

# LIGHTNING RIDGE CENTRAL SCHOOL



**Principal:** Mr Richard Finter  
**Primary Deputy Principal:** Ms Jane Taylor  
**Secondary Deputy Principal:** Mrs Margaret Morriss

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Term 3, Week 6 2021

## Principal's Report



At this point in time we are all under "Stay at Home" Orders and our school is currently at level 4 which essentially means you are encouraged to keep your children at home unless you are an essential worker. As principal, I have been directed to have the absolute minimum number of staff on site. The exact number of students on site dictates how many staff are at school.

I am aware that this is a very challenging time for all concerned and that we would all much prefer that students and staff be at school. Obviously, this is not possible but it is essential that students attempt, with the support of you and staff to maintain some level of continuity with their learning.

To that end we have hard paper copies of work packages in the office for you to pick up so that your students can work from home. Staff have put a great deal of time into preparing these so it is to everybody's advantage that these are not only taken home and completed to the best of your student's ability but also returned so that teachers can mark them and provide feedback.

If you intend to collect work we ask that you ring ahead 30 minutes in advance so that the work can be ready for you to pick up and it minimises the amount of time you are required to stay in the front office and avoids potential congestion.

Some secondary students also have access to Google Classroom and other platforms where teachers have provided access to learning resources. Where possible please utilise those resources.

In addition, the NSW Department of Education have a number of online resources, particularly for primary aged students. The link below will be useful in finding those;

<https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home/learning-packages>

The ABC websites and iView have a number of home learning programmes which are linked to syllabuses and provide a great resource. A particularly useful site is:

<https://education.abc.net.au/>

If you require support or extra resources feel free to contact the front office who will then email the relevant teacher to provide extra support. If your child requires the school counselling service while the Stay at Home orders are in place, once again please ring the school and we will attempt to organize tele-counselling.

The current circumstances are challenging but we as a school will always endeavour to work with our parents, carers and students to support their learning and wellbeing. This community is cohesive and resilient and as long as we work together any obstacle can be overcome or its negative impact minimised. Stay safe and keep up to date with school news on our school website as well as our social media platforms like Skoolbag and Facebook.

Stay safe.

2021 School Newsletter now available online via our Skoolbag App and website on [www.lightningr-c.schools.nsw.edu.au](http://www.lightningr-c.schools.nsw.edu.au)

## Important INFORMATION

### T421 Laptop Lease due

Fri 27th Aug

Payments can be made online via our School website

### Book Week

Postponed TBA

### CAPA Performance

Postponed to Term 4

### Sydney Excursion

Postponed to Term 4

### ABC Education

<https://education.abc.net.au/>

### Lexia/Reading Plus

<https://www.lexialearning.com/>

### Maths Prodigy

<https://www.prodigygame.com/>

### Soundwaves

[https://online.fireflyeducation.com.au/services/student\\_login/soundwaves](https://online.fireflyeducation.com.au/services/student_login/soundwaves)

### Kids Helpline

1800 551 800

### Beyond Blue

1300 224 636

Join us on

SkoolBag

Like us on Facebook



## Secondary Deputy Principal's Report

With the recent stay at home orders, parents are able to collect learning packages from the front office and their children can learn from home. Please contact the office so that a learning package can be compiled and to limit the time that you may need to wait.

This week Year 12 students would normally be sitting their Trial HSC exams. This has changed to students completing open book examinations at home. Year 12 students need to collect their examination papers from the front office and return them for marking. We are continuing to support our Year 12 students to complete their HSC major works in Design & Technology and Visual Arts, students will be contacted when they should attend school to complete their projects.

## COVID News

At this point in time LRCS is at Level 4 according to the NSW Department of Education COVID-Safe School Operations Guidelines. 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 in indoor settings at school, masks or face coverings are mandatory 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.

### 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 Covid19 restrictions, and to adhere to current departmental guidelines regarding overnight excursion.
- 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.



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# Library Report



The Children's Book Council of Australia (CBCA) is a not for profit, volunteer run organisation which aims to engage the community with literature for young Australians. The CBCA presents annual awards to books of literary merit, for outstanding contribution to Australian children's literature. Established in 1945,

the Children's Book Council of Australia was founded at a time when Australian children's books were few and Australian authors and illustrators were virtually unknown. In 1946 the CBCA established annual book awards to promote books of high literary and artistic quality. These awards are now the most influential and highly respected in Australia.

Each year, across Australia, the CBCA brings children and books together celebrating CBCA Book Week. Throughout the year the CBCA works in partnership with authors, illustrators, publishers, booksellers and other organisations in the children's book world to bring words, images and stories into the hearts and minds of children and adults. Australian children's literature enriches our nation and reaches children across the world through international editions. Around the nation schools, libraries and book shops celebrate books in different ways.

At LRCS we celebrate through various activities in the library during the week. Including our bake-a-book competition, book fair and the costume parade. This year we have added an in-person trivia challenge and a poster design challenge. I am looking forward to seeing everyone's entries and costumes.

Another exciting upcoming event for this term is Indigenous Literacy Day. Students K-12 have already begun picking their books ready for our school celebration of the day. We were lucky enough to once again receive a shipment of books from the Indigenous Literacy Foundation.

Former teacher Suzy Wilson, the owner of Riverbend Books in Bulimba, Brisbane, got the ball rolling in 2004 when she launched the Riverbend Readers Challenge to raise money to boost literacy levels. The Challenge grew, and then teamed up with the Fred Hollows Foundation and the Australian Book Industry to become the Indigenous Literacy Project in 2007. In 2011 it was superseded by the Indigenous Literacy Foundation (ILF), a national not-for-profit charity focussed on improving literacy levels in very remote Aboriginal and Torres Strait Islander communities. The ILF is supported by the Australian Publishers Association, the Australian Booksellers Association, the Australian Society of Authors and the Children's Book Council of Australia. Its team of ambassadors, volunteers and staff receive no government support to run their core programs, which give away tens of thousands of new books annually, run literacy projects and organise major advocacy and fundraising events, including Indigenous Literacy Day.





## **Worth your Weight in Opal**

### **Ellie Turnbull ES1J**

Ellie was nominated by Miss Deer for presenting a wonderful topic talk about her family. Way to go Ellie!



## **Worth your Weight in Opal**

### **Max Dominic S1B**

Max was nominated by Mr Britts for consistently offering to help teachers in class. Good Job Max!



## **Worth your Weight in Opal**

### **Suzanne Dominic S2H**

Suzanne was nominated by Mr Crawley for developing an interesting information report on Wedge-tailed Eagles. Awesome Job Suzanne!



## **Worth your Weight in Opal**

### **Kingston Kirkpatrick S3B**

Kingston was nominated by Mrs Stiller for having confidence in himself and producing quality work during reading groups! Well done, Kingston!



## **Worth your Weight in Opal**

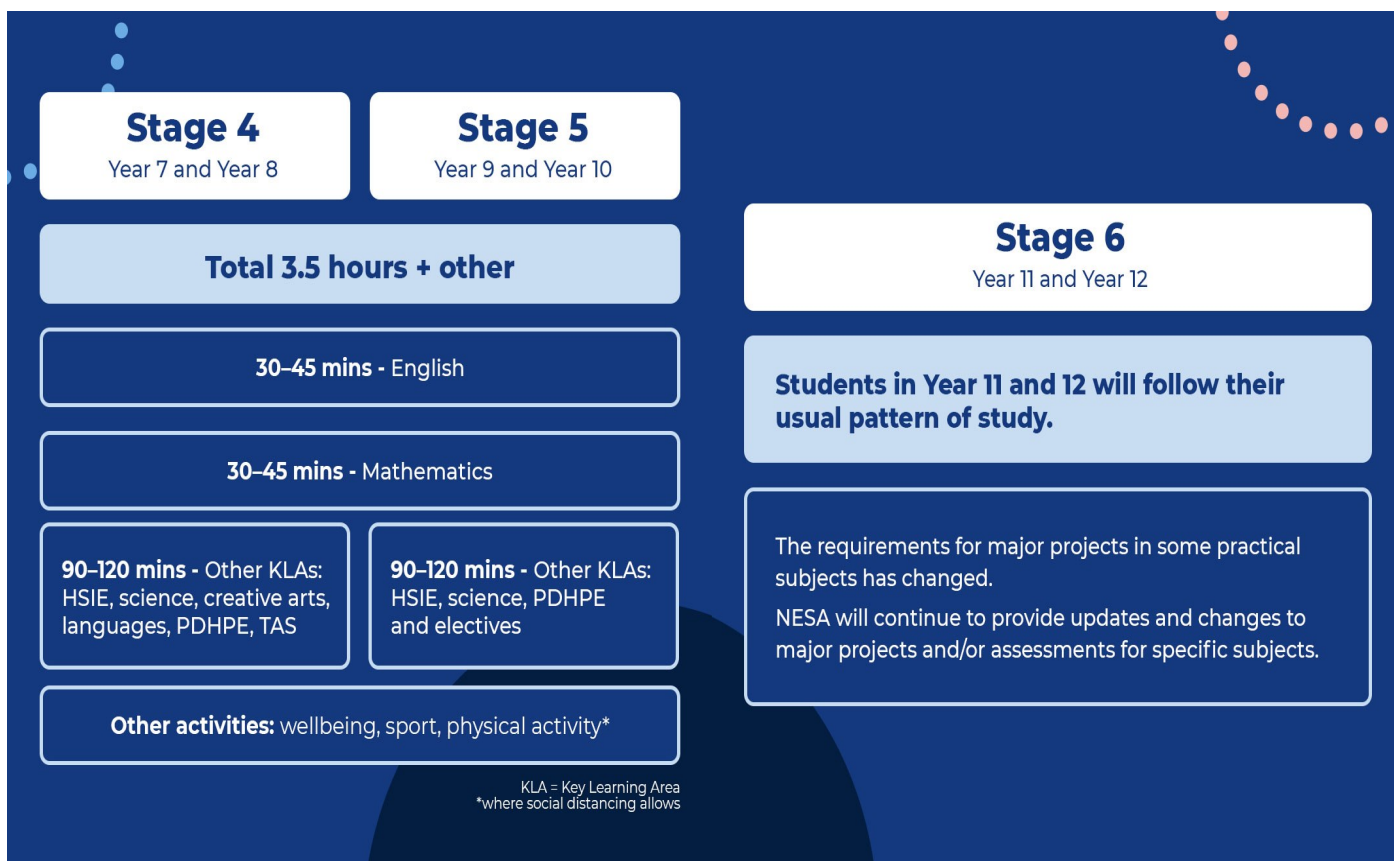
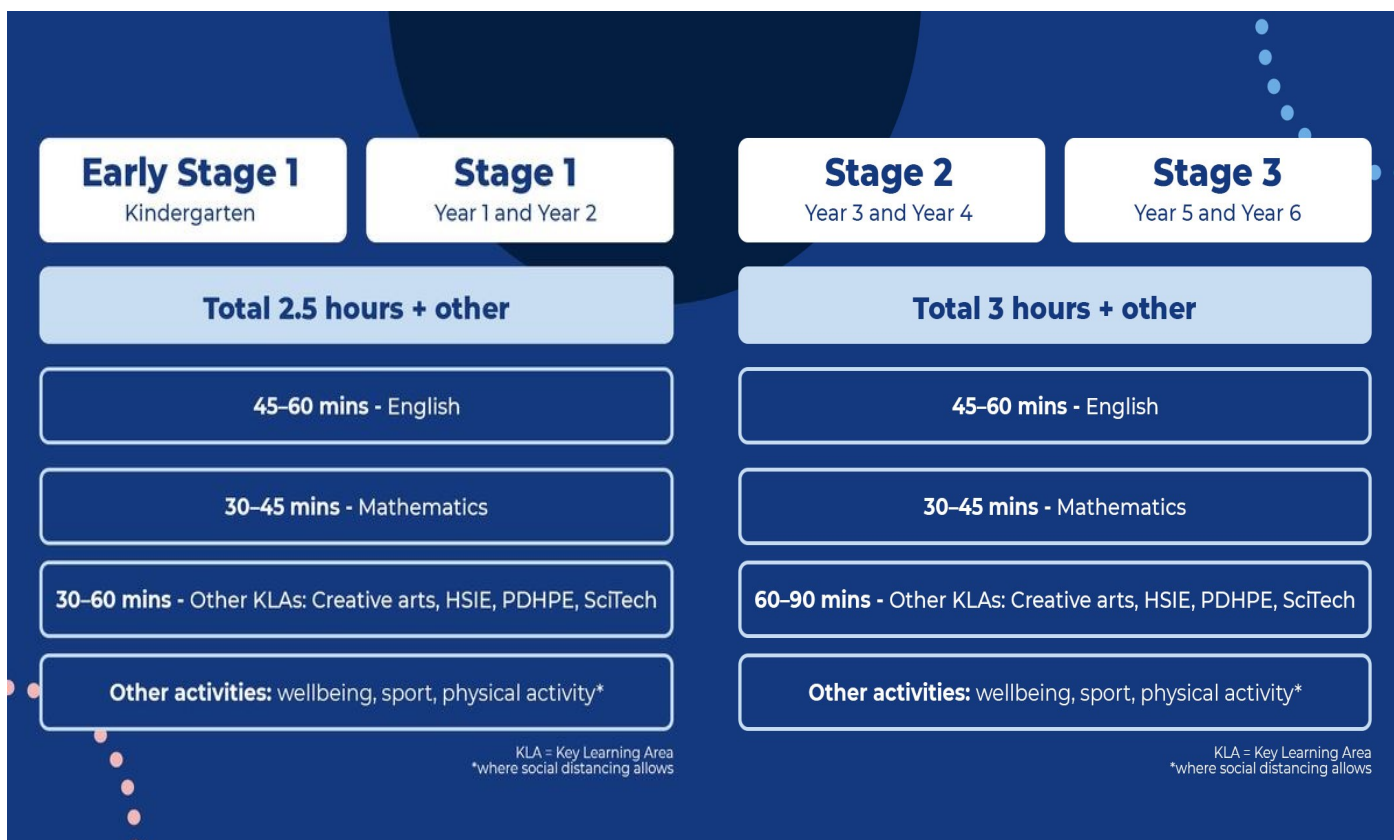
### **Izabella Mallouk Yr 7**

Izabella was nominated for continually showing Pride and Respect while at School. Well Done Izabella!!

# Learning from Home

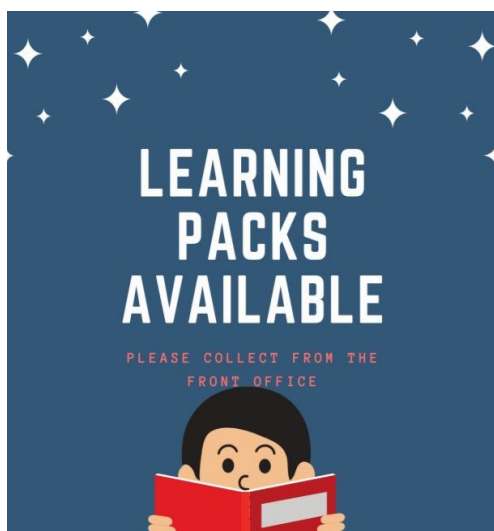
As students across NSW are learning from home this fortnight, here's a suggested guide for how much time to spend on each subject area for each stage per school day.

Visit <https://education.nsw.gov.au/parents-learning-at-home> for more Learn from Home resources.



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## Learning from Home



Learning packs are still available from the School office for both Primary & Secondary students. Please contact the office on 6829 0511 if you require a learning pack for your child.

A phone call 30 minutes prior to when you would like to collect allows our office staff to collate and copy the required work, and allows us to regulate the flow of visitors and appropriate social distancing.

No new packages will be distributed until previous ones have been completed and returned.

Secondary students will be able to receive work through Google Classrooms. Activities and class tasks are set through this platform so please regularly check in to see work that needs to be completed.

Students should have been sent an email invitation to join each class if they have not already done so.

Work packages with similar content are also available from the school office if students are unable to access the internet.

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## Throwback Thursday

Throwback Thursday request.

Lightning Ridge Central School is celebrating our wonderful school history by dusting off the archives and posting a throwback picture every week.

Who can you see?

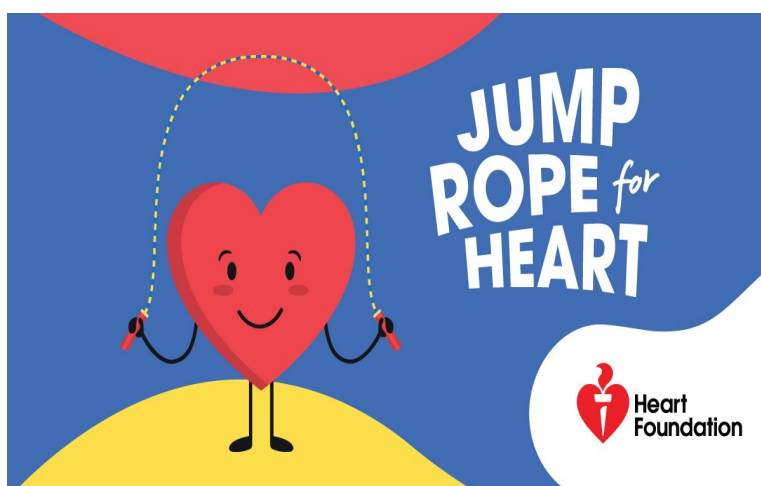
Is there a year group or class you want to see? Message our Facebook page with your requests.

Lightning Ridge Central School  
1998  
Class 3/4W



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## Primary Jump Rope for Heart



### Jump rope for Heart update

LRCS have absolutely smashed the fundraising goal with 4 weeks remaining of the program which is incredible.

52 students have registered for the program so far, and have logged 60 hours of skipping whilst also raising an amazing \$4300!

Keep up the great work!

Visit our school facebook to view Alex from the Jump Rope for Heart team's short video message for you all.

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Yuwaalaraay is the dialect for the Lightning Ridge area. The name of the language and Aboriginal

**Yuwaalaraay**  
**Word of the Week**

Gundhi-dha wila-y-la-ya.

**Stay at home.**



# 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.*

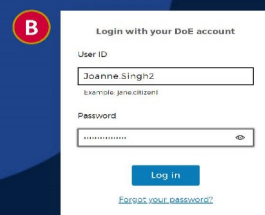
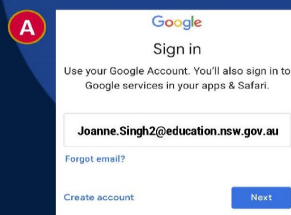


How **students** can access  
**Google Classroom**  
in NSW Public Schools

**Sign into Google Classroom with a desktop browser**



1. Use a **modern browser** in Windows, MacOS or Linux
2. Browse to your DoE Portal at:  
<https://portal.det.nsw.edu.au>
3. Sign in with your **department credentials** **B**
4. Select **Google G Suite** from the **Learning** box at the right
5. Choose **Classroom** from the list of apps



**Accessing Google Classroom using mobile Apps**

1. Multiple **G Suite apps** are needed:
  - o Google **Drive**
  - o Google **Docs**
  - o Google **Slides**
  - o Google **Classroom**
2. Install the **four** correct apps to your device
3. Open **Google Drive** and sign in with your **DoE GOOGLE account** and choose **Next** **A**
4. The **DoE log on screen** **B** will appear. Sign in with your normal department credentials
5. Once signed in **all four Google G Suite apps** will be ready for use!



**Need help using Google Classroom?**  
- Ask your teacher!

Novel Coronavirus (COVID-19)

# how to cope with stress related to COVID-19



**It can feel stressful and overwhelming during an event like the outbreak of the Novel Coronavirus (COVID-19) and we can all be affected differently.**

You might feel overwhelmed by the information, conversations and the increased levels of stress in your community. It can be hard to know what information to trust especially in a situation where things are changing so quickly. It can be helpful to keep up-to-date but it's also okay to switch off from the 24 hour media cycle if this is getting too much.

During this time some things in your life may be affected by attempts to contain the spread of the virus. You may have been looking forward to a gig or a trip that's been cancelled. You may be affected by school, uni or your workplace temporarily closing. Or you may have a loved one who is directly affected by the virus.

It's important to find the right level or type of support for you. And keep in mind that the type of support you may need can change as time passes. For many people staying connected to family and friends/loved ones is important.

## Tips to maintain a healthy headspace during this time

- 1 Be mindful of exposure to information through stories, traditional and social media. It can be helpful to take a break from the 24-hour news cycle**
- 2 Do things that make you feel safe and connected, and be with those who are helpful to your wellbeing**
- 3 Engage in activities that promote a sense of calm and feeling grounded (use of alcohol and other drugs can be counterproductive with this)**
- 4 Our [7 tips for a healthy headspace](#) demonstrate simple and effective things that can help people to create and maintain a healthy headspace, irrespective of whether they have been affected by COVID-19 or not**
- 5 It can help to talk with a trusted adult if it all feels a bit much.**

## Please note

The latest medical information is changing on a daily basis. If you suspect you are at risk, or would simply like to understand COVID-19 more, please visit the Department of Health's website.

[health.gov.au](http://health.gov.au)

## Common reactions

### Fear and anxiety

At this time you might experience feelings of fear or anxiety. You might be worried about the virus and how it might affect you, your loved ones or your life.

### Anger, frustration and confusion

It can be difficult to understand what to do in these situations because of the volume of different information available. This might feel confusing and frustrating, this is normal. Events like these can reduce the things we normally do in our days and that can seem unfair. This might make you feel frustrated or angry.

### Sadness

If you've been asked to stay at home or stop your normal activities you might feel disconnected from important people or things in your life. This might make you feel sad or bored.

### Denial

When bad things are happening, some people might prefer not to think about them at all. This might be helpful to start with, but our feelings can catch us by surprise later on. It's OK to distract yourself, but also find some time to think about what is happening and how you're going.

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If you start to notice that you are experiencing these things, it is important to remember that these are normal reactions to a not normal time. During this time it is important as best as possible to keep engaged with the activities that support your wellbeing. You might need to get creative in how you continue to do them.



## HAVE YOU REDEEMED YOUR CREATIVE KIDS VOUCHER?



VISIT [WWW.SERVICE.NSW.GOV.AU](http://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/>

## The **BEST** Playdough



**1 cup flour**

**2 tsp cream of tartar**

**1/2 cup salt**

**1 tbsp cooking oil**

**1 cup water**

**food coloring**



Mix food coloring with your water first. Then add the vegetable oil and water with food coloring to a large pot. Add the dry ingredients to your pot and mix well. Cook over low to medium heat until the dough starts to form and becomes dry. Once it starts to form a ball take off the heat. Once cool, knead for 5 minutes.



[thebestideasforkids.com](http://thebestideasforkids.com)

### 3 Ingredient Scone Recipe

300ml thickened cream

1 cup lemonade

3 cups self raising flour

Instructions

Preheat the oven to 180c. Line a baking tray with baking paper and set aside.


Add the cream, lemonade and self raising flour to a large mixing bowl. Mix with a butterknife until just combined, taking care to not over mix the dough.

Transfer the scone dough to a lightly floured surface. Press down gently until the dough is around 2.5cm thick.

Lightly dust a scone cutter and cut scones from the dough, placing on the prepared baking tray as you go. Once you have cut all the scones possible from the dough, gently push the dough back together and continue cutting scones until all of the dough has been used.

Place the scones in the preheated oven and bake for around 10 minutes, or until golden. Allow scones to cool before serving.





RAISING MONEY AND AWARENESS  
FOR MUSCULAR DYSTROPHY

# SUPERHERO DAY

Friday 10th  
September

Come to school  
dressed as your  
favourite  
superhero

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  
1 Winner from each year group.

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



# 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



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



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:

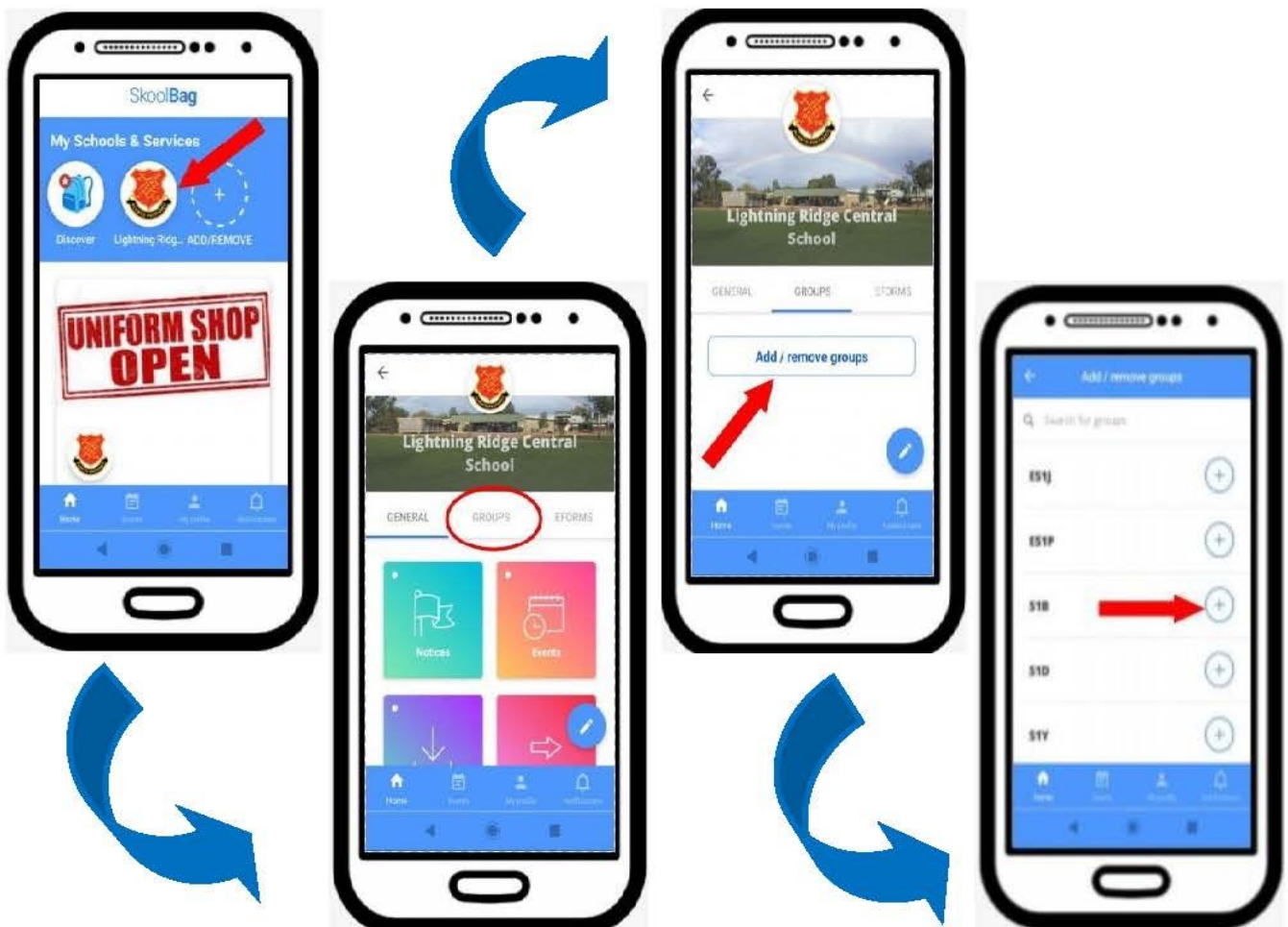
- \* School newsletters
- \* Notices
- \* Events
- \* Cancellations
- \* Reminders
- \* ...and more!

**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



## LRCS - CANTEEN MENU - TERM 3, 2021

### Snacks - (Recess & Lunch)

Crunch cups (cheese, carrot, celery & cucumber w/ Aioli sauce)	\$3.00
Yoplait yogurt 175gm (vanilla)	\$2.50
Grain waves (choc 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
Fruit salad cups	\$1.50
Jelly & custard	\$1.00
Red rock deli chips (honey soy or sea salt)	\$1.20
Smokehouse bbq chips	\$1.50
<b><u>Drinks</u></b>	
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

### 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
Chicken, lettuce & mayo	\$4.00
Tuna, lettuce & mayo	\$4.00
Tuna, lettuce & mayo	\$2.80
<b><u>Wraps (Single Grain)</u></b>	
Salad wraps	\$6.00
Chicken, lettuce & mayo	\$6.50
Chicken, lettuce & mayo	\$5.50
Chilli tender, lettuce & mayo	\$6.50
Tuna, lettuce & mayo	\$5.50
Tuna salad	\$6.50

### 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 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
Hot Dogs (w/ sauce: tomato, bbq, mustard)	\$4.00
Hot Dogs (w/ cheese)	\$0.50

### Small Salad Boxes

Salad	\$5.00
Chicken or ham/egg or tuna	\$5.50
Mini salad (chicken / mayo / eggs+mayo)	\$3.50
<b><u>Optional Extras</u></b> <b><u>(for Salad Boxes)</u></b>	
Onion, pineapple - please indi- cate on order. Also available may- onnaise, 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

### Toppers Sandwiches

**(Via order)**

(please order during summer months)

Cheese & ham	\$3.80
Ham, cheese & tomato	\$4.00
Cheese	\$3.50
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**

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

DUE TO COVID-19 RESTRICTIONS