From the Principals Desk

Quality work.

One of our important PBL goals is quality work.

One thing we know throughout the school from Kindergarten to Year 12 is that if the student tries to do their best quality work all the time they will be successful, not only at school but also throughout their entire lives. School is a place for learning literacy, numeracy and a range of other skills. Students are preparing to live in the real world beyond school where effort and quality work are always rewarded and where the rules, if followed are, usually to your advantage.

Since our last newsletter Yr 7 to Yr 10 students have undertaken exams in a wide range of subjects. It’s really pleasing to see that not only was the behaviour and effort of most students in the exams terrific but some of the results achieved by our students are also very good. Less pleasing is seeing so many of our students letting themselves down by not achieving the level of results which they are capable. There are many reasons for this but I think the most common reason for students performing at less than their best in exams is that they don’t put enough effort into preparation. Education does not stop at the classroom door, it needs to continue outside of school where students need to study and complete homework in preparation for success in the future.

Books in homes

I was fortunate last week to be part of the books in home presentation where some primary students were lucky enough to be presented with a book pack as part of our schools books in homes program. I would have to say that you would be very lucky indeed to find a group of more polite, well-mannered and enthusiastic young people anywhere in Australia. It was wonderful to be able to listen to their quality work as they read many stories from their books and we talked about the adventures of the characters in the book. I am sure that parents can spend many happy hours with their children reading such wonderful books. Special thanks to Mrs Fahey for all her hard work to make this all happen.

Visitors to school

We are actively encouraging people to come into the school to see the many wonderful things that are happening here each day. It is important that parents and friends feel welcome and are able to come in and visit the school, talk to staff, and enjoy being part of the quality education available to young people today. Education in schools has changed so much that many parents or carers would not recognise that school is the same place they attended all those years ago. Students now have much more freedom to express themselves and learning is a much more active and exciting process than it was when most parents/carers were at school themselves.

2014 School Newsletter now available online, check out our website on www.lightningr-c.schools.nsw.edu.au
Like the rest of the world schools have to follow many more rules now than when parents or caregivers were at school. Work, Health and Safety rules now require that every person who comes into the school grounds must come first to the front office to collect a visitors badge so that in case of emergency we know exactly who is here to assist emergency services and school personnel to clear the site and ensure everyone's safety.

We appreciate your cooperation with this and it only takes a few moments more. You will get to speak to our welcoming, friendly office staff as an added bonus.

**Students outside school**

I mentioned in the last newsletter that our efforts to keep students in school have been working very well. We have a wonderful reasonably priced canteen which allows students to purchase good healthy food without leaving school grounds. Most students are now staying on school grounds except when they have written parent/carer permission to leave during lunchtime. It is great to see the support we are getting from the local police who have been happy to stop students and ask to see their leave pass and any student without one is being returned to school by the police.

**Regional Cross Country Carnival.**

I was fortunate last week to be able to attend the Regional Cross Country Carnival in Coolah. It was a very long trip over 5 hours – leaving at 6am with a bus load of bleary eyed primary students. We had a brief stop in Coonamble to refuel the students and then drove to Coolah. The students had a great day and everyone competed to the best of their ability. Many of our students struggled running up the hill on the course as their training had not included much time running uphill. Most events had about 60 competitors and many of our students placed in the top 20. The highest placing went to Jock McKenzie with a 4th place which qualifies him to run in the State Cross Country event in Sydney. Well done to all competitors for their Quality Work. I was impressed that after such a long and tiring day students were still a bundle of energy at 9pm when we returned to the school.

**School Attendance – is 90% enough?**

One thing that can affect the quality work done by a student is the number of absences they have each year. Every time a student is absent they miss important work that is very difficult to catch up on. Absent students are expected to catch up on class notes, homework and other tasks that are given out by the teacher. Absent students can never catch up on the discussions held in class or the explanations that teachers give in answer to student’s questions. It is vital that students come to school every day unless they are too sick to come. If you are planning appointments or travel involving your child try to do this during mid-term breaks, or school holidays whenever possible.

You might think that 90% attendance is very good however, 90% equals 1 day every 2 weeks of missed learning. That is 20 days per year or 1 month each school year. That makes up more than 1 full year of lost learning in a student’s time at school – no wonder every absence adds to the difficulty a student can have at school. This seriously affects your child’s ability to learn and achieve at their best at school and into the future.

**Attendance at school every day possible is a great way to ensure your child has the best start to their future. This is how you can help your child achieve Quality Work.**
From The Deputy Principal - Darren Ball

My focus since arriving at Lightning Ridge is to ensure all students are working towards becoming Safe, Respectful Learners.

Safety is the school’s number one priority. Students can ensure they and their peers are safe by being in the right place at the right time and keeping their hands and feet to themselves. I’m pleased to see that the vast majority of our students are working in a safe manner. This means students are getting to school and class on time and only leaving school grounds after seeking permission.

Being respectful is all about respecting others by controlling what you say and what you do. Throughout life we are all presented with challenging situations. We decide how we respond to these situations. Having the self-control to respond in a mature and respectful way is the key to advocating for ourselves and ensuring others take the time to listen to our concerns. Outlining your concerns in a calm and respectful way generally results in a far better outcome for everyone involved. This is something all students at Lightning Ridge Central School are learning.

At Lightning Ridge Central School, students are expected to follow instructions from staff. By just saying “YES” and doing as requested, everyone, both staff and students will have a much better day.

The purpose of school is of course to learn. Learning is at the core of everything we do here. Students are expected to try their hardest and do their best with every opportunity presented to them. Quality work does not mean perfect work, it simply means that students have done their very best. Coming to school with a good attitude, ready to work is the foundation for success.

I’m confident that a sustained focus on being safe, respectful learners our students will manage to set goals for their future and exceed their expectations as they achieve them.

Lightning Ridge Central School
would like to invite
you to
Grandparents Morning Tea & Yarn

To be held on Wednesday 25th June, 2014 at 9am
At The Aboriginal Integrated Child and Family Centre,
Pandora St (Bore Baths Road)
Secondary Student of the Week

Week 7 Year 12
Tanella Maybury
This young lady has demonstrated great leadership this term, especially during the Sorry Day Assembly. Her teachers speak of her efforts in lessons to achieve success, particularly in HSC Aboriginal Studies. Well done Tanella.

Week 8 Year 9
Camille Babar
Camille has been awarded with the student of the week because of her consistent great behaviour, excellent quality work and assisting with new students.
Primary Student of the Week

Week 7 Es1B

Paxton Kaluski
Paxton has settled into his new class well and always follows the Schools’ five core goals. Paxton is a great role model to his class mates. Congratulations !!

Week 7 s3M  Georgina McBride
Congratulations to Georgina from S3M for being the Star Student in week 7. Georgina has made outstanding progress this year in all areas of schooling. She is extremely conscientious and has produced some excellent work to be really proud of. Georgina’s individual progress this semester has been excellent. She has been a valuable member of our classroom all year. Great job Georgina, keep up the good work.

Week 8 S2V

Hayley Marsden
Congratulations to Hayley Marsden For her ongoing commitment to meeting her learning goals. Keep up the great work!
Merit Assemblies
Due to the short term, NAIDOC Week and the Lake Ainsworth excursion, the next Merit Assembly will be held in Week 1 of Term 3. There should be plenty of students with Silver Awards and some very special students who have worked hard to earn their Gold Award. A note will be sent out closer to the date with the exact time and date of the assembly. It would be great to see many parents and carers there.

Stage 2 Bathurst Excursion
If your child is in Stage 2 and attending the Bathurst Excursion, notes have sent home detailing how much is owed for the excursion. Very few students have made payments towards the excursion. Unless we receive payments shortly the excursion may have to be cancelled. Although the total cost of the excursion is $300, you are welcome to pay off this amount in smaller amounts. Total payment is due on the 27th of June.

New Teacher (Another one)
Mr Britts has arrived from Newcastle this week. He will be taking Mrs Verry’s class when she departs at the end of the term. For the remainder of this term he will be taking different classes and helping out in S2V. Stage 2 will be organising a “get to know you” event for parents to meet Mr Britts and Miss Smith early next term.

NAIDOC Week
Many staff have been busily preparing for next weeks NAIDOC celebrations. It would be wonderful to see plenty of parents at these events. The two big events are the Monday assembly and the Tuesday activities. Notes will go home this week with more information. If you have any specific questions don’t hesitate to contact the school.
Parent Teacher Interviews

All parents should have by now, received a note advising you of the times which can be booked for an interview with your child’s teacher. Please make sure you contact the school to arrange a time. This meeting will be when you will be given your child’s report and it offers the teacher a chance to discuss the report. See below for note.

<table>
<thead>
<tr>
<th>Class</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>Monday 16^{th} June – Thursday 19^{th} June</td>
<td>3:30 – 5:30</td>
</tr>
<tr>
<td>Stage 1 (SIM, S1F, S1W)</td>
<td>Monday 16^{th} June – Thursday 19^{th} June</td>
<td>3:30 – 5:30</td>
</tr>
<tr>
<td>S2V</td>
<td>Monday 16^{th} June – Thursday 19^{th} June</td>
<td>3:30 – 5:30</td>
</tr>
<tr>
<td>S23D</td>
<td>Monday 16^{th} June – Thursday 19^{th} June</td>
<td>3:30 – 5:30</td>
</tr>
<tr>
<td>S3R</td>
<td>Monday 16^{th} June – Thursday 19^{th} June</td>
<td>3:30 – 5:30</td>
</tr>
<tr>
<td>MCT</td>
<td>Monday 16^{th} June – Thursday 19^{th} June</td>
<td>3:30 – 5:30</td>
</tr>
<tr>
<td>S2G</td>
<td>Monday 23^{rd} June – Thursday 26^{th} June</td>
<td>3:30 – 5:30</td>
</tr>
<tr>
<td>S3M</td>
<td>Monday 23^{rd} June – Thursday 26^{th} June</td>
<td>3:30 – 5:30</td>
</tr>
</tbody>
</table>

We look forward to seeing you there,

Nathan Forbes
Assistant Principal

Kerry Adamthwaite
Principal
Books in Homes

Thank you to Kerrianne who ran the Books in Homes presentation for Stage 1 while I was in Sydney. I met with Kim Kingston the General Manager of Books in Homes Australia and tried to think of ways that Lightning Ridge Central School K-6 could find funding for 2015. If you have any ideas please let me know. Contacts you may have in any industry who could fund us would be helpful.

From all accounts our Books in Homes presentation went well with a surprise Presenter in Mr Adamwaite. Thank you Mr Adamwaite and parents who attended. Showing an interest in students receiving their books on such an exciting day sends a great message to our children.
LRCS Reading Challenge for K-6 finishes on Thursday 19th June. The blue recording sheets need to be in the library office on or before that date.

We post letters to parents when students have overdue books. Lost books can be paid for at the front office. We have many students who have overdue books and this means they are unable to borrow.

I started reading a book I thought I should read and got halfway through, not enjoying it at all over a few weeks. I then started a book I wanted to read by an author I enjoy. The book is nearly finished. I cannot put it down. Moral: Find something to read that is right for you! Please encourage your children to read. Our school library has something for everyone...It is just a matter of finding it and we are always happy to help.

Penny Fahey Teacher/Librarian
OUR ANTI-SMOKING WORKSHOPS

Recently we had a team visit from Wellington Aboriginal Community Health Service to assist a group of our secondary smokers try and quit the habit. The secondary students included a group of 22 self-nominated smoking participants and 3 supporters who were trying to get either friends or family to quit. They were involved in a 2 hour workshop which looked at the disadvantages of smoking and the huge health risks. They tested their CO2 levels, looked at strategies for cutting back their tobacco consumption and participated in practical activities such as exercise and healthy eating with fruit and water provided after their touch football game.

While WACHS were here we organised for them to work with students from Years 5 and 6 and interested parents. They looked at preventative strategies in fun and interesting ways. The feedback was great, especially from Stage 3. Comments included...very engaging, entertaining, the models were good, loved the song (nearly everyone) gave out lots of cool gifts, etc. Both teachers said it was very engaging and the students got a lot out of it.

The smokers group also said "it made giving up not seem so hard", "it all made sense the way they did it", "the strategies for cutting down were very helpful" and they all thought the smokalysers were really interesting especially seeing the difference it made after running around for 10 minutes. We are continuing to check in with them and some have had some huge gains with two giving up completely. Almost all have cut down and reckon they can delay the craving, which nearly all said before drove them to smoke immediately if they could. It was very successful, with far greater impact than we were expecting.

GRANDPARENTS AS CARERS

On Wednesday 25th June we have organised a Grandparents as Carers morning tea and yarn at the Aboriginal Integrated Child and Family Centre. It will begin at 9.00am with an introductory session about what services and resources are available to carers of children. Other topics that will be discussed include mental health, internet use and cyberbullying, strategies to help them at school, working together as a family unit and healthy lifestyle. Each session will not only include information for grandparents but lots of stress busters and fun activities as well. There will also be lots of time to share stories between participants and talk to others who are experiencing the same issues, especially over a cuppa. The school has organised locals including staff from Medicare Local, Centrelink, Community Health, Police, Aboriginal Integrated Child and Family Centre and Yarrawa Meamei to assist with some of the discussions and it hoped all grandparents that are caring for children can attend.

BASKETBALL

We are currently running a Year Basketball Competition. So far both Year 7 and Year 9 are looking strong but the Week 8 games may see a change in the leader board. The highlights in Week 7 were seeing several skilled staff assist the seniors to make up their teams, a Stage 3 vs Year 7 game which was added and Mr Adamthwaite playing with the Year 8 side. The finals will be held on Tuesday in Week 9 and may have some brief variations inserted into the matches to coincide with our Naidoc Week celebrations.
VOLUNTEERING IN OUR COMMUNITY

It is important our students learn the benefits of helping out others in our local community. Another initiative that has recently begun is assisting at Food for Families each Thursday morning. Our Senior MC class in involved in this wonderful volunteering experience and are thoroughly enjoying it.

YEAR 7 MANDATORY TECHNOLOGY—TEXTILES

Year 7 Mandatory Technology has just completed door snakes and plastic bag holders. They worked so efficiently this term that most are now working on personal projects like pillows, puppets and cloth bags.

Some students from the Term 1 group entered their textiles projects in the Walgett Show and were very successful.

STAGE 5 CHILD STUDIES

This term the 9/10 Child Studies class have been working on the unit called “Born to Read”. Apart from the theory about the importance of reading to young children, they have also engaged in many practical lessons. The activities have included regular visits to Little Diggers Childcare Centre, learning Jolly Phonics and making their own children's book.
Stage 5 Design and Technology started the year designing and developing CO2 Race Cars. Students had to take into consideration weight, draft, drag and aerodynamics. The cars were made from Balsa wood then raced with a soda bulb. Skills were developed in CAD and the workshop. Congratulations to Aaron Pardey for developing the winning car.

Students have since gone onto designing phone and ipod cases on CAD to be printed on the schools new 3D printers. There are many exciting ideas being developed and it will be great for the students to see these produced in class using relevant technology.

Year 12 Timber have been working solidly on their HSC Major Works as the dead line is rapidly approaching. The students are producing quality outcomes and it is exciting to see all the works coming together. Major works and the supporting folio for timber are due on the Monday morning of week 5 in Term 3 (16-8-2014).

Keep up the hard work gentlemen.
The Medicare Local team visited Lightning Ridge Central School last Wednesday and Year 3 students were involved in the creation of healthy hamburgers.

Once per term children are instructed on the handling and preparation of food, finally enjoying the taste sensation of what they have grown in the school garden. They developed a deeper understanding of healthy choices and how fun and easy it is to eat well and be active!

After the lesson students took home the recipe to share and many students have been excitedly cooking healthy treats at home!
Coolah Cross Country
DYsLEXIA SCREENING AND LENS ASSESSMENT

On Monday 21st July 2014 and Tuesday 22nd July 2014 (Term 3 Week 2) Erin Young from the Dubbo Irlens Dyslexia Clinic will be coming to Lightning Ridge to screen or test children for Irlen Syndrome (formerly known as Scotopic Sensitivity Syndrome).

Some children/adults use coloured overlays or glasses to help process visual information. Symptoms can include: Light sensitivity, reading problems, discomfort, attention and concentration problems, writing problems, depth perception and word distortion.

Costs: Dubbo Irlen Dyslexia Clinic prices
The basic screening costs $98 and takes 1 hour
The second assessment is for the coloured overlays/lens assessment and costs $198
Coloured lens costs a minimum of $200 (Plano only, no script)

Should you wish to have your child assessed or reassessed please contact Jasna at Lightning Ridge Central School 6829 0511 and I will put you on the list.

Also, Diane French who lives in Lightning Ridge is qualified to conduct basic screening. If you want to have your child screened before Erin comes to Lightning Ridge then contact Diane on 6829 2296 and she will advise cost.

<table>
<thead>
<tr>
<th>Year groups</th>
<th>Summer Uniform</th>
<th>Winter Uniform</th>
</tr>
</thead>
<tbody>
<tr>
<td>K - 4</td>
<td>Black shorts</td>
<td>Black track pants</td>
</tr>
<tr>
<td></td>
<td>Black shorts (girls only)</td>
<td>Red polo shirt with school emblem</td>
</tr>
<tr>
<td></td>
<td>Red polo shirt with school emblem</td>
<td>Red sloppy-joe</td>
</tr>
<tr>
<td>5 - 9</td>
<td>Black shorts or black full length pants</td>
<td>Black shorts or black full length pants</td>
</tr>
<tr>
<td></td>
<td>Black shorts (girls only)</td>
<td>Black shorts (girls only)</td>
</tr>
<tr>
<td></td>
<td>Red/Black/White polo shirt with school emblem</td>
<td>Red/Black/White polo shirt with school emblem</td>
</tr>
<tr>
<td></td>
<td>Black jumper – 5 – 8</td>
<td>Black jumper – 5 – 8</td>
</tr>
<tr>
<td></td>
<td>Black jacket</td>
<td>Black jacket</td>
</tr>
<tr>
<td></td>
<td>Canterbury jersey – yrs only</td>
<td>Canterbury jersey – yrs only</td>
</tr>
<tr>
<td>10 - 12</td>
<td>Black shorts or black full length pants</td>
<td>Black shorts or black full length pants</td>
</tr>
<tr>
<td></td>
<td>White polo shirt with school emblem</td>
<td>White polo shirt with school emblem</td>
</tr>
<tr>
<td></td>
<td>Black jacket</td>
<td>Black jacket</td>
</tr>
<tr>
<td></td>
<td>Canterbury jersey</td>
<td>Canterbury jersey</td>
</tr>
</tbody>
</table>

The uniform shop is open Monday and Thursdays, 8:30am to 9:00am.
On Friday 13th of June students dressed in Carnivale theme mufti to raise money to help our students who have been selected for the Moorambilla Regional Voices Program.
NAIDOC WEEK
Cake Decorating Competition

Prizes
Awards

Theme:
Serving Country-Centenary & Beyond

Wednesday 25th of June
Cakes to be received by 9am in B2 (near the bell)
Dear Parent/Carer

Nationally consistent collection of data on school students with disability – 2014

Our school is participating in the collection of nationally consistent data on school students with disability.

We will be collecting information already available in the school about the support that is being provided to students with disability. Better data will help the Government plan for students with disability.

The data collection will have no direct impact on your child and they will not be involved in any testing process.

The NSW Department of Education and Communities will provide data to the Australian Government from all NSW public schools in such a way that no individual student or school will be able to be identified. In this way, we will ensure the privacy and confidentiality of all students.

All information is protected by privacy laws which regulate the collection, storage and disclosure of personal information. Information about the Australian Government’s Privacy Policy can be found here: http://education.gov.au/condensed-privacy-policy. Information about the NSW Government’s privacy policies can be found here: http://www.ipc.nsw.gov.au/

If you do not want your child to be counted in the data collection you must complete the attached form and return it to the school before the end of Term 2, 2014. A decision to exclude your child will not affect the support they currently receive.

Further information about the data collection can be found on the Australian Government Department of Education website:


If you have any questions about your child being included in the data collection please contact the school.

If you need help with English to make an enquiry contact the Telephone Interpreter Service on 131 450 and ask for an interpreter in your language. The operator will call the number you provide and get an interpreter on the line to assist you with your conversation. You will not be charged for this service.

Kind regards

Mr Kerry Adamthwaite
Principal

If you **do not** want your child to be counted in the data collection, please complete the attached form and return it to the school before the end of Term 2 (Friday 27th June), 2014.

Nationally Consistent Collection of Data on School Students with Disability – 2014

I/we ________________________________________________

Name of parent/carer

do not wish my child ___________________________________________ to be counted

Name of child

for the purposes of the collection of nationally consistent data on school students with disability.

Parent/Carer signature: ____________________________ date: ____________
The Guihot Family
BENEFIT DAY

Hebel Hotel
Sunday June 29th
Starts 12 noon

Lunch  Bar  Raffles

100%
Of the proceeds will go to
SUE, AL, DYLAN & JAKE
Who lost their home on the 12th of June

Thanks to the generous donations of local businesses and friends with a special thanks to the Hebel Hotel.

Act-Belong-Commit

Act-Belong-Commit is a comprehensive health promotion campaign which encourages individuals and organisations to take action to protect and promote their own mental wellbeing and that of others.

Act-Belong-Commit was developed primarily from research undertaken by Curtin University in Western Australia. The research, looking into people’s perceptions of mental health and the behaviours they believed protected and promoted mental wellbeing, provided a basis for the Act-Belong-Commit program.

Following on from Act-Belong-Commit’s state-wide success in Western Australia, the Rural Adversity Mental Health Program (RAMHP) signed on to bring the program to NSW.

The A-B-C guidelines for positive mental health provide a simple approach that we can all adopt to become more mentally healthy.

- **Act** – Keep mentally, physically and socially active: take a walk, say ‘g’day, read a book, do a crossword, dance, play cards, stop for a chat...
- **Belong** – Join a book club, take a cooking class, be more involved in groups you are already a member of, go along to community events...
- **Commit** – Take up a cause, help a neighbour, learn something new, set yourself a challenge, help out at the school or meals on wheels...

Being active, having a sense of belonging and having a purpose in life all contribute to good mental health.

Community Wellbeing Workshop - Lightning Ridge Central School in the original School building at 12pm Wednesday 25th June 2104.

Supported by

[NSW Communities Sport & Recreation logo]
[Black Dog Institute logo]