

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 3, Week 4 2021



Principal's Report

What a perfect week in which to consider the power of critical thinking.

While aware that self-praise is often no-praise, I will begin with this: I am confident that if I were drafted into a trivia team, I would almost certainly give a reasonable account of myself... unless the questions were all music related (my Achilles' heel).

I know when the great depression began; when the last US forces left Vietnam; the simple fact that the blue whale is the largest vertebrate to have ever existed, and; the fact that the tomato is technically a fruit and not a vegetable.

I know that I know stuff.

I also know that these days, if I do not know something, finding out that something has never been easier.

Thanks, internet!

The acquisition of information has never been easier. It's everywhere.

THIS ISSUE

What is in short supply is critical thinking.

Critical thinking – the intellectually disciplined process of actively and skilfully conceptualising, applying, analysing, synthesising, and evaluating information gathered from, or generated by, observation, experience, reflection, reasoning, or communication, then using what has been gleaned as a guide to belief and action – is some seriously intellectual stuff and not nearly common enough.

A critical thinker possesses to some degree clarity of thought, precision in expression, a sense of relevance, an ability to be pragmatic - the ability to change direction when change is needed – and a well-developed sense of what is reasonable and fair.

It is a great time to be a critical thinker. The flood of information that has come as the result of the connectedness we now have also comes with a great deal of misinformation flotsam.

I read an article recently in The New Daily that put forward the idea that the more an individual believes in conspiracy theories – the earth is flat, man never went to the moon, COVID isn't real... that sort of thing – the worse they perform in critical thinking tests. This observation is based on clinical studies – the work of scientists.

Conspiracy theories are nothing new. The problem these days is that information has been fully democratised with the advent of social media. That sounds good; democracy is a good thing, right? What it means, however, is that any idiot with a keyboard can self-publish.

DATES TO REMEMBER

School Photos

Postponed TBA

Pupil Free Days

Fri 13th & Mon 16th Aug

Primary Barwon Athletics

Thurs 19th Aug

Book Week

Mon 23rd - Fri 27th Aug

Stage 3 Canberra

Excursion

CANCELLED

Stage 2 Lake Burrendong

Excursion

CANCELLED

Years 7 & 9 Mount Kaputar

Excursion

Wed 1st Sept

Primary North West

Athletics

Fri 3rd Sept

CAPA Performance

Wed 8th Sept

Primary Jump-Off Day

Fri 10th Sept

Sydney Excursion

Postponed to Term 4

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

An example of this kind of uncritical thinking is the continuing conspiracy theory that shady figures in the US government were behind the events of 9/11. They were the ones who orchestrated the flying of passenger jets into the World Trade Centre towers and the Pentagon, rather than the events that unfolded being simply the work of Islamic terrorists.

Critical thinking – the ability and willingness to consider a variety of sources, their relative reliability, to see things from other perspectives, to be open to the new but not blindly accepting of that same new – is a powerful thing. Something to be embraced.

Knowing a tomato is a fruit is knowledge. Knowing to not put it in a fruit salad based on observation, experience, and communication with others knowledgeable in the crafting of edible fruit salads... that's critical thinking manifest.

While last week was indeed officially Education Week, but then every week should be an educational one. If you are not learning new things every day, you may be comatose... or worse.



Secondary Deputy Principal's Report

During weeks 2 & 3 students in Years 7 to 11 have been completing assessments in Comprehension, Vocabulary and Numeracy. This information will assist us in planning for 2022. It has been pleasing to see the effort the majority of students have put into their responses. This data will assist us in developing programs for our secondary students.

This week students in Year 10 will be presented important information regarding their subject selections for Year 11 in 2022. This is a very important time for Year 10 students and their parents, as students will be planning their future working lives. It is essential that students and parents have accurate information to make effective decisions. Thank you to Mr Finter, Mr MacLean and Ms Moxham for their informative presentation to the students and parents.

Students in Year 8 will have the opportunity to select their elective subjects for 2022 shortly.

During Week 6 students in Year 12 will soon be sitting their Trial Examinations in readiness for the Higher School Certificate Examinations in October. At this time of year, students in Year 12 should all have a study timetable which includes completing practice papers.

During Week 3 we celebrated Education Week, by displaying student's work in the windows near Khans. Thankyou to Mrs Kelly Morriss & her team of helpers for organising the display. This year's theme is Lifelong learning as continuous learning is critical for success throughout life. Unfortunately we were not able to have parents present at school during this week due to COVID restrictions.



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 Right Place, Right Time



""Right place right time"" is shown by a meeting symbol, to give that idea of protocol and Law in knowledge exchange.

Primary Students should arrive at school by 8:55am

Secondary Students should arrive at school by 8:40am

LATE IS NOT GREAT

COVID News

At this point in time the following advice applies for Lightning Ridge Central School students and staff, based on NSW Department of Education and NSW Health advice:

Masks and Face Coverings

While at school, masks or face coverings are recommended in all indoor settings for:

- all students in Year 7 and above.
- all staff in school settings.

NSW Health has mandated the wearing of masks on public transport. **Please be aware that public transport extends to school buses.**

In a nutshell, masks are recommended in school settings but **MUST be worn on public transport**. The modality that separates these things is important.

Visitors

Non-essential visitors are not permitted in schools. Some visitors are permitted in schools based on the guidelines that follow.

- Parents or carers who must visit the school to pick up a student, or make a payment when this cannot be actioned on-line, are required to wear a mask and complete the QR codes on entry.
- All non-essential meetings with parents and carers will be conducted by phone to minimise the number of visitors entering the school. Please ensure you maintain social distancing at drop off and pick up times.

From Monday the 19th of July, visitors to the school may be challenged when attending the office as to whether they have come from the greater Sydney region. If they have come from the Fairfield Local Government Area (LGA), they will be required to show evidence of a negative COVID test taken within the preceding **72 hours** so as to remain on school site. If they come from a greater Sydney LGA other than Fairfield, they will be required to show evidence of a negative COVID test taken within the preceding **7 days**.

What is permitted during school hours and within schools under these restrictions?

- School sport can continue within school grounds.
- Work experience can continue.
- Scripture lessons for those who have elected to attend can continue.

Events and off-site Activities:

- All indoor excursions off-site are cancelled.
- The **Stage 5 excursion to Sydney** scheduled for week 7 this term has been postponed until term 4.
- The **Stage 3 excursion to Canberra** and **Stage 2 excursion to Lake Burrendong** have been cancelled. This decision was not taken lightly but was necessary due to current uncertainty surrounding the Covid-19 restrictions, and to adhere to current departmental guidelines regarding overnight excursions
- **VET work placement and TAFE** will be able to continue under COVID safety guidelines.
- Assemblies are able to continue but visitors will not be allowed to participate; no guest presenters.

Information for parents and guardians:

Students are not to attend school with any COVID / Flu like symptoms. Students who present at school with these symptoms will be sent home and may not return to school until they have a negative COVID test result and are symptom free.

The directions received at school from Education and Health change with little notice. The situation needs to be viewed as highly fluid as does our response, but please be aware we will do what we can to keep you in the loop in a timely manner.



Library Report

No Change of Date for CBCA Book Week 2021

We have been juggling many enquiries as to whether the CBCA will move CBCA Book Week again this year to October. The National Board has given this consideration, however decided to keep the August dates for several reasons:

- We cannot confidently predict when this crisis will end, nor when another will begin. Lockdowns are not the same across the nation; about half the country is not locked down at present.

- It is too late. Last year decisions were put in place from March to June when merchandise could be reprinted with new dates and other arrangements were made. Last year, we found that despite moving it to October, many schools and libraries still chose to celebrate in August. This showed schools adapt to local needs and are flexible.

- We feel it is important to keep CBCA Book week aligned with our Book of the Year Awards, and they have already been locked in for August 20.

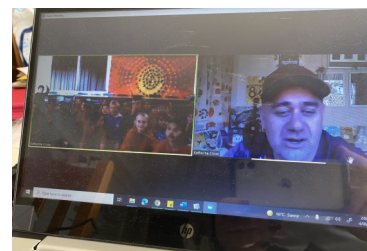
For us this means our book week celebrations will go ahead as planned with some tweaks to make it covid safe.

It was an exciting week in the library this week. Gregg Dreise came in virtually as our visiting author for 2021.

Gregg Dreise is a gifted artist, storyteller and musician, and he features the didgeridoo and guitar in his performances at schools, libraries and festivals. He is a descendant of the Kamilaroi and Euahlayi people of south-west Queensland and north-west New South Wales.

I hope that our students found his "visit" entertaining and inspiring.

Lots of notes will be coming home about our Book Week events and competitions. I can't wait to see all of the entries for this years competitions.



Education
Public Schools



ATTENDANCE SUPPORT PROGRAM OFFICERS WILL BE INTERVIEWING STUDENTS ABOUT LATE ARRIVALS.

In the next few weeks Attendance Support 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:

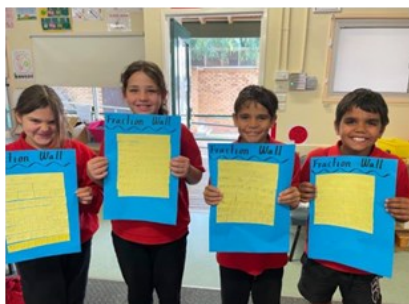
- Bring a note explaining their absence, OR
- Their carer should contact the school in person to explain the lateness or absence, OR
- Their carer should phone, text or email the school to explain the lateness or absence.

Gillian McKenzie-Attendance Support Officer and Tammy Baker-Aboriginal Attendance Support Officer
Phone: 68 221 522 or 0428 271 210

Stage 2

S2Hollows

Term 3 is already underway and S2H are continuing to work hard in the classroom. This term we have been writing informative texts after learning about the language features that help convey information, such as headings, descriptive noun groups and topic words. In numeracy lessons our class have finished working on multiplication and division and are now exploring fractions. During art lessons we have created colour wheels to demonstrate primary and secondary colours. We are looking forward to smashing out a lot more quality work over the rest of the term!



Primary MC

With Ms Fox away, the MC class has been getting on with teaching and learning and it has been a wonderful experience to interact with them as they learn. They have really enjoyed our maths topic on money! They have also been working on artistic techniques in creating panels for a stained glass window replica. The students also got behind the Year 12 fundraising efforts by helping to tape Mr Finter to the wall!



Laptop Payments Due

T421 Laptop Lease payments are due by
Friday 27th August 2021

Laptop payments are due week 7 of every term. Any laptops with outstanding payments after this date will be collected and stored at the School until payment is made.

Payments can be made online via Skoolbag or Lightning Ridge Central School's web site by clicking "make a payment" and following the prompts by using your credit/debit card.

Alternatively, you can pay cash or cheque at the School Office.



NSW CHS Under 16's Basketball

On Friday 30th of July the U16's Lightning Ridge girls Basketball team had a matchup with Coonamble. The Coonamble girls showed great promise and a wide variety of skills, however the LRCS girls shone through and blasted away the competition with an outstanding score of 48- 26, the girls will progress to the next round in the CHS basketball competition. Well done girls! Shout out to Creed Gordon, Sam Anderson and Quinton Bolton for assisting with scoring and umpiring.

Team: Tilah Ciprian, Jada Seaton, Lexi McBride, Grace McBride, Tegan McGovern, Skye Noyes, Anjali Doolan.



PASS

Students in Year 9/10 PASS have been studying a unit on 'Australian Sporting Identity' with a special focus on the Olympic Games. In practical classes, they have been playing a variety of Olympic sports. This week students played in a badminton knockout for Gold, Silver and Bronze.



Children's Health the Priority: Energy Drinks Banned

Just a reminder to Parents/Guardians and students that Energy Drinks such as Red Bull, Mother, V and Rockstar are banned in NSW schools by the Department of Education. These drinks have been proven to have a negative affect on student's health and learning. Students with these drinks at school will have them confiscated. Some of these drinks have more then 108 grams of sugar (22 teaspoons) and 240 mg of Caffeine (3 standard coffees).



CHS Netball Gala Day Dubbo

On Monday 2nd August our U16's netball team travelled to Dubbo to compete in the Western Central Schools gala day. After an early start the girls played their first game against Trundle Central School where they were victorious winning 17-12 with some great shooting from Jada and Lexi. Their second game was a physical low scoring contest against Coolah Central School, who won 18-13. The last game was another tough match up against Dunnedoo Central School, where all the girls put in 100% effort and went down narrowly to a well drilled side 18-22. Huge congratulations to all the girls and special shout out to Mrs Wilson for coming along and umpiring for us.

Team: Jada Seaton, Lexi McBride, Grace McBride, Mattie-Lee Seaton, Quenisha Walford, Evey Allen, Ellie Gough, Tilah Ciprian, Tegan McGovern, Leanna Tucker.



PDHPE

This term Stage 4 PDHPE are learning about Respectful Relationships. Students will investigate different types of relationships and communication techniques. As well as describe what human rights are and how they impact us. As a class students will practise conflict resolutions processes. Students are required to complete an assessment task later this term involving different types of relationships and the positive/negatives of each.

Respectful Relationships Education in Schools

Stage 5 PDHPE have been learning about Relationships—Rights and Responsibilities. Students will learn about different types of relationships and how relationships impact their wellbeing. Throughout the term students will explore rights and responsibilities in a variety of relationships, including consents, ground rules and boundaries. As a class students will propose protective strategies to respond to different situations within relationships.

During practical lessons students will participate in 4 x hour sessions of Lawn Bowls. These sessions are conducted by a qualified instructor and are aimed towards exposing students towards new skills and engaging in community opportunities for students.

Stage 4 - Weeks 2-5

Stage 5 - Weeks 6-9

Week 10 - Interschool Challenge

The photos are of our Year 70 PDHPE class demonstrating their lawn bowls technique.





Lightning Ridge Central School

Careers Corner

Student Profile



NAME: Taleah Anderson

YEAR: 12

1. What type subject are your completing via distance education?

TAFE: Cert III Human Services– Nursing

2. Why did you want to do this course?

I love being a leader and voice for the shy. Being involved in the Walgett Shire allows me to help improve our community and help others.

3. What do you want to do when you leave school?

I want to attend University to study a Bachelor of Criminology and hopefully branch off to Forensics.

4. What are two things you enjoy about your course?

- I love being able to get an early start on my future career.
- I enjoy meeting new people within my course.



This week our Kindergarten students celebrated 100 days of School!

Breakfast Club



Welcome to our Breakfast Club update. LRCS was so lucky to have received a very generous donation from the Bingo Ladies from the Bowling Club.

The children enjoyed pancakes with Nutella, maple syrup and honey.

We also had scrambled eggs on toast, which were very enjoyable.

So, a big Thankyou to the wonderful ladies from Bingo!!

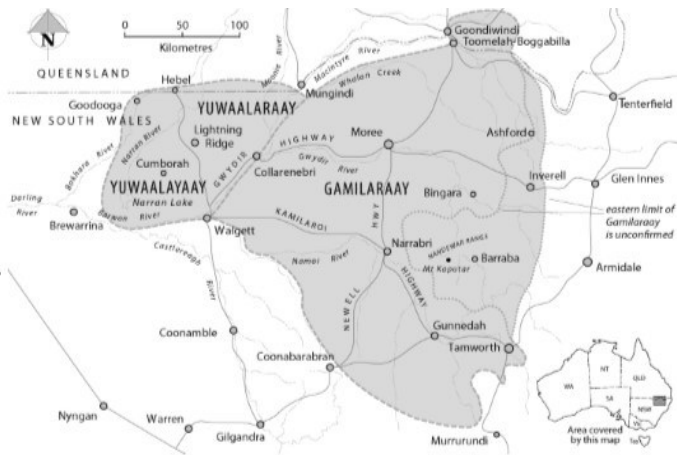


Yuwaalaraay is the dialect for the Lightning Ridge area. The name of the language and Aboriginal people of the Balonne River Region.

Yuwaalaraay Word of the Week

Giirray-gil - August

The names for the months were discussed in a meeting of Elders and linguists at Walgett. The Elders suggested names for months based on their knowledge of what is happening on Country at those times. The suggestion for August was giirray (yabby, crayfish) which breed at this time, and it is combined with a short form of gilay (moon) to make Giirray-gil.



**SAFETY
FOOTWEAR
MUST BE WORN
ON THIS SITE**

Safety footwear

Your child's safety is our priority!

Please remember that if a student is working in the workshop or kitchen they must wear appropriate footwear. This means footwear with a sturdy upper and a sole that is not worn or lacking grip.

Starting in Week 3, students who do not comply by wearing appropriate footwear may have to do theory rather than enter the workshop or kitchen.

These areas are like any workplace. They can be potentially hazardous. Safety comes first.

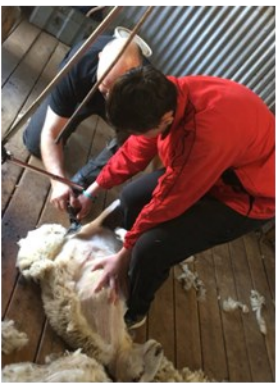
K-6 Assembly

Congratulations to all the students who received our new Respect, Responsibility and Pride awards at our K - 6 Assembly which was held on Tuesday 2nd August in the gym.



Stage 5 Agriculture and Stage 6 Primary Industries

Stage 5 Agriculture and Stage 6 Primary Industries students were invited to attend a Shearing workshop at Carinya Station Woolshed on Thursday this week. Industry representatives and trainers were in attendance to raise student's awareness of the many and varied employment opportunities available in the shearing industry, and to equip them with basic skills that may lead to future employment.



Lost Property

Have you checked LOST PROPERTY recently?

On Monday 9th August we will be displaying all LOST PROPERTY on the front lawn of the School office for parents to check and collect.

Reminder to label all your child's belongings!



Education Week

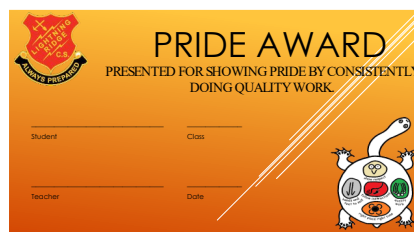
Education Week is an annual celebration of NSW Public Education and the achievements of our schools, students and education system. This year's theme is 'Lifelong learners' and recognises education as a lifelong journey from before a child enters an early childhood setting, progressing to primary and secondary school, and continuing their learning journey into adulthood; learning a trade, entering tertiary education, or the workforce.



PBL News

From Term 3 we will be changing our primary assembly awards.

We will no longer be presenting the Girribirri Award or the Quality Work Award. There will now be three awards presented at each assembly for each class. These awards will be aligned with our school values of Respect, Responsibility and Pride.



Secondary Homework and Assessments

Homework and Assessment Tasks Due in High School will be regularly uploaded to the Skoolbag App.

Please regularly refer to the App to see what is due.

Homework tips to help your child

- Ask your child about their homework, know what they are learning about and when assignments are due.
- Use our term assessment planner to record when assessments and exams are scheduled so you can help your child prepare in advance. Make 'to-do' lists to spread out the workload.
- Get into a routine of doing homework at a set time, ideally a little each day.
- Have a set place where the kids can do their homework, with the equipment they'll need
- Turn mobiles to 'airplane mode' or off so there are no disruptions.
- If there's no set homework, encourage your child to do some reading. For younger kids, it's great for them to read aloud to you. For older kids, ask them to tell you about what they have been reading.
- Don't jump in and give answers, homework is about helping kids become independent learners.
- Encourage your child to start assignments as soon as they receive them -this will reduce any night-before stress.
- Your child needs to do their own projects and assignments. There's no point submitting work done by anyone other than the student. Teachers need to know what students can do independently.

**Help your child manage their time,
put in 100% effort and submit tasks
on time.**



SkoolBag

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

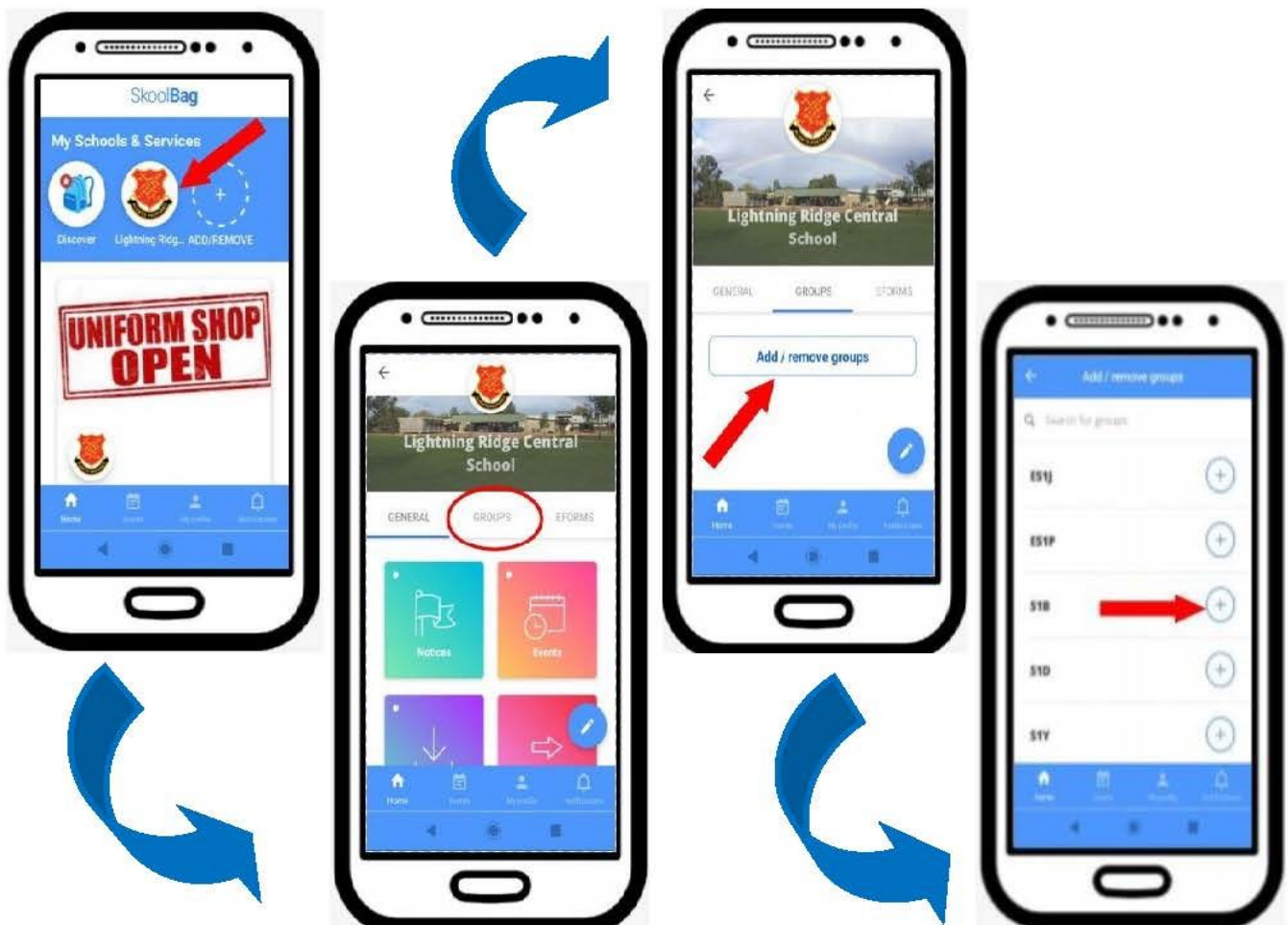
- * School newsletters
- * Notices
- * Events
- * Cancellations
- * Reminders
- * ...and more!

**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

Enrolments for Kindergarten 2022 are now open.

Sign up for **Kindy Start** to help with transition to school.

Kindy Start will run on Fridays beginning on **November 12th 2021.**

More information is available at the school office. Please contact Mrs Mary Cross at the school with any questions.



CBCA BOOK WEEK

OLD WORLDS, NEW WORLDS, OTHER WORLDS

21-27 AUGUST 2021

Trivia Contest

Running during Recess and Lunch this Book Week will be a trivia contest broken up into stages.


Watch this space for when your contest is on.

Winner of each stage gets a Voucher for the Book Fair.

ARTWORK BY SHAWN TAN | © 2021 THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA

COME TO OUR BOOK FAIR!

Where: Library
When: August 23rd-28th
Before and after school or at lunch time

 SCHOLASTIC

CBCA BOOK WEEK

It's back again!


Our Bake A Book Challenge

Time to get creative in the kitchen and create a cake that was inspired by a book or this years theme.

It could be a literal recreation or a symbolic one. If you're a Harry Potter fan it could be the cake Hagrid makes for Harry. The options are endless.

Entries due in to the library before 9am Monday August 23rd.

Divisions are ES1, S1, S2, S3, S4, S5, S6 and Staff/Community



ARTWORK BY SHAWN TAN | © 2021 THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA

CBCA BOOK WEEK

OLD WORLDS, NEW WORLDS, OTHER WORLDS

21-27 AUGUST 2021

Book Week Poster Design Competition

Using only Australian authors select 3 books that you think demonstrate the theme.

That is 1 book for Old Worlds, 1 book for New Worlds and 1 book for Other worlds.

Arrange the book covers onto a poster to promote the theme.

Please include your name and class/year on the back of the poster.

Entries due to Miss Cross Thursday 19th August.

1 Winner from each year group.

ARTWORK BY SHAWN TAN | © 2021 THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA

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.

Uniform Shop

Uniform Shop is open Mondays and Thursdays only.

8:30am - 9am

No EFTPOS available (Cash Only)

Order forms and pricelists are also available at the School's Office

Year groups	Summer Uniform	Winter Uniform
K - 4	<ul style="list-style-type: none">• Black shorts• Black shorts (girls only)• Red polo shirt with school emblem	<ul style="list-style-type: none">• Black track pants• Red polo shirt with school emblem• Red sloppy-joe
5 - 9	<ul style="list-style-type: none">• Black shorts or black full length pants• Black shorts (girls only)• Red/Black/White polo shirt with school emblem	<ul style="list-style-type: none">• Black shorts or black full length pants• Black shorts (girls only)• Red/Black/White polo shirt with school emblem• Red jumper - 5 - 8• Black jacket• Canterbury jersey - yrs only
10 - 12	<ul style="list-style-type: none">• Black shorts or black full length pants• White polo shirt with school emblem	<ul style="list-style-type: none">• Black shorts or black full length pants• White polo shirt with school emblem• Black jacket• Canterbury jersey



Wednesday's

7:30am

Senior Cola

Stages 3-6 Welcome



SHARK CAGE

lunch
provided

FREE

8 WEEK DV EDUCATION COURSE

WHEN: 11:30am-1:30pm
Mon 21 & 28 June
Mon 5, 19 & 26 July
Mon 2, 9 & 16 August

WHERE: CWA Hall
Wee Waa Street, Walgett

Registration Essential
Please Call (02) 6750 8500

- Feel empowered
- Develop or regain a sense of your rights
- Decrease the likelihood of victimisation

 **Centacare**
New England North West
Rural Resilience
THE SOCIAL SERVICES AGENCY OF THE CATHOLIC DIOCESE OF ARMIDALE

Swivel Chairs for SALE



We have 27 swivel chairs for SALE.

First in best dressed. \$5 each.

Contact front office on 6829

LAWN BOWLS FOR STUDENTS



WHEN: THURSDAY

TIME: 3.30PM TO 4.30

WHERE: LIGHTNING RIDGE BOWLING CLUB

CONTACT: JEFF 0428838028

FREE AND FUN A SPORT FOR ALL AGES





Joss
Facility Management

CLEANERS WANTED

Applicants need to be available to work
Monday to Friday between the hours
5:00am-7:00pm.

- Split shifts: 5:00am-9:00am and
2:00pm-7:00pm
- Day shift available from 11:00am-3:00pm

careers@jossgroup.com.au
www.jossgroup.com.au



You are invited to ...

SUPA Club

Scripture Union Primary Age Club

*Does your child love Scripture lessons?
Or want to learn from the Bible about God and Jesus?*

*Starting in term 3, Lightning Ridge Community Church will
run a SUPA Club at LRCS, in connection with Scripture
Union. A handout will be provided the first time each child
attends, with relevant information for parents.*

For K-6 / All welcome
Mondays at lunch (1:30-2pm)
In the library

Games / Bible time / Music / Craft

For all enquiries please contact Heather Robinson
(Scripture coordinator, from LRCC) on
hmrobinson143@gmail.com

**WALGETT
LITTLE
ATHLETICS**

**FREE
COME &
TRY DAY**

Register & order Uniforms for
the 2021 Season

**WEDNESDAY 11TH AUGUST, NO
1 OVAL FROM 5:30PM**

All participants must be accompanied by an adult
Season starts: Wednesday 18th August
(numbers will be limited per age group)
Use your Active Kids Voucher

walgettlittleathletics@outlook.com



BE YOUR BEST



**COVID-19
RESTRICTIONS
WILL BE IN
PLACE - RSVP
ESSENTIAL**



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](#).



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



Inclusion for children
and young people
living with disability



LAST SATURDAY OF THE MONTH
MARCH - SEPTEMBER 2021

TASTE OF THE WORLD

food markets

LIGHTNING RIDGE NSW

Last Saturday of the Month (Mar-Sept)

6pm -8pm

Wooloroo Road

THE Hungry Spirit
yuulngin dhuwi

LRCS - CANTEEN MENU - TERM 3, 2021

Snacks - (Recess & Lunch)

Crunch cups (cheese, carrot, celery & cucumber) w/ Aioli sauce	\$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, sweet & salty or butterscotch)	\$1.50
Fresh fruit (banana, apple, orange)	\$1.00- \$1.50
Fruit salad cups	\$1.50
Jelly & custard	\$2.00
Red rock deli chips (honey soy or sea salt)	\$1.20
Smokehouse bbq chips	\$1.50

Drinks

Spring water 600ml	\$2.00
Spring Water 1.5ltr	\$3.00
250ml Juice bombs (grape, blackcurrent, apple/ raspberry, watermelon, orange/ passionfruit, lemonade)	\$2.20
500ml Juice bombs (grape, raspberry, watermelon).	\$4.20
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, honeycomb) (iced coffee-high school only)	\$2.80
Plain ctn milk 300ml	\$2.20
500ml ctn milk (chocolate, strawberry) (iced coffee-high school only)	\$4.20

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

Sandwiches

(Gluten free bread available)

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
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 & mayo	\$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
Mini salad (chicken / mayo / eggs+mayo)	\$3.50

Optional Extras (for Salad Boxes)

Onion, pineapple - please indicate on order. Also available mayonnaise, Aioli sauce or French/Italian dressing.

Ice-creams - (Lunch only)

Quelch 99% juice tubes (apple, tropical)	\$0.60
Ice-blocks (berry buzz, mango delish, pink lemon).	\$1.20
Ice-cream cups	\$1.20
w/ mini milo packets	\$0.30
Ka blueys (blue/red/lemon)	\$0.60
Frozen twisted yogurts (mango, blueberry, vanilla,	\$2.20

Hot Foods

Village sausage roll	\$3.50
Travellers beef pie	\$3.80
Party pies village 60gm	\$1.20
Sweet chilli chicken tenders	\$1.50
Chicken & gravy roll	\$5.50
Garlic bread (Good Tucker 75gm)	\$1.30
UFO ½ roll	\$2.00
Cheese & tomato sauce	\$3.00
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
Hot Dogs (w/ sauce: tomato, bbq, mustard)	\$4.00
w/ cheese	\$0.50

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 & cheese	\$4.00
Chilli tender & cheese roll	\$5.50



Miscellaneous

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

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