



## Nurturing Children in an Innovative and Creative Environment

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Term 4 Week 5

5<sup>th</sup> November 2013

6 Nov	Mid Term Assembly, 2pm
6 Nov	Year 5 Leadership Day, Bellingen PS
7 Nov	KiK K-2M, \$3
11-22 Nov	Intensive Swimming Scheme. K-6
25 Nov	P&C Meeting, 3.15pm
28 Nov	KiK 3-6K, \$3
29 Nov	Small Schools Orientation for BHS, 2014
2-4 Dec	Lake Ainsworth Camp, 3-6K, now \$244 ea
10 Dec	Surf Safety Day at Sawtell Beach, 3-6K
11 Dec	Sunset BBQ, 5pm
12 Dec	Christmas Craft Day, \$3
17 Dec	Year 6 Farewell
18 Dec	Last Day of Term 4
29 Jan	Years 1-6 start Term 1, 2014

### Newsletter Quiz

Our winner of this week's newsletter quiz was the Fraser family. Our 100% correct record is still in place. Savanah has claimed her prize.

### Mid Term Assembly

Year 5 will be at a leadership day at Bellingen PS this Wednesday but our assembly will go ahead without some of our stars. We hope you can make it at 2pm to enjoy our performances.

Thank you to Joanne Hodgson for transporting extra students there and to Rom Murphy for returning students to school after the event.

### Police Newsletter Support/Sponsorship



We are **half** way around the basketball court. Police NSW have approached the school asking for support for their Annual newsletter/booklet produced at Christmas each year. The Police provide a great community service, which we value locally and this is a great opportunity to show our support. We are asking students to bring in silver coins to try and make a continuous line around the basketball court to see how far we can get. This will continue tomorrow ending Friday when we will tally it up. WE CAN DO IT!

Dear Parents and Community Members,

*Hold onto your hats we are into Week 5!*

### Kids In The Kitchen

K-2M are cooking for Kids in the Kitchen this Thursday. Money needs to have been paid by today to allow for purchasing the correct amounts of food to be cooked. We are unable to supply KIK lunch for late payers. If a student has no lunch a sandwich can be provided as a substitute. Bon Appetite!



**Lake Ainsworth Money due by November 27<sup>th</sup>.**

## Items from Home.

Items from home are arriving at school which are inappropriate or are causing concern. We ask students not to bring items, toys or games from home unless asked or it is for news. Those items which need to be at school should stay in the school bag until needed. If an item is out it will be minded until the end of the day and returned to go home. Thank you for helping difficult situations from arising.

## Repton PS Performance of "Grease"

Students from Raleigh PS are invited to an afternoon production of 'Grease' put on by Repton PS on Monday the 9th of December at North Beach Bowling Club. Students will need to go by private transport with a parent. Further details will be announced later.

## Intensive Swimming Scheme

This commences next week. Let's hope the weather warms up again. This is a whole school activity and there will be no supervision at school before 11.00am. Students are to go straight to Bellingin Pool where lessons will commence at 9.20am. A bus will return them to school at approximately 11am. Please remember to apply sunscreen to your child/ren in the morning and to supply a plastic bag for their wet swimmers. **Money and permission notes are due tomorrow.**



K-2M EnviroMentors



## Banking Student of the Week

Congratulations to **Blake** who was our winner last week. Blake received a mouse mat.

## Student Banking Awards

Congratulations to **Blake** who has gained his **Gold Award Certificate** for making 30 deposits this year. Congratulations to **Indy** and **Joey** who have gained their **Silver Award Certificates** for making 20 deposits this year.

*Well done everyone!!*

The headphones are available to redeem this term.

## Why are Fruit and Vegetables Important?

Fruit and vegetables provide you with a lot of important vitamins and minerals, including folic acid and vitamin C. This helps healthy growth and development!

Some fruit and vegetables also have compounds called 'phytochemicals' and 'antioxidants' which lower your risk of some cancers.

Fruit and vegetables contain lots of fibre, which assists with regular bowel movements and filling up your tummy.

## How to Increase Fruit and Veg Consumption

Involve your child in the preparation of food: let them wash and cut up vegetables or create a vegie garden together.

Cut up fruit and vegetables in a new way and make it look enticing; this will encourage children to try it.

Offer a variety of fruit and vegetables.

Add vegetables to main meals in different ways such as in pastas, stir fries and savoury rice.



## Yoga at Raleigh Hall

Thursdays 9am -10.15am

Investment: \$15

Please bring yoga mat.

Contact Helen on 0403 858 160, 7<sup>th</sup> November