

LIGHTNING RIDGE CENTRAL SCHOOL



Relieving Principal:

Mr Richard Finter

Primary Deputy Principal:

Mrs Jane Miles

Secondary Deputy Principal: Mrs Margaret Morriss

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Term 2, Week 4 2019



Principal's Report

Privacy An individual's right to privacy is very important and it is particularly important when it comes to children. At LRCS we are very happy for parents to come onto the premises to drop off and pick up their children. With that privilege comes certain responsibilities and I would politely ask that parents who come into the school do not take photos or video of their children with other people's children in the frame while on school premises during pick

up and drop off times.

Why? Some of our students are subject to court orders and in some cases cannot be filmed or in many cases, parents simply do not want their children filmed by others. This issue becomes particularly serious when images and films are uploaded without permission. Filming of students rarely, if ever occurs, but I feel it is worth reminding parents and carers of their responsibilities.

Healthy Water and your tax payer's money at work Recently we had two water chillers installed, one in primary and one in secondary. These chillers will supply 97 litres of filtered chilled water per hour to our students.

In both primary & secondary we received a filtered chiller unit and a water bottle filler. This is a welcomed addition as this means the children can now fill their water bottles with chilled water



Chilled and filtered water is a healthy, inexpensive alternative to flavoured sugar filled drinks, so please encourage your Children to take advantage of these facilities.

"People are being mean to me...." Part II Last newsletter I wrote about friendships and friendship groups. The purpose of those jottings was to provide a possible "in" when talking to your child about the nature of friendship, particularly if that child is going through a patch where their perception is that everyone is being mean to me. Last newsletter focused on a number of issues. These included knowing that conflict in any friendship is normal; knowing one's personal boundaries and what behaviours are deal breakers, the kinds of behaviours from "so-called" friends that leave you feeling awful, and; the perils in looking to punish those who have hurt your feelings. This week's final instalment begins with: **You don't own your friends** It is almost universally understood that being possessive of one's friends is a huge turn off for those same



2019 School Newsletter now available online,
check out our website on www.lightningr-c.schools.nsw.edu.au



K- 6 Assembly

Mon 27th May

Lake Burrendong Excursion Payment

Mon 27th May

7-10 Half Yearly Exams

Mon 27th - Fri 30th May

Crazy Hair Day

Thu 30th May

Mid Term Break

Fri 31st May - Mon 3rd Jun

Public Holiday

Mon 10th Jun

P & C Meeting

Tue 11th Jun

Canberra Excursion Payment

Tue 11th Jun

AECG Meeting

Wed 12th Jun

Laptop Payments Due

Fri 14th Jun

NW Cross Country

Fri 14th Jun

Lake Burrendong Excursion Payment

Mon 12th Jun

K-6 Assembly

Mon 24th Jun

friends. It also makes the possessive person look needy when they are unhappy that their friends have other friends.

Kids, like adults, need to realise as early as possible that their friends are allowed to have other friends, or even just be with other people.

It will not always feel good, but it is not necessarily a personal rejection.

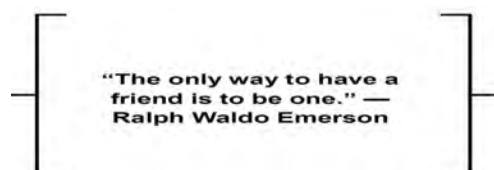
There are different levels of friendship. An individual can be friends – or at least friendly – with the people in their class or those with whom they share after school activities like sport, band or the musical without it being a rejection of a long-standing friendship. Some friendships developed in such situations will seldom go further, the people involved being more like acquaintances than true friends... and that is perfectly normal.

Good friends should be prepared to allow their friends to explore other friendships without jealousy or frightening projections like, “I’m being replaced.” Importantly, your kids should know that they can do the same; allow other friendships into their lives without the need to make every one of those new friendships a “Best Friend for Life” (BFFL) deal.

Friends with some but kind to all It is important for our children to realise that no student needs to be friends with everyone at school, but every student needs to be kind.

Why? Because school is so much easier and more enjoyable when those within it make the decision to look out for each other’s wellbeing. At some point or perhaps even several times in each of our lives, we each will suffer a moment of humiliation. It would be reassuring to think that those with whom we spend so very much of our waking hours with are more prepared to treat us with compassion and kindness at those times, rather than see such moments of vulnerability as opportunities to “get” us. Learning how to navigate friendships is a tricky road and often a lifelong process. As adults, experience will have ensured that we know this all too well. Kids, like the rest of us, will make bad judgement calls at times.

The poor choices our kids make when navigating friendships are often based on fear or ignorance rather than kindness or knowledge. Our job is always to make it possible for them to learn from the good days what works and learn from the bad days what they can do better in the future... even in friendships.



ANZAC Day Our school played an integral role in the Lightning Ridge ANZAC Day ceremony. Below is an email sent by the co-ordinator the town’s ANZAC Ceremony that I would like to share with you.

“I hope school has settled in well again after the break. I just wanted to let you know how thankful we were for the participation of the school in our ANZAC Day Service, and if I had transport I would have attended the service at the school.

We were truly thankful for those who joined in the march and especially your student representative, Taleah Anderson who read the return poem to ‘Flanders Field’.

The poppies made by the school children were an absolute hit with most being worn in the dawn service, the paper ones were scattered at the cenotaph by the children that chose to come forward (quite a few) and we were pleased by the 2 wreaths that were laid.

We are truly grateful for every part you and the school played in the Lightning ANZAC DAY.

Thanks again - Vicki Ulwood

BroSpeak Training



Date: Wednesday 5th June 2019
Time: 9am - 11am
Venue: Lightning Ridge Central School
0268 290 511

Andrew Taylor from Bourke is coming to train young Indigenous Men in the Lightning Ridge Community to gain skills and knowledge to potentially participate and be a part of the Brospeak program at the school.



Primary Deputy Principal's Report

This fortnight has gone so quickly! This fortnight we've had Stages 2 and 3 students participate in rugby league at Coonamble and other students compete in the Barwon Cross Country at Goodooga. That is a great representation of our students' skill levels! Well done to all students who represented LRCS, and to Mr Bonsing for organising it all. Many thanks also to our families for taking their children or assisting at the events—your generosity is greatly valued and appreciated.

Our Stage 2 students are undertaking a health program called *Rock and Water*. *Rock and Water* supports students as they undergo a journey of self-awareness where they learn about responding to life in either a "rock" or a "water" attitude. The use of symbolism is central to the success of the *Rock & Water* program. It includes how to manage social settings and personal resilience. Some topics include: body language, mental strength, empathic feelings, and positive thinking and visualisation.

A reminder that school supervision **starts at 8:30am**; the bell goes at **8:53am for students to line up** and students **commence their learning at 8:57am**.

This coming fortnight:

- ◇ Merit Assembly @ 2:15pm in Primary COLA - Monday 27th May
- ◇ Crazy Hair Day (gold coin donation) - Thursday 30th May
- ◇ Mid-Term Break Friday 31st May and Monday 3rd June
- ◇ Life Education Van from 4th - 7th June



The people you see...



During the school holidays, I drove back through Gunnedah to pick up Mr Miles from pennant bowls.

And look who I saw!

Isaiah Seaton and George Smith!

It turns out that both boys were representing Lightning Ridge Bowling Club in the pennant bowls team. There were approximately 4 Lightning Ridge Bowling Club teams competing that day against Gunnedah.

So watch out!

I could be at your next event and take a sneaky snap and put it in the newsletter, just like I did for Isaiah and George.

Well done, boys!



Secondary Deputy Principal's Report

Thank you to Khans for kindly allowing us to use a vacant shop window to display some of our students work. We are proud of our students work and will continue to display their work in the windows near Khans, rotating display from time to time. When you visit Khans please take the time to check out the display. You can see from the pictures below just a sample of the display.



Last week Naplan was conducted. We were all very proud of the students who applied themselves with diligence and effort.

Next week Half Yearly Examinations will be conducted for Stage 4 & 5 students.

On Monday 27th May and Tuesday 28th May. English, Mathematics, Science & HSIE subject areas will be examined, it is essential that all students attend these exams. Exam results will be included in students upcoming reports which will be available towards the end of this Term.

Parent teacher evening will be held during Week 9. Your child's report will be available for collection during parent teacher evening, more information about the evening will be available shortly.



Worth Your Weight in Opal

Cara Pavlic ES1P

Cara was nominated by Mrs Hicks for being a kind friend and comforting others when they are feeling sad.



Worth Your Weight in Opal

Abby Thorpe S1D

Abby was nominated by Mrs Caley for whizzing through her Phonological Awareness Skills Test. Well Done Abby .



Worth Your Weight in Opal

Kobi Thomas S2H

Kobi was nominated by Mrs McKay for showing respect and following directions in class. Thank you Kobi for helping others by setting a good example in class.



Worth Your Weight in Opal

Chantelle Wallace S3N

Chantelle was nominated by Mrs Caley for being amazing in Dynamic Dance rehearsals. Keep up the great work Chantelle.



Worth Your Weight in Opal

Jazmyn Whitty Yr 9

Jazmyn was nominated by Mrs Currey for her tireless work ethic and always being respectful to everyone in the school community.



Worth Your Weight in Opal

Charlie Burgess-Dale Yr 7

Charlie was nominated by Miss Moxham for always respecting her peers and teachers. Charlie is a pleasure to have in the classroom and has made a very successful transition into high school. Well Done Charlie!



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



LEARNING STARTS AT 8:40 AM FOR SECONDARY STUDENTS
8:55 AM FOR PRIMARY STUDENTS

LATE IS NOT GREAT!



Library Report

Mrs Mapperson has continued her History lessons with classes this week. Kindy are still studying their families, Stage 1 have been focusing on the past and the Narran Lakes. Stage 2 have been looking at early explorers and Stage 3 are grappling how Australia is Governed, in readiness for their excursion to Canberra.

Library Turtle draw winners for our second draw were:

Early Stage 1	Mullenjarli Bolton
Stage 1	Shalay Brack
Stage 2	Claudia Bogdan
Stage 3	Porsha Cook

Don't forget to return your LRCS Reading Challenge Sheets, I have had quite a few back already and one student is going for the record!

ALSO don't forget your overdue library books please. I have been talking to the students about their overdue books and most know where they are they just forget to put them in their bags.

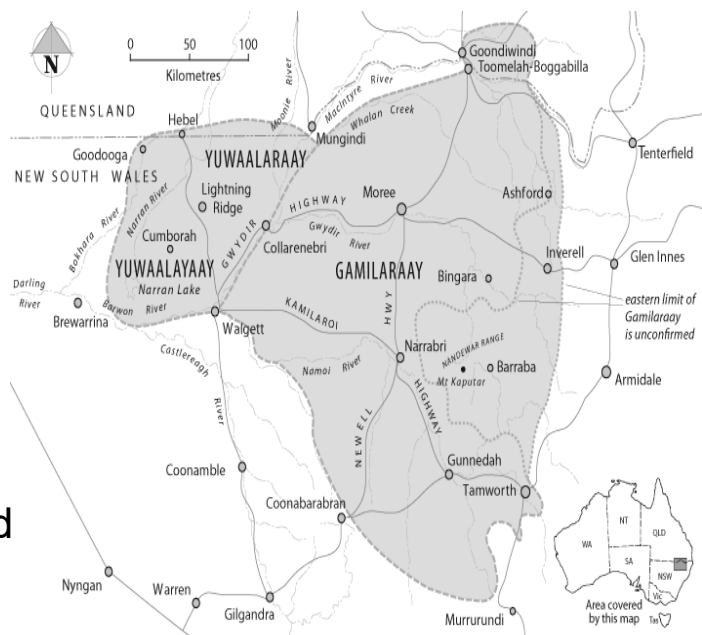
Keep reading, Kerrieanne.



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

**giirr maayu! =
well done! good job!**

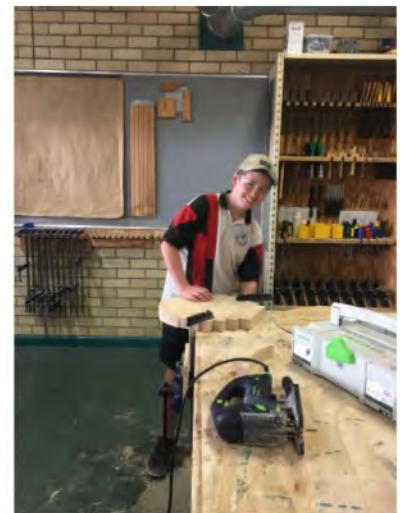
**For all our students and
teachers who are working hard
this term: giirr maayu!**



Secondary Studies

Stage 5 Design and Technology

Students have been developing their knowledge on timber, processes and techniques required to produce a folding stool. They have been cutting joints, laminating, using the lathe all while working accurately to a plan. After completing the traditional techniques component of the course students will move onto GROG Coding, SPHERO and EV3.



Secondary Studies

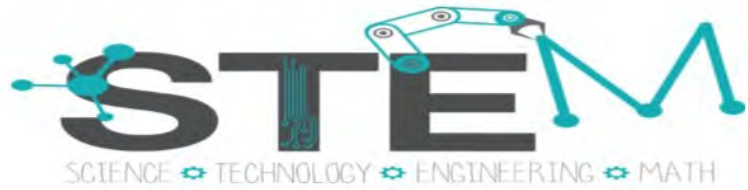


CONSTRUCTION

Year 11 Construction students have had a busy start to the year. They have completed theory, including Cluster 1 Assessments. In practical lessons they have done some concreting, made a timber mallet and have now started on building a Green House, Potting Shed for the Primary Industries and Agriculture courses.



Secondary Studies



Students have started the year off with 2 units of work, Aquaponics and Candle Making.

In Aquaponics students researched different systems, discussed problems and resolved the issues that we face within our environment and context. In Candle making students researched different types of waxes and the difference between boutique and mass produced markets. We then studied the techniques required to make a pillar candle with a transfer image. In order to present the candle professionally students helped to design a flat pack box that was cut out on the CNC Laser. They also worked out the cost of each candle and box to be \$1.89.



STEM is an approach to learning and development that integrates the areas of science, technology, engineering and mathematics.

Through STEM, students develop key skills including:

- problem solving
- creativity
- critical analysis
- teamwork
- independent thinking
- initiative
- communication
- digital literacy.



Stage 1 Class Reports

What's happening in S1Balabalaa

S1B have had a fantastic start to Term 2. The students are showing a real passion for their learning and they are embracing the concept of challenging school work. The Students have been volunteering to be involved in the class teaching warm up activities. The Students are all enjoying the teaching warm up sessions.



As a reward for Hallie working so well on her food words and counting this term, she was rewarded with a cooking lesson in the kitchen making piazza's with Stacey and some of her classmates Charlotte and Billy-Jo.



S1Dhinawan have been busy making maths fun!

In S1D this term, we have been busy estimating in our daily number talks. After we estimate we turn to the person next to us and explain our thinking.



'When we estimate we make a "clever guess"'





Bridge making in SIYinga

Students in S1Y were given the challenge of building a bridge using paddle-pop sticks and sticky tape. They worked hard in teams and came up with several different designs and ways to solve the problem.



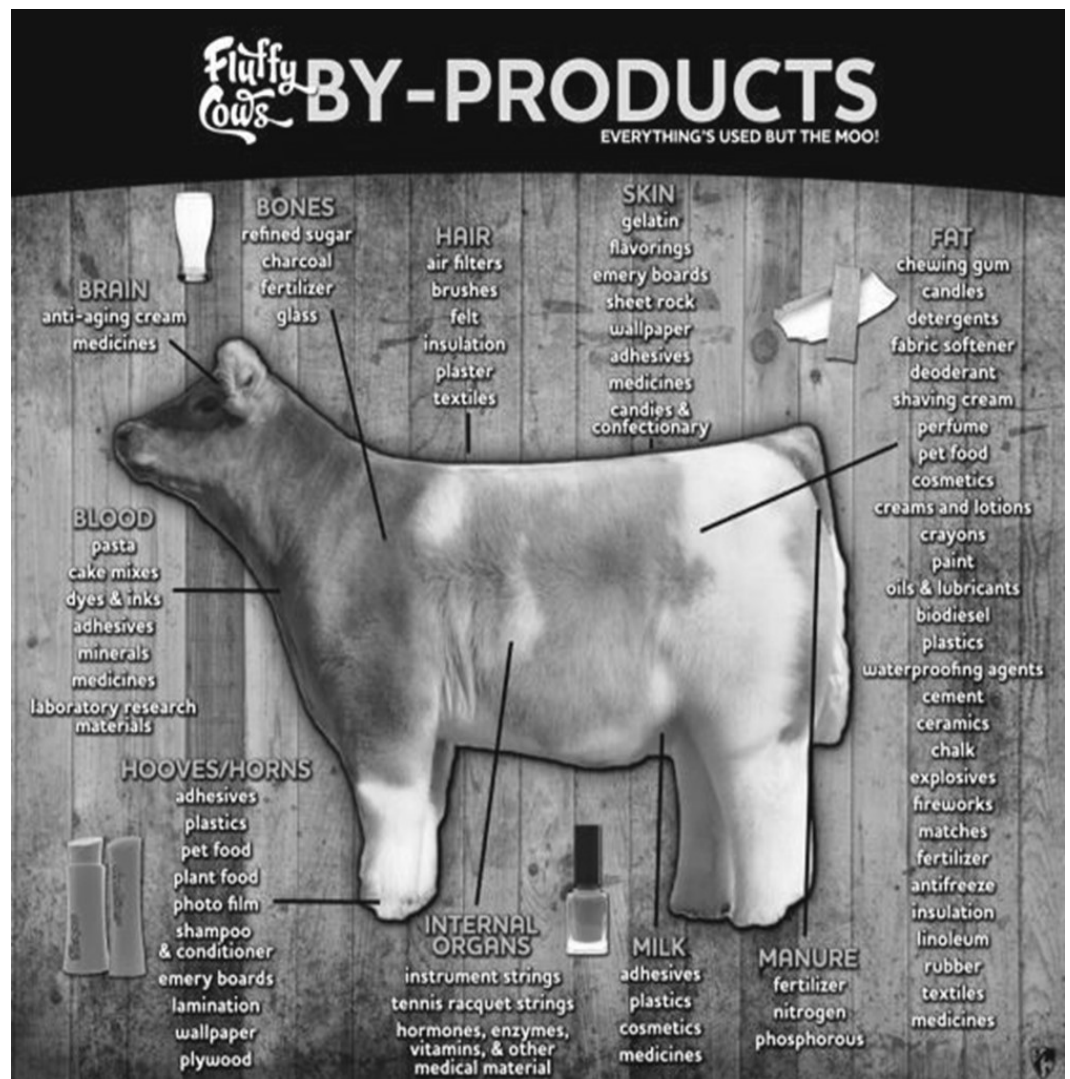
Stage 5 Agriculture

The stage 5 Agriculture class are currently working on a task called beef by-products

The class would really like some help collecting real examples of some products that they could use alongside their photo's and drawings.

Attached a picture that illustrates by-products that could be used.

If parents could contribute any packaging or old samples (eg make up brushes, chewing gum wrappers, marshmallow packaging, empty washing powder cartons, buttons etc, The class would be greatly appreciative. any donations of these products can be left at the school office.



Student Voice



Lightning Ridge Central School is a school of great diversity with students and staff from a range of ethnic backgrounds. To raise awareness and foster respect and understanding amongst our community we will be featuring the countries of origin of some of our staff and students. Our first edition has been contributed by Mahad Sohail of Year 10 whose family originates from Pakistan.

Pakistan

Pakistan is officially called the Islamic Republic of Pakistan.

The name Pakistan, Pak (pure) and stan (land) means 'land of the pure' in the Persian and Urdu languages. Pakistan's land covers some 796,095 km² (307,374 mi²) about the combined land area of France and the United Kingdom.

Pakistan shares a land border with Afghanistan, China, India and Iran.

The population of Pakistan is 193 million people (193,238,868) as of July 2013. This makes Pakistan the 6th most populous country in the world.

Islamabad is the capital of Pakistan, however as of 2013 it was only the 9th largest city in the country with just over 1 million people.

The largest city in Pakistan is Karachi which is home to over 23 million people. It is the financial hub of the country and is a major seaport.

The Indus area which covers the majority of Pakistan was home to some of the oldest known civilizations. Pakistan became independent in from the British Indian Empire in 1947.

Pakistan was originally made up of East and West areas split either side of India. East Pakistan rebelled with a Civil war in 1971, and, with the help of India the area gained independence from the west and become the country of Bangladesh.

The massive Karakoram, Hindu Kush and Pamir mountain ranges to the North of Pakistan contain 5 of the 14 mountain peaks in the world over 8000 m (26,250 ft) high. Including the world's second highest mountain, K2 at 8611 m (28,251 ft) and Nanga Parbat at 8126 m (26,660 ft).

The national language of Pakistan is Urdu, although the official language is English. Other languages spoken include Saraiki, Punjabi, Pushto, Sindhi and Balochi.

The official currency of Pakistan is the Pakistani rupee.

Pakistan's national sport is field hockey. The country has had a lot of success in the sport having won the Olympic gold medal 3 times in 1960, 1968, and 1984, and the Hockey World Cup 4 times in 1971, 1978, 1982, and 1994.

Cricket is the most popular sport in Pakistan. The national team won the Cricket World Cup in 1992 and were World Twenty20 champions in 2009.

by Mahad Sohail



2019 Richardson/Peachy Rugby League Gala Day



The Richardson/Peachy Gala day was held in Coonamble on Tuesday, 7th May. Students from years 3 & 4 participated in the Russell Richardson Cup, while years 5 & 6 students competed for the David Peachy Shield. All students had an awesome day playing football against teams from Walgett, Coonamble and Gilgandra, just to name a few.



"The first game we played was against Coonamble who we tied with. Then we played Walgett—won, St Joeys— won but we lost to St Bridg's. But it was fun."
- Ben Haverhoek



"When we got to Coonamble we put our gear on and trained for a bit. My Team played St Joeys, St Mary's and Coonamble Bears. My team won all of our games but St Mary's was really competitive"
- Destiny Seaton



The Graham Rodger's Show



On Thursday 2nd May Graham Rodgers performed for our excited students and staff. Our school was lucky enough to be the first stop on Graham's 2019 Tag-Along Tour which will finish near Birdsville.



After resigning as a Queensland Ambulance Officer in 1998 Graham became a full time professional entertainer. Graham has made a huge impact on the country music industry. His name has become synonymous with the writing and recording of high quality Australian ballads. Keeping Australia and Australians as the major themes for his ballads. Slim Dusty was one of the many within the county music industry who acknowledged Graham's exceptional writing skills and was pleased on several occasion to record his material.

Crazy Hair Day 2019

Wear your craziest, wackiest hair to school on **Thursday 30th May 2019** to raise much needed funds and awareness for Cystic Fibrosis.

Lets talk about Cystic Fibrosis Cystic fibrosis (also called CF) is the most common, life-limiting genetic condition affecting Australians. 3,500 people are living with CF in Australia and 1 in 25 people carry the recessive CF gene and are unaware that they are carriers.

Babies born today with CF can expect to live well into adulthood. There is no cure but advances in treatment and care are helping people to better manage their CF.

CF causes an abnormal build-up of thick and sticky mucus in the lungs, airways and digestive system. Treatment requires intensive daily physiotherapy to clear the lungs and airways, countless medications and frequent hospitalisations.

Did you know?

CF is a receivable condition, which means that people are born with it. It occurs equally in males and females

Did you know?

1 in 2,500 babies are born with CF, that's 1 baby born with CF every 4 days!

Crazy Hair Day
Thursday 30th May
Gold coin donation



School Community Charter

 **Collaborative. Respectful. Communication.**

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- to be welcomed into our schools to work in partnership to promote student learning.
- communication from school staff will be timely, polite and informative.
- professional relationships with school staff are based on transparency, honesty and mutual respect.
- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We treat each other with **respect**

We **prioritise** the wellbeing of all students and staff

Unsafe behaviour is not acceptable in our schools

We work **together** with the school

Ensuring respectful learning environments for all members of NSW Public Schools communities.



We create
collaborative
learning
environments

We
all play
a part

We work
in partnership
to promote
student
learning

Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process: education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students

Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.



Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



Collaborative.
Respectful.
Communication.

School Community Charter

education.nsw.gov.au



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.



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.



Influenza Fact Sheet

updated: 01 May 2019

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. Most people recover after a few days but for some people it can be fatal. An influenza vaccination each year provides the best protection against influenza.

What is influenza?

Influenza, or flu, is a highly contagious respiratory illness caused by influenza viruses. There are two main types of influenza virus that cause infection in humans - types A and B - and many sub-types or strains. Flu can occur throughout the year but influenza activity usually peaks in winter. Flu is a vaccine-preventable illness but a new vaccine needs to be given each year because influenza viruses change (mutate) constantly. A new flu vaccine is prepared each year to best match the strains predicted for the coming flu season.

What are the symptoms of flu?

People with influenza typically experience some or all of the following symptoms: fever and chills cough, sore throat and runny or stuffy nose muscle aches, joint pains, headaches and fatigue (feeling very tired) nausea, vomiting and diarrhoea (more common in children than adults). Some symptoms may last for more than a week. Some people may also experience very mild symptoms, particularly if they have some immunity from a previous infection or vaccination. Seek immediate medical advice if the illness quickly becomes worse or if any of the following symptoms occur: shortness of breath or rapid breathing, chest pain, confusion or sudden dizziness, persistent vomiting.

How is flu spread?

Influenza viruses are mainly spread by droplets made when an infected person coughs or sneezes. Influenza can also be spread through touching surfaces where infected droplets have landed. People with influenza can be infectious from the day before their symptoms start. Adults are most infectious in the first 3-5 days of their illness, while children remain infectious for 7-10 days, and people with weakened immune systems may be infectious for longer.

Who is at risk of flu?

While anyone can get influenza, people at higher risk of complications, from influenza infection (and who are eligible for free annual flu vaccine) include: children aged 6 months to 5 years and people 65 years and older

Sneeze into your elbow

Sneeze into your elbow instead of your hands, or cover your face with a tissue when you cough or sneeze and throw used tissues in a rubbish bin.

Clean your hands

Wash your hands thoroughly and often. Wash hands for at least 10 seconds, especially after coughing, sneezing or blowing your nose, or use an alcohol-based hand rub.

Stay at home if sick

If you are sick with flu, stay at home and avoid close contact with other people to prevent them from also becoming sick. Keep sick children away from school and other activities. Wait at least 24 hours after fever resolves so you that you are unlikely to infect other people. This is especially important if you visit people who are more likely to get really sick if they get the flu - including pregnant women, infants, older people or people in hospital or residential aged care.

How is flu diagnosed?

Doctors usually diagnose influenza based on symptoms. The diagnosis can be confirmed by testing a sample of fluid taken from the back of the nose and throat or a blood sample. These tests are usually only needed if the illness is severe or if there is an increased risk of complications.

How is flu treated?

The symptoms of influenza are usually managed by bed rest and taking simple analgesics for muscle aches and pains. Children under 16 years of age must not be given aspirin-containing medications while ill with influenza. This is due to the increased risk of children developing Reye syndrome, a form of encephalitis and liver degeneration. Specific influenza antiviral medicines can reduce the severity and the duration of influenza but need to be taken within 48 hours of the first symptoms. These medicines need to be prescribed by a doctor, and are usually considered for people at higher risk of complications from influenza infection.



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



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			
JUNIOR K - 4				
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			
MIDDLE YEAR 5 - 9				
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 Black Logo 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			
SENIOR YEAR 10 - 12				
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			
			TOTAL	

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 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.



MID-TERM
BREAK

FRIDAY 31st MAY
&
MONDAY 3rd JUNE

The Hungry Spirit
Aboriginal Arts & Culture Shop

LIGHTNING RIDGE
ABORIGINAL ARTS & CULTURE SHOP

FILM & MUSICAL PERFORMANCE

WHERE

THE Hungry Spirit 574 Woolaroo Road,
Lightning Ridge

WHEN

Saturday 25th May 3pm - 5pm

HOW MUCH - FREE

On the 27 May 2019 it will be 52 years since the 1967 Referendum. Come along to the screening of VOTE YES FOR ABORIGINES and meet the filmmaker.

VOTE YES
FOR ABORIGINES



This film, made by Lightning Ridge local Franny Peters-Little, went to air on SBS TV on the fortieth anniversary of the Referendum in 2007. This film revisits those involved with the 1967 referendum and the social attitudes and influences that led to the event, featuring former Prime Ministers, politicians, historians and campaigners.

This event is a collaboration between the
Lightning Ridge Aboriginal & Culture Shop and
THE Hungry Spirit.

PLUS! DEBUT PERFORMANCE



Before the screening will be a musical performance by Franny Peters-Little and Rebel Black. This will be their debut as the Black Opal Ukeleles!



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

CYSTIC FIBROSIS

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 P 0477343628

Sandra Bladen

E youthdevelopment@walgett.nsw.gov.au P 0437273706

George McCormick

E gmccormick@walgett.nsw.gov.au P 0439024902

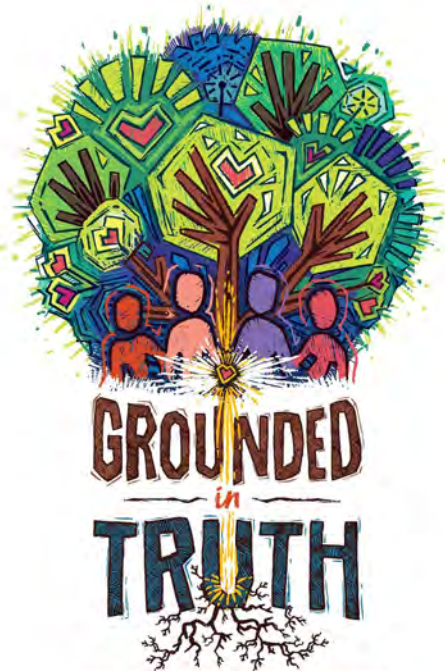
phn
WESTERN NSW
An Australian Government Initiative

ramhp
Regional Aboriginal Mental Health Program



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

NATIONAL RECONCILIATION WEEK 2019
27 MAY - 3 JUNE



WALK TOGETHER WITH COURAGE

To foster positive race relations, the relationship between Aboriginal and Torres Strait Islander peoples and the broader community must be grounded in truth. Whether you're engaging in challenging conversations or unlearning and relearning what you know, this journey requires all of us to walk together with courage.

Learn more at
reconciliation.org.au
#NRW2019

RECONCILIATION
AUSTRALIA

K - 6 Merit

AWARD ASSEMBLY

2:00 PM

MONDAY 27th MAY

School Gym



NEIL MURRAY
Blood & Longing

SATURDAY 1 JUNE 2019
6PM - 9PM AEST

NEIL MURRAY

BLOOD & LONGING TOUR

Be sure to get there early to dine out under the stars in our Night Markets to enjoy great food and purchase arts and crafts for sale.

Kehey Irie, a proud Yuwalaaray and Murrawari woman, is an acoustic singer/songwriter originating from the small opal-mining town of Lightning Ridge who has a wide spectrum of stories and emotive songwriting to share.

Neil Murray - one of Australia's finest singer/songwriters. In 1995, Neil was awarded the APRA song of the year for My Island Home originally written for the Warumpi Band and re-recorded by Christine Anu. My Island Home featured in the closing ceremony of the Sydney 2000 Olympics and the opening ceremony of the recent 2018 Gold Coast Commonwealth games.

THE Hungry Spirit | Saturday 1 June 2019 | 6pm - 9pm AEST
Woolaroo Rd, Lightning Ridge NSW | Ph: 02 6829 0839

Hosted by the Lightning Ridge Aboriginal Arts & Culture Shop and THE Hungry Spirit

Book online now at www.eventbrite.com.au
Tickets: \$49.10 - \$64.92

GOODDOOGA-LIGHTNING RIDGE CWA

WOOL DAY

Saturday 1st of June 2019

To be held at
THE CALEY'S "BANGATE STATION" GOODDOOGA

Featuring

Fashion Parade by Australian Wool Awards • Junior Colouring Competition
Sheep Counting Competition • Variety of Stalls and much more!

Time of events

9.30am
Viewing of wool in the Bangate Woolshed

11.00am
Presentation of trophies in the Bangate Woolshed

Major Sponsor
Australian Wool Network

12.30pm
Lunch at Bangate Homestead

Relish Luncheon \$15
children under 10 free
Generously subsidised by the **Australian Red Cross & Buy a Bale**

BYO Esky of Drinks, Chair & Shade

Bangate Homestead is on the banks of the Narran River so please keep a close eye on your children

RSVP by 23rd of May essential for catering

CARMEL RITTER
P 0267 562 434 E camel.anderson@bigpond.com

SUE SCOLES
P 0268 290 717 E scolesrugby@bigpond.com

This service is funded by:

An Australian Government Initiative

COMMUNITY WELLBEING EVENT²⁰¹⁹

- * BUFFET DINNER PROVIDED
- * STAND UP COMEDY BY POOKA THE CLOWN
- * LOCAL SERVICES PROVIDING INFO
- * DUTCH AUCTION - ALL FUNDS RAISED STAY LOCAL
- * WAYNE WIGHAM FROM BLACK DOG INSTITUTE SHARING HIS EXPERTISE IN MENTAL WELLBEING

LIGHTNING RIDGE BOWLING CLUB
JUNE 5, 6PM - 9PM

This event is only open to the first 150 people

WWW.CREATIVECOMMUNITYCONCEPTS.COM.AU

Office of Sport
Sport & Recreation

Murdi Paaki
Regional Noddy League Council



2019 ROWENA CRACKER NIGHT

A FUNDRAISER FOR THE ROWENA PRE SCHOOL
INC AND ROWENA PUBLIC SCHOOL P & C
ENQUIRIES 0447 965 158

SUNDAY 9TH JUNE

ROWENA SHIRE HALL
GATES OPEN AT 5PM CLOSING AT 11PM
LIVE MUSIC FROM LOCAL BAND TO ENTERTAIN
YOU AROUND THE BONFIRES.
BYO DRINKS AND CHAIRS.
BBQ MEAL AND SUPPER TABLE INCLUDED
IN TICKET PRICE.
UNDER 5'S FREE 5-12 YEARS \$10 PER PERSON
OVER 12 AND ADULTS \$20 PER PERSON
TRADITIONAL BALLOON RAFFLE WILL BE
AVAILABLE AGAIN THIS YEAR.
GREAT RAFFLE PRIZES TO BE WON

Joss
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



P & C MEETING

TUESDAY 11TH JUNE 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: lightningr-c.school@det.nsw.edu.au



K - 6 CLASS AWARD ASSEMBLY

@ 2:15pm

Monday 17th June 2019

PRIMARY COLA

SARAH'S FAMILY DAYCARE



Openings now available!

STANDARD HOURS:
8:00AM TO 6:00PM
MONDAY TO THURSDAY

DAY CARE FOR CHILDREN AGES 6 WEEKS TO 12 YEARS

ABN: 90 848 089 351

CALL ME: 0427135488 / 45 FANTASIA ST, LIGHTNING RIDGE

TIGERS RUGBY LEAGUE

Now accepting registrations for 5 - 12 year olds

Register online at 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



BE RECOGNISED

BE EMPLOYED IN THE FITNESS INDUSTRY

SIS30315 Certificate III in Fitness (Group Exercise Instruction)

WHAT YOU CAN BE

If you want to start your career in the Fitness Industry or are already working in fitness and would like to earn a nationally recognised qualification, this is the course for you.

You'll learn how to instruct and support people of all ages, to practice different forms of exercise, in a safe and effective way. From anatomy in relation to fitness to health principles and First Aid, you'll improve the fitness of your clients and see their amazing journeys towards better health and wellbeing.

Lead your mob into living healthy, active lifestyles through supporting Aboriginal health initiatives such as the Knockout Health Challenge and Go-4-Fun.

CAREER OPPORTUNITIES

- Successful completion of the Certificate III in Fitness (Group Exercise Instruction) will provide potential employment in the fitness industry, providing exercise instruction for group fitness.
- Educational pathway to the SIS40215 Certificate IV in Fitness

READY TO BE DEADLY?

COURSE DETAILS

Date: Friday, 23 August 2019 to Sunday, 16 May 2021

Delivery: Face-to-face block release over 22 months, 3 to 4 days a month in Orange, 2 excursions to Sydney. A large portion of delivery occurs in classrooms with remainder of delivery in a gym or other relevant health setting.

Location: TAFE NSW Winangana Aboriginal Learning Centre off Sale Street, Orange

HOW DOES IT WORK?

Express your interest if:

- You identify as an Aboriginal and/or Torres Strait Islander person.
- You are eligible to receive subsidized travel, accommodation and study.

COSTS:

- Many of our students who live or work throughout NSW are eligible for subsidized training places under Smart and Skilled and a full fee exemption.
- There is a fee for course material of \$180 which covers gym entry when required and a textbook.
- You may be eligible for a Abstudy payment assistance for these incidentals.

Find out more! Contact our Aboriginal Engagement Coordinator, Michael Newman on 6391 5676.

BE CONNECTED

131 601 tafensw.edu.au

RT010003 Terms and conditions may apply. Information is correct at time of printing: May 2019



Thursday & Saturday 9am - 1pm
28 Nobby rd, Lightning Ridge



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

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



ELIGIBLE DRINK CONTAINERS

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

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

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

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

Over the counter returns

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



Collected more than 100 drink containers?

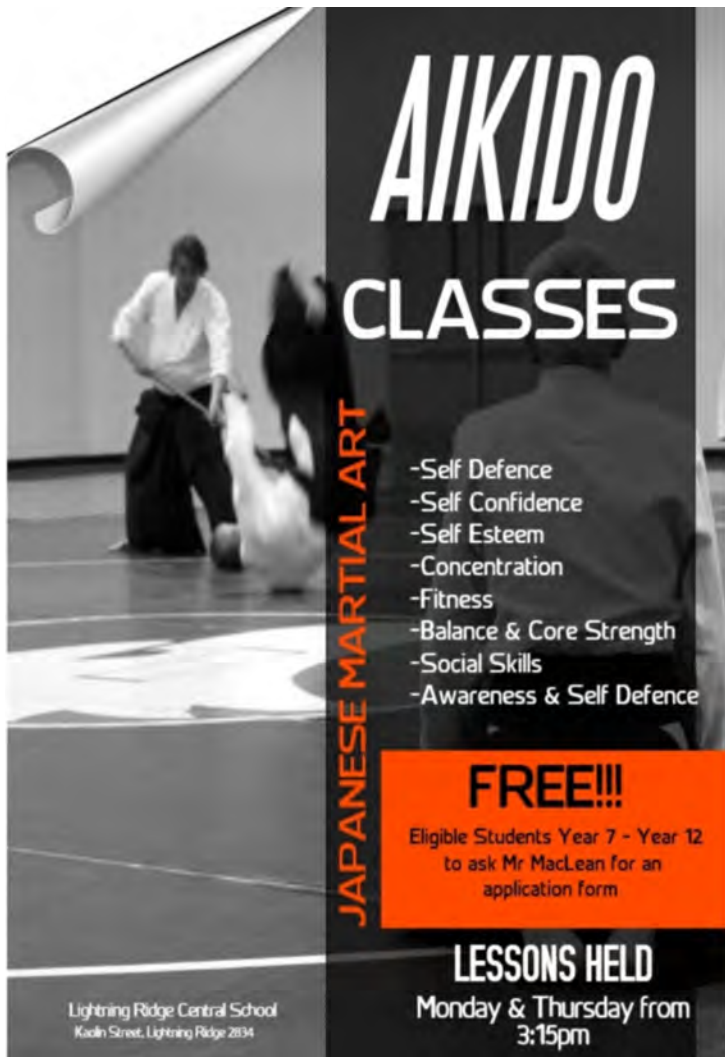
We recommend using your local reverse vending machine (RVM)* for up to 500 containers at one time. Through the RVM you can choose to get a digital refund to your PayPal account, a cash or retail refund through a collection partner site, or make a donation to a nominated Return and Earn charity. Visit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

Why not fundraise for your local community?

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

returnandearn.org.au
T: 1800 290 691

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



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
Koolin Street, Lightning Ridge 2834

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

Check LOST PROPERTY

At the Office

Or your Childs Classroom



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

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!