

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 6, 2019



Principal's Report

Book Week has come and gone and what a celebration of literature it was! I would like to thank all staff, particularly Mrs Fahey and Mrs Turk as well as all of the Primary Staff. Particular highlights for me were the Placard Parade and the Oral Reading Challenge. The quality of

the work was outstanding! I would also like to thank parents and carers for their support of these types of events whether it be through attending events at school or helping your kids practice reading at home or work on placards. The theme for Book Week was "Reading is My Super Power" rings true. Reading is a super power but one that is attainable for all. It not only enhances our educational and employment prospects but our entire wellbeing as well as allowing us to access otherwise unattainable worlds. So keep reading and build that super power!

Screen Time is in the news again.

Screen time – the amount of time young people spend in front of television, computer and mobile device screens either passively watching or playing games – has the potential to leave some parents and carers feeling guilty, others self-righteous and still others a little ... meh.

It is worth noting that national guidelines urge zero screen time for children under two. This would seem fair given that between birth and three, children are best employed establishing themselves as cognitive entities through play and meaningful interactions with the world around them. Research shows, however, that a great amount of little ones in this age bracket spend nearly an hour a day in front of a screen before they turn one!

The findings were contained in a study by University of Queensland researchers, who are now calling for an awareness campaign for soon-to-be parents attending antenatal classes. Of course, if your kids are in high school, that boat has already sailed. The question becomes, "What is a healthy amount of screen time for a young person attending high school?"

The recommended amount of screen time for children and young people aged 5-17 which includes just about every young person at Lightning Ridge Central School save for a handful of Year 12s – is no more than 2 hours of recreational screen time per day.*

So why limit screen time? The less time spent inactive in front of a screen, the better an individual's overall health will be. The UQ researchers argue that young people need to be encouraged to break up long periods of sitting as often as possible. They should be encouraged to play games outside, undertake chores (a hill worth dying on, trust me) and play with other young people so as to build their capacity for effective social interaction.

UQ's School of Public Health Associate Professor, Leigh Tooth, acknowledged that "It's very easy to use screen time with children because there are so many child-friendly apps and games developed for young children and parents," but



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

K-6 Assembly

Mon 9th Sep

Primary Regional Athletics

Fri 13th Sep

Superhero Day

Fri 20th Sep

K - 6 Assembly

Mon 23rd Sep

School Holidays

Mon 30th Sep - Fri 11th Oct

Students Return

Mon 14th Oct

SkoolBag

 Like us on Facebook

2019 School Newsletter now available online,

check out our website on www.lightningr-c.schools.nsw.edu.au

Continued

added “the potential negative implications far outweigh any perceived benefits.” Those negative implications of excessive screen time can include:

Physical

- Less physical activity
- Inactivity which can lead to obesity
- Poor sleeping patterns and routines
- Poor posture
- Deteriorating eyesight
- Poor diet and unhealthy snacking

Social

- Poor social skills
- Difficulty making friends

Psychological

- Reduced motivation
- Reduced self-esteem
- Depression

Cognitive

- Reduced verbal interactions
- Language delays
- Poor attention span and challenges with problem solving

Who would have thought that parenting could come with so much potential for guilt? But if we're on the same page regarding managing acceptable screen time with the young people in our lives, they will almost certainly be all the better for it both now and in later life. The optimist in me would like to think that one day they may even thank your efforts.

* <https://www.growinggoodhabits.health.qld.gov.au/need-to-know/screen-time-guidelines/>



The Breakfast Club not only provides breakfast for approximately 70 students a day but it is also a cultural hub for the school where staff and students come together for an early morning catch up over breakfast. The success of the club relies heavily on the hard work of Volunteers Yvonne Woodcock and Joy Breuer who work tirelessly for benefit of our school community. They are often assisted by any number of our SLSOs who give up their time to assist. The work of the Breakfast Club is well known within the school but the efforts and contribution of the Breakfast Club to our students has recently been recognised the

Rural and Remote Medical Service (RARMS) which has a branch here in Lightning Ridge.

RARMS is a non for profit organisation which operates 14 Medical Centres around rural NSW and contributes a great deal to the communities in which they operate. The Practice Manager here in the Ridge, Helen Evans nominated the Lightning Ridge Central School as being worthy of financial support and nominated the Breakfast Club for one of a number of Community Grants that RARMS distributes each year. On Tuesday 27th August, Helen, Ashlee Brennan, Executive Manager of Clinical Services for RARMS and Bianca Wilson, the Clinical Development Manager attended the school and presented the Breakfast Club with a cheque for \$2000. This was greatly received and will be used to maintain this excellent community service.

I would, on behalf of the school community like to thank RARMS for this donation and the work they do in the local community. The money will be used to maintain the good work of Yvonne, Joy and their other willing workers. I would particularly like to thank Helen Evans for the work she does and being so supportive of our school.

SkoolBag app LRCS is going green by providing an alternative to paper. SkoolBag is a safe and secure platform to receive important information relating to your child.

Simply download our school's SkoolBag app to ensure that you are kept up to date on school newsletters, notices, events, cancellations, reminders and more!

Just download the SkoolBag app on your mobile phone and add Lightning Ridge Central School.

How to install the SkoolBag app

instructions for parents and community

1. Get your favourite mobile device
2. Open the App Store/Play Store
3. Search for "SkoolBag"
4. Download the free app
5. Open the app and add your school(s)

for Apple users



for Android users



for more info visit skoolbag.com.au

SkoolBag



Secondary Deputy Principal's Report

Trial exams are currently being held for Year 12 students as they near their HSC exams in October. All year 12 students are required to attend all classes up until the end of the term. During this time valuable revision, exam preparation and completing exam papers will occur. All Year 12 students must attend every day– remember 'Every Day Counts'. Year 11 students will be sitting their Yearly Examination during Week 9 of this term. We wish all senior students luck with their examination results.

There will be a focus on attendance and arriving on time to school in the coming weeks. Secondary students must arrive at school for a 8:40am start. Some students are missing out on valuable learning time as they frequently arrive late to school. Arriving on time to work is an essential part of working life and our young adults need to learn this necessary trait.

Laptop fees are due in Week 7 those students who received a Blue Opal have their laptop waived. Parents will have received an invoice recently, please pay the fee at the office or online. Shortly laptops will be collected if the fee has not been paid, once the fee is paid the laptop will be returned to the student.

During Week 6 some of our students are attending the Dharriwaa-Walaay Camp at the Narran Lakes. The camp will provide our students with an opportunity to bring together men and youth to share knowledge and experiences of growing up on country and yarn about issues facing our community. There will be a focus on Yuwaalaraay-Gamilaroi country, land, language family and connections. Some Year 9 students will travel to Sydney the first week of September for an ASPIRE event. Students will participate in activities to give them awareness of University life.



Primary Deputy Principal's Report

Last week was short yet eventful. Last Wednesday, we had students go to Collarenebri for Barwon athletics. Mr Bonsing and 31 students left LRCS at 7.45am and headed out to represent their school. Congratulations to those who were successful in making it to the next level. Congratulations! More details about that trip will be sent home at a later date. Also on Wednesday was a K-2 Snot Puppet Show delivered by Therese Quigley in the hall. (I know it sounds sooo gross!)

But the purpose of the play was to teach students about why it is important to blow our noses and how to be hygienic afterwards. Being active is also a key element to move mucus from the ear and nose canals. Students were taught how to hold the tissue, block one nostril and blow out the other, then repeat on the other side. Plenty of tissues and hand sanitiser were used!



This week is very eventful for our Stage 2 and 3 students as they head off to their excursions. Stage 3 will leave for Canberra (and will hopefully see snow) on Sunday night and will return on Friday evening. I know from experience that this Canberra trip is full-on with activities and experiences, and is an exhausting time for everyone as they will be on-the-go all the time. Thanks to Mr Bonsing, Ms Slater, Mr Richmond (our pre-service teacher doing a prac placement on Stage 3), Deb Smith and Mitch McCabe for taking our students on this excursion.

On Wednesday, Stage 2 students head off to Dubbo for their 2 night Zoo excursion. I can't wait to hear the stories of their experiences with the animals. Thanks to Mrs Pam Caley, Mr Crawley and Brook Johnson for taking our students on this amazing excursion. Both excursions are due back on Friday. Updates of arrival times will be put on LRCS Facebook page.

We are so lucky at LRCS to have subsidised excursion costs which allow as many children as possible to attend educational learning experiences outside of town. Funding for these subsidies comes directly from Gonski funding.



Library Report

Book Week is a time when the power of the library comes into the forefront of our K-6 and Secondary School.

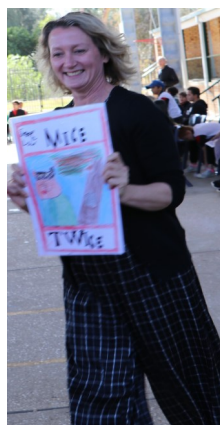
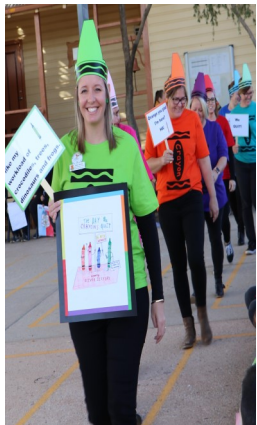
The library always looks good during Book Week and we use the opportunity to move desks and furniture to make it as we'd like for a week. Lessons still take place but we transform the library into a place that we feel we have power over.

Reading is my Secret Power is the theme of this year's Book Week and there's no secret that to be able to read and enjoy books gives you a powerful feeling.

Thank you to Kerrieanne who worked on our idea for the display and also for going to Tamworth to collect books for the Book Fair.



Sarah Peters S2O and Jack Miller S3N were the lucky recipients of a free book from the Book Fair when their names were drawn out at the Placard Parade on Monday. The placards were fabulous and we had 100% participation which is the first time this has happened. Some students also dressed up and the office staff had costumes and joined in too. It was a lot of fun. Thank you to everyone involved it was a great start to Book Week. Thank you especially to the parents who attended the parade.



Stage three students colouring their Book Week colouring sheet. The prize is a ten dollar canteen voucher. Many placards are displayed in the library.

The Bake a Book competition was very hard to judge as there were so many amazing cakes. The winners were:

ES1 Lilah Dean,



Stage 1 Milli McCabe,



Stage 2 Sharlize Masters



Stage 3 Levi McCabe,



Secondary Byron James and Teachers' Section was won by Jacqui James.



Students had a lot of fun viewing the cakes and finding books they were familiar with.

Following on from the Bake a Book we had the Oral Reading Competition where two students from each class read a poem. It was a very entertaining experience and the scores for some of the competitors were quite close..but there had to be winners and the winners were:

ES1 Luke Carpenter,

Stage 1 Olley Murray,

Stage 2 Musa Akram

Stage 3 Brianna Kotru.

Winners received books for their prize as did the Bake a Book Winners. (Bake a Book winners received recipe books.)

Parents and family members of the finalists came and listened to the students and I am pleased that they made the most of this wonderful opportunity.

This year we have had 100% participation in the Placard parade and each Oral Reading Finalist had a family member to listen and see their poetry reading. I think when families involve themselves in what we do in Book Week the message that Reading is powerful is developed.

Mr Finter our Relieving Principal and Barb Moritz a community member and source of historical knowledge in our town were our Adjudicators for the Oral Reading Competition and spoke positively to the students. They congratulated the finalists and presented certificates. The winners were presented with their prizes too. Ollie Murray made everyone laugh.





Worth your Weight in Opal

Pearl O'Hagan ES1P

Pearl was nominated by Mrs Hicks for showing excellent skills and sportsmanship during our game of 'Kick It'.

Awesome Job Pearl!!



Worth your Weight in Opal

Meerab Akbar S1D

Meerab was nominated by Mrs Cross for putting 100% effort into her placard. Meerab took her time to produce quality work.

Keep Up the Good Work Meerab!!



Worth your Weight in Opal

Kingston Kirkpatrick S2O

Kingston was nominated by Miss Molyneux for his willingness to take on feedback and the effort he puts into producing quality work.

Good on you Kingston!!



Worth your Weight in Opal

Lennie Frail S3B

Lennie was nominated by Mrs Stiller for showing great sportsmanship regardless of his team winning or losing during sport.

Well Done Lennie!!



Worth your Weight in Opal

George Smith Year 9

George was nominated by Ms Parsons for being a champion. A noticed effort this term, with an improved manner and work attitude. Well done! Keep focussed until the end of the term!!!



Worth your Weight in Opal

Levi Dominic Year 9

Levi was nominated by Miss Ravot for giving 100% effort towards his Mathematics lessons. He was able to follow the steps to perfectly graph and label linear equations. Great work Levi! Well done!!

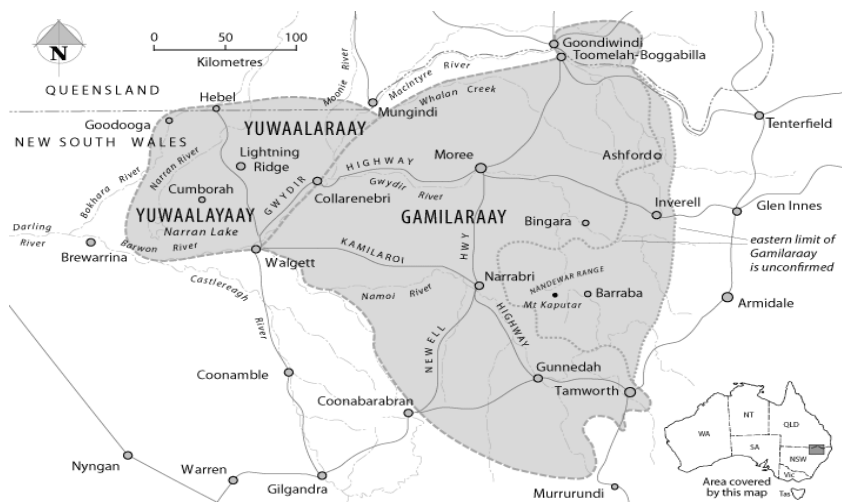
Yuwaalaraay is the dialect of the Lightning Ridge area. The name of the language and Aboriginal people of the Balonne River Region.

Yuwaalaraay
Word of the Week

Giirr Maayu!

=

Well done! Good job!



English & HSIE

This term, English classes from Year 7 to Year 10 have been reading and writing poetry. Classic, modern, Australian and war poems have been studied to help students understand language and its effect and how it can be used to convey strong opinions and emotions. Year 7 students have been writing about objects to practice their understanding of the language features they have learned.

Bright in the sun,
Rolling down the hill
Along with the wind.
Colourless at night,
Enjoying life,
Living the dream.
Extra cold at night,
Tough as stone in the moonlight.
- Charlie



The hammer stomps on the nail,
Through the hard wood,
Its muscles never tiring
Like mine would.
It's powering through,
Day and night.
Although it has a head,
It does not have sight.
- Charli

My knife never neglects me.
My knife is the brightest bulb in the shed.
My knife is stormy and dark when it flies in
the air.
My knife is as dark as a rainy night.
My knife is as sharp as a surgeon's scalpel.
My knife is a flat, plain field of grass.
My knife runs towards the target.
My knife dances in the air.
- Nick



Year 11 Standard English students have adopted a positive and confident attitude to their studies. At the end of Term Two, Opal Trumper and Cassidy Finne presented their assessment task for the Contemporary Possibilities Unit at the NAIDOC Week assembly. The two students researched local weather and the seasonal effects on flora and fauna for a potential Indigenous Weather Knowledge entry on the Bureau of Meteorology website. This week, Opal, Josh and Jordan took over the classroom to teach their peers who had been absent for the previous lesson. You're on the right track, Year 11!

Geography

This term in HSIE Year 7 students are studying Landforms and Landscapes of the world. Students have just completed their assessment task in which they were asked to write a written summary of a particular landscape as well as the geomorphic processes that helped create it. Students were also asked to discuss the aesthetic, economic, spiritual and cultural value of their chosen landscape. Stage 4 teachers were very pleased with the standard of work submitted and these students should be proud of their effort.

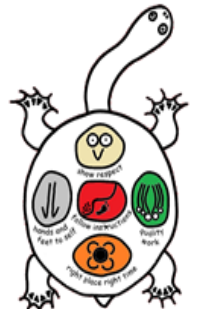


In Year 9, students are working through a unit called Sustainable Biomes. The unit focuses on answering the following questions: What are the main characteristics that differentiate the world's biomes? How do people use and alter biomes for food production? Can the world's biomes sustainably feed the world's population? What strategies can be used to increase global food security? Students have enjoyed creating posters, watching documentaries and using ICT skills to research and communicate geographical information.



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



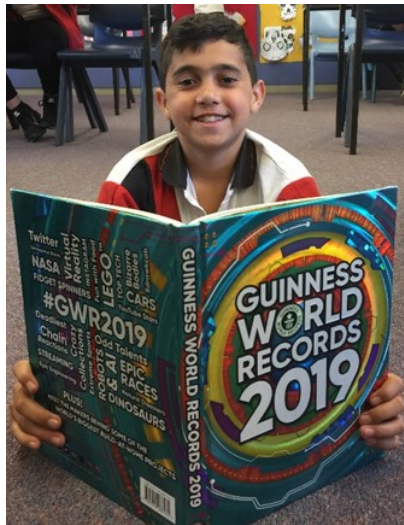
This symbol represents an owl's eyes and beak because it is a locally significant animal that even non-Aboriginal folklore recognises as wise and deserving respect.

Show respect by using manners and speaking respectfully

Stage 3 Report

READING is my SUPERPOWER

Stage 3 Bokara have been reading up a storm in preparation for Book Week. We have been reading everyday with particular focus on reading with fluency and expression. It was wonderful to see so many students from our class compete in the in class oral reading competition.

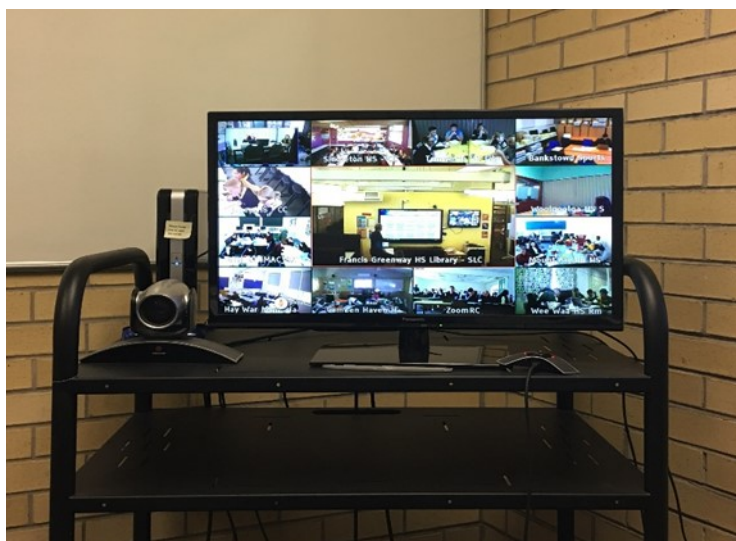


Stage 3 Narran we have been sharing our love of reading. The Book Week theme is "Reading is my Secret Power" We can all learn so much from the world of books. Our wonderful School Magazines, novels and non-fiction books about our world.....the options are endless. Thank you Ms Fahey, for sharing the library with us every week. The stories we read and create ourselves expand our view of the world.



HSC PDHPE Enrichment Day

On Monday 29/7 Year 12 PDHPE were provided with an opportunity to participate in a Video Conference for the whole day.



The PDHPE HSC Enrichment Days have been developed to support Year 12 students and their teachers to better prepare them for their upcoming trial HSC.

The students were provided with quality core lectures. The core sessions were Core 1, Core 2 and exam technique. The options workshops that were offered was – Sports Medicine or Improving Performance.

The material was written by highly qualified and experienced PDHPE teachers/ academics.

The presenters are experienced PDHPE teachers/ academics and consultants who have marked the HSC and may have written PDHPE textbooks. This proved itself to be an excellent day for everyone involved.

LAPTOP PAYMENTS NOW DUE

T419 Laptop Payments due by Friday 6th September 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.



Dynamic Dance

On Wednesday 7th August our Dynamic Dance and Bumble Bees performed at the Aged Care Unit in Lightning Ridge. The students performed amazingly. The residence said they were great and would like them back to perform more often.



We performed two dances and the boomerang song.





Dear parents and carers,

Lightning Ridge Central School has recently engaged with the Beyond Blue 'Be You' Framework. Be You supports schools to foster the positive mental health and wellbeing of its staff, students and broader community. In order to ensure we implement initiatives that best serve the needs of our community, we are conducting a parent survey to invite feedback on your thoughts, ideas and suggestions around mental health and wellbeing in the school. It's important to us that we capture the valuable voice of our parenting community to help guide our Be You implementation process. If you are able to complete the online survey, it would be greatly appreciated.

All surveys are anonymous. Responses gathered from parents and carers will help to highlight what we are doing well, and what we can do better as part of our commitment to continuous improvement. The results will be shared with you at a later date along with the initiatives being undertaken within our school community to foster and promote positive mental health.

The survey can be completed online and will take around 10-15 minutes. You can find the survey using the following web link:

<https://secure.peoplepulse.com.au/survey.php?mid=uNo38ypjA1vd2cg3n18fskyl98qq1>

You can also access this link from the school's Facebook page. Alternatively, if you do not have access to the internet, you can collect a paper version from the school office. The survey will be open for three weeks starting in Week 6.

By completing the Be You surveys, you will be helping to improve the mental health and wellbeing of your learning community. We hope that you will participate and have your say!

Please note: when you access the family survey, it will ask you to 'find your learning community.' To **Lightning Ridge Central** begin, please type

Students will also be surveyed at school. If you DO NOT wish your child to participate, please call the office and advise the school of your child's non participation.

Thank you in advance for your participation. If you have any questions, please contact Ms Parsons.

Help us raise awareness for
Muscular Dystrophy

SUPERHERO DAY

Come to School dressed as your
favourite superhero on
Friday 20th September 2019
to raise awareness and funds for
Muscular Dystrophy Australia

Gold coin donation

Lightning Ridge Central School

Enrolments for Kindergarten 2020 are now open!

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

Kindy Start will run on Tuesdays and Thursdays,
beginning on November 19th 2019.

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



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



K - 6

AWARD ASSEMBLY

2:00 pm

Monday 9th September 2019

School Gym

FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!



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 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!