

# 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](mailto: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 10

17<sup>th</sup> December, 2019

18 Dec Students finish for the year  
27 Jan 2020 Australia Day holiday  
28 Jan Staff return  
29 Jan Students Yrs 1-6 return  
31 Jan Best Start Testing for Kindergarten  
3 Feb Kindergarten students commence

## Big Banana Rewards Day

Yesterday our whole school went to the Big Banana Waterpark to celebrate the end of year and then came back to school and shared lunch together.

*The photos say it all!*

Dear Parents and Community Members

### Sunset Picnic

I would like to thank all of our parents, family and friends who joined us for a fantastic Sunset Picnic last week. It was a lovely afternoon/evening spent enjoying and reflecting on the great year we have had and the achievements of all of the students. It was wonderful to have all of our 2020 Kindergarten students' join us and we look forward to them joining us fulltime next year. Thanks to everyone who provided the delicious salads and desserts for our meal...yum!



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



## Year 6 Farewell

This afternoon many of our students are staying after school finishes, to participate in our Year 6 Farewell afternoon tea. Due to the water restrictions we are unable to have a water play afternoon, but we still have some fun activities in store for everyone.

## Year 6 Gift to School

The Year 6 students are revamping an existing pond at school so that future generations of Raleigh students can enjoy it. It was extremely messy work, but we had fun! This week we are going to fill it with water, from the tank and put the plants and other items in it. Well done Year 6!



## School Dates 2020

We look forward to seeing our Year 1 to 6 students back in 2020 on Wednesday 29<sup>th</sup> January. The Kindergarten students have Best Start interviews on Friday 31<sup>st</sup> of January and their first official day of school is Monday the 3<sup>rd</sup> February. I would like to thank everyone again for a fantastic 2019 and wish everyone a safe and relaxing Christmas and New Year.

Kind Regards, Katrina

## Package Free Lunch Winner

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



## OzHarvest Workshop

It was fantastic to have OzHarvest come along to school to teach our students a little bit more about food waste and how we can all help to reduce this. Alison was very impressed with the engagement and knowledge of our students. Next year we are planning to be a part of OzHarvest's FEAST program to try to further help with the fight against food waste.



## Riverwatch Testing

It was very exciting to be able to do our Riverwatch testing at Raleigh last Tuesday. Unfortunately, the weather was extremely hot and we hope when we do it again in February we will have a nicer day. Thanks to our Riverwatch volunteer Helen who came to help out.





### KiK Christmas Lunch

It has become a Term 4 tradition at Raleigh that we cook a Christmas lunch to share together. Last Thursday the 3-6 class prepared four delicious salads – Quinoa, potato, crunchy wombok and an Italian pasta salad. We paired this with fresh ham and chicken. It was all delicious! K-2 made scrumptious cheesecakes in a cup, with cute strawberry Santa hats. Well done everyone!



### Surf Safety

Last Friday our 3-6 students went to Sawtell beach for their annual Surf Safety Day. Although it was a dreary day, the students still had lots of fun learning about the ocean and how to stay safe and also got to see many dolphins. Thank you to Craig and Mrs Corcoran for transporting and supervising the students throughout the day.



### Quinoa Salad

#### Ingredients

- 1 cup uncooked quinoa, rinsed in a fine mesh colander
- 2 cups water
- 1 can chickpeas, rinsed and drained, or 1 ½ cup cooked chickpeas
- 1 medium cucumber, seeded and chopped
- 1 medium red capsicum, chopped
- ¾ cup chopped red onion
- 1 cup finely chopped flat-leafed parsley
- ¼ cup olive oil
- ¼ cup lemon juice
- 1 tablespoon balsamic vinegar
- 2 cloves garlic, pressed or mince
- ½ teaspoon fine sea salt
- Freshly ground black pepper

#### Method

To cook quinoa: Combine the rinsed quinoa and water in a medium saucepan. Bring the mixture to boil over a medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover and let the quinoa rest for 5 minutes, to give it time to fluff up.

In a large serving bowl, combine the chickpeas, cucumber, bell pepper, onion and parsley. Set aside. In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended then set aside.

Once the quinoa is mostly cool, add it to the serving bowl and drizzle the dressing on top. Top until the mixture is thoroughly combined. Season with black pepper to taste and add an extra pinch of salt if needed. Let the salad rest for 5 to 10 minutes before serving.

## Wombok Salad

### Ingredients

½ - 1 Chinese cabbage (wombok)  
6 shallots  
100g pinenuts  
1 pkt Changs fried noodles  
¼ cup white vinegar  
¼ cup caster sugar  
1 Tbsp soy sauce  
2 tsp sesame oil  
½ cup olive oil

### Method

Combine the vinegar, sugar, soy sauce, sesame oil and olive oil in a saucepan. Stir well over low heat until sugar has dissolved. Cool.  
Toss the cabbage, shallots and almonds in a bowl.  
Add dressing and mix well.  
Just before serving, add the noodles and toss thoroughly.

## Italian Pasta Salad

### Ingredients Pasta Salad

450g uncooked pasta  
3 cups cherry tomatoes, cut in half  
125g mozzarella cheese balls, cut in half  
450g salami, cut into cubes  
½ cup sliced red onion  
½ cup fresh parsley, chopped

### Italian Pasta Salad Dressing

1 ½ cups olive oil  
¼ cup white vinegar  
¼ cup water  
2 tablespoons coarse sea salt  
2 cloves of garlic  
1 tablespoon sugar  
2 teaspoons of dry oregano or dry basil  
Black pepper to taste  
Fresh herbs

### Method

Cook pasta according to package directions. Allow to cool slightly and toss with a little oil to prevent sticking.  
Blend up the dressing or shake together in a jar.  
Toss all ingredients together!



## Bacon Potato Salad

### Ingredients

#### Potato Salad

4 bacon rashers, finely diced  
1 tsp oil  
1 kg potatoes, peeled and cut into 2cm cubes  
½ cup French dressing – homemade  
1 small brown onion, finely diced  
2 medium celery sticks, finely sliced on the diagonal  
4 eggs, cut in eighths

#### Potato Dressing

1/3 cup mayonnaise  
1/3 cup sour cream  
Salt and pepper

#### French Dressing

2 tbsp white vinegar  
1 tbsp Dijon mustard  
1 tbsp water  
¼ cup olive oil (4 tbsp)  
½ tsp salt  
½ garlic clove, crushed  
Black pepper

### Method

Combine the French Dressing ingredients in a jar and shake well until combined.  
Combine the Potato Salad Dressing ingredients and mix well.  
Heat 1 tsp oil in a non-stick pan over a high heat. Sauté bacon until crisp, remove from pan and place on paper towel to absorb excess oil.  
Bring large pot of salted water to the boil. Put the potatoes in, bring back up to the boil then cook the potatoes for 5 minutes.  
Drain the potatoes, then place in a large bowl. Immediately pour the French dressing over the potatoes and very gently toss to coat all the potatoes.  
Once the potatoes have cooled, add the remaining Potato Salad ingredients and pour over the Potato Salad Dressing.  
Toss gently to combine. Set aside for at least a few hours, preferably overnight, before serving. Store covered in the fridge.





# SParky & Shady

a wellbeing program to help you understand yourself

Help your child be resilient and ...

- \* Do better at school
- \* Be a good friend and build great friendships
- \* Make a positive difference in the world

Affordable New Workshops in 2020:

6-9 yrs 20th & 21st January

9-12 yrs 23rd & 24th January

Grown ups 16th & 17th January

Parents accompany kids to workshops

"I thought the course would be good but it has blown my mind how powerful it is." Sue Sticker

sparkyandshady.com

Who are Sparky and Shady? Sparky is our loving side and Shady is our fearful side.

Taught by Kathy Sheehan, BEd author & founder,

Endorsed by Andrew Fuller, author and clinical psychologist.

## Holiday Activities

### Bellingen Library 10.00-11.30

Tuesday 7th Jan: Lego Construction

Tuesday 14th Jan: Exercise your Body

Tuesday 21st Jan: Paper Snowflake Craft

Bookings: 6655 1744



### Urunga Library 10:30—11:30

Thursday 9th Jan: Ozobots—bookings essential, ages 6-12

Thursday 16th Jan: Nature weaving

Thursday 23rd Jan: Dinosaur doings

Bookings: 6655 6444



### Dorrigo Library 10:30-11:30

Wednesday 8th Jan: Paper Snowflake Craft

Wednesday 15th Jan: All About Plants

Wednesday 22nd Jan: Ozobots—bookings essential, ages 6-12

Bookings: 6657 2234



Bellingen Shire COUNCIL

Bellingen Shire Libraries • bellingenlib@crl.nsw.gov.au • p (02) 6655 1744

## SUMMER READING CLUB

Summer Reading Club challenge  
now on at all Bellingen Shire  
Libraries!

For all pre-school and  
school age children

Drop into your local library  
and take the pledge



Stories are everywhere  
waiting to be discovered

JOIN THE CHALLENGE

summerreadingclub.org.au



**\$100 Active Kids Voucher**  
providers in the **BELLINGEN VALLEY** areas

Get 2 x \$100 vouchers to use towards sport and active recreation costs in 2020 at these registered activity providers.

- Active Recreation**  
1st Bellingen Scout Group: [www.nsw.scouts.com.au/groups/1st-Bellingen-Scout-Group](http://www.nsw.scouts.com.au/groups/1st-Bellingen-Scout-Group)  
North Beach Recreation & Bowling Club: [www.northbeachbowls.com.au](http://www.northbeachbowls.com.au)  
Little Guru's Yoga: Search Facebook
- AFL**  
Bellingen Auskick Centre: [www.aflauskick.com.au](http://www.aflauskick.com.au)
- Athletics**  
Urunga/Belling Valley Little Athletics: [www.lansw.com.au](http://www.lansw.com.au)
- Cricket**  
For information on below clubs visit: [www.playcricket.com.au](http://www.playcricket.com.au)  
Bellingen Cricket Club  
Dorrigo Cricket Club
- Dance / Performing Arts**  
River Dance Centre '86: [www.riversdancecentre86.com](http://www.riversdancecentre86.com)
- Equestrian**  
Valehall Valery Trails: [www.valerytrails.com.au](http://www.valerytrails.com.au)
- Golf**  
Coffs Harbour Golf Club: [www.coffsharbourgolfclub.com.au](http://www.coffsharbourgolfclub.com.au)
- Hockey**  
Bellingen Hockey Club: [www.hockeycoffscoast.com.au](http://www.hockeycoffscoast.com.au)
- Martial Arts**  
Aikido NSW: [www.aikido.org.au/Bellingen](http://www.aikido.org.au/Bellingen)  
Bellingen Shotokan Karate: [www.jakarate.com.au/clubs-locations](http://www.jakarate.com.au/clubs-locations)
- Netball**  
Bellingen Netball Association Inc: [www.my.netball.com.au](http://www.my.netball.com.au)
- Pony Club**  
For information on below clubs visit: [www.pcansw.org.au](http://www.pcansw.org.au)  
Bellingen River Pony Club Inc  
North Dorrigo Horse and Pony Club
- Rugby League**  
Bellingen Dorrigo Junior Rugby League: [www.playnrl.com/registerclub](http://www.playnrl.com/registerclub)
- Rugby Union**  
Dorrigo Junior Rangers Rugby Club: [www.australia.rugby/participate/play](http://www.australia.rugby/participate/play)
- Sailing**  
Urunga Sail Training Club: [www.sailurunga.org.au](http://www.sailurunga.org.au)

- Soccer**  
For information on below clubs visit: [www.northcoastfootball.com.au](http://www.northcoastfootball.com.au)  
Bellingen Soccer Club  
Urunga Soccer Club  
Dorrigo Soccer Club
- Squash**  
Dorrigo Squash Club: Search Facebook
- Swimming**  
Bellingen Shire Swim Centre: Search Facebook  
Dorrigo Swim Club: [www.dorrigoswimclub.websyte.com.au](http://www.dorrigoswimclub.websyte.com.au)
- Tennis**  
Bellingen Tennis Association—Rod Keers: [www.bellingen.nsw.gov.au/community-directory/sport-leisure-and-recreation/bellingen-park-tennis-club](http://www.bellingen.nsw.gov.au/community-directory/sport-leisure-and-recreation/bellingen-park-tennis-club)  
Baylis Tennis Academy: [www.baylistennisacademy.com.au](http://www.baylistennisacademy.com.au)
- Water Polo**  
Coffs Harbour Water Polo Club: [www.chwp.com.au](http://www.chwp.com.au)

### How to claim your Active Kids Voucher

1. Visit [service.nsw.gov.au](http://service.nsw.gov.au) and login to your MyServiceNSW account
2. Click on the Active Kids icon on the SERVICE tab
3. Fill out the requested info
4. Register your AKV number with a listed provider