

LIGHTNING RIDGE CENTRAL SCHOOL



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

PO Box 294, Kaolin Street
Lightning Ridge NSW 2834
T 02 68290511 F 02 68290137
E lightningr-c.school@det.nsw.edu.au

Term 3, Week 4, 2019



Principal's Report

Principals were once classroom teachers and they commenced their careers because they, themselves had a love of learning and a desire to impart the importance of learning to their students. While the Principal's position is a fantastic job, one of the downsides of the role is that you do not get into the classroom as often as you would like.

Hence, in my own case I encourage staff to send kids to my office when they can, so I can see the great work they have done in class with the support of their fantastic teachers and SLSOs.

One such example occurred recently when Miss Molyneux sent students over with some outstanding work. For this task students were required to write a short passage titled The Best Part of Me. They had to write what the part was, in some cases describe that part, why that part of them was so positive and useful and how it enhanced their lives and those of others. I have included a few samples overleaf and would like to thank and congratulate Shiloh Mahoney, Miles Smith, Lily Kaluski, Macy Seaton and Dylan Mallouk for sharing their work with me. In my discussions with these students, they asked me what I thought the best part of me was and I must say that was a challenge. Not because I think I've got a heap of good parts but it is sometimes challenging for people to sit down and think about what their good parts are. In the end the students said that the best part of me was my eyes and they threw down the challenge and told me I should write a best part of me. Soooooo here it is....

***The best part of me....** Are my eyes because they are a brilliant blue, like the ocean and they allow me to see my three daughters grow up. My wife likes my eyes. They help me navigate the physical world as well as the emotional world; I can read and interpret the facial expressions of others. My eyes give me mobility because they allow me to drive a car, ride a skateboard or a bike and explore the world. My eyes help me distinguish between colours and give me the gift of watching the Sydney Swans.... win or lose..... My eyes are my favourite part of me as well as the best.*

There you go! As you can see I am no literary giant and I did find that task difficult but the expectation of students at LRCS is that they challenge themselves with their learning, so it is only fitting that I too get outside my comfort zone.

I think it is important we all challenge ourselves so therefore I am laying down the challenge to parents and carers and invite you to write your own The Best Part of Me. You can do it anonymously or put your name to it. Just send an email to lightningr-c.school@det.nsw.edu.au with 'Best Part of Me' in the subject line. Clearly state on the email if you want your work to remain anonymous. It would be great to publish the work of parents and carers in subsequent newsletters and on our Facebook page. It is an activity you could do with your kids.



Primary Book Week Placard Parade

Mon 19th Aug

Primary Book Week Bake a Book Competition

Tue 20th Aug

School Photos

Tue 20th - Wed 21st Aug

Primary Book Week Oral Reading Competition

Wed 21st Aug

Mid - Term Break

Fri 23rd - Mon 26th Aug

Barwon Athletics Collarenebri

Wed 28th Aug

Stage 3 Canberra Excursion

Sun 1st - Fri 6th Sep

Stage 2 Lake Burrendong Excursion

Wed 4th - Fri 6th Sep

P & C Meeting

Tue 3rd Sep

Laptop Payments due

Fri 6th Sep

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



Continued

Assemblies are an important part of any school's culture. They are key events where messages are conveyed to students and staff, achievements are celebrated and knowledge is imparted. The secondary assembly is held at 9am every Wednesday in the gym and there are a minority of students who do not see the importance of the assembly and either inadvertently or by design are late and miss all or part thereof of the assembly. Can I please urge parents to ensure their children are punctual to school everyday as they miss important events and important learning time.



The best part of me is my arms because they are long, bendy and helpful. I love my arms because they help me swim fast in freestyle and write stories in class. My arms are special because they can help me defend myself

against my sisters when they are angry at me. Without my arms I would never be able to go to state level, swim or dive into a pool again. My arms keep me very busy by moving up and down if I need to ask a question or know an answer in the classroom. My arms are very extraordinary, amazing and unique...that's why they are the best part of me.

By Macy



The best part of me is my voice because it is unique, harmonious and sweet. I love my voice because it helps me to sing at Moorambilla, chat with my friends and say thankyou when someone is nice.

My voice is special

because it can be expressive or shy, delicate or strong. Without my voice I wouldn't be able to tell Mum about my day at school or say 'hi' to my classmates. My voice keeps me busy by practising my songs and by having a conversation with someone. My voice is spectacular and I love it very much!

By Lily

The best part of me is my muscles they are flexible, enormous and incredible. I love my muscles because they help me to lift heavy things like car batteries and they keep me safe from my brother's punches. My muscles are special because they can help me carry things for my teacher and they let me hold a footy. Without my

muscles I wouldn't be able to ride a bike or swing on the monkey bars. My muscles keep me safe, strong and happy, especially when I see them pop up when I flex in the mirror. I wouldn't be able to climb things without my muscles and that's why they are the best part of me.

By Miles



The best part of me is my imagination because it is fun, creative and funny. I love my imagination because it helps me to be a happy child and its like freedom. My imagination is special because you can think of stories so you will never be alone. Without my imagination I wouldn't be able to think of awesome stories or amazing ideas. My imagination keeps me busy by thinking of animals in the clouds and

the sky. I love my imagination because it is wonderful and that's why it is the best part of me.

By Shilow

The best part of me is my butt because it makes loud noises, it becomes rock hard when I want it to be and it is squishy.

I love my butt because it helps me to sit comfortably on my chair and it helps me poop. My butt is special because it can get wet and it can take a lot of heat. Without my butt I would not be able to fart or fall over without hurting myself. My butt keeps me safe by protection me. For example, if someone tried to kidnap me I could fart in their face and they will get knocked out so I can run away. My butt is the best butt you could get. It is simply amazing! That is why I love it so much.

By Dylan





Secondary Deputy Principal's Report

Last week some students travelled to Walgett for the Neville Thorne shield. Mr Reavell organised an Under 14's and Open boys league teams and an Open girls league tag team. It was reported that all the students did an outstanding job, unfortunately they didn't make the finals.

This week students in Year 10 will be presented important information regarding their subject selections for Year 11 in 2020. This is a very important time for Year 10 students and their parents as students will be planning their future working lives.

It is essential that students and parents have accurate information to make effective decisions. Thank you to Mr & Mrs Murray for their informative presentation to the students and parents.

Students in Year 8 will have the opportunity to select their elective subjects for 2020 shortly.

During Week 6 students in Year 12 will soon be sitting their Trial Examinations in readiness for the Higher School Certificate Examinations in October. At this time of year students in Year 12 should all have a study timetable which includes completing practice papers.

Youth Council will be held during Week 4 selected students will be travelling to Walgett to attend a meeting, thanks to Sandra Bladen for co coordinating this.

As you may have seen on the LRCS Facebook page school photos will be held during Week 5. It is essential that all students are in school uniform and return their photo envelope even if you decide not to purchase photos, we still need to the envelope returned.



Primary Deputy Principal's Report

In Week 6 (27th-30th August), some of our classrooms are getting new floor coverings. These rooms are Mrs Loiterton's, Mr Britts', Mrs Cross' and Ms Molly's. These classes will be working out of other rooms within Primary for the week.

On Monday, we had our K-6 assembly in the gym. It was lovely to see how many families were there to witness their children receive an award or to watch the performance. We hold K-6 assemblies every fortnight in the gym from 2pm, so come on down and have a look—our Stage 3 Leaders do an amazing job.

This week, we are trialling our Stage 3 students having their own play spaces before school, at recess and at lunch breaks within the Primary area. A large concrete pad has been laid beside the Ausplay equipment for only Stage 3 students to play handball. Plans are in place to extend the Ausplay roof over the new Stage 3 handball courts. Of a morning, Stage 3 students will arrive from 8.30am and wait with K-4 for the teacher on duty. Stage 3 teachers will then take Stage 3 students down to their play space which includes the Stage 3 COLA, the handball courts and the oval. The purpose for the relocation of Stage 3 students of a morning and at breaks is so we can more successfully monitor behaviour and decrease incidents.

Attendance is an incredibly important part of a child's education. Did you know that in a PIRLS 2016 (Progress in International Reading Literacy Study), Australian data showed students with fewer absences were associated with higher average achievement in reading? Did you also know if a child misses an average of five days a term (years 1 to 10), they miss out on approximately one year of school? These are amazing facts! Please ensure your child/ren arrive to school from 8:30am –8.57am for the full day.

Thanks to families and students for arriving at school from 8:30am. Primary staff are not on duty before 8:30am.



Positive Behaviour for Learning

Lightning Ridge Central School share a Positive Behaviour for Learning focus with our Students each fortnight. Students who show exceptional PBL values are rewarded throughout the year with excursions, special activities and treats.

This Fortnights PBL focus is



Show Respect

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

Show respect by using manners and speaking respectfully

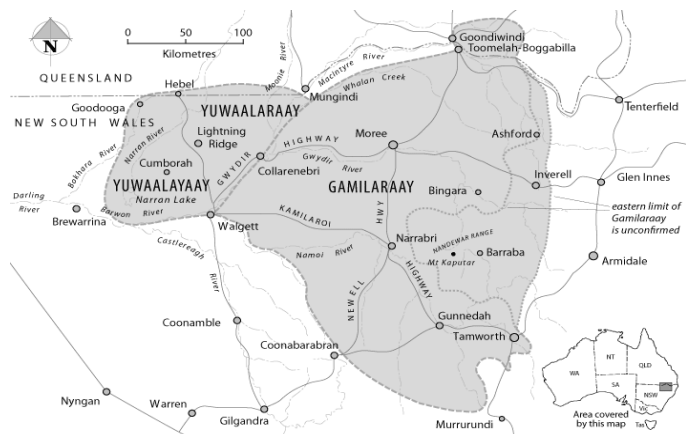
Yuwaalaraay is the dialect of the Lightning Ridge area. The name of the language and Aboriginal people of the Balonne River Region.

Yuwaalaraay

Word of the Week

Giguwi = sneeze

It's that time of the year when you might catch a cold and *giguwi*.



School Photos

School Photos will be held Tuesday 20th & Wednesday 21st August 2019

Please ensure your children are wearing full school uniform both days.

Need last minute uniforms for school photos?

The Uniform shop will be open Monday 19th August 8:30am - 9am





Library Report

The Meerkat performance for K-6 in the gym recently was a lot of fun. The actors involved the kids in the performance and Tristan Ronai had a starring role. The message of sharing was still portrayed in the live performance as it was in the book. The costumes, music and interaction with the audience made the story come alive. Our students remembered the live performances we have had over the years and it is something I hope we can continue. The school funds these productions that visit our school, so as long as my library budget allows this I will be booking each year. I feel live theatre is something that we can all benefit from and to relate it to a book we study in our lessons is even better.



Meerkat Performance

Library Turtle Draw winners have been...

Week2

ES1	Ruby Bamford ES1P	Stage 1	Milli McCabe S1Y
Stage 2	Callum Lees S2H	Stage 3	Bellah Smith S3N

Week 3

ES1	Max Dominick ES1P	Stage 1	Eden Rolfe S1D
Stage2	Solomon Seabrook S2H	Stage 3	Bellah Smith S3N



Book Week is in Week 5

Monday 19th August to Thursday 22nd August.

Week 5: Book Week (before mid-term break) Theme is 'Reading is my Secret Power'
Book Fair (Books from Collins Book Sellers in Tamworth for sale) runs from **Monday – Thursday**
lunchtime in the library. (Cash only)

Monday 19th August - **K – 6 Placade Parade.** 9:10 am in the Junior Quad. Students walk in classes displaying their favourite book on a cardboard sheet. They can also dress up in a costume that depicts their favourite book. All who participate have names put in a draw and two will win a book from the Book Fair. Book Week themed lessons. Book Fair.

Tuesday 20th August - **K – 12 Bake a Book competition.** Cakes are decorated to look like a favourite book. Please deliver the cakes to the library by 10:00 am. Stage prizes of recipe books. Book Fair.

Wednesday 21st August - **Oral Reading Competition** finals in the library at 9:10 am. Two students from each class read a poem. Book prizes for Stage winners and certificates for finalists. Book Week themed lessons and Colouring Competition. Book Fair.

Thursday 22nd August - **Judging of K – 6 Colouring Competition** on Book Week theme 'Reading is my Secret Power', winner receives a \$10.00 Canteen Voucher.

Book Fair finishes at lunchtime.



Worth your Weight in Opal

Lilah Dean ES1J

Lilah was nominated by Mr Newman for fantastic behaviour towards her peers. Lilah is a great role model for Kindergarten.

Awesome Job Lilah!!



Worth your Weight in Opal

Jaxon Brown S1B

Jaxon was nominated by Mrs Cross for an amazing effort in Literacy rotations and participating in group discussions. Keep it up!

Keep up the good work Jaxon!!



Worth your Weight in Opal

Blake Benjamin S20

Blake was nominated by Mrs Stiller for encouraging less confident students on the oval during a lunch time football game. Blake's kindness and sportsmanship was wonderful!

Good on you Blake!!



Worth your Weight in Opal

Layla Dench S3B

Layla was nominated by Mrs Stiller for being a kind and helpful member of S3B. Layla is always first to offer to help others.

Well Done Layla!!



Worth your Weight in Opal

James Haywood Year 12

James was nominated by Mrs Miles for the great assistance in getting a Year 2 boy back into class. James demonstrated kindness, empathy and understanding toward the young student. The quick rapport James made was amazing to witness. You should be Proud, James!!



Worth your Weight in Opal

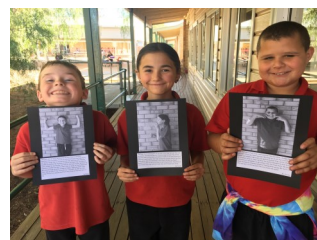
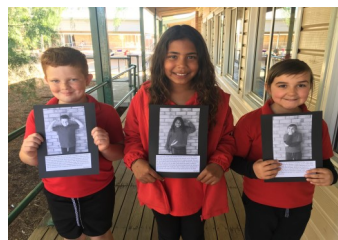
Sarah Haywood Year 9

Sarah was nominated by Mr Reavell for her outstanding effort at the regional athletics carnival. She represented her school with pride and should be delighted with her achievements.

Awesome Work Sarah!

Stage 2 Report

Stage 2 have had a fantastic start to Term 3! S2O and S2H have begun music lessons and are learning how to play the glockenspiel. We have also been focusing on drafting, editing and publishing different texts and are proud of the quality work we have been producing. Some students even got to show their work to Mr Finter who was very impressed.



Glockenspiel, (German: "set of bells") is a percussion instrument, that contains a set of tuned steel bars to be struck with wood.



K-6 Merit Assembly

K-6 merit assembly was held on Monday 12th at 2pm in the school gym. Award's presented included Girraborrii-Turtle Award, Primary Quality Work, Worth your Weight in Opal, Gold and Silver Award's.

Also pictured is our Primary Athletic Champion's and the Primary Sport's Coordinator's who each week gave up their lunch to set up for and coach students during their lunch break.



2019 Primary Champions

Junior Boy - Deakon Ah See

Junior Girl - Macy Seaton

11 Year Boy - Isaiah Seaton

11 Year Girl - Evey Allen

Senior Boy - Austin Hallett

Senior Girl - Leeanna Tucker

2019 Secondary Champions

Sub-Junior Boy - Jack cummings

Junior Boy - Ben Scott

Senior Boy - Max McMaster

Sub-junior Girl - Hayley Marsden

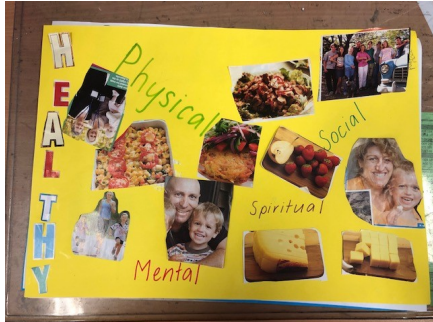
Senior Girl - Jada Seaton

Senior Girl - Opal Trumper



Secondary PDHPE - PASS - SLR

Stage 4 PDHPE have began a unit 'Wealth in Health' exploring the dimensions of health (physical, social, emotional, spiritual) and a range of factors that influence their health. They identify the signs, symptoms and risk factors for health conditions common in young people.



Stage 6 SLR– Every Friday this term SLR students are going to the schools Little Gym and using the Resistance training equipment.



Practical PDHPE- Students in stages 4 are participating in a range of Invasion Games and Stage 5 are involved in Football games



Goodooga Indigenous Games



Yesterday, some kids went to the Goodooga Games. The bus trip there was one of the best trips I have ever been on with the school! When we got there, we got smoked and we saw the Goodooga boys Aboriginal Dance Group dance. We got split into groups - I was in the Willy Wagtails. We did a lot of games. After we played, we got food which was laid on 3 different long tables. When we finished eating, we had a presentation and our team came third.

Ellie Gough



Yesterday, we went to the TIG (Traditional Indigenous Games) in Goodooga. When we first got there, we got put into groups. My first activity was spear throwing. The second activity was hockey—it was fun except there was this really competitive girl who had the ball. In the end, our team won. The third activity was ball throwing. We had a couple more activities and then it was lunch time. For lunch we had veggies, snags (sausages), rissoles, lamb and pork. We all got our food and then we had a presentation. Willy Wagtails came third!

Jaidey Samueleson



Yesterday, we went to the Goodooga TIG (Traditional Indigenous Games) Games. The drive there was fun! We played music and talked all the way! When we got there, we were sent to our groups. I was in the Frogs group. We played heaps of games like football, netball, spear throwing and a lot more games. After a few hours, they announced the best teams. The food there was AMAZING! We had snags, pork, rissoles and lamb.

Dannielle McFadden



The bus trip there was really fun! We listened to music and talked. When we got there, we got put into groups. My group was the Willy Wagtails. After that we got smoked and then had a ceremony and watched dancers. Then we went with our groups. In our first activity, we had little balls and had to throw them at a big ball. Next we played hockey with a ball on the dirt. It was one of my favourite games. We also played bowling, soccer (but instead of kicking, we were throwing), volleyball, ball throwing and football. After we were done with our activities, we had lunch. We had snags, mashed potato, vegetables and rissoles. I had a really fun time and hope to there next year.

Lilly Lohse

Secondary Regional Athletics

The start of Term 3 has seen Regional Athletics take place at Tamworth. We took 7 students who competed very well with some outstanding results.

Jack Cummings: 5th in the 13 Years 100m Final.

Parker Bevan: 6th in the 12 Years Shot Put.

Anjali Doolan: 6th in the 12 Years Shot Put.

Sarah Haywood: 7th in the 14 Years Javelin.



Secondary MC

This Term we have been hard at work. We have been looking at Algebra in Maths, Health Promotion in PDHPE. In English we are working on Non-Fiction and Fiction stories. Science we finished working on Force and Friction and now looking at Chemical Reactions. The students have continued to do their work at Food for Families and are enjoying it. In Art we have been working on a School PBL Project. The students have also been using their computers to research in their subjects.



Neville Thorne Sheild

Last Thursday 8th August in Walgett, LRCS sent over a selected group of U14's Boys, Open Boys and Open Girls League Tag Team to participate in the Neville Thorne Sheild.

All three teams played magnificent games however they were defeated. A great day was had by all and a Big thanks to Mr Reavell and Jasna for supervising and supporting our kids on the day.





School Photos will be held

- Tuesday 20th August &
- Wednesday 21st August 2019



CLEANERS REQUIRED

We are looking for reliable cleaning staff to work at a local Government sites in the **Lightning Ridge Area**.

Experience preferred but not essential.
Training and uniform provided.

Please send your résumé to Joss Facility Management
PO Box 390 Dubbo NSW 2830 or email
melissareid@jossgroup.com.au

Or for more information contact Melissa
Ph: 0437386964 between 8:00am – 4:30pm Monday to Friday

A working with Children Check is required for this position

P & C MEETING

TUESDAY 3RD SEPTEMBER 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



FOR A HEALTHY LUNCHBOX SOMETHING FROM EACH GROUP 1-6!

PICK & MIX



Healthy, balanced packed lunch.

1

Fill-you-up foods

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

TRY...



Bread, Rolls, Pittas. MAKE A SANDWICH!

Pasta, Potato, Noodle
Couscous, Lentil, Chick-pea, Rice.
MAKE A SALAD!

Salad suggestion

Choose a 'fill you up' base

- Rice • Lentils • Pasta • Noodles
- Couscous • Beans • Potato

Add some colours

- Mushroom • Celery • Carrot
- Cauliflower • Cabbage • Capsicum
- Sweet corn • Bean sprouts

Add a little dressing

- Low-fat mayonnaise
- Olive oil & fresh lemon

Lovely!



2

Help-you-grow foods

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

TRY...

- Hard boiled egg • Cold cooked meat & poultry
- Cold cooked fish – fresh or tinned
- Low fat cheese • Handfull of unsalted nuts

Don't forget the dairy foods (for calcium).



3

Fruit and vegetables

Pack some crunch in a salad or sandwich or just to eat on their own.

TRY...

- Handfull of dried fruit • Fresh salad
- Vegetable sticks with low fat hummus, salsa or yoghurt
- Berries with yoghurt



Take a drink

- Water (the best choice!)
- Low fat milk
- Smoothies
- Diluted 100% fruit juice



Occasional treats

- Cereal bar
- Scone
- Pikelet
- Sweet / savoury biscuit
- Chocolate / lollies



lunch box tips

keep your packed lunch cool and well-contained

Canteen Information

Welcome back to Term 3, 2019!

First of all I would like to say a big thankyou to Heidi and Nikki for “ holding down the fort”, while I was away, so very much appreciated!

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

Please note that there will still be changes over the next couple of Terms.

All sandwiches, rolls and wraps are multigrain, a big thankyou to our local bakery ,“Little Bakery”, for making our bread and burger rolls!

GLUTEN FREE bread also available!

JUST A REMINDER ITEMS AVAILABLE TO ORDER OR OVER COUNTER:

- | | | |
|---|------|----------|
| • Crunch cups (tom, cuc, carrot, celery,cheese) | - | \$2.50ea |
| • Cheese & bisc | - | \$2.00ea |
| • Chicken burgers (lettuce, tom, mayo, chick pattie) | - | \$4.50ea |
| • Salad bowls (pls order) | from | \$5.00ea |
| • Toasted sandwiches chicken & cheese, ham cheese tom | | |
| Ham & cheese from | - | \$3.80ea |

Please find Canteen Menu Term 3, 2019, including changes attached.

The Canteen has a Cash only policy!

RECESS & LUNCH ORDERS

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

Please note that all profits made by the canteen go to the P&C for the students.

CANTEEN RULES

- **MORNINGS: CANTEEN OPENED FOR ORDERS AND TO BUY DRINKS ONLY**
– 8.30am – 8.40am
Year 5 & 6 and High school only allowed to buy drinks in the mornings during the above times!
- Parents can order until 9.00am for students. Canteen roller doors will be closed from 9.00am until Recess.
- 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 sticky taped to bag.
- Year 5 & 6 to year 12 students can buy over the counter at recess and lunch.
- 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 3 2019

SNACKS (RECESS & LUNCH)

Crunch salad cups (carrot/celery/cuc/tom Cheese)	\$2.50
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	\$1.50
Snaps tangy salsa	\$1.50
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/blackcurrent apple	\$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 (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

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

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
Chicken strips ea	0.60cea
Beef or Chicken noodles	\$1.80

MISCELLANEOUS

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

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

CANTEEN CLOSING AT 9.00AM FOR ORDERS!

ALL PROFIT GOES TO P&C FOR THE STUDENTS!

PLEASE PUT RECESS & LUNCH ORDERS ON SEPARATE BAGS, NAME, CLASS, THANKYOU!