

RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

Find us at 12 North Street, Raleigh 2454 T 6655 4228 F 6655 4548

Email raleigh-p.school@det.nsw.edu.au

Web www.raleigh-p.schools.nsw.edu.au

Term 3, Week 8

11th September, 2018

12 Sep	Scholastic Book Club orders due
14 Sep	North Coast Athletics
26 Sep	End of Term Assembly, 9.30am
27 Sep	Sporting Schools, Cricket
28 Sep	End of Term 3
15 Oct	Students and staff return, Term 4
24-26 Oct	Cascade Excursion, Yrs 4-6

Kids in the Kitchen

Thank you to all the students K-6 for a yummy lunch and recess. The 3-6 class made fresh quiche using our school eggs and K-2 made a delicious oat choc chip slice. Thank you to the students for working well together and being flexible with the different roles in cooking. Mrs Fripp also provides fantastic support each week in KiK.



Dear Parents and Community Members,

We are already at week 8 in Term 4 and the weather is starting to warm up. Our K-1 students have been supporting the START visitors when playing inside the classroom and becoming familiar in the playground. It is great to see them take on this role in a kind, caring and inclusive way.

External validation

While Mrs Meenahan is still away on sick leave I am continuing to work on our External Validation and teach the K-2 class for the majority of the week. It has been a very busy term with this extra work and as relieving principal. Thanks to the parents for checking in to see how it is going and we look forward to welcoming Mrs Meenahan back into her role.

Coles Sport for Schools Equipment

Last week the K-2 class had the chance to try out some of our new sports equipment. The students had a great time testing their catching skills and using their hand eye coordination. We realised smaller throws meant more catches in a row.



Genesis Fitness Club

Rhiannon from Genesis gym came today to talk about the importance of exercise and explain how the myzone tracker works. We are looking forward to taking turns wearing it and gaining points that could put us in the draw for \$1000 worth of sports equipment!



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

North Coast Athletics Championship

We would like to wish Skeet, Joey, Kieren and Arden all the very best on Friday at the North Coast Athletics in Lismore. Thank you Karen for offering to transport our relay team. It is much appreciated. The relay team will need to be at school by 8.25am sharp and will be driven home if they are not in time to catch the school bus.



Cascade Camp Yrs 4-6

Just a reminder that the deposit of \$40 for the Cascade Camp is due tomorrow. Please send in the permission note with the deposit.

Scholastic Book Club

Orders with payment are due tomorrow. Orders may also be done via LOOP as per instructions on the catalogue.

Student Banking

Student banking is on Wednesdays. Regular banking is a great habit to cultivate.

Creative and Critical Thinking

Our CCT Disposition is "Ubiquitous Learner". I can learn within or without the classroom.



Pumpkin, spinach and feta quiche

Ingredients

- 1 Pampas Shortcrust Pastry – Pre cook in flan tins
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 1 teaspoon fresh rosemary, chopped
- 2 cups baby spinach
- Black pepper, freshly ground
- 100g roasted pumpkin, cut into 3cm pieces
- 100g feta cheese, coarsely crumbled
- ¼ cup chargrilled capsicum, well drained, chopped
- 3 eggs
- ½ cup cream
- 2 tablespoons parmesan cheese

Method

Preheat oven to 180° conventional or 160°C fan-forced. Place case on an oven tray (do not remove the foil). Bake 10 minutes.

Meanwhile, heat olive oil in a frying pan over a medium heat. Add onion and cook, stirring occasionally until soft. Add garlic, rosemary, spinach and pepper and stir for 1 minute or until spinach has just wilted.

Place onion mixture, pumpkin, feta and capsicum on base of pastry case. Place eggs and cream in a bowl and whisk until combined. Pour into pastry case. Sprinkle with Parmesan cheese.

Bake for 25 minutes or until set.



Ham, cheese, tomato and spinach quiche

Ingredients

- 2 sheets frozen puff pastry
- 250g packet frozen chopped spinach, thawed
- 1 cup shredded ham slice
- ½ x 250g punnet cherry tomatoes, halved
- 1 cup grated tasty cheese
- 6 eggs
- 1 ½ cups pure cream
- Salt and pepper to taste

Method

Grease a 23cm round, loose-base flan tin (3 ½ cm deep). Sandwich pastry sheets together at different angles, on a clean surface. Lift into tin. Press to cover base and side. Trim edge. Place on an oven tray. Squeeze excess liquid from the spinach. Arrange over pastry base. Top with ham, tomatoes and cheese. Whisk eggs and cream in a large jug. Season with salt and pepper. Slowly pour over filling. Cook in a very hot oven (220°C for 20 minutes. Cover with greased fil. Cook for a further 30 – 35 minutes, or until golden brown and filling is set. Remove from the oven. Stand n tin for 20 minutes. Transfer to a serving plate. Serve quiche warm or at room temperature topped with salad leaves.

Honey Oat Bars

Ingredients

- 4 cups oats
- 1 cup brown sugar
- 1 cup choc chips
- ¾ cup melted butter
- 2/3 cup honey
- 1 teaspoon vanilla

Method

Combine oats, sugar and choc chips. Stir in butter, honey and vanilla. Combine all together. Press into greased pan. Bake for 15-20 minutes @ 180°C or until brown and bubbly. Cut into squares. Can be frozen.



Package Free Lunch Winner

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



Coffs Harbour Futsal

Coffs Harbour Futsal (Indoor Soccer) Club, based at 32 Industrial Drive, Coffs Harbour, is presently signing on for the summer season. Programs or competitions for all ages from 3 years upwards to open men and women are available. To sign up or enquire regarding joining, go to www.coffsharbourfutsal.com, email coffs@australianfutsal.com or ring on 0448157049

BECOME A NIPPER!!

Urunga Junior Surf Club is about to kick off the 2018/2019 Nippers season.

Nippers is a junior program that introduces children aged 5 to 13 to surf lifesaving.

Nippers is a great way for children to make friends, be active and enjoy the beach in a safe environment.

Sunday 23rd September: Registration and Pool Proficiency (U8-U14 only) - Sawtell Pool, 10am-12noon
Second pool proficiency TBA if needed

Sunday 14th October: Registration (all ages), BBQ, Open Water Proficiency Swim (U9-U14)
Urunga Surf Club, Hungry Head
9am-11am

New Nippers will need to bring a Birth Certificate along to registration days.

If you have any queries regarding Urunga Nippers, please contact our Registrar, Lou Rodgers on 0437 170 738 or visit our website: www.urungaslsc.com.au

We are registered for the NSW Government \$100 Active Kids Rebate



Let's Play Cricket!

Bellingen District Cricket Club

are inviting players (male and female) from to come and play cricket for the upcoming 2018/19 season.

Training days are being held at Connell Park, Bellingen on

Wednesdays from 5th September @ 4pm

For more information please contact

Gavin Brown - 0432 520 110

— Your Health Link —
National Photographic Competition
 HEALTHY LIFE HEALTHY YOU

\$45,000
 IN PRIZES
 TO BE WON



www.yourhealthlinkphotocomp.com.au

Primary and high school students are encouraged to get ready to grab their trusty camera, mobile phones or tablet and capture images that promote 'Healthy Life - Healthy You' for a chance to win a range of great prizes.

Schools are also the big winners with \$13,000 in prizes to support healthy canteen programs.

Competition closes
14 October 2018

Competition Partners



2018 BUSKERS PROGRAM

(All shows free entry unless specified with artists putting the hat out at the end)

TUESDAY OCT. 2
Armidale Mall 10 am

The Pier Hotel - UNREALESTATE Adult Comedy: 8pm

WEDNESDAY OCT. 3

Coffs Harbour City Centre: 10am

The Pier Hotel - UNREALESTATE Adult Comedy: 8pm

UNREALESTATE & GEOFF KING MOTORS

KIDS DAY - TICKETED EVENT:

Coffs Harbour Showgrounds 10am

Tickets @ www.coffsharbourbuskers.com

THURSDAY OCT. 4

Coffs Harbour City Centre: 10am

Toormina Gardens : 9.30am

The Pier Hotel - UNREALESTATE Adult Comedy: 8pm

FRIDAY OCT. 5

Coffs Harbour City Centre: 10am

Toormina Gardens : 9.30am

Twilight Markets

Park Beach Reserve : 5pm-9pm

SATURDAY OCT. 6

Coffs Central: 10.30am

Toormina Gardens : 9.30am

Moonee Tavern : 6.30pm

SUNDAY OCT. 7

Harbourside Markets, Coffs Jetty: 9am-2pm

FOR ENQUIRIES PHONE 6652 8266



www.coffsharbourbuskers.com

BUSKERS
KIDS DAY

WED OCT 3rd COFFS HARBOUR SHOWGROUNDS



SPECTACULAR NEW RIDES INCLUDING
 + 10 METRE 3 LANE GIANT SLIDE
 + JUNIOR ROLLER COASTER
 + MORE FOOD & LOTS MORE FUN!

INTERNATIONAL BUSKERS:
 THE FLYING DUTCHMEN (HOLLAND) - SPORTS SUZUENZI - CLOWN LOTOUARANO
 + KAY DOODLE (GOLD COAST) - ERIC DARREN (LAD) - THE MOOPHS (LAD) & MORE
 LOTS OF FOOD AND DRINK. YES YOU CAN BRING YOUR OWN FOOD IF YOU WISH.
 LARGE UNDERCOVER AREA ON SITE IF THE WEATHER TURNS UNPLEASANT.
 \$10 PRELIM - \$12 THE GATE.
 GATES OPEN 9.30 - STARTS AT 10AM - 2.30PM
 TICKETS ON SALE NOW @ WWW.TRYBOOKING.COM/A16117 ENQUIRIES 66 528266

Nambucca Aquatic
65687596

INDOOR HEATED POOL OPEN ALL YEAR

Monday to Friday 7am - 6pm Saturday 8.30am - 2pm

Learn to Swim - All Ages and Abilities

School Holiday Intensive Swim Programs

Squads Adult Squad

Aquafitness Staying Active

Zumba Aqua Zumba

Lap Swimming

