



## Nurturing Children in an Innovative and Creative Environment

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Term 1 Week 9

24<sup>th</sup> March 2015

25-26 Mar	NSW PSSA Swimming, Sydney
26 Mar	Fruit & Veg Sense Workshop, FREE
27 Mar	Easter Hat making
28 Mar	Cake Stall, NSW State Election
1 Apr	Assembly, 9.30am, Easter Hat Parade
2 Apr	KiK, K-2D
2 Apr	Rewards Day, Urunga Foreshore
2 Apr	Egg Hunt \$3
2 Apr	Last Day Term 1
20 Apr	Staff Return, SDD
21 Apr	Students Return
23 Apr	ANZAC Talk with Kevin & Moira Franklin
24 Apr	Fun Run/Cross Country /Blue Day for Autism
4 May	P&C AGM, 3.15pm
8 May	District Cross Country at Bowraville
9-10 May	Bellingen Show, School Display

### Easter Egg Hunt

Each year at Raleigh Public we have an Easter Egg Hunt. If you would like your child or children to be a part of the hunt it will cost \$3 each. If your child is unable to eat chocolate eggs then please speak to Katrina about alternative solutions. This is a fun end of term event that the whole school enjoys together.

### Leadership Conference

Our Leaders had a fantastic trip to Brisbane last week. This was a great experience and wonderful learning opportunity. Please read their accounts of the trip later in the newsletter.



Dear Parents and Community Members

We have had a very positive and productive start to our year. The students are all working hard in the classrooms and in whole school activities. Our Raleigh Swimming Relay Team has made it to the State Carnival this week in Sydney and Wade was selected in the Mid North Coast Football (Soccer) side. Last Thursday and Friday our Student Leaders attended the Halogen Leadership Conference in Brisbane with other Leaders from the Bellinger-Dorrigo Learning Community. We have also successfully participating in Funky Hair Day and Harmony Day activities. What a fantastic start to 2015!

### Congratulations Wade

We would like to congratulate Wade on his selection in the Mid North Coast Football (Soccer) side. This is a fantastic achievement, well done! Wade goes on to participate at the North Coast Trials next term.

### Good Luck Relay Team!

We will all be thinking of our four relay swimmers as they travel to Sydney for their big swim on Thursday morning. We wish them all the best and are very proud of them! Best of Luck Wade, Kristin, Kyle and Jacob!

### Rewards Day

Next Thursday, 2<sup>nd</sup> April, we will be holding our Term 1 Rewards Day. We are asking parents to help us transport the students to the Urunga Boardwalk. We will be leaving at 11.15am and returning to school by 2.15pm. We are asking students to bring food to share for lunch. We will have afternoon tea cooked by K-2D as a part of KiK and will take this with us. We hope that parents can come and share lunch with us. When we return to school we will have our Easter Egg Hunt!

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

### KiK Multicultural Lunch

Last Thursday the students of 3-6M cooked a variety of foods from other countries. They would like to thank Mrs Fripp, Karen and Kimberly for helping us cook and clean up, it was a huge effort and a great success. Many of our students tried new foods and enjoyed them. The recipes are included at the end of the newsletter, we hope our families enjoy cooking these meals together at home.

### Asthma Training

Yesterday 16 staff members from across four local schools completed Asthma Training at Raleigh. This training helps us manage Asthma in an effective manner and remain an 'Asthma Friendly School'. Key points were:

1. Sit the person upright, be calm and reassuring. Do not leave them alone.
2. Give 4 separate puffs of a blue reliever. The medication is best given one puff at a time via a spacer device. Ask the person to take 4 breaths from the spacer after each puff of medication.
3. Wait 4 minutes
4. If there is little improvement repeat steps 2 and 3. If there is still no improvement call an ambulance immediately. (Dial 000) Continue to repeat steps 2 and 3 while waiting for the ambulance.

### Easter Hat Making

On Friday students will be making Easter Hats. Please send along trimmings to share for the hats. We will have cardboard and bits and pieces here to use. They will parade their hats at the End of Term Assembly.

### End of Term Assembly

Assembly will be held on Wednesday 1<sup>st</sup> April, commencing at 9.30am. As well as the Easter Hat Parade, our choir will perform and awards will be handed out.



### Star of the week

*Congratulations Emma*

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

*She is kind.* Gloria

*She plays with me at lunch.* Tyson

*She helps with the computer covers.* Kieren



### Brisbane Recounts

*On Thursday, the year six kids went to Brisbane for a leadership day. We got there at four in the afternoon. We got our keycard to our room and we put our stuff away and went for a walk. We played with sports equipment. We also got a photo at a waterfall. On Friday we went to the Conference. There were over 2000 people there. We got a book that we wrote information in. There were five speakers. There was Mike Martin, Juliette Wright, Bindi Irwin, Coen Ashton and James Norton. They talked about being a good leader. My favourite speaker was Coen Ashton because he had a disease and he spoke about his life. He had never had a normal life. He got an implant of new lungs because he had trouble breathing. He said "run around an oval three times and try to breathe through a tiny straw." But it never stopped him from doing the things he loved.* Kristin

*At the leadership camp we stayed at the YHA hotel and in the room that we were in and we had 3 bunk beds. In our room were Jacob, Wade, Miles, Shannon Marty and Connor that was the first day. The next day we went to the conference. We sat there for six hours and there were 3000 people. We were sitting in this big coliseum and there were five speakers and after two speakers we had a break. The speakers names were Mike Martin, Juliet Wrights, Bindi Irwin, Coen Ashton and James Norton. We got a note book to write stuff about every single speaker and we got to pass around these big colourful balls. They gave away a ton of online vouchers to schools. I think that it was a good time.* Jacob

### Brisbane Recounts

A few days ago I and the Bellingen Dorrigo valley leaders went on a bus for six hours. I sat next to Jacob. On the long way there we watched a couple of movies on the bus and we were eventually there at the Brisbane YHA where we stayed for a night. In my room I was partnered with Jacob, Wade, Shannon, Connor, Marty and of course myself. We stayed up very late which we all obviously regretted. In the morning we surprisingly woke early and had to wait for breakfast which was a selection of cakes, juice and cereal. After an enjoyable breakfast we were off before you could say "banana pickles". Once we got to the place where we were supposed to be we were supplied with a notebook to write in. The first speaker was Mike Martin who is the Executive Director of the halogen foundation. He talked about how leadership is all about influence and respect. Juliet Wright talked a lot about a website where people in need can say what they need and get it donated by someone else. She also told us that she actually didn't succeed until the third try. The next speaker was Bindi Irwin who spoke about her father and how she is trying to preserve his wish of conservation. The next speaker I'm about to tell you about was my favourite speaker and his name is Coen Ashton, Coen Ashton has a disease called Cystic Fibrosis. He told us how his whole life he hasn't let his synopsis get the best of him so he lives his life to the limit and enjoys all the things that normal kids like. Overall this was a life changing experience that I will remember for the rest of my life. Miles

On Thursday all the year sixes from the Dorrigo and Bellinger went to Brisbane for a leadership day. On Thursday afternoon when we arrived we went to our hotel and found our rooms, had a little rest and then we went to the National Park. We played around for a bit and then we went back to the hotel and had a rest before dinner. After dinner we had a trivia game. Then we went to bed. I had the best view of the city. On Friday we woke up and we sat down and had breakfast, then we went to the Young Leaders Day. We had Mike Martin, Juliette Wright, Bindi Irwin, Coen Ashton and James Norton. They all told us to be positive and never give up. Wade

### Pasta Bake - serves 4

1 Tablespoon oil  
1 onion finely diced  
2 garlic cloves  
2 slices of bacon, chopped  
1 carrot, grated  
500g lean mince  
1 tin condensed tomato soup x 2  
½ cup tomato paste  
1 Tablespoon tomato sauce  
1 teaspoon oregano  
375g fusilli pasta  
¾ cup grated cheese

#### Method

Cook pasta as per directions.  
Fry onions, garlic and bacon gently in oil until soft, add carrot and stir for 1 minute.  
Add mince and brown.  
Add soup, tomato paste, sauce and oregano. Stir through the pasta.  
Pour into a baking tray, sprinkle with cheese and cook for 20 minutes at 180°C.



### Stewart House Keyrings

The Stewart House keyring torch is fun and practical. The keyring features the new Stewart House logo and a real working LED miniature torch. On sale from the front office for \$3.

### Saturday 28<sup>th</sup> March Cake Stall - NSW State Election

I am able to assist on the stall from ☐ 9am – 10.30am ☐ 10.30am – 12pm ☐ 12pm – 1.30pm

☐ my preferred time \_\_\_\_\_ ☐ I am unable to help on the day but will provide \_\_\_\_\_

Cakes/slices/jams/produce/plants etc.

Name: \_\_\_\_\_

### Vietnamese Rice Paper Rolls

1 cup shredded barbecued chicken  
1/8 Iceberg lettuce, finely shredded  
½ cup bean sprouts, trimmed  
1 small red capsicum, thinly sliced  
1/3 cup fresh mint leaves  
½ cup fresh coriander leaves  
1 lime, juiced  
1 tablespoon fish sauce  
12 x 22cm rice paper rounds  
Sweet chilli sauce, to serve

#### Method

Combine chicken, cabbage, beansprouts, capsicum, mint, 1/3 cup coriander, 2 tablespoons lime juice and fish sauce in a bowl.

Place 1 rice paper round in a medium bowl of lukewarm water for 15 seconds or until just soft. Place on a clean tea towel or paper towel.

Arrange ¼ cup of the chicken mixture along the centre of rice paper round. Fold ends in and roll up firmly to enclose filling. Repeat with remaining rice paper rounds and filling. Serve with sweet chilli sauce and remaining coriander.

### Easy Fried Rice

1 cup long grain rice  
2 eggs  
2 teaspoons vegetable oil  
2 bacon rashers, chopped  
1 carrot, peeled and grated  
2 shallots, trimmed, finely sliced  
½ cup frozen peas, thawed  
1 Tablespoon soy sauce, plus extra to serve  
1 onion, finely diced

#### Method

Cook the rice in a large saucepan of boiling water for 12 minutes or until tender. Drain and leave to cool.

Using a whisk, lightly beat the eggs in a small bowl.

Heat oil in non-stick wok or large frypan over medium heat. Add eggs. Swirl over the base to form an omelette. Cook for 2 minutes. Turn over and cook for 2 minutes until set. Transfer to a chopping board. Set aside to cool slightly. Cut into short strips.

Add onion, bacon to the wok. Cook for 4 minutes until light golden. Add carrot. Stir fry 1 minute. Add shallots, peas and rice. Cook, stirring, 3-4 minutes. Add egg and soy sauce. Stir until heated through. Serve immediately, with extra soy sauce.

### 25 Nights Reading

Congratulations to *Skeet* for reading for 25 nights.

### Pumpkin and Lentil Curry – serves 4

2 Tablespoons oil  
1 brown onion thinly sliced  
½ butternut pumpkin (1cm pieces)  
2 Tablespoons mild curry paste  
1 cup dried red lentils  
1 tablespoon fish sauce  
1 can coconut cream  
200g green beans  
½ small cauliflower

#### Method

Heat oil, add onion and pumpkin. Cook for 4 minutes or until light golden. Stir in curry paste and cook for 1 minute.

Add coconut cream, 2 cups cold water and lentils.

Bring to the boil and reduce to medium heat. Simmer uncovered for 15 minutes.

Add fish sauce, beans and cauliflower. Simmer for 3 minutes or until vegies are tender.



### Urunga Hockey Club

Come and play junior hockey

Boys and Girls aged 5-16 years welcome

Where: All games are at the Hockey Complex, Stadium Drive, Coffs Harbour

When: Saturday mornings

Equipment: **Free stick pack to new registered junior players.** Online registrations being taken now

Further information contact: 0457271071 or email: rhonda.smith\_20@yahoo.com.au

### Bellingen Netball Association

It has been developed to provide children from 5-10 years with the best possible learning and playing experience. Years 5-7 learn netball related fundamental motor skills with fun music, dance and games. Years 8-10 play modified netball games with a focus on fun and teamwork. Contact Sandra 0431 106 661 or email [Sandra.hulbert21@gmail.com](mailto:Sandra.hulbert21@gmail.com)