

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 8 2021

Principal's Report



Regional NSW continues to be under "Stay at Home Orders" until at this stage, until 11.59 pm on Friday 10th September.

This obviously impacts on schools in NSW who remain on Level 4 of the NSW DoE COVID Safe School Guidelines. Any changes made by the Department of Education will of course be based on advice from NSW Health.

As a Level 4 school "families are encouraged to keep their children at home, with no student to be turned away". If you have special considerations or your student is facing challenges with their wellbeing please feel free to contact the school to seek support.

We as a school have been putting systems in place to maintain connection with you and your child, and support their learning and wellbeing. School Learning Support Officers have been phoning each family to check in and offer support and advice. Can I urge you that in the event that you require more work for your child or guidance, please feel free to email your child's teacher or ring the office and they will request that your child's teacher ring or email you.

Getting through these challenging times is a team effort and relies on effective communication. To that end, can I ask that you update your contact details on the school's database by ringing the school and updating any changes to your postal address, phone numbers or email address. Some parents/carers have not provided us with email addresses. If you have an email address please check it regularly as we are making distribution lists of parent and carer emails so that staff can easily contact you and send links to online learning, to ensure you are better informed of what is expected of your child. Staff have also been sending students invitations to Zoom Meetings and Google Classroom access (more so secondary) through the students' school email so please tell your child to check their school emails twice a day, so they can be aware of any support being offered by staff or work being posted or supplied.

Of course we continue to supply work packages, and as of next Wednesday we will be dropping work off at home and picking up completed work. Please see Mrs Morriss' "Secondary News" column in this week's newsletter for further information.

In addition to the work packs, staff are hand delivering work to families, reading with students over the phone, making wellbeing phone calls, posting videos, worksheets and assessment tasks to various platforms across a range of subjects. Google Forms and wellbeing surveys are being distributed, Q&A Zoom sessions, feedback on submitted work is being recorded for students to listen to, "Run Beyond" Zoom session, screen recordings to walk students through assessment tasks are being made and posted, and tele-counselling is being undertaken with our off site school counsellor. In addition to all this staff have undertaken a range of online professional learning on literacy, numeracy, student wellbeing, mental health, individualised student learning and the use of technology in teaching and learning.

The school is particularly hollow without students here. Hopefully the time when students can return is not far away. In the meantime, please keep in contact and look after yourselves and your students.

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

Important INFORMATION

Book Week

Postponed TBA

R U OK? Day

Thurs 9th Sept

Primary Jump Off Day

Fri 10th Sept

Last Day of Term 3

Fri 17th Sept

School Holidays

Mon 20th Sept -

Mon 4th Oct

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

Kids Helpline

1800 551 800

Beyond Blue

1300 224 636





Secondary Deputy Principal's Report

Learning packages for students will be available via delivery commencing Wednesday 8th September. If you would like a learning package delivered for your child please 'order' them by 2pm Tuesday. Call the office and let us know if you would like it delivered. If you are happy to collect your learning package from school don't forget to ring at least 30 min prior to allow time for printing.

For families at Grawin/Cumborah the local bus company -NRC buses will deliver them to the usual bus stop on Wednesday Afternoon. We need learning packages returned, please have completed learning packages ready for collection and the bus company will return them to the school.

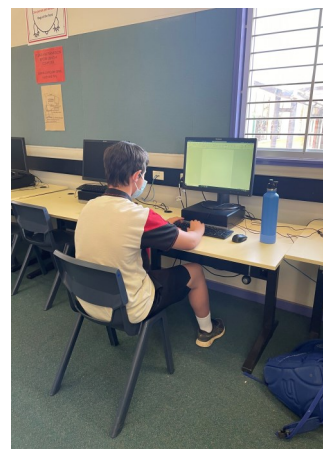
Deliveries around town will occur on Wednesday afternoon, once again any completed work needs to be returned and can be collected when new learning packages are delivered.

Year 12 students are currently completing their major works, students and their teachers have been working hard to finish their projects before the due date. Thank you to Mr Degens and Ms Martinez for providing time on weekends for student to work on them.

Due to COVID we have changed the format for Year 11 examinations. Year 11 teachers will inform their students if the examination will be changed to an assessment task or an in class examination. It is essential that Year 11 students are contacting their teachers to be informed about these changes. During Term 4 students will be commencing Year 12 studies.

Year 10 students will be sent a google document to complete this will enable them to make their final subject selections for 2022.

We have had a small number of students attending secondary school to continue with their online learning and the learning packages. These students must wear a mask and socially distance, a teacher is available to provide minimal supervision.



Relieving Primary Deputy's Report

The primary school staff at Lightning Ridge Central School are missing teaching face to face and are doing our very best to create interesting and manageable learning packs for students to complete at home. We thank you for feedback on how we can do this better and rest assured we will continue to improve the system in any way we can.

Teachers have put a lot of time and effort into making learning packs for students, contacting parents and working out ways to connect with students on a regular basis. Please continue to support us, and your child as we learn to navigate this new way of teaching and learning.

Some may wonder what the teachers are doing on the days they are not at school. I have had many conversations with colleagues about their workload and wellbeing. I can speak on behalf of the staff when I say that we would prefer to be at school doing the job we love to do. When working from home, teachers and SLSOs are attending online training, completing professional reading and communicating with parents, students and colleagues via the phone, zoom or emails.

Today, my teaching day looked like this... I had a committee meeting via zoom at 8am, another meeting at 9am with district support teachers, followed by a school executive meeting at 11.30. I responded to one million emails and spoke to colleagues and parents on the phone. I set up a zoom meeting for my class... which failed!!! I am reading and summarising the book "Bringing Words to Life", watched the webinar "The Science of Reading," and have another training course to attend online at 4pm. I continue to have a very full and busy schedule.

Continued

We understand your frustration with the current restrictions and we share your frustration. Please continue to collect learning packs from school and return when completed. Tell us about any issues, concerns or give feedback on what is working well for you. This information is very important to us.

Stay happy and safe.

A useful link for parents – Learning online

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

Follow this link to join live education at 10am each day...It is brilliant! You will also find information for parents about timetabling and lesson support.



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:

Families encouraged to keep their children at home, with no student to be turned away.

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.

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

Don't forget you can use Oliver to request books for reading at home. New Library loans can be organised for anyone interested.

To view a tutorial on 'How to access books online through Oliver', please visit our facebook page - <https://fb.watch/7E8GtIgGpI>

Please contact Miss Cross at lightningr-c.school@det.nsw.edu.au if you have any questions

Remember Term 3 Reading Challenge
Cards are due in week 9. Completed cards can be dropped back to school with work packs or emailed to Miss Cross.



Book Week Poster Design Competition

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

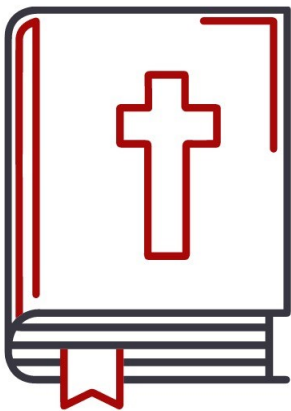
That is 1 book for Old Worlds, 1 book for New Worlds and 1 book for Other worlds.

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 **Wednesday 15th September**

1 Winner from each year group.



Scripture

Special Religious Education
Now available to do at home!

In agreement with the NSW Department of Education, SRE providers are committed to supporting families by providing access to resources that are aligned with the relevant and approved SRE curriculums. For years 1-6, it is possible to continue the story of God's people after their rescue from Egypt (where our lessons left off) by choosing to start at the week 5 resources. Kindy kids can join in those same lessons. For high school students it is an opportunity to revisit what was covered earlier in the year from the gospel of Mark.

K-6 resources

<https://cepconnect.com.au/learningathome/>

High school resources

<https://thinkfaith.com.au/>

Early Stage 1

During term 3 Kindergarten were able to explore our school!

ES1P and ES1J went on a shared experience to our school Ag farm.

Thank you to Mrs Currey and stage 4 students for introducing us to the chooks and sheep.

We had lots of fun holding the chickens, searching for eggs and taking it in turns to feed the sheep some salt bush.

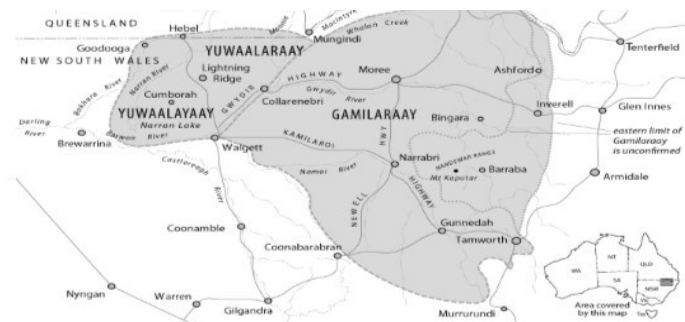


Yuwaalaraay is the dialect for the Lightning Ridge area. The name of the language and Aboriginal people of the Balonne River Region.

Yuwaalaraay
Word of the Week

Maayu ngarrangarra-y-la-ya

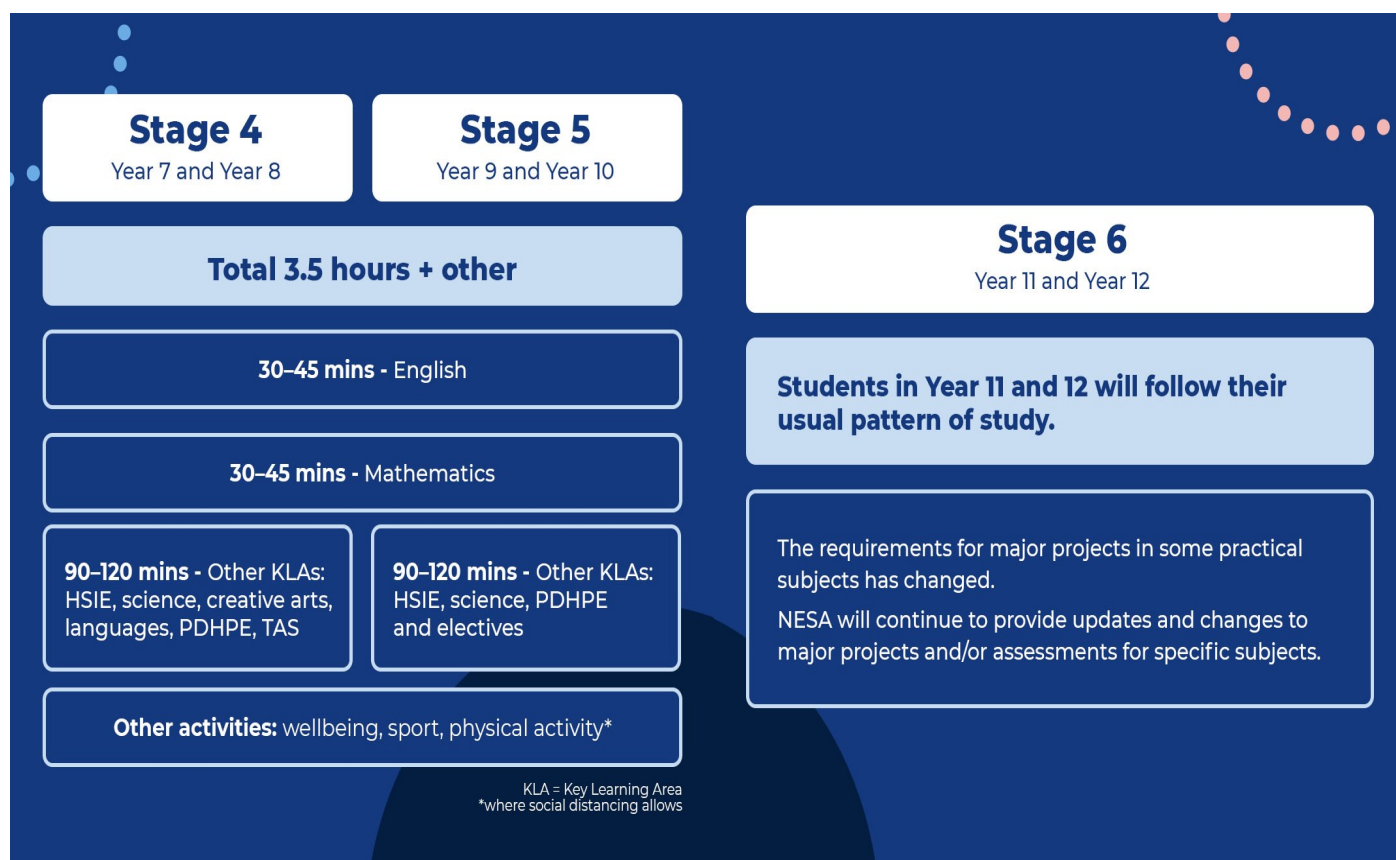
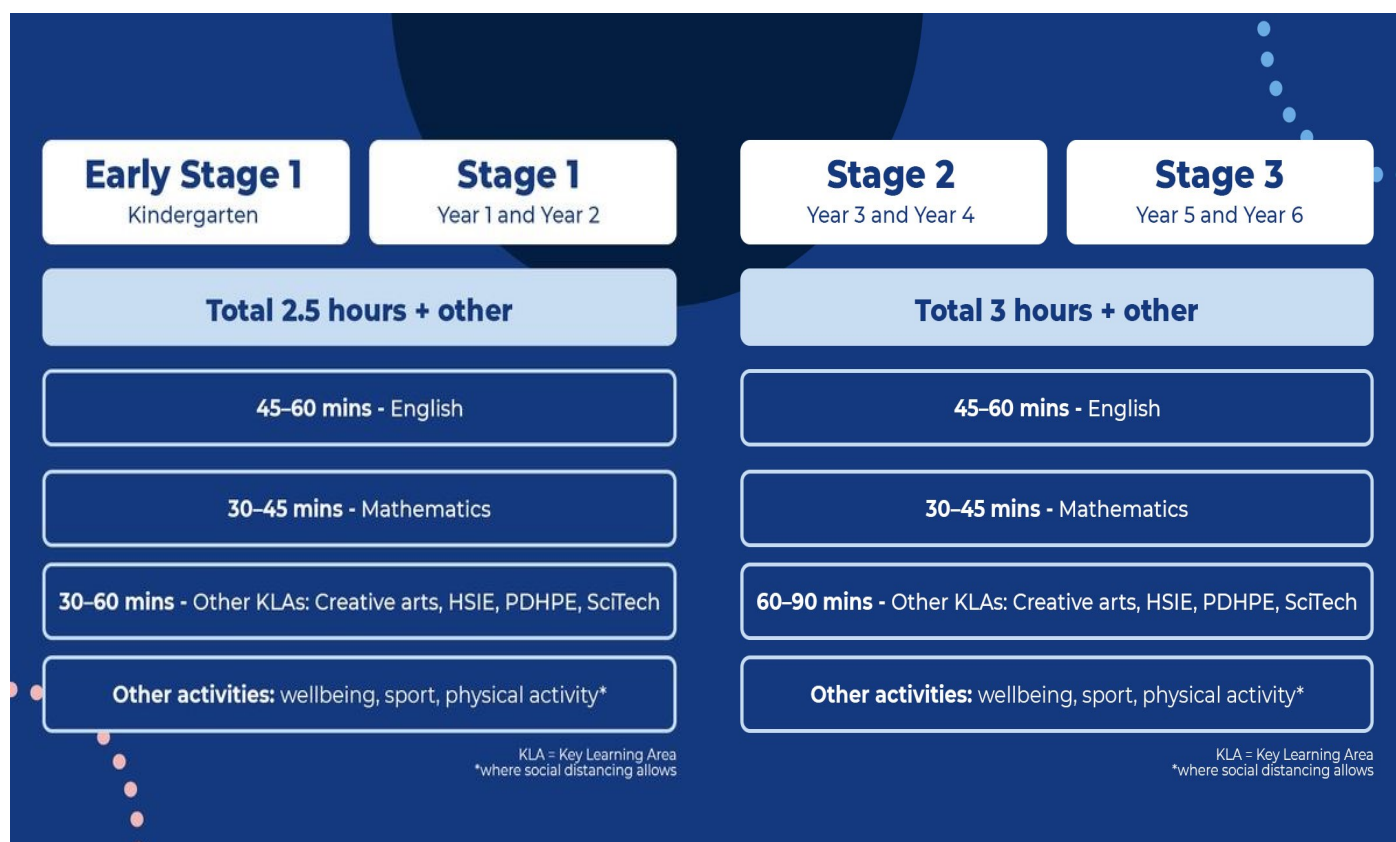
Stay safe!



Learning from Home

As students across NSW are continuing to learning from home, 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.



Learning from Home

NOW DELIVERING Learning from home packs



CONTACT THE SCHOOL OFFICE BY
2PM ON TUESDAY
6829 0511

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.

Commencing Wednesday 8th September, we will be providing families with the opportunity to have learning packages delivered to the front gate or delivery point (for those outside of the township) each week. Delivery and Collection day will be every Wednesday.

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.

Google Classroom






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

Sign into Google Classroom with a desktop browser

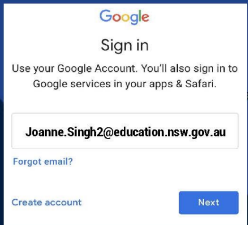


1. Use a **modern browser** in Windows, MacOS or Linux
2. Browse to your DoE Portal at:
<https://portal.det.nsw.edu.au>
3. Sign in with your **department credentials** **B**
4. Select **Google G Suite** from the **Learning** box at the right
5. Choose **Classroom** from the list of apps

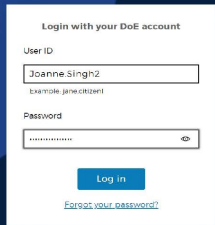




Need help using Google Classroom?
- Ask your teacher!



A

Google Sign in
Use your Google Account. You'll also sign in to Google services in your apps & Safari.
Joanne.Singh2@education.nsw.gov.au
Forgot email?
Create account Next

B

Login with your DoE account
User ID
Joanne.Singh2
Lastname: JAWHURD
Password
Log in
Forgot your password?

Accessing Google Classroom using mobile Apps

1. Multiple **G Suite apps** are needed:

Google Drive	LINK	LINK
Google Docs	LINK	LINK
Google Slides	LINK	LINK
Google Classroom	LINK	LINK
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!

NSW Department of Education

For a step by step guide on how to navigate Google Classroom, please watch our tutorial on the Lightning Ridge Central School Facebook page.

Part 1 - <https://fb.watch/7LOldEGh2a/>

Part 2- <https://fb.watch/7LOEMRx4Hd/>

R U OK? Day

R U OK? Day is next Thursday 9th September, but every day can be [#RUOKDay](#). This year's message is: Are they really OK? Ask them today.

In the current circumstances it's important that we all stay connected, whether that's in person or while physically distancing. A phone call could make a big difference to someone who is doing it tough.

You don't have to be an expert to keep the conversation going when someone says they're not OK. By knowing what to say you can help someone feel supported and access appropriate help long before they're in crisis, which can make a really positive difference to their life.

These four conversation steps can help you make R U OK? part of your everyday. Because a conversation could change a life.


1. Ask R U OK? (How are you travelling)
2. Listen with an open mind (I'm here to listen if you want to talk more)
3. Encourage Action (Have you spoken to your doctor about this)
4. Check in (Just wanted to check in and see how you're doing)

Join us next Thursday and wear yellow to raise awareness and support this wonderful cause! Send your photo to our LRCS facebook page or email them to lightningr-c.school@det.nsw.edu.au.

R U OK? Day

A matrix to help students and families celebrate R U OK? Day on September 9th no matter where they are!

This an Empowering Learning Together Resource

Create a FlipGrid Video telling some jokes. Send it to a family member or friend to make them smile!	Draw a mindmap of your support network and people you can go to for support.	Make a poster to promote R U OK? Day. Put it up somewhere so others can see it.	Draw a chalk drawing on your driveway or nearby footpath to brighten up someone else's day!
	Make a Warm Fuzzies jar. Decorate the jar and add pieces of paper with things you love about each family member or your class mates.	Interview a grown up about R U OK? Day. Ask them for some ideas of what you could say to a friend who was not feeling ok.	Learn some breathing exercises to help you relax when you are feeling upset or worried.
Do some yoga with Cosmic Kids. Create some of your own moves.	Create a space just for you. Add your favourite books, activities, colouring in or drawing materials you like to explore and create with.	Create a 'happy dance' to your favourite song. Video it and share it with your teacher or a family member who lives far away.	Make some positive affirmation cards. I am grateful for... I am proud of... I feel calm when... My smile is...
Make a care package with a card, craft and/or little gift to give to a friend or family member to show you are thinking of them.	Take a walk in nature and collect some items that make you happy. Create a sensory nature table at home and add to it each day.	Cut out some pictures from a magazine and create a collage showing different emotions you have experienced.	Make a life size 'hug' and send it to someone special.

EMPOWERING LEARNING TOGETHER

*This activity can be freely used by educators or families.
Resource created by Empowering Learning Together*

RUOK? DAY

really
Are they OK
Ask them today

Thursday 9th September

Wear yellow and send us a photo

to the LRCS facebook page or
lightningr-c.school@det.nsw.edu.au

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.whyy2wise.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

Easy Chocolate Chip Biscuits Recipe

Softened butter 250 g

Caster sugar 140 g

Egg yolk 1

Vanilla extract 2 tsps

Plain flour 300 g

Bag of chocolate chips

How to make Easy chocolate chip biscuits:

1. Pre-heat oven to 180 degrees.
2. Mix butter and sugar in a bowl, then add egg yolk and vanilla extract and beat until combined.
3. Sift over 300g plain flour and stir until well combined.
4. Throw in chocolate chips and give one last stir so evenly distributed.
5. Press dough together with your hands. If it's a little sticky, add some more flour.
6. Roll out the dough until around 1/2cm thick and cut into shapes. If you've no biscuit cutters, use the rim of a glass or mug.
7. Bake for 15-20 minutes until golden and lightly browned at the edges.
8. Allow to cool for at least 10 minutes before storing in an air-tight container.





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

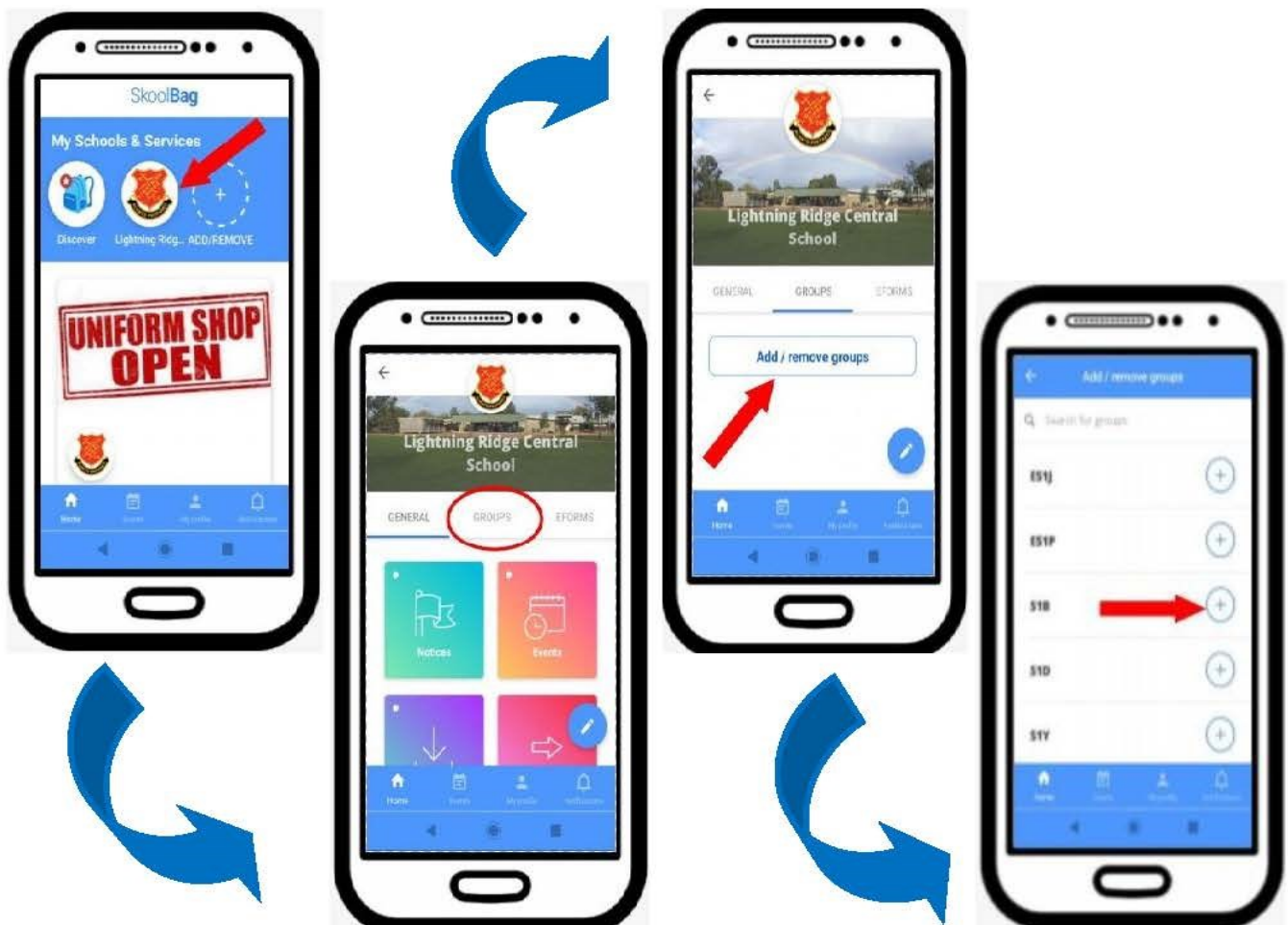
- * School newsletters
- * Notices
- * Events
- * Cancellations
- * Reminders
- * ...and more!

**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





BE ARTY THIS FATHER'S DAY

We celebrate Mother's Day at Walgett Show in May, this year we are running an online art competition for some current stay-at-home time fun and to celebrate Father's Day. Entries are open until a week after Father's Day - closing Sunday 12th September.

Enter drawings, paintings or 3D artworks: portraits of dad or other father figures, or artworks of a good memory with them or your handmade Father's Day cards by sending a good photo or scan of these creations in to info@walgettshowociety.com or message to Walgett Show's Facebook page, along with name, age (for kids) and contact details separate to the artwork.

Entries will be upload to the Walgett Show Society Inc Facebook page, so make sure young artists have parent/guardian permission.

Prizes will include a Family Pass to the next Walgett Show and some other goodies. Entries are open to kids AND all ages, with individual and household combined efforts welcomed. If you are on Facebook, you can also participate in a People's Choice award by liking individual artworks.

Any questions, contact us via email or message



COVID-19

> Look after your mental health during the COVID-19 (coronavirus) pandemic

1. Stay active



Exercise is good for your mind and body. You can leave home to exercise outdoors but remember to stay 1.5 metres away from others. Exercise regularly and choose activities you enjoy. This could be walking, tai-chi, jogging, yoga or an indoor workout.

2. Eat healthy



Eating healthy food is good for our mental and physical health. Eat a lots of different fruits and vegetables and other foods high in fibre such as brown rice, oats, wholemeal breads, lentils and beans.

Limit unhealthy snacks and drinks which are high in sugar, unhealthy fats and salt. Unhealthy snacks leave less space for the healthy foods you need to boost your mood, energy levels, digestion, and sleep.

3. Stay Connected



Social connection is important for our mental health. Stay in touch with family and friends over the phone or online. Share your feelings with loved ones and trusted people from your community and invite them to share with you. Limit your visits with your family and friends. If you do visit, practice physical distancing and keep 1.5 metres apart, and maintain good personal hygiene. Don't visit if you're unwell.

4. Take a break from the news and social media



Social media can help you stay connected, but too much time can make us feel stressed. It's good to stay informed, but choose trusted sources of information, like the government.

5. Stick to a routine



Have a regular bedtime and meal times. Plan your day so you have time for household chores, connecting with others, activities you enjoy, and rest.

6. Monitor your mental health and wellbeing



It's really important to monitor your mental health and wellbeing. It is also good to be aware of family, friends and neighbours who may be worried or stressed. Things to look out for include difficulty concentrating, poor sleep, and feeling distressed or overwhelmed. These are signs that it's time to reach out.

7. Seek support



Don't be afraid to talk to someone if you are feeling stressed or anxious. Talk to friends and family about how you're feeling. You're not being a burden.

If you're feeling overwhelmed, you can talk to a trained counsellor any time, any day by calling the Coronavirus Mental Wellbeing Line: **1800 512 348**. For a free telephone interpreter call **131 450** and say the language you need. You can then ask the interpreter to connect you to the Coronavirus Mental Wellbeing Support Service.

If what you're going through is making it hard to get on with your daily life, contact your local General Practitioner (GP).

Adapted from Look after your Mental Health Australia, Mental Health Australia, March 2020