

# RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

Find us at 12 North Street, **Raleigh** 2454  
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School Principal: Mrs Katrina Meenahan

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Website: <https://Raleigh-p.schools.nsw.gov.au>

Newsletter, Term 3, Week 6

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

26<sup>th</sup> Aug Life Education Program, \$5  
26<sup>th</sup> Aug Sporting Schools AFL  
3<sup>rd</sup> Sep Fathers' Day Stall, gifts \$4 each

Dear Parents and Caregivers,

NSW Public Schools continue to be safe learning environments which operate in line with the advice of the Australian Health Protection Principal Committee and NSW Health. All students should be learning in their classroom with their peers, unless they have a medical certificate to support their absence or are currently unwell.

Parents and Carers are reminded that students should not attend school if they have flu-like symptoms. Due to the low rates of influenza currently circulating in our community, we must take symptoms seriously. Students or staff who display flu-like symptoms should NOT be at school. They are required to show a negative COVID-19 test result and be free of symptoms before returning to school. Please text or email these results to me, before returning to school symptom free.

In addition to the personal hygiene protocols, social distancing of adults and the enhanced cleaning already operating in all schools, as of Wednesday 19 August all schools will also be required to place inter-school activities on hold and restrict chanting, singing and wind instruments in schools. This means that for our small school, students will continue to work with their peers in the usual learning programs, with some activities being altered.

We thank you in advance for your support and cooperation helping us in implementing these changes. They are in line with NSW Health advice and are designed specifically to keep our students, staff and community safe.

**Thank You Gary!**



A huge thank you to Gary Eichmann for delivering a hay bale to school last week. The hay has been spread around the base of our fruit trees to retain moisture and help develop large crops next year. It was great to be able to watch the bale being unloaded!

## Got symptoms? Get tested.

Anyone with COVID-19 symptoms should be tested.

Symptoms include:



fever



cough



sore throat



difficulty breathing



loss of smell



loss of taste

Other reported symptoms of COVID-19 include:  
fatigue, runny nose, muscle pain, joint pain, nausea/vomiting,  
diarrhoea, loss of appetite or other flu symptoms.



Testing is free, quick and easy  
[health.nsw.gov.au/coronavirus](https://health.nsw.gov.au/coronavirus)

## Welcome Coach Laura!

Last Wednesday our AFL coach Laura, joined us for our first coaching session. The students learnt how to pass, catch and kick the AFL ball. They will be practicing and developing these skills in the coming weeks, so that we can begin to play some simple games. Everyone really enjoyed having an experienced coach come in to teach us about AFL.



## Father's Day Stall

This year we will be holding our Annual Father's Day Stall, however it will be a little bit different to previous years. Students can bring in \$4 to purchase a gift for Dad, Grandad, Pop or even for Mum, if she is your special person at home. Students are able to purchase more than one gift, but will not be able to choose their second or subsequent gifts until everyone chooses their first. All money MUST be at school by Thursday 3<sup>rd</sup> September, we will not be accepting late money. It is preferred that this money is paid online via POP to reduce the handling of coins.

At the stall, the gifts will be placed on display for students to look at and choose, using extra hygiene procedures by staff. Students will not be touching gifts when they are choosing. The child will then take their gift and place it in their bag, to take home and store safely for Father's Day on Sunday 6<sup>th</sup> September.

## Life Education Visit

Our Life Education Lessons will occur at school tomorrow. Thank you to most families for returning their notes on time. These lessons are normally conducted in the Life Education Van, however this year we have opted to have our lessons occur in the classrooms. We are looking forward to our lessons tomorrow.

## MangaHigh

There are only a few more weeks for our Year 2 to 6 students to log on and achieve all the multiplication facts to earn their license. The younger students are not expected to do this, however students in Years 4 to 6 need to be aiming for this. The more they log on and persevere the better their recall of their multiplication facts will become. These facts are needed across many areas of Maths, particularly as they move across the grades in the 3-6 class.

Congratulations to the following students who are at the top of the Leaderboard in their Year Group:

- Year 2 – Lincoln
- Year 3 – Heath
- Year 4 – Oliver R
- Year 5 – Isabella
- Year 6 - Skeet

## Kindergarten for 2021

If you know of anyone who might be interested in attending Raleigh in 2021, please pass on our contact details so that they can find out more.



# RALEIGH PUBLIC SCHOOL YOUR LOCAL SCHOOL ENROL NOW FOR 2021

### Why choose Raleigh Public School?

At Raleigh Public School we are committed to providing and sustaining, quality education within a nurturing and safe environment. Our school inspires and promotes individuals to reach their highest potential in an inclusive and supportive environment, to create future, community-focused global citizens.

'Raleigh Believes in Me'

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### WHAT WE HAVE TO OFFER

- Small class sizes with higher student to teacher ratios
- A team of highly skilled and caring teachers
- Beautiful leafy school grounds with large covered play equipment and covered outdoor learning area
- Whole school cooking once a fortnight
- Choir and recorder ensemble with Mei Wei Lim
- Chickens, veggie garden, orchard, native stingless bees and the Big Tree
- Strong relationships with other small schools to build friendships for High School
- Work with our buddy and in small groups
- Incursions and excursions linked to our educational programs
- A big family feel!

### OUR TRANSITION TO SCHOOL PROGRAM

Children starting Kindergarten in 2021 would normally attend START (School Transition Readiness Training) sessions in Term 3 and Term 4. Unfortunately, due to the COVID-19 situation all transition programs have been put on hold. We will keep families updated in Term 4.



## Kite Making

On Friday, our students paired up with their buddy, to use their plans they had previously created, to make a kite. It was a lot of fun making them and altering their designs to work. They then went outside to take them for a test fly. After a windy week and morning, the wind died off to virtually nothing, but this did not dampen the enthusiasm of the students to try to get their kites in the air. There were a few alterations, additions and repairs made and a lot of fun had by all!



Regards  
Katrina Meenahan

## MUMS & DADS... ARE YOU LOOKING FOR FUN ACTIVITIES FOR THE KIDS?

With your **\$100 NSW Creative Kids Voucher** you can get **FREE** kids craft workshops including wooden models and paints or markers delivered to your door!



As an approved **NSW creative kids provider** you can use your voucher with us so you don't need to spend a cent!

**Charlie Boots**  
Creative kits for creative kids

search our craft kits at [www.charlieboots.com.au](http://www.charlieboots.com.au)

## SParky & Shady

Helping kids understand themselves so they can live happy, loving and fulfilling lives.

**Sept/Oct Two Day Holiday Workshops**

- ★ 6-9 year olds Mon 28th & Tues 29th Sept
- ★ 9-12 year olds Thurs 1st & Fri 2nd October

**Norm Jordan Pavilion, Coffs Harbour Showground.**  
Parents attend with kids. 9am - 3.30pm both days.  
\$330 for one child and parent. Current health guidelines will be followed.

★ Or do the entire program online as a family  
\$120 for one month's access.

"I highly recommend 'Sparky and Shady' to all parents looking for strategies to build resilience in their children." *Dr Nicola Holmes*

Taught by experienced Teacher & Author Kathy Sheehan.  
Endorsed by Clinical Psychologists & listed on Beyond Blue.

**BOOK NOW**

**Who are Sparky & Shady? Our loving & fearful sides.**

**sparkyandshady.com**  
kathy@sparkyandshady.com Money back guarantee

# Behaviour code for students

## NSW public schools

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

### In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

### Behaviour Code for Students: Actions

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

### Respect

- Treat one another with dignity
- Speak and behave courteously
- Cooperate with others
- Develop positive and respectful relationships and think about the effect on relationships before acting
- Value the interests, ability and culture of others
- Dress appropriately by complying with the school uniform or dress code
- Take care with property

### Safety

- Model and follow departmental, school and/or class codes of behaviour and conduct
- Negotiate and resolve conflict with empathy
- Take personal responsibility for behaviour and actions
- Care for self and others
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour

### Engagement

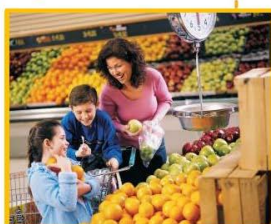
- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning
- Aspire and strive to achieve the highest standards of learning

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education will back the authority and judgment of principals and school staff at the local level.

# The simplest way

... to reduce your shopping bill.

Healthy eating doesn't have to be expensive. Here are our top tips to cut the cost of your shopping bill.



1. **Write a shopping list** - Buy only what you really NEED, not WANT.
2. **Look beyond eye level on the shelves** - companies pay valuable money to stock their goods at your eye-height, try looking up or down for cheaper options.
3. **Meat is more expensive per kilogram than vegetables or fruit** - try changing your recipes to use less meat and more veg.
4. **Avoid buying pre-made meals** - cooking meals from scratch is usually cheaper than buying ready meals. Cook in bulk and freeze portions for quick easy meals in the future.
5. **Buy fruit and veg that's in season**

[healthylunchbox.com.au](http://healthylunchbox.com.au)

# The simplest way

... to make healthy drinks interesting.

Plain tap water is the best drink choice. It's cheap and quenches your thirst. However, if you're looking for something different here are some good options:



- Plain milk
- Sparkling water
- Milk blended with fruit of your choice for a delicious filling smoothie
- Water flavoured with slices of lemon, strawberries or mint

Try to avoid sugar sweetened drinks such as soft drinks, iced tea, flavoured water and fruit drink as they do not contain any nutrients our bodies need but add a lot of kilojoules which can lead to weight gain. If having juice, have only a small serve and consider diluting with water or ice.

[healthylunchbox.com.au](http://healthylunchbox.com.au)

# The simplest way

... to pack a healthy lunch box .

Does packing lunch boxes feel like a chore? We are here to help you kick start the year easily, packing healthy lunch boxes your kids will enjoy.

**Healthy lunch boxes don't have to be boring.**



We are very excited to bring you our new look [healthy lunch box website](http://healthylunchbox.com.au) that has been improved with new features and functions based on feedback provided by you! You can now search for gluten free and vegetarian recipes, as well as **easy to freeze** and **quick and easy** recipes because as parents, we know how important it is to pack lunches quickly.

You can sign up to the [Healthy Lunch Box e-newsletter](#) for ideas, updates and recipes delivered to your inbox throughout the year.

[Check out the new website now!](#)

[healthylunchbox.com.au](http://healthylunchbox.com.au)

# The simplest way

... to cook with kids.

Providing lots of opportunities for kids to be involved in the kitchen is a great way to raise healthy eaters, teach them life skills and boost their development.



*Young kids can:*

- Wash fruit and vegies
- Tear foods like lettuce or bread
- Use scissors to trim vegies
- Add premeasured ingredients
- Stir and sprinkle

*Older kids can:*

- Use measuring cups, spoons and scales
- Use equipment like salad spinners, and blenders under supervision
- Prep easy to chop foods with kid's knives
- Be in charge of preparing simple recipes

[healthylunchbox.com.au](http://healthylunchbox.com.au)