



## Nurturing Children in an Innovative and Creative Environment

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Term 1 Week 5

26<sup>th</sup> February, 2013

25 Feb	MNC Swimming
1 Mar	Scripture begins
6 Mar	Mid Term Assembly, 2-3pm
8 Mar	KiK, K-2M \$3
11 Mar	P&C Meeting, 3.15pm
15 Mar	District Soccer Trials
21 Mar	Harmony Day
26-27 Mar	Leadership Camp, Brisbane
29 Mar	Easter Friday
1 April	Easter Monday
12 Apr	End of Term
29 Apr	Term2, Staff Development Day
30 Apr	Students commence Term 2

### Mid Term Assembly

Our Mid Term Assembly will be held on Wednesday 6<sup>th</sup> March from 2-3pm in the Multi-Purpose Ball Court. 3-6K will be reading poetry they have written to entertain and delight you and there will be a musical item as well with Mrs Thorn. Hope you can come along and join us.

### Harmony Day

We will celebrate Harmony Day on Thursday 21<sup>st</sup> March. Students are encouraged to wear multicultural or orange clothes. They will each be making and flying a kite which they can take home at the end of the day.

Dear Parents and Community Members,

### Zone Swimming Carnival

The Zone Carnival has been postponed to Thursday when Miles will be competing in the Junior Breast Stroke event. Go Miles!

### AASC Activities

Weather permitting Hockey was held this afternoon on the Sports Court. Soccer was postponed Monday afternoon due to weather conditions and will be conducted before the end of term.

### Kids in the Kitchen

Kid's in the Kitchen was held on Friday with 3-6K preparing the meal. Students who were unable to attend will have their payment transferred to the next cooking on Friday, 8<sup>th</sup> March. We were able to have a small helping of the fried rice on Monday for those who missed out. Please find the recipes over the page.

### Scripture

Scripture starts this week on Friday. If you do not want your child to attend please send in a note. Students who do not attend scripture will complete class activities as set by the supervising teacher.



### Skorts

We have found a company 'Slicks Sportswear and Uniforms' who will make skorts in our school colours. Sizes 4-10 = \$23 and sizes 12-14 = \$25.

If you think you would be interested in purchasing skorts from the school, please complete and return the slip attached. This is just an indication for the school on how many to order. Thank you.

## Special Fried Rice

Ingredients (serves 4)

- 1 cup long grain white rice (Basmati is best)
- 2 eggs
- 2 teaspoons olive oil
- 2 bacon rashers, chopped
- 1 carrot, peeled and grated
- 1 onion, finely sliced
- ½ capsicum finely sliced
- 1 tin corn kernels or corn cut from cob
- 1 tablespoon oyster sauce, and/or soy sauce

Method

1. Cook the rice and leave in fridge overnight
2. Using a whisk, lightly beat eggs in a small bowl. Make scrambled eggs in microwave bowl or frypan. Set aside to cool slightly. Cut into small pieces.
3. Add bacon capsicum, onion and carrot to wok with a little olive oil. Cook 4 minutes until light golden. Add rice and corn and cook, stirring, for 3-4 minutes. Add egg and oyster sauce. Stir until heated through. Serve immediately, with extra soy if desired.

## Apple Yoghurt Salad

- 1 red delicious apple, cored and chopped
- 1 golden pear, cored and chopped
- 1 cup seedless raisin (or a 1/2 cup seedless and 1/2 cup golden raisins)
- 1/2 cup diced celery
- 1/2 cup cubed cheddar cheese
- 1/3 cup chopped macadamia nuts
- 1 orange, juice of
- 8 ounces vanilla yogurt
- 1/8 teaspoon ground cinnamon

Directions:

In medium bowl, combine apples, raisins, celery, cheddar cheese, and nuts.

In a small bowl, blend orange juice into yogurt; pour over salad and toss well.

Sprinkle cinnamon on top.

May eat salad then or chill for an hour.



## Community to Community

Bellingen/Dorrigo

Aboriginal

Education Consultative Group (AECG)

A meeting will be held to re-invigorate the Bellingen/Dorrigo AECG. We would like to discuss how we can achieve the following:

- To ensure participation/discussion and decision making by Aboriginal parents
- work together with all local schools
- to promote Aboriginal education, language and culture for all students
- to ensure the continuity of Gumbaynggir culture and language

When: Tuesday 5<sup>th</sup> March 2013

Where: Thora Community Hall, Waterfall Way (opposite the Thora store)

Time: from 4.30pm

For further information please contact Ann Absalom-Mumbulla on 6657 1695 or 0432 124 612

## Coffs Harbour Libraries

Storytime celebrates Harmony Day 2013

Storytime at the Multicultural Harmony Festival

North Coast Botanic Gardens on Sunday 17<sup>th</sup> March from 9.00 – 3.00pm. Stories throughout the day.

Special Presentation Drumming Ceremony with Zebiah Sunflower at Coffs Harbour Storytime on Wednesday 20<sup>th</sup> March from 11.00 – 12.30pm. Morning Tea included.

Enquiries: [coffs.library@chcc.nsw.gov.au](mailto:coffs.library@chcc.nsw.gov.au)

Phone: 6648 4905

## National Parks Celebrates Parks Week (March 2<sup>nd</sup> & 3<sup>rd</sup>)

National Parks *Discovery* ranger-guided activities are being offered on the weekend of March 2<sup>nd</sup> and 3<sup>rd</sup> to Celebrate Parks Week 2013. Please check full details on the Parks Week website; [WWW.NATIONALPARKS.NSW.GOV.AU/PARKSWEEK](http://WWW.NATIONALPARKS.NSW.GOV.AU/PARKSWEEK)

## Bed Wetting

A new DVD based program, *Bedwetting Cured*, has been developed by Dr Mark Condon, and Physiotherapist, Margaret O'Donovan. It outlines a successful program for parents to implement at home with their children. For more information and a free Bedwetting Fact Sheet please visit the website: [www.bedwettinginstitute.com.au](http://www.bedwettinginstitute.com.au) or phone 1300 135 796