

Nurturing Children in an Innovative and Creative Environment

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Term 3 Week 4

5th August 2014

7 Aug	KiK, K-2D - \$4 each
21 Aug	KiK, K-2D - \$4 each
25 Aug	P&C Meeting, 3.15pm
27 Aug	School Photos
7 Sep	Bunnings Barbecue, Sunday
9 Sep	Surf Safety K-6
11 Sep	KiK, 3-6M - \$4 each
18 Sep	Milo T20 Blast
19 Sep	Last day of Term 3
6 Oct	Labour Day Holiday
7 Oct	Term 4, Staff and students return
30 Oct	Count Us In, choir to sing

Dear Parents and Community Members,

District Athletics Carnival

Last Wednesday seven of our students represented Raleigh Public and the Small Schools at the Bellinger District Athletics Carnival. Congratulations to all of these students for their great effort and support of each other and other Small School Team mates. Congratulations to Rebecca Hodgson who placed 3rd in the 11yrs Girls High Jump and Jacob McBaron who placed 1st in the 11yrs Boys High Jump and 3rd in Discus. We wish Jacob all the best when he goes on to compete at the Mid North Coast Carnival on August 15th.



Photo supplied by Joanne Hodgson. Thank you.

Westpac Helicopter Day

Thank you to all of the students, families and staff who supported the Westpac Helicopter Day on Friday. We are pleased to be able to send \$55 to the Westpac Helicopter to help support this great service.



Kids in the Kitchen

A reminder that Kids in the Kitchen is this Thursday. If you have not already paid, please have your money in by Wednesday morning. K-2D will be cooking delicious nachos.

Bunnings BBQ Reminder

Our P&C does many wonderful things to help our school, by supplying resources and subsidising excursions that your children attend. The P&C's major fundraiser for 2014 is the Bunnings BBQ which is to be held on Father's Day Sunday 7th September. To make this day run smoothly they need volunteers to help cook and run the BBQ tent on the day. Please return the Bunnings BBQ slip by this Friday with your preferred time if you are able to volunteer a few hours to help. Thank you to parents who have already volunteered.

August Birthdays

We would like to wish *Eachan* and *Janae* a very happy birthday.

Music Performance

On Monday afternoon 'Northern Tour' a musical group from the Sydney Conservatorium of Music visited our school. This was a wonderful opportunity for our students to listen to these talented performers.



Northern Tour Recounts

We had a special activity today, Monday, with some people from Sydney. There is a place called the conservatorium. One of the players was Claire. The instruments were viola and cello and flute and piano and violin. I played the viola.

Kieren



Jump Rope For Heart

This term both classes are participating in Jump Rope lessons as a part of our Active After Schools Sports program. On Wednesday, we will be having a visit from Kane Radford, the NSW Jump Rope Outreach Officer. He will be talking about the program with the students and then will complete a lesson and activities afterwards.

Camp Creative Scholarship

Just a reminder, you have until Friday to apply for a Camp Creative Scholarship. A selection of courses were attached to last week's newsletter.

For more information on workshops visit www.campcreative.com.au

School Photos

Our school photos will be taken by Kelly Flemming on Wednesday 27 August. Order forms will be sent home prior to this date.

Thank You

We would like to thank Mrs Helen Chapman for joining us for the last four weeks while Mrs Champion has been on leave. You can see some of the work that 3-6M have been doing displayed in the library.

Today at school in the library our school had six visitors. They came from Sydney. There were five instruments; a viola, a cello, a flute, a piano and a violin. Ruby got to play the violin, Kieren got to play the viola and India got a go on the flute. Out of the five instruments, I liked the flute the best.

Joey



Reminder

Each class sends out homework tasks each Monday and these are due back on Fridays. These tasks are a great way to revise what is being done in the classroom. Don't forget to also ask your child to read to an adult each night to reinforce their reading skills and strategies.

50 Nights Reading

Congratulations to **Janae** who has read for 50 nights.

Picasso Cow

If you have recently visited the school you may have noticed our Picasso Cow is missing from the front garden. 3-6M are giving her a makeover and she is being safely stored until she is complete. We are asking that the students in 3-6M bring in a change of clothes that can be left at school. It would be easier if the clothes were large enough to fit over their school uniform (eg dad's old shirt). Please label them and put them in a plastic bag to be stored in their lockers.

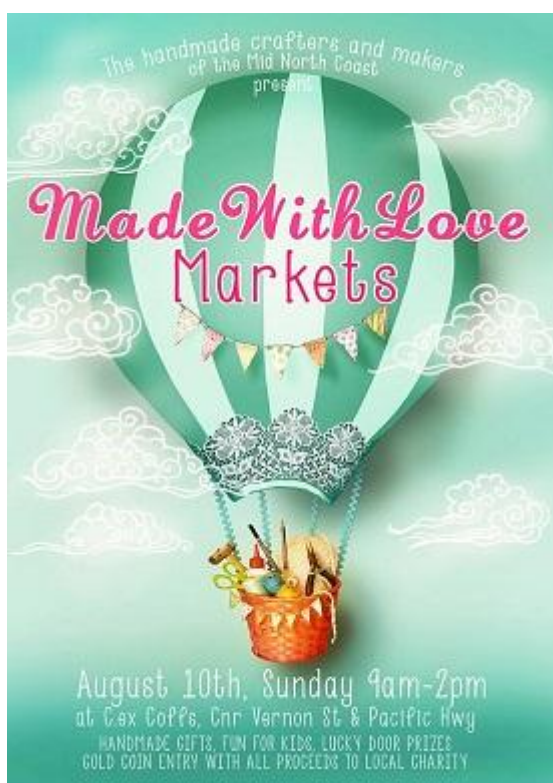
Urunga Raiders Juniors Presentation

Check out our website: www.urungafootball.com

Urunga Raiders will hold their **Junior Presentation Day** at the Morgo St Fields on **Sunday 17th August**.

There will be a FREE Jumping Castle from 9am-noon.

Presentations will begin at 10am, and there will be a free BBQ from 11am. Players will receive trophies and shields. For more information contact Dixie Erlandsen on 6569 5687.



"Friends are angels who lift us to our feet when our wings have trouble remembering how to fly." Anonymous



Westpac Helicopter Day

**LUNCHBOX TIPS**

For a balanced lunchbox we suggest:

- A main meal (sandwich, wrap, salad) containing veggies and a protein food (meat, fish, chicken, egg, cheese)
- A piece of fruit
- A healthy snack (e.g. veggie sticks)
- A drink (water is the best choice)
- An extra snack can be included



once a week. Try to reserve these for days when your child needs more energy

For more ideas visit www.healthy-kids.com.au

Bunnings BBQ Helpers needed – Sunday 7th September

I am able to help from ☐ 7.30am – 11am ☐ 11am – 2pm ☐ 2pm – 5pm

Name: _____

Mobile Phone No: _____

Flu season is here!

Influenza is spread from person-to-person through the coughing or sneezing of infected people. Remind your child about these good hygiene practices to minimise the spread of infection:

- Anyone who is sick with influenza symptoms should stay home until their symptoms are gone.
- Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the garbage bin after use.
- Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hands cleaners are also effective.
- Avoid touching eyes, nose or mouth. Germs spread that way.

If you or your child develops influenza-like illness, seek the advice of your family doctor as you would with any other illness.

The seasonal influenza vaccine, which protects against the pandemic influenza strain as well as two other influenza strains, is now available free to eligible people. More information about the vaccine is available from the NSW Health Immunisation Unit's [vaccination page](#). Previous vaccination with the pandemic influenza vaccine, Panvax® is not a barrier to also receiving the seasonal influenza vaccine.

Live Life Well @ School

Top five ways Parents and Caregivers can support children being active –

- ✓ Role model being active. Research shows that children are more likely to be active if they see their parents being active.
- ✓ Encourage and support your child's efforts to be active.
- ✓ Provide opportunities for your child to participate in activities that you know they can do well.
- ✓ Get active together as a family.
- ✓ Limit sedentary activities such as watching television and playing on the computer.

Live Life Well @ School

Establish healthy family habits

Children are more likely to eat well and be active if they are surrounded by family members working to do this together.

Talk together as a family – decide on some healthy goals you would like to try as a family.

Start slowly – start with small changes that are achievable and will give your family success.

Include children – ask younger children for their ideas and let older children make some decisions about what family activities to try.

Get going – choose a family activity for a week and have a go e.g. turn off the TV for one night and play a game together or go

