



## Nurturing Children in an Innovative and Creative Environment

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Term 1 Week 9

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

26-27 Mar Leadership Camp, Brisbane  
27 Mar Stewart House Bouncy Balls order due  
27 Mar Scholastic Clearance Sale orders due  
28 Mar Easter Hat Parade 1.30pm/Easter egg hunt  
29 Mar Easter Friday  
1 April Easter Monday  
3 Apr International Competitions money due  
8 Apr P&C AGM, 3.15pm  
8 Apr – 9 Jun Woolworths Earn & Learn  
10 Apr End of Term Assembly, 9.30am  
12 Apr ANZAC presentation 2pm, Kevin Franklin  
12 Apr End of Term  
29 Apr Term2, Staff Development Day  
30 Apr Term2, Staff Development Day  
1 May Students commence Term 2  
2 May Adidas Fun Run  
10 May District Cross Country

### End of Term Assembly

Wednesday, 10<sup>th</sup> April from 9.30am will be our end of term assembly. We would appreciate your attendance if you are available to support the celebration of activities that students participate in at Raleigh Public School. Student rewards day activities for the term will commence later that day from 12.30pm.

### Easter Hat Parade/Egg Hunt

Our Easter Hat Parade will commence at 1.30pm (after an early Recess) on Thursday and will be followed by the Easter Egg Hunt. We started making hats yesterday as that was the final day for bringing in materials and payment for the eggs. All students will participate but eggs will go to those who have paid.

Dear Parents and Community Members,

### Kids in the Kitchen

3-6K cooked up fritters for our fortnightly KIK lunch on Friday. Luckily this time we were not flooded out and were able to eat outside. Students provided varieties of fritters which could include corn, carrot, capsicum, bacon, and the banana fritter with thanks to Dawn who supplied the fruit. Students served the meals smorgasbord style so only what you could eat was taken.

Recipe on Page 3



### NAPLAN

Letters are being sent out today to parents of students in years 3 & 5 notifying them of the dates of the testing. Please make an appointment by contacting the school if you wish to discuss any issues or have concerns you may have with regards to these tests.



## WEEKLY NEWSLETTER

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### P&C AGM

The Annual General Meeting of the School's P&C will be held on Monday, 8<sup>th</sup> April at 3.15pm in 3-6K class room. The AGM will be followed by a general P&C meeting with a demonstration and discussion on the use of iPads in the class environment. Afternoon Tea provided.

### Harmony Day

Some excellent kite flying was demonstrated by children on Harmony Day to celebrate the cultural diversity that makes our community and our country as a whole so valuable. Well done students on your valued contribution.



### Choir News

Our school choir is practising really hard. Well done on your concentration. Four Harmony students are carrying their parts well. Thank you soloists for trying out. Judy Thorn

### Scholastic Clearance Sale!

Orders and payment need to be returned to school by tomorrow Wednesday 27 March. Cheques may be made payable to Raleigh Public School.

### 25 Nights Reading Awards

Students in K-2M were given a R.E.A.D.I.T. Home Reading Book to record their reading time at home during the week. Although we realise that reading is done during the weekend, part of the idea of this book is to form good reading habits during the week. Friday night could be done over the weekend.

These students have read for 25 nights.

**Ruby. Well done!**

### Stewart House Bouncy Balls

If you would like to support Stewart House by purchasing a bouncy ball for \$3 each, please send in your money by Wednesday 27<sup>th</sup> March.

### 2013 International Competitions

International Competitions will be run again this year for 3-6K. The cost of each competition varies. A form was attached to last week's newsletter. The form and money need to be returned by Wednesday 3<sup>rd</sup> April.

### Drybodz

I have received a few late orders. If you would like to order a Drybodz wet weather poncho. Please let me know **tomorrow** so that I can place an order. They are large enough to fit over a child's backpack and would sell for \$15.

### Woolworths Earn & Learn

We are excited to again be taking part this year in the Woolworths Earn & Learn program. You can help our school by collecting Woolworths Earn & Learn Points. Just collect Woolworths Earn & Learn Points when you shop at Woolworths between Monday 8 April and Sunday 9 June 2013. We will redeem these for awesome educational resources for our school. For every \$10 spent at Woolworths you will receive a Woolworths Earn & Learn Point. Pop them onto a Woolworths Earn & Learn Points Sheet and once it's completed, just bring it back to school or drop it into the Collection Box at your local Woolies. The more we collect, the more we can redeem. There are thousands of products available through the Woolworths Earn & Learn program, and we'd like to get lots of new gear! Products in the range include resources for mathematics, English, science, art & crafts, through to sports gear, library supplies and more.

We are grateful for your support and look forward to a successful program.





## Kings Korn Fritters

### Ingredients

- 1 tin cream style corn
- 1 tsp salt and pepper to taste
- 2 eggs
- 1 small finely chopped onion or shallots or spring onions
- Half a small red or green capsicum
- Half a cup of diced bacon
- Any other grated or finely chopped vegie (carrot, zucchini)
- 1 cup Self Raising flour
- Milk - to make a nice consistency

### Method:

Mix all ingredients well and fry or BBQ  
 Serve with sour cream (or Greek yoghurt) and sweet chilli sauce and salad.



## K-2M Reading Groups

A note has been given to K-2M students regarding starting parent reading in Week 10 (the week after Easter). Please return the slip on the note if you are able to assist, by this Thursday 28 March. Thank you in anticipation.

## Year 6 Leadership Camp Brisbane

Sirene and Savanah have travelled to Brisbane to participate in a Leadership Conference. We are sure the girls will be having a wonderful time and we look forward to hearing all about it on their return.

## Fun Run Training

We will be participating in the Adidas Fun Run again this year and we hope to start training on Tuesday 2 April. We are still waiting on the brochures and will hand them out asap so that you will be able to get sponsors over the holidays. All brochures must be returned with or without sponsorship after the Adidas Fun Run has been run on Thursday 2<sup>nd</sup> May. There are great prizes to be won!

## ANZAC Presentation

On Friday 12 April from 2 – 3pm we look forward to Kevin & Moira Franklin speaking with our students about ANZAC day. They hope to be arriving in a World War II vehicle and will have memorabilia to speak about. We hope you can join us.

We wish you all a very happy Easter break and look forward to seeing students back at school on Tuesday 2<sup>nd</sup> April. Term 1 ends on Friday 12<sup>th</sup> April.

## Australia's First Coloured Commemorative Coin!

For a \$10 donation (plus \$5 postal charge each coin) the \$2 Poppy Coin will come with a certificate of Donation. See attached flyer with details on how to purchase.

## Drybodz Wet Weather Poncho

I would be interested in purchasing a Drybodz wet weather poncho for \$15 each.

☐ Small K-1

☐ Medium 2-3

☐ Large 4-6

Name: \_\_\_\_\_



**Health**  
Mid North Coast  
Local Health District

### Nutrition Notes

#### Importance of Family Mealtimes

Eating meals together provides children with structure and routine, which can improve behaviour. Children often copy parents' behaviour, so by setting a positive example for your children at the dinner table, it may increase their intake of fruit and vegetables and decrease fussy eating.

Meal times are a good time to communicate with your children. Use this opportunity to have family conversations and as a time for open communication with your children.

#### Family Mealtimes

Encourage good manners and behaviours. This is a good time to teach your children to use cutlery and to say "please" and "thank you" at appropriate times.

Turn off the television during meal times to help facilitate conversation.

Make mealtimes fun! Don't confront children about their eating patterns at this time; ignore their fussy eating and have light conversation.

Involve children in the preparation of meals; this will teach them vital cooking skills and should be fun as well.



#### Physical Activity

##### Why Is Physical Activity Important?

Regular physical activity throughout life helps protect you from developing heart disease, elevated cholesterol levels and high blood pressure.

Physical activity can help manage weight.

Physical activity helps aid healthy growth and development, including the growth of a child's bones, cardio respiratory system and muscles.

Physical activity helps children feel more confident, happy and relaxed.

Physical activity can help children sleep better.

#### Physical Activity

##### How much exercise?

Children should participate in at least 60 minutes of exercise per day (this includes play).

Screen time (such as watching television, playing computer games and using the internet) should be limited to 2 hours or less per day.

##### What sports are best for children?

Any sport is good for kids, but here are some ideas for organised sports that children might enjoy:

Team sports such as soccer, netball, basketball and cricket can help children make new friends, become "good sports" and develop team spirit while exercising and improving their fundamental movement skills.

Swimming is a good sport of choice for children with asthma as the air is often warm and moist and it teaches kids good breathing techniques.

