

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 4, Week 1

15th October, 2019

16 Oct NRL
21 Oct White Cross Dental Care
21 Oct START Program, 9.45 to 11.45am
22 Oct Sporting Schools, Tennis
23 Oct NRL
24 Oct Kids in Kitchen, \$22.50 for term
28 Oct START, 9.45 to 11.45am
28 Oct - 1 Nov Sydney Excursion Yrs 4-6

The total profit from the Bunnings BBQ was \$1377.75. Our P&C use this money to do many things for all of our students from Kinder to Year 6. Some of the many things that our P&C contribute to are:

- Student insurance – this is \$117.99
- P&C Insurance - \$540 (This is compulsory and covers volunteers)
- Capping incursions at \$5 per child.
- Providing meals like the free Japanese lunch our students had when we did the drumming
- Helping to pay for the books that each of our students receive, every year at the Sunset Picnic
- Subsidise the Major Excursion to either Sydney or Canberra, every second year, for the Year 4 to 6 students. All students will have the opportunity to attend these when they reach the senior classes

Dear Parents and Community Members,

It was a lovely start to the term yesterday, with students, families and staff sharing what they had done over the holidays.

In the middle week of the holidays our P&C held their major fundraiser, a Bunnings BBQ. A big thank you goes out to the families and staff who volunteered a couple of hours of their time to assist and raise funds for our P&C, which supports all of our students in our school. An enormous thank you to Karen who organised a lot of the equipment and food before the BBQ and also was on duty for the entire day from 7.30am until 4.30pm.

Thank you to Anjali, Janelle, Jason, Amelia and her mum Faith, Adam, Craig, Marcus, Georgie and our staff Bernadette, Danielle, Irene and Jamie who helped at the BBQ. The day is actually quite enjoyable and I enjoyed the shifts I was there, talking to people and helping our school. Thank you also to Renae and Lance who donated all the sauces, as they were unable to help on the day and to Renae who counted all of the money afterwards.

Thank you to our P&C for helping to support all our families and school!

Updated Classrooms

As many of you are aware last term we were packing up and moving equipment and resources in both the classrooms in anticipation for new interior painting. Both of the classrooms are complete and most of the equipment and resources have been returned to the rooms, after Ms Driscoll and myself spent a few days reorganising in the holidays. The classrooms look bright and fresh and both students and staff are loving the new looks.

New Fencing

In the second week of the holidays we also had a fencing contractor replacing the rear and western boundary fences. These are now all straight and look great. He has begun replacing the front boundary fences and gates and this will be completed once the additional panel and gate order arrives.



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

Term 4 Sport

This term our Sport days will be Tuesday and Wednesday afternoon. On Tuesday, we will be having tennis lessons with Eli Baylis and on Wednesdays we will be participating with cricket. On the first two Wednesday mornings we will also be doing rugby league workshops.



Library

There will be no library this week as we still do not have the library books back on the shelves (after painting). We will let you know when Library begins again.

Kids in the Kitchen

Thank you to those families who have already paid for their Term 4 KiK. This Term the cost is \$22.50 as we will be cooking four meals and an additional Christmas treats cook. Please ensure your \$22.50 is paid by next Tuesday 22nd October.

Week 3 Excursions

We are all looking forward to our excursions in Week 3. The K-3 students will have a note go home about their Excursion and the cost of this. All notes and money must be returned by Friday 25th October. The Year 4-6 students are getting very excited about their Sydney excursion.

School Swimming Program

Each year our whole school attends swimming lessons for two weeks. This year our two weeks will run from the 18th November to the 29th November. A note with the cost will be finalised and sent home over the next week.

Kind regards,
Katrina

50 Nights Reading

Congratulations to *Alessandra* who has read or been read to for 50 nights. Reading is fun.

175 Nights Reading

Congratulations to *Harrison* who has read or been read to for 175 nights. Reading is great.



White Cross Mobile Dental Care

Student Information Packs have been handed out. If you would like to have your child's teeth examined next Monday 21st October, by a health therapist from White Cross Mobile Dental Care, please complete the forms and return them to school tomorrow.

Headphones

The school now has headphones in stock. These only come in black and cost \$12. If your child requires new headphones and you would like to purchase them from the school, please send in \$12.

BECOME A VOLUNTEER HOST FAMILY



CAN YOU HOST ME?

EMAIL INFO@WEP.ORG.AU
CALL 1300 884 733
SMS 'HOST' TO 0428 246 633



LAURA from Italy

Ciao from Italy!
I am able to see the good in anything and anyone and I perceive every life event as a lesson. I love spending time outdoors, swimming, walking, participating in team sports, taking photos and meeting with my friends.

My family is relatively small, but we are very close; I respect and admire my parents.
I can't wait to meet my Australian family!

WEP IS LOOKING FOR VOLUNTEER HOST FAMILIES TO HOST EXCHANGE STUDENTS FROM COUNTRIES INCLUDING ITALY, FRANCE AND BELGIUM, ARRIVING IN AUSTRALIA IN JULY 2020!

IF YOU HAVE AN INTEREST IN OTHER CULTURES, WE WOULD LOVE TO HEAR FROM YOU! REMEMBER, SOMETIMES THE GREATEST REWARDS IN LIFE COME FROM DOING THINGS YOU NEVER THOUGHT YOU WOULD!

CONTACT WEP ON 1300 884 733 FOR MORE INFORMATION OR EMAIL INFO@WEP.ORG.AU.

MORE PROFILES
AVAILABLE AT
WEP.ORG.AU/HOST

Mei Wei Lim & SWINGFONIA

PROUDLY PRESENT THEIR
"FLY ME TO THE MOON"
JAZZ SHOW




SUNDAY 24 NOVEMBER
TICKETS \$10* | 2PM SHOW

Exciting jazz vocal group led by dynamic musician Mei Wei Lim are proud to present their "Fly Me To The Moon" jazz show. In their 8th year together, Swingfonia will be performing their signature rich, lush harmonies in various jazz genres and styles. Performances by Mei on the grand piano, and appearances by special guest stars will make this a show guaranteed to make your toes tap and your hearts sing!

It's my club
cex.com.au

*Children are free
Tickets available from C.ex Coffs Reception or cex.com.au

C.ex Coffs
Vernon Street,
Coffs Harbour
T: 6652 3888



Rose and Mei in Concert

Saturday
19th October
2pm

St.John's
Anglican Church
2 McLean St, Coffs

Come along for an hour of beautiful music performed by violinist Rose Light and pianist Mei Wei Lim.

TICKETS AT DOOR -
\$15 Adult, \$5 Child

Funds raised will support Rose's violin masterclasses and workshops.

PHONE: 0406 112 639



LEAGUESTARS.COM

PLAY
LEAGUE STARS

The League Stars program appeals to the true nature of kids, in all their messy, high energy, love of fun and play. Each week, your child will participate in specially designed games that get them smiling and sweating.

League Stars kids have loads of fun with their friends, old and new, but the program delivers so much more. Each week they'll unlock more of their unique strengths, building physical, cognitive, social and emotional skills that will help them take on challenges big and small, now and in the future.

REGISTER FOR LEAGUE STARS
LEAGUESTARS.COM

WHEN: 4/11/2019 - 9/12/2109
TIME: Mondays 4:00pm - 5:00pm
LENGTH: 6
AGE: 5-12 Years
COST: \$75

WHERE:
Urunga Public School Grounds
Bonville Street,
Urunga
NSW 2455

YOUR LEAGUE STARS COACH IS:

Garry Stevenson
gstevenson@nrl.com.au
0429 834 204



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REGISTER FOR LEAGUE STARS
LEAGUESTARS.COM

WHEN: 6/11/2019 - 11/12/2019
TIME: Wednesdays 4:00pm - 5:00pm
LENGTH: 6 weeks
AGE: 5-12 Years
COST: \$75

WHERE:
Bellingen Park
Park St
Bellingen
NSW, 2454

YOUR LEAGUE STARS COACH IS:

Garry Stevenson
gstevenson@nrl.com.au
0429 834 204





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



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