

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

Website <https://Raleigh-p.schools.nsw.gov.au>

School Principal: Mrs Katrina Meenahan

Term 3, Week 5

20th August, 2019

22 Aug	Cricket Gala
23 Aug	MNC Athletics, Coffs Harbour
26 Aug	START Program for Kindies 2020
29 Aug	Kids in the Kitchen
29 Aug	Father's Day Stall, gifts \$4 each
2 Sep	START Program for Kindies 2020
9 Sep	START Program for Kindies 2020
12 Sep	Kids in Kitchen
16 Sep	START Program for Kindies 2020
23 Sep	START Program for Kindies 2020



Dear Parents and Community Members,

Last Wednesday afternoon, Leigh joined us for our final hockey session. He padded up in his goalie gear and allowed the students to have a shot at goals. Many of our students showed great improvement from the beginning to the end of the program. Everyone was having fun outside in the sun! I even spent a bit of time outside hitting the ball and having a laugh. Thanks to Leigh for his coaching and support.



On Thursday, we had another delicious and successful Kids in the Kitchen. It is wonderful to see many of our students trying new foods and actually realising they enjoy them. The Cottage Pie that 3-6 made was a huge success, with many students coming back for second and even third helpings. Lots of students commented that they were surprised at how yummy it was. Thank you to Andrea and Kieren for donating the sweet potatoes and to Mrs Frupp for donating the pumpkin which we added to the potato topping on our pie.

Di Carr, who our students know from the activities and events we have done at Park Beach Plaza, donated a box of cumquats to the school. The K-2 class made a healthy Cumquat Fruit Bread. It was very yummy and well worth making for a school lunch treat. After our recess, students who wanted to try a cumquat did. Many enjoyed the sweet and sour flavour, while for some they were just too tart. If you haven't already seen them, have a look at the photos on our school Facebook page. Cumquats are certainly a much healthier alternative than sour lolly worms!



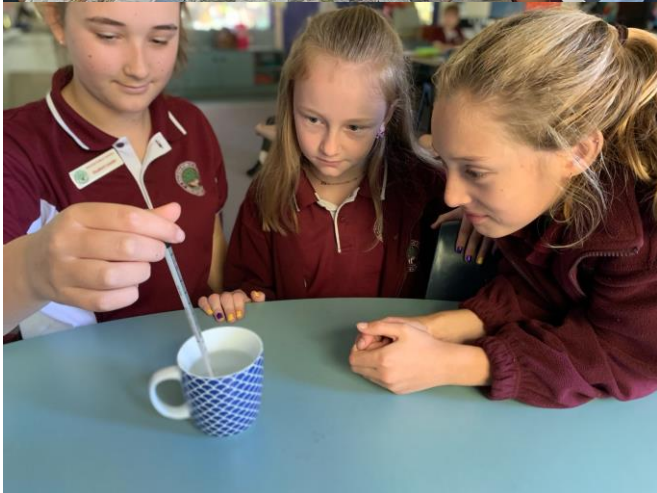
Thank you to the Axelsson's who last week donated some more seedlings to the school. Our gardening group enjoyed planting them. During KiK, the 3-6 class had a sample of one of the purple carrots that we have been growing from a previous donation. These will be ready to harvest for our next KiK. We are really looking forward to being able to try more of the produce as it grows and matures!

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

WEEKLY NEWSLETTER

20th August, 2019, Page 2

On Friday, our two classes enjoyed spending the morning having fun with science. This was a great way to round off Science Week! The K-2 class have been exploring how we mix and combine materials. They had fun, making a mess with paper mâché, I can't wait to see what they do next with their creations? The students in 3-6 have been looking at heat as a part of their unit. They had fun hypothesising and then testing out their hypothesis, by doing experiments using thermometers.



Next Monday, our new 2020 Kindergarten students will be beginning the STaRT program. We are expecting between five to seven pre-schoolers to be coming and joining us, between 9.45 -11.45am each Monday. This program is an excellent way for new Kindergarten students to get to know the school and feel comfortable and settled when they begin fulltime in 2020. This successful transition program has shown in the past, to make a very strong impact on the positive beginning that children have starting school at Raleigh. If you know of someone who is living in the Raleigh zone or interested in attending, please have them phone the school and ask to speak to me.

Well done to all of our students, staff and families who contributed to another wonderful week at Raleigh!

Regards, Katrina

Kindergarten START 2020

Monday, 26th August, 9.45- 11.45am

Monday, 2nd September, 9.45- 11.45am

Monday, 9th September, 9.45- 11.45am

Monday, 16th September, 9.45- 11.45am

Monday, 23rd September, 9.45- 11.45am

Children will need to bring a hat, a water bottle, fruit snack and lunch.

Feedback Meetings

Today Bernadette and I did feedback meetings with the students to discuss how they are going at school. We look at what is working well and help the students set goals. Isla says; "She likes school because she knows everybody in the whole school."

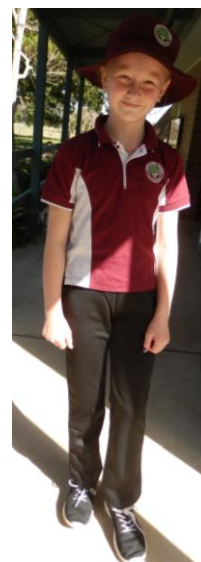
In Project Based Learning – Emma said; "She enjoyed working with Heath because he helps a lot and Sylvie had good ideas."

Father's Day Stall

This will be held on Thursday 29th August. Gifts will be \$4 each and students may purchase more than one. Money can be sent in before hand so that it is not overlooked.

Girls Black Winter Pants

The black bootleg trousers for girls are no longer available from LW Reid. They have however introduced a winter warmth, tailored leg for a modern fit. The pants have an elasticised continuous drawcord waist and a secure zip coin pocket. They will sell for \$25. If you think you may be interested for next winter, please indicate the size and quantity required on page 4. This is only an indication and is not a binding order.



Hairy Biker's Healthy Cottage Pie

Ingredients

400g lean minced beef
 2 medium onions, chopped
 2 celery sticks, finely sliced
 2 medium carrots, diced
 400g can of chopped tomatoes
 2 Tbsp tomato paste
 500ml beef stock, made with 1 beef stock cube
 1 Tbsp Worcestershire sauce
 1 tsp dried mixed herbs
 Flaked sea salt
 Freshly ground black pepper

Ingredients for topping

750g floury potatoes, pumpkin and white sweet potato
 2 tsp sunflower oil
 Freshly ground black pepper

Method

In a large frypan, cook the mince, onions, celery and carrots for 10 minutes until lightly coloured. Use a wooden spoon to break up the mince as it cooks.

Stir in the tomatoes, tomato purée, beef stock, Worcestershire sauce and mixed herbs. Season with a good pinch of salt and plenty of freshly ground pepper. Bring to the boil, then reduce the heat, cover loosely and simmer gently for 40 minutes, stirring occasionally until the mince is tender.

About 20 minutes before the meat is ready, make the potato topping. Peel the potatoes, pumpkin and sweet potato and cut them into rough 4cm chunks. Put them in a large saucepan, cover with cold water and bring to the boil. Then turn down the heat slightly and simmer for 18-20 minutes or until the potatoes are very tender. Drain the potatoes and pumpkin, then put them back into the pan, season to taste and mash until smooth.

Preheat the oven to 220°C. When the beef has been simmering for 40 minutes, mix the cornflour with the cold water to make a smooth paste. Stir this into the beef and cook for a further 1-2 minutes, until the sauce is thickened, stirring often.

Pour the beef mixture into a 2 litre shallow ovenproof dish. Using a large spoon, top the beef with the mashed potatoes. Spoon the mixture all around the edge of the dish, before heading into the middle. Then fluff up with a fork.

Bake for 30 minutes until the topping is golden and the filling is bubbling.



Kumquat Oatmeal Bread

Ingredients

1 cup wheat flour
 ½ cup white flour
 1 Tbsp baking powder
 2 tsp cinnamon
 ¼ tsp salt
 1 cup old fashion oats
 1 cup kumquats (puréed – about 20 kumquats)
 ¾ cup honey
 2 Tbsp applesauce
 2 eggs
 1 Tbsp vanilla
 1 cup dried fruit

Method

Preheat to 160°C and grease a loaf tin.

Put all the dry ingredients – flours, oats, baking powder, salt and cinnamon in a medium sized bowl and mix to incorporate well.

Add your kumquat purée, honey, applesauce, vanilla and eggs – stir until everything is mixed well.

Mix in the dried fruits.

Pour into a greased loaf pan.

Bake at 160°C for 40 to 45 minutes (don't over bake).

Cool in a pan for 5 minutes on a cookie rack.

Loose around edge of pan if needed and dump out of loaf tin to cool.



Vegetarian Cottage Pie

Ingredients for topping

750g floury potatoes, pumpkin and white sweet potato
 2 tsp sunflower oil
 Freshly ground black pepper

Ingredients for the filling

1Tbsp oil
 1 onion peeled, finely chopped
 1 garlic clove, peeled, crushed to a paste
 1 large carrot, peeled, finely chopped
 1 leek, trimmed, thinly sliced
 2 tsp chopped, fresh thyme leaves
 300g vegetarian mince, fresh or frozen
 400g cannellini beans, drained and rinsed
 400g can chopped tomatoes
 1 Tbsp tomato paste
 Sugar, to taste (optional)
 Salt and freshly ground black pepper to taste
 Steamed green vegetables, to serve

Method

Preheat the oven to 190°C/170° Fan
 To make the topping. Peel the potatoes, pumpkin and sweet potato and cut them into rough 4cm chunks. Put them in a large saucepan, cover with cold water and bring to the boil. Then turn down the heat slightly and simmer for 18-20 minutes or until the potatoes are very tender. Drain the potatoes and pumpkin, then put them back into the pan, season to taste and mash until smooth. Set aside.
 To make the filling. Heat the oil in a large pan over a medium heat. Add the onion and fry for 10 minutes, or until softened. Add the vegetarian mince to the pan and fry for a further 3 minutes, stirring continuously, or until golden brown.
 Add the drained cannellini beans, chopped tomatoes and tomato purée and stir well to combine. Simmer for 5 minutes or until the sauce has thickened. Season to taste with salt and freshly ground black pepper. Taste and add a little sugar if needed.
 Spoon the mixture into a large ovenproof dish. Spread the mashed potato and parsnip mixture over the filling in a smooth even layer.
 Bake for 20 minutes, or until the topping is golden brown and the filling is cooked through. Serve with steamed green vegetables.

Package Free Lunch Winner

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



Girls Winter Black Pants

I would be interested in size _____ and I would like _____ pairs.

Name: _____