

LIGHTNING RIDGE CENTRAL SCHOOL



Principal:
Deputy Principal:

Mr Richard Finter
Mrs Margaret Morriss

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Term 3 Week 6 2022



Principal's Report

Social skills for resilience

Social skills are another important building block for resilience. They include skills for making and keeping friends, sorting out conflict, and working well in teams or groups.

When your child has good relationships at school and gets involved in community groups, sports teams or art activities, they have more chances to develop connections and a sense of belonging.

These social connections also mean that your child will probably have more people they trust when they want to talk about things that worry or upset them.

Positive thinking habits for resilience

Resilience is about being realistic, thinking rationally, looking on the bright side, finding the positives, expecting things to go well and moving forward, even when things seem bad. By helping your child practice positive thinking habits and strategies, you can help them build resilience too.

Here are some ideas:

When your child is upset, you can help them keep things in perspective by focusing on facts and reality. For example, you could try gently asking, 'I know you must be feeling disappointed, but does this really matter as much as you think it does? On a scale from 1-10, how bad is it really?'

You can also help your child understand that a bad thing in one part of their life doesn't mean everything is bad. For example, if your child gets a poor exam result, you could point out that it won't stop them from playing weekend sport or going out with friends.

Working with your child on problem-solving strategies can help your child feel they have the power to deal with difficult situations and get through challenging times.

It's also important for your child to feel, talk through and calm down after difficult emotions like anxiety, fear and anger. Working through difficult emotions will help your child realise that these feelings don't last forever.

And it's good for your child to have simple strategies for turning low moods into better ones. Here are some ideas:

- Do things you enjoy or that help you relax, like watching something funny on YouTube or reading a good book.
- Spend time with friends or support people.
- Do something kind for someone else – for example, carrying the grocery shopping in from the car.
- Do some physical activity, like playing sport or going for a vigorous walk.



Stage 3 Canberra Excursion

Sun 28th Aug - Fri 2nd Sept

A Crafty Sip & Stitch

Tues 30th Aug 3:30 - 4:30pm

P & C Meeting

Tues 30th Aug

Walgett Shire Careers On Country

Wed 31st Aug

NSW Central Schools

Touch Gala Day

Fri 2nd Sept

Father's Day Stall

Thurs 1st & Fri 2nd Sept

Science Fair

Wed 7th Sept

R U OK? Day

Thurs 8th Sept

Footy Jersey Day

Wed 14th Sept

Last Day Of Term 3

Fri 23rd Sept

Join us on
SkoolBag

 Like us on
Facebook

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

Continued

Skills for getting things done

Feeling confident, capable and ready to get things done are big parts of resilience. Important skills in this area are goal-setting, planning, being organised and self-disciplined, being prepared to work hard and being resourceful.

You can foster these skills in your child by helping your child work out their specific strengths. Then you can encourage your child to set goals that put their strengths into action, and that help your child to focus on what they're good at.

For example, if your child is good at singing or music, you could suggest they join the school band, or even start their own band. If your child is good with young children, you could suggest they look into some babysitting work or coaching junior sport.

Supporting your child to take on new or extra responsibilities is a great way to build your child's confidence and sense of what they can do. Examples might be a leadership role at school or a part-time job as they get older.

Challenges are a normal part of life, and young people have to learn to cope with them by themselves. Let your child have a go at sorting out their own problems before you step in. Making mistakes is part of the learning process.

Reference: <https://raisingchildren.net.au/pre-teens/development/social-emotional-development/resilience-in-teens>



Secondary Deputy Principal's Report

Students in Years 8 & 9 will have the opportunity to select their elective subjects for 2023 shortly.

A range of electives will be on offer, students need to select subjects which they have an interest in. Some electives have course fees attached to cover the cost of consumables. Mrs Wilson has been discussing possible career opportunities with our secondary students which include guest presentations from Rachelle Shearer. We are very fortunate to have Rachelle supporting our students in moving into a world of work.

During Week 6 students in Year 12 will 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.

Our year 11 students will be sitting their yearly exams in Week 10 of this term, this is the culmination of their Year 11 studies, during Term 4 they move into the Year 12 learning program.



Library Report

This week we celebrated the annual CBCA Book Week and Book Fair. The students have been very busy the past few weeks creating art and craft items to contribute to our library display for this year's theme 'Dreaming with Eyes Open'.

I hope parents were able to take the opportunity to join our Book Week Assembly and Gallery Walk to see all the wonderful work students have achieved as part of Book Week celebrations, both in the library and their classrooms.





Library Days

Tuesday: S2O, S2H, S1D, S1B

Wednesday: S3C, S3B, S23N, MC1

Thursday: ES1J, ES1P

Monday/Friday 12:50-1:20pm: Secondary

Library Club: Tuesday and Wednesday 1:30pm - 1:50pm

Please don't forget to return borrowed library books every week. If your child has an overdue book, they cannot borrow a book until the overdue book is either returned or paid for.



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.



Secondary 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

Primary Assistant Principal's Report



Yaama ngindaay (hello everyone),

***"The more that you read, the more things you will know. The more that you learn, the more places you'll go."* Dr. Seuss**

Reading is a vital skill that unlocks information around us and helps to build a love of learning. At LRCS, we're engaging in exciting and energetic activities inside the classroom that celebrates the importance of reading. Years K-2 are eagerly participating in their InitialLit literacy lessons. Students in Years 3-6 are supported by developing and practising their reading skills in our MacqLit reading program. All classes participated in various activities from their selected Children's Book Council of Australia (CBCA) short-listed book. Outside of the classroom, our Book Week celebrations allowed students to buy books from our school book fair, dress up as their favourite book character, participate in the primary gallery walk and enter the book cover cake competition. A big thank you to all our primary teachers and our librarian, Ms Barclay, for continuing to promote the importance of reading.

We are celebrating R U OK Day on Thursday the 8th of September (Week 8). All students are invited to wear yellow to school to support initiative positive mental health. It is our National Day of Action when we ask our friends, family members, or even a stranger, 'are you OK?'. R U OK Day helps us start meaningful conversations whenever we spot the signs that someone may need to have a yarn or if they need some help.

Starting from Week 8 this term, all Year 6 students will participate in the Semester 2 Check-in assessments. In addition to the traditional numeracy and reading tests, Year 6 students will also complete a new writing task.

Finally, a reminder to place your child's name on their school clothing as we have a growing pile of unnamed lost property. With the weather still cool, lost school jumpers look forward to reuniting with their owner.

Yaluu (see you later).



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 fortnights PBL Focus is

Hands and Feet to self



This symbol represents emu tracks because emu's have no arms, and in conflict they have to either use their heads or move away, or both.

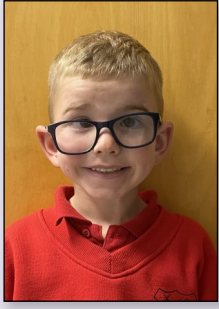
Students are reminded that they must keep their hands and feet to themselves at all times.

This includes showing respect for others by asking if you can use their pens and pencils.

Primary Students should arrive at school by 8:55am

Secondary Students should arrive at school by 8:40am

LATE IS NOT GREAT



Worth your Weight in Opal Max Holland ES1J

Max was nominated by Mrs Cross for following instructions while having his school photo done! Great work Max!



Worth your Weight in Opal Ruby Clauss S1B

Ruby was nominated by Miss Loder for being a lovely helper and putting all the toys away in Ausplay! Well done Ruby!



Worth your Weight in Opal Pearl O'Hagan S2O

Pearl was nominated by Ms Fox for being a wonderful helper! Keep up the great work Pearl!



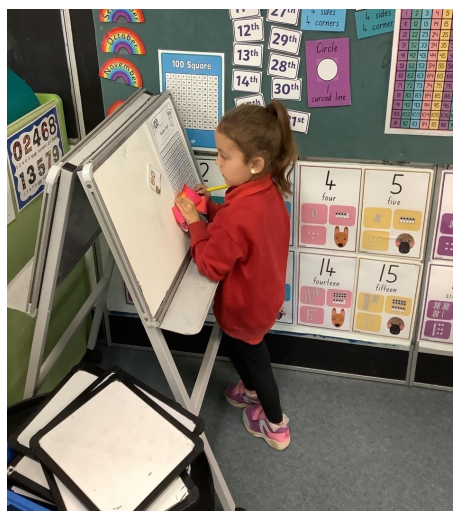
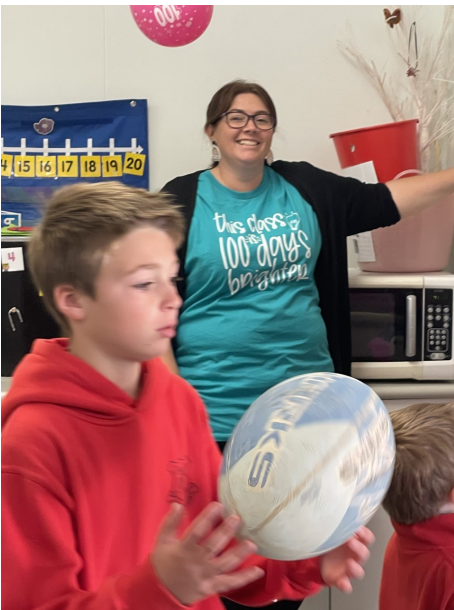
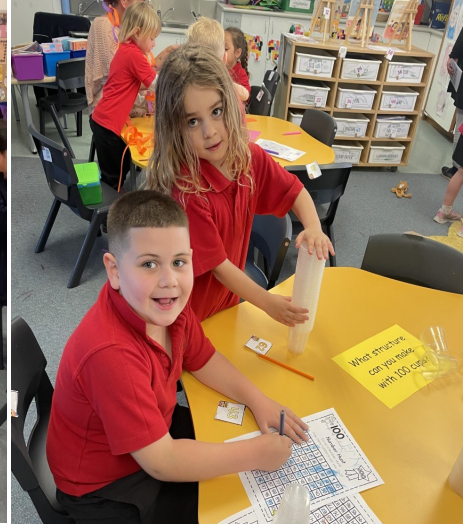
Worth your Weight in opal Noah Cobb S3C

Noah was nominated by Mr Rogers for his leadership in cooking club!
Well done Noah!

Early Stage 1

Last week our Kindergarten Students celebrated 100 days of School!

Students celebrated with lots of fun learning activities and reflected on everything they have achieved in their time at School.



Stage 3



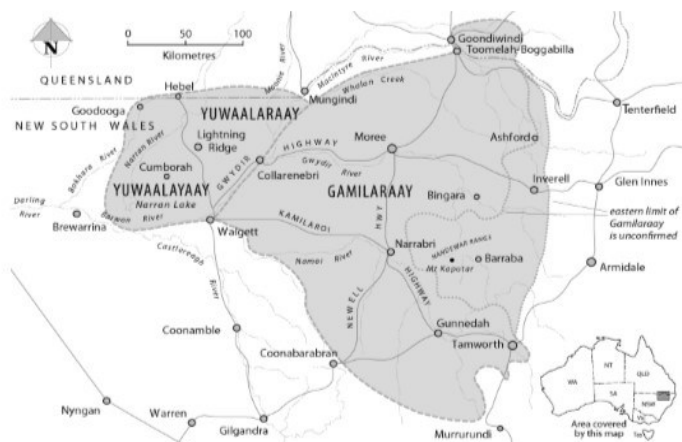
Stage 3 learned about sustainable fishing from NSW Fisheries 'Get Hooked' program and got the chance to test out their casting skills. Some of the students won fantastic prizes. We also attended the grand opening of the new Aquaponics Unit at LRCS, where the students were able to have a close-up inspection of the unit and how aquaponics works.



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

Yuwaalaraay **Word of the Week**

Muraay - Cockatoo



Disney Disco

Students were keen to show off their funky moves and bopped 'til they dropped at the Disney Disco. Thank you to Mr Goodall for organising an amazing event and the staff members who helped on the night.







English

From 1892-1893 a very public dispute emerged between Andrew Barton Paterson and Henry Lawson in the pages of The Bulletin magazine. Tired of hearing Lawson's derogatory musings on life in the Australian bush, Paterson took to paper to defend life in the country and all it stood for; it wasn't long before Lawson bit back. The debate attracted further responses from other well-known poets and this war of words continued for four months, before petering out to an unresolved end.

Over one hundred years later, 9C have revived this debate and penned their contributions to the polarising question, the city or the bush?

Bush Life

Beautiful landscapes that you didn't see

Up the city, it didn't work for me.

Squished up like sardines in a concrete jungle

Henry Lawson, you've got yourself in a bungle.

Lovely open spaces where you feel free

I love this life, you could not take it away from me

Friendly voices in the music of the land

Early morning sunrises, I know the country like the back of my hand.



By Matilda Wilmans & Makayla McBride



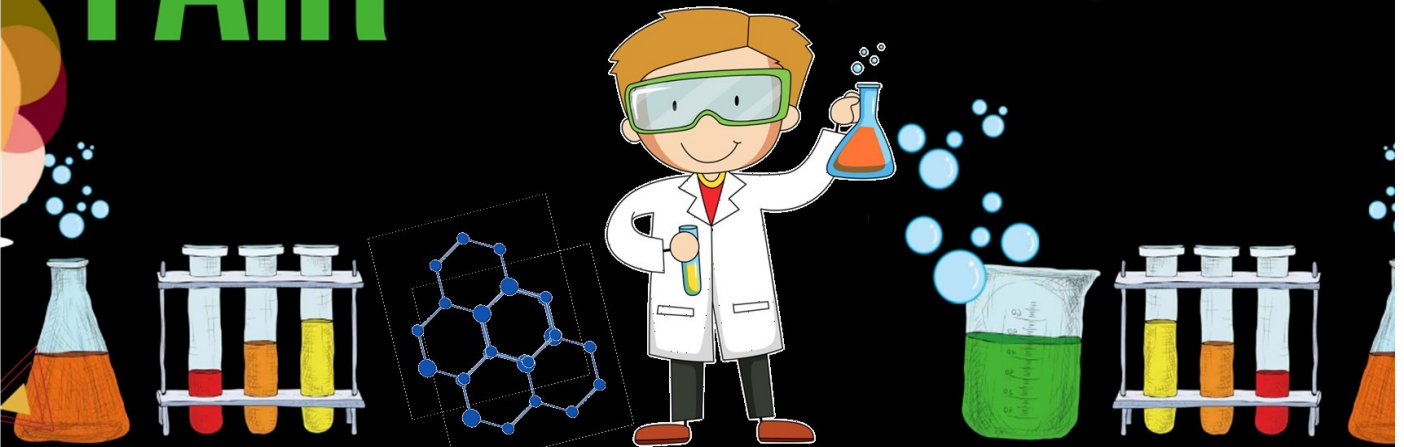
If you need to get a message to your child please contact the school office by 2:30pm.

LIGHTNING RIDGE CENTRAL SCHOOL

SCIENCE

FAIR

Wednesday 7th September



Registrations now open!!

Collect registration/ participation form and resources
from the office and start planning

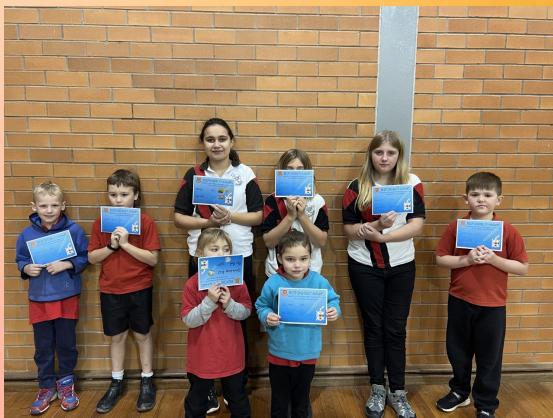


Primary PBL Awards



PRIDE AWARD

PRESENTED FOR SHOWING PRIDE BY CONSISTENTLY DOING QUALITY WORK!



RESPONSIBILITY AWARD

PRESENTED FOR MAKING RESPONSIBLE CHOICES WITH THEIR LEARNING AND BEHAVIOUR!



RESPECT AWARD

PRESENTED FOR CONTINUALLY SHOWING RESPECT AND FOLLOWING INSTRUCTIONS!

Primary Industries

Last week, four of our Agriculture/Primary Industries students travelled to Dubbo to compete against schools across NSW in the 2022 School Merino Wether Challenge.

Our LRCS team showed their Wethers and were judged in a two-day competition at the Rabobank National Merino Show 2022.

Teams were assessed and awards were presented for the highest estimated earning capability over a five-year period from both wool and carcass, the highest commercial wool value, the highest commercial meat value and an overall champion team.

Points were awarded based on students' sheep handling, dress and presentation and knowledge of the Merino industry.

Our team was presented with the following awards:

First Place– Rangelands Region Wool Value

Second Place- Rangelands Region Combined Value (Wool and Carcass)

Second Place– Rangelands Region Carcass Value

Third Place– Combined Regions– Wool Value

This is an amazing achievement by our students, with this being their second year entering this challenge, and the first year our students have been able to attend (due to Covid-19 restrictions in our previous year of entry). Congratulations to the LRCS Team!



Minutes lost = days lost per year

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

When your child misses just...

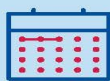
they miss days per year

5 mins
per day

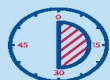


=

3 days

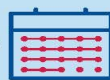


30 mins
per day



=

18 days



Patterns of lateness
can have a serious
impact on your child's
education.

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au





CONNECTING & EMPOWERING COMMUNITIES



DRUG AND ALCOHOL FREE EVENTS
PARENTS ARE ENCOURAGED TO PARTICIPATE



REDBACKS MIXED LEAGUE TAG LIGHTNING RIDGE 7 A-SIDE

This **FREE** non competitive 8 week competition will commence on **30th August 2022**

LOCATION: Spider Brown Oval

TIME: 6.00pm

AGE GROUP: 14 to open

Contact Ken Kennedy 0467 444 007



Active Kids Vouchers can be used for 14 - 18 yrs



Important -CCC will ensure all measures are taken to make this event as safe as possible during Covid-19. However, if you feel unwell please do not attend.

Proud Community Partners



 Creative Community Concepts
 Creative_Community_Concepts

www.creativecommunityconcepts.com.au



FATHER'S DAY STALL

Thursday 1st & Friday 2nd Sep

Lunchtime only B2

Happy Fathers Day!



Every Day COUNTS

ATTEND TODAY
ACHIEVE TOMORROW



PCYC | POLICE CITIZENS YOUTH CLUBS NSW

FITFORLIFE

Proudly supported by the New South Wales Police Force

WEDNESDAYS

7:30am

Senior Cola

Stages 3-6 Welcome



Tenants Support and Education Programme

Lightning Ridge

TSEP

FAMILY

FUN DAY

28th September

Tenancy
Support
Info

Entertainment
And
Giveaways

Service
Provider Info

Information on
how to purchase
your own home

Food
And
Drinks
Provided

Time:

3.30pm-6pm

Venue:

Lightning Ridge
Spider Brown
Oval



MPSL
MURDI PAAKI SERVICES LTD
In partnership with the Lightning Ridge
Community Working Party

NEW TIME 2:30PM

WALGETT OUTDOOR MARKETS

Straight after the
NAIDOC Awards

Saturday 3rd September 2022

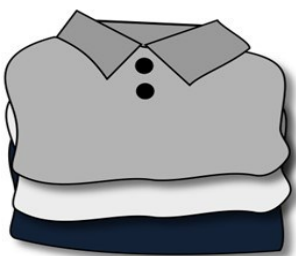
2:30pm - 7pm

Apex Park Walgett

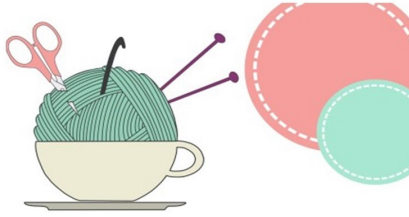
Live Entertainment - DJ Scott & Bush Poetry by Sandy Thorne
Busy Bee Lightning Ridge, Donuts & Milkshakes, Dunn's
Icecream Van Perfectly Imperfect Pottery, Top Wire
Photography, Homemade Imperfections, The Wattle Boutique,
Hydes Hides by M&M, In Wonderland, Author Sandy Thorne,
Stewie Chicks, Rainy King Photography

Plus Plants, Knitting, Dreamcatchers, Cheeseboards, Earrings,
Crockery, Fashion, Toys, Craft Items & MORE!

Check your **LOST PROPERTY**



Our Lost Property tub is over flowing.
Please feel free to come and check for
your child's belongings



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!

Term 3 Sip & Stitch Dates

30th August
6th September
13th September
20th September
(School Holidays)

- Materials and equipment will be provided
- Free refreshments and nibbles available

All Welcome

Lightning Ridge Central School
Kaolin Street, Lightning Ridge

Tuesdays 3:30pm - 6pm

We have over 200 costumes, backdrops and props to make any help is greatly appreciated

ST JOSEPH'S WALGETT

RUGBY UNION GALA DAY

NEW DATE

- Wednesday 21st September 2022
- Walgett # 1, 2 & 3 Ovals
- Open to Years 3/4 & Years 5/6
- Mixed teams of boys & girls
- Full canteen available



For further information or to nominate a team please call or email Tara Schiller 02 6828 1060
thogan@arm.catholic.edu.au

Nominations close Friday 16th September 2022

Made with PosterMyWall.com

WALGETT OUTDOOR MARKETS FATHERS DAY EVE ALL THINGS MEN!

2:30PM - 7PM

(Following the NAIDOC Awards at Walgett Sporting Club)

SATURDAY 3RD SEPTEMBER 2022

Apex Park Walgett

Live Music, Food Vendors, Activities

Do you have a manly themed business or product?

Showcase them at our Father's Day Market held Sept 3rd. Celebrating Dads, Grandpa's, Uncle's, like a dad, Brother's, all the wonderful men in your life.

For more info call Alana on 0268286100 or tourism@walgett.nsw.gov.au



Lightning Ridge Central School
P&C Uniform Shop



New Stock Hoodies



Kinder - Year 6

\$30



Year 7 -12



Lightning Ridge Central School

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:

Name:.....

Contact Number:

Sport house (if required):

Please indicate:

Cash included

Pay (with cash) on pickup from the office

LRCS - CANTEEN MENU - 2022

Snacks - (Recess & Lunch)

Crunch cups (cheese, carrot, celery & cucumber) w/ Aioli sauce	\$3.20
Yoplait yoghurt 175gm (vanilla)	\$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, orange)	\$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
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 EXCEPTIONS!**

Sandwiches

(Gluten free bread available)

Cheese	\$3.20
Cheese salad	\$4.20
Cheese & tomato	\$3.60
Ham, cheese & tomato	\$4.20
Ham or chicken salad	\$4.50
Ham or chicken	\$3.60
Chicken chilli tender, lettuce & mayo	\$4.50
Ham & cheese	\$4.00
Chicken, lettuce & mayo	\$4.20
Egg, lettuce & mayo	\$4.00
Vegemite	\$2.80

Wraps (Whole Grain)

Salad wraps	\$6.50
Chicken or ham salad	\$7.00
Chicken, lettuce & mayo	\$6.00
Chilli tender, lettuce & mayo	\$6.50

Small Salad Bowls

Salad	\$6.00
Chicken or ham/egg or tuna	\$7.50
Mini salad (chicken / mayo / eggs+mayo)	\$3.80

Optional Extras

(for Salad Boxes)

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

Ice-creams - (Lunch only)

Ice-cream cups	\$1.50
w/ mini milo packets	\$0.30
Ka blueys (blue/red/lemon)	\$0.60
Paddle Pops (Choc, Banana, Rainbow)	\$2.00
Ice Mony (Choc, Lemon, Sour)	\$0.60

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	\$2.00
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
Cheese & tomato	\$3.60
Chicken & cheese	\$4.20



Miscellaneous

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

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