

Dear Parents and Caregivers,

We are certainly 'all in this together' now that NSW is in lockdown. We would like to remind families that your child needs to log into Google Classroom each morning and complete the work, so that they can be marked as learning from home. We have created a Daily Check In and this is assisting us in our attendance data.

You may also like to email the school, Raleigh-p.school@det.nsw.edu.au, a photo of your child learning from home. Please don't send the photos directly to Mrs Meenahan as she is still on leave.

The school's doors will remain open for those students whose parents are in essential services or who are vulnerable. Students attending school are being supervised to complete the same work that is being expected of those students working from home.

Kindergarten for 2022

If you know of anyone who might be interested in attending Raleigh in 2022, please pass on our contact details so that they can find out more.

Kids in the Kitchen

It was great to be able to cook, last Wednesday. As a precaution and in light of Covid, the students wore masks while preparing the food. We have included the recipes for you to try at home.

Regards, Bernadette Driscoll

Mince Pasta Bake

Ingredients

500g spiral pasta
500g beef mince
5 rashers bacon, diced
1 onion, chopped
2 carrots, grated
2 zucchinis, grated
1 tsp minced garlic
2 tsp chicken style stock powder
1 can tomato soup
2 tbsp tomato paste
½ cup water
1 cup of grated cheese

Method

Preheat oven to 220°C.
Cook pasta according to packet directions.



Meanwhile, in a pot, brown the mince, bacon and onion. Add carrots, zucchini, garlic, stock powder, soup, tomato paste and ½ cup of water. Simmer for 10 minutes. Drain the pasta and pour into a large baking dish. Pour mince mix over the top and stir through. Sprinkle grated cheese over the top. Bake in the oven until the cheese melts, about 10-20 minutes.

Broccoli Pesto Pasta

Ingredients

400g penne, farfalle or conchiglie pasta
250g broccoli, cut into florets
1 garlic clove, peeled
1 large lemon
½ tsp dried chilli flakes
3 tbsp pine nuts
5 tbsp extra-virgin olive oil
3 tbsp parmesan (or vegetarian alternative), grated



Method

Tip the pasta into a large pan of boiling salted water and cook according to pack instructions. Meanwhile, bring a smaller pan of salted water to the boil, add the broccoli and boil for 4 minutes.

Drain the broccoli and return it to the pan. Lightly mash the broccoli with a potato masher or fork. Finely grate the garlic and zest the lemon, then mix into the broccoli with the chilli flakes and pine nuts. Cut the lemon in half and keep for later.

Drain the pasta and return it to the pan. Stir in the broccoli pesto and squeeze over the juice of ½ lemon. Pour in the olive oil and generously season with salt and pepper. Spoon in the grated Parmesan, toss the pasta well and serve.

Vegetable Savoury Muffins

Ingredients

1 medium (250g) Zucchini, grated
1 medium (120g) Carrot, grated
¼ cup (30g) Frozen Peas
¼ cup (30g) Frozen Corn
1 cup (125g) Cheddar Cheese, grated
½ cup Milk
¼ cup Plain Greek Yoghurt
¼ cup Olive Oil
2 Eggs
2 cups (250g) Plain Wholemeal Flour
3 tsp Baking Powder

Method

Preheat oven to 180C / 350F

Place the zucchini and carrot onto a clean dish towel and wrap it around the vegetables. Squeeze all the juice out.

Place the zucchini and carrots into a large mixing bowl along with the peas and sweetcorn. Add the cheese, milk, yogurt, olive oil and egg and stir until combined.

Mix the flour and baking powder together and then slowly add to the wet ingredients. Fold in gently, until just combined.

Spray a 12 hole muffin tray with oil or grease with butter. Spoon the mixture, equally, between the 12 muffin sections. Bake for 20-25 mins.

