

LIGHTNING RIDGE CENTRAL SCHOOL



Principal:

Mr Richard Finter

Primary Deputy Principal:

Mrs Jane Miles

Secondary Deputy Principal:

Mrs Margaret Morriss

PO Box 294, Kaolin Street

Lightning Ridge NSW 2834

T 02 6829 0511 F 02 6829 0137

E lightningr-c.school@det.nsw.edu.au

Term 4, Week 10, 2020



Principal's Report

Where has the year gone? The end of the year is a time for reflection, rest and in the case of educators forward planning. It has obviously been a year dominated by COVID-19 but I am proud of my staff and students who have weathered difficult times and shown a great deal of resistance and innovative thought. I would particularly like to thank the staff of LRCS who in the space of 24 hours when the COVID restrictions were imposed had to completely change the way they worked. They have

continued to work in dedicated fashion for the students in their care with the COVID cloud looming large.

Of course in the interests of staff, students and community safety the NSW Department of Education has continued to place restrictions on the way we go about our day to day business as a school. We thank the community for being understanding of the inconvenience that this has caused and for working with us to overcome some of the challenges. I sincerely hope restrictions are lifted further so that parents, carers and community can have greater access to the school grounds and buildings.

As with any organisation our size we do not get everything right, nor please everyone and we welcome constructive criticism, but our school community can be assured that everything we do as a school staff is done with the best interests of students at heart.

We are currently formulating a school plan for the period of 2021-24. That plan will be completed by the end of term 1 next year and will provide direction for our school community.

On a final note I would like to wish everybody a safe and merry Christmas and I look forward to working with you in 2021.

New School Leaders

New school years are about renewal, and last Wednesday I had the pleasure of hosting an induction ceremony for our 2021 school leaders. We had an appropriately socially distanced ceremony and morning tea at the front of the school. Tommi-Lee Gordon and Teleah Anderson were inducted as Secondary School Captains and Blake Benjamin and Macy Seaton were inducted as Primary School Leaders. They were presented with their badges and blazers by their parents: Mary Ashby, Margaret Lawson and Alan Noyes, Necia and Brad Benjamin and Danny Seaton and Kimberley Wood. It was an intimate way to acknowledge the achievements of these students and parents, and I hope it becomes an ongoing tradition at Lightning Ridge Central School. Congratulations to both parents and students.



Dates to Remember



Last Day of Term 4

Wed 16th Dec

Students Return

Fri 5th Feb 2021

Kindergarten First Day

Tues 9th Feb 2021

Long Distance Swimming Carnival

Wed 10th Feb 2021

Whole School Swimming Carnival

Fri 12th Feb 2021

Barwon Swimming Carnival

Wed 17th Feb 2021

Uniform Shop

Monday and Thursday

8:30 am to 9:00am

Merry Christmas

Join us on

SkoolBag

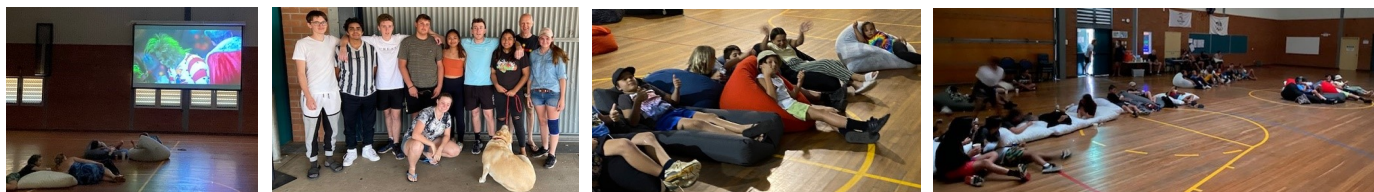
f Like us on Facebook

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

Movie Night

This past weekend Mr Maclean, ably assisted our Year 12 students, Teleah Anderson, Maxim Mc Master, Trixie Condino, Sean White, Tommi-Lee Gordon, Jess Smith and Desmond Sharkey, with assistance from Callum McLennan ran two movie nights utilising our newly installed sound system and big screen in the gym. There were early movies for children and later movies for adults. The movies for children proved very popular with approximately 37 children attending on Saturday night and 44 on Sunday night along with a handful of adults each night. Due to lack of attendance the later, more adult movies were cancelled. However, it is clear that there is a demand for these events within the community and in 2021 we can explore an expansion of this program and have more movie nights.

I would like to thank Mr Maclean for his leadership and innovation of this event and acknowledge his dedication and that of Mr Pickard and Mr Coughlin in giving up their Saturday and Sunday evenings for our students and community. I would also like to thank Mr Trevor McGovern who donated home-made cream horns to be sold on the Sunday night. The critics tell me that they were delicious.



Secondary Deputy Principal's Report

Wow we made it what a year 2020 has been, this is what we got up to this year.

Before COVID

We did our annual swimming carnival. Some students have participated in Quicksmart, this is an intensive numeracy & literacy program. A number of SLSO's have completed training in Quicksmart, The Fit for Life program run by the PCYC was held each Wednesday morning, students were able to participate in an exercise/

boxing program followed by breakfast. We held our annual Meet & Greet. A group of our Year 10 students have commenced a TAFE program each Wednesday at our local TAFE.

THEN COVID

Working from home became the new normal!

Those students who did attend school found it was 'business as normal', although they were working independently in the library being supported by staff. Senior students were provided with opportunities to work on their major works at school whilst maintaining 'social distancing'. Classes were delivered via google classrooms to continue the students learning. Students were provided with online work such as Lexia, Reading Plus, Online Maths, research tasks, quiet reading, cool maths games and assessment tasks.

THEN we returned to school

Students in Year 8 visited the Narran Lakes to explore the local catchment area and learn about the economic, cultural and environmental use of water in the local area, some students in Year 11 completed their work placement hours for Primary Industries, thanks to our local farmers for providing these real life working opportunities.

Some Year 7 students travelled to Dubbo for an excursion to support their HSIE studies. Students investigated 'Liveability' as part of their learning in Geography. During Week 10 some students who have demonstrated our PBL values— Respect Responsibility and Pride will be rewarded by a trip to the Bowling club for lunch and a movie.

During 2020 we lost a few staff members Mr Shannon, Mrs Murray, Mr Nixon, Ms Dove, Ms Parsons, Mr Nixon, Mr Coughlin, Mr Webb we wish them well in their next endeavours.

And we gained a few Ms Jillian Gates and Mr Jayden Goodall.

I would like to wish everyone a Merry Christmas and Happy New Year and hope that you have a happy journey during the holidays and be ready for school on Friday 5th February 2021.



Primary Deputy's Report

We all know 2020 has been a year that we will never forget; pandemic, isolation, quarantine, COVID-19.

And while there were all these restrictions placed on us as Australians, here in Lightning Ridge Central School we pulled together to achieve some pretty amazing things:

- Remote learning and working
- Google Classrooms
- Semester 1 abridged reports
- Live-stream Presentation Day for 3 assemblies
- Home visits to check on family welfare
- Phone calls to check on families and students
- Amended Kindy Start

But the most fantastic thing is that we all survived the year and our students still learnt, and frankly, so did we! It was a time that teachers learnt quickly so that our students could still learn. Which just goes to show, you're never too old to learn.

In 2021, I'm looking forward to meeting our little people starting 'big school' which as an Early Childhood trained teacher, mother and Nonna, is my favourite part of the year!

I'm also looking forward to see all of our students return next year because they always grow so much over the Christmas holiday break! (They always use me as a measuring stick to see how much taller than me they are haha)

As our 2020 year comes to an end, I'd like to express my best wishes and gratitude to some of our teachers who are leaving us. Further, I'd like to extend my deepest thanks for all of our Primary teaching staff who have worked through some challenging times with flexibility, commitment and dedication.

And to all of our students and their families, I wish you a restful, family-filled and safe holiday over the Christmas and New Year period. See you in 2021!



Library Report

We did it. We made it to the end of 2020.

Well done to everyone who received an award at presentation day.

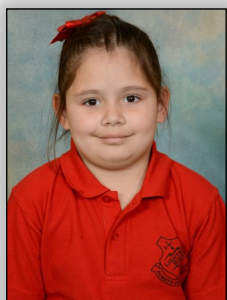
I would like to take this opportunity to thank everyone who has supported the library this year.

We have made many changes this year and I am sure there will be many more next year.

Thank you to everyone who has returned their overdue book. If you find any books over the holidays be sure to keep them in a safe place until school returns in 2021.

One of the changes this year involved our reading challenge. We went from having a party every term to celebrate the students who completed the challenge, to giving a book each term to those who completed the challenge and a party at the end of the year to celebrate everyone who completed one. This year saw a grand total of 84 students K-12 complete the challenge. Many of these wonderful students complete multiple challenges across the terms. Some even handed in multiple sheets each term. I look forward to seeing everyone again in 2021 ready for another full year of learning and reading.





Worth your Weight in Opal

Alira Sands ES1P

Alira was nominated by Ms Elliott for improvement. Well done, Alira!



Worth your Weight in Opal

Jovi Bailey S1B

Jovi was nominated by Ms Elliott for effort. Awesome Job, Jovi!



Worth your Weight in Opal

John Brown MC

John was nominated by Ms Elliott for imagination and creativity, Way to go, John!



Worth your Weight in Opal

Hayley Webb S3C

Hayley was nominated by Mrs Campbell Nagy for careful, excellent work in the Science transition lesson. Great effort, Hayley!



Worth your Weight in Opal

Tegan McGovern Yr 9

Tegan was nominated by Mr Goodall for her continual effort in class activities.
Keep it up, Tegan!

Presentation Day



On Thursday 10th December Lightning Ridge Central School held our annual Presentation Day. Due to Covid-19 restrictions our ceremony was held over three sessions and parents/carers were not able to attend. We tried our new technology that has been installed in the Gym and all sessions were presented on our Facebook Page as the students were being presented their Awards.

Congratulations to all the students who received an Award.

Secondary MC

This year the MC class completed a number of varied products. In semester one we have completed our portable travel game - Birrguu Matya or Ngaka Ngaka. Students tie-dyed their pieces of cloth, hand painted the board game and designed and produced hand made clay marker stones. Each student learnt how to make small pouches and plaited ties to keep their games in a small handy pouch. Loads of fun, well done class and a special thanks to Jacque our fantastic Student Support Learning Officer. In semester two the class designed and produced a series of bugs. First they were made using form wire, so students could experience building a 3 dimensional, form then we made the final product using hand made paper mache. Wonderful projects, the students really enjoyed this and were very chuffed with their work.

During the year we also made a variety of dishes using dairy components, students learnt how to use an electric beater, make caramel toffee and stained glass window cookies. Well done!!



Food Technology & Agriculture

This semester year 7 students have been learning about the Australian agricultural industry and farming. In our school garden we grew a variety of fresh herbs including coriander, parsley and basil. Students harvested seeds and planted them into the garden, everyone was offered the chance to tend and water the plot. Tied into Australian farming each week the students prepared and cooked a dish that contained an element of dairy, such as butter, milk and cheese. Dishes included, apple pancakes, cheesy omelettes and savoury muffins. Well done to everyone, it was a big class and everyone displayed teamwork and diligence. Congratulations to all involved.



Mandatory Technology

Year 8 students have been learning about the art of weaving and its significance to past and contemporary societies, and its importance in Aboriginal culture and life. The class started with a paper and wool weaving then progressed onto a tree rope hanging. The tree rope hanging reflects events and special occasions in each students lives. Our final project has been a hand woven seagrass basket. Students were given the option to use wool, raffia and string interwoven with seagrass and decoration such as feathers, bells and beads. The collection of baskets produced we great and students that completed a second piece definitely improved along the way. Well done to everyone.



Food Technology

This year the students of Yr 9 - 10 Food Technology studied two courses, Food for special occasions and Food Trends. In the first unit each student chose a theme that reflected a special occasion for example Easter, Australia Day and Valentines Day, cupcakes galore were individually designed and produced.

We learnt about sustainable packaging and in class produced some wonderful beeswax food wraps. In Food Trends students explored alternative packaging and produced their own sustainable beeswax wraps. Made from natural products such as beeswax, pine resin and jojoba oil students learnt to make a sustainable product which is an alternative to using plastic.

Throughout the year we produced a variety of cuisines and dishes including cheesy crumbed chicken strips, spicy pork noodles and sticky date pudding with caramel sauce.



Basketball Day



Basketball NSW visited LRCS on Tuesday 1st December. Amy from Basketball NSW travelled all the way to Lightning Ridge to deliver Basketball training sessions with students from Years 5 to Year 11. The students participated in some training and drills and then played 3 on 3 games.

Thanks to Basketball NSW for providing this opportunity and hopefully we have a similar event next year.

Interview with Eve Brown

Macey: What made you want to become an artist?

Eve: I went to school here and the only thing I was really good at was drawing so when I was around 10, I decided to focus on art.

Ben: How long did the mural take to complete?

Eve: It took me 2 weeks of drawing and painting every day and night.

Macey: What does the mural represent?

Eve: The mural represents my interpretation of a whole year of collaboration of Aboriginal art.

Ben: Why did you paint the animals in black and white and the plants in colour?

Eve: I thought it would be a nice contrast to make the animals stand out and the colours of the plants are inspired by opal.



You can view Eve's Aboriginal mural in the front office of our school.



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 fortnight's PBL Focus is Follow Instructions



This symbol represents a journey, with an adult footprint on one side and small dots for children's footprints on the other. Children are following the adult, not being herded or chased - this is a significant point. They are following, but are still on their own side of the track, showing that balance between self-direction and social support.

Primary Students should arrive at school by 8:55am

Secondary Students should arrive at school by 8:40am

LATE IS NOT GREAT

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

Yuwaalaraay

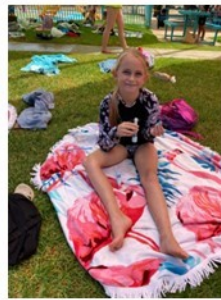
Dhuyu = snake

As the weather warms up we have to be careful of dhuyu. Leave them alone!



K - 6 Pool Party

This year has been a challenging year for students, teachers and parents. To celebrate our student's achievements throughout the year, all Kindergarten to Year 6 students were invited to attend a pool party. Due to the current COVID restrictions, the pool party was held over two days. Fun was had by all!



2020 Yearbook & 2021 Calendar Magnet

Each family will receive a yearbook and a 2021 calendar magnet in the post with their child's report. Extra copies of both are available from the front office – extra Year Books \$5.

LIGHTNING RIDGE CENTRAL SCHOOL 2020 YEARBOOK




Lightning Ridge Central School
Respect Responsibility Pride
 Kaolin Street, PO Box 294
 Lightning Ridge NSW 2834
 Tel: 0268 290 511
 Fax: 0268 290 137
 email: lightningr-c.school@det.nsw.edu.au
 web: www.lightningr-c.schools.nsw.edu.au

 Join us on Facebook
 SkoolBag

School Holiday / Pupil Free Day
 2021

Term ONE

Week	Mon	Tue	Wed	Thu	Fri	Sat/Sun
January	18	19	20	21	22	23/24
January	1	25	26	27	28	29 30/31
February	2	1	2	3	4	5 6/7
February	3	8	9	10	11	12 13/14
February	4	15	16	17	18	19 20/21
February	5	22	23	24	25	26 27/28
March	6	1	2	3	4	5 6/7
March	7	8	9	10	11	12 13/14
March	8	15	16	17	18	19 20/21
March	9	22	23	24	25	26 27/28
March/April	10	29	30	31	1	2 3/4
April		5	6	7	8	9 10/11

Term TWO

Week	Mon	Tue	Wed	Thu	Fri	Sat/Sun
April	12	13	14	15	16	17/18
April	1	19	20	21	22	23 24/25
April/May	2	26	27	28	29	30 1/2
May	3	3	4	5	6	7 8/9
May	4	10	11	12	13	14 15/16
May	5	17	18	19	20	21 22/23
May	6	24	25	26	27	28 29/30
May/June	7	31	1	2	3	4 5/6
June	8	7	8	9	10	11 12/13
June	9	14	15	16	17	18 19/20
June	10	21	22	23	24	25 26/27
June/July		28	29	30	1	2 3/4

Term THREE

Week	Mon	Tue	Wed	Thu	Fri	Sat/Sun
July	5	6	7	8	9	10/11
July	1	12	13	14	15	16 17/18
July	2	19	20	21	22	23 24/25
July/August	3	26	27	28	29	30 31/1
August	4	2	3	4	5	6 7/8
August	5	9	10	11	12	13 14/15
August	6	16	17	18	19	20 21/22
August	7	23	24	25	26	27 28/29
August/September	8	30	31	1	2	3 4/5
September	9	6	7	8	9	10 11/12
September	10	13	14	15	16	17 18/19
September		20	21	22	23	24 25/26

Term FOUR

Week	Mon	Tue	Wed	Thu	Fri	Sat/Sun
September/October	27	28	29	30	1	2/3
October	1	4	5	6	7	8 9/10
October	2	11	12	13	14	15 16/17
October	3	18	19	20	21	22 23/24
October/November	4	25	26	27	28	29 30/31
November	5	1	2	3	4	5 6/7
November	6	8	9	10	11	12 13/14
November	7	15	16	17	18	19 20/21
November	8	22	23	24	25	26 27/28
November/December	9	29	30	1	2	3 4/5
December	10	6	7	8	9	10 11/12
December	11	13	14	15	16	17 18/19
December		20	21	22	23	24 25/26

HAPPY HOLIDAYS

and

Safe Travels

WALGETT SHIRE YOUTH DEVELOPMENT

★ ★ Lightning Ridge Youth Centre ★ ★

GAME TIME! Holiday Activities

When: Monday 11th January 2021
To Friday 22nd January 2021

Where: Walanbaa Dhurruli Child and family center
(Bore Baths road)

Time: 9AM -2PM

Ages: 5 to 18
**Healthy morning tea and Lunch
Provided**

**Grab your friends, be
engaged, have fun with
a smile and an
awesome attitude!**

• Indoor activities

- Arts and craft Karaoke
- Beading
- Painting
- Cooking
- Movies

• Outdoor Activities

- Basket ball
- Hand ball
- Cricket
- Red Rover

All youth and young people must be enrolled to attend holiday programs.

It is essential that ALL required paperwork is completed for your child to participate in any activities.

For more Information contact team Leader: Rachell on 0492466340

Supported by: walgett shire **YOUTH** development



Positive psychology



What this fact sheet covers:

- What is positive psychology?
- Practical strategies to increase your psychological wellbeing
- Where to get more information

What is positive psychology?

Traditionally in psychology, the focus has been on identifying and treating mental health problems such as depression. This is critically important for those facing mental illness however, it provides an incomplete picture of mental health.

Positive psychology is a relatively new branch of psychology that shifts the focus from what is clinically wrong, to the promotion of wellbeing and the creation of a satisfying life filled with meaning, pleasure, engagement, positive relationships and accomplishment.

Gable and Haidt (2005) defined positive psychology as “the study of the conditions and processes that contribute to the flourishing or optimal functioning of people, groups, and institutions.”

Positive psychology is not about putting on a happy face all the time. Life can be hard and disappointments and challenges are inevitable. However, scientific research has shown that there are some strategies and skills that allow people to navigate the challenges of life more effectively and enjoy life despite the ups and downs.

Practical strategies to increase your psychological wellbeing

1. Enhancing pleasure

Savouring is the awareness of pleasure and of giving deliberate conscious attention to the experience of pleasure. Fred B. Bryant and Joseph Veroff of Loyola University have identified five techniques that promote savouring:

- **Sharing with others:** seek out others to share the experience and tell others how much you value the moment. This is the single strongest predictor of the level of pleasure.
- **Memory building :** take mental photographs, or even a physical souvenir of the event, and reminisce about it later with others.
- **Self-congratulation:** don't be afraid of pride; tell yourself how great you are and remember how long you have waited for this to happen.
- **Sharpening perception:** focus on certain elements and block out others, like closing your eyes and listening to the music.
- **Absorption:** allow yourself to become totally immersed and try not to think, just sense.



**Black Dog
Institute**

Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au



Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

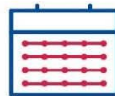
and years over their school life

1 day per fortnight



=

4 weeks



=

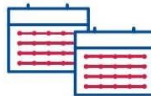
Over **1** year missed

1 day per week



=

8 weeks



=

Over **2.5** years missed

education.nsw.gov.au

SkoolBag



Don't forget to download our school's SkoolBag app to ensure that you are kept in the loop on:

- * School newsletters
- * Notices
- * Events
- * Cancellations
- * Reminders
- * ...and more!

**INSTALLATION
INSTRUCTIONS**

Just download the "SkoolBag" app on your phone, open the app and add our school!

WARNING



No Aerosol Spray

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.

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!



Barriekneal Housing and Community Ltd

Additional copies can be purchased at the Lightning Ridge Barriekneal Housing Office \$25 ea

**GAMILARAAY
YUWAALARAAY
YUWAALAYAAY**

Pocket Dictionary and Phrasebook



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 **8:40am** each day.

If students are late or absent they need to either:

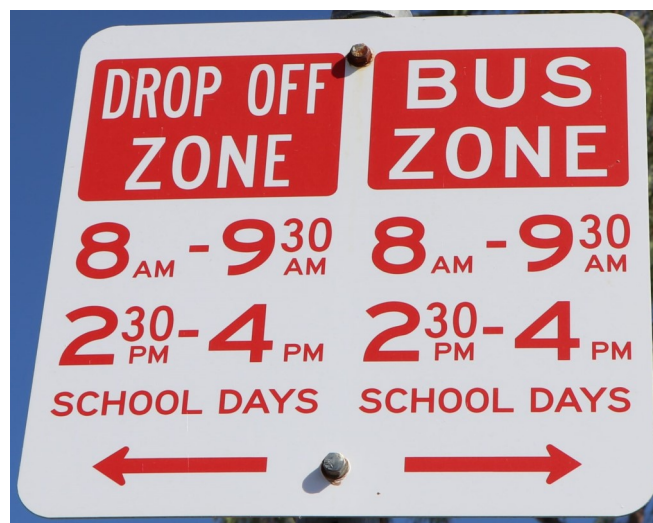
- bring a note explaining their absence, OR
- their carer should contact the school in person to explain the lateness or absence, OR
- their carer should phone or email the school to explain the lateness or absence.

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

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.



LRCS - CANTEEN MENU - TERM 4, 2020

Snacks - (Recess & Lunch)

Crunch cups (cheese, carrot, celery, tomato & cucumber)	\$3.00
Yoplait yoghurt 175gm (vanilla)	\$2.50
Grain waves (sour crème)	\$1.20
Cheese sticks	\$1.00
Lite muffins 75gm (chocolate)	\$2.00
Koala popcorn (plain)	\$1.50
Fresh fruit (banana, apple, orange)	\$1.00- \$1.50
Fruit salad cups	\$1.50

Drinks

Spring water 600ml	\$2.00
Spring Water 1.5ltr	\$3.00
Juice bombs (grape, blackcurrent, apple/ raspberry, watermelon, orange/ passio, lemonade)	\$2.20
Just Juice poppers 200ml (apple, orange, apple/ blackcurrent)	\$2.00
Classic 300ml milk (chocolate, strawberry)	\$2.90
Big M milk 250ml ctn (chocolate, strawberry)	\$2.00
Nippys reduced fat 375ml (chocolate, strawberry, iced coffee, honeycomb) (High School Only)	\$2.80
Plain ctn milk 300ml	\$2.20

Ice-creams - (Lunch only)

Quelch 99% juice tubes (apple, tropical)	\$0.60
Frozen poppers just juice	\$2.00
Bulla dixie cup (vanilla)	\$1.20
Ka blueys (blue/red/lemon)	\$0.60
Frozen twisted yogurts (mango, blueberry, vanilla, watermelon, strawberry)	\$2.20

Sandwiches

(Gluten free bread available)

(Multigrain rolls extra \$1.00)

Cheese	\$3.20
Cheese salad	\$4.20
Cheese & tomato	\$3.60
Ham, cheese & tomato	\$4.00
Ham or chicken salad	\$4.50
Ham or chicken	\$3.50
Chicken chilli tender, lettuce & mayo	\$4.50
Ham & cheese	\$3.80
Chicken, lettuce & mayo	\$4.00
Chicken, avocado & mayo	\$4.50
Egg, lettuce & mayo	\$4.00
Tuna, lettuce & mayo	\$4.00
Vegemite	\$2.80

Wraps (Whole Grain)

Salad wraps	\$6.00
Chicken or ham salad	\$6.50
Chicken, lettuce & mayo	\$5.50
Chilli tender, lettuce, tomato,	\$6.50
Tuna, lettuce & mayo	\$5.50
Tuna salad	\$6.50



Small Salad Bowls

Salad	\$5.00
Chicken or ham/egg or tuna	\$5.50

Optional Extras (for Salad Boxes)

Onion, avocado, pineapple - please indicate on order. Also available mayonnaise or french dressing.

Hot Foods

Mrs Mac lite sausage roll	\$3.50
Travellers beef pie	\$3.80
Party pies village 60gm	\$1.20
Chicken & gravy roll	\$5.50
Garlic bread (Good Tucker 75gm)	\$1.30
UFO ½ roll	\$2.00
Cheese & tomato sauce	\$2.00
Chicken strips per bag (6)	\$3.00
McCains pizza (Ham/pineapple or ham/ cheese)	\$3.00
Beefburger (lettuce, tomato, cheese & beetroot)	\$5.00
Chicken burger (lettuce, tomato & mayo)	\$5.00
Chicken strips (each)	\$0.60
Beef or chicken noodles	\$2.00



Toasted Sandwiches (Via order)

(please order during summer months)

Cheese & ham	\$3.80
Ham, cheese & tomato	\$4.00
Cheese	\$3.20
Cheese & tomato	\$3.60
Chicken, avocado & cheese	\$4.50
Chicken & cheese	\$4.00
Chilli tender & cheese roll	\$5.50

Miscellaneous

Tomato or BBQ sauce	\$0.30
Bundle of lunch bags	\$2.50

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

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

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