

# RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

Find us at 12 North Street, **Raleigh** 2454  
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Term 1, Week 5

25<sup>th</sup> February, 2020

|        |                                   |
|--------|-----------------------------------|
| 27 Feb | MNC Swimming Carnival             |
| 27 Feb | Clean Up Australia Day            |
| 28 Feb | Kids in the Kitchen               |
| 28 Feb | Sporting Schools, Hockey          |
| 2 Mar  | Start of Vegetable Week           |
| 2 Mar  | Sporting Schools, Soccer          |
| 3 Mar  | NRMA Bus Program                  |
| 5 Mar  | State Library Visit at Repton PS  |
| 5 Mar  | Big Veggie Crunch, 10am Repton PS |
| 6 Mar  | Sporting Schools, Hockey          |
| 19 Mar | P&C AGM and P&C Meeting, 3.15     |

Dear Parents and Community Members

## *Kids in the Kitchen (KiK)*

This Friday will be our first Kids in the Kitchen for the year. So don't forget we have swapped KiK to Fridays. We are looking forward to a delicious lunch and recess!

## *Clean up Australia Day at Raleigh*

The official day for School's Clean Up Australia Day is this Friday the 28<sup>th</sup> February. As this is our first KiK for the year, we have decided to do our Clean Up Day on Thursday. The students in K-2 will clean up around our school and weather permitting the students in 3-6 will walk along the roadside towards the roundabout. If there are any parents who can come and volunteer an hour of their time between 9.10 and 10.10 could you please let Katrina or the school know.



## *Food Smart Program*

Did you know NSW households throw away nearly \$4000 worth of food every year? What would you do with an extra \$4000?

Raleigh Public School is proud to be partnering with MidWaste and the NSW Love Food Hate Waste team to **fight food waste** and we'd love your family to join us for the Food Smart Families program!

The **Food Smart** program is FREE. It will help your family reduce the amount of food you throw away, save money and help the environment by following **six simple steps**.

### **What you'll get when you sign up:**

- FREE Food Smart Kit - When you've completed your first survey, when it asks you to collect the Toolkit from your local council, you do not need to go to the council, we have the packs at school. If you send Katrina a text to say you have registered, a kit will be sent home next week.
- Regular information to help you keep food fresher for longer, store food correctly, plan meals and shopping, and serve the right sized portions – plus lots of great recipes ideas to help you love your leftovers! Today attached to the newsletter is a flyer for the Food Smart Program.



*"There are some people who live in a dream world,  
and there are some who face reality;  
and then there are those who turn one into the other."*  
DOUGLAS EVERETT

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

## Visit to Repton

Thank you to families who have returned their notes for next Thursday's visit to Repton School. If you haven't, could you please return it ASAP. We are still looking for some more people to help transport students there and back. We will be leaving school at 9.15am and parents can return at 12.15pm for the return trip. Thank you in anticipation.

## Big Veggie Crunch

The whole of next week is Vegetable Week. So don't forget to try and have five servings of vegetables every day. On Thursday we are asking that everyone brings vegetables for Crunch and Sip. We will be doing the Big Veggie Crunch at Repton Public School before we begin our activities. Popular veggies students regularly bring for Crunch and Sip are carrot sticks, cucumbers, cherry tomatoes and capsicum strips. However all vegetables are encouraged and welcomed.

## Penpal Program

Last year all of our students across the school began a very valuable project. We started to write penpal letters to a grandparent or special relative who lives in Australia. It was a really valuable experience to send and receive letters and hear about our penpal's lives and memories. This year we will be continuing this great project. Your child will continue to write to their current penpal, unless for some reason you would like them to change. Students in Kindergarten need to send in a name (not just Nan), address and postcode to school. We would also like all children to bring in \$5 to cover the cost of stamps to send their letters. Please send in the money by the end of this week (28/2).

## Sport at Raleigh

Yesterday we started one of our Term 1 sports, football (soccer). We have one final week of tennis this Friday and then hockey will continue for the rest of the term. It is important that all students wear comfortable shoes they can run around in on Monday and Friday. If you buy a pair of black or dark coloured joggers these are the most comfortable and supportive shoe for children to wear everyday. If your child is in Kinder, Year 1 or they are not in recorder group they also need to wear joggers every Wednesday as they participate in a gross motor program.

*"He who never made a mistake never made a discovery."*  
SAMUEL SMILES

## OZ Harvest

Nationwide, OzHarvest recues more than 3000,000 kilograms of surplus food each month from all types of food businesses including supermarkets, cafes, restaurants, catering companies, events and even farms. This equates to more than one million meals being delivered to local charities around the country each month.

Since inception, OzHarvest has delivered more than 38 million meals, saved more than 12,000 tonnes of food from landfill across its 10 years of operations, providing much needed food relief to Australians in need.

Raleigh school has been successful in gaining a grant which has provided frypans and kitchen utensils for use in our Kids in the Kitchen and FEAST program.



## Gardening

Now that the rain has finally fallen and the water restrictions have been lifted the grass is growing and hopefully so will the vegetables in our Veggie Garden. Last week the 3-6 students helped Ian with some weeding, mulching and planting. This week the gardening group will plant some more seedlings. We look forward to being able to use the produce in future KiK lessons.

Regards, Katrina





## K-2D Science

Last week in Science the K-2 students had a walk around the school to identify different features of objects and explored their immediate surroundings by questioning and observing. We gathered photos to create a map where the students will further investigate what materials are used around the school in our 'What's it made of?' Science topic.



## Disposition of the Week

Last week's Disposition was being 'Flexible'. Our focus was on being "Flexible" – adapting to change.

This week's Disposition is being a 'Risk Taker'. This means being willing to try new ways of doing things and be willing to take a risk with new Learning.

Congratulations to Sylvie and Isabella.



## What is The Big Veggie Crunch?

Did you know that only around 6% of Australian children eat enough vegetables? To help our community do better, our school will be taking part in The Big Veggie Crunch (part of Vegetable Week) at **10am on Thursday 5<sup>th</sup> March** at Repton Public School.

Primary schools across NSW will be joining together to break the record for the most students crunching vegetables:

- 50,260 students crunching simultaneously (2018 record)
- 14,991 students crunching at other times over Vegetable Week (2019 record)

## What can you do to help?

- Pack a container of vegetables (**not fruit this time**) for your child to eat on Thursday 5<sup>th</sup> March.
- Remember to keep serving up the vegetables at home and in your children's lunchboxes!

If you require more information on what activities our school is doing over Vegetable Week, please contact the school or your child's teacher.



## Package Free Lunch Winner

We encourage all students to bring a healthy package free lunch. Students receive a tick each day when they do this. One student is chosen each week to be our winner and they can choose a handball or container as a reward.

Congratulations to this week's Package Free winner.



Community Notices

Bellingen Football Club

Bellingen Football Club has been accepting registrations for the 2020 season since the start of February. Teams are filling up fast and training will begin in early March. If you are intending to register now is the time!

Register at <https://www.playfootball.com.au/register>  
 Information Bellingen Football Club on Facebook @bellingencfc or <http://bellingencfc.com.au>



**Are you the next Rugby League Star?**  
**Do you want to join a team sport?**

**Registrations are open now**

Cost is **\$120** this includes Shorts, Socks and a Club Shirt  
 Register today at; <https://profile.mysideline.com.au/register/>

**Active Kids Voucher**

are excepted upon registering remaining cost of \$20 to be paid to club  
[www.service.nsw.gov.au/transaction/apply-active-kids-voucher](http://www.service.nsw.gov.au/transaction/apply-active-kids-voucher)

- Under 13's – 16's training at Connell Park Monday & Thursday 5pm-6pm
- Under 6's – 12's training at Connell Park Tuesday & Thursday 4pm – 5pm starting March 3rd 2020
- Girls League tag training at Connell Park Tuesday & Thursday 4pm – 5pm starting March 3rd 2020

For more information please see our Facebook page; **Bellingen Dorrigo junior rugby league** or email us at; [belligo@live.com.au](mailto:belligo@live.com.au)



**URUNGA HOCKEY CLUB**  
**COME PLAY HOCKEY AND HAVE FUN**  
 ACTIVE KIDS VOUCHERS WELCOME  
 WHO: BOYS AND GIRLS AGED 4YRS TO 16 YRS



WHEN: SATURDAY MORNINGS  
 WHERE: ALL GAMES AT THE HOCKEY COMPLEX, STADIUM DRIVE, COFFS  
 Registrations being taken now.

For further information contact  
 Rhonda Smith 0457271071, Kristy Bourke 0428520390 or [urungahockey@gmail.com](mailto:urungahockey@gmail.com)  
 ALL NEW PLAYERS RECEIVE A FREE STICK PACK OR EQUIVALENT TOWARDS A STICK OF THEIR CHOICE.

**FREE SKILLS/COME AND TRY SESSIONS**

Sat, 22<sup>nd</sup> February & Sat, 21<sup>st</sup> March  
 9am-10:15am Minkeys 4yrs- 11yrs  
 10:30am - 11:45am 13yrs -16yrs

FREE SAUSAGE SIZZLE AFTER BOTH SESSIONS

Hockey Complex, Stadium Drive, Coffs Harbour  
 New players welcome! Existing players bring a friend and join the fun.



**Play All**

- Girls 15 & Under to learn and develop cricket skills through competitive match play
- All participants will be provided the option to nominate for Regional and Zone Academy selection

**Girls Junior**

- Session 1: 23<sup>rd</sup> Feb – Donnelly Welsh Fields, Macksville (Only Coffs Coast Region)
- Session 2: 1<sup>st</sup> March – Reg Ryan Oval, Coffs Harbour (Only Coffs Coast Region)
- Session 3: 8<sup>th</sup> March – Connell Park, Bellingen (Only Coffs Coast Region)
- Session 4: 15<sup>th</sup> March - Verge Street, Kempsey (Combined Associations)
- Session 5: 22<sup>nd</sup> March - Verge Street, Kempsey (Combined Associations)

➢ Cost: \$50

➢ Time: 9:30am – 1:00pm (Sessions 1-3), 9:00am-3:00pm (Sessions 4 & 5)

➢ Included: 1-hour skill-based coaching by accredited coaches + one match per day. Final two sessions will be two games.

Register at [playcricket.com.au](http://playcricket.com.au) – <https://www.playcricket.com.au/club/index/club-details?id=22786>

For further information contact Kate Jackson – [kate.jackson@cricketnsw.com.au](mailto:kate.jackson@cricketnsw.com.au)



JOIN THE FUN AT YOUR LOCAL CLUB  
 REGISTER AT [PLAYCRICKET.COM.AU](http://PLAYCRICKET.COM.AU)



384 Crossmaglen Rd  
 Crossmaglen NSW 2450  
 p 02 8653 4295 m 0438 646 844

**Starlight Cinema**



Come join the Crossmaglen Public School Community and friends for an awesome outdoor cinema experience watching a family friendly movie under the stars!

**Movie: Alice In Wonderland**  
**When: Friday 6th March, 2020**  
**Where: Crossmaglen Public School**

Food: P&C Sausage sizzle and snack shop

Cost: \$5.00 per ticket or \$20 for a family of 5 or more (tickets at the door)

Time: 6pm to secure your spot- main event to start at 7pm

Bring your picnic blankets or camping chairs and please invite your friends.



**P&C Association**

PRESIDENT: ROSEY MELVILLE  
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