

RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

Find us at 12 North Street, **Raleigh** 2454
Email: Raleigh-p.school@det.nsw.edu.au
School Principal: Mrs Katrina Meenahan

T 6655 4228 F 6655 4548
Website: <https://Raleigh-p.schools.nsw.gov.au>

Term 4, Week 4

5th November, 2019

6 Nov Sporting Schools, Cricket
6 Nov Boating Safety K-6
7 Nov Kids in the Kitchen
7 Nov Outdoor Education Day
7 Nov P&C Meeting, 3.15pm
11 Nov START program, **9am – 1pm**
12 Nov Sporting Schools, Tennis
13 Nov Sporting Schools, Cricket
14 Nov Kids in the Kitchen
18 Nov-29 Nov Swimming and Water Safety Program
18 Nov **No START program**
19 Nov Sporting Schools, Tennis
20 Nov Sporting Schools, Cricket
22 Nov Yr 6 – 7 Small School Orientation, BHS
25 Nov **No START program**

Dear Parents and Community Members

Wow! What a fantastic week the students from Raleigh Public from Kinder to Year 6 had last week.

I was extremely proud to accompany the eight children who went to Sydney. We had a fun and busy week, with lots of laughs, learning and memories made. Some of the photos can be viewed later in the newsletter or on our Facebook page. Thank you for a great week!

Help needed!

This Sunday the 10th November, I am asking parents and friends to come to school to help remove the astro turf and foam under our playground equipment. We are hoping to have lots of hands to help, to get this job over quickly. We will start at 8:30am, to try to avoid the heat of the morning. If it rains or has been wet we will postpone until Sunday the 17th. Due to safety aspects, this will not be a job where children can help.

If you can help please fill out the slip at the bottom of the newsletter. Bring along gardening gloves, enclosed shoes and safety goggles, as there is sand in the turf. The school is then investing approximately \$27 000 to replace the turf with a rubberised foam type surface. We will also be updating the spider web and replacing some of the bolts that are starting to wear.

On a much sadder note, I would like to let our school community know that our substantive General Assistant, Matthew Hennessey passed away early this morning, after a battle with brain cancer. Our thoughts go out to his wife Nichole and their five daughters.

Kind Regards, Katrina

K-3 Excursion week!

Last week K-3 had a great week at school and out and about. On Tuesday we had our excursion to Dolphin Marine Conservation Park, where we had our own education activity and close encounter with a seal. The students also had a photo kiss with a dolphin before watching the show and exploring the marine park. The staff then took the students to the Jetty Foreshore park, for lunch and a play.

Wednesday and Thursday at school included art, robots, gardening, a movie and lots of mindful drawing and colouring in. On Friday, Miss Eichmann and Ms Driscoll had the help of Anjali and Catherine to transport the students to Urunga. We had a lovely walk on the Boardwalk despite the wind blowing some hats off! This was followed by lunch and a play in the park. Thanks to all involved for a great week!

Regards, Bernadette Driscoll



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



New General Assistant

We would like to welcome Ian Corbett to Raleigh Public School as our new temporary General Assistant. We hope that Ian enjoys his time with us.

Amanda has gained full time work with Bellinghen High School and we wish her all the very best.

Outdoor Education Day

This Thursday is Outdoor Classroom Day. We are planning to integrate our cooking, maths and other learning in our outdoor space which we use all the time at our school. We are lucky enough to have such a beautiful space for the children to play and learn in each day.

School Swimming Program

Our annual swimming program will run this year in Weeks 6 and 7 (18-29th November). Thank you to those families who have returned their note and money. These need to be returned by next Monday, 11th November. Please try to car pool with other families to reduce the travel for individuals. If you do have a spare seat in your car and would be willing to transport another child, please contact the school.

Student Banking Awards

Congratulations to *Lincoln* who has gained his Gold Student Banking Award. This means he has made 30 deposits this year. Well done.



Package Free Lunch Winner

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





Removal of Astro Turf from around school playground equipment

I am available to help this Sunday 10th November, to remove the astro turf from the school playground.

If the weather is unsuitable for the 10th, I am available on Sunday 17th November, to remove the astro turf from the school playground.

Name: _____

Zucchini, Walnut and Cranberry Bread

Ingredients

2 2/3 cups (400g) plain flour
1 teaspoon bicarbonate of soda
½ teaspoon baking powder
1 teaspoon ground cinnamon
¼ teaspoon mixed spice
1 1/3 cups (295g) caster sugar
½ firmly packed cup (100g) brown sugar
3 eggs, beaten
200ml sunflower oil
2 teaspoons vanilla extract
3 large zucchini, grated
¾ cup (75g) walnuts, toasted, chopped, plus 6 whole walnuts to garnish
1/3 cup dried cranberries (craisins)

Method

Preheat oven to 150°C. Grease and line a 2 litre loaf pan. Sift flour, soda, baking powder and spices in a large bowl. Stir in sugars, then add egg, oil, vanilla, zucchini, nuts, cranberries and a pinch of salt.

Stir with a wooden spoon until well combined, then spread into the prepared pan. Top with extra nuts. Bake in the middle shelf of oven for 1 – 1 ¼ hours or until skewer comes out clean. Cool slightly in pan, then turn out onto wire rack to cool completely.



Baked Falafels

Ingredients

1 can chickpea beans
1 bunch shallots, finely chopped
¼ cup fresh Italian parsley, chopped
½ lemon, juiced
1 teaspoon olive oil
1 teaspoon coriander
1 tablespoon of cumin
3 tablespoons of potato starch
1 teaspoon baking powder
Salt and pepper to taste

Method

Preheat oven to 160°C.

Drain and rinse the chickpeas. Place in a food processor and wizz for 20 seconds.

Place all the remaining ingredients into the food processor. Wizz until you have a doughy texture. Use a spoon, scoop out a golf ball sized piece and place on baking paper on a tray. Line out the entire batch, about 10-12 balls, slightly flatten.

Bake for 25-30 minutes, or until firm. Do not flip while cooking.

Serve on pita with fresh lettuce, tomatoes, carrots, cucumbers and hummus.





Crossmaglen PUBLIC SCHOOL

384 Crossmaglen Rd
Crossmaglen NSW 2450
p 02 6653 4295 m 0436 646 844

Starlight Cinema



Come join the Crossmaglen Public School Community and friends for an awesome outdoor cinema experience watching a family friendly movie under the stars!

Bring your picnic blankets or camping chairs and please invite your friends.

When: Friday 15th November 2019

Where: Crossmaglen Public School

Food: P&C Sausage sizzle and snack shop

Cost: \$5.00 per ticket or \$20 for a family of 5 or more (tickets at the door)

Time: 6pm to secure your spot- then the main event to start at 7pm



P&C Association

PRESIDENT: ROSEY MELVILLE

crossmaglen_pc@outlook.com

crossmagle-pschool@det.nsw.edu.au

www.crossmagle-pschools.nsw.edu.au

DORRIGO SHOW FUN RUN

SUNDAY
24 NOVEMBER 2019
7:20am

13km ~ 6.5km ~ 3km

CATEGORIES

13km Open Male
Open Female

3km Junior Male (under 12)
Junior Female (under 12)

6.5km Open Male (18+)
Open Female (18+)
Youth Male (12-17)
Youth Female (12-17)
Junior Male (under 12)
Junior Female (under 12)

Anyone is open to enter the 3km event however, prizes will only be awarded to Juniors

ENTRY FEE
\$12 ADULTS \$8 JUNIOR
Includes admission to show



All registrations will take place at the Dorrigo Showground at 6:30am

13km & 6.5km: Bus leaves Showground main gate at 7:00am to North Dorrigo Store
3km: Bus leaves Showground main gate at 7:15am to start line

For more information, contact Nikki on 6657 2113 or 0438 239 400



**Australian
Childhood Anxiety
TREATMENT STUDY**

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

☎ (07) 3735 3351

✉ cadrp@griffith.edu.au

🌐 griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council



Queensland, Australia

GU Ref No. 2019/746



A NIGHT WITH THE BLOKES

TOMORROW MAN WORKSHOP

Join us for an engaging and impactful two hours of casual and honest conversation exploring where the current man code has taken us and what tomorrow's man might look like.

Wed 13th Nov @ 7:00pm - 9:00pm

Bellingen Memorial Hall
35 Hyde St Bellingen, NSW

16 years+ (under 16 years supervised)

Register at <http://bit.ly/blokesnightbellingen>

This FREE Tomorrow Man event is proudly brought to you by Bellingen Shire Youth Services.

