LIGHTNING RIDGE CENTRAL SCHOOL



Principal: Deputy Principal:

Mr Richard Finter Mrs Margaret Morriss

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Term 4 Week 4 2022



Principal's Report

This is a newsletter item I published a couple of years ago on relationships. It is as relevant today as it was then, so please read it with your children. It has connections with the Zones of Regulation lessons that teachers have been delivering to students in Primary.

Relationships Part One:

As teachers, sometimes we hear that there is a cohort or group of students who are being "mean to each other." When these behaviours – this meanness – manifests in more than one place, it is not uncommon to hear a cry that there is a "culture of meanness", suggesting that meanness, in some, is almost a part of their DNA. Not true. Mean behaviour is a learned behaviour. If it can be learned – the brain trained to respond in a certain way to certain stimuli can be unlearned. Here are some tips for helping your kids understand some of the fundamentals that underpin good friendships, as well as how to recognise when people are genuinely being mean and as a result, when it is time to move on.

KNOW that conflict in a friendship is normal.

All friendships have conflict!

Don't throw away a friendship because of a fight. If you're not sure if you should forgive your friend, ask "Is our friendship bigger than this fight?" Step back and look at the friendship. Be willing to apologise or reach out if you want to keep the friendship because overall you think it is a good one.

REALISE that boundaries are **EVERYTHING**.

School friendships are a great time for young people to learn the important lesson of boundaries a lesson that will carry them through school

friendships, romantic relationships and even workplace dynamics. The sage advice I would offer here comes from Maya Angelou, the American poet and civil rights activist, who said:

"You teach people how to treat you" Our kids, just like us, need to work out for themselves what their friendship deal-breakers are. If someone treats you badly, you should be able to challenge their behaviour.

A challenge may sound like:

"I really like being with you but I'm not prepared to be spoken to like that." Or

"When you make fun of me like that - I feel humiliated/embarrassed/ demeaned. So, I'm asking you to stop."

Like us, kids should consider how to best achieve this. I wouldn't recommend the very public and theatrical "call out" of bad behaviour. They need to realise that they are not a star in a reality TV program. They really should be looking to avoid creating "a scene."

2022 School Newsletter now available online via our Skoolbag App and website on www.lightningr-c.schools.nsw.edu.au



A Crafty Sip & Stitch

Every Tuesday Afternoon

3:30pm - 6:00pm

Year 7 - 10 Yearly Exams

Mon 7th – Wed 9th Nov

Mid Term Break

Fri 11th Nov – Mon 14th Nov

Stage 2 Dubbo Excursion Tues 15th - Wed 16th Nov

Kindy Start Commences

Fri 18th Nov

10am - 12pm

Year 12 Formal Sat 19th Nov

T123 Laptop Fees due Fri 25th Nov

Water Safety Program

Years 2 - 6

Mon 21st Nov - Fri 2nd Dec

Presentation Day Assembly 9:30am - Wed 14th Dec



If you want to have a private word with someone about what you see as poor form on their part, take them aside or, if you find yourself with them and without an audience, take the opportunity to then have that word.

NEVER SEND A TEXT MESSAGE!

Conversations like this have no place online. They must be undertaken in person. That said, our kids need to realise that if their "best friend" routinely puts them down and/or makes fun of them, or excludes them, that what they have with that person IS NOT FRIENDSHIP. They must never be so desperate to be a part of something that you are prepared to be treated like dirt just to be included. That price is way too high. "I'M UPSET! Someone's gonna get PUNISHED!

If someone upsets you, don't look for ways to punish them and certainly don't look to discuss it with everyone else.

It's dramatic. It's theatrical. It's also emotionally draining and entirely stressful. Worst: it achieves nothing productive.

Ask your kids to ask themselves this: Do I need additional stress in my life?

No one needs additional stress in their life. Life is stressful enough, and it doesn't get a whole lot better with age.

If someone upsets them, they should consider talking with that person causing them upset about that upset in a respectful yet assertive manner. Let's be clear, if someone has

hurt our feelings or has annoyed us, we really only have two choices for moving forward. We can:

Do nothing and GET OVER IT! It is not entirely impossible the person did not intend to hurt your feelings.

or

Be proactive Be proactive and TALK TO THEM ABOUT IT!





Secondary Deputy Principal's Report

As mentioned in the previous newsletter during Week 5, students in Years 7 to 10 will be sitting their Yearly Examinations. The information gathered from the Yearly Examinations will then be combined with class work and assessment tasks to inform our teachers regarding students achievements, this information will then be included in their reports. It is imperative that all students put in 100% effort to their exams. Students have been

working towards completing their VALID 8 online exam. This test is mandatory for NSW Government schools and tests are marked externally, results will be sent to parents and the school. This is a diagnostic tool to assist in improving student outcomes in science and as a tool for program evaluation. The test is linked to the science syllabus and assesses what students know and can do in science. It also provides useful information about student attitudes towards science.

Most students follow our PBL values of Respect, Responsibility & Pride. Students follow instructions and attend all classes, they speak in a polite manner to their peers and staff, they apply 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.

Monday 7th Nov	Tuesday 8 th Nov	Wednesday 9th Nov
ENGLISH - Stage 4 and 5	MATHS - Stage 4 and 5	PDH - Stage 4 and 5
SCIENCE - Stage 4 and 5	GEOGRAPHY - Stage 4 and 5	CHILD STUDIES - Stage 5

2022 Yearly Examination Schedule



Primary Assistant Principal's Report

Yaama ngindaay (Hello everyone),

As Term 4 is starting to heat up, LRCS students are participating in various exciting and engaging opportunities. For example, on the Tuesday and Wednesday of Week 3, students in Years 3 to 6 enthusiastically participated in two dance workshops run by Sydney's

Brolga Dance Academy. The sessions focussed on Gamilaroi / Gomeroi storytelling, creative movement, Yandool choreography and finished with a dance performance. We thank the Brolga Dance Academy for engaging cultural learning for our students and staff.

On Wednesday, 2nd of November, was our Day for Daniel. Students were encouraged to wear red to school and donate a gold coin that will go to the Daniel Morcombe Foundation. What is Day for Daniel? It was established in honour of Daniel Morcombe to make Australia a safer place for children. Students will participate in lessons and activities to educate them about staying safe in physical and online environments.



Finally, our Stage 2 students are preparing to leave for their upcoming camp at Dubbo Zoo on the 15th and 16th of November. Please make sure all belongings have your child's name marked on them. For all attending families, please ensure you have a copy of the excursion note for all of the excursion's specific requirements. We wish them a safe and action-packed adventure.



Music Award Winners

Each week all students who have been following our Turtle Goals and displaying positive behaviour are put into a draw. Three students from primary and three from secondary are drawn out. These students then get to choose a song which will be played for our new bell music. Congratulations to our Week 3 & 4 winners: Layla, Hendrik, Oliver, Mason, Ceda and Lydia from Primary and Da, Callum, Jada, Charli, Teodor and Tyelah from Secondary.





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



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



Worth your Weight in Opal Nate Sands ES1P

Nate was nominated by Mrs Cross for reading a book independently. Keep up the amazing work Nate!!



Worth your Weight in Opal Xavier Miller S1D

Xavier was nominated by Mrs Cross for trying his best in literacy groups Awesome Effort Xavier!!



Worth your Weight in Opal Ava Pelosi S2H

Ava was nominated by Melissa Hallett for never giving up. Keep up the great work Ava!!



Worth your Weight in Opal Martin Babic S3C

Martin was nominated by Miss Loder for showing perseverance and determination during a physically challenging time.

Well done Martin!!

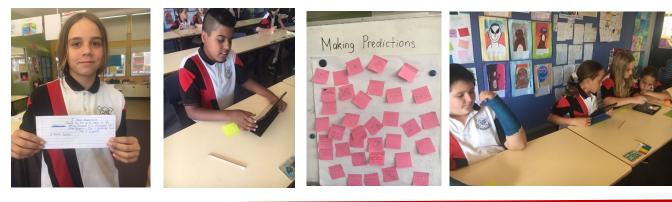
Stage 3



In literacy Stage 3 are studying the text 'Stolen Girl' by Trian Saffioti and Norma MacDonald. The book is a fictionalised account of the Stolen Generation, that tells of an Aboriginal girl taken from her family by the Government and sent to a children's home. She sings and dreams of her mother and the life they once shared but each morning is woken by the bell to the harsh reality of the children's home.



Last week in maths we have been studying statistics and probability. We have completed a range of tasks on this topic including, conducting surveys, organising the information into a table and graph and a range of fun probability experiments.



English

On Monday 24th November, Year 7 undertook a virtual excursion to the Shakespeare Room, which is located in the State Library of NSW. Our host gave us a tour of the room and explained its history and significance before showing us their copy of Shakespeare's First Folio, which was published in 1623. We were very impressed with the stained-glass windows adorning the room and learned what they represented.

Year 7 represented LRCS beautifully and showcased their growing knowledge of The Bard through a number of quizzes and activities. Well done to all involved!



Exam Preparation

Please ensure that preparation is underway for exams in Week 5. Students can expect to see work from Terms 3 and 4 in their 50-minute paper. Good luck to all!

Secondary Studies



Students in Year 10 have taken part in a Timber Industry Pre-Traineeship course facilitated by the Timber and Building Materials Association, as part of the Educational Pathways Program last week in Moree.

Students completed Units of Competency in work, health and safety, assessing timber products and working in a team environment.

Students enjoyed the course and represented themselves and our school with pride.





Danielle McFadden with a portrait of her friend, Natasja.

Visual Arts

Another day, another piece of fabulous art... Year 9 student Mattie-Lee Seaton has completed this monochromatic portrait of her favourite Teacher Miss Messner and gifted it to her for World Teachers Day! Outstanding work Mattie-Lee!!





YUWAALARAAY

YUWAALAYAAY



Year 9 art students were given a brief to paint a portrait of their favorite person. Matilda Wilmans with a portrait of her favorite person, her sister Rose

Tenterfield

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

NEW SOUTH

Yuwaalaraay

Word of the Week

garriya = don't

Garriya gaawaa-ga gubi-ya!

Don't swim in the river!





Primary PBL Awards



PRIDE AWARD

PRESENTED FOR SHOWING PRIDE BY CONSISTENTLY DOING QUALITY WORK!



RESPONSIBILTY AWARD

PRESENTED FOR MAKING RESPONSIBLE CHOICES WITH THEIR LEARNING AND BEHAVIOUR!

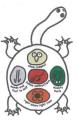


RESPECT AWARD

PRESENTED FOR CONTINUALLY SHOWING RESPECT AND FOLLOWING INSTRUCTIONS!



Respect · **Responsibility** · **Pride**



3 November 2022

Check-in assessment for Years 7, 8 & 9

Dear Parent/Guardian,

Year 7, 8 and 9 students will participate in a reading and numeracy check-in assessment during Week 5, Term 4 (Monday - Wednesday).

The Check-in assessment is a NSW Department of Education online reading and numeracy assessment available to support schools to assess and monitor student learning.

The check-in assessments can supplement existing school practices to identify how students are performing in literacy and numeracy, and to help teachers tailor their teaching more specifically to student needs.

Students with disability may receive the same level of support during the assessment that they would normally receive in the classroom.

Students will be asked to bring headphones or earbuds that plug into a computer to enable them to hear audio during the assessment. Earbuds used for mobile phones or other portable devices may be suitable for use during the assessment. The type of computer connection needed is a jack or USB.

If your child needs headphones provided by the school, please contact Mr Reavell on 68290511.

Blake Reavell Head Teacher

Richard Finter Principal

PO Box 294 LIGHTNING RIDGE NSW 2834 Tel: 02 6829 0511 Fax: 02 6829 0137 Email: lightningr-c.school@det.nsw.edu.au Web: www.lightningr-c.schools.nsw.edu.au



LAPTOP PAYMENTS NOW DUE

T123 Laptop Payments due by Friday 25th November, 2022

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 <u>www.lightningr-c.schools.nsw.edu.au</u> by clicking on "Make a payment" and following the prompts by using your credit/debit card.

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



THE FACTS ABOUT VAPING Every Day 0 COUN The nicotine in 1 vape can Young people who Many vapes contain nicotine vape are 3 times 50 making them as likely to take very addictive cigarettes up smoking ATTEND TODAY ACHIEVE TOMORROW Vapes can contain the same **harmful** Vaping has chemicals found in been linked to Vape aerosol cleaning products, nail serious lung is not polish remover, weed killer and bug spray. disease water vapour The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. Vapes are not safe.

> Do you know what you're vaping? SOVERWENT All statements ar backed by evidence which also found of the website

bing?

FOR YOUNG PEOPLE

Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just... they miss days per year mins days per day **Patterns of lateness** can have a serious impact on your child's 🖁 days education. mins per day NSW Department of Education Why attendance matters When your child misses school they miss important opportunities to...



education.nsw.gov.au



Make friends



Build skills through fun





Enrolments for Kindergarten 2023 are now open.

Sigh up for Kindy Start to help with transition to school.

Kindy Start will run on Fridays beginning on

November 18th 2022.

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





Parents, Carers and 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 need any sewing/ crafting ability, just come along and enjoy an afternoon of fun!



any help is greatly appreciated



WEDNESDAYS

7:30am

Senior Cola

Stages 3-6 Welcome





Community Meeting Lightning Ridge Little Athletics

5.30pm Monday 21st November Lightning Ridge District Bowling Club



<text>

This is... NAISDA Dance College Online auditions for 2023 now open

2023 online application and auditions now open!

NAISDA is pleased to offer an online application and audition option for those who missed the chance to attend our onsite audition earlier this year.

If you know an Aboriginal or Torres Strait Islander person aged 16 or over with a passion for dance and the performing arts, we invite you to let them know about this opportunity. Interested young people are asked to submit a short online application form before 20 November 2022.

Apply now



Mondays at lunch

in the library



Scripture Union Primary Age Club

Join us for:

Games, Music, Bible time, Craft

For K-6/ All welcome! This term our theme is —

For more information contact Heather (Scripture coordinator, LR Community Church): hmrobinson143@gmail.com





Respect · **Responsibility** · **Pride**

1 November 2022

Presentation Day 2022

Dear Community Member,

The Lightning Ridge Central School Presentation Day will be held on Wednesday 14th December 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 338 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. 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 14th November 2022. Donations can be mailed to the School (address listed below), made by cash, cheque or Eftpos at the School's Office or online at <u>www.lightningr-c.schools.nsw.edu.au</u>. 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

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Please find enclosed cheque/cash for \$ Awards.	being a donation towards the 2	022 Lightning Ridge Central School Presentation Day
I do not mind being publicly thanked for our donatio	n	D
I wish my donation to be made anonymously		۵
Signed:		
Name:		
PO Box 294 LIGHTNING RIDGE NSW 2834	Tel: 02 6829 0511 Fax: 02 6829 0137	Email: <u>lightningr-c.school@det.nsw.edu.au</u> Web: www.lightningr-c.schools.nsw.edu.au



P&C Uniform Shop Order Form

WHOLE SCHOOL ITEMS	PRICE	SIZE	QUANTITY	TOTAL
Caps – Black	\$7.00			
Hats – Bucket	\$5.00			
Hats – Red wide brim	\$7.00			
Library Bags	\$7.00			
Black Jackets (limited stock and sizes)	\$20.00			
Sports Shirts – House colours	\$7.00			
PRIMARY K-6	PRICE	SIZE	QUANTITY	TOTAL
Shirts K-4 – Red	\$20.00			
Shirts Years 5 & 6 – Red/ White/ Black	\$25.00			
Shorts – Black	\$15.00			
Skorts – Black	\$15.00			
Sloppy Joe – Red (limited stock and sizes)	\$20.00			
Hoodie – Red	\$30.00			
Trackpants – Black Microfibre	\$25.00			
Trackpants – Black Fleecy	\$20.00			
SECONDARY 7-12	PRICE	SIZE	QUANTITY	TOTAL
Shirts Years 7 – 9 Red/ White/ Black	\$25.00			
Shirts Year 10 – 12 White	\$20.00			
Shorts – Black	\$15.00			
Skorts – Black	\$15.00			
Jacket – Red (limited stock and sizes)	\$35.00			
Hoodie – Black	\$30.00			
Canterbury Jersey	\$65.00			
Trackpants – Black Microfibre	\$25.00			
Trackpants – Black Fleecy	\$20.00			
			TOTAL:	

CONTACT DETAILS:

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ontact Number:	

Sport house (if required):

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Please indicate:

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Cash included

LRCS - CANTEEN MENU - 2022

Snacks - (Recess & Lunch)

Crunch cups (cheese, carrot, celery & cucumber) w/ Aioli sauce	\$3.20
Yoplait yoghurt 175gm	\$2.50
Grain waves (sour crème)	\$1.20
Cheese sticks	\$1.00
Lite muffins 75gm (chocolate)	\$2.20
Koala popcorn (plain, sweet & salty or butterscotch)	\$1.50
Fresh fruit (banana,apple,mandarins)	\$1.00- \$1.50
Fruit salad cups	\$1.50
Red rock deli chips (honey soy or sea salt)	\$1.20
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
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 (iced coffee- high school only)	\$2.80
Nippys 500ml reduced fat 375ml chocolate (iced coffee- high school only)	\$4.00
Plain ctn milk 300ml	\$2.20
500ml ctn milk (chocolate, strawberry) (iced coffee- high school only)	\$4.20



Sandwiches

	(Gluten free bread available)		
20	Cheese	\$3.20	
	Cheese salad	\$4.20	
50	Cheese & tomato	\$3.60	
20	Ham, cheese & tomato	\$4.20	
00	Ham or chicken salad	\$4.50	
20	Ham or chicken	\$3.60	
 50	Chicken chilli tender, lettuce & mayo	\$4.50	
	Ham & cheese	\$4.00	
00- 50	Chicken, lettuce & mayo	\$4.20	
50	Egg, lettuce & mayo	\$4.00	
	Vegemite	\$2.80	
20	20 Wraps (Whole Grain)		
	Salad wraps	\$6.50	
00	Chicken or ham salad	\$7.00	
00	Chicken, lettuce & mayo	\$6.00	
00	Chilli tender,` lettuce & mayo	\$6.50	
Small Salad Bowls			
20	Ham & Cheese	\$5.50	
	Sweet chilli tenders	\$5.50	

Sweet chilli tenders	\$5.50
Egg & Cheese	\$5.50
Chicken	\$5.50
Salad	\$5.50
(All salads come with lettuce, tomato, carrot, cucumber,	
beetroot, onion, pineapple & mayo)	
	Egg & Cheese Chicken Salad (All salads come with lettuce, tomato, carrot, cucumber, beetroot, onion, pineapple &

Optional Extras for Salad Bowls

Also available mayonnaise, Aioli sauce or French/Italian dressing.

Ice-creams - (Lunch only)

20	lce-cream cups	\$1.20
	w/ mini milo packets	\$0.30
20	Ka blueys (blue/s/watermelon lemon)	^{&} \$0.60

Paddle Pops (Choc & Rainbow) \$2.00

PLEASE PUT RECESS AND LUNCH ORDERS ON SEPARATE BAGS, AND DON'T FORGET NAME AND CLASS.

Hot Foods

Village sausage roll	\$3.80
Travellers beef pie	\$4.00
Party pies village 60gm	\$1.30
Sweet chilli chicken tenders	\$1.60
Chicken & gravy roll	\$5.50
Garlic bread (Good Tucker 75gm)	\$1.50
UFO ½ roll Cheese & tomato sauce	\$2.00
Chicken strips per bag (6)	\$3.20
McCains pizza (Ham/pineapple or ham/ cheese)	\$3.00
Beefburger (lettuce, tomato, cheese & beetroot)	\$6.00
Chicken burger (lettuce, tomato & mayo)	\$6.00
Chicken strips (each)	\$0.70
Beef or chicken noodles	\$2.00
Hot Dogs (w/ sauce: tomato, bbq, mustard)	\$4.00
w/ cheese	\$0.50

Toasted Sandwiches (Via order)

Cheese & ham	\$4.00
Ham, cheese & tomato	\$4.20
Cheese	\$3.20
Chicken & cheese	\$4.20

Miscellaneous

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

CANTEEN CLOSES AT
9:00AM FOR ORDERS!
NO EXCEPTIONS!