

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 8, 2020



Principal's Report

The Value of Volunteering

Martin Seligman is the founding father of a relatively new domain of psychology called Positive Psychology that, according to the Black Dog Institute, 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.

The idea of positive psychology came to mind when I popped into the Lightning Ridge Tourist Information Office one weekend and found Alannah Dean, one of our Year 10 students working behind the counter. Alannah is not being paid to work at the Tourist Information Centre; she is volunteering.

This week I had a discussion with Alannah about her volunteer work and what the benefits of it were. Alannah informed me that she volunteers at the Information Office every afternoon after school and half a day on Saturday; as significant commitment of time. The role includes serving customers, handling money, speaking to tourists, providing directions and information, printing and collating pamphlets, ordering and re-stocking shelves with merchandise and on some days using computer software to vet off or reconcile finances.

There is no doubt that volunteering is providing Alannah with the skills required to function effectively in a work place; the ability to work as a team, leadership, time management and communication and critical thinking skills, among many others. Alannah is making herself work ready but not only that, making herself life ready by using her initiative. When asked about the satisfaction she gets from volunteering she stated, "I love it."



The benefits of volunteering for not only the volunteer and the community in which they live are well known. It enhances a person's self-esteem and mental health, provides a sense of purpose, helps people stay physically active and builds self-confidence.

For the beneficiaries of a volunteer's work, many of the above apply because they get to food, clothing, physical activity, company and mobility that they may not otherwise have had access to.

I asked my office staff to list a few of the organisations in Lightning Ridge that rely partly or entirely on volunteers and there are quite a few: LRCS P&C, Breakfast Club, AECG and Uniform Shop, the Lightning Ridge Tigers RLC, SES, Neighbourhood Centre, Food for Families, Men's Shed, Australian Unity - Community Transport & Meals on Wheels, Lightning Ridge Arts & Craft Centre, Rural Fire Service, Rotary, St Vincent De Paul, Tourist Information Service, and Opal FM. If I have missed any, I apologise.

What is the link to positive psychology? Volunteers are making their own way and promoting their own wellbeing (and that of others) and creating a satisfying life filled with accomplishment and engagement. These are the intrinsic rewards of their volunteer work.

So to Alannah and all of the volunteers in our community, a number of whom work at your school- Thank you!

Important Information

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

Fri 5th Feb

Long Distance Swimming Carnival

Wed 10th Feb 2021

Whole School Swimming Carnival

Fri 12th Feb 2021

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

Continued,

Year 7 Excursion to Dubbo

Last week Miss Stewart and Mr Maclean volunteered to take thirteen Year 7 students to Dubbo on an overnight excursion. I will not provide any feedback on the excursion here but I would like to acknowledge the work and organisation undertaken by Miss Stewart and Mr Maclean. I would also like to commend the students for taking the opportunity to go on the excursion and for their excellent behaviour. Well done to all!



Secondary Deputy Principal's Report

During the next two weeks students will continue their learning in classes up until Wednesday 16th December. This includes arriving on time to school in school uniform and ready to learn with books, pens and a laptop every day.

There are some reward trips planned for those students who have reached Gold and OPAL awards, please ensure permission notes are returned by the due date or your child may miss out. Once again those students who have received only positive incidents in millennium will receive a special deputy's reward, this is to reinforce

those students following our PBL values of Respect, Responsibility and Pride.

Farewell to our secondary staff members who are beginning new journeys, Mrs Murray, Mr Webb, Mr Coughlin and Mr Nixon. Mrs Murray has been at LRCS for a number of years working both in Primary and Secondary. In Secondary Mrs Murray has capably and efficiently fulfilled the role as Careers advisor, she has worked closely with our senior students to gain entry into University, apprenticeships and employment opportunities, she has organised Aspire and other University and careers information trips. Mrs Murray will be missed by all of us, especially the students whom she has supported so capably. Ms Moxham has been in training during 2020 and will be the Careers advisor for 2021.

Mr Nixon has worked at LRCS for a few years in the role of HSIE and English teacher, as well as filling in when teachers are away both in Secondary & Primary. Mr Nixon has been the driving force behind the quicksmart numeracy program in which SLSO's work individually with some of our students to assist them to progress in their numeracy skills. Mr Coughlin has been working in the Science faculty and although he has been with us for short time he has made a huge impact. We thank each of you for your hard work & dedication whilst you have been at LRCS and we wish you luck at your future schools.

Laptops are continued to be used in classes, the LEXIA and reading Plus reading programs has been especially beneficial to our students, in just a short time we have recorded some amazing improvements in our students reading ability. LEXIA and Reading Plus can be accessed at home if you have internet access, it would be wonderful if parents encouraged their children to use LEXIA or reading Plus during the school holidays.

Good luck to our Year 12 students who are waiting for their HSC result which arrive shortly, these students have just completed their school journey we wish you all the best in your next journey where ever that may take them.

To our 2021 Year 7 students who are about to embark on their next journey we welcome you to the beginning of your Secondary education and look forward to you all developing into young adults just as our Year 12 students have during the last 6 years. Each of our students are moving forward into the next year group which will bring along new challenges and journeys.

I am very excited to be the Year 7 Advisor for 2021, I am looking forward to getting to know the 2021 Year 7 students. They have been participating in transition programs, thanks to Ms Ravot for organising these events. The students have participated in lessons, learning to move from class to class with different teachers and classrooms, and using the secondary playground area, the use of the gym at recess and lunch was one of the highlights for a lot of these students.

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.



Library Report

It has been a very busy couple of weeks, with preparing for Book Week, writing reports and planning for events next year, I know I am looking forward to the holidays as much as the kids already are. But we have one last very important library event with our LRCS Reading Challenge Party happening in Week 9 to celebrate everyone who has participated in one reading challenge this year. Before I get into the excitement that was Book Week. I will announce the turtle draw winners for the last month.

Turtle Draw Winners:

Week 4

Kindergarten: Bella Seaton

Stage1: Oliver Seaton

Stage 2: Juliette Pistol

Stage 3: Hallie Bamford

Week 5

Kindergarten: Scout Newman

Stage1: Lilah Dean

Stage 2: Khiah Boney

Stage 3: Jaidey Samuelsson

Week 6

Kindergarten: Gabriella Nardini

Stage 1: Ruby Rowland

Stage 2: Kingston Kirkpatrick

Stage 3: Tyelah Nagy

Week 7

Kindergarten: Hendrik Haverhoek

Stage1: Madison Cree

Stage 2: Larry O'Hagan

Stage 3: Laitori Boney



Book Week was wonderful, with many staff and students joining in on the various activities throughout the week. I hope that next year we are able to have parents back at the parade as I know many students missed showing off their amazing placards to their parents on the day.

It was also wonderful to see our Kindy Start students joining in on the fun of Book Week. For their first time at school I wasn't sure they would be comfortable joining in, but they did and went about it so well.

Below are the winners of our competitions and lucky draw that happened this week.

Bake a Book Winners

Shannon Campbell - Teacher

Levi McCabe - Stage 3

Milli McCabe - Stage 2

Luke Carpenter - Stage 1

Ivy Boney - Kindergarten

Primary Trivia Winners

Myah Clauss - Kindergarten

Kobi Carpenter - Stage 1 winner

Luke Carpenter - Stage 1 runner up

Milli McCabe - Stage 2

Jaidey Samuelsson - Stage 3

Secondary Trivia Winners

Austin Hallet - Stage 4

Allanah Dean - Stage 5

Taleah Anderson - Stage 6

Colouring in Winners

Ivy Boney- Kindergarten

Cara Palvic - S1Y

Melanie Kranz - S1D

Michael Kranz - S1B

Ruby Webb - S2O

Dylan Mallouk - S2F

Finn Sisa - S3N

Sara Jayne Smith - S3B

Imogen Hayes - S3C

Allanah Dean - Secondary



Sarah Haywood - Secondary

Stacey Byrne - SLSO

Shannon Campbell-Nagy - Teacher

Continued

I would like to thank Kerrieanne for going to Tamworth to collect and return the books that made up our book fair. I would also like to thank everyone who helped make Book Week the success it was. I look forward to next year's one which will have the theme of "Old Worlds, New Worlds, Other Worlds".

Each year since 1945 the CBCA has brought children and books together across Australia through CBCA Book Week. During this time schools and public libraries spend one glorious week celebrating books and Australian children's authors and illustrators. Classroom teachers, teacher librarians and public librarians create colourful displays, develop activities, run competitions and tell stories relating to a theme to highlight the importance of reading. You will often see parades with students dressed as their favourite book character.

At our Parade this year our Lucky Draw Winners were:

Kindy Start - Thomas Rowland

Kindergarten- Shania Zito

Year 1 - Hunter Brack

Year 2 - Callie-Rose Fernando

Year 3 - Myja Farkas

Year 4 - Riley Benjamin

Year 5 - Hallie Bamford

Year 6 - Alex Hawkins-Lohse

MCB - Ezekiel Miller





Worth your Weight in Opal

Lucas Kent ES1J

Lucas was nominated by Mrs Cross for consistently trying his best when reading.
Well done Lucas!



Worth your Weight in Opal

Archie Cobb S1Y

Archie was nominated by Mr Delhaas for improved engagement and effort in Mathematics. Awesome Effort Archie!



Worth your Weight in Opal

Ruby Webb S2O

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



Worth your Weight in Opal

Sharlize Masters S3N

Sharlize was nominated by Mrs Stiller for using lots of language features to enhance her narrative text. Great Job Sharlize!



Worth your Weight in Opal

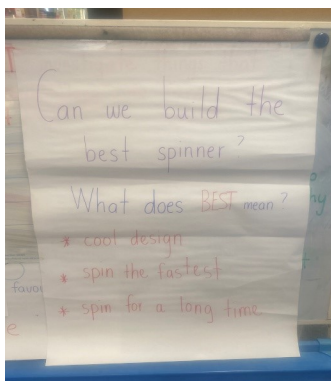
Mattie-Lee Seaton Year 7

Mattie-Lee was nominated by Mr Pickard for an excellent contribution to NAIDOC Week and respect for culture. Well Done Mattie-Lee!

Early Stage 1

Throughout this term, ES1J has been studying a Science unit called 'How Things Move'. It focuses on the physical characteristics of objects and the effects of these on how they move. It allows students to investigate how push and pull forces create movement and introduces the fundamental concepts of force and motion.

This week I posed the following question: *Can you build the best spinner?* The students were so excited about this question! Before discovery time, we spent some time talking about what the word "best" would mean. The students came up with three criteria:



There were so many interesting discoveries made during this project! Here are some images and ideas we captured of the student's experimentation:

Stage 1

Last week, S1 Dhinawan were very lucky to have children's book illustrator, Liz Anelli visit us in our room. We have been reading her latest amazing book, *Dry to Dry* in class and we plan on using this book as the inspiration for a mural later in the year.

Liz showed us the process she uses to plan and create a book from scratch and we were lucky to see photos of her research trips to Kakadu National Park. She led a guided drawing class and the students made a picture of an underwater scene. We can't wait to begin our mural.



Acrostic NAIDOC Poem, by June Langmead

Always was, always will be

Native bushland, flower and tree

Animals scamper, run round free

Indigenous elders help the little ones well

Danger passes as we grow old

Others rejoice, we found gold!

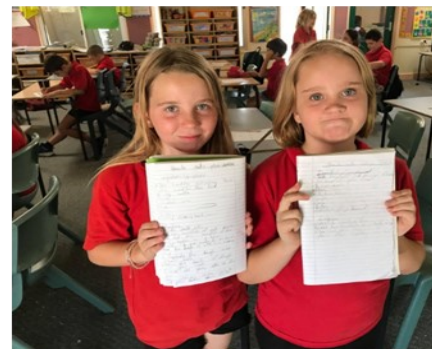
Community comes together, we connect with the land

Nothing else is on the other hand. Always was, always will be

Stage 2

S2Hollows have been very busy fitting in as much learning as possible before the year wraps up. In Mathematics students have been identifying and describing 2D shapes. S2H are now able to list the properties of different shapes and draw their lines of symmetry. In literacy lessons our class have been writing procedural text types. Students particularly enjoyed listing the steps needed to prepare food, such as johnny cakes. In Creative Arts S2H have had a lot of fun combining movements to create simple dances and loved performing in front of their peers.

We cannot believe how quickly the year has gone and that we are nearly at the end of Term 4!



Presentation Day

In accordance with NSW Department of Education Guidelines, regrettably we are unable to have a whole school End of Year Presentation and neither will we be able to have parents and carers on site for the presentation of awards.

We will be having three separate assemblies on Thursday 10th December.

Secondary: 8.45am -9.30am

K- Year 2: 9.45am until 10.30am

Years 3-6: 11.45am -12.30pm

All assemblies will be livestreamed on Facebook so we hope you can join us on that platform to acknowledge the work of your students. We ask that all students attending the presentations wear school uniform. This is not an easy decision but one made with the safety of the whole school community in mind.

We thank you for your understanding.



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

Secondary Studies

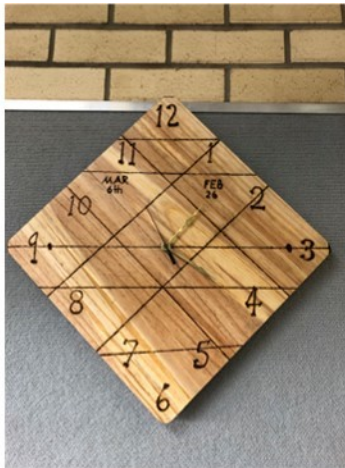
This has been a busy and productive semester in Secondary Studies.

Our Year 8 Mandatory Technology students are making clocks, while Stage 5 Metal worked on the lathes to create hammers. The chess sets were created using the 3D printer in Design Technology.

Year 11 completed work on their bedside table. This project required high levels of accuracy in measuring and cutting, followed up by focus on sanding and polishing.

Visual Art students worked on the murals that were recently installed at the new hospital rooms.

Meanwhile, in Food Technology our MC students cooked rice puddings. Ms Muller and Jaqui supported the pudding creation, and Mr MacLean had the important task of testing all the puddings. It was declared a draw!



Year 7 Dubbo Excursion

On Monday the 23rd of November 13 students from Year 7 travelled to Dubbo to participate in a Geography excursion. Everyone arrived on time; we were off to a great start.

Students begin the trip with a quick morning tea in Coonamble before heading to the river bank in Dubbo for some lunch and a walk. We travelled to the Western Plains Cultural Centre where we were taken back in time to experience a 1950s classroom - quill, ink and all! The classroom, recreated in the old Dubbo High school, now part of the cultural centre, was a far cry from a LR classroom. We were also guided around the art gallery and learnt about the collection. For many it was their first experience in a museum.

It was a wet afternoon, so our plans for a soccer showdown were dampened. We did manage a quick bus tour around Dubbo. At one point a student begun singing The Wheels on The Bus, which received mixed reviews from other passengers.

Upon arriving at the accommodation students were struck with excitement. Boys and girls arranged themselves in their rooms, picking the best beds and unpacking. Students then travelled to the much anticipated 10-pin bowling. Miss Stewart blew the competition away, taking home the coveted Year 7 Bowling Championship.

After pizza and dessert it was time to sleep. For some, the soft bed and pillow was a welcomed sight after an exhausting day. Others were full of energy, and a game of spotlight and dancing was in order. All participants did sleep, though the hours of sleep are still being tallied. Based on the weary eyes, we suspected students slept 8 hours, collectively.

Toast, cereal and juice called our names at 8 am the next morning. The girls were promptly up before 7 am, ready to eat. The boys, on the other hand, undoubtedly exhausted from a day of learning, were awoken by many knocks on the door. As we learnt, a number of students in year 7 are not morning people. Regardless, some vegemite toast and a jump inflated pillow had them ready for our final activity in Dubbo - the botanic gardens.

The Japanese Garden blew us away. We were struck by how the plants created a coolness in the area, and the Japanese architecture was a unique sight. Though not recommended, some lucky students ended up petting a coy fish. According to Japanese legend, the one who pets the fish gets eternal glory, or someone said.

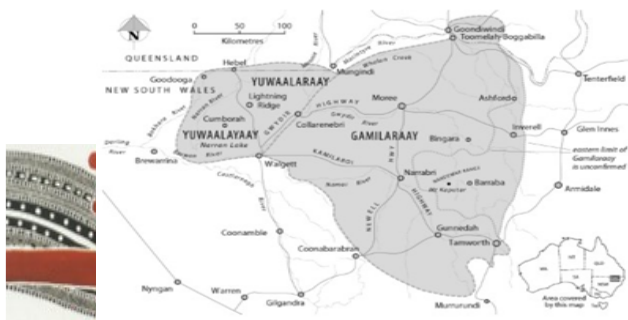


Yuwaalraay is the dialect of the Lightning Ridge. The name of the language and Aboriginal people of the Balonne Region.

Yuwaalaraay

Dhuyu = snake

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



PBL

Due to COVID restrictions we have not been able to hold our normal primary assemblies and as a result the students have missed out on the Turtle Ticket draws.

Starting this week until the end of year we will be holding a short assembly under the cola just to do the Turtle Ticket Draws.

Our winners receive a \$3 canteen voucher and the teacher who signed the Turtle Ticket receives a box of chocolates.



Week 7 Turtle Draw Winners are:

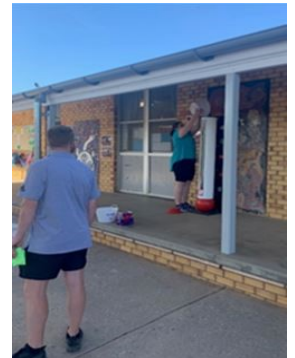
Early Stage 1 - Lucas Price

Stage 1 - Archie Barry

Stage 2 - Andy Hamilton

Stage 3 - Caleb Peters

Turtle Tickets are then placed into the thermometer. When the thermometer is full the whole school receives a reward.



Kindy Start



Kindy Start had their first session on Friday 20th November. The children were able to take part in the Placard Parade.

This week they met Miss Cross and found where the library is. They had a go at some learning rotations and finished off with some counting.





Lightning Ridge Central School

Parents & Citizens Association



Position Available- Canteen Supervisor

We are seeking a Canteen Supervisor at Lightning Ridge Central School to manage the operation of our school canteen.

Employment Conditions

Hours: 7:30am – 3:00pm Monday to Friday, throughout the NSW School terms.

Wage: In accordance with the Canteen Healthy Kids Association wage rates.

Responsible to: P&C Committee

Commencement: Term 1 (Friday 5th February, 2021)

Essential Criteria

- Have a current working with children check.
- Enthusiasm, good managerial skills, ability to plan and control the day to day operations of the canteen including finance.
- Be trustworthy, reliable and punctual.
- Have the ability to deduct taxes from wages, submit quarterly BAS Statements and payments to the Australian Taxation Office, and an end of year Tax summary.

Desirable Personal Qualities

- Experience in food services.
- Good understanding of nutrition and the ability to prepare healthy foods.
- Interested in the wellbeing of students.
- Cleanliness.
- Common sense.

Desirable Technical Skills

- Good organisational skills.
- Ability to stock rotate and ordering.
- Excellent communication skills.
- Bookkeeping skills.
- Knowledge of hygiene and Occupational Health and Safety standards.
- Ability to work the cash register.

If you are interested, please email your application and resume, including names and contact details of two current referees, to the P&C Treasurer Mel Ravot.

Apply by email to lightningr-c.school@det.nsw.edu.au with "Attention: Mel Ravot" in the subject line.

Applications close: 3:00pm Friday 11th December, 2020.

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

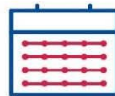
and years over their school life

1 day per fortnight



=

4 weeks



=

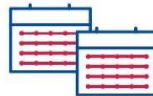
Over **1** year missed

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!

YOUTH & COMMUNITY CHRISTMAS PARTY

Lightning Ridge Pool
Tuesday 15th December
3pm - Close

FREE BBQ FUN GAMES
DANCE COMPETITION LUCKY DOOR PRIZE

MUSIC

WILGETT SHIRE COUNCIL Rotary

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

ATTENDANCE MATTERS
every student, every day

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**