

RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

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Term 4, Week 8

29th November, 2016

28 Nov-9 Dec Swimming Scheme
7 Dec Tubby the Tuba, Bellingen Youth Orchestra
12 Dec KiK Christmas Cooking, \$4
13 Dec Surf Day Sawtell, 3-6M
14 Dec Sunset BBQ, 5.30pm
15 Dec Big Banana, Rewards Day
16 Dec Last day for students, Term 4
27 Jan 17 Friday, Staff Return
30 Jan Monday, Yrs 1-6 return
31 Jan Best Start Testing
1 Feb Best Start Testing
2 Feb Kinder, 2017 start Thursday

Final START Day

Last Friday, our new Kindergarten students for 2017, participated in their last START session for 2016. The Student Transition and Readiness Training (START) program has been running every Friday since mid-August. We have had a regular group of new Kinders attending, who have been becoming familiar with school routines, other students and staff. They have been a delightful group and we hope they all enjoy their last few weeks of Preschool. We are looking forward to them joining us in Kindergarten in 2017.

Kindergarten students have Best Start interviews on Tuesday 31st January and Wednesday 1st February. Letters with appointment times for these short interviews have been handed out last Friday. The first day of Kindergarten for 2017 is Thursday 2nd February.



Dear Parents and Community Members,

It is hard to believe that the year is quickly coming to an end. With less than three weeks of school before we break for our summer holidays, there are many interesting and exciting things happening at school. Invitations for our Sunset BBQ on Wednesday 14th December have been sent out. Our P&C have generously donated the meat and meat alternatives for our BBQ. If you would like to order meat with your meal you must have orders in by **7th December**. No late orders will be taken. Students in K-3 are being asked to bring desserts and 4-5 are responsible for salads. We need everyone to bring their own cups, plates and cutlery. Thank you.



Swimming Lessons

Thank you to the students for their positive start to swimming lessons. We are really looking forward to seeing the students' skills improve over the ten days. Please remember to label everything that your child is wearing to and from the pool and that they bring, so that we do not have lost equipment and clothing.

It is very important to have an early nights rest before swimming the following day. Have fun!

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

WEEKLY NEWSLETTER

29th November, 2016

Tubby Tuba

Next Wednesday 7th December, our whole school will be walking to Belling High School after swimming to attend a musical workshop being run by the Belling Youth Orchestra. Students will listen to a live orchestral performance and be involved in a short workshop. We will then catch a bus back to school. This is a free workshop that has been sponsored by the Belling Youth Orchestra.

Surf Safety Day

Each year we take a group of confident swimmers from 3-6M to Sawtell Beach to participate in a Surf Safety Day run by Coffs Harbour Surf Life Guards. This is a valuable and fantastic program. Notes will be sent out this week.



Surf Safety 2015

Big Banana Rewards Day

This term we are going to the Big Banana Water Slides for our end of term Rewards Day on Thursday 15th December, 2016. This day is a reward for students who have demonstrated good behaviour in Term 4. We will be travelling by private transport to the Big Banana and will require parents to help with transport. The cost of the day has been subsidised and will be \$2 for the water slide.

Students will come to school as normal and leave at **9.30am**. We will be at the Big Banana Waterslides from 10am to 11.30am. We will return to school where we will have lunch and a fun afternoon of play. We are asking students to bring a plate of 'lunch type' food to share. This will be left at school in the fridge and kitchen and enjoyed when we return to school. Please have the accompanying permission note and money returned to school by **Wednesday 7th December**.

Package Free Lunch Winner

Congratulations to **Toby** who is this week's winner.



Oxfam Unwrapped

We thought it would be nice to support communities less fortunate than ourselves again this year.

Oxfam Unwrapped will help fight poverty around the world. Raising money for a gift, like a goat for a family in Mozambique, is also a great way to reconnect children with the true meaning of the season, and remind them of the value of giving.

Instead of holding a Secret Santa this year, we would like you to send in the same amount (\$3) or more by Friday 9th December. The money collected will be Secret Santa to a family in need. Gifts we may purchase include:

Christmas Chicken Family = \$40

Christmas Goat Couple = \$80

One Goat = \$39, One Duck = \$30, One Chicken = \$10

Depending on the amount raised we could perhaps buy a goat, a duck and a chicken. We look forward to your support again this year.

Swim Scheme 2016



Christmas Lunch 2017

Chickpea, Fetta and Vegetable Couscous

Ingredients

1 cup vegetable stock
1 ½ cups couscous
1 ½ tablespoons extra virgin olive oil
1 cup roasted red onion
1 garlic clove, crushed
2 teaspoons Moroccan seasoning
1 cup each of roasted capsicum, sliced, roasted carrot and roasted zucchini
400g can of chickpeas, drained, rinsed
150g fetta cheese, cut into 1cm cubes
3 teaspoons finely grated lemon rind
¾ cup fresh coriander leaves
¼ cup lemon juice
Pink Himalayan Salt Flakes to season

Method

Place stock and ½ cup cold water in a medium saucepan over high heat. Bring to the boil. Remove from heat. Add couscous. Stir. Cover, set aside for 5 minutes or until liquid is absorbed. Fluff couscous with a fork to separate grains. Cover to keep warm. Meanwhile, heat 2 teaspoons oil in a large frying pan over medium-high heat. Add onion. Cook, stirring, for 1 minute. Add garlic and seasoning. Cook, stirring for 1 minute or until fragrant. Add capsicum, carrot, zucchini and chickpeas. Cook, stirring for 5 minutes or until heated through. Add couscous to pan with fetta, lemon rind and coriander leaves. Season with salt and pepper. Toss to combine. Drizzle with lemon juice and remaining olive oil. Toss to combine and serve.



Potato Salad

Ingredients

12 even sized chat potatoes
1 egg
4 bacon rashers, rind and excess fat trimmed, finely chopped
60g (1/4 cup) good quality whole egg mayonnaise
40g sour cream
1 small garlic clove, crushed
30g drained gherkins, finely chopped
¼ cup loosely packed finely chopped fresh dill
4 green shallots, ends trimmed, finely sliced
2 tablespoons finely chopped capers
Salt and freshly ground black pepper

Method

Boil potatoes until tender but slightly firm. Boil egg for 8 minutes, take out of water and put into cold water to stop a black ring forming around yolk. When cool shell and dice. Fry bacon until crispy. Mix all ingredients together.

Double Cabbage Coleslaw

Ingredients

320g (1 ½ cups) whole egg mayonnaise
125g (½ cup) sour cream
2 tablespoons wholegrain mustard
1 ½ tablespoons honey
2 teaspoons finely grated lemon rind
¼ white cabbage, cored and finely shredded
¼ red cabbage, cored and finely shredded
2 carrots, coarsely grated
6 shallots, trimmed and thinly sliced

Method

Combine mayonnaise, sour cream, mustard, honey and lemon rind in a bowl. Taste and season with pepper. Place the combined cabbage, carrot and shallot in a large bowl. Add the dressing and toss to coat.



Broccoli Pasta Salad

Ingredients

Approximately 7 sweet mini peppers (orange, yellow and red)

1 head broccoli

1/3 cup dried cranberries

4 cups of cooked bow-tie pasta (about 6oz dried)

3/4 cup to 1 cup of Three Cheese Ranch Dressing

Salt and pepper to taste

2 cobs of corn

Method

Cook pasta until Al Dente and rinse in warm water.

Dice the peppers.

Chop the broccoli.

Add peppers, broccoli, cranberries and pasta.

Pour dressing over ingredients.

Cover and refrigerate at least two hours.

More dressing may need to be poured over before serving.

This salad will keep in the refrigerator for 2 days if tightly sealed.

Quinoa with Corn, Tomatoes, Avocado and Lime

Ingredients

2 tablespoons olive oil, divided

1/2 cup chopped yellow onion, from one small onion

1 cup pre-washed quinoa (if not pre-washed, follow package instructions for rinsing).

1 2/3 cups low sodium vegetable stock

1 teaspoon salt, divided

1 cup chopped tomatoes, from 2 medium tomatoes

1 1/4 cups fresh cut cooked corn, from 2 cobs

2 scallions, white and green parts, finely sliced

1/2 cup of fresh cilantro, chopped

2 tablespoons lime juice, from 1 large lime

1 avocado, cut into bite-sized chunks

Method

Heat 1 tablespoon olive oil in a medium saucepan over medium low heat. Add onions and cook, stirring frequently, until soft and translucent, about 5 minutes.

Add quinoa to onions and continue cooking, stirring constantly, for 3-4 minutes. Add vegetable stock and stir in 1/2 teaspoon salt. Turn heat up to high and bring to the boil. Cover pan tightly with lid, turn heat down to low and simmer for 17-20 minutes, until liquid is absorbed and quinoa is cooked. Transfer cooked quinoa to mixing bowl and chill in the refrigerator.

When quinoa is cool, add remaining tablespoon of olive oil, tomatoes, corn, scallions, cilantro, remaining 1/2 teaspoon salt and lime juice. Taste and adjust seasoning if necessary. Right before serving, scatter avocado chunks over top.



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Bellingen Netball Association
Expression of Interest Form 2017

Netball's coming back to Bello!

Would you like to play netball in your community on a Saturday?
Please complete the form below to show an expression of interest to play netball in Bellingen in 2017.

From 5yrs-15yrs, girls and boys, all skill levels welcome.

*** Registration & Skills Fun Day – Saturday 4th Feb 2017**



Bellingen Youth Art Prize 2016

Entries Close 2nd December. www.bcac.org.au