



## 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 3

13<sup>th</sup> May 2014

14 May	NAPLAN Yrs 3 & 5, Reading
15 May	NAPLAN Yrs 3 & 5, Numeracy
16 May	Food Revolution, \$4
16 May	Book Club orders and money due
22 May	KiK, K-2D, \$4
23 May	Walk to School Safely
26 May	Coffs Harbour Eisteddfod, 3-6 Choir
27 May	CH Eisteddfod, Small Schools Choir
27 May	Shell Questacon, no cost to students
29 May	Safe Pet Handling K-2D
29 May	Zoo Mobile Visit, K-2D and 3-6M, \$5
5 Jun	KiK 3-6M
5 Jun	Ez Japanese Tyke-Oh

### Kids in the Kitchen

Last Thursday 3-6M cooked delicious gozlemes for the first KiK lunch in Term 2. Mr King and Mrs Fripp came along and helped for the morning. Many students came back for seconds and thirds. This is a fun, hands on meal, that is healthy and great to make with your children. You will find the recipes on page 3. We hope you enjoy cooking these at home.



Dear Parents and Community Members,

### District Cross Country

What a fantastic day the students and parents of Raleigh had at Bowraville on Friday. We had 18 students attend from Years 2 to 6, with four students running the course for the first time. It was wonderful to see all of the students have a go. A huge congratulations goes to Jacob who came fifth and will attend the Mid North Coast carnival at Grafton on the 23<sup>rd</sup> May. We wish him all the best.

A big thank you goes out to the parents who helped transport the students to and from the event. Thank you Phil, Lindy, David and Paula. I would like to particularly thank Joanne Hodgson who travelled to Bowraville twice, to drop off and pick up students, after she was unexpectedly called to work.



### Jamie Oliver's Food Revolution Day

This Friday we are participating in a special cooking morning as part of the Jamie Oliver Food Revolution Day. The cost is only \$4 and students will be able to cook and eat a nutritious and yummy salad wrap. If your child would like a wrap on Friday please have your \$4 to school by Wednesday. Thank you to parents who have paid for the term.

### The Choir

The Raleigh School Choir has two important performances coming up. The first is on Saturday 24<sup>th</sup> May at the Bellingen Show. The students will perform at 10.15am and have been asked to meet by 9.45am at the show tent. This is a fun performance that showcases the great things we do at Raleigh PS and promotes our school. There will also be a display of students' work. Continued over page.

## WEEKLY NEWSLETTER

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### The Choir cont.

The Bellingen Show is a warm up for our second event, the Eisteddfod performances on Monday the 26<sup>th</sup> May for 3-6 Choir and Tuesday 27<sup>th</sup> May for the 2-6 school choir at the Coffs Harbour Racing Club. The students will perform at approximately 9.15am on Monday and we will need to be at the venue at 8.45am. We are looking for parents to transport students to and from this event, so please keep the date in mind and look out for the permission note in the coming days.

### Fun Run Prizes

This year we again ran a school fundraiser in conjunction with our school fun run. As a school we raised \$564.50 during this event. Yesterday those students who fundraised were given their prizes. A special prize of a FitDot MP3 player was also given to **Rebecca** for being the student who raised the most money for our school. Congratulations and thank you to all of the families who participated in this event.



**Well done everyone!**

### KiK K-2D

K-2D will be preparing KiK on Thursday 22<sup>nd</sup> May. Money has to be in by the Wednesday before. The cost is now \$4 per meal.



### Bellingen Show Entry

This year because of the number of students coming to the show, it has been decided not to give tickets out, but rather mark students and teachers' names off at the gate and give them a stamp on the hand so they may return later that day if need be.

Everyone attending the morning performances must enter through the Black Street entrance, where Jo Barr will mark off your name and stamp your hand. Programs are available at school or online at [www.bellingenshow.com.au](http://www.bellingenshow.com.au). You may like to enter something in the Kids section. Hope you have a wonderful day.

### Stewart House Donation Drive 2014

Thank you to families who supported the Stewart House Donation Drive. Best of luck.

### Stewart House High Bounce Balls

We still have some high bounce balls available for \$3. Thank you for supporting the commitment Stewart House has to NSW public school children in need.

### Scholastic Book Club

Money and orders are due by this Friday 16<sup>th</sup> May. Cheques may be made payable to Raleigh Public School.

### Student Banking Tomorrow

Student Banking is on every Wednesday. Great items to be redeemed and competitions.



## Gozleme Dough – Makes 4

1 cup plain flour, plus extra to dust  
1 cup self-raising flour  
3—g low-fat Greek-style natural yoghurt  
½ teaspoon salt

Combine flours, yoghurt and salt in a bowl. Using hands, bring dough together into a ball. Turn dough out onto a lightly floured surface. Knead until smooth. Cut dough into four equal portions, Cover dough with plastic food wrap or a clean towel to prevent drying out while preparing the filling.

## Pumpkin, Spinach & Fetta Gozleme

Serves 4, cook for 25 minutes  
1 quantity of Gozleme Dough  
400g piece of pumpkin, peeled and thinly sliced  
150g baby spinach leaves, finely shredded  
100g Fetta, crumbled  
½ tasty cheese

1 Tablespoon sesame seeds  
2 tablespoons vegetable or olive oil  
Make the Gozleme Dough. Rest the dough while preparing the filling.

Place pumpkin on a microwave-safe plate. Microwave on High (100%) for 5 minutes or until tender. Combine spinach, fetta and cheese in a bowl and season. For each gozleme, roll one portion of dough on a lightly floured surface to 25 cm round. Arrange ¼ of the pumpkin over half of the dough, leaving a 2cm border. Spread ¼ of the spinach mixture over the pumpkin. Fold dough in half to enclose the filling. Pinch edges to seal. Sprinkle with sesame seeds, gently pressing into the dough.

Heat 2 teaspoons of the oil in a large heavy-based frying pan over moderate heat. Cook gozleme, in batches, for 2 minutes each side or until brown, flattening with a spatula during cooking. Use remaining oil between each batch. Transfer to chopping board. Cut in half. Serve.

## Beef & Bean Gozleme

Serves 4, cook for 30 minutes  
1 quantity of Gozleme Dough  
Spray oil

1 small onion, finely chopped  
1 clove garlic, crushed  
1 teaspoon ground coriander  
1 teaspoon ground cumin  
400g beef mince

1 Tablespoon tomato paste  
125g can four bean mix, rinsed

Make the Gozleme Dough. Rest the dough while preparing the filling.

Heat 1 Tablespoon of oil in a frying pan over moderate heat. Cook and stir onion and garlic for 5 minutes or until soft. Add ground coriander and cumin; cook and stir for 30 seconds or until fragrant. Add mince; cook, stirring to break up lumps, for 5 minutes or until browned. Add tomato paste; cook and stir for 12 minute or until combined. Add beans; stir in. Remove pan from heat.

For each gozleme, roll one portion of dough on a lightly floured surface to 25cm round. Spread ¼ of the mince mixture over half the dough, leaving a 2cm border. Fold dough in half to enclose the filling. Pinch edges to seal. Spray oil in a large heavy based frying pan over a moderate heat. Cook gozleme, in batches, for 2 minutes each side or until brown, flattening with a spatula during cooking. Halve.



## JUDO

COFFS HARBOUR PCYC

Learn how to **defend yourself** and **fall safely** while having fun in both recreational and competitive judo. Judo is a martial art and Olympic sport, ideal for males and females. Meaning 'the gentle way' in Japanese, judo has a **strong emphasis on safety**.

Join PCYC - first 2 lessons FREE

Improve:

- flexibility
- balance
- posture
- co-ordination

Build:

- confidence
- self esteem
- discipline
- self control

Classes Tuesday and Thursday school terms  
Phone: PCYC on 6651 9961



## Live Life Well @ School

**Keeping kids active during winter –**

**W**alk in the rain – don't forget the

**I**nside dance-a-thon

**N**otice when children are being active and join in

**T**en minute bursts of exercise, like star jumps, running on the spot and hopping

**E**scape to the park and play some ball games

**R**ug up and go for a walk on the beach

## Live Life Well @ School

**Finding it difficult to fit in 60 minutes of physical activity a day with your children? Then consider the following three areas -**

### Transport

Try some active ways to get to places with your children, for example, walk to school, ride to the park together on weekends or scooter to the shops.

### Play

Encourage your child to be active through play, for example, make an obstacle course in the back yard that includes running, jumping, skipping, throwing and hopping.

### Sport

Find an organised sport that your child is interested in and encourage their involvement, for example, swimming, soccer, netball or dance.


Nutrition Snippet

## The simplest way

...to make Australia's Biggest Morning Tea healthy!


**Date & Muesli Slice**  
**Ingredients**  
 Olive or canola oil spray  
 2 medium apples, skin on, core removed, coarsely grated  
 1/3 cup water  
 1/4 cup margarine  
 2 cups dates, seeded  
 2 cups natural muesli  
 1/2 cup plain flour  
 1/2 cup wholemeal plain flour  
 1 tsp ground cinnamon



**Method**  
 Preheat oven to 180°C (160°C fan forced) | Lightly spray a slice tin (approx. 25x30cm) with oil | Add apple, water, margarine and dates to a small saucepan and bring to the boil | Reduce heat, cover and simmer for a further 5 minutes until the apple is soft | Cook uncovered for a further 5 minutes and stir occasionally until mixture thickens to a paste-like consistency | Meantime, place muesli in a large frypan. Stir over low heat until lightly browned | Sift flours into a large bowl, returning husk remaining in the sieve to the bowl | Add cinnamon and muesli to the flours and mix to combine | Stir into the date mixture then spoon into prepared tin | Bake for 20 minutes until firm. | Cool in tin before cutting.

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




Nutrition Snippet

## The simplest way

...to find new recipe ideas


*Eat It To Beat It* has a jammed packed website, including hundreds of healthy eating recipes that are all Cancer Council NSW approved!

This means you can make them knowing that your family is getting the very best from every meal!

Eating well can help to fight against cancer, so try and aim for at least 2 serves of fruit and 5 serves of vegies every day.

Check out our website for more healthy tips and loads of free new recipes for you to print out and keep.

Visit  
[www.eatitbeatit.com.au](http://www.eatitbeatit.com.au) today!



For more information visit  
[www.eatitbeatit.com.au](http://www.eatitbeatit.com.au)  
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