

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

Web www.raleigh-p.schools.nsw.edu.au

Term 3 Week 4

4th August 2015

| | |
|--------|--|
| 7 Aug | Jeans for Genes Day, gold coin |
| 12 Aug | Milo Cricket, 2pm Yrs 3-6 |
| 13 Aug | KiK, \$4 |
| 14 Aug | MNC Athletics |
| 17 Aug | P&C Meeting, 3.15pm |
| 19 Aug | Milo Cricket, 2pm Yrs 3-6 |
| 19 Aug | 3 rd Instalment Major Excursion due, \$50 |
| 20 Aug | Tyke-Oh Japanese Drumming, \$5 |
| 26 Aug | Milo Cricket, 2pm Yrs 3-6 |
| 27 Aug | KiK, \$4 |
| 2 Sep | Milo Cricket, 2pm Yrs 3-6 |
| 8 Sep | Surf Safety Talk |
| 8 Sep | Woolies Earn & Learn finishes |
| 9 Sep | Milo T20 Blast Schools' Gala Day |

Dear Parents and Community Members

Welcome Porsha

We would like to welcome Porsha and her family to Raleigh Public School. We are very excited to have you start with us and we look forward to you being a part of our wonderful school!

Congratulations

We would like to congratulate Lindy, Sam, Djarrah and the rest of their family on the birth of their beautiful little girl, Tara, born on Friday 31st July at 8.14am.



Education on Show Success!

Last Tuesday ten of our performance choir students represented our school at the Bi-annual Bellinger-Dorrigo Learning Community Education on Show. These students demonstrated excellent behaviour throughout the day during rehearsals and sang beautifully when they performed during the evening.

After the performance and throughout last week I had many comments from our parents and parents and staff from other schools on how well our students performed and how tidy and neat they looked. Well done Raleigh!

I would like to thank Charmaine Grace and Karen McMahon for helping to transport the students to the rehearsal during the day. The students and I would like to give an enormous thanks to Karen for cooking us dinner of fried rice and fruit and delivering it to us at the High School before our performance. This was very much appreciated and delicious!

We would also like to thank Mei Wei Lim for giving up her time and sharing her enthusiasm with us at Education on Show.



Joining the High School Band

On Tuesday evening Kristin did a fantastic job of playing her clarinet with the High School Band. Kristin and a small group of students from the other primary schools have been practising with the larger High School Band. As the only student from Raleigh to be invited to play, she did an amazing job and made her family and the school very proud! *Photo over page.*

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



High School Band

Tree Day

Last week we were able to plant our new natives in the garden as a part of our Tree Day activities. We all look forward to having their fruit and using them in our cooking lessons in the future.

District Athletics Carnival

Last Friday, I had the pleasure of accompanying 43 students from our Small Schools, this included nine students from Raleigh, to the District Athletics Carnival. We looked a team in our red shirts and participated well all day. It was fantastic to see students from across the small schools' group supporting and encouraging others throughout the day.

Congratulations to the following students who have made it through to the Mid North Coast Carnival in Coffs Harbour on Friday the 14th August.

Djarrah 1st, 11 Yrs High Jump

Jacob 1st, Snr High Jump

We also had two students who placed third. They do not qualify for the MNC carnival but we are very proud of their results.

Mackenzie, 3rd Jnr Boys Shot Put

Pursia, 3rd 10 Yrs Girls 100m.



Kids in the Kitchen

Congratulations to our students for the fantastic team work they have been displaying during Kids in the Kitchen. The groups are working well together with the more confident students supporting the less confident students to develop their skills

The aim for 2015 is to have 100% of our students trying the meals that we are all cooking together. Fussy eaters are often more willing to try things when their peers are also eating the same food. By encouraging your children to try the meals they are often pleasantly surprised that they like something that they wouldn't normally eat.

Parent Afternoon Tea

Thank you to the small group of parents and grandparents who joined us for afternoon tea and came and joined us in the classroom. The students cooked a trio of delicious cookies to share with them. Thank you to the many families who put in their apologies for the afternoon.

Flute Trio

On Friday, three very talented musicians from the New England Conservatorium visited our school to perform and teach us about their Flute Trio. It was an excellent performance and was a new experience for many of our students who have joined us this year. Deidre, Nick and Robert also left a CD of the music they had played for us to enjoy.



Vegetable and Chicken Meatball Soup

Serves 4

300g chicken mince
3/4c fresh breadcrumbs
1/2c chopped parsley
1 egg
1 onion finely chopped
3t minced garlic
2 sticks celery, chopped
2 carrots, chopped
1 large potato diced
½ sweet potato diced
1 fresh corn cob, kernels removed
1/2c frozen peas
1c finely shredded savoy cabbage
1-2 kale leaves finely shredded
5-6c chicken stock

Step 1

Meatballs: Combine mince, breadcrumbs, half of the parsley and an egg in a bowl. Season with salt and pepper. Shape into meatballs about the size of a walnut. Place on a plate, cover and refrigerate.

Step 2

Use spray oil to cook onion for about 3mins until tender. Add garlic, celery, carrot, potato and sweet potato. Cook for about 5mins

Step 3

Add stock, cabbage, kale, corn and peas. Reduce heat and simmer for approximately 45mins. Add meatballs and remaining parsley and simmer for 8-10 mins until meatballs are cooked through. Season with salt and pepper and serve with crusty bread.

Enjoy!



"Life comes down to a few moments. This is one of them."
Bud Fox, stockbroker from the movie "Wall Street" (1987)



Jeans for Genes Day

On the first Friday in August each year workplaces, schools and streets become a sea of denim in a united stance against childhood disease. This year it will be Friday 7th August. At Raleigh Public we are asking all students and staff to wear their jeans or denim and bring a gold coin donation to support Jeans for Genes Day. Every dollar raised on the day helps scientists at Children's Medical Research Institute discover treatments and cures, to give every child the opportunity to live a long and healthy life. We hope to see everyone in denim this Friday!

Convict Sleepover

It is very exciting to be able to announce that we have been successful in applying for a grant to have a convict sleepover while we are on the major excursion next term. Those students attending the excursion will be spending a night at Hyde Park Barracks and sleeping in convict style hammocks. This special event will not cost the students any extra money and will be an amazing experience. They will eat a convict style dinner and breakfast and go on an evening tour of the Barracks.

Camp Creative Scholarship

If you are interested in applying for a Camp Creative Scholarship, please have your application in by this Friday, 7th August. For course details visit www.campcreative.com.au.

Marine Debris Competition 3-6M

Please send in clean recyclable items that may be found on beaches. We need these now, so if you have items at home that are suitable, please send them in tomorrow.

WEEKLY NEWSLETTER

4th August, 2015, Page 4

Woolworths Earn & Learn

Thank you Kieren for being the first to bring in Woolworths Earn & Learn Stickers and to Mei, Tyson, Charlize, Kyle, Jacob, Wade, Kristin and Janae who have also brought in full sheets. It is much appreciated. The competition finishes on 8th september.

FREE Fireworks Spectacular

Come along on Saturday 8th August to Bellingen Showground and enjoy FREE Fireworks and family fun. Glow sticks, Food and Drink will be on sale from 4.30pm.

Bring your parents, grandparents, aunts & uncles, friends and neighbours along and have a great night. Rug up and don't forget your chair & blanket. If you have pets please lock them up securely and maybe turn up the TV or Stereo so they are not too frightened by the noise.

Thank you
Lion Wal Tyson
Bellingen Lions Club
Phone: 66551072



ALL Local & Handmade Products

9am - 2pm
SUNDAY
9th August
C.ex Coffs



OVER 80
STALLS!

www.madewithlovemarkets.com



That soup is so good.

"Nature, time and patience are the three great physicians."
Bulgarian Proverb

Be the **best** parent you can be

with Triple P – Positive Parenting Program®

Triple P is a parenting program for all families that provides practical answers to everyday parenting concerns.

Families NSW is offering Triple P to all families with children aged 3-8 years.

Please note that bookings ARE ESSENTIAL so that we can keep course sizes manageable.

To find out more or to book into a course please contact

Sue or Terri on 6568 1474

Course:

Triple P Seminar Series

Seminar 1: The Power of Positive Parenting - 25th August

Seminar 2: Raising Confident, Competent Children - 1st September

Seminar 3: Raising Resilient Children - 8th September

Time:

4pm–6pm

Where:

St Mary's Catholic Primary School



familiesnsw
supporting families for better children

For more information visit www.families.nsw.gov.au