

# RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

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Term 4, Week 8

28<sup>th</sup> November, 2017

30 Nov	KiK Christmas Dinner
1 Dec	START 10am – 2pm
1 Dec	Small Schools Transition Day – high school
4 Dec	Red Cross Visit, 3-6
6 Dec	Raleigh Urunga Nursing Home
6 Dec	Enrichment Day, G&T
8 Dec	START 10am – 2pm
8 Dec	Bellingen HS, Year 6 Transition
11 Dec	Big Banana Rewards Day
12 Dec	Surf Day, Sawtell Beach
13 Dec	Sunset Picnic, 5pm
14 Dec	KiK Christmas Cooking
14 Dec	Year 6 Farewell
15 Dec	End of Term 4 for students
29 Jan 18	Staff return
30 Jan	Years 1 – 6, return
31 Jan	Best Start Testing
1 Feb	Kinder commence big school

## Year 6 Farewell

On Thursday afternoon the students and staff will be staying late at school to have afternoon tea, a dance at the Raleigh Hall and be a part of the special presentation at 5pm to wish the Year 6 students all the best in their futures. Families are welcome to join us at 5pm for the presentation. Thank you to those families who have returned their notes and \$2 per student to help cover costs. If you have forgotten the \$2, please send it in as soon as possible. Don't forget we are wearing mufti all day – the theme is The 80's.

## KiK Christmas Lunch

This Thursday, 3-6 are making lunch and K-2 are cooking dessert for our annual KiK Christmas lunch. Thank you to all of our families who have paid for their meal. If you haven't paid, please pay by Wednesday morning so that you don't miss out.

Dear Parents and Community Members,

Congratulations to the Raleigh students for their excellent effort and improvements over the ten days of our swimming program. Yesterday they received their certificates and a pass for Bellingen pool for either a free swimming or squad lesson.



## Parent Surveys

Thank you so much to those families who have already returned their surveys. Yesterday we sent home our end of year 'Community Engagement' survey and an additional short survey, if you have a child in Kindergarten or Year 6. In previous years we have had a 100% return rate for these surveys and hope to see the same again this year. Please return these as soon as possible, but don't remove the purple strip on the envelope. We remove and collect these so that we can give an icy-pole to students whose families return the surveys.

A couple of weeks ago we ran planning meetings for our families to have input into our 2018-2020 plan. We have included a short optional survey in your envelope if you would like to have your say and input into the direction that Raleigh Public School will move towards in the future.

*"Everything is funny, as long as it's happening to somebody else."*

WILL ROGERS

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

## Repton Rural Fire Service

Yesterday afternoon a crew from the Repton RFS came to Raleigh to teach the students about Fire Safety. K-2 learnt about how fires can be started and what to do if they are in a fire – Get low and go, go, go! And Stop, Drop and Roll. The students in 3-6 learnt about how dangerous fire can be and how quickly they spread, their focus was on what to do in a house fire and how to be safe around camp fires. Thank you to the RFS for taking the time to come and teach our students these valuable lessons. Oh...and for letting them have a try of the equipment and hoses!



## Year 6 Transition Day

On Friday all Year 6 students from small schools will attend Bellingen High School for a Year 7, 2018 Orientation Day, where they will have the opportunity to meet their new classmates, teachers and try out all the fun things you will be doing next year! Students need to organise their own transport to and from the day.

## Package Free Lunch Winner

Congratulations to this week's package free winner.



## Permission Notes

Attached to the newsletter are some permission notes that need to be signed and returned. None of these notes involves money, they just need to be read, signed and returned to school if you want your child to be involved:

- Nursing Home visit to see the residents and sing some Christmas carols with them.
- Bellingen Youth Orchestra and performance at Bellingen High School (A grant was secured by Bellingen Youth Orchestras to cover the cost of the bus from school to Bellingen High and return).
- Big Banana Reward Day – Monday 11<sup>th</sup> December (A bus and Big Banana waterslide entry has been paid for with the money raised with our 'Excursion raffle' – approximately \$20+)

## OAC – Bellingen Care

Located at St Mary's Primary School, Bellingen and

## OAC – Urunga Care

Located at Urunga Primary School, Urunga.

## Vacation Care is from 7am to 6pm.

There are some fun and exciting programs organised for the school holidays at Vacation Care. If you are interested in seeing what is available, there is a flyer at the school office or you may like to email them yourself on [childrenservices@openarms.org.au](mailto:childrenservices@openarms.org.au) or [oshc@openarms.org.au](mailto:oshc@openarms.org.au) for a flyer to be emailed to you. Phone 6655 2650 for further information.



*Community Meeting***6pm Tuesday 5 Dec 2017****Mylestom Hall****All Residents, Community Groups, Businesses are invited to attend**

Invitations have been forwarded to Local, State and Federal Representatives for our area.

There are many items for discussion, including the below areas of concern for the Community.

- **Submissions (status) to Bellinger Shire Council for Disabled Footpath along Riverbank at Mylestom & Disabled Viewing Platform at Surf Club Precinct**
- **Future Submissions?** - (Footpath/Cycleway to Repton School)
- **Bellinger Heads State Park Trust** - Councils/Crown Lands management plans for area
- **Surf Club Precinct Plan**
- **PAMP** - (Pavement and Mobility (Management) Plan)
- **School Crossings** at Local Schools
- **Collapse of Retaining Wall** - Bellinger River (Tidal Pool to past Boronia Ave)
- **Tidal Pool** - in need of maintenance
- **Raleigh Bridge temporary closure**
- **Landcare** management Raleigh, Repton, Mylestom
- **Alma Doepel Park** (Shade Sails, Disabled Parking, Landcare, Riverbank erosion)
- **Fire Risk** of National Park (Bongil Bongil) and State Park areas
- **Dragon Boat and Coffs Rowing Club** - DA for Building which has not been supplied to public for Consultation
- **Ranger** - Parking, Camping, Dogs
- **Water supply from Coffs Harbour**
- **Sewerage** - Council submitted a \$20M grant for Raleigh, Repton and Mylestom

**Other Topics: Pensioners and Superannuants, North Beach Club, Mylestom Shop**Please note this is a **Community Meeting** for all who would like to attend, be informed or raise matters in the Raleigh, Repton and Mylestom Communities.

For attendance purposes only - enquiries to Trevor Williams (0490 077 481)



Nutrition Snippet

**The simplest way****...to reduce cancer risk with wholegrains.**

New evidence shows that eating wholegrains every day significantly reduces your bowel cancer risk.\*

Delicious wholegrains you can incorporate into your family's diet include:

- wholemeal or multi-grain bread, muffins and crumpets;
- wholegrain or whole-wheat breakfast cereals or muesli;
- wholemeal or mixed grain crispbread;
- brown rice, rice cakes, wholemeal pasta, corn, oats, quinoa, rye, spelt, millet or amaranth;
- barley (not the pearl variety) or cracked wheat (bulgur).



We recommend at least four serves of wholegrain or wholemeal foods every day. One serve equals 1 slice of wholegrain bread or ½ cup of cooked porridge.

\*Diet, nutrition, physical activity and colorectal cancer report. Available online: [wcrf.org/colorectal-cancer-2017](http://wcrf.org/colorectal-cancer-2017).

For more information visit  
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Nutrition Snippet

**The simplest way****...to make eggs in a basket.**

Serves: 4 | Prep time: 10mins | Cooking time: 15mins

**Ingredients**

- 4 wholemeal or multigrain bread rolls
- 1 spring onion, sliced
- 1 medium tomato, chopped
- 2 mushrooms, sliced
- Handful of spinach leaves (optional)
- 4 small eggs
- Pepper
- 2 tablespoons reduced-fat cheese, grated

**Method**

1. Preheat oven to 160°C and line a baking tray with baking paper.
2. Slice off the top of each roll and scoop out the soft bread inside, leaving the bottom and sides of the roll intact. Arrange the rolls on the baking tray. Reserve the tops and middles.
3. Divide the spring onion, tomato, mushroom and spinach between the rolls.
4. Crack an egg into each roll. Season with pepper. Sprinkle the eggs with the grated cheese.
5. Bake for 10 minutes or until eggs are to your liking. Add the tops and middles during the last 5 minutes of cooking time.

For more information visit  
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