

# RALEIGH PUBLIC SCHOOL



## Nurturing Children in an Innovative and Creative Environment

Find us at 12 North Street, Raleigh 2454 T 6655 4228 F 6655 4548

Email [raleigh-p.school@det.nsw.edu.au](mailto:raleigh-p.school@det.nsw.edu.au)

Web [www.raleigh-p.schools.nsw.edu.au](http://www.raleigh-p.schools.nsw.edu.au)

Term 2 Week 4

21<sup>st</sup> May, 2013

22 May	K-2 Oral Hygiene visit
23 May	KiK K-2M
24 May	Zone Cross Country
28 May	Eisteddfod
31 May	EdAlive orders and money due
5 Jun	Mid Term Assembly
6 Jun	KiK 3-6K
7 Jun	Science Craft K-6, no cost
10 Jun	Queens Birthday holiday
17 Jun	P&C Meeting, 3.15pm
20 Jun	KiK K-2M
21 Jun	Raleigh Athletics Carnival
26 Jun	Small Schools Athletics Carnival

### iPad App of the Week

Our App of the week is Maths Bingo.



Dear Parents and Community Members,

### ADIDAS Fun Run

The ADIDAS fun run form and money should have been returned on Monday, 20<sup>th</sup> June. Thank you to all those students who supported the school and obtained sponsors. Our success will be revealed in the next newsletter. Please ensure all booklets are returned to the school.

### Newsletter Quiz

The newsletter quiz was won last week by the Beaton-Rowe family who correctly answered the question.

### P&C Minutes

If you were unable to attend the last P&C Meeting you may like to read the minutes on our school website. We were very pleased with the number of parents who were able to attend.

### Kids in the Kitchen

K-2M will be cooking nachos this Thursday. We are all looking forward to the meal.

### Walk Safely to School Day

Walk Safely to School Day (WSTSD) is an annual, national event when all Primary School children will be encouraged to walk and commute safely to school. It is a Community Event seeking to promote Road Safety, Health, Public Transport and the Environment. It will be held throughout Australia on Friday 24 May 2013. Students who complete the permission note below will get off the bus and walk to school from the round-about using road safety skills discussed in class. Students will be supervised by Mr King and Mr Upton. We will wait until all three busses have arrived and walk together via the Raleigh Hall.

### Walk Safely to School Day

I consent to my child/ren ..... alighting from the school bus and participating in the Walk Safely to School day on Friday 24 May 2013 involving walking from the round-a-bout to school using road safety skills discussed in class.

Signed .....

Date .....

"Raleigh Public School have creative and performing arts programs that allow all students to develop their individual talents."

## Australia's Biggest Morning Tea

Could you please return any Norco orders and money tomorrow as Mrs Jones won't be in the office on Thursday or they can be taken to Norco canteen before 11am on Thursday. All money goes to The Cancer Council. Order forms were attached to last week's newsletter.

## Bronze Student Banking Award

Congratulations to **Aaron and Savanah** who have gained their Bronze Certificate for making 10 deposits this year.

There are some cool prizes to be purchased with your ten tokens.

## AASC Hockey K-2M

K-2M are learning hockey skills on Friday afternoons with Rhonda Smith. Look at that great ball control.



## Woolworths Earn & Learn

For every \$10 spent at Woolworths you will receive a Woolworths Earn & Learn Point. These will continue until Sunday 9<sup>th</sup> June. These points can then be redeemed for goods. Products in the range include resources for mathematics, English, science, art & crafts, through to sports gear, library supplies and more. Thank you to parents who have been sending in their tokens.

## Norco Canteen

Norco Canteen will no longer supply wholemeal bread for sandwiches. White bread only is available.

## Calcium

### Why is calcium important?

- Calcium builds strong bones and teeth
- Calcium helps muscles relax and contract
- Calcium regulates heart function
- Calcium helps blood to clot
- Calcium helps the body send messages to the brain

### High calcium foods

- Milk and milk products i.e yoghurt, cheese
  - Leafy green vegetables such as broccoli, spinach and bok choy
  - Tofu
  - Fish with edible bones
  - \* Nuts including almonds and brazil nuts, tahini paste and calcium fortified foods
- such as fortified cereals, orange juice and bread also provide smaller quantities of calcium

### How much calcium do we need per day?

#### Age (years) Foods

4-8 2 slices of calcium fortified bread+ 1 cup of reduced fat milk + 200g yoghurt (700mg calcium)

9-11 2 slices of fortified bread+ 1 cup reduced fat milk + 200g yoghurt + 1 cup calcium fortified breakfast cereal (1000mg calcium)