

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 8

17th March, 2020

18 Mar Scholastic Book Club due
19-20 Mar Leadership Camp, Year 6
19 Mar P&C AGM and P&C Meeting, 3.15
20 Mar Sporting Schools, Hockey
20 Mar National Day Against Bullying
23 Mar Sporting Schools, Soccer
26 Mar Life Education Van. \$5

Dear Parents and Community Members

COVID-19 (Coronavirus) Information for parents and the wider school community

Our school is being vigilant in implementing the department's infection control procedures, including daily cleaning in accordance with normal protocols, the promotion of healthy hygiene habits and making sure hand wash is available for all staff and students to use while at school.

The NSW Department of Education and NSW Health are working closely to ensure the health and safety of all students and staff is maintained. Schools will always make decisions with students' safety as the highest priority. All staff, volunteers and students should remain at home if they are unwell. Those who become unwell will be sent home and asked to stay away until they are well.

General advice from the NSW Government is regularly updated and is available on the Novel Coronavirus (COVID-19) page at <https://education.nsw.gov.au/public-schools/school-safety/novel-coronavirus>

Parents are most welcome to contact me if concerned. I will keep everyone up to date with any further information I receive.

I would like to thank the students and parents for their understanding last week when a number of our staff were away unwell. This affected student banking, collecting and recording of notes and receipting. Thank you for your understanding and I apologise if anything was overlooked. Mrs Jones will be catching up with these this week and I appreciate everyone's patience and understanding.

P&C AGM Thursday

We are looking forward to seeing our regular families and new families at our P&C meeting on Thursday afternoon. The meeting will commence at 3.15pm in 'The House' at school. Hope to see you there!

Uncle Michael's Visit

On Wednesday afternoon Uncle Michael was invited to join the 3-6 class to help with their History unit. As a part of this unit the students have been learning about Gumbaynggirr culture. Uncle Michael joined us to share his knowledge and stories and to answer questions that the students had posed for him. It was great to hear Uncle Michael sharing his knowledge and stories from his childhood growing up.



Harmony Day

The theme for Harmony Day is 'Picture a World in Harmony'. The message of Harmony Day is 'everyone belongs'. The Day aims to engage people to participate in their community, respect cultural and religious diversity and to foster a sense of belonging for everyone.

On Monday 23rd March at Raleigh, we will dress in orange and participate in Harmony Day activities.



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

Riverwatch Testing

On Thursday morning our Riverwatch volunteer Helen joined us for our monthly river testing. Our Year 5 and 6 students are becoming faster at the testing and are showing an increased understanding of the tests each time we do them. We have one final test to complete this term in the week before the school holidays.



Kids in the Kitchen

Last week we had our second KiK for the term. The K-2 class made a delicious fruit and muesli slice for our recess. In the 3-6 class our students paired up and cooked the entire batch of corn, zucchini and ricotta fritters from start to finish. The conversations and support amongst the students was excellent. Congratulations everyone on another successful and yummy meal. It was great to hear the appreciative responses from our students and many coming back for seconds.

Crazy Hair Day

On Friday, amongst Kids in the Kitchen and our first hockey lesson for the term, our Year 6 Leader and one of the Year 5 girls helped to chalk some of the students' hair. Many of our students and the teachers, came to school with crazy hair and everyone looked great. Thank you to the support of our students and staff, we raised \$90 for the Leukaemia Foundation. Well done everyone!



Disposition of the Week

Congratulations to our Patient and Persistent award winners who have shown that they are trying to add the extra details to improve their work and not giving up when things become difficult. Well done!



This week our focus is on being Ubiquitous Learners. This means that we can all learn anywhere, anytime or anyplace.

Top tips from our Food Smart Families

More tips from our Food Smart Families!

Love Your Leftovers

Not sure how to use up that small portion of cooked veggies or single serve of leftover pasta? There's no reason to throw out perfectly good food – just use some creativity! You can throw almost anything into a frittata, leftover salsa can become tomato paste, slice cooked meats into salads, whizz stale bread into crumbs for schnitzel. If you're stuck with an ingredient, do a recipe search on Google. You might just find a new family favourite!

Perfect Portions

Cooking or preparing the right amount of food is one of the best ways to save money and reduce food waste. Follow a recipe or use an online serving size calculator to measure the amount of food you need. Watch this [video](#) about perfect portions. Our hands are also a 'handy' guide to show us how much to cook. 1 serve of the following foods looks like:

- Potatoes, rice, pasta and legumes = size of your clenched fist
- Fruit, nuts and seeds = one cupped hand
- Vegetables and greens = two cupped hands
- Meat and eggs = size and thickness of your palm
- Cheese, spreads and dressings = size of your thumb

If you didn't join our School's Food Smart Families journey, you can still take part in the FREE Food Smart program to save money and help the environment in your own home. Sign up today at <https://mailchi.mp/midwaste/foodsmart>

Regards, Katrina

Critical and Creative Thinking Survey
Surveys are now overdue. Please return them a.s.a.p.

Community Engagement Survey
The Community Engagement survey which needs to be returned by **Friday 27th March**.

Package Free Lunch Winner
Congratulations to this week's Package Free winner.



Stewart House Donation Drive 2020
Your donation supports the 1,700 children who attend Stewart House each year from public schools across NSW and the ACT. Please return the envelope, with your donation for your chance to win a \$4000 holiday to a destination of your choice, by **Friday 27th March, 2020**.

Scholastic Book Club
Please return your Book Club orders by Wednesday 18th March, 2020 or go Online and do them through LOOP by that date.



"As is our confidence, so is our capacity."
WILLIAM HAZLITT

Sweet Corn, Zucchini and Ricotta Fritters

Ingredients
125 mls (1/2 cup) milk
2 eggs
125g (1/2 cup) fresh ricotta
150g (1 cup) self-raising flour
2 cups fresh corn kernals
250g zucchini, trimmed, coarsely grated
1 small red capsicum, halved, deseeded, finely chopped
2 tablespoons chopped fresh chives
2 tablespoons olive oil
Tomato salsa, to serve

Method
Whisk together the milk, eggs and ricotta in a bowl. Gradually add the flour, whisking constantly, until a smooth batter forms. Stir in the corn, zucchini, capsicum and chives.
Heat half the oil in a large non-stick frying pan. Spoon three ¼ cup quantities of the corn mixture into the pan. Cook for 3 minutes each side or until golden and cooked through. Transfer to a plate. Repeat, in 5 more batches, with the remaining oil and corn mixture, reheating the pan between batches.
Serve the fritters warm or cold with a dollop of tomato salsa and salad.



Muesli and Fruit Slice

Ingredients

- ½ cup finely chopped dried apple
- ½ cup sultanas
- ½ cup cranberries
- ½ cup self-raising flour
- ¼ cup brown sugar
- 1 cup muesli
- 1 cup reduced-fat plain Greek-style yoghurt
- 2 eggs, lightly beaten
- ¼ cup olive oil

Method

Preheat oven to 200°C/180° fan-forced. Grease a 20cm x 30cm lamington pan. Line with baking paper. Place apples, sultanas, cranberries, flour, sugar and 2/3 cup muesli in a bowl. Stir to combine. Whisk yoghurt, egg and oil together in a jug. Fold yoghurt mixture into muesli mixture until just combined. Pour into the prepared pan. Sprinkle with remaining muesli. Bake for 20 minutes or until a skewer inserted in centre comes out clean. Stand in the pan for 5 minutes. Turn onto a wire rack to cool. Cut into rectangles and serve.



**BELLINGEN SHIRE TAXIS Bellingen, Dorrigo, Urunga
JOB VACANCIES CURRENTLY AVAILABLE 2020**

Bellingen Shire Taxis, due to our expansion of our Transport Services, within our region we have several positions for 2020.

Assisted School Transport Drivers (ASTP) and Assisted Transport Support Officers (ATSO) ARE PAID POSITIONS

Students with a disability who are unable to travel to and from school without assistance rely on our dedicated team to support and drive eligible students in our various vehicles to schools throughout the region. If you have **2 hrs in the morning and afternoon during all School terms** to either Drive or to be a Support Officer for our students. Have already (or prepared to obtain) a Valid Working with Children Check, National Criminal Check and are Medically Fit and Reliable, we would like to hear from you **POSITIONS AVAILABLE (Permanent or Casual Pool)** Assisted Travel Support Officers (ATSO) and Assisted School Transport Driver (ASTP)(Paid Contractor hrly rate)
Taxi Driver's Full Shifts or Fill in Shifts (Commission based)

For more information please email

susan.mcleod@bigpond.com

View the website www.education.nsw.gov.au/public-schools/astp

Or phone Susan McLeod 0411 141 679 for more details