

RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

Find us at 12 North Street, **Raleigh** 2454
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Newsletter, Term 1, Week 4

16th February, 2021

17th Feb Postponed Big Banana Rewards Day
18th Feb Scholastic Book Club orders and payment due

Dear Parents and Caregivers,

Wow! What a fantastic week we had last week. We had Kids in the Kitchen on Wednesday, netball started on Wednesday afternoons and the Small Schools Swimming Carnival on Friday. Next week we have the Big Banana on Wednesday morning, hockey lessons will start on Friday and some of our students will be attending the District carnival in Macksville on Friday. We are all looking forward to another great week.

Kids in the Kitchen

Last week our first Kids in the Kitchen for the year was a huge success. For lunch we had delicious chicken and salad wraps with homemade beetroot hummus. If there had of been seconds there would have been quite a few takers. The recipe for the hummus is in the newsletter. This can be used on wraps, burgers and even as a dip. Then for recess the K/1 group made yummy Anzac slice. There was even enough left to have on Thursday. Those students who might be a little bit fussy or don't like the meal are being encourage to wrap it up and take it home in their lunch boxes for their family.



Year 6 Leaders



We would like to congratulate our Year 6 Leaders who spoke to our students and staff, last Wednesday, about why they would like to be School Leaders in 2021. Each leader received their Student Leader Badge. They all made wonderful speeches and we look forward to them growing as Leaders throughout the year. Congratulations!

Small Schools Swimming Carnival

Last Friday the 3-6 students attended the Small Schools' swimming carnival at Bellingen Pool. It was a beautiful day and our students made us all very proud, by having a go and entering events. This was also a great way to cool off! Congratulations to Ashley, Milo and Oliver R, who have qualified for the District Carnival. The District Carnival will be held at Macksville pool this Friday, 19th February.

Big Banana Day

Tomorrow, we are all very excited to be going to the Big Banana, for our postponed 2020 Rewards Day. Please make sure your child wears their swimmers under their uniform and brings a rash or old shirt to wear on the slides and dry underwear and a jacket to change into afterwards. The day will go ahead even if raining. We will return to school around midday and do maths after lunch and then netball in the afternoon.

Vegetable Garden



With the renovation complete, Jimmy planted a variety of vegetables in the new garden beds. It will now be up to the students to water and look after them. We hope to be able to use some of the produce at the end of the term for KiK.

We are going paper free!

Like many schools around the area, we have decided to make our weekly newsletter paper free, to decrease our footprint on the environment and become more sustainable. All of our families currently receive an emailed copy of the newsletter each week and many families are also receiving a paper copy. We hope to have 100% of our families going paper free by the beginning of Term 3. To assist families transition to paper free, we are giving families the option of switching now to entirely paper free by receiving your newsletter only via email or to continue receiving a paper copy until the transition period is complete. Thank you to those families who have already made the decision to only receive their newsletter via email. Please complete the tear off slip below or send an email to raleigh-p.school@det.nsw.edu.au with your choice. We ask that you also send us the best email address for this. Thank you in advance for your support. Regards, Katrina

Cooperative play

On Fridays we make time in our K-2 class to have some cooperative play. The children often help choose the activities and are involved in setting up and packing away. Drawing, dress-ups, box construction from recycled materials as well as puzzles and threading all build play skills and fine motor coordination. It is a great way for the students to interact in the classroom and finish our busy week.



Beetroot Hommus



Ingredients

1 can chickpeas (430g) drained and rinsed
2 medium cooked beetroots, cut into quarters
2 cloves garlic
Zest and juice from 1 medium lemon
2-3 tablespoons tahini
2-3 tablespoons olive oil
¼ teaspoon salt
½ teaspoon ground cumin

Method

Blend all ingredients together

ANZAC Slice



Ingredients

1 ¼ cups plain flour
1 ¼ cups rolled oats
1 cup firmly packed, brown sugar
1 cup shredded coconut
150g butter
2 Tbsp golden syrup
½ tsp bicarbonate of soda
2 Tbsp boiling water

Method

Preheat oven to 180°C/160°C fan forced. Lightly grease a slice pan. In a large bowl, combine oats,

sugar, coconut and sifted flour. Make a well in the centre.

Heat butter and golden syrup in a small saucepan on low heat for 1-2 minutes. Add butter mixture to dry ingredients and mix well.

Press firmly and evenly into prepared pan.

Bake for 25-30 minutes, until golden.

Cool completely in pan. Cut into squares to serve.

Scholastic Book Club

Please return your orders by this Thursday, 18th February, 2021 or go online and do them through LOOP by that date.



VALLEY BRAVES
BASKETBALL

DOMESTIC COMPETITION

MACKSVILLE HIGH SCHOOL
40 BOUNDARY STREET,
MACKSVILLE NSW 2447

TEAMS WILL BE DRAFTED ON THE DAY FOR AN ENJOYABLE AND EVENLY-MATCHED COMPETITION

COMPETITION DATES:
FEBRUARY 21ST MARCH 7TH APRIL 18TH
MAY 23RD JUNE 27TH JULY 25TH

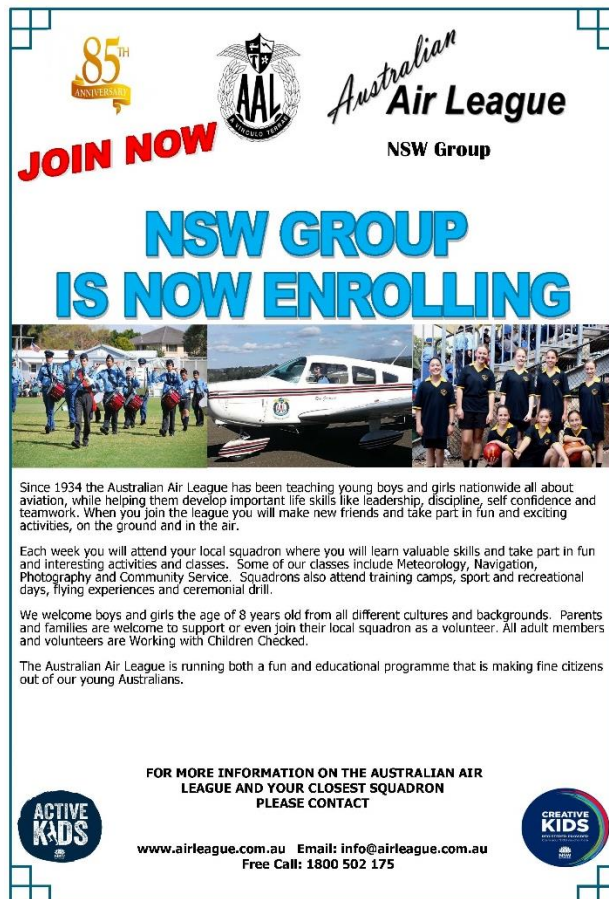
COMPETITION FEE: \$5 PER PLAYER / PER WEEK

UNDER 12'S & UNDER 14'S - 10AM - 11AM
2008, 2009, 2010 & 2011

UNDER 16'S & UNDER 18'S - 11AM - 1PM
2004, 2005, 2006 & 2007

OPEN TO ANYONE WHO WISHES TO PARTICIPATE, YOU DO NOT HAVE TO BE AN ACTIVE BRAVES REPRESENTATIVE TEAM MEMBER, HOWEVER ALL PLAYERS REQUIRE A BASKETBALL NSW REGISTRATION

BNSW REGISTRATION:
www.bellingervalleynbasketball.sportingpulse.net
FOR FURTHER INFORMATION
CALL SHANE 0437 883 033



85th ANNIVERSARY

JOIN NOW

Australian Air League
NSW Group

NSW GROUP IS NOW ENROLLING

Since 1934 the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills like leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

We welcome boys and girls the age of 8 years old from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Childrens Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out of our young Australians.

FOR MORE INFORMATION ON THE AUSTRALIAN AIR LEAGUE AND YOUR CLOSEST SQUADRON PLEASE CONTACT

ACTIVE KIDS **CREATIVE KIDS**

www.airleague.com.au Email: info@airleague.com.au
Free Call: 1800 502 175

New Workshop for Parents!

Join the celebrated workshop series based on
How to Talk So Kids Will Listen & Listen So Kids Will Talk
BY AWARD-WINNING AUTHORS
ADELE FABER AND ELAINE MAZLISH

How To Talk So Kids Will Listen™

YOU'LL LEARN HOW TO:

- Help your child develop a realistic and positive self-image
- Set limits while maintaining goodwill
- Cope with your child's negative feelings
- Express anger without hurting
- Engage your child's willing cooperation
- Resolve conflicts peacefully
- Create a family atmosphere of love and respect

TIME: 6pm Wednesdays 24th Feb
DATE: 6 week course → STARTS: 24th Feb
LOCATION: Youth Hub Bellingen.

FOR MORE INFORMATION, CONTACT: 0418 988 893

URUNGA PHYSICAL CULTURE CLUB

ACTIVE KIDS + ACTIVE KIDS + CREATIVE KIDS

EPphysie
epphysie.com

Class Times:
5-6YRS: 4:15-4:45
7-8YRS: 4:30-5:15
9-12YRS: 5:15-6:00
13-16YRS: 6:00-6:45
LADIES: 7:00-8:00

Depending on class numbers, times may change slightly in coming weeks

CLASSES: START MONDAY 15TH FEBRUARY 2021
LOCATION: SENIOR CITIZEN HALL, BOWRA STREET, URUNGA (BEHIND FISH AND CHIP SHOP)

Contact:
Nikki: 0413 038 860
Sue: 0421 934 525

PIC•COLLAGE



Bellinggen Football Club is open for registrations for the 2021 season. All years Kindy to Year 12, Opens/all-age, and over 35s.

Teams fill 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/register>

For more info see Bellinggen Football Club on Facebook (@bellinggenfc) or webpage bellinggenfc.com.au

Active kids vouchers accepted (enter as a voucher code on the sign up payment page).



Enter Now!
 2021 Harmony Day
 Poster and Song Writing Competitions
 Theme:
 'Harmony - Everyone Belongs'

Poster and Song Writing Competitions
 Prizes will be awarded in two categories:
 - Secondary (Year 7 – Year 12); and
 - Primary (K - Year 6)

Poster Competition Prizes
 In each category the following prizes are awarded:
 - State Winner \$500
 - Regional Winner \$150
 - State Winner's School \$500

Song Writing Competition Prizes
 In each category the following prizes are awarded:
 - First Prize \$300
 - Second Prize \$150

Closing Date
 2 April 2021

Entry Forms and Competition Rules
 Are available at:
www.movingforwardtogether.org.au

Prize Giving Function
 Will be held at the NSW Parliament House
 (Date to be advised pending Covid-19)

Certificate of Participation
 Every entrant will receive a Certificate of Participation

More information from:
 Web: www.movingforwardtogether.org.au
 Email: poster@movingforwardtogether.org.au
song@movingforwardtogether.org.au



Winning posters from 2020

SunSmart App

Check your local sun protection times each day via the [SunSmart App](#). When UV levels are 3 or above, SLIP on sun smart clothing, SLOP on SPF 30 or higher sunscreen, SLAP on a sun smart hat, SEEK shade, and SLIDE on sunglasses. The correct sun protection behaviours reduce risk of skin cancer.

Bellinggen Netball

Registration and Clinics Saturday 13th, 20th and 27th March.
 Juniors 5-8 yrs, intermediate 8-12 yrs.
 For more information email bellinggenetball@gmail.com or visit Bellinggen Netball Club Facebook page.

Newsletter Tear Off slip -----

We are going paper free!

Commencing next week, I would like to go paper free for the newsletter.

I would like a paper copy of the newsletter until Term 3.

My best email address to use is: _____

Name: _____

Signed: _____

In today's measures it takes approximately twenty full grown **trees to produce** one tonne of virgin printer **paper** but only 25% of each **tree** is used to **produce** the **paper** product.