

# RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

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Term 1, Week 6

5<sup>th</sup> March, 2019

6 Mar	NC Swimming Carnival
14 Mar	Kids in Kitchen
21 Mar	Harmony Day
21-22 Mar	Leadership Camp
28 Mar	Kids in the Kitchen
2 Apr	Hockey Gala Day, Stage 2
3 Apr	Hockey Gala Day, Stage 3
10 Apr	Circus Challenge
11 Apr	Kids in the Kitchen

## KiK Success!

Our first KiK for the year was a huge success! Both classes prepared delicious meals for our lunch and recess. It was wonderful to see everyone trying the wrap and many students surprised themselves and really enjoyed it. Next Thursday, 14<sup>th</sup> March, 3-6M will be making burgers.



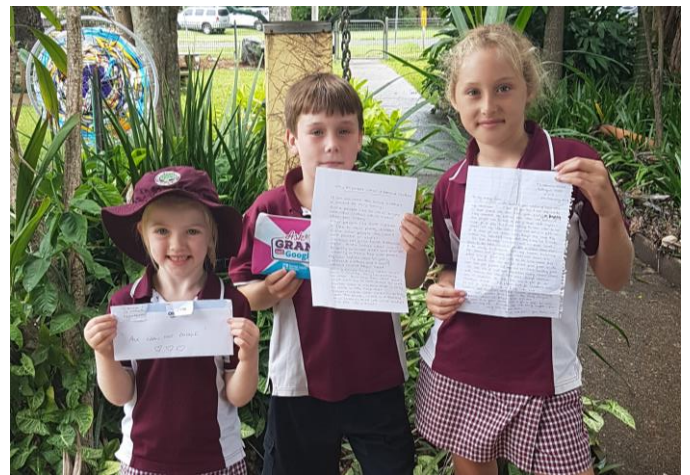
Dear Parents and Community Members,

Thank you for the wonderful support we have from our school community, supporting our Package-free lunch program. On Friday our students and staff participated in the Schools Clean Up Australia Day campaign. This year we cleaned our school playground and around the Raleigh Community Hall. There was a very small amount of rubbish and recycling found, which was fantastic!



## Penpal Program

Thank you to all of our extended family and friends who have sent responses to our 'Ask Gran not Google' project. Nearly every child has now received a response. Due to the great responses we received, we have decided to try to set up a Penpal project with our family and friends. We are sending home more details in a separate letter and are asking students to send in \$2 each to cover the cost of the stamps for our first two letters.



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

## A Love of Reading

Last week Kindergarten students started their home readers. We had an information session for parents to support this at home and discussed the importance of the 3 Ps, Pause, Prompt and Praise. The other P we like to promote at Raleigh is Practice. All students, K-6 should spend time reading each day to improve their accuracy and comprehension as well as develop a love of reading.



## Headphones

Every child in our school needs their own pair of headphones so that they can access the literacy and numeracy programs we use in the classroom. These can be purchased for around \$10-\$15 at places like Kmart and Big W.

## Roasted Beet Hummus

### Ingredients

- 1 small roast beetroot
- 1 can chickpeas
- 1 large lemon (zested)
- ½ large lemon (juiced)
- 1 healthy pinch salt and black pepper
- 2 large cloves garlic (minced)
- 2 heaped Tbsp tahini
- ½ cup extra virgin olive oil

### Method

Once your beetroot is cooled and peeled, quarter it and place it in your food processor. Blend until only small bits remain.

Add remaining ingredients, except for olive oil and blend until smooth.

Drizzle in olive oil as the hummus is mixing.

Taste and adjust seasonings as needed, adding more salt, lemon juice or olive oil if needed. If it's too thick, add a bit of water.

Will keep in the fridge for up to a week.

## Disposition Surveys

Thank you to all of the families who have returned the Disposition survey. We have over 90% returned. If you haven't returned your child's yet, please do so this week.

## Banana-berry breakfast biscuits

### Ingredients

- 2 ½ cups of traditional oats
- ½ cup sunflower seeds
- ¾ cup mashed banana
- ½ cup almond spread
- ½ cup vegetable oil
- 1/3 cup maple flavoured syrup
- 2 teaspoons vanilla extract
- ½ teaspoon mixed spice
- 1 cup frozen blueberries

### Method

Preheat oven to 180°C/ 160°C fan forced. Line 2 baking trays with baking paper.

Reserve 1 tablespoon each of the oats and sunflower seeds. Place remaining oats and almonds, banana, almond spread, oil, maple syrup, vanilla and mixed spice in a large bowl. Stir until combined. Stir in blueberries. Place ¼ cup of mixture, 4 cm apart, on prepared trays. Sprinkle with reserved oats and sunflower seeds. Bake for 25 minutes or until golden and firm. Stand for 10 minutes. Transfer to a wire rack to cool.



## Package Free Lunch Winner

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





### Urunga Hockey Club



Who: Boys and girls aged 5yrs to 16 yrs  
 When: Saturday mornings (Starting early April)  
 Where: All games at the Hockey Complex, Stadium drive, Coffs Harbour  
 Registrations being taken now.  
 For further information contact  
 Rhonda Smith 0457271071, Kristy Bourke 0428520390 or [urungahockey@gmail.com](mailto:urungahockey@gmail.com)  
 All players receive a free stick pack or equivalent towards a stick of their choice.  
 Active Kids rebate can be used to cover costs.  
**FREE SKILLS/COME AND TRY SESSIONS**  
 Saturday 9<sup>th</sup> & Saturday 23<sup>rd</sup> March  
 Minkeys- 11s 8:30-10am 13s -16s 10:30am -12pm  
 Hockey Complex, Stadium Drive, Coffs Harbour **OR**  
 Sun, 3<sup>rd</sup> March 3pm-4pm on the COLA at Urunga P.S.  
 Sticks and balls supplied. **New players welcome!**  
**Existing players bring a friend and join the fun.**

**THE BEST GAME ON EARTH**  
**JOIN OUR CLUB**  
 AGES 5 - 16 years

**REGISTRATION & TRAINING**  
 4pm Tuesday 5th March  
 Connell Park, Bellingen

Fees \$120 includes Socks, Shorts and Club Polo

**WE ARE in a different LEAGUE**

**MAGPIES**

Fun times  
 Ball skills  
 Teamwork  
 Enjoyment  
 Friendship  
 Confidence  
 Sportsmanship

Register via our facebook page or email [belligo@live.com.au](mailto:belligo@live.com.au)



### PLAY BASEBALL FOR BELLINGEN

The Bellingen Brewers are recruiting players for Tee-ball (ages 8-10), Little League (ages 10-12), Junior League (ages 13-15) and Senior B & A Grade Leagues.  
 All games are played at Coffs Harbour Stadium Dr sports grounds: Tee-ball, Little League and Junior League in the morning, Senior Leagues in the afternoon.  
 Contact Charles Wolfson (0403 188 492) for more information

### Live Life Well @ School

#### Fundamental Movement Skills at home - Catching

Catching an object is an important skill and links to many social activities such as cricket, netball, football, basketball, and enjoyable playground games for your child.

Practice with your child at home regularly. Try these simple cues:

- Eyes focused on the object
- Cup your hands
- Move to the object
- Bend elbows to absorb the force of the object

Use a range of objects - bean bags, balls, blocks.

For more information: [www.healthylivekids.com.au](http://www.healthylivekids.com.au)





Something wonderful  
is about to happen

Saturday & Sunday  
25th - 26th May, 2019  
Bellinggen Showground



## YOUR SHOW NEEDS YOU!

The Bellinggen Agricultural Show will be held on the weekend of 25 & 26 May 2019. This year's show is expected to be bigger and better than ever and we want you to be part of it.

YOU can play a significant part in ensuring the success and sustainability of our show by becoming a volunteer.

There's a job and a time frame for YOU. Your contribution as a volunteer will be important in staging an event that showcases our community and highlights key attributes of our region as well as maintaining important traditions; some going back more than a century.

Show volunteers will receive support and assistance from a committed and passionate team of people and above all have fun working in our region's longest standing event.

Be part of it. Enrol today by emailing your name and contact details to Geoffrey Adams at [secretary@bellingshow.com.au](mailto:secretary@bellingshow.com.au) or on 0498 483915 Please mention if you have had past experience as Show volunteer or have an interest in any particular area of the Show

I look forward to working with YOU.

Geoffrey Adams.

Secretary Bellinger River Agricultural Show Society.

The 2019 football season is upon us and now is the time to register!

The season always fast approaches and the first games kick off early April - now is the time to sign up to not miss out! Bellinggen Football Club offers boy's and girl's teams from the age of 5/6 up to 17's as well as senior men's and women's teams. Last year saw the club field teams in many age groups, with some age groups fielding two teams! We are on track to do this again and looking to fill up teams in the 6-11 year age groups as well as 12's & 13's boys and 12's, 14's & 16's girls. Senior men and women also have some spots left but jump in quick! Please register your interest online now at [www.playfootball.com.au](http://www.playfootball.com.au).

BFC will give you a 10% discount on the fees of the second registration and a 20% discount on the fees of the third or more registration per family. Registrations after February incur a late fee.

We have a great group of volunteers that make this club thrive. If you are interested in volunteering in some way this season, the committee would love to hear from you.

Training will start next week for all junior teams. We look forward to seeing you at Connell Park very soon!