

RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

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Term 4, Week 9

5th December, 2017

6 Dec	Raleigh Urunga Nursing Home
6 Dec	Enrichment Day, G&T
7 Dec	PROM, Bellingen Youth Orchestra
7 Dec	P&C Meeting, 3.15pm
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

Australia's Biggest Camphor Laurel

In between our main meal and dessert on Thursday, we had a visit from Derek McIntosh from the National Register of Big Trees. Our 'Big Tree' is officially the largest camphor laurel in Australia! You can see how it compares to other camphor laurels and other big tree varieties by going to the website nationalregisterofbigtrees.com.au



Dear Parents and Community Members,

Congratulations Raleigh Public School students on another successful and delicious Kids in the Kitchen, lunch last Thursday. The students in 3-6M cooked delicious salads, which we had with fresh ham and chicken. We then shared a delicious dessert of butterscotch self-saucing pudding and ice-cream, which was made by K-2D. Wow! It was a mammoth effort and tasted absolutely amazing!! You may like to cook one or more for your Christmas lunch or BBQ, the recipes are following at the end of the newsletter, enjoy!



Oxfam Fundraiser

At Raleigh we pride ourselves on our ability to raise funds for charities and great causes in Australia and around the world. In the past at Raleigh we did a Secret Santa amongst the students in each class. After discussions with our students we realised that many of them loved the presents, however realised that they would get many presents for Christmas anyway. We decided that the \$3 we would spend on Secret Santa could be put towards raising funds to buy essential and life-saving gifts through OXFAM. Last year our students decided to purchase a goat couple, seeds and water. We again hope to raise funds for this great cause and our students will help to choose the presents we give to others in need. Please bring in your \$3 or more before Wednesday 6th December.

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

Uniforms for 2018

If you would like to buy uniforms for 2018, could you please do this before next Wednesday the 13th December.

P&C Meeting

On Thursday afternoon we will have our final P&C meeting for the year. We will be meeting at 3.15pm in the school 'House'. We hope to see you there!

Surveys

Thank you to all of our wonderful families who have returned the surveys we sent home last week. We have a couple more to return to make our 100% return target. Please return your survey by this Wednesday 6th December.

Red Cross Pillowcase Project

Yesterday afternoon Jo and Judy, from the Australian Red Cross visited the 3-6M classroom to share the Pillowcase Project with the students. They discussed the importance of being prepared for an emergency and what this means. They did an activity, where groups of students had to decide what they would take in an emergency. Then each student was given a pillowcase to decorate, to use as a bag to create an emergency pack for themselves. This was a fun and informative workshop. We would like to thank the Red Cross for their time and Disney who sponsor the project.



Package Free Lunch Winner

Congratulations to Kyle who is this week's package free winner.



Year 6 Transition Day

On Friday all Year 6 students will attend Bellingen High School for a Year 7, 2018 Orientation Day. 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.

Pineapple Coleslaw

Ingredients

- ¼ red cabbage, shredded
- ¼ green cabbage shredded
- 2 carrots, peeled, coarsely grated
- 1 red capsicum, deseeded, thinly sliced
- 3 shallots, thinly sliced
- 440g can crushed pineapple in natural juice, drained
- 1 cup whole-egg mayonnaise

Method

Combine cabbage, carrot capsicum and green onion in a large bowl.

Add pineapple and mayonnaise to coleslaw. Season with salt and pepper. Toss until vegetables are well coated in dressing. Serve.



Quinoa Salad with Feta Cheese and Mixed Vegetables

Ingredients

1 cup quinoa
2 cups water
1 can chick peas
½ cup red roasted pepper sliced into thin strips
3 tbsps thinly sliced onion
¼ cup chopped fresh coriander
1 cup crumbled feta cheese

Dressing

1 tbsp plus 1 tsp fresh lemon juice
1 tbsp plus 1 tsp red wine vinegar
½ tsp fresh minced garlic
¼ tsp salt
¼ tsp black pepper
¼ cup coriander
1/3 cup olive oil

Method

Cook quinoa according to the instructions on the pack, about 15 minutes. Let cool in the fridge.

Make the dressing while the quinoa is cooling.

Place all the dressing ingredients in a food processor or blender except for the oil.

Pulse on high speed until well mixed.

Slowly drizzle in the olive oil with the machine on high and blend until the dressing starts to emulsify. Set aside.

Once the quinoa is cool, transfer to a large mixing bowl.

Add the chick peas, peppers, onion, cilantro and feta.

Gently toss together then start to add the dressing.

Once the dressing has been added, toss again and transfer to a serving bowl.

Add some more coriander or feta to garnish.

Serve at once or keep in the fridge until ready to use.



Couscous Salad

Ingredients

200g couscous
200 ml chicken stock (liquid)
¼ cup olive oil
1 cucumber, diced and seeds removed
½ red onion, finely sliced
1 yellow capsicum, seeds removed and diced
2 tomatoes, diced and seeds removed
2 tbsps parsley chopped
2 tbsps lemon juice

Method

Combine stock and 1 tablespoon of the oil in a small saucepan, heat just until boiling then pour over the couscous.

Cover and set aside for 10 minutes.

Fluff couscous with a fork, season with salt and pepper. Allow to cool, stir in cucumber, onion, capsicum, tomato and parsley.

Separately combine remaining oil and lemon juice. Add to the couscous and stir to combine.



Student Banking

Student Bank books will be handed back on Thursday.

December Birthdays

We would like to wish **Skeet** a very happy birthday.

Important Dates

Please check column one, page one for upcoming events. *At this time of the year if you 'snooze, you loose!!!'*

Potato Salad (Gluten-Free)

Potato Salad

Ingredients

4 extra large Russet potatoes or 7 medium-sized
 2-3 shallots, trimmed and finely sliced
 2 celery stalks, trimmed and finely chopped
 3 tbsp sweet pickle, finely chopped
 Fine sea salt and freshly ground black pepper to taste

Dressing

¾ cup GF mayonnaise
 1 tbsp red wine vinegar
 1 tsp light maple syrup
 1 tsp whole grain mustard
 Juice from the pickle relish, as desired.
 Fine sea salt and freshly ground black pepper to taste

Method

Cook the potato. When they are cool enough, cut the potatoes into bite-sized pieces. Add the shallots, celery, pickle, salt and pepper. Gently toss together. Make the dressing: In a small bowl, combine the mayonnaise, vinegar, syrup, mustard and about 1 tsp of the pickle juice. Whisk until smooth. Thin with a little more pickle juice if needed. Add salt and pepper, whisk together, taste and adjust seasonings as desired. **Dressing the Salad:** Pour about half the dressing over the potatoes and toss to coat. Then add extra as needed. Taste and adjust seasonings. Can be made up to two days ahead.



Pasta Salad

Ingredients

250g spiral pasta
 3 cobs corn, kernels removed, prior to cooking
 250g green beans, trimmed, cut into 3cm pieces
 250g lean leg ham, cut into short strips
 1 red capsicum, cut into thin strips
 3 ripe tomatoes, chopped
 ¼ cup flat-leaf parsley leaves, finely chopped
 ¼ cup 99% fat-free salad dressing

Method

Cook pasta in a large saucepan, following packet directions, until just tender. Drain and transfer to a large bowl. Bring a small saucepan of water to the boil. Add corn and beans. Cook for 1 minute or until beans are bright green. Drain. Rinse under cold water to refresh. Drain. Pat dry with paper towel. Add corn, beans, ham, capsicum, tomato and parsley to warm pasta. Toss until well combined. Add dressing and salt and pepper. Toss gently to combine. Serve

Christmas Fun
in the
Botanic Garden

Saturday, 16 December
6.30pm-9pm

North Coast Regional
Botanic Garden

\$5 per family

Games and Prizes for Children (games, crafts and Christmas light trail puzzle)

Café open serving a variety of cakes with tea and coffee, spiders and milkshakes

The Reception Shop will also be open and selling a variety of snacks, drinks and gift ideas

Celebrate Christmas with Grandparents and Children in the Botanic Garden

"Parents learn a lot from their children about coping with life."
 MURIEL SPARK