

# LIGHTNING RIDGE CENTRAL SCHOOL



Relieving Principal:

Mr Richard Finter

Primary Deputy Principal:

Mrs Jane Miles

Secondary Deputy Principal: Mrs Margaret Morriss

PO Box 294, Kaolin Street

Lightning Ridge NSW 2834

T 02 68290511 F 02 68290137

E [lightningr-c.school@det.nsw.edu.au](mailto:lightningr-c.school@det.nsw.edu.au)

Term 2, Week 2, 2019



## Principal's Report

Welcome back to all students, staff and parents to what is a very busy Term (Aren't they all?). School reporting period will soon be upon us, as will NAPLAN and Parent/Teacher interviews and in week 10 we have NAIDOC Week celebrations.

Uniform is crucial in developing a sense of belonging and enhancing safety. Uniform of some kind is a requirement in most workplaces and it is also important in a school setting. Students are expected to wear school uniform each day and there has been a tendency by some students to wear clothing which does not comply with the school's uniform policy. Of particular concern are students wearing jumpers, hoodies and tights which are not acceptable at school. It would be greatly appreciated if parents could please ensure their children could wear school uniform. Uniform can be purchased from the Uniform Shop on Monday's and Thursday's, ordered from the Office using order the form on page 21 of this newsletter edition, or be collected from the School's Uniform Pool free of charge.

Consistent attendance and punctuality are important life skills so I encourage all students to be at school and on time to every lesson every day to ensure they can take full advantage of our highly skilled staff and other opportunities LRCS provides. Every day and every minute counts in squeezing out every educational advantage possible.

**Relationships Part One:** As teachers, some times we hear that there is a cohort or group of students who are being "mean to each other." When these behaviours – this meanness – manifests in more than one place, it is not uncommon to hear a cry that there is a "culture of meanness", suggesting that meanness, in some, is almost a part of their DNA. Not true.

Mean behaviour is a learned behaviour. If it can be learned – the brain trained to respond in a certain way to certain stimuli – it can be unlearned. Here are some tips for helping your kids understand some of the fundamentals that underpin good friendships, as well as how to recognise when people are genuinely being mean and as a result, when it is time to move on.

**Know that conflict in a friendship is normal.** All friendships have conflict! Don't throw away a friendship because of a fight. If you're not sure if you should forgive your friend, ask *"Is our friendship bigger than this fight?"*

Step back and look at the friendship. Be willing to apologise or reach out if you want to keep the friendship because overall you think it is a good one.



2019 School Newsletter now available online,

check out our website on [www.lightningr-c.schools.nsw.edu.au](http://www.lightningr-c.schools.nsw.edu.au)



### AECG Meeting

Wed 8th May

### Barwon X Country

Fri 10th May

### Walgett Show

Sat 11th & Sun 12th May

### P & C Meeting

Tue 14th May

### Walk Safely to School Day

Fri 17th May

### Canberra Excursion Payment

Mon 20th May

### K-6 Assembly

Mon 27th May

### Lake Burrendong Excursion Payment

Mon 27th May

### Crazy Hair Day

Thurs 30th May

### Mid Term Break

Fri 31st May - Mon 3rd Jun

### Pupil Free Day

Mon 10th Jun

### P & C Meeting

Tue 11th Jun

### Canberra Excursion Payment

Tue 11th Jun

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**REALISE that boundaries are EVERYTHING.** School friendships are a great time for young people to learn the important lesson of boundaries; a lesson that will carry them through school friendships, romantic relationships and even workplace dynamics. The sage advice I would offer here comes from Maya Angelou, the American poet and civil rights activist, who said: *"You teach people how to treat you."*

Our kids, just like us, need to work out for themselves what are their friendship deal-breakers are. If someone treats you badly, you should be able to challenge their behaviour.

A challenge may sound like: *"I really like being with you but I'm not prepared to be spoken to like that."*

or *"When you make fun of me like that - I feel humiliated/ embarrassed/ demeaned so I'm asking you to stop."* Like us, kids should consider how to best achieve this. I wouldn't recommend the very public and theatrical "call out" of bad behaviour. They need to realise that they are not a star in a reality TV program. They really should be looking to avoid creating "a scene." If you want to have a private word with someone about what you see as poor form on their part, take them aside or, if you find yourself with them and without an audience, take the opportunity to then have that word.

**NEVER SEND A TEXT MESSAGE OR COMMENT ON SOCIAL MEDIA!** Conversations like this have no place online. They must be undertaken in person. That said, our kids need to realise that if their "best friend" routinely puts them down and/or makes fun of them, or excludes them, that what they have with that person IS NOT FRIENDSHIP. They must never be so desperate to be a part of something that you are pre-pared to be treated like dirt just to be included. That price is way too high.

**"I'M UPSET! Someone's gonna get PUNISHED!"** If someone upsets you, don't look for ways to punish them and certainly don't look to discuss it with everyone else. It's dramatic. It's theatrical. It's also emotionally draining and entirely stressful. Worst: it achieves nothing productive. Ask your kids to ask themselves this: *Do I need additional stress in my life?* No one needs additional stress in their life. Life is stressful enough, and it doesn't get a whole lot better with age. If someone upsets them, they should consider talking with that person causing them upset about that upset in a **respectful** yet assertive manner. Let's be clear, if someone has hurt our feelings or has annoyed us, we really only have two choices for moving forward. We can: Do nothing and GET OVER IT! It is not entirely impossible the person did not intend to hurt your feelings, or **be proactive and TALK TO THEM ABOUT IT!**



## Primary Deputy Principal's Report

Welcome to Term 2

This Term, we welcome Ms Katherine Cross (no relation to Mrs Cross) as our Interventionist. She will be working mainly with our K-2 students who need support with their literacy and numeracy. Ms Cross will also work with our Stages 2 & 3 students on Fridays to support their learning.

I'd like to thank all of our family and community members who came to support their children and those who helped with our Athletics Carnival. The K-2 athletics was fun!

At one particular point, it was also entertaining when a certain person (who shall remain nameless ) went head over turkey at the finish line. It really makes the world of difference, not only to our school, but to our students when they see their families either at school events of helping out. So, again—thank you!

Ringworm, school sores and head lice have been rampant in our community recently. We will be including NSW Health Infectious Diseases flyers in newsletters so families are more aware when their child should or shouldn't attend school. If treatment has already started for your child, please ring the office or send in a note stating what and when treatment was started. This helps us reduce the spread of diseases. Remember, there's no shame if your child contracts a condition.

A thanks to Mr Bonsing and Kayle for taking our students to rugby league this week. I've heard they played really well! Congratulations to our footballers. Mr Bonsing is also taking our Barwon Cross Country students to Goodooga this Friday. Good luck to all of our students.

A reminder that supervision for Primary students **begins at 8:30am.**

Have a great fortnight!

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## Secondary Deputy Principal's Report

### Welcome back to Term 2

Last Term students completed the Tell Them From Me survey, information from this survey is used to guide our planning of new programs and initiatives. Engagement in learning, interest and motivation are just a few of the areas in which our students recorded improvement this shows that our students are more involved in their learning. Students indicated that they value their education and we are observing an increase in positive behaviours at school.

The survey found that students require someone whether it be a family member, peers or from the school community to provide encouragement and seek advice. As a result of this finding the school has started a program called '**check in check out**'. This program involves a staff member 'checking in' on a student each day, students can go to this staff member if they need support or advice.

The survey found that some students were disengaged with their learning due to poor literacy/numeracy skills. The school has for some time implemented the Lexia program which is specifically aimed at improving students literacy skills. Students need to bring their charged laptop to school each day to enable them to access this program.

Lightning Ridge Central School is a very busy place with many opportunities for our students to participate in a range of activities.

During this fortnight our students will be involved in:

Year 11 Half Yearly Examinations,

Year 11 & 12 students will travel to Dubbo for a careers information gathering event,

Year 11 Primary industries and 9/10 Agriculture will travel to Walgett to be involved in tractor driving sessions.

On Thursday 2nd May we were lucky to receive a visiting Country Music performance by Graham Rodger and talk to our students about writing songs. Graham Rodger is an acclaimed Country music song writer and performer. The English faculty have organised our senior students an opportunity to participate in a writing festival. During **Week 3** students in Years 7 & 9 will be sitting NAPLAN tests.

During **Week 5** students in Years 7 to 10 will be sitting Half Yearly Examinations. An exam timetable will be issued shortly.

As the weather gets cooler it is important for all students to be wearing correct school uniform. This includes either a plain (no logos/pictures) black or red jumper/jacket and black trousers/track pants— tights are not a part of our uniform.

Some of our students are being contacted by their parents whilst at school on the students' mobile phone. Parents are reminded that we are a mobile free school if you need to contact your child please contact the school on 68290511 and a message will be delivered to your child. Likewise some of our students are ringing parents to come and collect them from school, if a student is feeling unwell they should go to sickbay and parents will be contacted if necessary.

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## BroSpeak Program

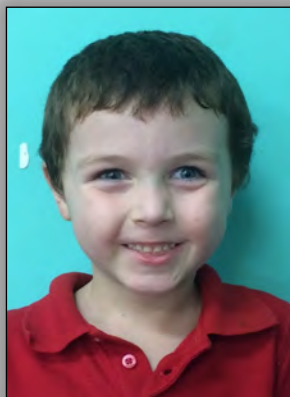
BroSpeak is a 10-week program designed for Indigenous Boys running during the school term.

The program consists of guest presenters coming to the school and talking about various social issues impacting our Indigenous boys lives, as well as teaching the boys about their culture.

Mr Andrew Taylor, Aboriginal Community Liaison Officer based out of Bourke visit LRCS to train Aboriginal Community members in the delivery of Brospeak to our students. The experience of our own school and that of others is that this is a very successful programme.

The two hour training session will take place from 9.00am until 11.00am Monday 20<sup>th</sup> May. If you are interested in participating in this training and hopefully assisting with the delivery of this program please contact the Principal 0268 290 511.





## **Worth Your Weight in Opal**

### **Elijah Peters ES1P**

Elijah was nominated by Mrs Hicks for helping his friends and teachers in the classroom. Well Done, Elijah



## **Worth Your Weight in Opal**

### **Jonathan Lumber S1B**

Jonathan was nominated by Mr Britts for consistently showing respect to his teacher and peers. On occasions, Jonathan has helped his classmates even when he hasn't been asked to. He is also putting in a lot of effort towards his schoolwork.



## **Worth Your Weight in Opal**

### **Tristan Morris S20**

Tristan was nominated by Ms Molyneux for becoming more confident and independent when completing class work. Congratulations Tristan



## **Worth Your Weight in Opal**

### **Lennie Frail S3B**

Lennie was nominated by Ms Stiller for always having a positive attitude towards his learning and consistently producing work to a high standard. Great Work Lennie





## **Worth Your Weight in Opal**

### **Teoni Sharkey Yr 7**

Teoni was nominated by Ms Green for consistently and conscientiously completing class work ALL the time. She is an absolute pleasure to have in the classroom.



## **Worth Your Weight in Opal**

### **Keenan Middleton Yr 11**

Keenan was nominated by Miss Moxham for amazing contribution to discussion during the Life Ready course. Great work Keenan.



## **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**

### **Hands and Feet to self**



*This symbol represents emu tracks because emu's have no arms, and in conflict they have to either use their heads or move away, or both.*

Students are reminded that they must keep their hands and feet to themselves at all times.

This includes showing respect for others by asking if you can use their pens and pencils.

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## Library Report

Welcome to Term 2 in the Library.

Mrs Mapperson is covering History lessons for Ms Fahey in the Library for the first few weeks of the Term. Welcome Mrs Mapperson!

In the Library we have begun the Term learning about:

- Early Stage 1 'Me and My Family'
- Stage 1 'Learning about the Past'
- Stage 2 'Great Journeys'
- Stage 3 'Becoming a Nation'

The LRCS Reading Challenge has begun with all students invited to take part in the Challenge. Kindergarten also received their first recording sheets with a note from Ms Fahey explaining and encouraging parents/caregivers to read with their children. Once the Reading Challenge Sheet is full, please return to the Library so your name can be recorded for the Reading Challenge Party towards the end of the Term.

Library Turtle draw winners for the first draw have been:

Week 3

- ES1 Kiayari Bolton ES1P
- Stage 1 Tallara Bolton S1Y
- Stage 2 Sharlize Masters S2O
- Stage 3 Reilly Tucker S3B

There is a large amount of overdue books throughout Primary at the moment, please encourage your child to find and return any library books they have at home.

Many thanks, Kerrieanne and Mrs Mapperson.

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# LAPTOP PAYMENTS NOW DUE

**T319 Laptop Payments due by Friday 14th June 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.



# Kindergarten Report

ASPIRE is an award-winning outreach program working in communities where the number of students who go on to university is low. Their aim is to help students who are experiencing educational disadvantage discover that they can achieve much more than they think they can. ASPIRE works by building Students confidence by providing information and experience to the Student which puts a university education within reach.

Last Term, Kindergarten attended an Aspire workshop. We talked about different careers we can have when we grow up. We drew pictures and got our photo taken wearing a special university graduation gown!



ASPIRE is for students who discover that they have the desire and the capability to succeed at university, they work with the school and community to help get the student to university.

“Since 2007, ASPIRE has targeted schools that traditionally have low numbers of students who pursue higher education. Our aim is to reverse that trend”.

“We encourage all students from an early age to have an aspiration for their future: to dream big, set a goal and work to achieve it”.





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# Year 7 & 9 H.S.I.E

## Year 7 History

The Year 7 students have been learning how to conduct an historical investigation using an inquiry process and skills in source analysis and interpretations. Last week the two classes came together to become real-life historians and scientists to investigate three different sources in relation to a Cold Case File on human remains found at Mungo Lake in 1969. Students analysed photographs of primary sources from the Australian National Museum, a secondary source from a textbook and used science techniques to identify various substances in 'fake' stomach contents (cleverly mixed by Ms Parsons to create an unreliable source that could never have come from Lake Mungo because it contained processed foods such as glucose and lipids).



## Year 9 History

In Year 9 History, students have been learning about how the Industrial Revolution, developing first in eighteenth-century Britain, gave rise to changes that have had an enormous impact on society. One of these major changes was the development of the steam engine. Students have researched the invention and development of the engine and analysed its contribution to eighteenth-century Britain, as well as wider society. Students have also researched important personalities from the Industrial Revolution, such as Thomas Newcomen and James Watt, to understand their impact on the making of the modern world.





# Stage 5 Science

## Year 9

In Science Term One students have been studying the Physical World. Students investigated the motion of objects and applied the laws of physics to make predictions and describe these.

Students created models to represent how motion and force moves a steam engine, and presented their models to the class. They used their model to explain Newton's three laws of motion.

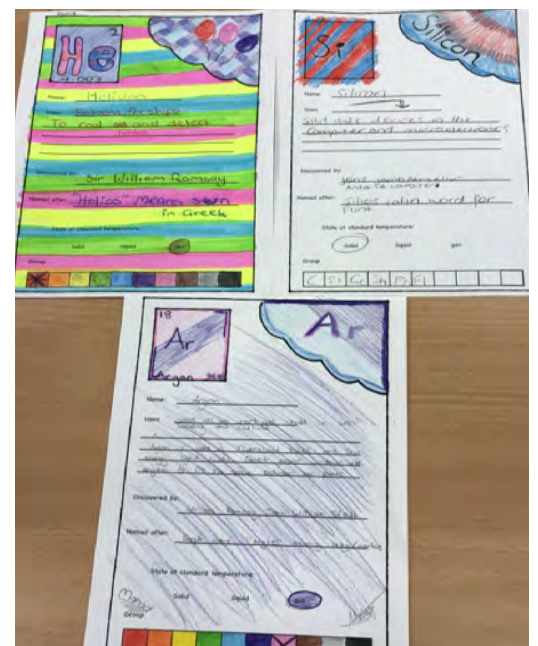
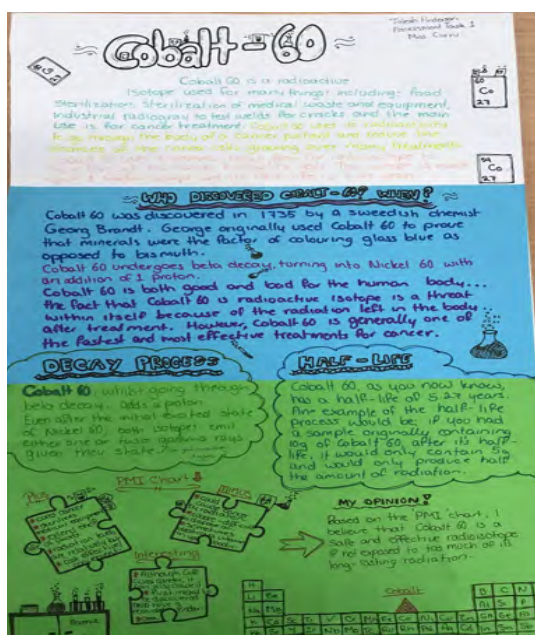
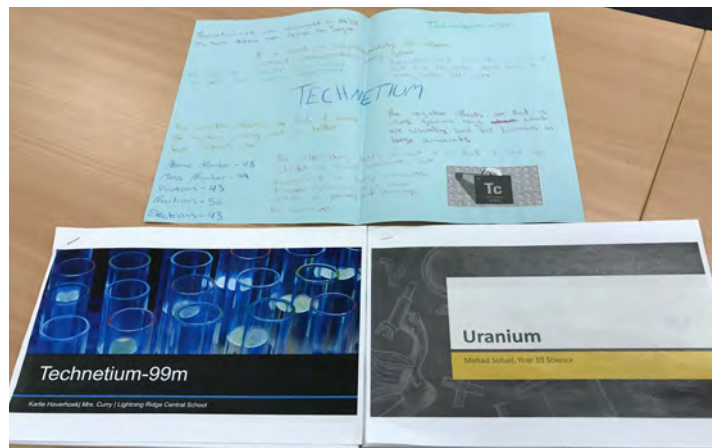


## Year 10

Year 10 work samples from the unit of Chemical World. This work shows students posters and assessment task on the elements and the Periodic Table.

Periodic Table of the Elements

H																	He
Li	Be											B	C	N	O	F	Ne
Na	Mg											Al	Si	P	S	Cl	Ar
K	Ca	Sc	Ti	V	Cr	Mn	Fe	Co	Ni	Cu	Zn	Ga	Ge	As	Se	Br	Kr
Rb	Sr	Y	Zr	Nb	Mo	Tc	Ru	Rh	Pd	Ag	Cd	In	Sn	Sb	Te	I	Xe
Cs	Ba	La	Hf	Ta	W	Re	Os	Ir	Pt	Au	Hg	Tl	Pb	Bi	Po	At	Rn
Fr	Ra	Ac	Th	Pa	U	Np	Pu	Am	Cm	Bk	Cf	Es	Fm	Md	No	Lr	





# 2019 ANZAC Day

Anzac Day is one of Australia's most important national commemorative occasions and Lightning Ridge Central School staff and students are proud to support and participate in events to mark this solemn and significant day. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War.



Lightning Ridge Central School Staff and Students participated in the 6am dawn service held at the Lions Park, and the 11am ANZAC March.

Thank you Teleah Anderson who represented the School wonderfully by volunteering to read a poem about the ANZAC commemorations and former Student Kyhnan Samuelsson for his excellent performance playing the bag pipes.

Pictured is Izabella and Dylan Mallouk who were travelling around Europe on ANZAC Day and wore their school uniform to represent LRCS.

*“As they could not join the school group with the marching for ANZAC service, Izabella and Dylan remembered and stood still on the other side of the world“*

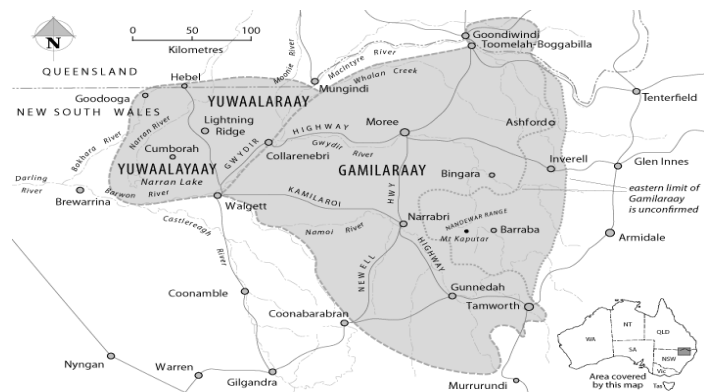
Charlotte Mallouk



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

**GULBIYAAY = WELCOME**

Welcome back to all our students in  
Term 2.

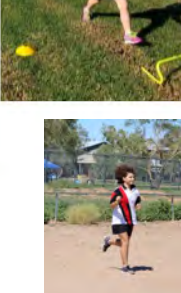
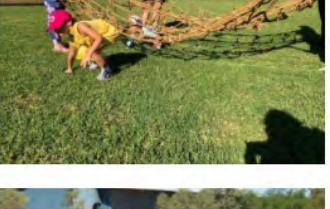
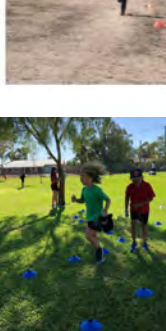
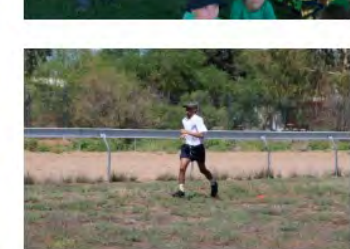
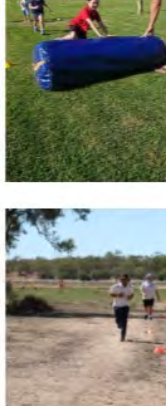
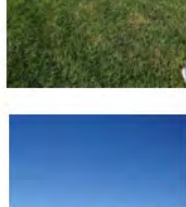




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## K - 12 Cross Country

The school's annual Cross Country Carnival was held on Thursday 4<sup>th</sup> April 2019. Students K - 12 (and some Staff including our Principal Mr Finter) participated on the day. Thank you to the Parents who volunteered their time to help.





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## K - 6 Easter Hat Parade

On Tuesday 9th April 2019, K - 6 Students participated in the Schools Annual Easter Hat Parade. We were very lucky to receive a surprise visit from the Easter Bilby who gifted some of the Students with Easter Eggs!







## We need you to **EXPLAIN YOUR CHILD'S ABSENCES**

All absences from school are required by law to be recorded. Absences normally fall under two categories – sick or unexplained absence.

In cases where your child is unable to attend school parents are asked to:-

- Contact the school by telephone, letter or the schools Absentee Note if you know in advance, that your child is likely to be absent
- notify the school first thing in the morning when your child is going to be absent. Let the school know the likely date of return and keep them informed if the date changes;
- Give your child an Absentee Note or letter when they return to school explaining the reason for absence
- inform the school of any change to the following :-

home telephone

number mobile

number emergency

contact details

Requests for your child to be absent from school for extended periods such as making a trip away to visit relatives must be made in writing to the Principal, detailing the reason, destination and duration of absence and arrangements for their continuing education. On these occasions your child will be marked as an authorised absentee in the register.

*Please find 4 Absentee Notes on the reverse of this page.*



### Every Day COUNTS

#### Absentee Note

Please return this note to the school **within 7 days** of absence

**Lightning Ridge Central School PH: (02) 6829 0511**

Student's full name: \_\_\_\_\_ of Class: \_\_\_\_\_

Was/ will be away from school on.....

**The reason for absence is: (Please tick box)**

- |                                           |                                                                |                                                                               |
|-------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------------------------|
| <input type="checkbox"/> Sickness         | <input type="checkbox"/> Wet roads                             | <input type="checkbox"/> Another reason which I will talk to the school about |
| <input type="checkbox"/> Visit to doctor  | <input type="checkbox"/> Family business                       |                                                                               |
| <input type="checkbox"/> Visit to dentist | <input type="checkbox"/> Family holiday                        |                                                                               |
| <input type="checkbox"/> Royal Far West   | <input type="checkbox"/> Rep sport, Regional or State carnival |                                                                               |

Signed.....(Parent/ caregiver)

Date.....

Office use
Entered <input type="checkbox"/>
SAO Initial.....



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| <input type="checkbox"/> Visit to dentist | <input type="checkbox"/> Family holiday                        |                                                                               |
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Signed.....(Parent/ caregiver)

Date.....

Office use
Entered <input type="checkbox"/>
SAO Initial.....



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# MID-TERM BREAK

FRIDAY 31st MAY  
&  
MONDAY 3rd JUNE

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## Check **LOST PROPERTY**

**In your Child's class and the office.**



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



# **WE NEED YOUR HELP!**

**CALLING ALL K-6 PARENTS**

**WE ARE LOOKING FOR PARENT VOLUNTEERS TO  
HELP IN OUR CLASS ROOMS. PLEASE COMPLETE THE  
FORM OVERLEAF AND RETURN TO THE SCHOOL**

## **THANK YOU!**

**CONTACT THE SCHOOL FOR MORE INFORMATION**



## Appendix 5 - declaration for volunteers

This declaration applies to parents or close relatives who volunteer at their child's school. This includes day to day reading helpers, canteen helpers etc., who are a parent or close relative to a child at the school at which they are volunteering. Parent/ close relatives DO NOT need a WWCC number.

If you wish to become a parent helper you must complete this Appendix and provide the school with 100 points of ID. This information is only required to be submitted once for the duration of your child's Schooling.

### Applicant Details

First name: \_\_\_\_\_ Surname: \_\_\_\_\_

Previous names: \_\_\_\_\_

Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Male Female

Place of Birth: \_\_\_\_\_ Telephone: \_\_\_\_\_

Street address: \_\_\_\_\_

Suburb: \_\_\_\_\_ State \_\_\_\_\_ Post Code \_\_\_\_\_

Occupation: \_\_\_\_\_

### Identity documents

Please provide details of the approved documents according to the 100 point proof of ID check.

Document Name	Issuing Agency	Reference number

**I declare:** 1. a) I am in child-related work or applying to be in child-related work within the meaning of the NSW *Child Protection (Working with Children) Act 2012*, but am exempt from the requirement to hold a working with children check clearance under the *Child Protection (Working with Children) Regulation 2013* at the time of the making of this declaration.

or b) I am a non-child related contractor within the meaning of the NSW *Child Protection (Working with Children) Act 2012* at the time of the making of this declaration. 2. I have not been refused working with children check clearance under the *Child Protection (Working with Children) Act 2012* (this declaration may be made if a clearance was subsequently granted to you). 3. I have not had a working with children check clearance cancelled under the *Child Protection (Working with Children) Act 2012* (this declaration may be made if the clearance was surrendered by you, a clearance was subsequently granted to you, or the cancellation was overturned on review). 4. I am not currently subject to an interim bar on engaging in child-related work under the *Child Protection (Working With Children) Act 2012*. 5. I have not been convicted of an offence, or subject to a finding of guilt for an offence or a finding that the charge for an offence is proven, where the offence was committed as an adult in New South Wales or elsewhere and was an offence of the following kind: a. a sexual assault or intercourse offence; b. the common the common law offence of rape or attempted rape; c. an indecent assault offence; d. a sexual servitude offence e. observing a person engaged in a private act, for the purpose of obtaining sexual arousal or sexual gratification (voyeurism);



f. filming another person engaged in a private act or filming another person's private parts, for the purpose of obtaining, or enabling another person to obtain, sexual arousal or sexual gratification; g. installing a device, or constructing or adapting the fabric of a building, for the purpose of facilitating the observation or filming of a child, with the intention of enabling any person to commit an offence referred to at (d)-(e) above; h. murder of a child; i. manslaughter of a child (other than as a result of a motor vehicle accident); j. intentional wounding or causing grievous bodily harm to a child who was three or more years younger than me; k. a child prostitution offence; l. an offence involving an act of indecency with or towards a child; m. procuring or grooming a child under 16 years of age for unlawful sexual activity; n. using a child for the production of child abuse material, or producing, disseminating, possessing or importing child abuse material; o. possessing or importing child pornography; p. offences relating to the use of a postal or similar service for child pornography material or child abuse material;

q. offences relating to the use of a postal or similar service involving sexual activity with a child under 16; r. publishing indecent articles; s. an offence of kidnapping a child, unless a parent or carer of the child at the time of the offence; t. a forced labour or deceptive recruiting for labour or services offence, where the victim was a child; u. intentional or reckless infliction of grievous bodily harm on a child, during or after the delivery of the child; v. intentionally abandoning or exposing a child under the age of seven; w. bestiality; x. an offence an element of which is an intention to commit one of the above offences; or y. an offence of attempting, or of conspiracy or incitement, to commit one of the above offences.

I undertake, as a condition of my continuing to perform work (including volunteering) for Lightning Ridge Central School, that I will notify them of: (a) any refusal to grant me a working with children check clearance under the NSW *Child Protection (Working with Children) Act 2012*; (b) the cancellation of any working with children check clearance I may hold under the NSW *Child Protection (Working with Children) Act 2012*; (c) the imposition of an interim bar under the NSW *Child Protection (Working with Children) Act 2012* that prevents me from engaging in child-related work that requires a working with children check clearance; and (d) any conviction imposed on me for an offence, or finding that I am guilty of an offence, or finding that the charge for an offence against me is proven, where the offence is of the kind referred to in the attached Declaration.

I declare that I am not a disqualified person within the meaning of Section 18 of the NSW *Child Protection (Working with Children) Act 2012*.

I am aware that providing false or misleading information in this document may lead to the following:

- the department withdrawing any offer of engagement that it has made to me; or
- the department terminating my engagement, and
- the department considering any false or misleading information I provide, when considering any future applications by me for employment or engagement.

Signature \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/2019



## **NCCD PARENT CARER INFORMATION**

In our last two Newsletters we let parents know about the NCCD, why the data is being collected and what information will be collected. Last fortnight we explained how the data will be used, who is included in the collection and who collects the information. In this Newsletter we are explaining what the benefits the National Data Collect offers to your children.

Under the Disability Discrimination Act 1992 and the Disability Standards for Education 2005, schools have an obligation to ensure that students with disability are able to access and participate in school on the same basis as their peers.

To ensure this, students with disability may receive adjustments or support, depending on their functional needs, to access and participate in education.

Parents, guardians and carers have an important role in their child's education. They work collaboratively with the school to ensure that the school understands their child's needs and that appropriate adjustments are made to enable access to education.

The NCCD is an annual count of students who are being provided with adjustments to address disability. All Australian schools and approved authorities for schools participate in the NCCD each year.

Parents, guardians and carers will be informed that the NCCD is taking place.

## **WHAT ARE THE BENEFITS OF THE NATIONAL DATA COLLECTION FOR MY CHILD?**

The aim of the national data collection is to collect quality information about Australian school students receiving adjustments due to disability. This information will help teachers, principals, education authorities and governments to better support students with disability to take part in school on the same basis as other students. The national data collection provides an opportunity for schools to review their learning and support systems and processes to continually improve education outcomes for students with disability and all students.



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# Measles Fact Sheet

Updated: 17 April 2019

Measles is a serious disease that is easily spread through the air. Immunisation is effective in preventing the disease. All children and adults born during or after 1966 should be vaccinated with 2 doses of measles containing vaccine if not already immune.

## What is measles?

Measles is a viral disease that may have serious complications. In the past, measles infection was very common in childhood. Most people born before 1966 will have been infected with measles as a child and are likely to be immune. Thanks to immunisation measles is now rare in Australia. Measles remains common in many parts of the world, and large outbreaks continue to occur in a number of countries. This is why it is important to make sure you are fully protected against measles prior to overseas travel.

## What are the symptoms?

The first symptoms are fever, tiredness, cough, runny nose, sore red eyes and feeling unwell. A few days later a rash appears. The rash starts on the face, spreads down to the body and lasts for 4-7 days. The rash is not itchy. Young children (especially infants) may also experience diarrhoea. Up to a third of people with measles have complications. These include ear infections, diarrhoea, and pneumonia, and may require hospitalisation. About one in every 1000 people with measles develops encephalitis (swelling of the brain).

## How is it spread?

Measles is usually spread when a person breathes in the measles virus that has been coughed or sneezed into the air by an infectious person. Measles is one of the most easily spread of all human infections. Just being in the same room as someone with measles can result in infection. People with measles are usually infectious from just before the symptoms begin until four days after the rash appears. The time from exposure to becoming sick is usually about 10 days. The rash usually appears around 14 days after exposure.

## Who is at risk?

People are at risk of measles if: they have never had measles infection or they have not had two doses of measles containing vaccine or they have a weakened immune system (e.g., people who are receiving chemotherapy or radiotherapy for cancer or people who take high-dose steroid medications) even if they have been fully immunised or have had past measles infection and they have had contact with someone with measles infection

## How is it prevented?

The best protection against measles is immunisation with two doses of measles containing vaccine, given at least 4 weeks apart. In Australia two doses of measles containing vaccine are offered to children under the national Immunisation Program (NIP). The first dose is scheduled at 12 months of age as measles-mumps-rubella (MMR) vaccine. The second dose is scheduled at 18 months of age as measles-mumps-rubella-varicella (MMRV) vaccine. These vaccines provide protection against mumps, German measles, and chicken pox as well as measles. People planning travel with children between 6\* and 18 months of age should discuss their travel plans with their GP, as the schedule can be adjusted for children travelling to areas with a high risk of measles. Anyone born during or after 1966 who has never had measles infection should see their doctor to make sure that they have had two doses of measles containing vaccine at least four weeks apart. If not the vaccine is free in NSW. It is safe to have the vaccine more than twice, so people who are unsure should be vaccinated. People with measles should stay at home until they are no longer infectious (i.e. until 4 days after the rash starts) to reduce the possibility of spreading it to other people.

## How is it treated?

People with measles infection are normally advised to rest, drink plenty of fluids, and take paracetamol to treat the fever. There is no specific treatment.

## What is the public health response?

Doctors, hospitals and laboratories, schools and childcare centres must notify cases of measles to the local public health unit. Public health unit staff will interview the doctor and patient (or carers) to find out how the infection occurred, identify other people at risk of infection, implement control measures (such as immunisation and restrictions on attending school or work) and provide other advice.

**please call your local Public Health Unit on 1300 066 055**

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# P & C Uniform Shop

Uniform Shop is open Monday's and Thursday's 8:30am - 9:00am

No eftpos available (Cash Only)



Order forms and pricelists are also available at the School's Office

Year groups	Summer Uniform	Winter Uniform
K - 4	<ul style="list-style-type: none"> <li>Black shorts</li> <li>Black skorts (girls only)</li> <li>Red polo shirt with school emblem</li> </ul>	<ul style="list-style-type: none"> <li>Black track pants</li> <li>Red polo shirt with school emblem</li> <li>Red sloppy-joe</li> </ul>
5 - 9	<ul style="list-style-type: none"> <li>Black shorts or black full length pants</li> <li>Black skorts (girls only)</li> <li>Red/Black/White polo shirt with school emblem</li> </ul>	<ul style="list-style-type: none"> <li>Black shorts or black full length pants</li> <li>Black skorts (girls only)</li> <li>Red/Black/White polo shirt with school emblem</li> <li>Black jumper - 5 - 8</li> <li>Black jacket</li> <li>Canterbury jersey - yr9 only</li> </ul>
10 - 12	<ul style="list-style-type: none"> <li>Black shorts or black full length pants</li> <li>White polo shirt with school emblem</li> </ul>	<ul style="list-style-type: none"> <li>Black shorts or black full length pants</li> <li>White polo shirt with school emblem</li> <li>Black jacket</li> <li>Canterbury jersey</li> </ul>



WHOLE SCHOOL ITEMS	PRICE	SIZE	QUANTITY	TOTAL
Caps—BB Black Red/ logo	\$7.00			
Hats—Bucket (Black)	\$5.00			
Hats—Red wide brim	\$7.00			
Back Packs Large	\$30.00			
Black Jackets—no logo	\$20.00			
Library Bags	\$5.00			
Sports Shirts—House colours	\$7.00			
<b>JUNIOR K - 4</b>				
Shirts—Red	\$20.00			
Sloppy Joe—Red, logo	\$20.00			
Track pants—Black, Micro fibre	\$24.00			
Track pants—Black, Fleecy	\$20.00			
Shorts—Black <i>old stock. Rugby</i>	\$12.00			
Shorts—Black , Micro fibre, Cargo	\$15.00			
Skorts—Black	\$15.00			
<b>MIDDLE YEAR 5 - 9</b>				
Shirts—Black / Red / White (Stage 3, 4 & 5)	\$25.00			
Jacket— Black (Large sizes only)	\$40.00			
Track pants— Black Fleecy	\$20.00			
Track Pants—Black Micro Fibre	\$24.00			
Jumper—Polo <b>Black Logo</b> 5-8yrs	\$25.00			
Shorts—Black	\$15.00			
Shorts—Black , Micro fibre, Cargo	\$15.00			
Skorts—Black	\$15.00			
Jackets—Red/Black (new)	\$35.00			
Canterbury Jersey 9yrs	\$65.00			
<b>SENIOR YEAR 10 - 12</b>				
Shirts—White	\$20.00			
Jacket—Black/Red	\$40.00			
Track pants— Black Fleecy	\$20.00			
Track Pants— Black Micro Fibre	\$24.00			
Shorts— Black <i>Rugby</i>	\$12.00			
Jackets—Red/Black (new)	\$35.00			
Canterbury Jersey	\$65.00			
			<b>TOTAL</b>	



**Mother's Day**  
STALL

**TUES 7th-FRI 10th MAY**

**Lunchtime in B2**  
**Gifts ranging \$1- \$10**

Money raised will help our Students attend Moorambilla

# BUSTIN' THE DUST

## FREE WORKSHOPS

*DON'T MISS OUT!*

**TWO DAY FREE INTERNATIONALLY ACCREDITED  
MENTAL HEALTH FIRST AID COURSE**

9AM - 4PM REFRESHMENTS AND LUNCH INCLUDED!

**PRESENTED BY LETITIA CROSS**

**Walgett Sporting Club**  
7th and 8th May

**Collarenebri Town Hall**  
27th and 28th May

**Lightning Ridge Bowling Club**  
30th and 31st May

**LIMITED SPACES!**

#### CONTACT

**Letitia Cross**  
E: [Letitia.Cross@hnehealth.nsw.gov.au](mailto:Letitia.Cross@hnehealth.nsw.gov.au) P: 0477343628  
**Sandra Bladen**  
E: [youthdevelopment@walgett.nsw.gov.au](mailto:youthdevelopment@walgett.nsw.gov.au) P: 0437273706  
**George McCormick**  
E: [gmccormick@walgett.nsw.gov.au](mailto:gmccormick@walgett.nsw.gov.au) P: 0439024902

**phn**  
WESTERN NSW  
An Australian Government Initiative

**ramhp**  
Regional Alcohol, Mental Health & Psychosocial Helpline



**AN OPPORTUNITY FOR COMMUNITY MEMBERS TO GAIN SKILLS  
BUILDING COMMUNITY AWARENESS & KNOWLEDGE DURING TOUGH TIMES**

# LRBC JUNIOR BOWLING ACADEMY



**WHEN: MONDAYS AND  
WEDNESDAYS**

**TIME: 3.30PM TO 4.30 PM**

**WHERE: LIGHTNING RIDGE BOWLING CLUB**

**CONTACT: GARY ON 68290408 FOR MORE INFORMATION**



# P & C MEETING

**TUESDAY 14TH MAY 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

## ACTIVE KIDS ARE SMARTER KIDS



**WALK SAFELY  
TO SCHOOL DAY**

**FRIDAY 17 MAY 2019**



**Until they're ten, children must always hold  
an adult's hand when crossing the road**

**WALK.COM.AU**

[f @nationalwalksafelytoschoolday](#) [i @natwalktoschool](#) [t @natwalktoschool](#) #WSTSD

SUPPORTED BY THE AUSTRALIAN GOVERNMENT AND ALL STATE, TERRITORY AND LOCAL GOVERNMENTS

K - 6

## CLASS AWARD ASSEMBLY

2:15pm Monday 20th May 2019

PRIMARY COLA

K - 6 Merit

# AWARD ASSEMBLY

**2:00 PM**

**MONDAY 27th MAY**

**School Gym**



# HEBEL SEAFOOD NIGHT

## 'Live Music'



- \* CAR FRIDGE
- \* WEEKEND ACCOMMODATION WITH MEALS AT CATTLEMANS MOTOR INN INCLUDING TWO PASSES TO DUBBO WESTERN PLAINS ZOO
- \* PORTABLE CAMPING BBQ
- \* LIGHTNING RIDGE VOUCHER PACKAGE

WE WOULD LIKE TO  
THANK DROUGHT  
ANGELS FOR THEIR  
GREAT SUPPORT



## Lucky Door Prize

Support the Bars  
from 5.30 pm, onwards &  
enjoy the nibbles provided  
before dinner @ 6.30 pm  
(Please NO BYO or eskys)



All the seafood you can eat  
All the non-seafood you can eat



FACEBOOK.COM/HEBELSEAFOODNIGHT

## WHEN

May 11th, 2019  
5.30pm - 12am

Where  
Hebel Hall

DROUGHT ANGELS  
SUBSIDISED THE DOOR TICKETS

## DOOR TICKETS

ADULT: \$45  
CHILD: \$2PER YEAR -10

BOOKINGS ESSENTIAL  
Due to limited tickets  
available inside or out-  
side please contact:  
JODIE - 0428 345 244

FOR SEATS ON THE  
DIRRANBANDI BUS PLEASE  
CONTACT:  
STELLAR - 0407 700 954

FOR SEATS ON THE  
LIGHTNING RIDGE BUS PLEASE  
CONTACT:  
JOHN - 0407 392 778

## SUPPORTERS

Drought Angels  
Lightning Ridge Rotary  
Hebel Hotel  
Pam & Donald Crothers  
Linen Cupboard  
Cattlemans Motor Inn  
Bevan's Cactus Garden



THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA

Experiences of  
Parenting

## Tell Us What You Think About Parenting

The Parenting and Family Support  
Centre at the University of Queensland  
is conducting research into parents'  
opinions about parenting and parenting  
programs.

If you have a child between 2 and 12  
years, we would love to hear your views  
on parenting and the services that are  
available to you as a parent. You will  
need to complete a short survey.

To find out more, please visit:  
<https://exp.psy.uq.edu.au/parenting>



# 81ST ANNUAL WALGETT SHOW

## WHEN

Saturday 11th May &  
Sunday 12th May, 2019

## WHERE

Walgett Showground

## FEATURING

- Base Zero mobile climbing wall • Buck a Bull • Jousting
- Swing Katz dancing demonstrations & lesson workshops
- Live Reptile Displays • Frank Wright Aboriginal art workshops
- Sandology sand sculptures & workshops • Face painting
- Sideshow alley & rides • Stalls & trade displays • Animal Farm
- Kate Clancy Horsemanship • Raja the Clown • Horse events
- Fireworks, local band 'Just Us', dinner & bar Saturday night
- Working Yard Dog Trials Sat • Dogs, Dog Sports & Pets Sun
- Dog Jump & Quick Shears Sun • Pavilion & livestock exhibits
- Australian Army Band, Newcastle • Bike Show & Ute Show Sat
- Jan Marshall Memorial Hospitality Tent • Lucky Gate Prize
- & more!... (details to come - Walgett Show Entertainment Guide)



WWW.WALGETTSHOWSOCIETY.COM.AU

& FIND US ON FACEBOOK AND INSTAGRAM @ WALGETT SHOW SOCIETY

## GATE ENTRY

SATURDAY:  
\$10 adults &  
\$5 aged/disabled  
Pensioners &  
\$5 children (U5 yrs free)

SUNDAY:  
Free entry!  
made possible through  
the generous support of  
NRNA (Non-Resident  
Nepali Association)  
Australia & Walgett Shire  
Council

MEMBERS + ADULT GUEST +  
MEMBER'S CHILDREN: free  
(with member entry  
hands - both days)

## 2019 MAJOR SPONSORS

- Landmark • Elders
- Dubbo City Toyota & Gilgandra Toyota • BOQ
- Agribusiness • AMPS
- Geronimo • Graincorp
- Indigo Ag • The Barwon Inn • Sutherland Reid & Farrar, Moree • Sprayer Barn, Narrabri • NALAG
- CIVIT • Red Cross
- Frontier Services





# CRAZY HAIR DAY

Thursday 30th May 2019

THINGS ARE ABOUT TO GET CRAZY AT  
**Lightning Ridge Central School**



FOR A GOLD COIN  
DONATION..



..COME TO SCHOOL  
WITH CRAZY HAIR



#CRAZYHAIRDAY

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

CYSTIC  
FIBROSIS

# P & C MEETING

TUESDAY 11TH JUNE 2019

@ 5pm

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



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Email: [lightningr-c.school@det.nsw.edu.au](mailto:lightningr-c.school@det.nsw.edu.au)

## AIKIDO CLASSES

JAPANESE MARTIAL ART

- 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  
Kaolin Street, Lightning Ridge 2834

K - 6

## CLASS AWARD ASSEMBLY

2:15pm Monday 17th June 2019

PRIMARY COLA





Facility Management

## CLEANERS REQUIRED

We are looking for reliable cleaning staff to work at a local Government sites in the **Lightning Ridge** area, various positions available.

Experience preferred but not essential.

Training and uniform provided.

Please send your résumé to:

Joss Facility Management

PO Box 7079, Albury NSW 2640 or email  
lyn.patton@jossgroup.com.au

If you would like more information  
please call Lyn on 0472 819 880

**A working with Children Check is required for this position**

## Paint The Ridge REaD Events coming up...

Our egg and its story has been shared with our children and community.  
Children and adults have added their name to the egg,  
to look after and take care of our egg, to help it grow strong. Thank you to all.

Monday the 13<sup>th</sup> of May - Barbie Bates is giving a key note presentation  
**Books and Bonding, Builds Brains** from PTTR.  
at the **Lightning Ridge Bowling Club** in the Dining Room at 5.30pm.

Tuesday the 14<sup>th</sup> of May our Hatching Event will take place  
out the front of John Murrays Art Gallery at 8am.

Save the date and come and join our community in this event...

To welcome our Mascot for Paint The Ridge REaD...  
whose motto is "Talk, Read, Sing and Rhyme with your child all the time."



Our Hatching Event will be supported by the  
Reading Bug from Parkes (Along with founder of this Initiative - Rhonda Brain)  
and we will be part of the Reading Relay across Australia.

Leading into the National Simultaneous Story time  
on Wednesday 22<sup>nd</sup> of May 2019 at 11am.  
Together we will be reading "Alpacas with Maracas".

# TIGERS RUGBY LEAGUE

Now accepting registrations for 4 - 12 year olds

Register online at [playnrl.com](http://playnrl.com)

Registration fee \$90 or FREE if child is eligible  
for Active Kids Grant

Training Monday & Wednesday 5:30pm -  
6:30pm @ Spider Brown Oval, Lightning Ridge

**PLAYNRL.COM**

Lightning Ridge JRL  
Balonne-Barwon Junior Rugby League



**Thursday & Saturday 9am - 1pm**

28 Nobby rd, Lightning Ridge



Every year more than 160 million  
drink containers end up as litter  
in NSW, hurting our environment  
and costing our community  
millions to clean up.

That's why the Return and Earn container deposit  
scheme is rolling out statewide from 1 December  
2017. You'll be able to do your bit for the environment  
by returning eligible containers for a 10c refund at  
hundreds of collection points across NSW.



## ELIGIBLE DRINK CONTAINERS

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

- Glass
- Plastic
- Aluminium
- Steel
- Liquid paperboard (cartons)

Wine, spirits, cordial and plain milk containers  
are generally NOT eligible. Containers should  
be empty, uncrushed, unbroken and have the  
original label attached. If a container is not  
eligible for a refund, please use a recycling bin.

All collection points accept all eligible containers. For  
convenience, we recommend you visit the following  
based on the number of containers you are returning.

### Over the counter returns

Over the counter manual collection points are best  
suited to redeeming smaller numbers of containers.  
Some have a limit of 100 containers at one time;  
please call 1800 290 691 to check for any limits on  
your local collection point. When you use a  
collection point hosted by one of our Return and  
Earn over the counter partners you can choose to  
get a cash refund, spend your money at the shop,  
or donate your money if the host is a charity  
organisation.



### Collected more than 100 drink containers?

We recommend using your local reverse  
vending machine (RVM)\* for up to 500  
containers at one time. Through the RVM  
you can choose to get a digital refund to  
your PayPal account, a cash or retail refund  
through a collection partner site, or make  
a donation to a nominated Return and Earn  
charity. Visit an automated depot\* to return large  
volumes of containers. These sites have automatic  
counters to process your containers faster.



### Why not fundraise for your local community?

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

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

[returnandearn.org.au](http://returnandearn.org.au)  
T: 1800 290 691

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# Canteen News

As mentioned in the last newsletter, the Healthy Kids Strategy has made a few changes to items sold in Canteens, please find listed below deleted items and replacement items!

- J'J's all flavours have been deleted, will be available until sold out! Have a variety of Koala p/corn available, Grain waves and Snaps!
- Beef and Cheese traveller pies, will be available until sold out!
- Chocolate Dixie cups deleted, Vanilla low fat and nut free will replace chocolate!

Please note that there will be a few more changes to the menu during the year as changes need to be implemented by 2020!

## EASTER TREATS (YES, STILL ALLOW, EASTER AND XMAS)

Easter treats will be available on Friday 12<sup>th</sup>, April, last day of Term 1!

- Toasted Hot Cross Buns available with or without fruit! \$1.20ea
- Choc top ice cream cups \$2.00ea
- Mini solid easter eggs \$0.10ea



Treats will be available to order at recess and lunch or to buy over counter! Treats will be advertised at the Canteen and Class baskets!

## JUST A REMINDER, ITEMS AVAILABLE AT THE CANTEEN

- |                                                 |          |
|-------------------------------------------------|----------|
| Crunch cups (carrot, celery, cuc, toms, cheese) | \$2.50ea |
| Crunch cups with multigrain biscuits            | \$3.50ea |
| Salad bowls & boxes from                        | \$5.00ea |
| Cheese & bisc bowls                             | \$2.00ea |



## 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** 8.30am until 8.40am for students to buy drinks only and place orders! Stage 3 and High School only! **CANTEEN OPENED** until 9.00am for parents to order! Kindy to Stage 2 (Red shirts) all orders can be placed in canteen baskets (menu and bags available in each stages baskets) and sent around to canteen for Recess and Lunch orders.

Please when ordering students Recess and Lunches please put R or L on separate bags with students name and class and items to be ordered any icecreams ordered for lunch will be put in separate bag with students name on bag and sent with lunch orders, change will be taped to bag.

Year 5 & 6 to year 12 students can buy over the counter at recess and lunch.

Icecreams are available to buy or ordered at lunch only.

Please note that the Canteen will close 5 min before bell time. Roller doors will be closed. Students will not be served outside of Recess & Lunch times.

Thankyou,  
Susan Chapman





## CANTEEN MENU TERM 2 2019

### SNACKS (RECESS & LUNCH)

Crunch salad cups (carrot/celery/cuc/tom Cheese)	\$2.50
Crunch salad cups with multigrain bisc.	\$3.50
Grain waves sour crème	\$1.20
Gomes chocolate/Anzac bisc lite	\$0.80
Cheese & Bisc (small bowl)	\$2.00
Yoplait yogurts vanilla/strawberry 175gm	\$2.50
Cheese sticks	\$1.00
muffins choc lite	\$2.00
Koala popcorn salted/chick/bbq/sweet chilli	\$1.50
Toasted fruit bread sandwich	\$3.00
Snaps tangy salsa	\$1.50
Fun buns (plain)	\$2.00
Fresh fruit banana/apples/oranges (\$1.00-\$1.30)	
Fruit salad cups	\$1.50

### DRINKS

Spring Water 600ml	\$2.00
CHILL J's grape/blackcurrent/watermelon	\$2.00
Apple raspberry/orange passio	
Poppers apple/orange/tropical	\$2.00
Classic 300ml choc/coffee/strawb milks	\$2.80
Big M choc/strawb lite ctn milks 250ml	\$2.00
Nippys reduced fat choc/strawb/honeycomb	
Iced coffee 375ml	\$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
Fruity ice pops	\$0.60c
Frozen yog. Twisted (straw, 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 mayo	\$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
Fish lettuce mayo	\$5.50

### SALAD BOXES (please pre order)

Salad box	\$6.50
Chicken,ham,egg,tuna, salad box	\$7.00
(lett/tom/cuc/beet/carrot/cheese/)	

### SMALL SALAD BOWLS

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

### TOASTED SANDWICHES WRAPS EXTRA 80c

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

## **CANTEEN ORDERS IN BY 9AM.**

### **NO EXCEPTIONS!!**

### HOT FOODS

Sausage rolls	\$3.30
Travellers pie	\$3.60
Party pies lite	\$1.00
Chilli tender	\$1.50
Garlic bread	\$1.30
UFO ½ roll cheese & tom sauce	\$1.80
Chicken strips per bag (6)	\$3.00
Chicken & Gravy roll	\$5.00
Lasagne	\$4.00
Pizza Ham pine or ham cheese	\$3.00
Beefburger (lett/tom/cheese/beet)	\$4.80
Chicken burger (lett/tom/mayo)	\$4.50
Fish burger (lett/tom/mayo)	\$5.00
Chicken strips ea	0.60cea
Beef or chicken noodles	\$1.80

### GLUTEN FREE (ORDERS ONLY)

Pies	\$4.00
Sausage rolls	\$3.60
<u>MISCELLANEOUS</u>	
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 Olive oil dressing, Mayo or French dressing avail!

**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!