

# RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

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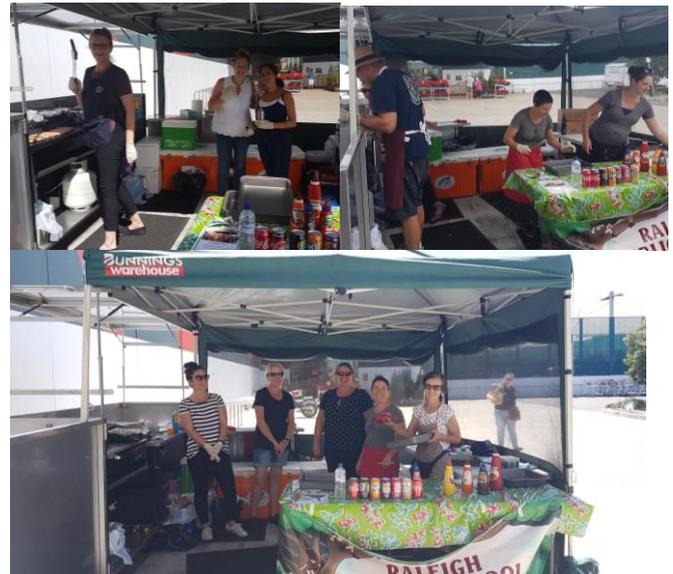
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Term 4, Week 7

27<sup>th</sup> November, 2018

29 Nov	Kids in the Kitchen
29 Nov	Sporting Schools, Bowls
30 Nov	BHS Orientation Day for Y6, 2019
3-14 Dec	Special Swimming Scheme
4 Dec	Sporting Schools, Golf
6 Dec	Sporting Schools, Bowls
17 Dec	Rewards Day, Big Banana
17 Dec	Year 6 Farewell
18 Dec	Sunset Picnic, 5pm
19 Dec	End of Term 4 for students
29 Jan 19	Staff return, no students
30 Jan	Years 1-6 begin Term 1, 2019
31 Jan	Best Start for new Kinder students



Dear Parents and Community Members,

## *Bunnings BBQ Success*

Wow! What a mammoth effort the Bunnings BBQ is and I would like to thank the parents and staff who made it such a success. I really appreciate you giving up time on your Sunday and outside work hours to help raise money for all of the students in our school to make our excursions cheaper!

- A huge Thank You to Irene, who organised and purchased all of the food and equipment before the BBQ to make it run smoothly, you truly are amazing!
- Thanks to our wonderful parents Karen, Craig, Anjali, Janelle, Teresa, Phoenix, Linda, Tamara, Charmaine and Renae who helped out cooking and serving at the BBQ.
- Our staff Ms Bernadette Driscoll, Miss Danielle Eichmann and Mrs Casey Martin who also helped cook and serve; and
- Dawn for donating 20kg of onions and helping me to cut them up on Friday afternoon.
- We raised a very respectable sum of \$1484.45. Thank you.

Well done everyone!

Regards Katrina

## *Welcome to our new students*

Over the past few days we have had two new enrolments join our school. We would like to welcome you all and we are very happy to have you join us at Raleigh!

## *Santa Parade*

What a special event we were lucky to be a part of! Thank you to all of the families who came along and to the students for their great behaviour. We would like to thank Di Carr and Park Beach Plaza for inviting us to join Santa's Arrival Parade and for donating \$200 worth of vouchers to our school!



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

## Swimming Program

Thank you to all of our families who paid for our swimming program by yesterday. Next Monday, 3<sup>rd</sup> December we start our two weeks of swimming. There are a couple of very important things to remember:

- All children are to go to Bellingen pool and meet the staff outside the pool at 9am. Please car pool with other families to make the transport easier. There will be no one at school, so DO NOT send your children to school on the bus!
- The students will catch the bus back to school after their lessons and go home as normal.
- Please make sure your child goes to bed early prior to and during the two weeks of swimming. We have noticed there are many very tired children already and two weeks of swimming is very tiring and taxing on all children.
- Everyone must have a rash shirt or tightly fitted shirt to swim in, goggles are handy but not essential.
- Apply suncream at home, before coming to the pool. It takes approximately 15mins to soak in so that it doesn't wash off in the pool.
- Label everything!! Goggles, towel, swimmers, school clothes, undies etc
- Parents must supervise their own children on the play equipment, other students without their parents there must sit and wait on the seats.

## Nursing Home Visit

This Wednesday we are visiting the Nursing Home to sing Christmas Carols with the residents. Please remember that students should be dressed in full school uniform for this visit. The residents are very excited to be having us visit!

## Year 6 Farewell Changes

This year, after consultation with the year 6 students, parents and staff we have decided to make a few changes to the Year 6 Farewell events. A note has been sent home explaining these changes and the details of our busy final week of school. Please read this carefully and keep it handy so that you can refer to it to make sure you don't miss any of the planned events.

## KiK Christmas Lunch

Well done to all of our students and staff for preparing and cooking a delicious Christmas lunch. Each year this is a special event at our school and we always look forward to sharing lunch and dessert together. Congratulations everyone on a fantastic Christmas lunch. This Thursday will be our last KiK lunch for the year. During week 9, those children who have paid for three KiK lunches this term and who have paid \$4.50 for the Christmas treats will take a small bag of treats home after cooking them.



## Raffle Fundraiser

Thank you to families who have returned their sold raffle tickets and asked for more to sell. The raffle will be drawn on Monday 10 December, 2018. All students who sell a book of raffle tickets will receive a small prize for helping to raise money for our school. For every booklet that your child sells, they will get a ticket to go into a separate raffle to win a prize to the value of \$50. The money raised will be combined with the Bunnings BBQ money, to pay for the Big Banana Fun Day and go towards next year's major excursion.



## Package Free Lunch Winner

Congratulations to Isla-Rose who is this week's package free winner.



### *Creamy Pasta Salad*

**Ingredients**

- 1 cup cooked spiral pasta
- 1/3 cup grape tomatoes, halved
- ¼ cup shredded cheddar cheese
- 3 tbs chopped onion
- 3 tbs chopped cucumber
- 3 tbs chopped green pepper
- 2 tbs shredded Parmesan cheese
- 2 tbs sliced pepperoncini
- 2 radishes, sliced
- 1/8 tsp pepper
- ¼ cup ranch salad dressing

**Method**

In a small bowl, combine the first 10 ingredients. Drizzle with dressing and toss to coat. Cover and refrigerate for at least 1 hour before serving.

### *Crunchy Asian Salad*

**Ingredients**

- ½ small Chinese cabbage, shredded
- 50g snow-pea sprouts, trimmed and halved
- 1 large carrot, peeled, sliced thinly into batons
- 1 red capsicum, seeded, thinly sliced
- 1 cup coriander leaves
- ½ cup fresh mint leaves, torn
- ¼ cup pickled ginger slices
- 100g pkt fried crunchy noodles
- Zest and juice of 1 lime
- 1 tablespoon fish sauce
- 1 fresh long red chilli, deseeded, finely chopped
- 2 teaspoons brown sugar
- 1 garlic clove, crushed

**Method**

Place all salad ingredients into a large mixing bowl. To make the dressing, in a jug, whisk together all the ingredients. Pour over salad just before serving and toss well to coat.



### *Summer Vegetable Salad*

**Ingredients for the salad**

- 2 ears of corn, shucked
- 1 medium orange, red or yellow capsicum, cut into 5cm wide strips
- Olive oil for brushing
- 1 punnet of cherry or grape tomatoes, halved
- ½ cucumber, cut into half moons
- 5 radishes, thinly sliced
- ¼ cup feta cheese
- ½ cup coarsely chopped herbs such as celery, chives, basil or mint
- Salt and pepper to taste

**Ingredients for the charred lime vinaigrette**

- 2 large limes, cut in half crosswise
- 3 tablespoons olive oil, plus more for brushing
- 1 small shallot, finely chopped
- 1 clove garlic, minced
- ½ teaspoon salt

**Method**

Prepare a frypan for medium to high heat. Brush the corn and capsicum with oil and grill, turning occasionally, until charred and tender. 6 to 8 mins for the capsicum and 12 to 15 for the corn. Transfer the grilled vegetables to a cutting board as they are finished and let cool slightly.

Brush 3 of the lime halves with oil (you won't need the 4<sup>th</sup> half). Grill the halves, cut side down, rotating occasionally, until charred, about 5 mins. Transfer the limes to a plate.

To make the vinaigrette, thinly slice the garlic, then mount the salt on top. Chop and scrap the mixture into a paste. Transfer to a small bowl. Juice the grilled limes and add the lime juice and shallot to the bowl with the garlic and whisk in the oil.

Cut the corn kernels from the cobs and roughly chop the capsicum. Arrange the grilled vegetables, tomatoes, cucumber and radishes in a large bowl. Add the vinaigrette and a generous pinch of salt and pepper; gently toss to combine. Sprinkle with the cheese and herbs to serve.



## Colourful Beet Salad with Carrot, Quinoa & Spinach

### Ingredients, Salad

- ½ cup uncooked quinoa, rinsed
- 1 cup frozen organic edamame
- 1 medium raw beet, peeled
- 1 medium-to-large carrot (or 1 additional medium beet), peeled
- 2 cups packed baby spinach or arugula, roughly chopped
- 1 avocado, cubed

### Ingredients, Vinaigrette

- 3 tablespoons apple cider vinegar
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh mint or cilantro
- 2 tablespoons honey or maple syrup or agave nectar
- ½ to 1 teaspoon Dijon mustard, to taste
- ¼ teaspoon salt
- Freshly ground black pepper, to taste

### Method

To cook the quinoa: Rinse the quinoa in a fine mesh colander under running water for 1-2 minutes. In a medium-sized pot, combine the rinsed quinoa and 1 cup water. Bring the mixture to a gentle boil, then cover the pot, reduce heat to a simmer and cook for 15 minutes. Remove the quinoa from heat and let it rest, still covered, for 5 minutes. Uncover the pot, drain off any excess water and fluff the quinoa with a fork. Set it aside to cool.

To cook the edamame: Bring a pot of water to boil, then add the frozen edamame and cook just until the beans are warmed through, about 5 minutes. Drain and set aside.

To prepare the beet(s) and/or carrot: Peel and julienne with a chef's knife into fine, 2-inch long strips.

To prepare the vinaigrette: Whisk together all of the ingredients until emulsified.

To assemble the salad: In your large serving bowl, combine all ingredients except vinaigrette and toss well. Drizzle dressing over the mixture (you might not need all of it) and gently toss to combine. You'll end up with a pink salad if you toss it really well!

Season to taste with salt and black pepper. Serve.

## 3 Ingredient Trifle

### Ingredients

- 825g canned apricot halves in fruit juice
- 200g store bought vanilla sponge
- 1 cup (250ml) low-fat custard

### Method

Drain the apricots, reserving the liquid and slice each apricot half into bite size pieces.

Cut sponge into bite size cubes (1cm x 1cm) and soak in the apricot liquid. Sponge should be softened but not soggy so work quickly.

Layer apricots, sponge and light custard into individual glassed. Top with a few slices of apricot, cover and store in the fridge until ready to serve.

