

# RALEIGH PUBLIC SCHOOL



**Nurturing Children in an Innovative and Creative Environment**

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School Principal: Mrs Katrina Meenahan

Newsletter, Term 4, Week 5

2<sup>nd</sup> November, 2021

3 November	START for Kinder 2022, 9.15 – 11.45am
4 November	P&C Pie orders due
10 November	Kids in the Kitchen
11 November	Pies to be collected
17 November	START for Kinder 2022, + Parent Session Zoom
19 November	School Photos if we are at Level 2

Dear Parents and Caregivers,

Thank you to all of our families who are making sure their children are staying home and being tested even with very mild symptoms. Please remember that a copy of the negative result needs to be texted through to my mobile. If you could please change the background of the notification to white, this saves a lot of ink when we are printing them for the attendance records.

Please remember that if your child is unwell or develops any symptoms such as fever, cough, sore throat, shortness of breath, runny nose, loss of smell/taste, muscle/joint pains, diarrhoea, nausea/vomiting or extreme tiredness they should be tested at a COVID-19 testing clinic and not return to school until they receive a negative result and are symptom free.

## Best Wishes Mrs Corcoran



This Friday will be Mrs Danielle Corcoran's last day at Raleigh for a little while, before taking maternity leave to await the birth of her new baby. We wish Danielle and her family all the best during the coming months, when they will get to meet their precious new baby and introduce them to their family.

## Kindergarten Orientation

Tomorrow, we will be holding our second Kindergarten START morning at Raleigh. We are looking forward to having our 2022 students join us again for a morning of fun between 9.15 and 11.45am.



## How Much Sleep Do Children Need?

A number of our students are coming to school each day very tired, often finding it difficult to concentrate and complete work appropriately. Some are also coming to school without eating breakfast and often run out of food for our second break at recess. Please have a chat with your child about whether or not they have enough food packed to last them all day. Health direct offers the following information:

How much sleep do children need?

The amount of sleep we need changes with age. Everyone is different, but as a guide, children need the following amounts of sleep every night:

- **ages 3 to 5:** 10 to 13 hours
- **ages 6 to 13:** 9 to 11 hours
- **ages 14 to 17:** 8 to 10 hours

Getting enough sleep is vital for your child's physical health, brain function, emotional wellbeing, safety, and ability to function day to day. Not having enough sleep or not sleeping well can affect how children learn and lead to mood swings and behavioural problems.

Tips to help children sleep well

Getting enough sleep is as important for your child as healthy eating and exercising. Here are some tips to help your child fall asleep, stay asleep and get enough good quality sleep.

- **Establish a sleep schedule:** Make sure your child goes to bed early enough to get the sleep they need. Once you have set an appropriate bedtime, stick to it — even at the weekend.
- **Establish a bedtime routine:** Follow the same routine every day: bath or shower, change into pyjamas, brush teeth, read or spend quiet time in their bedroom, lights out and go to sleep.
- **Help your child wind down:** Busy children need some time to relax. Consider playing soft music or reading to them.
- **Make sure the bedroom is suitable for sleep:** Ensure the bedroom is dark and quiet. If your child is anxious or afraid at night, use a night light.
- **Avoid stimulants:** Make sure your child avoids tea, coffee, chocolate and sports drinks, especially in the afternoon.
- **Turn off technology:** Turning off computers, tablets and television 1 hour before bedtime should help your child sleep better.

## Pie Drive

This Thursday is the final day to send in order forms and make payments for our P&C Pie Drive. Please make sure that if you are paying online that you are making the payment to the Raleigh Public School P&C. BSB: 533000 Acc # 204200.

**Please have orders and payment in by 10am** on Thursday, so that the order can be placed.

## Weekly Attendance Award



Congratulations to our Weekly Attendance Award recipient who has achieved 100% attendance over the past five days. This will be calculated from Tuesday to the following Monday each week. All students achieving this will go into a draw to become the Weekly Attendance Award winner. As well as receiving a certificate for their great effort, they will also choose a small prize.

Congratulations to this week's Attendance Award winner.

## Day for Daniel

Last Friday our students and staff dressed in red and participated in activities to increase awareness of Child Safety. Thank you to the families and staff who supported The Daniel Morcombe Foundation who raise awareness and education for children and families across Australia. We were very happy to have raised \$89 for this great cause.



## Kids in the Kitchen

Our next KiK will be held next week on Wednesday 10<sup>th</sup> November.

Regards,  
Katrina Meenahan



### Healthy Lunch Box website

A one-stop-shop for everything you need to know about packing a healthy lunch box.



**Need help packing a lunch box?**

Our [online presentation](#) will show you how easy it can be to pack a healthy lunch box that your kids will love to eat!

To find out more go to [www.healthylunchbox.com.au/how-to-pack-a-healthy-lunch-box/](http://www.healthylunchbox.com.au/how-to-pack-a-healthy-lunch-box/)

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



### Small Schools Bellingren High School Orientation Day

Just writing to clarify that the transition (orientation day) will follow the normal Bellingren High School bell timetable.

Students will need to be here and ready by 9 am (8:45 am arrival)

Students will be leaving BHS after our final bell at 3:09 pm.

The dates again are:

- 1. Small Schools Transition Day: Friday 19 November 2022 - 9:00am to 3:09pm**
- 2. All Schools Transition Day: Friday 26 November 2022 - 9:00am to 3:09pm**