



## Nurturing Children in an Innovative and Creative Environment

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Term 2 Week 4

20<sup>th</sup> May 2014

|        |  |
|--------|--|
| 22 May | KiK, K-2D, \$4                         |
| 24 May | Bellingen Show, 9.45am, school uniform |
| 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                    |
| 9 Jun  | Queen's Birthday                       |
| 17 Jun | Enviro Mentors                         |
| 18 Jun | NAIDOC Day, \$3                        |
| 19 Jun | KiK K-2M, \$4                          |

### Premier's Sporting Challenge

The students and staff of Raleigh Public School will be challenging themselves to be more physically active in the coming months as part of the Premier's Sporting Challenge. Everyone is involved and we will all be keeping track of our physical activity in log books at school. The aim is to participate in 60 mins of moderate to high activity levels each day. This can be done at school or at home. This could be sporting activities, walking the dog, bike riding, jumping on the trampoline or any other physical activity. So please encourage your children to play outside on the weekend and after school to increase their activity levels. Have fun enjoying the outdoors.



Dear Parents and Community Members,

### Music Lessons at Raleigh

During Weeks 7, 8 and 9 Mrs Joanne Scott will be coming to Raleigh Public to teach music to each class. Mrs Scott will also be taking a small group of enthusiastic recorder players who will form the Raleigh Recorder group.

### Food Revolution Day

Last Friday our whole school worked in small multi-grade groups to make delicious rainbow wraps as a part of Jamie Oliver's Food Revolution Day. The students enjoyed watching footage of Jamie demonstrating how to make the wraps and they then worked together to create their own.



### Kids in the Kitchen

This Thursday K-2D are cooking pumpkin pies and salad for KiK. Please remember to pay your \$4 if you would like to be involved, no later than tomorrow morning.

### Coffs Harbour Eisteddfod

On Monday the 3-6 Choir will be performing at the Eisteddfod and on Tuesday those students who have been chosen to perform in the Small Schools Choir will perform. We wish both choirs all the best.

*"Raleigh Public School develops leadership, builds individual character and promotes social responsibility and respect for others within a safe and caring environment."*

*Bellingen Show*

The Bellingen Show is on this Saturday 24<sup>th</sup> May. The students will perform at 10.15am and have been asked to meet by 9.45am at the show tent.

Students **must wear school uniform** and be performing to get free entry. There won't be tickets handed out to students but they will get a stamp on their hand so they may return later that day if need be. Everyone attending the performance must enter through the **Black Street entrance** where their names will be marked off a list supplied by the school.

*Bellingen Show Passports*

Bellingen Show has introduced a **children's passport this year**, available from the info booth (at the front gate) for \$2.00.

There are 10 stamps to be collected and they will be placed around the show in all areas, the children will just find the stamping booths and put the appropriate stamp on the appropriate page. When all 10 stamps are collected the kids will take the passport back to the info booth and they will be directed to where they can pick up their free toy. This will help everyone be directed from one side of the show to the other and therefore won't miss any of the action. Here's to the best show ever.

*Questacon and Zoomobile*

Both of these shows are very educational and lots of fun. The costs have been subsidised by the school and the P&C and cost to each student is \$5. Permission notes and money need to be returned by Monday 26<sup>th</sup> May. Thank you to families who have returned theirs.

*Reforms to P&C Federation*

The NSW Parliament has introduced legislation to reform the NSW Federation of Parent and Citizens Associations, which has suspended operation pending Supreme Court action. While these reforms will not affect the day-to-day operation of individual school P&Cs, they will introduce a new executive structure which will ensure the Federation operates as a modern and representative body on behalf of school P&C Associations.

Each school's P&C Association will be asked to vote for councillors and delegates who will represent their electorate at the Federation's Annual General Meeting and councillors who will serve on the Federation's Board of Management. More information will be available on the Department's website at

<http://www.schools.nsw.edu.au/gotoschool/a-z/involvement.php>.

*75 Nights Reading*

Congratulations to **Zoltan** who has read for 75 nights.

*25 Nights Reading*

Congratulations **Janae** who has read for 25 nights.  
*Well done to both students.*

*Ez Japanese Tyke-Oh*

On Thursday 5<sup>th</sup> June we look forward to Ez Japanese Tyke-Oh, Japanese drumming visiting our school. Please find attached to this newsletter their permission note which needs to be read, signed and returned by Monday 2<sup>nd</sup> June. The cost of this show has been met by the P&C. A BIG Thank you.

*Rainbow Salad Wrap (Serves 6)*

2 small raw beetroots, different colours if possible (roughly 150g)

2 carrots, Small lettuce sliced finely, 1 firm pear

½ bunch fresh mint, ½ bunch fresh flat-leaf parsley

6 small wholemeal tortilla wraps

50g grated cheese

**Dressing**

5 Tablespoons natural yoghurt

½ teaspoon English mustard

3 teaspoons vinegar, such as red or white wine or cider

2 Tablespoons extra virgin olive oil

Wash beetroots and carrots under cold running water, scrubbing with a scrubber to get rid of any dirt (there's no need to peel them).

Pick off and discard wispy ends from the beetroot.

Coarsely grate carrots and place into a large bowl.

Remove the stalk from the pear, coarsely grate (core and all) and place in the bowl.

Coarsely grate beetroot (you may want to wear rubber gloves for this), then add to the bowl.

Finely chop or tear the leaves of the mint and parsley, discard the stalks and add to the bowl.

Add all the dressing ingredients to a jam jar.

Secure the lid and shake well. Have a taste to see if you think it needs a bit more yoghurt, vinegar or oil – you want it to be slightly too acidic, so that it's still nice and zingy once you've dressed your rainbow salad. Drizzle most of the dressing over the salad – just remember you can always add more but you can't take it away, so be cautious.

Divide the salad between the tortilla wraps, then sprinkle a little cheese over the top.

Roll up the wraps, tucking them in at the sides as you go, then serve.