

RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

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Term 2, Week 3

14th May, 2019

14-24 May NAPLAN Years 3 & 5
15 May **Scholastic Book Club due tomorrow**
18 May Election Day Stall
23 May Kids in the Kitchen
23 May P&C Meeting, 3:15pm
24 May Mid North Coast Cross Country
25 May Bellingen Show
28 May Wheelchair sports with Robbie & Jason
4 Jun Coffs Harbour Eistedfodd
6 Jun Kids in the Kitchen
7 Jun School Photos
10 Jun Queen's Birthday
12 Jun UNE Science Day at Orama PS

- Limit foods and drinks that contain [caffeine](#). These include some sodas and other drinks, like ice tea.
- Don't have a TV in your room. Research shows that kids who have one in their rooms sleep less. If you have a TV, turn it off when it's time to sleep.
- Don't watch scary TV shows or movies close to bedtime because these can sometimes make it hard to fall asleep.
- Don't [exercise](#) just before going to bed. Do exercise earlier in the day — it helps a person sleep better.
- Use your bed just for sleeping — not doing homework, reading, playing games, or talking on the phone. That way, you'll train your body to associate your bed with sleep.

Dear Parents and Community Members,

The Importance of Sleep and Children's Learning

There is a huge amount of research and information out there about the importance of getting a good night's sleep and the affect it has on children's ability to function at their best, learn and retain information. It is recommended for 5 – 12 year olds that they get between ten and eleven hours of sleep a night. As teachers we are noticing that many of the students in our classes are coming to school every day very tired. They are finding it difficult to concentrate and often are quick to become upset when things occur, that they would normally be able to cope with when they are not tired. These can be simple things like completing writing or maths tasks, having a disagreement with a friend or focusing on their work. We are finding this is also having an impact on student attendance, which further impacts their learning. We hope the tips below may help you to get your child back on track, ready for a full day of meaningful learning.

For most kids, sleeping comes pretty naturally. Here are some tips to help you catch all the sleep you need:

- Try to go to bed at the same time every night; this helps your body get into a routine.
- Follow a bedtime routine that is calming, such as taking a warm bath or reading.

Say No to Bullying Poster Competition.

We would like to congratulate *Tyson*, who is one of 41 finalists in the Interrelate 'Say No to Bullying' Poster Competition. There were over 38000 students registered. You can look up the 41 finalists on the Interrelate website. www.interrelate.org.au



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

NAPLAN Online

Today our Year 3 and 5 students participated in the writing task for NAPLAN 2019. They will be completing the rest of the assessments over the next week. Please remember to get a good night's sleep and eat well.

Election Stall

Thank you to our families who have already volunteered their time to help out at our stall and make or donate goods to sell. The money raised at this stall goes back into the school to support your child and their learning.

Deadly Australian's Visit

Last week Mark came with his travelling 'Deadly Australian's' show to educate and entertain the students of Crossmaglen and Raleigh Public Schools. They learnt about various deadly creatures that can be found across Australia. They were also shown what to do in an emergency situation and if they encountered some of the creatures in the wild.



District Cross Country

Last Friday, the students in the 3-6 class and four 8 year old boys in Year 2, traveled to Bowraville to participate in the Cross Country Carnival. Thank you to Rebecca, Skye and Jasmine for helping to transport the students to and from the carnival. Although we did not have anyone successful in making it through to the next level, all of the students that attended the carnival tried their best and participated well.



P & C Meeting

Our next P&C meeting will be held on Thursday 23rd May at 3.15pm in 'The House'. There will be no direct supervision for school age children, however they can bring something quietly to do while they sit on the front verandah.

Major Raffle

This week we will be sending out tickets to sell in our major raffle to raise money for the Sydney Excursion. The senior students in our school attend a major excursion every second year. When we fundraise, we ask all students across the school to support the fundraising event, as one day every child will have the opportunity to attend the excursion and they will want younger students to support them. All money raised by the students in Years 4-6 will come directly off their excursion cost. We hope you get behind this fundraiser.

Disposition of the Week

This week we are focusing on the disposition of being 'Reflective'. I can think about my thinking....., I can think about my learning.....

Hope you all had a very happy Mother's Day.

Kids in the Kitchen

Last week the 3-6 students made a delicious Chicken, vegetable and noodle soup. Many students came back for seconds and it was very popular. The K-2 students made a yummy, healthy muesli slice. We still have a handful of students who owe money for KiK for the rest of the term, as they had a credit due to illness that covered the first week. Please give Irene a call if you are unsure if you owe money.

School Photos

School photos will be taken on Friday 7 June. The envelopes sent home are for each individual student and payment needs to be enclosed and returned before the day.

Package Free Lunch Winner

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



Woolworths Earn & Learn

Thank you to families who have been sending in their Woolworths Earn & Learn stickers. Our cricket bats poster in the front office is filling up nicely.

Student Banking Bronze Award

Congratulations to Lincoln who has gained his Bronze Banking award. This means that *Lincoln* has bank 10 times and has gained his reward.



Chicken Noodle Soup

Ingredients

- 1 tablespoon olive oil
- 1 large onion, diced
- 4 cloves of garlic, minced
- 2 large carrots, chopped
- 1 rib celery, chopped
- 1 small zucchini
- Pumpkin
- Peas
- 6 skinless chicken thighs, bone in (or 8 legs)
- 2 litres chicken stock or broth
- 1-2 chicken bouillon cubes, crushed
- 200g green beans, chopped in thirds
- ¾ cup corn kernels
- 120g baby spinach leaves
- ½ litre of water as needed
- 200g egg noodles
- Salt and pepper, to taste
- ¼ cup fresh parsley, finely chopped

Method

Heat oil in a large pot over medium heat. Cook onion for 2 minutes, then add garlic, celery and carrots; cook for 5 minutes.

Add the chicken thighs, stock, crushed bouillon, green beans, zucchini, pumpkin, peas and corn kernels. Top up with water if needed to cover all of the ingredients. Increase heat and bring to the boil for about 4 minutes. Reduce heat, partially cover the pot with a lid, and allow to simmer for 20 minutes or until the chicken is cooked through.

Transfer chicken to a plate and shred the meat; discard the bones.

Add the chicken back into the soup along with the noodles. Cover and cook for 6-8 minutes while stirring occasionally to separate noodles.

Stir in spinach until wilted. Add parsley. Season with salt and pepper.



Healthy Chewies

Ingredients

- 2 cups (180g) rolled oats
- 1 cup (100g) desiccated coconut
- ½ cup (80g) wholemeal plain flour
- ¼ cup (50g) sunflower seeds
- ¼ cup (40g) sultanas
- ½ cup (70g) dried cranberries
- 1 teaspoon bicarbonate of soda
- 1/3 cup (80ml) extra virgin olive oil
- ¾ cup (180mls) golden syrup
- ½ teaspoon vanilla extract
- Icing sugar, for dusting, optional

Method

Preheat oven to 170°C (150°C fan-forced). Grease a 20cm x 30cm slice pan; line base with baking paper, extending paper 5cm over long sides of the pan. Combine dry ingredients in a large bowl. Place oil and syrup in a small saucepan; bring to the boil. Remove from the heat; stir in vanilla. Add oil mixture to dry mixture; stir thoroughly to combine. The mixture will be quite firm; use clean hands to combine well; if necessary. Press mixture firmly into pan with a spatula or damp hands to level. Bake slice for 25 minutes or until golden. Turn off oven; leave slice in oven for a further 5 minutes to dry out slightly. Remove from the oven; leave stand for 15 minutes. Use the baking paper to help lift the slice onto a wire rack. Cool completely. Dust lightly with sifted icing sugar, if desired. Remove paper, then cut slice into 16 fingers.

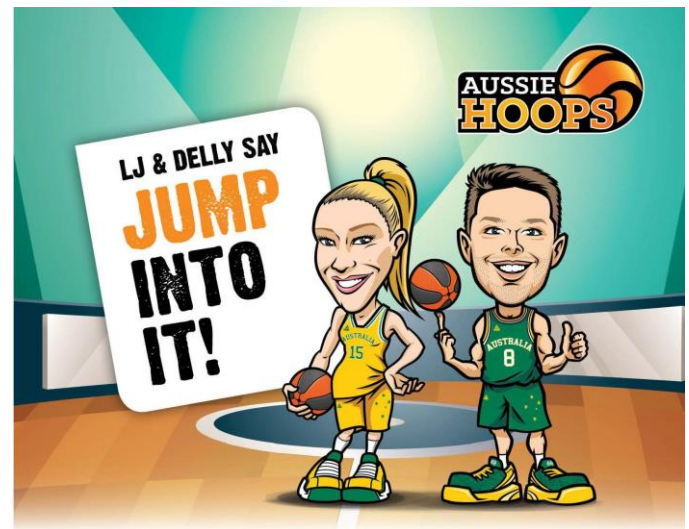


Scholastic Book Club

Book Club due back tomorrow.

Are You A Parent of a Child Aged 2 to 12?

The Parenting and Family Support Centre at the University of Queensland is conducting research into parents' opinions about parenting and parenting programs. If you have a child between 2 and 12 years, we would love to hear your views on parenting and the services that are available to you as a parent. You will need to complete a short survey. To find out more or to participate please visit <https://exp.psy.uq.edu.au/parenting>



REGISTER NOW AT AUSSIEHOOPS.COM.AU

Basketball Australia's official junior game development program for 5-10 year old's and their families.

Urunga Primary School
Commencing Tuesday 21st May
4 – 5pm
7 weeks for \$70



Includes FREE Basketball, training singlet and drawstring bag
Coaching by Bellinger Braves President Shane Dunlop

Contact: Shane Dunlop 0437 883 033

