

LIGHTNING RIDGE CENTRAL SCHOOL



Principal:
Deputy Principal:

Mr Richard Finter
Mrs Margaret Morriss

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Term 1 Week 8 2023



Principal's Report

Recognising Goodness

A pessimist is someone who tends to see the worst aspect of things. A pessimist believes that only the worst will happen.

By way of contrast, there are optimists. An optimist is a person who tends to be hopeful; confident that the future will deliver success. Some contend that it is better to be a pessimist than an optimist, the reasoning being that if you always expect the worst, you may occasionally be pleasantly surprised.

The problem with this mindset is that it has the real power to interfere with our wellbeing. That point again: pessimism has the very real power to interfere with an individual's physical and emotional wellbeing.

Science has long since determined that human brains have a "negativity bias." We are hard-wired to notice the threats in our environment long before we see the good that is around us. It is a primordial thing that has kept vertebrates alive for hundreds of millions of years; humans for the last 300,000 years or so. Brilliant when the forest is alive with sabre-toothed tigers but sometimes a liability in modern life.

As a default position for our brains, it can be easy to go with the neural flow and just see the bad qualities in others. See only the things that worry us; the things that annoy us; the things that make us judgemental and disapproving... and seldom see the virtues in another.

The mental and physical health stuff is related to feelings of being surrounded by lots of negative qualities in others. In such situations, your perception of the world has the capacity to leave you feeling less supported, less safe, and less inclined to be generous or willing to step out of your comfort zone and try new things.

Perhaps worse still, this kind of negativity often feeds itself. When another person gets the feeling that you do not really see much that is good in him or her, that person is less likely to take the time to see what may be good in you!

Seeing the good in others is a simple yet powerful thing that has the capacity to leave you feeling happier and more confident. It also has the power to allow you to become more sympathetic, compassionate and productive. Seeing the good in another or even a situation can also be infectious.



National Ride2School Day

Fri 24th Mar

Harmony Day

Fri 24th Mar

K-12 Cross Country

Thurs 30th Mar

Bullying No Way!

Colour Run

Thurs 30th Mar

Sydney Excursion

Payment Due

Fri 31st Mar

K - 6 Easter Hat Parade

Thurs 6th Apr

10:00am Primary Cola

Last day of Term 1

Thurs 6th April

School Holidays

Fri 7th - Tues 25th Apr

Join us on



Like us on
Facebook

2023 School Newsletter now available online via our Skoolbag App
and website on www.lightningr-c.schools.nsw.edu.au

Continued

Each and everyone of us has virtues, has qualities, has merits, has things that make them an asset to the community.

They may possess generosity, kindness, patience, energy, grit, honesty, fairness, determination and/or compassion. For every individual driving like a maniac, there are hundreds obeying the road rules that keep all of us safe. It is easy to lose sight of the good drivers and focus on the maniacs, but rest assured the maniacs are in the minority.

Hence at Lightning Ridge Central School we try and catch our students and staff being good as often as we can through our Turtle Tickets, Bronze, Silver and Gold Awards and "Worth Your Weight In Opal" and many other less formal forms of acknowledgement. These are people making positive choices and supporting the wellbeing and progress of their peers and colleagues. To that end I ask the community to look for good in each other because despite what we may think, there is some good in everyone.



Secondary Deputy Principal's Report

Ms Messner is just one of our talented PDHPE teachers who has organised loads of sporting opportunities for our students. Stage 5 students will be travelling to the Gold Coast to participate in a range of sporting activities and they will be viewing a number of different sporting arenas.

Open Girls basketball are travelling to Narrabri to compete in the next round of the state basketball competition. Congratulations to those students who also swam in Armidale at the regional swimming carnival.

NAPLAN begins in Week 8 and continues into Week 9. Students in Years 3,5,7 & 9 will be sitting online tests in numeracy, conventions of language, reading and writing. Results will be provided to parents and teachers, these results will assist teachers to identify strengths and weaknesses of individual students.

Mrs Caley has organised students in stage 5 to participate in a Hairdressing/Barbering course led by TAFE instructors. We are very fortunate that Mrs Caley has organised a number of TAFE delivered courses to our students enabling them to have a 'taste' of these employment opportunities. In some cases students will receive a certificate which will assist them in transitioning into work.

As Easter approaches, Welcome Week is put on annually by Lightning Ridge Community Church in partnership with North Light Anglican Church (Sydney) and has been running for over 15 years in our town.

It involves a range of events and activities in our school and community, centring around the Kids' Club program which will run from Monday 20th to Friday 24th March, from 3pm at Spider Brown Oval (at the multi purpose centre). Another important part of the Welcome Week program are the Easter presentations to both primary and secondary school students. These faith-based sessions aim to present the Easter message of the Bible in a fun, engaging and age-appropriate way.

The team will also be hosting a free BBQ for students and staff on the respective days the Easter sessions are held (Monday for K-6, Tuesday for Secondary students).

Primary students who are enrolled in scripture will be attending and those students in 7-10 who wish to participate will be attending. Please contact the school if you do not wish your child to participate in the Easter messages delivered by the community church.





Primary Assistant Principal's Report

Can you believe we are already over halfway through the term! The second half of the term is already filling up and we have lots of exciting things happening.

Positive Behaviour Reward

Our Primary Students have already filled our thermometer with Turtle Tickets. A student receives a turtle ticket when they display one or more of our Turtle Goals. Every child will be treated to an ice cream on Wednesday 15th March. We will provide other options for students with allergies.

Harmony day

On Friday 24th of March we will be celebrating Harmony Day. Australia is one of the most successful multicultural countries in the world and we should celebrate this and work to maintain it. Harmony Week is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

To celebrate Harmony Day students will engage in educational activities with their peers across the whole day and they are encouraged to wear orange. Why orange? Orange is the colour chosen to represent Harmony Week. Traditionally, orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect.

Easter Hat Parade

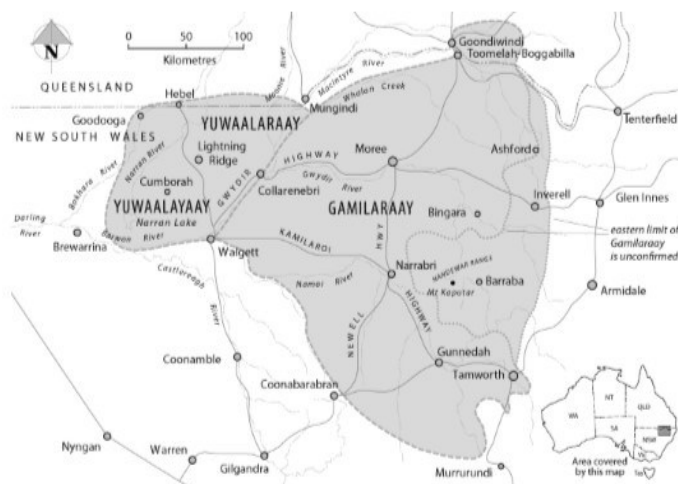
On Thursday 6th April at 10am we will be having our annual Primary Easter Hat Parade under the primary Cola. Students will be making their hats in their classrooms. We invite all parents and friends to attend.



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

Maliyaa gaba - Good friend
Dhagaan ngay- My brother
Baawaa Ngay - My sister





Library News

Primary students have been using block code to program BBC Microbit Controllers to create flashing hearts, emoji faces and even games such as 'Heads and Tails', and 'Rock, Paper, Scissors'!



Kindergarten have been developing and using their building and design skills to complete STEM challenges.



Library Days

Tuesday – S1Y (Cross), S2H (Russo)

Wednesday – S3C (Moly), S3B (Signorotto), S1B (Britts), S1D (Clark)

Thursday – S23N (Richardson), S2O (Ellery), ES1P (Bird), MC1 (Loder)

Library Opening Times

Monday/Friday lunch time – Highschool students (Years 7-12)

Tuesday/Wednesday lunch time – Primary students (Years K-6)



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



Worth your Weight in Opal
Donna Sloan ES1P

Donna was nominated by Mrs Cross for always helping pack up the equipment of a morning

Well done Donna!



Worth your Weight in Opal
Nate Sands S1Y

Nate was nominated by Mrs Newman for writing from 0-50 with very little help!

Well done Nate!



Worth your Weight in Opal
Allirea Walford S23N

Allirea was nominated by Ms Loder for crossing the road safely on the way to school!

Well done Allirea!



Worth your Weight in Opal
Riley Cross S3C

Riley was nominated by Ms Loder for helping to pack up the play equipment at the end of lunch!

Well done Riley!

Music Awards

Each week all students who have been following our Turtle Goals and displaying positive behaviour are put into a draw. Two students from primary and two 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 7 & 8 winners.

Primary: Liam Flaherty, Ava McBride, Allegra Kaluski & Charlotte Pavy

Secondary: Harley Myers, Da Tandavanitj, Quenisha Walford, Lily Kaluski



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 SHOW RESPECT



Show respect by using manners and speaking respectfully

This symbol represents an owl's eyes and beak because it is a locally significant animal that even non-Aboriginal folklore recognises as wise and deserving respect.



Primary Students should arrive at school by 8:55am

Secondary Students should arrive at school by 8:40am

LATE IS NOT GREAT



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!

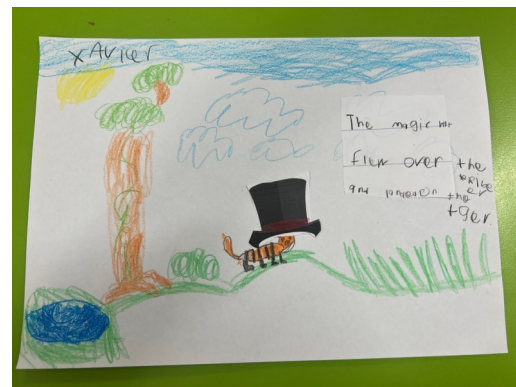
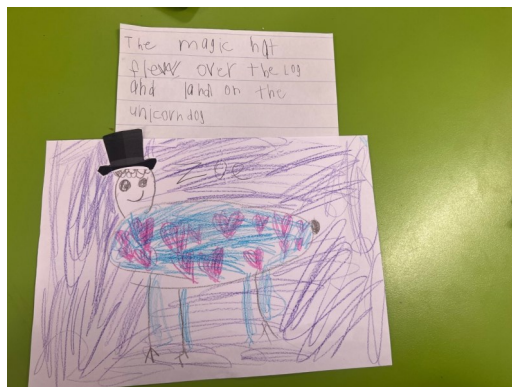
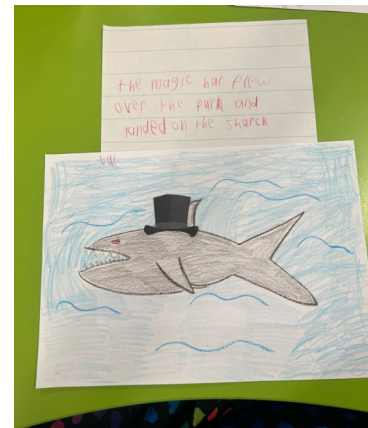
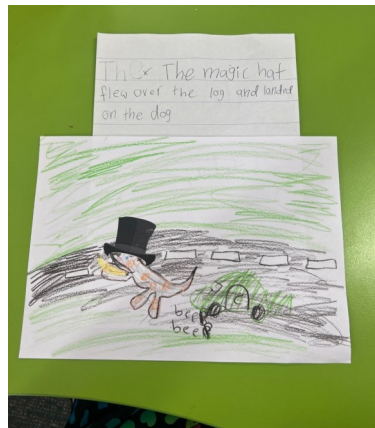
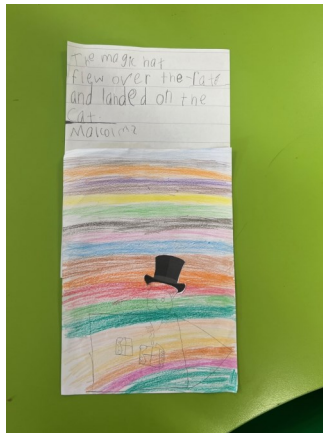


RESPECT AWARD

PRESENTED FOR CONTINUALLY SHOWING
RESPECT AND FOLLOWING INSTRUCTIONS!

Stage 1

S1Y read the story 'A Magic Hat' by Mem Fox. We decided to write our own book about our own magic top hat. Mrs Cross is going to turn our work into a book that we can read in the classroom. Here are a few examples of some of our amazing writing and illustrations to match!



Indigenous Garden



A cohort of students have been working hard connecting with Mr Webb and Melvyn on a rehabilitation project on our Indigenous Garden, following sourcing Gidgee wood on country, for a shelter. This is the start of a major project to allow the cultural gardens to flourish and to be utilised for students learning.



Agriculture

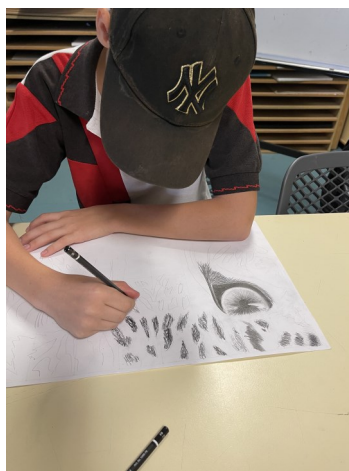
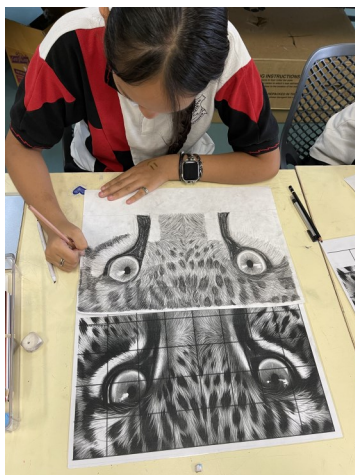


Stage 5 Agriculture students have been busy in the Ag plot and kitchen planning what produce to grow in their garden beds. Produce was selected and purchased to plan what winter crops we will plant in preparation for our unit on vegetables later this year. The students will utilise both the Ag plot and aquaponics GROW unit to grow and harvest their crop.



Visual Art

What creative students we have at LRCS! Year 8 students working hard in Art class!



Primary Industries

Last week Mrs Currey organised a group of Primary Industries students to travel to Dubbo to complete a three day safe tractor driving course provided by TAFE Dubbo. Students represented our school admirably and especially enjoyed the practical component of tractor driving.



HARMONY DAY

FRIDAY 24th March

K - 6

**Come to School dressed in
Orange**

**Morning
Tea**

**Multicultural
Activities**

**Poster
Comp**



2023 PRIMARY SRC



S1D

Jayhli McGovern



S1Y

Lydia Langmead



S1B

Ethan Reavell



S20

Ruby Rowland



S23N

Zane Gough



S2H

Arthur Langmead



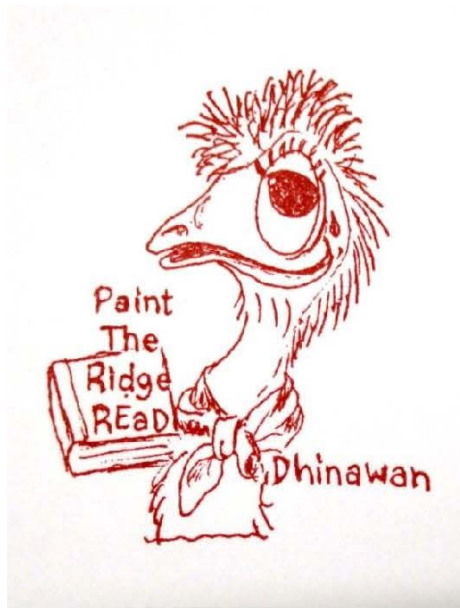
S3C

Milli McCabe



S3B

Abdul Sohail



**The PTRR Dhinawan is celebrating its 4th Birthday
and
we are celebrating the first year of our Street Library.**

Where – At the Lightning Ridge Opal Park.

When - Saturday 25th of March 2023 - Over the morning... from 9.30 -11.

What is happening – Wear **RED**.

Cutting of the cake at 10am.

Morning tea – fruit and water and then cake to celebrate.

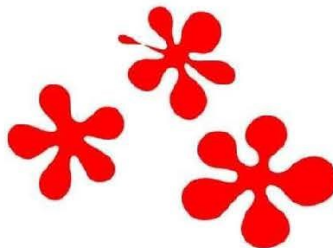
Supporting our local Community Capacity Building Project :-

...promoting **Relationships, Literacy and Learning**.

The PTRR Dhinawan's Motto is...

Talk, Read, Sing and Rhyme with your child all the time.

Everyone Welcome.





Competition Time

Can you think of a creative way to tell others they don't need alcohol or drugs to have fun! Write a short phrase that expresses why young people don't need alcohol or drugs to have fun. For example:

3 impactful, interesting, informational entries will win a \$100 NRL merchandise Gift Card each and get their message printed on the team's water bottles.

This image shows a single sheet of white paper with five evenly spaced horizontal dotted lines, typical of primary school writing paper. The lines are light gray and extend across the width of the page. There is no handwriting or other markings on the paper.

Your Full Name:.....

Your age:..... **Phone:**

(Only under those under the age of 18 are eligible to enter this competition but it's ok to get help from an adult 😊)

Competition closes 26th April 2023

Please return your competition entry to one of the following:

- Lightning Ridge Central School front office
- Lightning Ridge Wellbeing Place Mon – Fri 9.00am – 3.00pm (next to Whites Pharmacy)
- Email it to sara.smith@rfdssse.org.au



PLP's have the potential to support improved learning outcomes and educational aspirations when they are developed in genuine partnership with Aboriginal students, their parents or carers and teachers.



Personalised Learning Pathways Brochure

Parent/Carer Information

The student's Personalised Learning Pathway includes

Goals for learning and agreed family support strategies

Some focus areas could include

- Cultural goals
- Literacy and numeracy
- Homework/home reading strategies
- Transition from home/preschool to Kindergarten
- transition from primary to secondary education
- Transition from school to work/ further study



For Further information
contact your local
Aboriginal Education Team
NSW Department of Education
Teaching Quality and Impact Directorate

NSW Department of Education



PLP's begin with a yarn between:

- a student
- their parent/caregiver/family
- their teacher/mentor

Which is then written into a specific plan or agreement and is developed to support the student in their learning

What is involved?

- sitting and having a yarn with your child and their teacher/mentor at a place and time that is convenient for all.
- Discussing your child's aspirations and progress at school.
- Working with your child's teacher/mentor to develop strategies to support your child's learning at school and home.



Process:

Gather information from student, parent/caregiver and teacher/mentor work together to create goals that support the students aspirations

Identify support strategies for school and home

Continually monitoring and evaluating the PLP

Ongoing school to home and home to school communication

What will you be asked?

- What are your child's current strengths?
- What are your child's aspirations?
- What things can you do to support your child achieve their goals?

PLPs support the attainment of educational aspirations, improved outcomes, student connectedness and strengthen cultural identity.





WEDNESDAYS

7:30am

Senior Cola

Stages 3-6 Welcome



LIGHTNING RIDGE COMMUNITY CHURCH WELCOME WEEK 2023!

Hear the big story of the Bible,
and how you can be part of it ...

Kids' Club for anyone in primary (K-4) or middle school (5-8), during council's after school program, 3pm at the multi-purpose centre, Spider Brown oval (in partnership with the Youth Development Team).

MARCH 20-24 (MON-FRI)

[+ Finale BBQ, 5:30pm Friday for Kids' Club families]

Free. Registration required.

Forms available at the school office.

Contact: church office - 6829 0597

communitychurch@lightningridge.com.au

This image is from The Garden, the Curtain and the Cross by Carl Laferton and Catalina Echeverri, published by The Good Book Company. It is © The Good Book Company, 2016 and used by kind permission.

Is your child in year 7 or year 10?



Provide your consent for routine school vaccinations online.

At the beginning of the school year, your child's school will share the link to complete the online consent form.

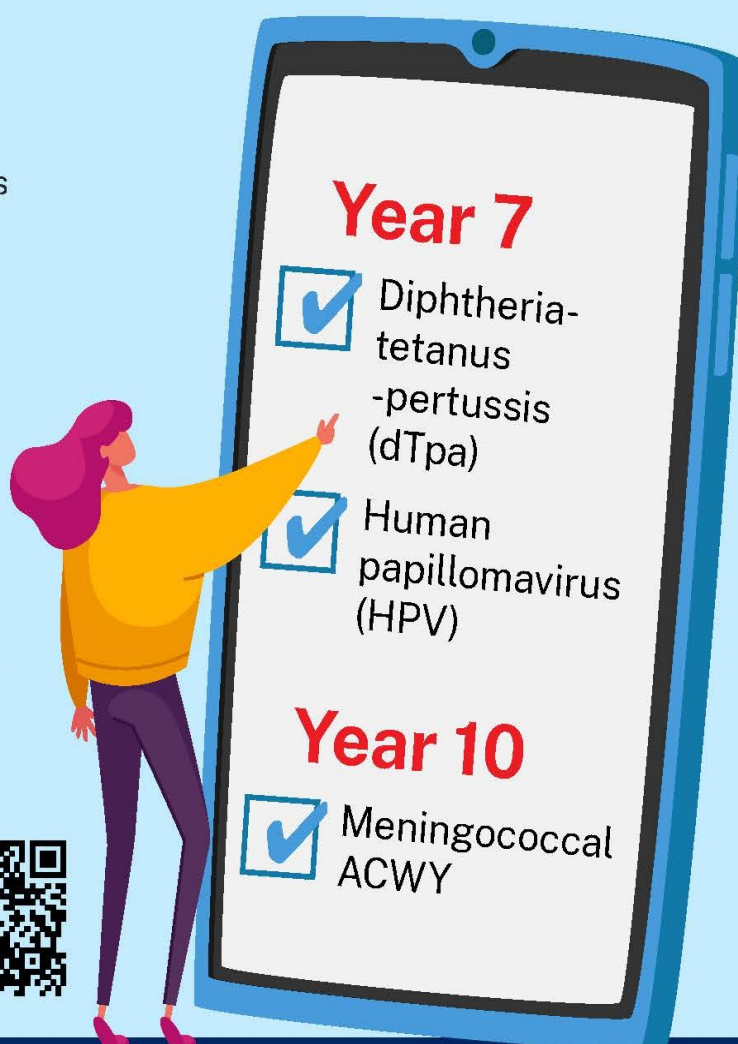
Benefits of providing online consent:

- easily update your child's details
- get SMS notifications when vaccinations are given
- faster upload of vaccination records to the Australian Immunisation Register (AIR)

To provide online consent, you will need:

- the link provided by the school
- your Service NSW log-in details
- medicare details for you and your child

Scan the QR code to give your consent now.



For more information on vaccination visit:
health.nsw.gov.au/schoolvaccination



Lightning Ridge Central School

P&C Uniform Shop Order Form 2023

Uniform shop is open 3-3:30pm every Tuesday.

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 to Year 5 – Red	\$20.00			
Shirts Year 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 Years 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 note: If order is placed through the office money **MUST** be paid in advance. Orders will not be processed without payment.

Sydney Excursion 2023

Full Payment Due By Fri 31st March

(No Late Payments Will Be Accepted After This Date)



2023

WELCOME TO LIGHTNING RIDGE

NEW RESIDENT EVENT



7:00PM MONDAY
20TH MARCH
2023



Multi Purpose
Centre, Spider
Brown Oval
Lightning Ridge



It's a great chance to speak with other people who have moved to the area about their experiences, as well as chat to the locals.

- Free Light Refreshments Provided
- Each household will receive a New Resident pack.
- Meet Your Community

For more information or to RSVP
Email: rotarycluboflightningridge@gmail.com



PW Concrete & Gravel

Lightning Ridge Races

8 April 2023

Easter Saturday

6 Race Program

Fashions on the Field

Full bar facilities

Bookies

Gates open 12 noon

Pre paid tickets available

Or Cash & Card at gate



Scan to get your ticket



LIGHTNING RIDGE

Easter Festival



ARE YOU INTERESTED IN
HOLDING A MARKET STALL AT
OUR LIGHTNING RIDGE EASTER
FESTIVAL?

PLEASE CONTACT JAMIE
ON 6828 6100 OR

LIGHTNINGRIDGEEASTER@YAHOO.COM



BURREN JUNCTION
FISHING CLUB

FISHING COMP CARP MUSTER

March 17th 18th 19th 2023

ENTRY :
\$10 ADULT
\$5 UNDER 16

Get down to Junction city hotel (burren junction)
Friday 17th and Saturday 18th to enter



START: 12PM FRIDAY 17TH
FINISH: 11:30AM SUNDAY 19TH



YOU CAN FISH FROM
YELLOW BANKS WEE WAA
TO STONEY CROSSING BURREN
JUNCTION

More information please follow our
Facebook page

PRIZE POOL
\$2000

MEGA RAFFLE
DRAW AT THE
PRESENTATION SUNDAY
19TH MARCH

Nutrien
Ag Solutions

PROUDLY SPONSORED BY

DELTA
AGRI BUSINESS

SHIMANO



THE
SKIN CANCER
DOCTOR

2023 SKIN CANCER CHECKS AND TREATMENT

We're coming back to:

LIGHTNING RIDGE

Thursday 30 & Friday 31 March

Lightning Ridge Hospital, 25 Pandora Street

Skin checks will
involve Dr Morgan
and our dermatology
nurse Julie.

COST

\$130 for a full body check
(\$39.75 rebate from Medicare)

The Skin Cancer Doctor provides comprehensive skin cancer services to locals in rural and remote Australia. We bring a regular spot screening and treatment service to the community. Our team of highly-skilled professionals perform skin cancer checks and provide treatment of any suspicious lesions. **BOOK ONLINE NOW or CALL 1300 754 637!**

WWW.THESKINCANCERDOCTOR.COM.AU



THESKINCANCERDOCTOR



Scan the QR code on your
mobile device to register.

LRCS - CANTEEN MENU - 2023

Snacks - (Recess & Lunch)

Crunch cups (cheese, carrot, celery & cucumber) w/ Aioli sauce	\$3.20
Yoplait yoghurt 175gm	\$2.50
Grain waves (sour crème)	\$1.50
Cheese sticks	\$1.50
Muffins (Blue Berry ,chocolate)	\$2.00
Koala popcorn (plain, sweet & salty or butterscotch)	\$1.50
Fresh fruit (banana,apple,mandarins)	\$1.50
Fruit salad cups	\$1.50
Red rock deli chips (honey soy or sea salt)	\$1.50

Drinks

Spring water 600ml	\$2.00
Spring Water 1.5ltr	\$3.00
250ml Juice bombs (grape, blackcurrent, apple/ raspberry, watermelon, orange/ passionfruit, lemonade, apple cola)	\$2.50
Just Juice poppers 200ml (apple, orange, apple/ blackcurrent)	\$2.00
Classic 300ml milk (chocolate, strawberry)	\$3.00
Big M milk 250ml ctn (chocolate, strawberry)	\$2.00
Nippys 375ml (Banana,choc)	\$3.00
Nippys 500ml (Honeycomb,choc)	\$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

Ham & Cheese	\$6.50
Sweet chilli tenders	\$6.50
Egg & Cheese	\$6.50
Chicken	\$6.50
Salad	\$6.50
(All salads come with lettuce, tomato, carrot, cucumber, beetroot, onion, pineapple & mayo)	

Optional Extras for Salad Bowls

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

Ice-creams - (Lunch only)

Ice-cream cups	\$1.50
w/ mini milo packets	\$0.50
Ka blueys (blue, red, sour strawberry,lemon)	\$1.00
Berri Juice (frozen) \$1.00	
Paddle Pops (Choc & Rain- bow)	\$2.00

Hot Foods

Village sausage roll	\$3.80
Travellers beef pie	\$4.50
Party pies village 60gm	\$1.50
Sweet chilli chicken tenders	\$1.80
Chicken & gravy roll	\$5.50
Garlic bread (Good Tucker 75gm)	\$2.00
UFO ½ roll	\$2.00
Cheese & tomato sauce	\$2.00
Chicken strips per bag (6)	\$3.50
McCains pizza (Ham/pineapple or ham/ cheese)	\$3.50
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	\$3.00

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