

LIGHTNING RIDGE CENTRAL SCHOOL



Principal:
Primary Deputy Principal:
Secondary Deputy Principal:

Mr Richard Finter
Ms Jane Taylor
Mrs Margaret Morriss

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Term 4, Week 4 2021



Principal's Report

The Gender Gap

With 32+ years in education, I have attended my fair share and have often marvelled at the gender balance at work. Girls often seem to be in the ascendency; they tend to dominate academic awards nights.

It begs the question; Are girls smarter than boys?

The answer is "No! A recent UK study, reported in last week's Educator, acknowledges that girls regularly outperform boys in school. It went on to say, however, that fact does not mean girls are necessarily any smarter than boys.

The UK equivalent of the Higher School Certificate is the General Certificate of Education (GCE). Prior to its completion, students in Years 9 and 10 are required to complete a General Certificate of Secondary Education (GCSE). A new report on the attainment gap between girls and boys in GCSE results by Professor Alan Smithers, and educational expert at the King's College London, reveals that girls have relentlessly dominated GCSE and A-level exams for nearly 40 years. In 2021, the gap in gender performance hit a new high... or low, if you are a boy.

The UK school year finished on the 4th of June, and in this year's GCSE's 8.9% of girls earned the top grade compared with 5.9% of boys. Similarly, in the A-level exams, 46.4% of girls earned an A or A* (even higher than an A) grade compared with 41.7% of boys.

A cursory look at these results is worrying for the males of the species.

These results suggest that girls are smarter than boys.

Neuroscience has something altogether different to say. The science makes clear that there are no significant differences between male and female brains, at least none that would account for these attainment gaps.

Research reveals the differences in performance relate more to the expectations we have of ourselves and others. He contends that these internalised expectations, "... can actually affect (individual) performance and achievement."

It could therefore be concluded that girls do better in school academically because they are expected to do better in school academically. If this is the case, then conversely and even a little perversely, boys must be out there accepting some unspoken message that they are not expected to do well, and this perceived expectation affects their results.

Worse, this messaging may even begin in early childhood.

Encouraging boys to play with construction toys and engage with computer games which promote problem-solving and spatial-awareness serve to strengthen these neural pathways. By way of contrast, encouraging girls to play games that steer them towards being more people-focused, nurturing and empathetic strengthens those neural pathways.

Important INFORMATION

Crafty Sip & Stitch

Tuesday's
From 4:30pm - 6pm

Pupil Free Days

Fri 5th & Mon 8th Nov

HSC Commences

Tues 9th Nov

T122 Laptop Payments Due

Fri 19th Nov

CAPA Performance

Tues 7th Dec

School Photos

Tues 7th & Wed 8th Dec

Presentation Day

Thurs 9th Dec

Last Day of Term 4

Wed 15th Dec

Secondary Sydney Excursion

Mon 14th - Fri 18th Mar 2022

Kids Helpline

1800 551 800

Beyond Blue

1300 224 636

KEEP SAFE

Join us on
SkoolBag

 Like us on
Facebook

2021 School Newsletter now available online via our Skoolbag App and website on www.lightningr-c.schools.nsw.edu.au

Continued

The young person who is encouraged to be well-organised and compliant, and praised when he or she is, will be better positioned to approach academia in a conscientious manner. When the social signals make it clear that the ability to be a people-pleaser is valued, personal performance in a scholastic setting gets a boost in performance.

When these expectations are held mostly of girls – when these expectations become part of what constitutes female identity – differences in educational results should come as no surprise.

COVID NEWS

The continuation of full-time schooling is dependant on us all keeping safe and to maximise the safety of staff and students we continue to offer sanitiser and wipes, and to make every effort to ensure different age groups/stages do not mix. In addition, it is mandatory for students in Years 7-12 as well as staff to wear masks.

If your child displays COVID symptoms please keep them at home until such time as their symptoms have disappeared or they have received a negative test result.

In addition to these measures, all staff members and contractors who work on school sites will have to have had their two COVID-19 vaccinations by November 8th, 2021.

The NSW Department of Education has implemented COVID –Safe School Operations Guidelines, and our school is currently on Level 3. The restrictions that this brings include the following;

- Mask wearing for Secondary students
 - Reduced mingling of student cohorts where possible
 - Singing, chants, choirs, school bands or performances are not permitted
 - No assemblies or excursions
 - No community use of school grounds
 - No parents or carers on school grounds except by appointment or if they are attending the front office
-



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 Deputy Principal's Report

Students are slowly settling back into routine of attending school each day. Most students follow our PBL values of Respect, Responsibility & Pride. These include Students following instructions and attending all classes, speaking in a polite manner to their peers and staff, and applying themselves towards their classwork. Unfortunately we have a small group of students who are struggling to follow these values, they have been counselled about their inappropriate behaviour. This kind of behaviour is unacceptable at LRCS.

Once again Year 7 have participated in team building activities. Students had to work together to make the highest tower made from spaghetti, string and masking tape which balanced a marshmallow on top.



The winning tower made by Ayerah, Da & Kaylee



Primary Deputy's Report

It has been an absolute delight to see the students settled into their classrooms and reconnecting with their friends at school. The staff realise that the learning from home period was very difficult for many and hope that now things are back to normal for us at LRCS, they will stay that way!

We are still operating at Level 3 restrictions, which means that things are not 100% back to the way we would like them to be. Unfortunately, parents and volunteers are not able to come onto the school site. We are hoping that this restriction will be lifted in the next few weeks, as we would love to invite parents and carers to school for a catch up chat with teachers.

I sent home an expression of interest note for the swim scheme (Year 2-6 students). Thank you to those who have returned this note. Until we are on Level 1 restrictions, the swim scheme will not operate. Unfortunately, we have no idea when we will reach Level 1, therefore at this point, no swim scheme will take place 2021 unless otherwise advised.

The staff are beginning to prepare for end of year reports. You will notice that the report format will be very different to what you are used to seeing. Please understand that interruptions experienced this semester make assessing and report writing very difficult. If you have questions or concerns about your child, please call the office and arrange a phone interview with your child's teacher.

I thank you for your amazing efforts and support in getting students back to school and assisting us in returning to normality as smoothly as possible.

HSIE

Year 7 have made a fantastic transition back into the classroom following the Stay-At-Home orders. In 7HSIER, students have been looking at various key factors, such as geographical factors, that contributes to an area's liveability. Over the next few lessons, 7R will be concocting quality geographical inquiry questions to develop a collective digital survey that aims to critique the liveability of Lightning Ridge. Parents, friends and community members will be invited to complete the survey through the Lightning Ridge Central School Facebook. Once we have received some responses, students will begin analysing the data to reach a consensus on the liveability of Lightning Ridge.



Business Studies

Year 11 students have begun working on the HSC course. Over Term 4 and continuing into 2022, they will be engaged in a new DET initiative to encourage great interschool interaction and collaboration.

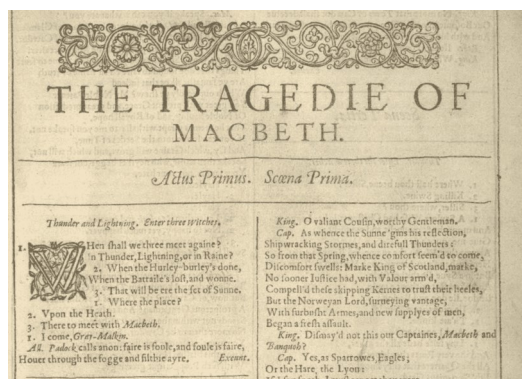
This week they had their first 'sync' lesson. These will be conducted every fortnight with other schools participating in the program. It will provide students with the opportunity to engage with students outside the school and collaborate to extend their learning.



English

Year 9 are having a great time studying drama in English this term. They have been reading, and performing, one of William Shakespeare's most famous tragedies, Macbeth (or The Scottish Play for those who are superstitious!). We are having a lot of fun with characterisation as we work to bring to life the characters found within the pages of the play. By experimenting with voice, body language and facial expressions we have crafted some very convincing portrayals of some of the greatest theatre roles around! Well done to everyone for their participation and enthusiasm.

**Today The Ridge,
tomorrow Hollywood!**



Stage 3

Stage 3 have been exploring the rich language in the novel and films of the classic Australian story Storm Boy by Colin Thiele. Through the story students are learning about the themes of environmental conservation, consumerism, relationships between indigenous and non-indigenous Australians and the contrast between Australian ideals when the story was written in the 1960s in comparison to Australia today.

We are currently working on planning a practical science experiment where students will demonstrate their knowledge of made materials. The students enjoy hands-on learning and this is a wonderful opportunity for them to be creative.

Year 6 students will also be engaged with a number of transition to high school activities over the coming weeks to ease them into moving to secondary studies. They will meet their high school teachers and explore the 'other side' of our school.

Students and staff are also looking forward to our Year 6 farewell! It should be a great event.



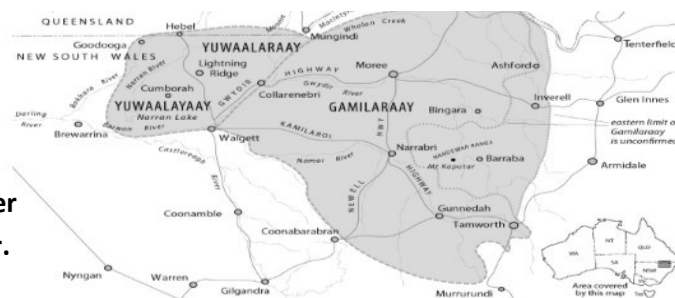
Yuwaalaraay is the dialect for the Lightning Ridge area. The name of the language and Aboriginal people of the Balonne River Region.

Yuwaalaraay **Word of the Week**

Mugiiin-gaa-baal = November

mugiiin.gaa is the sandfly that can appear after floods, which can happen at this time of year.

The *-baal* is short for *baluu*, or 'moon'.



LAPTOP PAYMENTS NOW DUE

T122 Laptop Payments due by Friday 19th Nov, 2021

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.



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.

LIGHTNING RIDGE CENTRAL SCHOOL



School Performance

SAVE THE DATE

Tuesday 7th December
School Gym

School Photo Day



**Tuesday 7th &
Wednesday 8th December**

[a] Academy School Photography & Production
orders.academyphoto.com.au ph: 1800 816 224

School Photographs

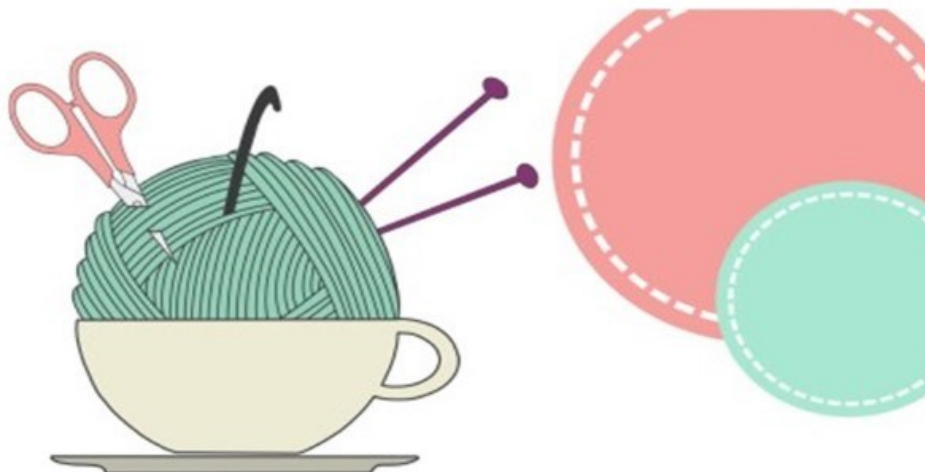
\$42 pack A	2 - 15 cm x 10 cm 4 - 4.5 cm x 4 cm 1 - traditional group 1 - composite group	
\$42 pack B	1 - 20 cm x 25 cm 1 - portrait 1 - digital download 1 - traditional group 1 - composite group	
\$42 pack C	1 - 20 cm x 25 cm 2 - 15 cm x 10 cm 4 - 4.5 cm x 4 cm 1 - traditional group 1 - composite group	
\$27 pack D INDIVIDUAL ONLY	2 - 15 cm x 10 cm 4 - 4.5 cm x 4 cm 1 - traditional group 1 - composite group	
\$32 pack E GROUPS ONLY	1 - traditional group 1 - composite group	

Customise your own package online
Log in using your secure school key to begin customising

1 - 20 cm x 25 cm 2 - 15 cm x 10 cm 4 - 4.5 cm x 4 cm 10 - 10 cm x 10 cm 14 - 14 cm x 14 cm

5 - Bookmarks 6 - Gift Cards 8 - Happy Birthday 9 - Merry Christmas 10 - Happy Easter

Academy Photography (Australia) Pty Ltd | ABN 59 712 788 200 | All prices GST included



Calling all Community Members

Join us for

A Crafty Sip and Stitch

The Students at Lightning Ridge Central School are polishing off their dance moves for their annual school performance and we need your help to create their costumes and make the night a success!

You don't have to have any sewing/crafting ability, just come along on the night and enjoy an evening of fun!

Please RSVP for catering to
0439 593 559

*Children must be accompanied
by an adult*



Materials and equipment will be provided



Free refreshments and nibbles available

All Welcome

Lightning Ridge Central School

Kaolin Street, Lightning Ridge

Tuesday's 4:30pm - 6:00pm

Covid-19 guidelines will be adhered to and members will be asked to check-in upon arrival

If you need further support

Coronavirus Mental Wellbeing Support Service (Beyond Blue)

1800 512 348

However the pandemic is affecting your mental wellbeing, you can talk it through with a counsellor who will provide advice and support based on your needs. 24/7

Kids Help Line

1800 55 1800

Provides free online support and counselling for children and young people aged 5-18 across Australia

Lifeline

13 11 14

Provides suicide and crisis support if you are experiencing emotional distress 24/7

Suicide Call Back Service

1300 364 277

Translating and Interpreting Service

131 450

If you require an Interpreter, please contact the Translating and Interpreting Service TIS.

Domestic Violence Line

1800 737 732

Keeping safe is a priority. If you or someone in your home is experiencing domestic violence, please contact the Domestic Violence line for support.

Parent Line

1300 1300 52

Parent Line is a free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW. 9am to 9pm Weekdays, 4pm to 9pm Weekends



Wellbeing Apps

Smiling Mind

Meditation app, with programs available ages 7+. Available in some Aboriginal languages.

Insight Timer Meditation App

This app has over 25000 free guided meditations and guidance. Ages 12+

FitOn

Free workout app with a variety of fitness options. Yoga, Cardio, Strength, Barre, Pilates and more. Videos range from 10 minutes to full workouts.

Niggle

An app for kids to work on their wellbeing. It includes games and puzzles and videos. Produced by Kids Helpline.

Web resources

Sydney Children's Hospital Network. This website has a variety of reliable COVID-19 resources for yourself, your children and your family including links to mental health resources.

<https://www.schn.health.nsw.gov.au/covid-19-information>

Reach Out

Helps under 25's with tough questions and through difficult times. They also have a page for parents.

WayAhead

Mental health support and information.

<https://wayahead.org.au/>

SANE Australia

Counselling support, Peer support, live blogs moderated by health professionals. Visit www.sane.org

Head to Health

Links a variety resources <https://www.headtohealth.gov.au/>

Brave Program

Program for children and young people with anxiety. Can also be completed by parents and carers.

<http://brave4you.psy.uq.edu.au/>

If you need more support, you can contact your GP to talk about receiving a mental health care plan with a psychologist or support from a Psychiatrist.



Returning to School after Lockdown and Isolation

You and your child might be worried about heading back to school. Below is some information and strategies for you and your family to use to get ready for a return to school.



Talking to your child is one of the best ways to work through fears and anxieties. Use language they can understand to discuss returning to school. This is an excerpt and image above from [DHHS Victoria](#).

Early Primary School

- Balance plans to return to school with reassurances that their schools and homes are safe
- Remind them that adults are there to keep them healthy and to take care of them
- Discuss handwashing as a step in staying healthy at school and home
- Use language such as 'adults are working hard to keep you safe'

Upper Primary School

- They may be more vocal in asking questions about whether they truly are safe and what will happen if COVID-19 comes to their school or community
- They may need assistance separating reality from rumour and fantasy
- Discuss efforts of school and community leaders to prevent germs from spreading

High School

- They may be able to discuss COVID-19 in a more in-depth fashion and can be referred directly to appropriate sources of information
- Provide honest, accurate information about the current status of their schooling. Having such knowledge can help them feel a sense of control
- Plan together what the return to school will look like



Plan Ahead: Check uniforms, equipment, bags and other resources.



Name the possible support people at school, home or care.



Talk to your child about going back to school and that things may look different.



If you are concerned that your child is not coping, seek further help. See details on the next page.



Eat well, sleep well and be active.

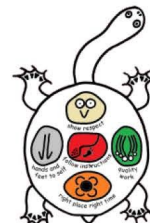


Take care of yourself and acknowledge the difficulties you have been through.



Lightning Ridge Central School

Respect · Responsibility · Pride



5 October 2021

Presentation Day 2021

Dear Community Member,

The Lightning Ridge Central School Presentation Day will be held on Thursday 9th December 2021 at 9:30 am in the school gymnasium.

We would like you to consider making a donation towards our Students book prize at Presentation Day. We have over 325 students enrolled at our School and have a special award for two Students in each class who have excelled throughout the year. The Students selected will receive a special book prize to the approximate value of \$30.00. Every Student in Kindergarten will each receive a book to commemorate their first year at school.

With your generous support we would like to continue these prestigious awards and once again kindly ask for your donation.

In return for your generous donation, we invite you to join us for Presentation Day depending on COVID restrictions. You will be supplied with a tax invoice, be publicly thanked, have your name published on the Presentation Day Program and receive a certificate of appreciation to display in your home or business.

To promptly organise the awards in time for Presentation Day, it would be helpful if your donation could be made by 5th November 2021. Donations can be mailed to the School (address listed below), made by cash, cheque or Eftpos at the School's Office or online at www.lightningr-c.schools.nsw.edu.au. Click on "Make a Payment" and follow the prompts. All donations can be made either anonymously or with full public thanks.

Yours faithfully,

Richard Finter
Principal



Please find enclosed cheque/cash for \$_____ being a donation towards the 2021 Lightning Ridge Presentation Day Awards.

I do not mind being publicly thanked for our donation

☐

I wish my donation to be made anonymously

☐

Signed:

Name:

Organisation:

Postal Address:

SYDNEY CAMP

14TH MARCH – 18TH MARCH 2022

STUDENTS IN YEAR 9, 10 AND 11 DURING 2021
ARE INVITED.

PLEASE SEE THE FRONT OFFICE FOR A
PAYMENT PLAN AND NOTE FOR YOUR
STUDENT.



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

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.

How To Wear Your Mask Correctly



DO

Wear your mask above your nose
and below your chin.



DO NOT

Wear your mask below your nose.

Lightning Ridge Central School

*For those who
like Scripture,
you may like to
come along to...*

ROCK
garden

What: a kids' program for preschool to year 6

Where: Lightning Ridge Community Church, 13 Morilla St

When: 9-10:30am Sundays, starting October 17

Why: to learn about Jesus (the 'Rock' we can trust) and to grow as his friends



This term we are looking at the book of Judges in the Bible, to learn about the unlikely heroes God sent to save His people, and how they point us to the Super Saviour - Jesus!

For more information contact Heather at hmrobinson143@gmail.com

Please note that while current Covid regulations are in place with regard to double vaccinations, any children who attend ROCK garden require a fully vaccinated adult from their household to attend church with them. We look forward to the time when we are able to unconditionally welcome everyone!

Personalised Puzzles!

2 x S/M Puzzles or
1 x LARGE Puzzle

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REGISTERED PROVIDER
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NSW GOVERNMENT

www.kidzjigz.com.au

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HAVE YOU REDEEMED YOUR CREATIVE KIDS VOUCHER?

VISIT WWW.SERVICE.NSW.GOV.AU

How to apply:

1. Check the eligibility requirements and the types of activities.
2. Select the 'Apply online' button.
3. Log in to your account, or sign up for a MyServiceNSW Account.
4. Follow the prompts to apply for the voucher.

Redeemable at

<https://www.cleverpatch.com.au/creative-kids>
<https://www.eckersleys.com.au/creativekids>
<https://www.why2wise.com.au/>
<https://charlieboots.com.au/>

SpeakUP

Building skills and confidence for participation at school

We have listened

Bringing you an exciting free online program co-designed with young people.

Students

- Do you feel like you are missing out on doing things at school?
- Would you like to feel more confident making decisions about what you would like to join in with at school?
- Have you thought of ideas you would like to try?

Parents/Ally

This program can assist you to build your confidence when supporting your student with their advocacy skills for inclusion and participation in mainstream school activities.

What do we offer?

- A unique and time limited online program available to students 7-14 years with a disability enrolled in any mainstream schools across NSW.
- Open to young people with or without an NDIS plan.
- Our skilled facilitators are experienced in working with young people and families to deliver this program online.
- Each student will have individualised sessions working towards their identified goal.
- Access to a range of resources through an online resource bank.
- This program will offer parent training sessions to develop and support their student's advocacy skills.

For more information or to refer please contact:

Email: speakup@lifestart.org.au
 Phone: 1800 317 030
 If interested [click here](#).

Lifestart
Inclusion for children and young people living with disability

SpeakUP is funded by Department of Social Services as an Information, Linkages, Capacity Building (ILC) grant (NDIA)

SkoolBag

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

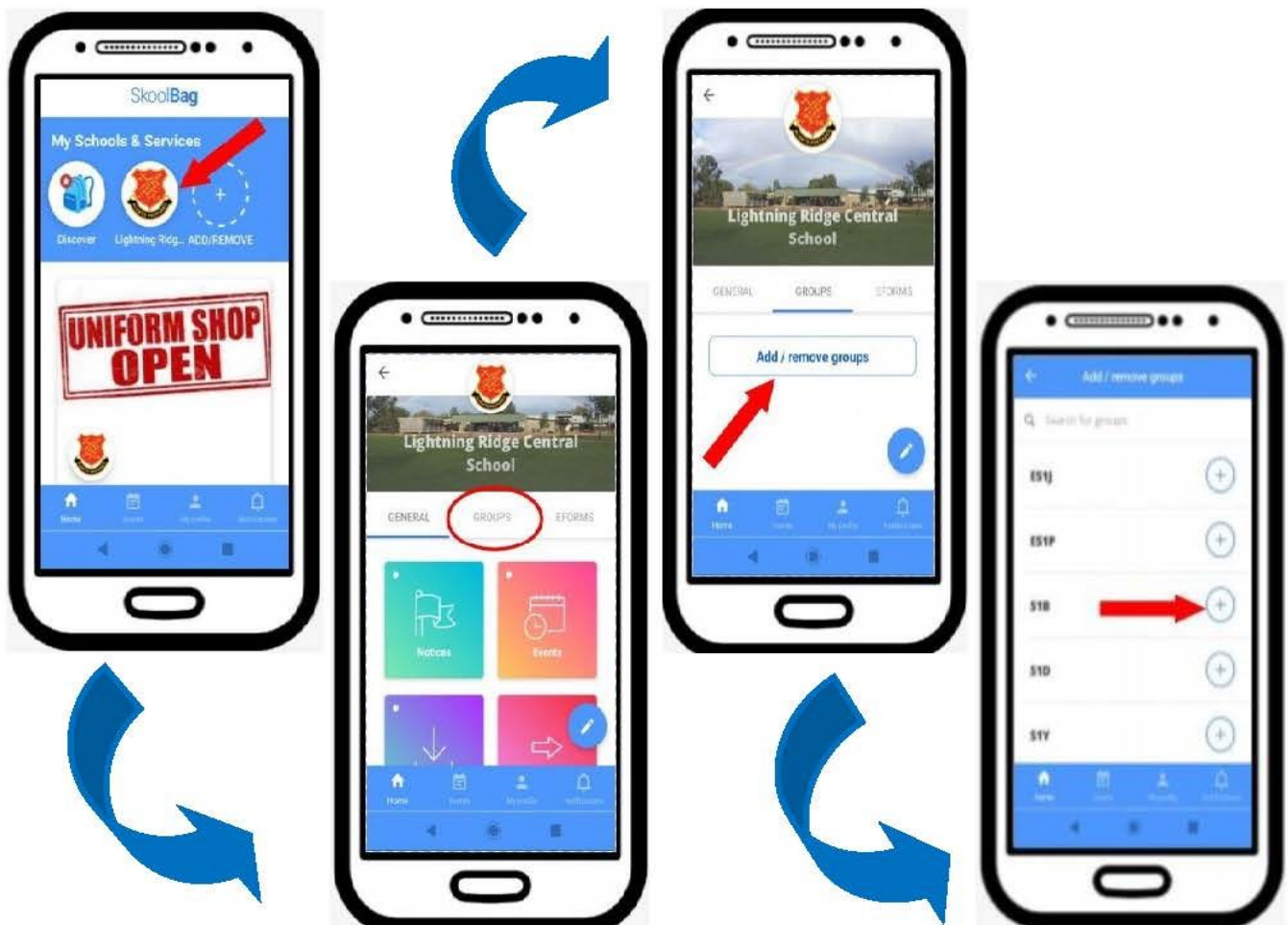
- * School newsletters
- * Notices
- * Events
- * Cancellations
- * Reminders
- * ...and more!

**INSTALLATION
INSTRUCTIONS**

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

Subscribe to Groups

Select Class/ Year Group to appear in your feed





Lightning Ridge Central School P & C Uniform Shop Price List

WHOLE SCHOOL ITEMS	PRICE	SIZE	QUANTITY	TOTAL
Caps—BB Black Red/ logo	\$7.00			
Hats—Bucket (Black)	\$5.00			
Hats—Red wide brim	\$7.00			
Back Packs Large	\$30.00			
Black Jackets—no logo (XXL only available)	\$20.00			
Library Bags (Currently on backorder)	\$5.00			
Sports Shirts—House colours	\$7.00			
JUNIOR K - 4				
Shirts—Red	\$20.00			
Sloppy Joe—Red, logo	\$20.00			
Track pants—Black, Micro fibre	\$24.00			
Track pants—Black, Fleecy	\$20.00			
Shorts—Black <i>old stock. Rugby</i>	\$12.00			
Shorts—Black, Micro fibre, Cargo	\$15.00			
Skorts—Black	\$15.00			
MIDDLE YEAR 5 - 9				
Shirts—Black / Red / White (Stage 3, 4 & 5)	\$25.00			
Jacket—Black (Large sizes only)	\$40.00			
Track pants—Black Fleecy	\$20.00			
Track Pants—Black Micro Fibre	\$24.00			
Jumper—Polo Black Logo 5-8yrs	\$25.00			
Shorts—Black	\$15.00			
Shorts—Black, Micro fibre, Cargo	\$15.00			
Skorts—Black	\$15.00			
Jackets—Red/Black (new)	\$35.00			
Canterbury Jersey 9yrs	\$65.00			
SENIOR YEAR 10 - 12				
Shirts—White	\$20.00			
Jacket—Black/Red	\$40.00			
Track pants—Black Fleecy	\$20.00			
Track Pants—Black Micro Fibre	\$24.00			
Shorts—Black <i>Rugby</i>	\$12.00			
Jackets—Red/Black (new)	\$35.00			
Canterbury Jersey	\$65.00			
			TOTAL	

CONTACT DETAILS

Name:

Contact Number:

LRCS - CANTEEN MENU - TERM 4, 2021

<u>Snacks - (Recess & Lunch)</u>		<u>Sandwiches</u>		<u>Hot Foods</u>	
Crunch cups (cheese, carrot, celery & cucumber) w/ Aioli sauce	\$3.00	(Gluten free bread available)		Village sausage roll	\$3.50
Yoplait yoghurt 175gm (vanilla)	\$2.50	Cheese	\$3.20	Travellers beef pie	\$3.80
Grain waves (sour crème)	\$1.20	Cheese salad	\$4.20	Party pies village 60gm	\$1.20
Cheese sticks	\$1.00	Cheese & tomato	\$3.60	Sweet chilli chicken tenders	\$1.50
Lite muffins 75gm (chocolate)	\$2.00	Ham, cheese & tomato	\$4.00	Chicken & gravy roll	\$5.50
Koala popcorn (plain, sweet & salty or butterscotch)	\$1.50	Ham or chicken salad	\$4.50	Garlic bread (Good Tucker 75gm)	\$1.30
Fresh fruit (banana, apple, orange)	\$1.00- \$1.50	Ham or chicken	\$3.50	UFO ½ roll	\$2.00
Fruit salad cups	\$1.50	Chicken chilli tender, lettuce & mayo	\$4.50	Cheese & tomato sauce	\$2.00
Jelly & custard	\$2.00	Ham & cheese	\$3.80	Chicken strips per bag (6)	\$3.00
Red rock deli chips (honey soy or sea salt)	\$1.20	Chicken, lettuce & mayo	\$4.00	McCains pizza (Ham/pineapple or ham/cheese)	\$3.00
Smokehouse bbq chips	\$1.50	Egg, lettuce & mayo	\$4.00	Beefburger (lettuce, tomato, cheese & beetroot)	\$5.00
<u>Drinks</u>		Tuna, lettuce & mayo	\$4.00	Chicken burger (lettuce, tomato & mayo)	\$5.00
Spring water 600ml	\$2.00	Vegemite	\$2.80	Chicken strips (each)	\$0.60
Spring Water 1.5ltr	\$3.00	<u>Wraps (Whole Grain)</u>		Beef or chicken noodles	\$2.00
250ml Juice bombs (grape, blackcurrent, apple/ raspberry, watermelon, orange/ passionfruit, lemonade)	\$2.20	Salad wraps	\$6.00	Hot Dogs (w/ sauce: tomato, bbq, mustard)	\$4.00
500ml Juice bombs (grape, raspberry, watermelon).	\$4.20	Chicken or ham salad	\$6.50	w/ cheese	\$0.50
Just Juice poppers 200ml (apple, orange, apple/ blackcurrent)	\$2.00	Chicken, lettuce & mayo	\$5.50	<u>Toasted Sandwiches</u> (Via order)	
Classic 300ml milk (chocolate, strawberry)	\$2.90	Chilli tender, lettuce & mayo	\$6.50	(please order during summer months)	
Big M milk 250ml ctn (chocolate, strawberry)	\$2.00	Tuna, lettuce & mayo	\$5.50	Cheese & ham	\$3.80
Nippys reduced fat 375ml (chocolate, honeycomb) (iced coffee-high school only)	\$2.80	Tuna salad	\$6.50	Ham, cheese & tomato	\$4.00
Plain ctn milk 300ml	\$2.20	<u>Small Salad Bowls</u>		Cheese	\$3.20
500ml ctn milk (chocolate, strawberry) (iced coffee-high school only)	\$4.20	Salad	\$5.00	Cheese & tomato	\$3.60
CANTEEN CLOSING AT 9.00AM FOR ORDERS! NO EXEMPTIONS!		Chicken or ham/egg or tuna	\$5.50	Chicken & cheese	\$4.00
		Mini salad (chicken / mayo / eggs+mayo)	\$3.50	Chilli tender & cheese roll	\$5.50
		<u>Optional Extras</u> (for Salad Boxes)			
Onion, pineapple - please indicate on order. Also available mayonnaise, Aioli sauce or French/Italian dressing.					
<u>Ice-creams - (Lunch only)</u>		<u>Miscellaneous</u>			
		Quelch 99% juice tubes (apple, tropical)	\$0.60	Tomato or BBQ sauce	\$0.30
		Ice-blocks (berry buzz, mango delish, pink lemon).	\$1.20	Bundle of lunch bags	\$2.50
		Ice-cream cups	\$1.20	PLEASE PUT RECESS AND LUNCH ORDERS ON SEPARATE BAGS, NAME & CLASS. THANK YOU	
		w/ mini milo packets	\$0.30		
		Ka blueys (blue/red/lemon)	\$0.60		
		Frozen twisted yogurts (mango, blueberry, vanilla,	\$2.20		