

# 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 3, Week 8, 2019



## Principal's Report

I have written in previous newsletters about the Parking Lot exercise that I undertook with Stages 3 to 6 to garner feedback from them about the school around the following questions;

***What do we need to improve? What is going well?  
What are the issues and ideas? What are the questions?***

I have discussed some of the issues raised with students at assembly and in previous newsletters and will continue that discussion going forward.

Bullying was mentioned by students in response to two of these questions and for me that raised a few more questions.

It would be wrong to say that as a result of these surveys we have an issue with bullying at LRCS. It is my firm belief that we do not and that is evidenced by what staff, teachers and students tell me and from what I observe on a daily basis.

At the same time it would be wrong of us as a school community to assume our school is free of bullying. You would be hard pressed to find a school or, indeed a community in Australia which could legitimately lay claim to being "bullying free". Recent events would suggest that neither our Federal, or NSW Parliaments are free of bullying and certainly big business has challenges in this area as well.

**So what do we make of the student responses and concerns around bullying?** First of all we need to acknowledge that the Parking Lot is not the most scientific survey but that it only gives us a general understanding of the thoughts of the students. It may be that students do not have a clear understanding of what bullying actually is.

The "Bullying No Way" website defines bullying as an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening. The key word here is "repeated." You are not being bullied if you have a robust discussion with another person or an interpersonal dispute with another person. Sure, these can turn into bullying if one party uses their power or influence over another, repeatedly.

As a school and as a wider community we cannot guarantee to eradicate all bullying but what we can do is take all reasonable measures to manage and minimise the incidents of bullying at LRCS. Parents, students and staff all have a role to play in minimising bullying. It is a community effort and one that we should all strive for. A community which "calls out" bullying is one that is cohesive and one that supports the wellbeing of all its members.

To that end Mr Allen our Head Teacher of Wellbeing, is leading a team that is reviewing our Anti-Bullying policies and procedures so that we are able to support our students and parents. You and your children will hear much more of that in the coming months

**BULLYING. NO WAY!**  
SAFE AUSTRALIAN SCHOOLS.  
TOGETHER.



### Primary Regional Athletics

Fri 13th Sep

### Superhero Day

Fri 20th Sep

### K - 6 Assembly

Mon 23rd Sep

### Year 12 Farewell Assembly

26th Sep

### School Holidays

Mon 30th Sep - Fri 11th Oct

### Students Return

Mon 14th Oct

### P & C Meeting

Tue 29th Oct

### Mid-Term Break

Fri 15th - Mon 18th Nov

### Kindy Start Program

Beginning on the 19th Nov

### Year 12 Formal

Sat 23rd Nov

### T120 Laptop Fees Due

Fri 29th Nov

### Presentation Day

Fri 13th Dec



Like us on  
**Facebook**

2019 School Newsletter now available online,  
via our website on [www.lightningr-c.schools.nsw.edu.au](http://www.lightningr-c.schools.nsw.edu.au) and SkoolBag

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## Continued

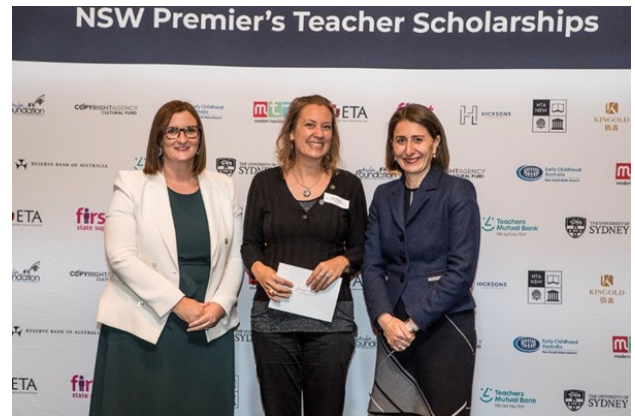
I thank my lucky stars each day that I am in the position to lead such great staff at LRCS, but their expertise and professionalism is often acknowledged beyond our own school yard and community.

One such example is Ms Jennifer Dove who was recently the successful recipient of the 2020 Premier's English Teachers Association Scholarship. The competition for these scholarships is fierce and it is open to secondary teachers currently teaching English in NSW schools or TAFE NSW campuses. The scholarship is for a study on English education.

For 2020 there were 20 scholarship recipients across 17 categories. The title of Ms Dove's proposal is: Creating a writing practice for high school English students in remote and rural communities.

The scholarship allows Ms Dove to take up to 5 weeks leave in 2020 to further her expertise and study in this area. Expertise that she will utilise to benefit the students of Lightning Ridge Central School.

Once again congratulations Ms Dove!!



*Minister for Education and Early Childhood Learning, Sarah Mitchell MLC, Ms Jennifer Dove and Gladys Berejiklian Premier of NSW*



## Secondary Deputy Principal's Report

Year 11 students will be sitting their Yearly Examinations during Week 9 of this Term.

During Term 4 students will be commencing Year 12 studies. Students in Year 11 should now be producing study notes and completing practice examination papers.

During Week 10 a number of students will be participating in work placement in the community. Thank you to those business for enabling our students to participate in work placement. This provides them with an opportunity to experience real life work situations.

2020 School captain voting has commenced, Year 11 students will make speeches explaining why they should be elected as our school captains. The 2020 School captains will be announced shortly.



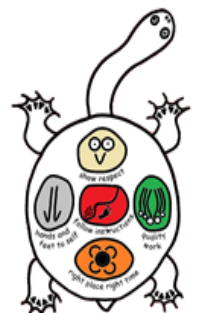
## Positive Behaviour for Learning

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

## Quality Work

This symbol represents a bowerbird's display, because they work so hard on these and they have to be perfect.







## Library Report

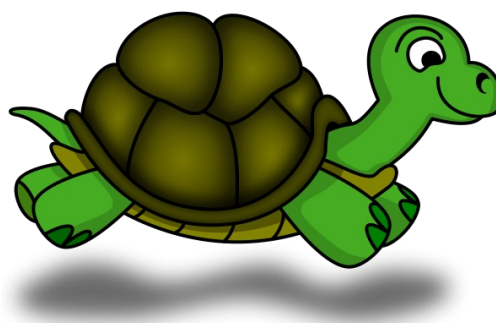
Well Book Week is over but the books keep coming!

We received a donation of good quality Second Hand books from Books 4 Outback, a group that operates out of Newcastle. We distributed them to students who wanted a book to read and I must say I felt like the Pied Piper when I walked with the many kids noisily coming to the library to get a book. The books were good quality and I was pleased that so many of our students responded and came at lunchtime to select a book. We wrote the student's names in their books and some kids said they would share with each other. We even had to have a draw for a boxed set of three books and the lucky winner had a smile a mile long. Great to see pleasure in books and also in receiving. The thank you's and polite behaviour was pleasing to see from all students.



### The Library Turtle Draw winners recently have been:

ES1	Ezekiel Miller ES1J
Stage 1	Milli McCabe S1Y
Stage 2	Claudia Bogdan S2H
Stage 3	Leeanna Tucker S3N
ES1	Max Dominick ES1P
Stage 1	Kobi Carpenter S1Y
Stage2	Taniqua Wallace S2O
Stage 3	Laitori Boney S3C



As I type this we have twenty five students who have handed in their LRCS Reading Challenge sheet. The celebration party will be on Monday 16th September where we have lunch in the library and presentation of certificates for those who complete the challenge.



## **Worth your Weight in Opal**

### **Brax Seaton S1Y**

Brax was nominated by Mrs Cross for taking turns during sport. Brax showed great sportsmanship by ensuring everyone in his team had a fair go.

Way to go Brax!



## **Worth your Weight in Opal**

### **Tristan Morris S2O**

Tristan was nominated by Mrs Molyneux for working well with SLSOs to see improvements in his learning.

Awesome job Tristan!



## **Worth your Weight in Opal**

### **Brianna Kotru S3B**

Brianna was nominated by Mrs Stiller for participating in our in-class oral ready competition!

Well Done Brianna!!

**PACER**  
Parliament and Civics Education Rebate

**BUSY At Work**  
*where opportunities begin*

Stage 3 Students who attended the Canberra Excursion have recently undertaken an education tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship Education. To assist schools/ families in meeting the cost of the excursion, the Australian Government will contribute \$30 per student to the school under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.



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# STEM in Kindergarten!

(Science, Technology, Engineering and Mathematics)

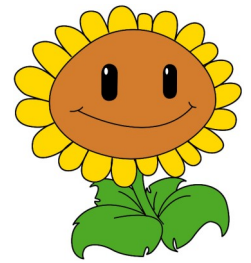
Our mission was to make a chair out of blocks. We then had to make a table that the chair could fit underneath (with leg room for someone to sit down). This task allowed us to explore different designs and practise our problem solving skills such as trial and error.





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## Science in Kindergarten



In Term 3, Kindergarten have been working on the science unit, Growing Well. The unit looks at the basic needs that animals and plants need to grow and survive.

ES1J students began planting sunflower seeds in week 2 of Term 3 and now six weeks on our plants are surviving with the basic needs: water and sunlight.



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## RSPCA VISIT

On Wednesday morning the children were very excited to welcome visitors from the RSPCA. They all learnt about the role the RSPCA play in the community by providing services such as, animal shelters, veterinary hospitals and law enforcement.



Some lucky students got to role play as a veterinarian doctor and check over 'Rusty' the dog. A very lucky few got to demonstrate how you should clean up after your dog or cat (don't worry, the poo was plastic). We also learnt about micro-chipping your pets and how it is really important to de-sex your pets. All the students were very grateful to receive a little gift package to keep their hands germ free after playing with a dog or cat.

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## Mathematics

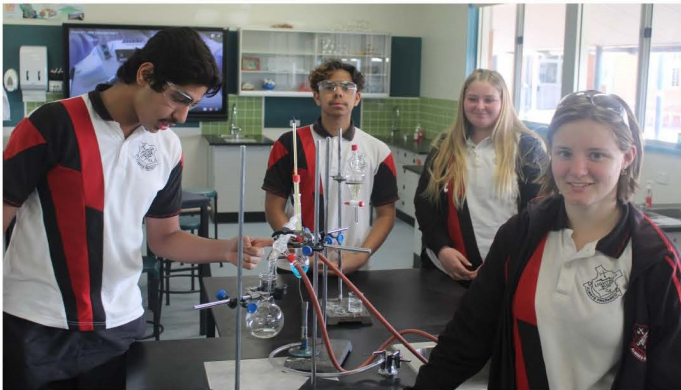


Year Nine are currently learning about collecting and presenting data, reading graphs and making inferences about statistics quoted in the media.

For instance, did you know that 9.9% of people have left the Walgett-Lightning Ridge region since 2012? Some of the reasons Year Nine students came up with for people leaving the region include the drought, lack of entertainment and proximity to university.

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## Science



Don't believe everything that you see.

In Science you have to test it— it must be **REPRODUCIBLE**.

And you must try different media for **COMPARISON**.

Year 8 and Year 11 in the lab.

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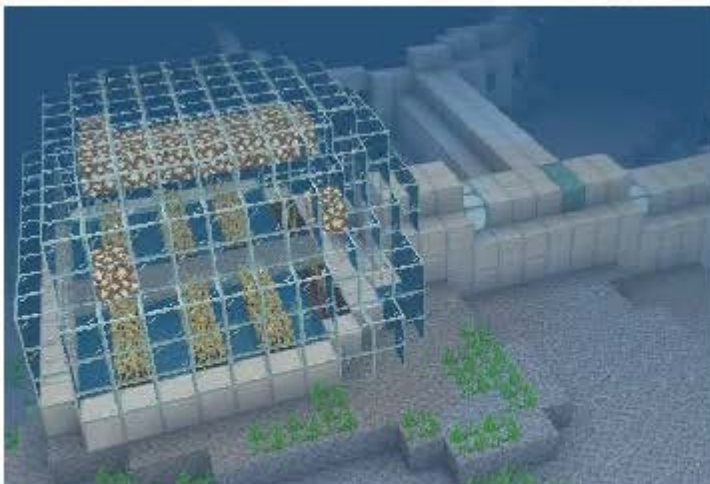
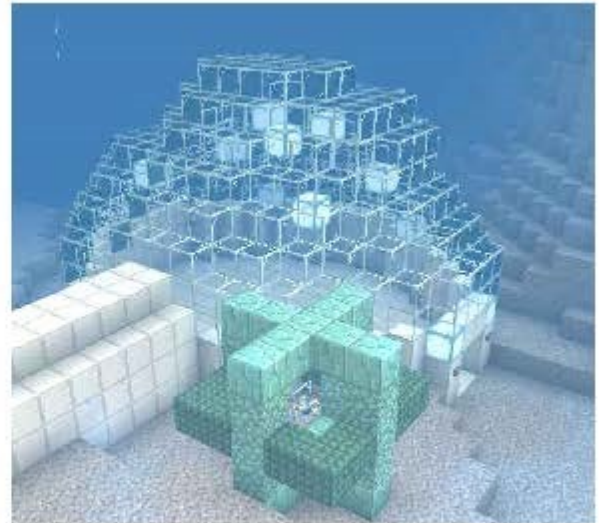


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## Senior MC



The Senior MC have been completing a technology unit of work this term using Minecraft Education Edition. Students have been focusing on planning, designing and building dwellings in an island world environment. Some students have extended their work to include food crops and livestock production. Part of the process has included developing their own avatar and collecting tools and resources on the way. The class worked together to come up with rules to maintain a peaceful island community. The students have also been engaged in peer teaching as well as upskilling Mrs Murray with tips and tricks to becoming a Minecraft pro.





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## Stage 2 Lake Burrendong Excursion



On Wednesday the 4th of September, Stage 2 boarded the bus for our excursion to Lake Burrendong. After two hours of steady driving, we stopped at Coonamble to eat some green apples and juicy oranges. Then we drove for two hours to the Japanese Gardens. At the beautiful Japanese Gardens, we saw brown ducks with green on their faces and big Koi Fish. Afterwards, we arrived and unpacked our luggage.

Once we had unpacked our luggage, we met our guide, Jess, who took us on a lovely tour of the camp. After that, we were told what lodge we were in. I was in Merinda lodge 2. Merinda means beautiful. Staying in my lodge were Bernadette, Chaylana, Mia, Teniqua, Riamah, Charlee and Tyleah. Inside the lodge were 7 bunks and 14 mattresses. The bunk beds were blue and green.

Next, we moved on to the activities. There were two groups for activities, Echidnas (my group) and Goannas. The first activity we did was BMX riding. The track was shaped like a large oval and had old black tyres used to mark off the track. The bikes were green and black. After BMX riding, we walked down a large hill to the pool for free time.

Before we went into the pool, we had to do a swim test. Jess, our guide, told us how it works. We had to use a recognisable swim stroke to swim the entire 25 metre long pool. Then, when we reached the end, we had to tread water and spin around. After that, we had to put our hand up while treading water. If we weren't able to do all of this we received a yellow band which meant we could only swim in the shallow end. If we were able to complete all of the activities, we received a blue band which meant we could swim in the deep end and the shallow end.

After free time, we went to our cabins to dry off and hang up our swimmers. We hung out in our cabins for some time then we moved to the dining hall for dinner. That night we had chicken curry. My rating of that dinner was 3/10.

The next day, we did slip and slide. One time when I was going down the slide on my belly, I rolled over at the end and slid onto the grass and then Harlow came down and crashed into me.

On the last day we did archery. The target looked like a jawbreaker cut in half. There was a big hill behind the targets to stop any arrows that missed. I found it quite easy to pull back the arrow. AMAZINGLY I got a BULLSEYE! I really liked archery! Then we hopped on the bus and went home. I really loved camp!

Alexis Tye

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## Stage 2 Lake Burrendong Excursion

On Wednesday the 4th of September, Stage 2 went to Lake Burrendong for 3 days and 2 nights. When we got there, we were greeted by Lake Burrendong staff members.

After the staff greeted us, we unpacked our luggage. One of the staff members sat us down and told us about the centre and what instructions we would have to follow. She also took us on a tour around the centre.

Following the tour, we got told about more things, including what lodges we were staying in and what groups we were in. Then we did an activity and had lunch.

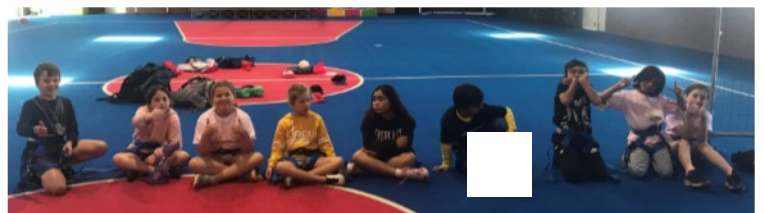
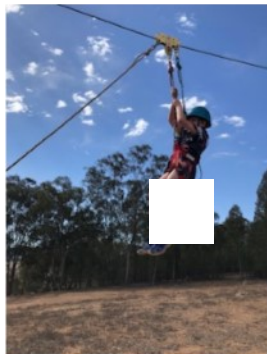
At night, after dinner, we had night activities. We played a lot of different games that were really fun!

During the rest of our stay, we did all sorts of activities which were so much fun! Some of the activities included, rock climbing, flying fox, slip slide, swimming pool, archery, BMX riding and low ropes challenges. My favourite activities were rock climbing and slip slide.

On the last day we bought stuff at the souvenir shop.

I had a great time at Lake Burrendong!

Kyana Lamb





## Stage 3 Canberra Excursion

On Sunday 1st September 2019, a lot of excited Stage 3 students left for their annual week long camp. This year students headed to cold Canberra, where they enjoyed an action packed week full of activities from a visit to Parliament House to The Perisher Skitube.

First stop on the trip was the Mount Ainsley Lookout where students had the chance to see the Parliamentary Triangle, Lake Burley Griffin and the Carillon. It was then onto the Education Centre where students became politicians and practiced their debating skills followed by a guided tour of Parliament House, where they visited the Senate and House of Representatives. After some lunch on the grounds it was off to the Government House then onto the Royal Australian Mint.



Tuesday saw another fun filled busy day with visits to the Australian War Memorial, the High Court of Australia, The National Gallery of Australia, the Australian Electoral Education Centre. They even managed to squeeze in a night tour at the Canberra Reptile Zoo after dinner.





Wednesday the touring continued with visits to Cockington Green, the Dinosaur Museum, Questacon and the Australian Institute of Sport.

performance @holland

Thursday it was off to the Snow!!!!

The collage consists of nine photographs arranged in a grid-like fashion, with decorative snowflake graphics interspersed. The photos depict various winter activities:

- Top Left:** A child in a black jacket and grey hat sleds down a snowy slope. A white snowflake graphic is to its left.
- Top Center:** A large group of children and adults pose for a group photo on a snowy beach with dunes in the background.
- Top Right:** A child sleds down a snowy hill. A white snowflake graphic is to its right.
- Middle Left:** Three children sit on a yellow sled, smiling for the camera.
- Middle Center:** A wide shot of a snowy beach with several children sledding down the dunes.
- Middle Right:** Two children sit closely together on a yellow sled.
- Bottom Left:** A snowy beach scene with children and adults in the distance under a cloudy sky.
- Bottom Center:** The interior of a bus, showing children sitting on red seats.
- Bottom Right:** A large group of children and adults sitting on the floor of a large hall, possibly a school gymnasium.

Decorative elements include four white snowflake graphics in the top corners and a row of four blue snowflake graphics at the bottom center.



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## K-6 Assembly



K-6 assembly was held on Monday 9th September.

Awards presented included Girrabirrii-Turtle Ward, Primary Quality Work, Worth your Weight in Opal, Silver and Gold Award's.

Well done to all children who received awards, keep up the good work!!







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.



# EVERY MINUTE COUNTS....

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

*Your child's best learning time is at the beginning of the day...*

**Check the time  
your school  
starts.  
DON'T BE LATE!**



Give your child every chance to succeed.... Regular attendance at School is important for all students to ensure they have the best opportunity for success!

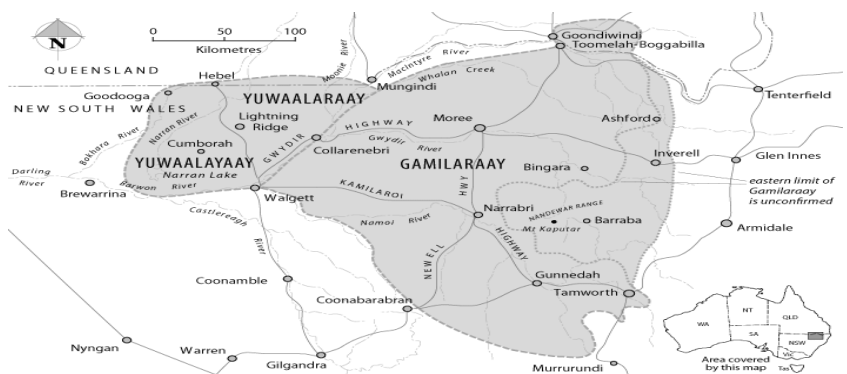
Yuwaalaraay is the dialect of the Lightning Ridge area. The name of the language and Aboriginal people of the Balonne River Region.

**Yuwaalaraay**  
**Word of the Week**

**Gawaarraa**

=

*The season spring, the  
time of new growth.*





# 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)
6. Add 'groups' ie child's class

for Apple users



for Android users



for more info visit [skoolbag.com.au](https://skoolbag.com.au)

SkoolBag 



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



K - 6

# AWARD ASSEMBLY

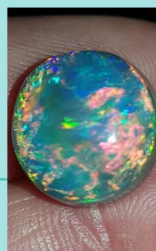
2:00 pm

**Monday 23rd September 2019**

**School Gym**

## BE AMBITIOUS

## BE EMPLOYED IN THE OPAL INDUSTRY



**ENROL IN 166-54581V01  
STATEMENT OF ATTAINMENT IN  
DEVELOP CREATIVE SKILLS (OPAL CUTTING)**

### COURSE DESCRIPTION:

This course will provide students with the skills and knowledge to develop their creative design skills for cutting and polishing opals.

### THIS COURSE ALSO PROVIDES:

Training in routine machine maintenance, work health and safety in an opal cutting environment, and learning about rough opals.

### COURSE OUTCOMES INCLUDE:

- Prepare a solid opal for cutting and polishing
- Cut and polish solid opal

### COURSE UNITS OF COMPETENCY:

- **CUAPPR201**  
Make simple creative work
- **CUAPPR301**  
Produce creative work

### PLEASE NOTE:

- Students are required to bring their own rough potch and or opals to work on.
- This class has a maximum limit of 10 students. To reserve your place and avoid disappointment, enrol today

### COURSE SNAPSHOT

**Location:**  
TAFE NSW Lightning Ridge  
Kaolin Street  
Lightning Ridge NSW 2834

**Course:**  
166-54581V01 Statement of Attainment in Develop Creative Skills

**Course Delivery:**  
Classes run 4 days a week, over two weeks. Classes commence on Wednesday 23<sup>rd</sup> October 2019, with breaks for morning tea and lunch.

Wednesday to Saturday  
9 am to 3 pm

**Cost:**  
\$900 per person

To enrol, or for more information, please visit [tafensw.edu.au](http://tafensw.edu.au) or contact the TAFE NSW customer service team on 131 601.

### CONTACT US TODAY

131 601 [tafensw.edu.au/short-courses](http://tafensw.edu.au/short-courses)



This document is correct at the time of printing: August 2019.  
\*Terms and conditions may apply.



RTO 90003

# Class of 2019 Graduation Assembly

10.30am

Thursday

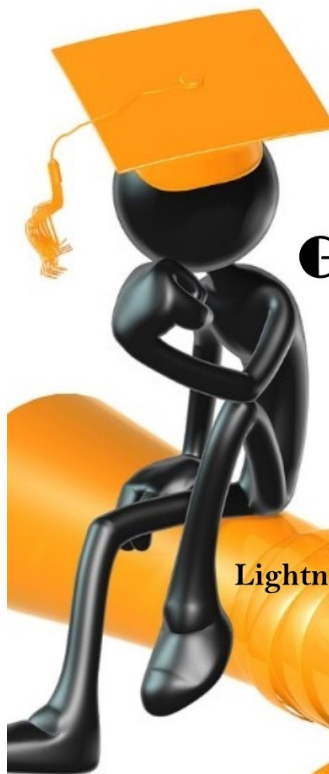
26th September 2019

**Lightning Ridge Central School**

Followed by morning tea  
in K23 at 11am

**2pm in the School Gym**

**All family and friends welcome!**





# P & C MEETING



**TUESDAY 29TH OCTOBER 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

## 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 19<sup>th</sup> 2019.

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



# MID-TERM BREAK

FRIDAY 15th NOVEMBER  
&  
MONDAY 18th NOVEMBER



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# Canteen Newsletter

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.

As we are a Central School, some of these changes will be harder to implement, as some items are only allowed to be sold to High School and not allowed to be sold to Primary. Example: Iced Coffee milks off limits to Primary only High School allowed to sell to, Juices 250ml, Big M 250ml and 300ml drinks are allowed to be sold to Primary students, and of course the best choice is Water!

Please note that these will changes need to be made by Term 1, 2020!

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

**Last week I received a note from S1D regarding plastic straws and what they are doing to our environment, well that was easily fixed, the canteen now has paper straws!!**

**GLUTEN FREE** bread also available!

## **JUST A REMINDER ITEMS AVAILABLE TO ORDER OR OVER COUNTER:**

Crunch cups (tom, cuc, carrot, celery,cheese)	-	\$2.50ea
Chicken burgers (lettuce, tom, mayo, chick pattie)		\$4.50ea
Chicken lettuce mayo sand	-	\$3.80ea
Ham Cheese Tomato sand	-	\$4.00ea
Chicken or Ham Salad sand	-	\$4.20ea
Salad bowls (pls order) from	-	\$5.00ea

**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.
- Icecreams are available to buy or ordered at lunch only.
- Please note that the Canteen will close 5 min before bell time. Roller doors will be closed. Students will not be served outside of Recess & Lunch times.

Thankyou,

Susan Chapman

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## 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!