

LIGHTNING RIDGE CENTRAL SCHOOL



Principal:

Mr Richard Finter

Primary Deputy Principal:

Mrs Jane Miles

Secondary Deputy Principal: **Mrs Margaret Morriss**

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Term 4, Week 6, 2020



Principal's Report

Last week was NAIDOC Week. It was rescheduled from earlier in the year due to COVID. NAIDOC Week acknowledges the culture and history of our First Nations Peoples and their contribution to our country. It is an important event on the school calendar.

The theme for 2020 NAIDOC Week is Always Was, Always Will Be. This phrase recognises that First Nations people have occupied and cared for this continent for over 65,000 years and that they are

spiritually and culturally connected to the country over generations.

Aboriginal and Torres Strait Islander people were Australia's first explorers, first navigators, first engineers, first farmers, first botanists, first scientists, first diplomats, first astronomers and first artists.

The intimate knowledge of Country allowed First Nations people to sustainably manage the land to ensure it remained bountiful for future generations.

Through ingenious land management systems like fire stick farming they transformed the harshest habitable continent into a land of bounty.

NAIDOC Week 2020 acknowledges and celebrates that our nation's story didn't begin with documented European contact.

The very first footprints on this continent were those belonging to First Nations peoples.

For First Nations people, this nation's story began at the dawn of time.

NAIDOC 2020 invites all Australians to embrace the true history of this country a history which dates back thousands of generations.

Concepts of Time

On 27th January this year I was watching ABC TVs The Drum, and a guest on the program was Stan Grant, Wiradjuri man and esteemed journalist. The discussion was about how important astronomy and knowledge of the stars was to Aboriginal people. He made the comment that the concept of time for Aboriginal people was circular, that is in stark contrast to European concept of time as linear. I was not sure what he meant so I asked an Aboriginal man what was meant by the concept of time being circular. He explained to me that time for Aboriginal people revolved around the seasons which were always moving forward but were cyclical in nature.

This would align with what an Aboriginal Elder from the South Coast of NSW told me many years ago that "The Dreaming" was not a thing of the past, that it was ongoing, it is the present, past and future.

Year 6 to 7 Transition

Our year 6 to 7 Transition Program is well under way. Last week Year 6 students embraced the opportunity to have a Q&A session with some year 7 students to gain an insight into what the change to secondary entailed and what were the positive things about it as well as some of the challenges. I would like to congratulate Evey Allen, Austen Hallett, Quintin Bolton-Cubby, Brianna Kotru for the leadership they displayed in the Q&A session.

The next step in the transition program is that the students will have two Orientation Days in the High School. The first will be on Thursday 26th November and the second day on Wednesday 2nd December. The precise details of those days and the timetable for each day will be publicised soon.

Important Information

Kindy Start Program

Beginning on Fri 20th Nov

T121 Laptop Payment

Due

Fri 27th Nov

Year 6 Celebration Day

Mon 7th Dec

Presentation Day

Thurs 10th Dec

K - 6 Pool Party

Mon 14th & Tues 15th Dec

Last Day of Term 4

Wed 16th Dec

Students Return 2021

Friday 5th Feb

Uniform Shop

Monday and Thursday

8:30 am to 9:00am

LOST PROPERTY

Please check the front office

Join us on

SkoolBag

 **Like us on Facebook**

2020 School Newsletter now available online via our Skoolbag App and website on www.lightningr-c.school.nsw.edu.au



Secondary Deputy Principal's Report

During Week 5 students in Years 7 to 10 completed their Yearly Examinations, students generally showed commitment to their examinations and behaved responsibly during the exams. This was the first time this year that students were able to complete any formal exams due to COVID. It was pleasing to see most students putting in 100% effort.

Students are now working towards completing course work, assessment tasks and practical projects. School continues until the 16th December, students need to bring all their equipment and be ready for learning until the end of the year.

A number of online activities such as LEXIA & Reading Plus are planned for our students & it is essential that they bring their charged laptop to school. Parents & carers will soon be sent invoices for laptops—please ensure laptop fees are paid on time to enable your child to continue with the use of their laptop.

Some Year 7 students will be travelling to Dubbo for an excursion to support their HSIE studies. Students have been investigating Liveability as part of their learning in Geography. They have been investigating places around the world, as well as our local community, all while assessing the ability of a place to support the wellbeing of its residents. Thanks to Ms Stewart for organising this event and Mr Maclean for driving the bus.

Important Information

Bell Times:

Kindergarten - Year 6 8:55am - 2:57pm

(Primary Students are asked to not enter school grounds prior to 8.30am as there is no supervision.)

Years 7- 12 8.40am - 2:57pm

(Secondary Students are asked not to enter school grounds prior to 8.15am.)

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Lesson 1— SECONDARY	8:40-10:00	8:40-10:00	8:40-10:00	8:40-10:00	8:40-10:00
Lesson 1— PRIMARY	8:55-10:00	8:55-10:00	8:55-10:00	8:55-10:00	8:55-10:00
Lesson 2	10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00
Recess	11:00-11:30	11:00-11:30	11:00-11:30	11:00-11:30	11:00-11:30
Lesson 3	11:30-12:30	11:30-12:30	11:30-12:30	11:30-12:30	11:30-12:30
Lesson 4	12:30-1:30	12:30-1:30	12:30-1:30	12:30-1:30	12:30-1:30
Lunch	1:30-2:00	1:30-2:00	1:30-2:00	1:30-2:00	1:30-2:00
Lesson 5	2:00-2:57	2:00-2:57	2:00-2:57	2:00-2:57	2:00-2:57



Worth your Weight in Opal

Thomas Caley ES1P

Thomas was nominated by Miss Deer for his application during writing groups.
Keep it up, Tom!



Worth your Weight in Opal

Tyler Mahoney S1B

Tyler was nominated by Miss Elliott for effort. Well done, Tyler!



Worth your Weight in Opal

Solomon Seabrook S20

Solomon was nominated by Miss Elliott for citizenship. Well done, Solomon!



Worth your Weight in Opal

Blake Munro S3C

Blake was nominated by Mr Finter for going outside his comfort zone, nominating for captain and making a speech to his peers. Well done, Blake!



Worth your Weight in Opal

Quinton Bolton-Cubby Year 7

Quintin was nominated by Mr Finter for outstanding leadership in assisting with the Year 6 into Year 7 transition program.

Early Stage 1

This term Kindergarten added a special reading corner to their room. Whenever another teacher or adult enters the room they have the opportunity to read one on one with a student.

This reading corner is giving our students the opportunity to listen to more books.



Kindergarten would like to say thank you to all the amazing teachers who have taken the time to come

Stage 1



S1 Balabala have welcomed an extra pair of hands to our class. Micha Scott has joined our class for one month as she is doing her third year prac. Miss Scott has come to Lightning Ridge from Canberra. She has been a welcome addition to our class and the students have enjoyed being taught by her. Miss Scott has experience when it comes to netball and she's been an asset in helping students improve their gross motor skills



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
Primary - Hands and Feet to self
Secondary - Show Respect



Primary Students should arrive at school by 8:55am

Secondary Students should arrive at school by 8:40am

LATE IS NOT GREAT



ALERT: ASTHMA AND AEROSOLS

Some members of the Lightning Ridge Central School Community suffer severe allergies to aerosol sprays or perfumes that can act as a trigger to an (often) serious asthma attack, or bring on a medical complication in a sensitive individual.

The allergy can be sufficiently serious to put staff or students into anaphylactic shock if an aerosol can has been used anywhere in their vicinity. This can be a life threatening situation, resulting in the staff member or student being transported to hospital in an ambulance.

- Roll-on and stick deodorants are permitted at school.
- Aerosols are banned from school premises, excursions, sporting events and all events where students are in confined spaces.
- Students are encouraged to follow correct hygiene procedures by applying deodorant at home after showering: a good deodorant will last all day if applied to clean skin before dressing.

Let's Help to Create an Asthma Friendly school. This means that everyone needs to be aware of their own:

- Right to a safe learning environment.
- Responsibility for the health and safety of others in their shared spaces.

Remember: No student is to use or bring aerosol deodorants or sprays to school.

Teachers have been asked to confiscate any aerosol products found at school and bring them to the Deputy Principal. Parents will be informed that the products have been collected from their son or daughter and that they can call into the school and collect the product.

Thank you for considering the health and safety of others.

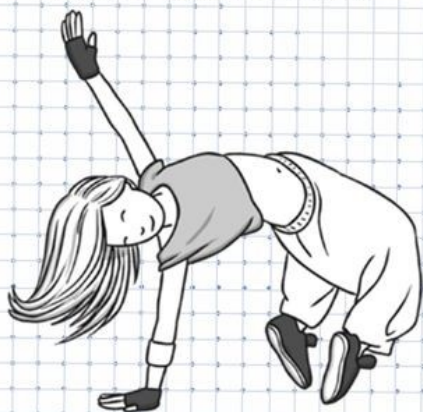
Opal Dance Works

When: Sunday 22nd Nov

Where: Primary Oval LRCS

enter via Brilliant street

Please sign in on arrival



Food and drinks provided by the GIFT team

5.30 for a 6 o'clock start

Gold coin donation

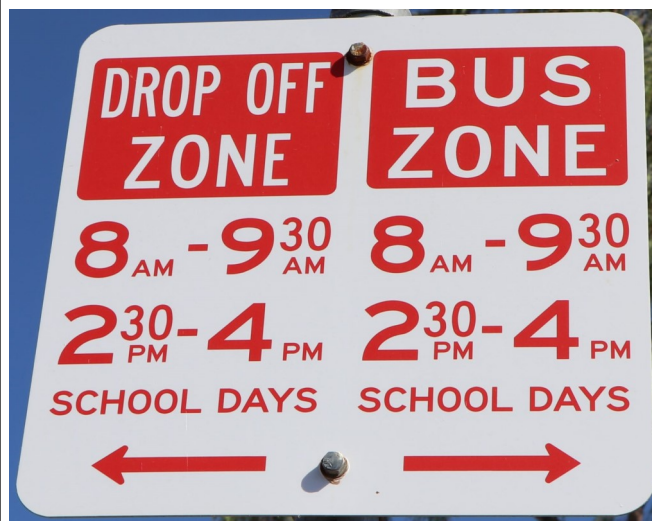
Raffle tickets

BYO Picnic blankets or camp chairs.

Drop-off and Pick-up Zone

Just a friendly reminder for Parents and Carers that our school drop off and pick up zone provides a safe spot for Parents and Carers to drop off and collect their children from school by car.

As we want to keep our school community safe, please remember that drivers may drop off and pick up students legally within a two-minute timeframe as directed by Transport for NSW. If you need to park for longer than 2 minutes, please use the designated parking areas.



LAPTOP PAYMENTS NOW DUE

T121 Laptop Payments due by Friday 27th November, 2020

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 via Skoolbag or 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.



HOME SCHOOL LIAISON PROGRAM OFFICERS WILL BE INTERVIEWING STUDENTS ABOUT LATE ARRIVALS

In the next few weeks Home School Liaison Program Officers will be in the school to interview students whose lateness is of concern. This is part of an ongoing program to improve attendance.

The *Education Act of 1990* states that it is the duty of parents and carers to see that their children of compulsory school age attend school on time every day the school is open for instruction.

All absences must be explained within 7 days of the first day of the absence.

Remember that lessons start at **8.45am** each day.

If students are late or absent they need to either:

- bring a note explaining their absence, OR
- their carer should contact the school in person to explain the lateness or absence, OR
- their carer should phone or email the school to explain the lateness or absence.

Gillian McKenzie HSLO and Tammy Baker ASLO
Phone: 0428 271 210

NSW Department of Education

A managed return to school



Students at school 5 days a week.



Students must bring their own water bottle.



Non-essential visitors are not permitted on school ground. Parents and carers must physically distance at drop off and pick up.



Follow health advice and keep your child home if they are unwell.



For full details, visit
education.nsw.gov.au/covid-19/advice-for-families

education.nsw.gov.au





Four health students from Southern Cross University have been completing a health promotion project at Lightning Ridge Central School over the last three weeks. After discussions with the staff at the school and the disruptive year that 2020 has been, they decided to create a project about the mental wellbeing of the students. To address this area of health, they focused on mindfulness. The four health students worked with one Stage 3 class and their teacher by completing some mindfulness activities that have been created by the not-for-profit organisation Smiling Mind.

The aim of Smiling Mind is to help make future generations happier and healthier through the practice of mindfulness meditation. Free mindfulness training, resources and teaching tools are available to staff, students and families through the Smiling Mind website and app. It is already used by over 195, 000 teachers and 3.8 million young Australians.

Mindfulness is noticing what is happening right now, paying attention to the present moment and being aware of your thoughts and feelings without distraction or judgement. It is not about clearing the mind of thoughts, nor of only feeling positive emotions but it is a way to develop an attitude of self-kindness and acceptance. With repeated practice, students become more attentive, make better decisions about what to give their attention to, and improve their mental health and engagement with learning.

For more information, videos, guides and to even use Smiling Mind yourself, visit their website:

www.smilingmind.com.au

ISSUE 8 ORDERS DUE BACK BY: *Mon 30th Nov 2020*

Book Club

Bonus Christmas titles INSIDE

- 001** **NEW! Shoe Wars**
Ruby and Bear Foot must rescue their inventor dad from his hideous boss Wendy Wedge!
432 pp. AGES 8+
\$19.99 CLUB PRICE **\$14.00**
- 002** **NEW! Whitney and Britney Chicken Detectives**
The feathery divas are back and this time they have a mystery to solve!
32 pp. hardcover. AGES 3+
\$29.99 CLUB PRICE **\$12.00**
- 003** **NEW! Macca and Al Super Pals**
Can Macca and Al learn that heroes don't always need capes?
24 pp. hardcover. AGES 3+
\$19.99 CLUB PRICE **\$12.00**
- 004** **NEW! The Grumpy Granpy Donkey**
Laugh-out-loud family fun in honour of grannies everywhere.
24 pp. hardcover. AGES 3+
\$19.99 CLUB PRICE **\$13.00**
- 005** **The Odd Is Out JOURNAL**
Advice on accepting your quirks and growing up in the internet age.
2 books, 224-240 pp. 70 pp. journal. AGES 10+
\$39.99 CLUB PRICE **\$30.00**
- 006** **NEW! Snow Time!**
Hotdog accidentally ends up at the snow instead of the beach, will it be a holiday disaster?
128 pp. AGES 6+
\$14.99
- 007** **NEW! The Deep End**
Greg and his family hit the road for a cross-country camping trip, a disaster waiting to happen!
224 pp. AGES 10+
\$14.99 CLUB PRICE **\$14.00**
- 008** **Ultimate Rocks & Gems Collection**
Discover some of the rocks and minerals that cover the surface of our Earth.
AGES 7+
\$29.99
- 009** **NEW! Sooty Quest**
Ella and Olivia are on a quest to find as many butterflies as they can.
64 pp. AGES 6+
\$6
- 010** **NEW! Bluey: Hooray, It's Christmas!**
Get into the holiday spirit with lots of Bluey sticker activities.
32 pp. AGES 3+
\$9
- 011** **NEW! The Craziest Christmas Crack-Ups Ever!**
Over 300 hilarious jokes ready to crack you up!
96 pp. AGES 6+
\$9.99

Copies of the catalogue are now available in the office.
Please drop back your orders to the office by Monday 30th
November, 2020.

BOOK FAIR

**Tuesday 17th - Friday 20th
November**

**On sale in front of the Office
before and after school**

TUESDAY- PICTURE BOOKS
WEDNESDAY- PRIMARY FICTION
THURSDAY- SECONDARY FICTION
FRIDAY- NON FICTION

An important message about our response to COVID-19

The health and safety of our staff and students is of the utmost importance to our school. We have implemented a range of measures to help keep our school healthy and reduce the spread of infection and illness. Some simple measures we ask that you adopt include:



Before entering our school

If you have been unwell, with symptoms such as a high temperature, cough, sore throat, and/or shortness of breath, please don't visit our school. Please contact our office to speak to one of our staff. **Ph: 0268 290 511**



Increase hygiene practices

We request that all staff, students and visitors follow increased personal hygiene practices. Wash your hands regularly and thoroughly. Cough or sneeze into your elbow or a tissue, and dispose of tissues properly.



Maintaining a healthy distance

For the health and wellbeing of our staff and students, please stand at least **1.5 metres** apart while waiting in our office. Our visitors are encouraged to wait outside for their turn to speak with our office staff. We are also applying social distancing requirements across all areas of the school as is reasonable and practical.



Support for our staff

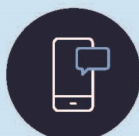
We appreciate your patience and support while we work together to minimise the impact of COVID-19 in our community. We know this is a difficult time and we are doing all we can to support our staff and students.

For up-to-date information and resources, visit:
education.nsw.gov.au/covid-19.

Take care of your mental health



It's okay to feel stressed, anxious or worried.



Use credible sources when looking for information about COVID-19 and how to stay safe.



If you're feeling overwhelmed, take a break from watching the news and social media.



Try these healthy coping strategies to find the ones that work best for you:

- Talk to family, friends or teachers about your problems.
- Do something you enjoy.
- Use relaxation techniques like deep breathing or meditation.

If you want to talk it through with someone or find more tips, reach out to one of the following groups:

Kids Helpline

1800 55 1800 (24/7)

kidshelpline.com.au

Reachout

au.reachout.com

headspace

1800 650 890

eheadspace.org.au

Lifeline

13 11 14 (24/7)



Please use hand sanitiser

Yuwaalraay is the dialect of Lightning Ridge. The name of the language and Aboriginal people of the Balonne Region.

Yuwaalaraay Word of the Week

wiibiyaay = hot

Summer is on it's way, and it's getting *wiibiyaay*!



When is sick too sick for school

Gastroenteritis

Symptoms

Diarrhoea, vomiting, fever, stomach cramps and headaches.

Home or school?

Keep home from school for 24 hours until diarrhoea/vomiting stops.



Knowing whether a child is well enough to go to school can be tough for any parent.

Never send a child to school who has a fever, is vomiting or nauseated, or has diarrhoea.



Influenza

Symptoms

Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.

Home or school?

Keep home from school until well.



If you need to get a message to your child please contact the school office by 2:30pm. Thankyou!

AVAILABLE IN THE CANTEEN
TERM 4

SUSHI WEDNESDAY

Rolls \$3.50 ea / 2 for \$6

Chicken

(crumbed chicken, mayo, carrot and avo, wrapped in Seaweed Nori Sheets)

Teriyaki Beef

(grilled teriyaki beef, red capsicum, cucumber and carrot, wrapped in Seaweed Nori Sheets)

Tuna

(mayo, red capsicum, cucumber, wrapped in Seaweed Nori Sheets)

ORDERS TO BE IN BY MONDAY EACH WEEK

Sushi Wednesday Order Form

___ x Chicken

(crumbed chicken, mayo, carrot and avo, wrapped in Seaweed Nori Sheets)

___ x Teriyaki Beef

(grilled teriyaki beef, red capsicum, cucumber and carrot, wrapped in Seaweed Nori Sheets)

___ x Tuna

(mayo, red capsicum, cucumber, wrapped in Seaweed Nori Sheets)

☐ Soy sauce ☐ Wasabi

Rolls \$3.50 ea / 2 for \$6

Name: _____ Class: _____

Recess / Lunch

High school students and staff:

Please order to ensure availability.

There will be limited quantities available over the counter.

LRCS - CANTEEN MENU - TERM 4, 2020

<u>Snacks - (Recess & Lunch)</u>		<u>Sandwiches</u>		<u>Hot Foods</u>	
Crunch cups (cheese, carrot, celery, tomato & cucumber)	\$3.00	(Gluten free bread available)		Mrs Mac lite sausage roll	\$3.50
Yoplait yoghurt 175gm (vanilla)	\$2.50	(Multigrain rolls extra \$1.00)		Travellers beef pie	\$3.80
Grain waves (sour crème)	\$1.20	Cheese	\$3.20	Party pies village 60gm	\$1.20
Cheese sticks	\$1.00	Cheese salad	\$4.20	Chicken & gravy roll	\$5.50
Lite muffins 75gm (chocolate)	\$2.00	Cheese & tomato	\$3.60	Garlic bread (Good Tucker 75gm)	\$1.30
Koala popcorn (plain)	\$1.50	Ham, cheese & tomato	\$4.00	UFO ½ roll	\$2.00
Fresh fruit (banana, apple, orange)	\$1.00- \$1.50	Ham or chicken salad	\$4.50	Cheese & tomato sauce	\$3.00
Fruit salad cups	\$1.50	Ham or chicken	\$3.50	Chicken strips per bag (6)	\$3.00
<u>Drinks</u>		Chicken chilli tender, lettuce & mayo	\$4.50	McCains pizza (Ham/pineapple or ham/cheese)	\$3.00
Spring water 600ml	\$2.00	Ham & cheese	\$3.80	Beefburger (lettuce, tomato, cheese & beetroot)	\$5.00
Spring Water 1.5ltr	\$3.00	Chicken, lettuce & mayo	\$4.00	Chicken burger (lettuce, tomato & mayo)	\$5.00
Juice bombs (grape, blackcurrent, apple/ raspberry, watermelon, orange/ passio, lemonade)	\$2.20	Chicken, avocado & mayo	\$4.50	Chicken strips (each)	\$0.60
Just Juice poppers 200ml (apple, orange, apple/ blackcurrent)	\$2.00	Egg, lettuce & mayo	\$4.00	Beef or chicken noodles	\$2.00
Classic 300ml milk (chocolate, strawberry)	\$2.90	Tuna, lettuce & mayo	\$4.00		
Big M milk 250ml ctn (chocolate, strawberry)	\$2.00	Vegemite	\$2.80		
Nippys reduced fat 375ml (chocolate, strawberry, iced coffee, honeycomb) (High School Only)	\$2.80	<u>Wraps (Whole Grain)</u>		<u>Toasted Sandwiches</u> (Via order)	
Plain ctn milk 300ml	\$2.20	Salad wraps	\$6.00	(please order during summer months)	
<u>Ice-creams - (Lunch only)</u>		Chicken or ham salad	\$6.50	Cheese & ham	\$3.80
Quelch 99% juice tubes (apple, tropical)	\$0.60	Chicken, lettuce & mayo	\$5.50	Ham, cheese & tomato	\$4.00
Frozen poppers just juice	\$2.00	Chilli tender, lettuce, tomato,	\$6.50	Cheese	\$3.20
Bulla dixie cup (vanilla)	\$1.20	Tuna, lettuce & mayo	\$5.50	Cheese & tomato	\$3.60
Ka blueys (blue/red/lemon)	\$0.60	Tuna salad	\$6.50	Chicken, avocado & cheese	\$4.50
Frozen twisted yogurts (mango, blueberry, vanilla, watermelon, strawberry)	\$2.20			Chicken & cheese	\$4.00
		<u>Small Salad Bowls</u>		Chilli tender & cheese roll	\$5.50
		Salad	\$5.00	<u>Miscellaneous</u>	
		Chicken or ham/egg or tuna	\$5.50	Tomato or BBQ sauce	\$0.30
		<u>Optional Extras</u> (for Salad Boxes)		Bundle of lunch bags	\$2.50
		Onion, avocado, pineapple - please indicate on order. Also available mayonnaise or french dressing.			

ALL PROFITS GO TO
THE P&C FOR THE
STUDENTS!

**CANTEEN CLOSSES AT
9.00AM FOR ORDERS!
NO EXEMPTIONS!**

**PLEASE PUT RECESS AND
LUNCH ORDERS ON
SEPARATE BAGS, NAME &
CLASS. THANK YOU**