

# 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 9**

**29<sup>th</sup> March, 2016**

31 Mar Karolyn Gibson, Tap Dancing Demo  
5 Apr Assembly 9.30am  
5 Apr Majestic Cinemas Nambucca, \$9.50  
7 Apr ANZAC Talk Kevin & Moira Franklin  
8 Apr Last day of Term 1  
25 Apr ANZAC Day Holiday  
26 Apr Staff Return  
27 Apr Students Return, Term 2  
29 Apr Fun Run  
30 Apr/1 May Bellingen Show  
4 May Ez Japanese  
6 May Cross Country, Bowraville  
9-11 May NAPLAN

On Thursday, we cooked five different meals in our Kids in the Kitchen groups, for our Harmony Day Multicultural Feast. Thank you to Mrs Fripp, Kimberly, Karen and Charmaine who helped me to support a group. Each group made a meal they had chosen to share with the school. This was a fantastic effort and the food was delicious!

Thank you Raleigh students, families and the community for a fantastic week!



Dear Parents and Community Members,  
Last week at Raleigh was another example of the great things that our school participates in and the wonderful community support we have from our families and the local community.

On Monday, we had Harmony Day and the majority of our students came dressed in orange or multicultural clothing and participated in lessons and activities to learn more about Harmony Day.

Tuesday, the whole school worked together in their multi-age, peer support groups and every child made a kite. The students worked cooperatively together and the end result was a lovely session outside flying our kites in our beautiful playground.

On Wednesday afternoon, we were picked up by the Nursing Home bus and taken to the Raleigh Masonic Village Nursing Home. We were able to join the residents and watch the visiting line dancers. We then had an Easter Hat Parade, showing the residents our creative hats that we had all made at school the previous week. We then joined the residents for a chat and later had afternoon tea on the verandah. Before leaving Bonnie, Charlie, Pursia and Kyle joined Bob, the Activities Manager and performed the Chicken Dance to the delight of the residents.



## Responsible Pet Ownership

Today we had Ellie, the miniature dachshund, and her owner Leanne visit to discuss responsible pet ownership and how to act responsibly around unknown dogs and cats. One of the aims of the program is to reduce the number of animal attacks and injuries that occur with children approaching unknown pets. This is a great program and it is important that families discuss what the students were taught to reinforce the valuable lessons they have learnt today.

## Parent Interviews

Next Wednesday and Thursday we are holding short Parent / Teacher meetings for those families who wish to discuss their child's academic and social progress with their teacher. Please return the survey and preferred times to school by Monday 4<sup>th</sup> April. We understand that these times will not suit everyone, so please contact the school to make alternative arrangements.

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

## End of Term Assembly

We hope to see many of our families and friends attend the End of Term Assembly, next Tuesday the 5<sup>th</sup> April at 9.30am. The recorder group and choirs have been practising and they are sounding amazing.

## Rewards Afternoon

Please make sure that those students who have earned an afternoon at the movies have returned their notes and money to school by Friday 1<sup>st</sup> April. We still need a couple more families to drive to make this excursion possible.

## Rainbow Noodle Salad with Fruity Ginger Soy Vinaigrette

### Ingredients for the dressing

- ¼ cup olive oil
- 1 tbsp sesame oil
- 1 tbsp soy sauce
- 3 tbsps rice vinegar
- 1 tbsp minced ginger
- ½ cup ZICO chilled juice blend (orange or pineapple mango)
- 1 tsp crushed red pepper flakes
- 1 tsp salt, or to taste

### Ingredients for the salad

- 8 oz. Soba noodles (dried and uncooked)
- ¼ red cabbage, shredded
- 1 red bell pepper, julienned
- 1 cucumber, de-seeded and julienned
- 1 yellow tomato, de-seeded and sliced (or 1 pint yellow cherry tomatoes, halved)
- 1/3 cup chopped cilantro
- 1/3 cup chopped scallions
- 1/3 cup chopped basil

Whisk together all the dressing ingredients and set aside. Cook the soba according to the package directions and rinse thoroughly in cold water. Toss together all the noodles, vegetables, herbs and dressing. Serve!



## Chickpea Pilaf with Haloumi

### Ingredients

- 60mls (1/4 cup) extra virgin olive oil
- 50g butter
- 2 large brown onions, halved and thinly sliced
- 1 ½ tablespoons Moroccan seasoning
- 65g (1/3 cup) raisons
- 2 x 250 pkts steamed Coconut, Chilli and Lemon Grass basmati rice
- 400g can chickpeas, rinsed and drained
- 80mls (1/3 cup) hot water
- Plain flour to dust
- 2 x 180g pkts Lemnos Haloumi, cut into 1 cm thick slices
- 1 bunch fresh coriander, leaves picked, coarsely chopped
- 40g (1/4 cup) pistachio kernels, coarsely chopped
- Baby spinach leaves to serve

### Method

Heat half the oil and half the butter in a saucepan over medium-high heat. Cook the onion, stirring often, for 10 minutes or until light golden. Stir in the seasoning and raisons and cook for 1 minute or until aromatic.

Add the rice and use a fork to separate the grains. Stir in the chickpeas. Add the hot water and bring to the boil. Cover and cook over medium heat for 5 minutes or until heated through.

Meanwhile, heat the remaining oil and butter in a large frying pan over medium heat. Place the flour on a plate. Dip the haloumi in the flour and shake off the excess. Cook for 2 minutes each side or until golden.

Divide the chickpea pilaf among the serving plates. Sprinkle over the coriander and pistachios. Top with haloumi. Serve with baby spinach leaves.





*Mexican Chicken Tortilla Bake***Ingredients**

1 tbsp olive oil  
 1 red onion, finely chopped  
 1 red capsicum, seeded, finely chopped  
 2 cloves garlic, crushed  
 2 tsp ground cumin  
 500g chicken mince  
 425g can Old El Paso Mexe-Beans, undrained  
 375g thick chunky mild salsa  
 12 pack Mission White Corn Tortillas  
 1 ½ cups (180g) cheddar, coarsely grated  
 ½ cup (80g) frozen corn kernels  
 200g punnet Perino grape tomatoes, finely chopped  
 ¼ cup coriander coarsely chopped  
 1 tbsp lime juice  
 Coriander leaves, extra, to serve  
 Lime wedges, to serve

**Method**

Preheat oven to 200°C. Heat the oil in a 20cm (base measurement) ovenproof frying pan over medium heat. Reserve one-quarter of the red onion. Add remaining onion, capsicum and garlic to the pan. Cook, stirring, for 5 minutes or until onion softens. Add the cumin. Cook, stirring, for 1 minute or until aromatic. Add the chicken mince. Cook, stirring with a wooden spoon to break any lumps, for 5 minutes or until mince is cooked through.

Add the beans and salsa. Cook, stirring, for 5 minutes or until sauce boils and thickens slightly. Transfer mixture to a large heatproof bowl. Arrange one-quarter of the tortillas over the base of the pan, overlapping slightly. Spoon over one-third of the mince mixture and sprinkle with one-quarter of the cheese. Continue layering with remaining tortillas, mince mixture and cheese, finishing with a layer of tortilla and cheese. Bake for 15 minutes or until heated through and golden brown.

Meanwhile, cook the corn in a small saucepan of boiling water for 2 minutes or until heated through. Refresh under cold running water. Drain well. Combine the corn, tomato, coriander, lime juice and reserved onion in a small bowl. Season with salt and pepper.

Spoon the corn salsa over the top of the chicken bake. Cut into wedges. Serve with extra coriander and lime wedges.

*Recycled Sculpture at Park Beach Plaza*

**ONLY 3 DAYS LEFT TO VOTE** for Raleigh Public School. We are competing against all schools in the area, large and small, so please get on board and vote today.

*Pumpkin and Chickpea Curry***Ingredients**

1 tbsp vegetable oil  
 1 brown onion, chopped  
 550g butternut pumpkin, peeled, cut into 2cm cubes  
 2 garlic cloves, crushed  
 1 ½ tsp garam masala  
 2 cups vegetable stock  
 400g can chickpeas, rinsed and drained  
 ¼ cup chopped coriander, plus extra sprigs to serve  
 1/3 cup Greek yoghurt

**Method**

Heat the oil in a large saucepan over medium heat. Cook the onion, stirring, for 2-3 mins or until softened. Add the pumpkin, garlic and spices. Cook, stirring, for 1 min or until fragrant.

Add the stock and tomato. Bring to the boil. Reduce heat and simmer, uncovered, for 10 mins. Add chickpeas and simmer a further 10 mins or until pumpkin is just tender. Add coriander and season. Spoon the curry into bowls. Top with yoghurt and extra coriander.



*"Anyone who keeps the ability to see beauty never grows old." Franz Kafka*



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