

RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

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Term 2, Week 6

7th June, 2016

8 Jun School Photos

9 Jun	Pirate Day
10 Jun	Coffs Harbour Eisteddfod
13 Jun	Queen's Birthday holiday
16 Jun	KiK, \$4 each
16 Jun	Sporting Schools, Tennis
17 Jun	Open Day, Urunga/Raleigh Masonic Village
21 Jun	Small Schools Athletics
23 Jun	Sporting Schools, Tennis
30 Jun	Sporting Schools, Tennis
1 Jul	End of Term 2
2 Jul	Polling Day
18 Jul	Monday, SDD, no students
19 Jul	Tuesday, students return
27 Jul	District Athletics
29 Jul	Tree Day

KiK

Last Thursday the students made Quesadillas. We had a chicken and bean version served with avocado dip and sour cream. The students showed fantastic skills in food preparation and all participated and shared a lunch. The students also helped with the cleaning up and the support from Mrs Fripp and Karen was greatly appreciated.



Dear Parents and Community Members

School Photos

Tomorrow we have our photographer coming to take our school photos. The feedback from last year's photos was very positive. Every child needs to return their school photo envelope to school tomorrow, Wednesday 8th of June. If you would like photos please fill out the envelope and return it with the payment, otherwise return the empty envelope as these are needed for administration. Thanks in advance for returning these.

Please make sure your child is wearing their new Raleigh school shirt tomorrow for photos, with skorts for girls and black shorts for boys. They should also be wearing their black/dark school shoes, white or black socks and have their hair neat and tidy.

Coffs Harbour Eisteddfod

This Friday, the Performance Choir will be travelling to Coffs Harbour to perform in two sections of the Choral Eisteddfod. Students will need to be wearing their new school shirt, check skorts for girls and black shorts for boys, black shoes and be looking neat and tidy. They have been practising for months and they sound fantastic!

Deafness Foundation

We have a variety of coloured butterflies for sale for \$2 each. Money raised will support the Deafness Foundation.

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

Peter and the Wolf

Last Friday, our school and parent volunteers travelled to Coramba to watch an orchestral performance of Peter and the Wolf. This was a great experience and the musical knowledge of the Raleigh students shone during question and answer time after the performance. Thank you to Karen, Emily, Warren, Bruce and Tanya for helping to transport the students. A huge and special Thank You to Mrs Jones for coming and helping on her day off!



Don't forget Student Banking and Library tomorrow.

Literacy Group

So far this term across our two Literacy groups we have been focusing on improving our use of punctuation and vocabulary to make our writing more interesting. Below are examples of paragraphs we have been writing in the Yrs 4/5 Literacy group.

The Orange

Oranges are as delicious as a thickshake or better. Some are as sweet as a teddy bear or as tangy as a lemon. They are quite juicy but make your lips sting. Oranges are my favourite fruit. They are stringy and get stuck in your teeth but they are still scrumptious. They can be soft as a pillow or tough as a wooden door, but they are still nice and refreshing to eat. Especially on a boiling hot day. Janae

Durian

Durian, it smells like rotten eggs with squashed tomatoes and cow poop, with lots of funny senses you can recognise it anywhere. It tastes like mouldy bread that sends your tummy hurtling up towards your mouth. It feels like lumpy apples that make you want to puke. It's smooth inside and rough outside and all in all it looks quite displeasing. It sounds like air until you hear a scream.. it's your scream, you've finally figured it out. Yuk! Bonnie

A Man Shouted

One very sunny day, I was going out for my morning stroll but I heard a man shouting on the main road. I ran like the wind. I was going so fast I could feel my hair stick up on end! Finally I reached the main road. I was so dumb. I couldn't believe it. The shouting was actually just some stranger shouting. "Come and get your newspapers!" I heard him shout. "\$1.50, only!" he shouted again. "Well seeing as I'm in town, I might as well go to the shops and get the milk I came here for," I said to myself... Joey

The Man Shouted by Charlie

There was a man shouting in the streets, it sounded like a distressed bird. When you walked past him you felt a big gush of wind as well as a breath smelling of rotten egg with some off pickles. He shouted as loud as a tractor and a monster truck put together and it felt like a wave hitting you when you walked past. I don't know what he was shouting about but whatever it was it couldn't be good, because he was shouting so loud that people 12 stories up in the hotel next to him could hear and people 4 blocks down the road could hear as well.

*Chicken Quesadillas with Avocado Cream***Ingredients**

1 tablespoon ground cumin
 1 tablespoon ground coriander
 2 (about 500g) single chicken breast fillets
 1 tablespoon olive oil
 1 corn cob, husk and silk removed
 1 small red capsicum, halved, deseeded, finely chopped
 ¼ cup coarsely chopped fresh coriander
 3 green shallots, ends trimmed, thinly sliced
 40g (1/2 cup) coarsely grated cheddar
 Pinch of salt
 Olive oil spray, to grease
 8 round (20cm diameter) flour tortillas

*Avocado Cream***Ingredients**

1 large ripe avocado, halved, stone removed
 125g (1/2 cup) sour cream
 1 tablespoon fresh lime juice
 1 garlic clove, crushed
 Pinch of salt

Method

To make avocado cream, place the avocado in a medium bowl and mash with a fork until smooth. Add the sour cream, lime juice and garlic. Taste and season with salt. Stir until combined. Cover with plastic wrap and place in the fridge until required.

Combine the cumin and ground coriander on a plate. Press each chicken breast into the spice mixture and turn to evenly coat both sides. Heat the oil in a large non-stick frying pan over medium-high heat. Add the chicken breasts and cook for 4 minutes each side or until brown and cooked through. Transfer chicken to a plate and set aside for 15 minutes to cool. Shred the chicken into thin strips and place in a large bowl.

While the chicken is cooking, use a sharp knife to cut down the length of the corn cob, close to the core, to remove the kernels. Cook the kernels in a small saucepan of boiling water for 4 minutes or until tender. Drain. Add to the bowl with the chicken.

Add the capsicum, coriander, green shallot and cheddar to the chicken mixture and stir until well combined. Season with salt.

Preheat oven to 120°C. Lightly spray a medium non-stick frying pan with olive oil spray to grease (do not stand near an open flame while spraying). Heat over medium-high heat. Place 1 tortilla in the frying pan.

Top with 1/8 of the chicken mixture and spread evenly over half the tortilla. Fold the tortilla over to form a

semi-circle and cook for 2 minutes or until golden underneath. Turn and cook for a further 1-2 minutes or until golden and heated through. Transfer to a baking tray. Cover with foil and place in a preheated oven to keep warm. Repeat with the remaining tortillas and chicken mixture, reheating and greasing pan between batches.

Cut the tortillas in half and arrange on a large serving platter. Serve immediately with avocado cream.

Quesadilla with Beans and Cheese

400g can red kidney beans, rinsed and drained
 6 x 20cm round flour tortillas
 1 cup grated tasty cheese
 2 green onions chopped
 ¼ cup tablespoons of medium taco sauce

Method

Place kidney beans in a bowl and roughly mash with a fork. Stir through taco sauce, salt and pepper.

To make quesadilla, lay a tortilla on a flat work surface. Spread with a little of the bean mixture, some cheese and green onion. Repeat the process with another tortilla and place on top of the first. Top with another tortilla to form a stack. Repeat step to make a second quesadilla with the remaining ingredients.

Heat a large non-stick frying pan over medium low heat. Place one quesadilla in the pan, making sure it remains flat. Cook for 4-5 minutes. Gently slide out of the pan and, using two spatulas, carefully turn it over. Return to the pan and cook for a further 4-5 minutes until golden and crisp around the edges. Remove and repeat with remaining quesadilla.

Cut into wedges and serve with avocado cream.



"You've got to take the initiative and play your game... confidence makes the difference."

CHRIS EVETT LLOYD

HOCKEY IN THE HOLIDAYS



FUN
ACTIVE
EDUCATIONAL

GET YOUR SCHOOL HOLIDAY ACTIVITIES SORTED AND SIGN UP TO ANY UNDER 12 DEVELOPMENT CLINIC TODAY. RESERVE YOUR SPOT VIA THE DETAILS BELOW.

Coffs Harbour Hockey Complex
TIME: 2pm - 4:30pm
DATES: July 5th and 12th

CONTACT: Phil Jackwitz
PHONE: 0475 972 477
REGISTER AT
<https://developclinics.eventdesq.com>

BELLINGEN HIGH SCHOOL

presents

Into The Woods



By Stephen Sondheim
& James Lapine

\$15 Adults
\$10 Concessions
\$40 Family

JUNE 23RD 24TH 25TH
7PM



When:

Saturday, 18th June

Venue:

Harry Bailey Memorial
Library, Coffs Harbour.

Time:

12:00 noon to 2:00 pm

Free Coding Workshop

Saturday, 18th June

For 12—14 year olds.

Use apps to learn about coding and
create your own projects.

Bring Your Own Device—iPad, tablet or laptop.

Or

Use a library computer.

Bookings are essential as places are limited.

Additional information will be provided when you book.

Email: coffs.library@chcc.nsw.gov.au

Or

Phone 6648 4900

Contact Judy for more information.



Department
of Industry
Resources & Energy

2015-2016 Family Energy Rebate

Apply before 11pm
16 June 2016



\$150*
TOWARDS
ENERGY
BILLS

TWO MINUTES TO FILL IN A FORM
<https://applications.fer.trade.nsw.gov.au/>

* eligibility criteria apply

WHAT IS THE FAMILY ENERGY REBATE?

The Family Energy Rebate helps NSW households with dependent children to cover the costs of their energy bills. In 2015-16 the rebate gives:

- up to \$150 credit on energy bills for eligible applicants who hold an account with an electricity retailer
- up to \$165 direct payment to nominated bank accounts for eligible applicants who live in an on-supplied residential community, retirement village or strata scheme and receive electricity from the on-supplied operator.

AM I ELIGIBLE FOR THE REBATE?

To be eligible you MUST:

- be a resident of New South Wales; and
- be an account holder of an electricity retailer, or a long term resident of an on-supplied residential community, or a resident of an on-supplied retirement village, or a resident of an on-supplied strata scheme; and whose name appears on the electricity account for supply to her or his principal place of residence; and
- have been assessed by the Federal Department of Human Services as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2014-15 financial year, and have received a payment in respect of that eligibility.

WHAT DO I NEED TO DO BEFORE I APPLY?

You'll need to have:

- lodged your tax return for 2014-15 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you're not required to lodge a tax return; and
- received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2014-15.

HOW TO APPLY

- **ONLINE** - It takes just two minutes to submit an application. Processing starts immediately.
- **PAPER** - download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the on-supplied residential community, retirement village or strata scheme where you live.

**APPLY
ONLINE
NOW!**

FOR MORE INFORMATION & ASSISTANCE

PHONE Service NSW 13 77 88
EMAIL fer.program@trade.nsw.gov.au
WEB www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate

If you have a DHS Health Care Card, you may also be eligible for the Low Income Household Rebate. Visit our website for more information.