

# RALEIGH PUBLIC SCHOOL



## 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 1 Week 7

10<sup>th</sup> March 2015

13 Mar	Book Club orders and money due
16 Mar	P&C Meeting, 3.15pm
17 Mar	Harmony Day, kite making
19 Mar	KiK, 3-6M
23 Mar	Asthma Training, 3.30pm
26 Mar	Fruit & Veg Sense Workshop, FREE
2 Apr	KiK, K-2D
2 Apr	Last Day Term 1
20 Apr	Staff Return, SDD
21 Apr	Students Return
23 Apr	ANZAC Talk with Kevin & Moira Franklin
9-10 May	Bellingen Show, School Display

Dear Parents and Community Members

### NC Swimming Relay Champions!

We were all extremely proud of our Small School Relay team for their fantastic effort last Thursday! After a big trip to Lismore for their relay race our students won!! They will now go on to Sydney on the 26<sup>th</sup> March to represent our school and the North Coast at the State Swimming Championships. Each time they have swum they have improved their time further, this time shaving 13 seconds off their previous effort. Well done Raleigh!!



### Good Luck

We would like to wish Jacob and Wade all the best on Thursday at the District Soccer trials. This event is a trial to try out and make the District Soccer team. We will be thinking of them during the afternoon. Good luck!



### The simplest way

to improve the health of your family and save money

## Come to our FREE Fruit & Veg Sense Workshop

**Date:** Thursday 26<sup>th</sup> March  
**Time:** 9:30am until 11am  
**Venue:** Raleigh Public School

Did you know that eating enough fruit and vegetables all their lives can help protect children against diseases, including some forms of cancer? This **free workshop** run by Cancer Council NSW will show you how you can easily:

- Save time and money making healthy meals
- Learn clever ways to entice fussy eaters
- Get a free recipe book simply by attending

**Don't miss out** – registration is essential. To book your place please register no later than **Monday 23<sup>rd</sup> March** by:

emailing [aimeej@nswcc.org.au](mailto:aimeej@nswcc.org.au)  
visiting [www.cancercouncil.org.au/eatittobeatit/register](http://www.cancercouncil.org.au/eatittobeatit/register)  
or phoning (02) 6639 1306

**Eat It To Beat It**

### P&C Meeting

Next Monday 16<sup>th</sup> March at 3.15pm, we will be holding our second P&C meeting of the year, in the school house. We welcome new faces and would love to see as many people as possible come and join us. We hope to see you there!

### KiK 3-6M

Thank you to K-2D for the delicious Nachos they cooked last week, we had 96% of our students eating with us. Next week as a part of our Harmony Day Celebrations 3-6M will be cooking a variety of foods from different cultures. They will cook an Italian Pasta Bake, Vietnamese Rice paper rolls, Indian Pumpkin and Chickpea Curry and Chinese Fried Rice. If your child has not already paid for the term please pay by next Tuesday morning.

*"Raleigh Public School is a welcoming and friendly school with strong and valued community links."*

### Funky Hair Day for Leukaemia

Thank you for the donations for Funky Hair Day from our families. We raised \$100 for the Leukaemia Foundation. The Student Leaders had a lot of fun decorating hair during the day, well done! What a fantastic cause and a wonderful effort from our school!



### Change of Date for Harmony Day

As there would have been a clash with our Harmony Day activities and our four Student Leaders being away for a Leadership Camp in Brisbane, we have changed our kite making activities and Orange Mufti Day to Tuesday 17<sup>th</sup> March. We are asking students to come dressed in orange or multicultural costumes on that day. 3-6M will be cooking KiK as normal on the Thursday, with a multicultural theme.

### Scholastic Book Club

Orders and money are due by this Friday. The school has been able to purchase books for the classrooms by using the Scholastic Reward Points earned by your orders. Thank you.

### Star of the week

*Congratulations Kieren*

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

*He is funny.* Gloria

*He was waiting for me.* Skeet

*I like to play with him.* Orion

*He helps me on the computer.* Tyson



### K-2D Recounts

*On the weekend I kicked my ball and climbed a tree.*  
Orion

*On the weekend it was Brooke and Georgia's birthday. We went to the park. I rode my skateboard, I swam, I went on the swing and I climbed. We had a picnic. We had biscuits and we had something to drink. We had a barbecue. It was fun.* D'zel

### Helping kids leapfrog their difficulties with these 5 ideas.

A parent's attitude to their child's difficulties will determine how successfully they meet and overcome many of the obstacles and hurdles they meet.

Whether it's going to school for the first time, making new friends or even going to school camp, children often experience difficulties that they need to overcome.

When children overcome problems and deal with unpleasant situations they learn they are capable, which is the basis of self esteem and confidence. Children's resilience is fostered when they overcome problems and manage unpleasant social situations such as teasing or going into new situations. Protecting kids from challenging experiences robs them of chances to learn, develop and grow. Resilient kids look back and draw on skills and understandings they have developed in the past to help them deal with present challenges.

Continued on Page 3.



*Here are five great parenting ideas to help your kids leapfrog their difficulties:*

**Frame the problem as a challenge:**

Frame the difficulty as a challenge rather than a problem. Kids take their cues from their parents so the frame of 'challenge' gives kids something to rise to rather than be overwhelmed by.

**Coach kids to do well:**

Talk kids through their challenges, give them ideas to cope and manage. Consider rehearsing some skills or language that they may need.

**Show confidence they will succeed:**

Children generally meet their parents' expectations so make sure your expectations are realistic, positive and supportive of their feelings.

**Give kids a chance:**

Allow kids to approach challenges in their own way without constantly checking on them. Your nervousness is definitely catching.

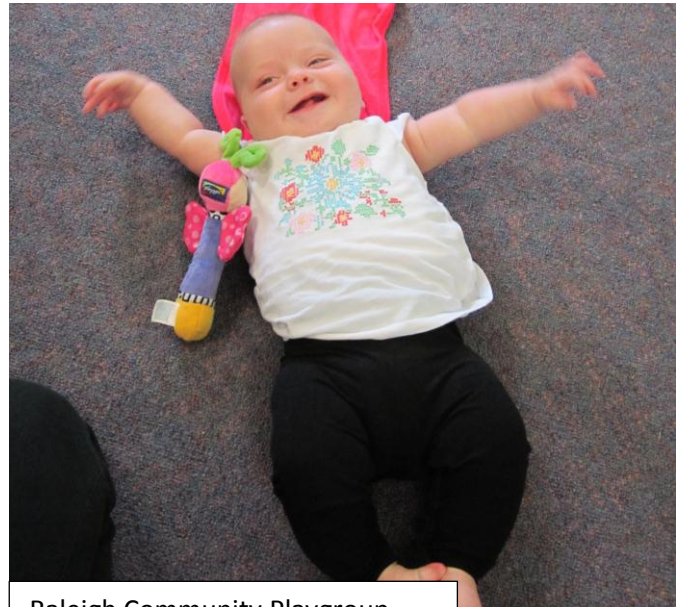
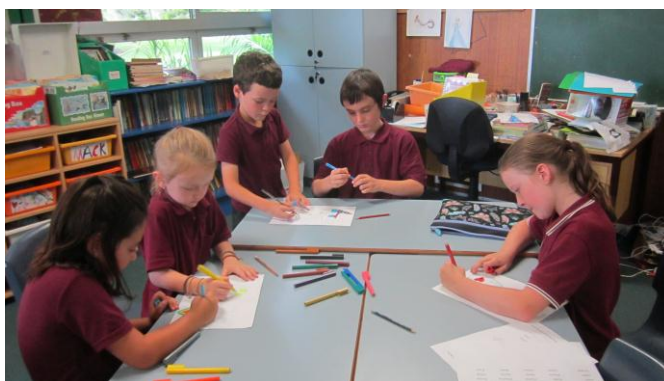
**Celebrate their success:**

Even if they were partially successful, such as they went to school camp for two out of the three days, then praise their efforts. They've got a great building block for next time.

The attitude and approach of parents and teachers will determine how successfully children and young people meet and overcome many of the hurdles they encounter. That attitude needs to be courageous, sensitive and hopeful that your child will meet, and overcome with assistance, all the challenges they encounter.

## Peer Support

Our students working together, building friendships and making this a great school because "Raleigh Believes in Me."



Raleigh Community Playgroup



## Head Lice

We have had a case of head lice reported at school. Please check your child's hair and treat if necessary. There are many commercial treatments available or you may like to try the natural remedy.

To get rid of nits.... cover hair with coconut oil (available from the supermarket... make sure you get the one without the bits of coconut in it), comb through, then rinse with vinegar. Rinse again if need be. Kills the little blighters!! Coconut oil is fantastic for your hair.

### Beef Nachos

#### Ingredients

1 tablespoon olive oil  
1 large onion, finely chopped  
500g beef mince  
300g can kidney beans, drained, rinsed  
35g sachet reduced-salt taco seasoning mix  
2 tablespoons tomato paste  
1/4 cup water  
1/2 cup coriander leaves, chopped  
230g packet corn chips  
1 cup grated tasty cheese  
1/2 cup tomato salsa, mashed avocado and sour cream, to serve

#### Method

Preheat oven to 200°C. Heat oil in a non-stick frying pan over medium heat. Cook onion for 2 minutes, or until soft. Add mince. Cook, stirring with a wooden spoon, for 5 minutes or until browned. Add kidney beans, chilli powder, seasoning, tomato paste and water. Reduce heat to medium-low. Simmer for 5 minutes, or until thick. Stir through coriander. Arrange corn chips on a heatproof plate. Top with mince. Sprinkle with cheese. Bake for 15 minutes, or until hot. Top with salsa, avocado and sour cream. Serve.

### Vegetarian Nachos

#### Ingredients

1 x 300g jar mild tomato salsa dip  
1 tablespoon olive oil  
1 brown onion, halved, finely chopped  
2 x 425g cans mexe-beans  
1 x 230g pkt nacho cheese corn chips  
150g (1 1/4 cups) shredded cheddar  
Sour cream, to serve  
1 avocado, halved, stone removed, finely chopped  
2 tablespoons chopped fresh coriander

#### Method

Preheat oven to 190°C. Reserve 135g (1/2 cup) tomato salsa. Heat oil in a saucepan over medium heat. Add the onion and cook, uncovered, for 5-7 mins or until soft. Add undrained beans and remaining salsa. Simmer, uncovered, for 3-4 mins or until sauce thickens slightly. Arrange a few corn chips over the base of 4 individual ovenproof dishes and sprinkle with a little of the cheddar. Spoon some bean mixture evenly into each dish and add another layer of corn chips. Top with remaining bean mixture and sprinkle with remaining cheddar.

Bake in preheated oven for 5-10 mins or until cheddar melts. Top with sour cream, reserved salsa dip and avocado. Sprinkle with coriander.

### Corn and Tomato Salsa

#### Ingredients

2 cups corn kernels, cooked  
1/2 small red onion, very finely chopped  
1 clove garlic, crushed  
1 tbsp boutique extra virgin olive oil  
1 red chilli, finely chopped  
Salt and ground black pepper, to taste  
2 tomatoes, finely diced  
Finely grated zest and juice of 1 lime  
1/4 cup coarsely chopped coriander leaves

#### Method

Combine corn, onion, garlic, olive oil, chilli, salt and pepper. Leave to stand for at least 30 minutes to allow flavours to develop. Just before serving, stir in tomatoes, lime zest and juice and coriander. Delicious with grilled meats or fish.

