 7 students who are about to embark on their next journey we welcome you to the beginning of your Secondary education and look forward to you all developing into young adults just as our Year 12 students have during the last 6 years. Each of our students are moving forward into the next year group which will bring along new challenges and journeys.

Next year the staff & students at LRCS will continue our journey with Mr John Fleming using his Explicit Instruction programs to further support improving students academic results.

I would like to wish everyone a Merry Christmas and Happy New Year and hope that you have a happy journey during the holidays and be ready for school on Wednesday 5th February 2020.



Library Report

There's nothing nicer than a good reader reading to you .When Jack Warhurst was reading with me as I read, I thought I don't need to be centre stage and asked him to read to the class. And how beautifully he read! Encouraging keen/clever kids is one of my passions and I always get a buzz out of students who see value in what I value. Reading aloud, with expression appropriate to the context of the story engages listeners and this is what Jack was able to do. Delightful.



Year 7 have been coming to the library with Miss Stewart on Monday mornings. She is encouraging their interest in books. Often when students finish K-6 they do not have a lot of library experiences. I had a chat to the group and they are still reading what interests them,....everything from drawing books to war ,to their own purchased books. I'm pleased that their love of books continues. We all have a certain focus and there is a book for everyone you just have to find it. Parker Bevan showed me his war book collection.

This brings me to suggesting you start thinking about books for Christmas gifts. I am happy to recommend titles but looking at online booksellers and seeing what is popular with kids and reading reviews is a good way to choose. I had a book for my sister for a gift but unfortunately she is not going to get it unless I decided to give her a second hand book!

The LRCS Reading Challenge is coming to a close for Term 4 as I type this. I'd like to thank Kerrie-anne Turk who always makes the celebration party great. Students receive a certificate too in recognition of their efforts.

<u>Week 6</u>

- ES1 Hunter Brack ES1J
- Stage 1 Olley Murray S1Y
- Stage 2 Tori Smith S2H
- Stage 3 Ellie Gough S3C
- <u>Week 7</u>
 - Stage 1 Rachel Bateup S1B Stage 2 - Evan Wiesnet S2O Stage 3 - Lennie Frail S3B

Lightning Ridge Central School Reading Challenge





Positive Behaviour for Learning





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.



Worth your Weight in Opal Dani Burgess-Dale Year 7

Dani was nominated by Mr Nixon for being a polite and respectful student and a positive role model for her peers.

Fantastic Effort Dani!!



Worth your Weight in Opal Lucy Barrett Year 7

Lucy was nominated by Mrs Pascoe for her focus on her education and improvement, leading to higher grades in Mathematics.

Top Job Lucy!!



Worth your Weight in Opal Tyler Mahoney ES1P

Tyler was nominated by Mrs Hicks for his wonderful help tidying up after busy lessons.

Awesome Job Tyler!!



Worth your Weight in Opal Khiah Boney S1B

Khiah was nominated by Mr Britts for always listening well during lessons and for sharing her well thought out answers.

Top Work Khiah!!

Worth your Weight in Opal Claudia Bogdan S2H

Claudia was nominated by Mr Crawley for her consistent application in all Key Learning Areas.

Keep up the Great Work Claudia!!



Worth your Weight in Opal Kaylee Whitty S3B

Kaylee was nominated by Mrs Stiller for being a positive member of our class. Thank you for encouraging others and always giving 100% effort to all learning tasks.

Super work Kaylee!!

Stage 3 Poetry





Ellie Gough



K-6 Assembly



The last K-6 merit assembly for the year was held on Monday 2nd December in the gym.

A Big Congratulations to all who received awards.

The Kindergarten classes performed the Reindeer Pokey for the delighted audience. You all did an awesome job Kindy's, Well Done!!



















JACQUI FRAIL

Aboriginal language educator

Student Voice

Jacqui Frail is an Aboriginal Language Educator here at Lightning Ridge Central School, I spoke to Jacqui about the importance of the Aboriginal language to further the understanding of why we should be learning it. Jacqui shared with me that **the importance of Aboriginal language** is to have a language to go with the culture, also to teach the younger generation the language to help give them a sense of cultural identity.

When asked the question, how do you think our students will benefit from learning an Aboriginal language, Jacqui said that the special connection should make the students feel proud within to have the base language still around to give them the sense of belonging.

During the interview Jacqui shared with me her opinions and feelings about the Aboriginal language, Jacqui told me how she believes that the Aboriginal language should be taught at the earliest age possible and how it should be considered to have the same importance as Maths and English, also including how Aboriginal Language should have a stronger role in our community because of the cultural footprint it has in our country.

Jacqui shared with me how certain generations missed out on the opportunity to learn the Language of their elders and how she doesn't want kids in the future to miss out on the understanding of the importance it has in their cultural background. Jacqui wants people to understand where we come from and where we stand.

Megan Pymble

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.



Year 12 Sydney Excursion

Family Affairs with the Gilchrists at the Parramatta **Riverside Theatre**

When we went to Sydney, Ms Dove and Mr Shandog took us to see the play, Family Affairs with the Gilchrists. "Wow, Ms Dove, I thought you were going to take us to a boring old people play!" was the first thing I said afterwards. I really thought it was right up my alley, not too many long words, and the swearing reminded me of Grawin. - Opal





Protest Poetry Writing Workshop at the Story Factory

On Tuesday morning we attended a writing workshop run by Bilal Hafda. He greeted us and we worked with volunteers in composing protest poetry. We created poems based on drought, clothing standards, global warming and social acceptance. These were things we felt passionate about and the volunteers and Bilal helped to create those poems. - Mason

Punchbowl Boys High School visit and Lebanese feast at Al Yasmin's restaurant

We arrived at Punchbowl High School (Ms Dove's previous school) on Tuesday for lunch. We were greeted generously by a few of the Year 12 students and teachers. We toured the school and then went out for lunch. The boys gave us an insight into different cultures and we had a mean feed. Tobv

















Museum of Contemporary Art

On Wednesday morning we went to the Museum of Contemporary Art (MCA) to look at the different artworks on display. Ms Dove let us Year 12s roam around the museum so we could take our time looking at the artworks. Out of the two art galleries we visited, I definitely preferred the MCA because it was more my type and it gave me some inspiration for my major work. I really like the excursion because both Ms Dove and Mr Shannon mostly treated us as individuals and not as a school class. Natasha

Year 12 Sydney Excursion



Art Gallery of NSW

At the Art Gallery we had a wondrous time. We all had a walk around the art gallery with the stunning paintings. Also, we watched a horror movie called "Celia." The film had recently been remastered by the National Film and Screen Association: "An imaginative and somewhat disturbed young girl fantasizes about evil creatures and other oddities to mask her insecurities while growing up in rural Australia" (IMDb). – Callum



Spectacular Sculpture workshop at Reverse Garbage



I thought Reverse Garbage was going to be picking up rubbish for two hours; instead we made sculptures. First, we made individual ones; we were given reusable materials and we were allowed to make whatever we wanted. Then we

made a collaborative one, which was my favourite

Rockclimbing at Sydney Indoor Climbing Gym

On Thursday afternoon, we went to Sydney Indoor Climbing Gym. We took lessons on how to climb and how to harness ourselves with our partner so we didn't fall. Overall, it was a thrilling experience with close, personal encounters with falling but it was a really fun activity. – Jordan







Little Miss Sunshine at New Theatre

On Thursday evening, we watched a play called "Little Miss Sunshine." The set stage was creative, making it feel like a cartoon, but using real people as voices of thoughts and technology. I really like the ending when the audience and the actors were involved in the play, watching a competition being judged. – Josh



Bullying. No Way!



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 <u>www.lightningr-c.schools.nsw.edu.au</u> 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.









-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

Lightning Ridge Central 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.



8am—12pm Thursday & Saturday 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 nillions to clean up.



enience, we recommend you visit the fo d on the number of containers you are

Over the counter returns

Over the counter manual collection points an uilted to redeeming smaller numbers of cont fome have a limit of 100 containers at one ti please call 1800 290 691 to check for any lim ease call 1800 200 691 to Check for any limits or un local collection point. When you use a silection point hosted by one of our Return and in our the counter partners you can choose to it a cash refund, spend your money at the shop, donate your money if the host is a charity

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



Most 150-millilitre to 3-litre drink containers are refundable if they are made from:

• Glass Plastic Aluminium Steel

Liquid paperboard (cartons)

d, unbroken and have the

Collected more than 100 drink containers?

ecommend using your local reverse ing machine (RVM)* for up to 500 alners at one time. Through the RVM an choose to get a digital refund to PayPal account, a cash or retail refu rs to process your co

Why not fundraise for your local community?

returnandearn.org.au

ol the containers collected, and redeem them in or a voucher through any local collection po



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.





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.



YOU MUST WEAR A HAT AT AUSPLAY AND ON THE OVAL



REMEMBER TO BRING YOUR HAT TO SCHOOL EVERYDAY

LRCS CANTEEN MENU TERM 4 2019

<u>SNACKS (RECESS & LUNCH)</u>

Crunch cups	
(Cheese/carrot/celery/cucumber/toms)	\$2.50
Grain waves sour crème	\$1.20
Gomes chocolate/Anzac bisc lite	\$0.80
17) · · · · · · · · · · · · · · · · · ·	
Yoplait yogurts vanilla/strawberry 17!	•
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 (\$	
Fruit salad cups	\$1.50
Frozen banana pieces/1/2 frozen ora	nge
/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	
Watermelon/Apple raspberry/orange [
Just juice poppers 250ml Apple/orang	
Apple blackcurrent	, \$2.00
Classic 300ml chocolate/strawb milks	\$2.80
Big M choc/strawb ctn milks 250ml	\$2.00 \$2.00
Nippys reduced fat choc/strawb/honey	-
lced coffee 375ml (High school only)	
Plain ctn milk 300ml	\$2.00
i idin (th milk Jovini	
ICECREAMS LUNCH ONLY	
lcy 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
Fruitzy ice pops	\$0.60c
Frozen yog. Twisted (blueberry, mang	Į0

Watermelon)

	SANDWICHES (gluten free bread avai	<u>lable)</u>
	<u>(Multigrain roll extra 50c)</u>	
	Cheese	\$3.20
\$2.50	Cheese salad	\$4.00
	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
N.	Tuna lettuce mayo	\$5.50
	Tuna salad	\$6.50
\$2.00		
\$2.80	SALAD BOXES (please pre order)	
\$2.00	Salad box	\$6.50
)	Chicken or ham /egg or tuna salad	\$7.00
\$2.70	(.lett/tom/cuc/beet/carrot/cheese/)	
\$2.00	<u>SMALL SALAD BOWLS</u>	
	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		\$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

HOT FOODS

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!