

# LIGHTNING RIDGE CENTRAL SCHOOL



Principal:  
Deputy Principal:

Mr Richard Finter  
Mrs Margaret Morriss

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Term 3 Week 10 2023



## Principal's Report

In the last two weeks we have had a significant number of infants and primary students who have come to school exhausted and the result of this has been the need for them to sleep in the Check In - Check Out Room. Hence, they have lost valuable learning time.

Likewise, we have had increased numbers of secondary students coming late to school and when questioned it was because they could not get out of bed and in many cases they had gone to bed way too late. For them also, the result is a loss of learning time.

I suspect much of the delay in sleep is because students are on game consoles or phones, so can I please ask that parents and carers closely monitor access to this technology. Turn the internet modem off if necessary.

Traditionally, these situations worsen when daylight saving comes into play and this will happen over the holidays so I ask could parents and carers please use the holiday time to get their children into a sound routine of bed time and get up time.

Your child's learning will benefit greatly.

Just as a reminder I have published some information from the South Australian Health Website on the benefits of sleep below.

### Good sleep = good health

Sleeping well makes us feel better, more alert, energetic, and better able to concentrate and perform our daily tasks. Getting enough sleep each day is one of the most important things you can do for your health and wellbeing and to reduce your risk for ill-health.

### Why sleep is important?

It is well known that sleep is an important biological function essential for life. While we sleep many important functions take place that help the body in physical recovery and repair, support brain development, cardiac function and body metabolism, as well as support learning, improving memory and mood. Sleep is especially important for children playing an important role in growth and overall health, and babies and children need much more sleep than adults.

Without enough sleep we are more likely to have problems with thinking, concentration, memory, reaction times and mood, all of which make it harder to perform our daily tasks and increase the risks of mistakes and accidents. Regular insufficient or poor sleep contributes to long-term health problems such as;



#### Year 12 Farewell

##### Assembly

Wed 20th Sept

#### Last day of Term 3

Fri 22nd Sept

#### Term 3

##### School Holidays

Mon 25th Sept – Fri 6th Oct

#### First Day Back Term 4

Mon 9th Oct

#### Musica Viva Performance

Fri 20th Oct

#### P & C Meeting

Tues 24th Oct  
5pm

#### Secondary MC Excursion

Wed 25th – Fri 27th Oct

#### CAPERS Excursion

Tues 7th - Sun 12th Nov

#### Kindy Start

Fri 17th Nov

Join us on

SkoolBag

Like us on  
Facebook

2023 School Newsletter now available online via our Skoolbag App  
and website on [www.lightningr-c.schools.nsw.edu.au](http://www.lightningr-c.schools.nsw.edu.au)

Obesity, Type 2 diabetes, Cardiovascular disease, Poor mental health.

### **How sleep works**

Sleep is a state of reduced consciousness, but one which we can be easily wakened. When we sleep our brains remain active, although activity levels vary throughout the course of sleep along with other physiological functions, such as body temperature, breathing and heart rate.

A good nights sleep is important for all of us especially young children and teenagers. It will assist them in regulating their own behaviour and allow them to react more appropriately when under stress. Same goes for adults.

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## **Secondary Deputy Principal's Report**

Congratulations to the Year 12 students who completed their studies after 13 years of schooling. During Week 10, there was a special assembly for the Year 12 students. Next term they will be sitting their HSC examinations at the Bowling club and celebrating at their year 12 formal. We wish all the Year 12 students the best of luck, it is essential that Year 12 students commit to a pattern of study, to ensure they achieve the marks they are capable of.

Our Year 11 students will be moving into their Year 12 studies in Term 4. Currently they are completing their yearly examinations in all subjects. Parents can look forward to receiving their yearly report for year 11 early in Term 4.

The end of the term has included recognising the positive behaviour of our students. There were 29 students who have only positive incidents during Term 3 and received a special reward of hot chips and a DP award. A big shout out to Kingston Kirkpatrick, Harley Myers, Amelia Reavell, Solomon Seabrook, Claudia Bogdan, Hallie Bamford, Chearna Ashby, Macy Seaton, SJ Smith, Jye Webb, Rheana Kucsak, Brendan Mahoney, Clayton Dominick, Dah Tandavanitj, Brett McFadden, Tyelah Nagy, Jasper Sercombe, Brianna Kotru, Callum Doolan, Teodor Malinovic, Bryton Seabrook, RJ Moseling, Parker Bevan, Bryon James, Nick Newton, Seth Nicholson, Travis Smith, Boyd Wiesnet and Jada Seaton. Congratulations to all these students for their consistent positive behaviour.

During the last 2 weeks our students have participated in:

- ⇒ refereeing course for Rugby League, students in PASS have completed this valuable training, hopefully we see them out refereeing our Tigers teams next football season.
- ⇒ PASS & the secondary MC have been visiting the diving pool and obtaining some expert tuition in diving from Charlotte.
- ⇒ Years 7 & 8 visited the Bowling club for a careers immersion program, they were able to have a tour of the bowling club and learn about a number of different career opportunities.
- ⇒ The Indigenous dance group participated in a rehearsal for CAPERS, which is a performance to be held in Tamworth next term, staff commented on how well behaved the students were and the Principal of Quirindi High was most impressed in the way our students conducted themselves.

During the last few weeks staff have been interviewing students in years 11 & 12 about incomplete or non submitted assessment tasks. Some parents have been asked to contact the school to organise a meeting to discuss their students progress and to develop a plan which includes support for the students to successfully submit assessments. We have deadlines which we must adhere to if assessments have not been submitted, some students will not be able to proceed to year 12 until they have successfully completed their Year 11 studies. If you receive one of these letters please contact the school to arrange a time to meet.

Staff will be interviewing students in Year 10 who have not successfully completed their assessments. Parents will be contacted and asked to attend a meeting so we can plan together how to support their child, so they can continue into Year 11 in 2024.

Term 4 begins on Monday 9th October, all students need to be ready for learning which starts at 8:40am.

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## Primary Assistant Principal's Report

Stage 2 students embarked on an educational adventure through time and nature, offering them a unique and enriching experience. They journeyed through history, stepped into a 1950s classroom, explored the historical Dubbo Gaol and concluded their adventure with an overnight stay at the Dubbo Zoo. Each destination offered a distinct perspective, fostering a deeper appreciation for history, art and wildlife conservation.

In the 1950s classroom, students had the extraordinary opportunity to immerse themselves in the past. They used ink pens and experienced the structure of a 1950s classroom, complete with rows of desks, chalkboards and the presence of a strict 1950s teacher! This immersive experience provided valuable insights into the educational practices of a bygone era, highlighting the significant advancements in modern education.

Following their time-travel experience, our young learners let their creativity shine during an ocean artwork workshop. They explored various materials, including shells, coloured sand and paints, to craft beautiful ocean-themed artworks. This artistic endeavour allowed students to express themselves while gaining a deeper appreciation for the beauty and importance of our oceans.

The excursion continued as our students visited the historic Dubbo Gaol, a place that has witnessed the lives of prisoners since 1871. Inside the formidable walls, they delved into the harsh conditions and stories of those who were once incarcerated here. This visit not only enriched their understanding of history but also encouraged reflection on the principles of justice and societal progress.

The excitement didn't stop there! Our students eagerly participated in the ZooSnooz Overnight Program at the Dubbo Zoo. This adventure included a captivating night walk tour, providing students with a unique opportunity to observe Australian wildlife in their nocturnal habitats. Some of the favourite animals spotted during the tour included Gibbons, Hippopotamuses, Cheetahs, Lemurs, Tigers and Giraffes. And as for the lions, well, let's just say they made sure no alarm was needed to wake everyone up!

Our Primary Film Club will work to compile and edit our footage from the excursion to make a video of their experiences in Dubbo. This video will be uploaded on the schools Facebook page in the near future once completed.

Finally, we wish you all a safe and enjoyable holiday break! Stay safe and make the most of this time with loved ones. We look forward to seeing you all refreshed for the new term!



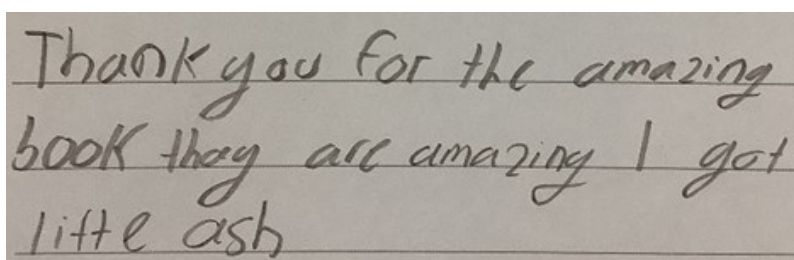
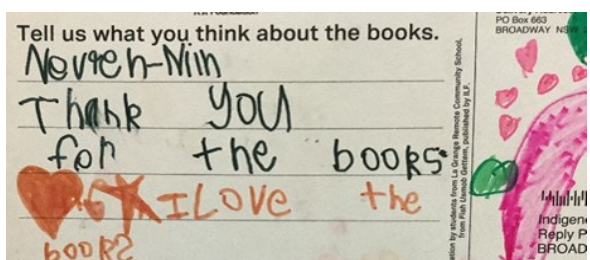
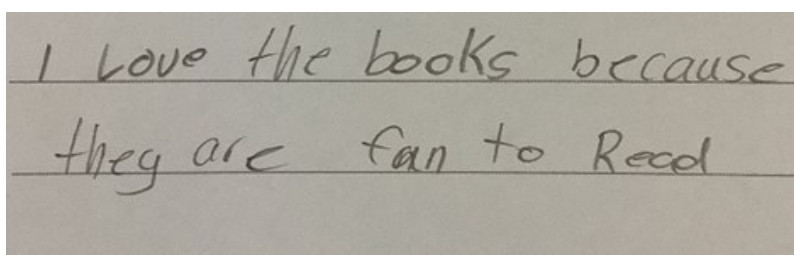
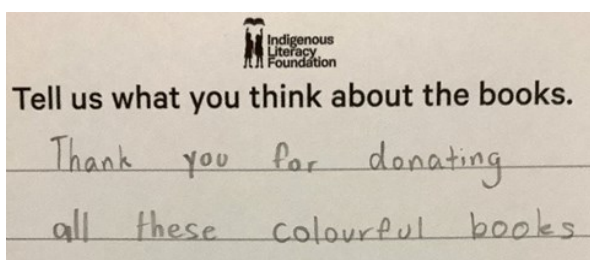
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## Library



On Wednesday the 6<sup>th</sup> of September we celebrated **Indigenous Literacy Day**. Indigenous Literacy Day acknowledges the Stories, Culture and Languages of remote Indigenous Communities. All classes joined Jessica Mauboy on a virtual journey to the remote communities of Shordi Krik in Barunga, Northern Territory, Rubibi (Broome) in Western Australia and Weipa on the Cape York Peninsula in Queensland, to celebrate the launch of three books in three different languages. These stories showcased the richness and diversity of indigenous storytelling, cultures, language, and paid homage to Elders and Country.

Students were gifted with a book of their choice, generously donated to our school from The Indigenous Literacy Foundation (ILF). There was an amazing variety of beautiful, diverse, and high-quality texts to choose from. Each student expressed their excitement and appreciation on postcards to the ILF. We can't wait for the ILF to receive all our messages and feel the love and gratitude for providing the gift of books and love of reading. Thank you to the Indigenous Literacy Foundation!



We also celebrated **Electricity Safety Week** with students creating posters and comic strips for an Essential Energy competition on how to keep safe around electricity. We learnt that we should stay indoors during a storm, not to play near powerlines or electrical boxes or equipment, to stay at least 8 metres away from fallen powerlines, to tell an adult if you see powerlines down, to turn electrical appliances off after use, and to report to an adult if you ever get a zap off an appliance or a tap so that it can be checked and fixed.



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

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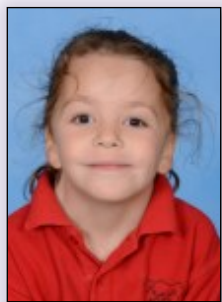


## **Worth your Weight in Opal**

### **Mason McNeill ES1P**

Mason was nominated by Ms Bird for consistently following classroom rules and working well in class.

Well done Mason!



## **Worth your Weight in Opal**

### **Isabelle Mitchell S1D**

Isabelle was nominated by Miss Clark for her consistent effort and improvement in writing.

Keep up the great work Isabelle!

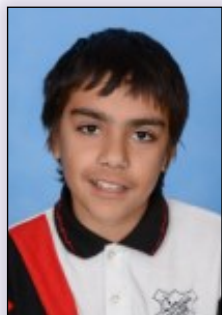


## **Worth your Weight in Opal**

### **Noah Walford S2H**

Noah was nominated by Mrs Signorotto for using his manners when talking to staff and following instructions.

Awesome work, Noah!



## **Worth your Weight in Opal**

### **Jon Jon Jones S3B**

Jon Jon was nominated by Miss Melissa for being an upstander not a bystander.

Well done Jon Jon!

# Secondary Leaders 2024

It is with great pleasure that I announce our Secondary School Leaders for 2024.

Nick Newton and Logan Lohse will be our Captains, and Boyd Wiesnet and Travis Smith will be Vice Captains. I feel confident those students will uphold our school values of Respect, Responsibility and Pride.

I would also like to congratulate the other students who made speeches and stood for election: Skye Noyes, Parker Bevan, Tom Pickering.



## Music Awards

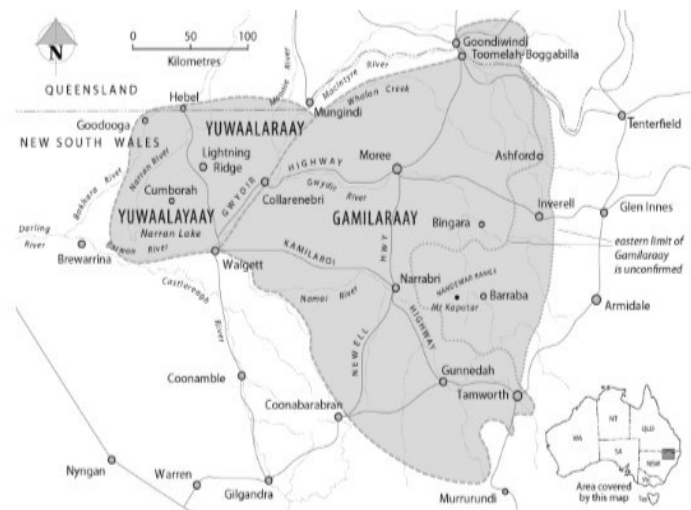


Each week all students who have been following our Turtle Goals and displaying positive behaviour are put into a draw. Two students from primary and two from secondary are drawn out. These students then get to choose a song which will be played for our new bell music. Congratulations to our Week 9 & 10 winners.

**Secondary:** Rheana Kucsak, Parker Bevan & Tyelah Nagy

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**  
gumi = tomato





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## Stage 1

It has been another busy and fun-filled term for our Stage 1 students. S1B, S1D and S1Y have been involved in many school events, all while working incredibly hard in their classrooms.

Book Week brought many learning opportunities, where the joy of reading is celebrated, and students are encouraged to engage with books. The Book Week Parade was a huge highlight; check out Stage 1 dressed up as their favourite book characters!



The Science Fair was another exciting event. S1D presented the rainbow walking water experiment, S1Y showcased the magic of bubbles, and S1B wowed the audience with a colourful lava lamp. A big congratulations to S1B, who came in 3rd place!



S1Y have been helping to care for our school chicks. These tiny balls of fluff are in good hands!



To top off a great term, Stage 1 also got their groove on during the PBL Reward Day Disco. The students boogied in the Gym, received glow sticks, and enjoyed face painting as a reward for demonstrating our school values – Respect, Responsibility and Pride.

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## Hospitality

The Year 11 Hospitality students have been working towards their competency for 'Prepare and Present Sandwiches'. Throughout the year they have completed a range of different sandwiches and for their assessment, they made a range of different sandwiches and we delivered them to the hospital and aged care facility for a delightful afternoon tea. They were gratefully received and devoured.



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## Secondary Music



Students in Stage 5 Music have been learning about Music from the Medieval Era this Term. By studying various pieces by composers well known for their work during this era, students have learnt about the development of modes and the characteristics they share with the major and minor scales we find more commonly used in music today. More recently, students completed their Medieval Music Composition Assessment Task. Students were required to write in a mode they had studied during the term and develop an idea or theme they had studied using motivic development techniques. The students have been progressing well and are becoming highly capable composers.

### Music Club

Each Friday, students in high school choose a club which piques their interest. In Music Club, students harness their performing and composing skills to work on projects or new pieces of music they may wish to learn or write.



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## Visual Arts

Our high school art students have been working on a mural for the aged care residents at the hospital. Last week they were able to go and see their work put up on the wall. The residents were so happy to have their common room so bright and colourful with local birds and flowers.





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## PBL Award Disco

On Friday 8th September, K-6 students were rewarded with a disco, for demonstrating our school values - Respect, Responsibility and Pride, and following the 5 turtle goals during Term 3.

Students were invited to wear mufti, received glow sticks, enjoyed face painting by some of our talented high school students and had a boogie in the gym to celebrate their hard work.

Additionally, Mrs Jarvis alongside our students attending CAPERS in Tamworth in November, hosted a fundraiser. There were delicious cupcakes, cordial, hair styling, nail painting and massages!

What a fantastic afternoon K-6 students had. We are so proud of you!



# Tuesday Mornings!



## 8:00am – 8:30am

## Singing Lessons with Mrs Jarvis



No lessons in Week 10, Term 3 OR Week 1, Term 4.



\*No more Beginner Keyboard lessons

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# Bushfire danger period information for parents and carers

## Factsheet

This factsheet provides information for parents and carers about arrangements for the bushfire danger period.

The NSW Department of Education has engaged external experts to conduct assessments of all NSW government schools, to identify schools at greater risk of impact from bushfires.

To support the health, safety and wellbeing of students and staff, the department, in consultation with NSW Rural Fire Service (NSW RFS), will direct the school to temporarily cease operations on days when a Catastrophic Fire Danger Rating has been declared for your school's NSW fire area. Alternative learning arrangements will be put in place for these days.

Schools may be directed by the department to become non-operational at any time based on advice from emergency services and the State Emergency Operations Centre.



### What is a Fire Danger Rating?

Fire Danger Ratings describe the potential level of danger should a fire start. The ratings are determined by a combination of factors including air temperature, relative humidity, wind speed and drought.

For further information on the Australian Fire Danger Rating System, visit [rfs.nsw.gov.au/news-and-media/fire-danger-ratings-are-changing-soon](https://rfs.nsw.gov.au/news-and-media/fire-danger-ratings-are-changing-soon)

### Fire Danger Rating sign







## When will I know if my child's school has been made non-operational?

At approximately 4:00pm each day the Fire Danger Rating is issued for the following day. This means that schools, including onsite preschools, will be notified after school hours that it will be non-operational the following day. Your school will notify you as soon as possible by the preferred method of communication.

### Parents and carers are requested to:

- provide up-to-date home and after-hours contact details to your school
- stay up-to-date with news and local media through the bushfire danger period.



## NSW School Updates app

Get the free NSW School Updates app to receive operational status updates for NSW public schools [education.nsw.gov.au/parents-and-carers/nsw-school-updates-app](https://education.nsw.gov.au/parents-and-carers/nsw-school-updates-app)



## What education arrangements will be in place if the school is non-operational?

When non-operational, your school will advise of alternative learning arrangements, including any relocation or learning from home plans.



## Learn more

Be prepared and ensure you have a bushfire survival plan in place. The NSW RFS has resources for all residents to plan and prepare for the bushfire season.

Consider whether your home is safe from bushfires and grassfires, and be prepared to relocate to a safer place well in advance. Find more information and resources from the NSW RFS [rfs.nsw.gov.au/plan-and-prepare](https://rfs.nsw.gov.au/plan-and-prepare)

We appreciate your cooperation during the bushfire season. For further information about Fire Danger Ratings and the bushfire danger period, please refer to [NSW Rural Fire Service rfs.nsw.gov.au](https://www.nsw.gov.au/rural-fire-service)

The department's School Safety website [education.nsw.gov.au/public-schools/school-safety](https://education.nsw.gov.au/public-schools/school-safety) provides up to date information during bushfires and grassfire emergencies.

Please contact your school with any additional questions.



**Wednesday's**  
**7:30am**  
**Senior Cola**  
**Stages 3-6 Welcome**



# UNIFORM DONATIONS

**HAS YOUR CHILD OUTGROWN THEIR  
UNIFORM?**

*The Secondhand Clothing Pool will gladly  
accept the donation of all clean and  
wearable uniform items*



*Donations can be dropped to the School Office*



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## Lightning Ridge Central School

Enrolments for Kindergarten 2024 are now open.  
Sign up for **Kindy Start** to help with transition to  
school.

Kindy Start will run on Fridays beginning on

**November 17<sup>th</sup> 2023.**

More information is available at the school office.  
Please contact Miss Olivia Clark at the school with  
any questions.



**Attend Today, Achieve Tomorrow**



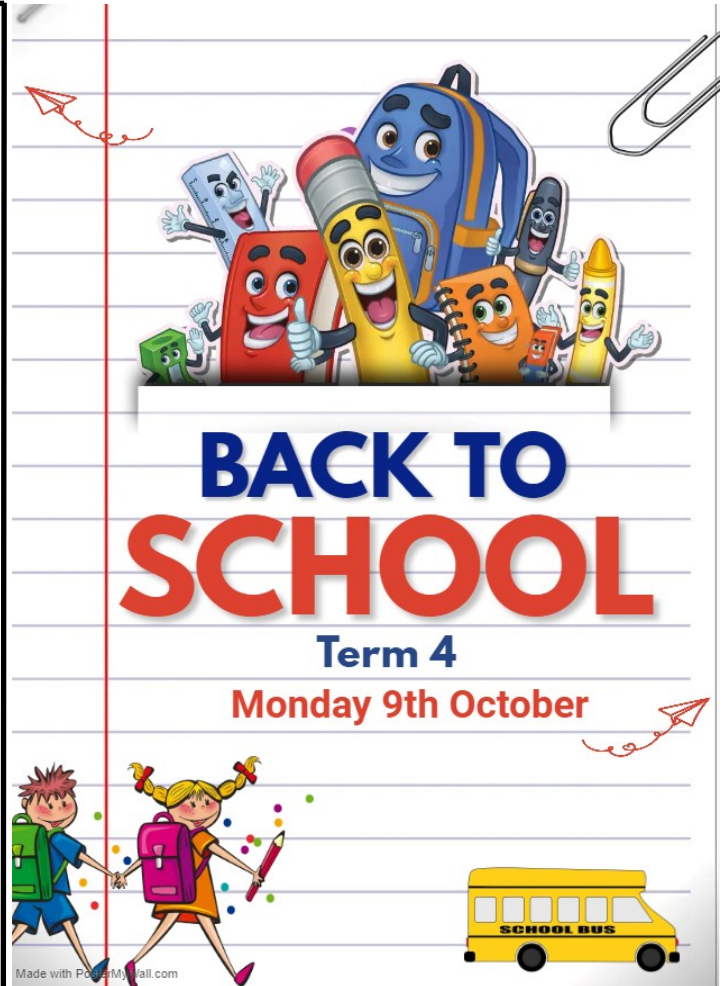
#schooleveryday

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Available in the Canteen  
this Friday the  
22nd of September!

Hot Chips & Gravy  
\$5.00

Available for Lunch Only.  
Please Order to  
avoid disappointment.



Fresh North Queensland Mangoes

Direct from the farm to you!

Support Our Mango Fundraiser

If you *love mangoes*, here's your chance to indulge in fresh juicy Kensington Pride mangoes and support our fundraising drive.

We are selling trays of mangoes picked and packed during the premium harvest.

Cost: \$28 per tray or 2 for \$55

Place your order by: 24<sup>th</sup> October 2023

Expected delivery date: Week beginning 4<sup>th</sup> December 2023

For Further information contact:  
0268292929 or [parentsoflittlediggers@gmail.com](mailto:parentsoflittlediggers@gmail.com)

Money raised goes back to the children of Little Diggers Preschool and Childcare Centre to purchase equipment and pay for experiences to enrich their learning.

Disclaimer: We must reach a total of 96 trays ordered to proceed with fundraiser. If this is not reached, all payments will be refunded in full.







# 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			
Sports Shirts – House colours	\$7.00			
PRIMARY K-6	PRICE	SIZE	QUANTITY	TOTAL
Shirts K-5 – Red	\$20.00			
Shirts Years 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 – 10 Red/ White/ Black	\$25.00			
Senior Shirts Years 11-12	\$25.00			
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.

# L RCS – CANTEEN MENU

## SNACKS – (RECESS & LUNCH)

Crunch Cup (carrot, celery, cucumber & cheese w/ aioli sauce)	\$3.50
Carrot & Celery Crunch Cup	\$2.00
Yoplait Yoghurt 160gm (vanilla, strawberry or mango)	\$2.50
Cheese Stick	\$1.50
Muffin (banana or blueberry)	\$2.00
Fresh Fruit (apple, banana, orange or mandarin)	\$1.50
Fruit Salad Cup	\$1.50
Popcorn (sea salt or butterscotch)	\$2.00
Grain Waves (sour crème)	\$2.00
Red Rock Deli Chips (sea salt)	\$2.00

## DRINKS

Spring Water 600ml	\$2.00
Spring Water 1.5L	\$3.00
Just Juice Poppers 200ml (apple, orange, apple/blackcurrant or paradise punch)	\$2.00
Juice Bombs 250ml (grape, apple/raspberry, watermelon, orange/passion, lemonade)	\$2.50
M2Go Milk 250ml carton (strawberry or chocolate)	\$2.00
Classic Milk 300ml (strawberry or chocolate)	\$3.00
Nippy's 375ml (banana or chocolate)	\$3.50
Classic Milk 500ml (strawberry or chocolate)	\$4.50
Nippy's 500ml (honeycomb or chocolate)	\$4.50

**CANTEEN CLOSSES AT 9AM FOR ORDERS.**

**NO EXCEPTIONS!**

**ALL PROFIT MADE BY THE CANTEEN GOES TO THE P&C FOR THE STUDENTS.**

## SANDWICHES (Gluten Free Bread Available)

Vegemite	\$2.50
Vegemite & Cheese	\$3.00
Cheese & Salad	\$5.00
Ham & Cheese	\$4.00
Ham, Cheese & Tomato	\$4.50
Ham & Salad	\$5.50
Egg, lettuce & mayo	\$4.50
Egg & Salad	\$5.50
Chicken & Salad	\$5.50
Chicken, lettuce & mayo	\$5.00

## TOASTED SANDWICHES (VIA ORDER)

Cheese	\$3.50
Ham & Cheese	\$4.00
Ham, Cheese & Tomato	\$4.50
Chicken, mayo & Cheese	\$5.00

## WRAPS (VIA ORDER)

Salad Wrap	\$7.00
Ham & Salad	\$7.00
Chicken, lettuce & mayo	\$7.00
Chicken & Salad	\$7.00
Flame Grilled Chicken, mayo, lettuce & sweet chilli sauce	\$7.00

## SMALL SALAD BOWLS (VIA ORDER)

Salad Only	\$6.50
Ham	\$6.50
Egg	\$6.50
Chicken	\$6.50

(All salads include lettuce, tomato, carrot, cheese, cucumber, red onion, beetroot & your choice of either mayo or aioli sauce)

## HOT FOODS

Travellers Beef Pie	\$5.00
Party Pies village 60gm	\$2.00
Village Sausage Roll	\$4.00
Chicken Strips per bag (6)	\$4.00
Sweet Chilli Chicken Tender	\$2.00
Garlic Bread (good tucker 75gm)	\$2.50
McCains Pizza (ham & cheese or ham, cheese & pineapple)	\$3.50
Chicken & Gravy Roll	\$6.00
Beef Burger (lettuce, tomato, cheese)	\$7.00
Cheese Burger (beef pattie & cheese)	\$6.00
Flame Grilled Chicken Burger (lettuce, cheese & mayo)	\$7.00
Chicken or Beef Noodles	\$2.50

## ICE-CREAMS (LUNCH ONLY)

Vanilla Dixie Cup 100ml	\$2.00
Snap-Stix (sour blueberry, sour raspberry or sour strawberry)	\$1.00
Ice Mony (sour blue raspberry, lemon ice or sour watermelon)	\$1.00
Paddle Pop (Chocolate or Rainbow)	\$2.50

## MISCELLANEOUS

Tomato or BBQ Sauce	\$0.50
Bundle of Bags	\$3.00

**PLEASE WRITE RECESS AND LUNCH ON SEPARATE BAGS AND DON'T FORGET NAME AND CLASS.**

**THANK YOU!**