

RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

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Term 2, Week 3

10th May, 2016

10-12 May NAPLAN
12 May Book Club money and orders due
16 May Start Smart, kids financial planning
16 May Stewart House Donation Drive due
18 May Parliament Alive
19 May Eat it to Beat it, Free for parents
19 May KiK, \$4 each
27 May MNC Cross Country
2 Jun KiK, \$4 each
3 Jun Peter & the Wolf, Coramba Hall \$5
8 Jun School Photos
9 or 10 Jun Coffs Harbour Eisteddfod
10 Jun Pirate Day

Congratulations Pursia!

Last term all of our students entered the 'Say No to Bullying' poster competition run by Interrelate. Our students created their own designs and coloured them. Pursia's design made the final round of judging and she was awarded a Highly Commended for her efforts. Well done!

Bowraville Excursions

Last Friday, the whole school travelled to Bowraville for the day. Our K-2 students participated in an interesting and educational excursion to the Bowraville Folk Museum and the Military Museum. They saw many interesting items and took lots of photos that they will use throughout their history unit this term.

The students who were 8 years and over spent the day at the Rec grounds. They either ran or walked the cross country course and also cheered on their fellow classmates. I was very impressed with the effort and behaviour on the day. This was a great way to get some exercise on such a beautiful warm autumn day.

Congratulations to two of our students who made it to the Mid North Coast Cross Country Carnival on Friday the 27th May at Sawtell. Bonnie ran beautifully placing 2nd in the 10yr girls 2km race and Kyle placed 3rd in the 11yr boys 3km race. Both students ran great races and we wish them all the best at MNC in a couple of weeks.

Dear Parents and Community Members

We hope that all of our mums had a wonderful Mother's Day on Sunday. Last week the students spent a lot of time making and designing the pots they gave as a present. They were all very proud of their efforts and we think they looked amazing. We hope you get many years of use from them as a pencil holder, pot or for another use, enjoy!

Taiko Drumming

Last Wednesday afternoon, Crossmaglen joined us to participate in the Taiko Drumming workshop presented by Kiyomi from Ez Japanese Drumming. Kiyomi has been coming to Raleigh for a few years now and this is an activity that the students look forward to each year. She was very impressed with the developing skills of many of our students who have been participating for the past few years. What an amazing learning experience!



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

National Volunteers Week

This week is National Volunteers Week and I would like to thank all of our family, friends and community members who volunteer their time to make our school the amazing place that it is.

Raleigh Public School Performance Choir will be singing four songs at a special afternoon tea that Bellingen Shire Council is running for volunteers across the shire. Our choir will walk over to the Raleigh Community Hall on Wednesday afternoon to sing before returning to school.

Baked Spring Rolls

Prep 35 mins, total time 55 mins – makes 15

Ingredients

- 250g chicken mince
- 60g rice noodles
- 2 cups cabbage
- ½ cup bean sprouts
- ½ carrot, julienned
- 1 garlic clove minced
- 1 Tsp fresh minced ginger
- 1 Tsb Hoism sauce
- ½ tsp ground coriander
- 15 x 8" spring roll wrappers

Method

Preheat oven to 200° C. Line baking tray with baking paper.

Prepare rice noodles.

Cook mince, then add cabbage, bean sprouts, carrots, garlic and ginger. Cook for 2 mins. Add hoisin, fish sauce and ground coriander and stir to combine.

Remove from the heat, add noodles and set aside.

Dip rice paper in warm water. Remove and lay on clean damp tea towel. Add about 2 Tsb of mixture and wrap tightly. Place seam side down on baking tray. Continue for remainder.

Spray with spray oil.

Bake for 20-25 mins, turning halfway through.



New School Banking rewards now available!

Exciting new Term 2 rewards with an Outback Savers theme are now available, while stocks last!

Mud Splat Handball



Outback Pat Bag Tag



For every deposit made at school, no matter how big or small, students will receive a silver Dollarmites token. Once students have individually collected 10 tokens they can redeem them for exclusive School Banking reward items in recognition of their regular savings habits. There are 2 new items released each term so be sure to keep an eye out for them!

Thank you for supporting the School Banking program and don't forget that **Wednesday** is School Banking day!

If your children are not currently involved in the School Banking program and you would like to know more, please ask for a 2016 School Banking program information pack from the school office.



The simplest way
to improve the health of your family and save money

**Come to our
FREE Fruit & Veg
Sense Workshop**

Date: Thursday, 19th May 2016
Time: 9:30 – 11:00am
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 16/05/16 by:

Calling or visiting the school front office or online
www.cancercouncil.org.au/eatittobeatit/register





Please phone the school office on 6655 4228 to secure your spot.

Book Club orders and money due tomorrow.

Stewart House Donation Drive

Envelopes and money are due on Monday 16th May.

Autism and Sensory Processing

IT TAKES A VILLAGE – BELLINGEN

In Bellingen there is a groundswell of positive support to increase awareness of autism and sensory processing challenges in the Bellingen and wider community, and growing interest in creating sensory-friendly and safe spaces in the heart of town.

People with sensory processing challenges and autism do not have the sensory filters to moderate their environment. They take longer to interpret sensory inputs. They easily get overwhelmed by sounds, light, smells, touch and tastes.

It Takes A Village - Bellingen entails a three part response by the local community:

Part 1 consists of an event to launch the project and establish further community partnerships. This event is at Bellingen Youth Hub on **Saturday 14th May from 1pm-3pm** and will include: short talks and films about sensory processing challenges, a movement space and a cosy space (a retreat space).

The event is open to the whole community with specific invitations being extended to local schools and support services.

Our vision is to inspire the creation of a number of sensory-friendly safe spaces throughout the community - particularly local businesses on the main street in town.

Part 2 consists of a trial of sensory kits and training for our local partner locations to create safe spaces. We have created a symbol (signage) design to identify these sensory safe spaces (much like Safety House symbols & campaign).

Part 3 will be an inclusive and engaging community event to launch Sensory Friendly Community Spaces. This event will create awareness and educate about how to identify these spaces (signage/our logo) and how to access the kits in a space.

Come along to the Bellingen Youth Hub on Saturday 14th May from 1PM-3PM and learn from local people what it is like to live with sensory processing challenges and how you can help.

For more info; view our Facebook Group:

<https://www.facebook.com/groups/1170475092985561/>

Free Community Workshop in Urunga

Love Food Hate Waste

Would you like to attend a fun and practical workshop to help your household save money, eat healthily and make the most of the food you buy?

Bellingen Shire Council, Urunga Neighbourhood Centre and Midwaste are running a FREE workshop to teach you how to reduce waste, eat well and save money through better planning, shopping and storing of food.

NSW households throw away \$2.5 billion worth of edible food each year and in doing so waste the energy, water and natural resources used to grow, package, transport and market that food.

The Love Food Hate Waste workshop aims to raise awareness about the impact of food waste in NSW and reduce how much good food we waste.

This fun and practical workshop is designed to educate participants in how to reduce waste and save money through better planning, shopping and food storage. This project is a NSW EPA Waste Less, Recycle More initiative funded from the waste levy.

The workshop will be held at the Urunga Neighbourhood Centre, 34 Bonville Street Urunga, on Thursday 2nd June from 6pm to 8pm. A free supper is provided and bookings are essential. To book contact Warren Boadle on 6655 6993 or manager@unc.org.au



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

Be the best parent
you can be



With **Triple P Seminars** – Positive Parenting Program
Triple P is a parenting program for all families that provides
practical answers to everyday parenting concerns

To find out more or to book into a free seminar please contact

Terry on 65684471 or Nambucca Bellingen Family Support Service on 65681474

Triple P Seminars:

Session 1: Thursday 2 June 2016 -THE POWER OF POSITIVE PARENTING

Session 2: Thursday 9 June 2016 - RAISING CONFIDENT, COMPETENT CHILDREN

Session 3: Thursday 16 June 2016 - RAISING RESILIENT CHILDREN

Time: 10am – 12 noon

Where: Bellingen Shire Youth Hub Cnr William and Church Street Bellingen

FREE childcare is available - **BOOKINGS ESSENTIAL**

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supporting families to raise children

