

Nurturing Children in an Innovative and Creative Environment

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Term 2 Week 7

10th June 2014

13 Jun	Book Club orders and money due
16 Jun	P&C Meeting, 3.15pm
17 Jun	Enviro Mentors
18 Jun	NAIDOC Day
19 Jun	KiK K-2M, \$4
24 Jun	Snow White, \$5
27 Jun	Small Schools Soccer, Tamworth
27 Jun	Last day of Term 2
14 Jul	Staff Return, Pupil Free Day
15 Jul	Students commence Term 3
16 Jul	Small Schools Athletics
25 Jul	Tree Day
29 Jul	Life Education Van, \$5
30 Jul	District Athletics

Dear Parents and Community Members,

Japanese Drumming

Wow! What a fantastic hands-on workshop. The students could be heard right across Raleigh demonstrating their drumming rhythms and skills. It was a very tiring and physical activity, but well worth the effort as the students could not stop talking about it!



Parent/Teacher Interviews

Notes have been handed to students today for Parent/Teacher Interviews. Please indicate your time preference and return it to school a.s.a.p.

Community of Schools Meeting

On Friday, I attended a meeting with the other Principals in the Bellinger-Dorrigo Community of Schools. In the morning session our School Directors Ms Jenny Murray and Mrs Kim Taylor attended and updated us on the latest information on the many reforms and changes that are occurring in the Education system. This was a very informative day as we were able to complete professional learning and sharing amongst the group.



Kids in the Kitchen

3-6M worked together in small groups to cook a delicious Asian inspired Stir Fry. There was fantastic teamwork within the groups and some new cooking skills learnt. This would be a great meal to cook with your children at home. Please enjoy the recipe that follows in the newsletter.

P & C Meeting

Please come and join our P & C meeting next Monday afternoon, 16th June, at 3.15pm in the staffroom. We look forward to seeing new faces and hope you can join us.

Student Banking tomorrow.

Scholastic Book Club due 13th June.

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

Music Lessons

For the next three weeks, Mrs Joanne Scott will be joining us at Raleigh to teach music to both classes and also to teach our Recorder Ensemble. We are looking forward to Mrs Scott joining us.

Naidoc Morning

Next Wednesday, Crossmaglen Public School will be joining us to enjoy a morning of activities to recognise and celebrate Naidoc Week. We will be joined by Uncle Mark Flanders and Mr John McQueen who will run the activities. We are asking students to dress in the Aboriginal colours of red, black and yellow. We are looking forward to a great morning.

Small Schools Soccer Knockout

Our school soccer team will be playing Round 2 of the Small Schools Soccer Knockout on Friday 27th June. We will be travelling by private transport to Tamworth for the game against Moonbi Public School. Thank you to those parents who have returned their notes. Please return them by Friday 13th June so that I can confirm we have enough students to play. Money for the excursion does not need to be paid until Wednesday 25th June.

Japanese Drumming Recounts K-2D

Today a lady came to our school. She did Taiko Drumming with us. She also lives in Japan. She also made her own name for the sticks. That was cool! She named them bachi but I didn't know what the drums were called and if you touch the top of the drums all of the oil in your hands will break the drums. We made a circle with the dustbins. We also did percussion and it went so quickly and so soon she had to go. So we all said good-bye to her. We all went to our classes and did work. Chloe

Today we were doing Japanese Drumming. A lady came to our school called Sensei. Some of the drums were dustbins with plastic on the top. Our drum sticks were called bachi. We played on the drums and dustbins but I did not get to play the special drum because there was not enough time. Some drums were Taiko drums. We made a circle in the ball court and sometimes we changed drums. We went Right, BANG! Left, BANG! We were not allowed to touch the top because of the oil in our hands which would break the drums. We learnt that a banging instrument was a percussion instrument. The special drum was made of skin, wood and nails. We did lots of different rhythms and sometimes we said: HUP in the middle of a rhythm. When we went BANG! It was very noisy.

India

Vegetable and Noodle Stir Fry

Serves 4

250g pkt of long life noodles – Soak for 10-15 mins in boiling water and drain.

2 spring onions, 1 small onion sliced, 2 teaspoons ginger, 2 teaspoons garlic (Cook for 1 minute)

250g firm tofu and 250g chicken (soak for 20 mins in Soy Sauce and 1 Tablespoon honey)

2 carrots (matchsticks), 1 capsicum (sliced), 1 cup of beans (Cook for extra 3 mins.)

1 bunch bok choy – chopped

Add soaked noodles, bok choy, protein and toss.

Add combined sauces and cook until warmed through.

Sauces

¼ cup reduced salt soy sauce

1 Tablespoon sweet chilli

1 Tablespoon oyster sauce

2 Tablespoons kecap manis



Bellinghen Girl Guides Bake Stall

Don't miss out this year on Crazy Day!

- Pre-order our delicious tea cakes.
- Pick up a box of famous cookies.
- Visit our stall in front of Newsagency.

Saturday 21 June. Phone/Text: 0410709371 to pre-order. Thank you for your support.

Bellinghen Scottish Ceilidh Dance

21st June at 7pm

St Margaret of Scotland Anglican Church Hall

100 Hyde Street, Bellinghen

Entry: Adults \$10/Concession \$5/Under 12's free (accompanied)

Hosted by Bellinghen River District Pipe Band

Coffs Harbour Scottish Country Dancers

Jacaranda Highland Dancers

Music provided by Celtic folk group "Fireside Celts"

Come along for a fun family evening of Scottish & Celtic Music with a mixture of old time and Scottish Country Dancing. BYO Supper Plate to Share

For further details contact: Rod 6655 1058

Packing a school lunchbox

When children eat well they behave better, are able to listen well and concentrate for longer. Packing a healthy school lunchbox will help children to learn and play well and be happy at school. [Nutrition Australia](#) provides steps to planning a healthy lunchbox.

1. Make time to prepare. Have fresh fruit and vegetables, milk and yogurt, bread and crackers all bought in advance.
2. Shop wisely and save money. Buy fresh fruit and vegetables in season to ensure good quality and value for money.
3. Make your own snacks. For example snack packs from fresh ingredients which you can buy in bulk.
4. Look after the environment. Put sandwiches and other items in reusable containers. This uses less packaging and creates less rubbish.
5. Choose a variety of foods from the 5 food groups (see table below).
6. Include a bottle of water. No need for sweetened drinks such as juice, cordial or soft drink as these contain too much sugar which are not good for teeth. Non-water drinkers usually start drinking water with the example of other children. Freeze a small quantity each night and top up with cold water in the morning for a cool summer drink.
7. Keep food cool. In warm weather freeze a water bottle or put a small ice pack in the lunchbox.

What makes a healthy lunchbox?

Food Group	Nutrients	Suitable examples to include in a lunchbox
Breads and cereals	Source of carbohydrate which is a major energy source for the brain and body.	All types of bread – whole meal, multigrain, white, pita or other flat breads, fruit loaf. Rice, pasta, crackerbreads or crispbreads, rice crackers.
Fruit	Contains lots of vitamins and fibre. Aim to include 1–2 serves of fruit per day.	Fresh whole fruits or cut up and placed in a container. Dried fruit mix, canned fruit.
Vegetables	Good source of fibre and vitamins.	Vegetable pieces as a snack such as cherry tomatoes, capsicum strips, snow peas, small corn cob or baby corn spears. Carrot, celery and cucumber sticks. Salad vegetables or coleslaw in a sandwich.
Dairy	Major source of calcium. Include one serve in lunchbox every day.	Low fat milk, cheese or yogurt.
Lean meats, fish, poultry, egg, nuts and legumes	Protein for growing bodies.	Cold meats or chicken. Tinned fish such as salmon, tuna or sardines. Boiled eggs, baked beans, hommus.



Remember to involve your children. Take them shopping and let them help choose fruits and vegetables for their lunchbox. Let them help prepare and pack their own school lunchbox.