

## Nurturing Children in an Innovative and Creative Environment

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Term 4 Week 7

2<sup>nd</sup> December, 2014

3 Dec	Kinder Transition, 12 – 1pm
8 Dec	BHS Yr 7 Transition Day, Parent Evening
9 Dec	Sunset BBQ, 5pm
10 Dec	Camp Out at School, 3-6M
11 Dec	KiK Christmas Cooking, \$4
12 Dec	Secret Santa Gifts (\$3) need to be at school
15 Dec	Rewards Day
16 Dec	Dance/Social, Year 6 Farewell
17 Dec	Term 4, last day for students
18-19 Dec	Staff Development Days
27 Jan '15	Staff Return
28 Jan	Students Yrs 1–6 return



Dear Parents and Community Members,

Congratulations to all of the talented students that we have at Raleigh Public School. Your artworks on display at the Little Red Kitchen looked amazing. It was wonderful to see so many of our students, families and staff join the community at our Art Exhibition on Sunday. Our Choir led by Mei, performed beautifully. We would like to thank Mayor Mark Troy for his opening remarks.

The Exhibition would not have been possible without the work and support from Teresa Cowley. We would like to thank her for her ideas and work in putting the Exhibition together and for applying for a grant from Bellingen Shire Council which covered expenses. Thank you also to the P&C for their help setting up, running and packing up. What a wonderful way to promote our school, while also raising \$215 for the P&C.

### Raleigh Christmas KiK Lunch

Last Wednesday, our whole school came together to share a delicious Australian Christmas lunch of chicken, ham and a selection of salads. The students in 3-6M prepared and cooked the meal, set a Christmas table which included a Christmas Bonbon for everyone and then shared the meal with the other students and staff. It was a very large and happy table for Raleigh School to share together. Thank you to everyone for a wonderful shared lunch!



### Third Kinder Transition Session

Our new Kinders came to Raleigh School for recess and a play last Thursday and then joined K-2D for an afternoon of Dance with Mrs Scott and Ms Driscoll. It has been great to see them becoming more confident interacting with the other students and we look forward to seeing them tomorrow for their final Transition session.



*"Raleigh Public School's excellent technology programs equip and challenge students."*

## High School Transition

Although a little nervous, our Year 6 students joined the other small schools at Bellinghen High School last Friday for the Small Schools Transition Day. This day allows the smaller school students to join together, get to know each other and have a look around the High School and be introduced to High School life. They will spend another Day at Bellinghen High School on Monday 8<sup>th</sup> December with all students starting Year 7 next year. Parents don't forget that on Monday the 8<sup>th</sup> December from 5pm to 6pm a Parent Information Night is being run at the High School for parents of Year 7 students in 2015.

## Leadership Day

Last Thursday, I had the pleasure of taking our Year 5 students to Dorriggo Primary School for the Bellinger-Dorriggo Learning Communities Year 5 Leadership Day. The students listened to an inspirational talk by Will Ashley. An amazing, 19 year old, local boy who has worked hard to achieve amazing things, raising thousands of dollars for Cancer research and inspired the students to aim high, work hard and reach their goals. The students worked in small groups to complete activities around leadership with students from seven schools in our area. Please read the short recounts of their day.

## Year 5 Leadership Day Recounts

*I enjoyed the paper clothes which was an activity where we were asked to go with no one that was from our school. There were four people in our group, the designers and the model. I was the model. It was hilarious because we had 17 sheets of paper and infinite tape. Our design was actually scary. I had a mask, a shirt and a bikini. During the day we met a guy called Will Ashley whose mum got cancer when he was two, but is better now. He still raises a lot of money for cancer research. The moral I learnt from the day was; 'You don't have to be special or rich to do amazing things!!'* Miles



*I enjoyed dressing friends up in newspaper and we had to go up with our newspaper Cinderella's and talk about their dress and what we made it with. We only had 17 pieces of paper and a roll of tape to make the costume.*

*I learnt that to be a leader you don't have to be a super-hero, you just have to believe in yourself, be nice and treat others the way you want to be treated.* Wade

*At the leadership Day I learnt that being a leader isn't about being special, it is about being co-operative, nice and working with others. I liked meeting other people. It was a really fun day.* Jacob

*The paper dress making was the most fun bit about the whole thing because it was crafty, fun and joyful. I learnt that Will Ashley rode a bike from Coffs to Sydney to raise money for a charity. He went to the Leadership Day in Dorriggo and he spoke to us about the things he has done.* Tasman

*I enjoyed dressing the people from the other schools up in newspaper. We had to dress them up as Cinderella going to the ball. So we had to make them wear newspaper dresses and add our own ideas to the dress. We added bows to the dress and also made frilly things to put on the dress. We also had a fashion show, where everyone that was dressed up went on stage and they had a person that told them why they dressed them up in newspaper.*

*I learnt when I was there you don't need to be special to know that you did something right when you think you can't do it. So if you want to do something hard don't worry because we know you can do it, so go on to achieve your very own goal. So that is what I learnt at the Year 5 Leadership Day. So please go on to achieve something of your very own and be proud of yourself at that very time and onward. So be yourself. Don't be scared of how you look and who you are, just be you.*

*Thank you for listening to my advice on Year 5 Leadership.* Kristin





## Thank You Sharna

Last week Sharna, a Year 10 student from Belling High School, joined us for a week of work experience. Sharna spent some time with both of the classes and her help was valued by the students and staff. We thank Sharna for her help and wish her all the best.



## Don't Forget

- Secret Santa Presents – Please purchase and wrap the presents and hand into your class teacher by Wednesday 10<sup>th</sup> December.
- Sunset BBQ - Start thinking about what you are bringing to the Sunset BBQ. Years 1-3 Desserts and Years 4-6 Salads.
- Don't Forget to return the following notes and money- Year 6 Farewell (Social and also for Yr 5 and 6 Dinner note), Rewards Day plus \$8, 3-6M Camping plus \$15, Sunset BBQ meat/vegetarian options note and \$4 for Christmas Cooking.



**Phillip Hughes – 63 not out**

## K-2D Recounts

*Yesterday at school Ambulance Officers came to our school. I asked a question and said "Do you look after the people in the back or drive? Next we went to the Ambulance. We had a look at the front and back. I got my blood pressure taken. Finally we got magnets and when they left they put the siren on. Kieren*

*Yesterday at school two Ambulance Officers came to visit. First we went inside and asked them some questions. I asked them "Why did you want to be an ambulance officer?" I forgot their answer. After that we went outside to look at the Ambulance. First my group looked in the cabin. We got to listen to Bernie's radio. It was funny. Then we went in the back and we got our pulse and heart rate tested. Then we got to have a go of the stethoscope but I couldn't hear anything. Finally we got out of the Ambulance and Justin gave us each a magnet and a 3D cardboard model of an Ambulance. Then they drove off and we got to hear a very loud siren. I think it was really fun. India*



## Coleslaw

### Ingredients

- ¼ (450g) green cabbage, shredded
- ½ small red onion, thinly sliced
- 1 medium carrot, peeled and grated
- ¼ cup roughly chopped fresh dill
- ½ cup whole-egg mayonnaise
- ¼ cup lemon juice

### Method

Place cabbage, onion, carrot and dill in a bowl. Whisk mayonnaise and lemon juice together in a jug. Season with salt and pepper. Add to cabbage mixture. Toss to combine and serve.

### Best Ever Potato Salad

#### Ingredients

700 gms mayonnaise  
6 large potatoes, peeled and cubed  
½ large red onion, peeled and cubed  
6 hard boiled eggs, cubed  
200 gms bacon rashers, cut in pieces

#### Method

Boil potatoes until just cooked  
Combine all ingredients in a large bowl. Bacon to go on the top after serving.

### Pumpkin and Feta Salad

Roast slices of pumpkin.

#### Dressing

2T honey  
2 T wholegrain mustard  
½ cup of wine vinegar  
1/3 cup oil

#### Method

Dice roasted pumpkin, add feta, spinach and rocket together. Add dressing and toss lightly. Roasted pine nuts can also be added.

### Couscous Salad

200g couscous  
200 ml chicken stock  
¼ cup (60ml) olive oil  
1 Lebanese cucumber, seeds removed, diced  
½ red onion, finely sliced  
1 yellow capsicum, seeds removed, diced  
2 vine-ripened tomatoes, seeds removed, diced  
2 T flat-leaf parsley, chopped  
2 T lemon juice  
1 T hummus (optional)

#### Method

Place the couscous in a large bowl. Place the stock and 1 T olive oil in a saucepan, bring to just boiling point, then pour over the couscous. Cover and set aside for 10 minutes.

Fluff couscous with a fork and season with salt and pepper. When couscous is completely cold, stir in the cucumber, onion, capsicum, tomato and parsley.

In a separate small bowl, combine the remaining olive oil, the lemon juice and hummus, add to the couscous and stir until well combined.

*"Years teach us that knowledge becomes wisdom only after it has been put to practical use."*



Nutrition Snippet

## The simplest way

...to make a Christmas centerpiece.

Get creative these holidays with a fruit and veg inspired centerpiece for your Christmas feast!



The picture on the right uses layers of baby tomatoes, rosemary and cheese but you could use:

- Layers of thinly sliced green and red capsicum, with slices of carrots in between
- Baby tomatoes and basil
- Kiwi fruit, watermelon, rockmelon
- Use mixed berries: blueberries, strawberries, raspberries.

If you have fruit + veg on your table, you'll be surprised how quickly it will be eaten.

For more inspiration – like us on Facebook – details below. Merry Christmas!

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

Eat It To Beat It

come along to the

# made with love markets

handmade gifts and crafts by indie designers and local artists

Sunday 7th december  
9am-2pm

Upstairs at  
C.ex Coffs  
Vernon St  
Coffs Harbour

boutique gifts & food stalls  
gold coin entry . free parking . kids activities

Poster illustrated by Ginger Kelly Studio