



## Nurturing Children in an Innovative and Creative Environment

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Term 1 Week 5

24<sup>th</sup> February 2015

27 Feb	Clean-Up Australia Day
5 Mar	KiK
9 Mar	Funky Hair Day for Leukaemia
16 Mar	P&C Meeting, 3.15pm
19 Mar	KiK
26 Mar	Fruit & Veg Sense Workshop, FREE

Dear Parents and Community Members

Thank you to those families who attended the meeting after school on Wednesday and to those families who have offered their support either in person or via the phone. We will all continue to work together to promote the great things we do at Raleigh Public School.

### Kids in the Kitchen

What delicious healthy wraps 3-6M made last week. It was great to be able to use the beetroot, carrots, tomatoes and cucumbers from our Kitchen Garden to help make them. We had 88% of our students eating with us and we would love to see all students trying our meals. Many of our students surprise themselves and enjoy trying something new! We hope you enjoy making the Beetroot Hummus recipe at the end of the newsletter.

Please ensure that if your child has not paid for the entire term of Kids in the Kitchen (KiK) and they wish to share a meal with us next week, Thursday 5<sup>th</sup> March, they must pay by next Tuesday morning the 3<sup>rd</sup> of March.



### P&C Meeting

Yesterday our first P&C Meeting was held for 2015. Thank you to the parents who were able to attend. It was good to share with you our School Plan and to get your input. A new school logo and uniform options were also discussed. To have your say and to find out what is happening at your child's school, come along to our next P&C Meeting on the 16<sup>th</sup> March at 3.15pm. Everyone is welcome.

### Mid North Coast Swimming

We would like to wish Miles, Jacob, Pursia, Kristin and Wade all the best at the Mid North Coast Swimming Carnival in Coffs Harbour on Thursday.

### Clean up Australia Day @ Raleigh

On Friday 27<sup>th</sup> February we will be doing a Clean Up of the school and local area as part of the Clean Up Australia Day Campaign. Thank you to those families who have offered to come and help. If you are able to help please complete the slip on Page 2. We have a limited number of gardening gloves at school, so if your child has gardening gloves could they please bring them to school by Friday. We look forward to a successful clean up.

### Funky Hair Day for Leukaemia

On Monday the 9<sup>th</sup> of March we will be holding a Crazy Hair Day at Raleigh. We are asking that all students are involved in the following ways. Students may decorate their own hair and bring a gold coin donation to school or for \$3 they can have their hair decorated with washable hair chalk at school. Any families who wish to make donations above \$2 need to send their money in a clearly labelled envelope with the name of the person who they want the Tax Deductible receipt made out to. Receipts will be sent home in an envelope with your child. If you want to pay \$3 to have your child's hair decorated you can pay for this next week to avoid the risk of forgetting the \$3 after the weekend.

*"Today is not finished until tomorrow commences."*

Walter C Meave

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

## WEEKLY NEWSLETTER

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### School Website

Last week our School Gallery was updated on our website. We regularly try to update the Gallery to share the great things we do at Raleigh. You may like to have a look.

### Beetroot Hummus

200g/around 1 cup of cooked chickpeas  
200g/1 – 1 ½ cups cooked beetroot (I roasted mine)  
1 large garlic clove  
¼ cup tahini  
¼ cup of olive oil  
3 tablespoons freshly squeezed lemon juice

A handful of fresh coriander/cilantro (or parsley), roughly chopped, sea salt and black pepper. Add all ingredients except the oil and coriander and blend. Drizzle in the oil and blend again. You may need to add a little water to the mix to loosen it up a bit until it becomes the consistency that you like. Adjust with salt and pepper. Stir through the coriander/cilantro or parsley or use as a garnish.



### Boambee Football Club

2014 North Coast Football Club of the Year, Boambee Football Club, is open for registrations for the 2015 season. Registrations are available online at [www.boambeefc.com.au](http://www.boambeefc.com.au) or at Toormina Gardens Shopping Centre on Saturday 28th February between 9am and 1pm.

If you have any queries please contact Fiona at [president@boambeefc.com.au](mailto:president@boambeefc.com.au)

*"The way I see it, if you want the rainbow, you have to put up with the rain." Dolly Parton*

### Star of the week

*Congratulations Orion!*

These are some of the wonderful things his class mates had to say about him.

*He plays with me on the playground. Emma*

*He plays handball with me. Tyson*

*He always puts his hand up.*



Nutrition Snippet

## The simplest way

...to make ice blocks.

Summer afternoons are hot and sticky in Australia, and kids come home from school tired and hungry. Get them eating fruit with these super easy, fruit-filled ice blocks ...

Place any combo of finely diced fruit into moulds like:

- mango,
- blueberries,
- strawberries,
- watermelon,
- rockmelon,
- kiwifruit, drained
- canned peaches,
- apricots or pineapple in natural juice, or passionfruit pulp.

Top with a fruit juice of your choice then freeze until solid – at least 4 hours, or overnight.

*Enjoy watching your kids eat fruit!*

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



Bellingen Bulldogs /Nambucca Valley AFL Club  
5-15 years to play AFL and NAB AFL Auskick in 2015.  
Registration - Burdett Park 8/3/15 from 9-11am.

### Clean-up Australia Day @ Raleigh

I will ☐ will not ☐ be able to help on Friday 27th February at 10.15am for Clean-Up Australia Schools Day.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_