

RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

Find us at 12 North Street, **Raleigh** 2454

T 6655 4228 F 6655 4548

Email: Raleigh-p.school@det.nsw.edu.au

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

School Principal: Mrs Katrina Meenahan

Newsletter, Term 1, Week 6

2nd March, 2021

3 rd Mar	Deafness Foundation. Gold coins donation. Sound Bites Picnic for hearing awareness.
4 th Mar	Clean up Australia Day
5 th Mar	Soccer Gala Day, Nambucca
9 th Mar	Cricket Coaching
10 th Mar	Kids in the Kitchen
10 th Mar	Sporting Schools Netball
12 th Mar	Sporting Schools Hockey
15 th Mar	Big Veggie Crunch
25 th Mar	P&C AGM, followed by P&C Meeting, 3.15pm at school.

Dear Parents and Caregivers,

As we enter the second half of Term 1, we continue to see lots of learning occurring at Raleigh, both inside and outside the classroom. We are seeing enthusiastic learners, who are showing great listening skills and a willingness to try to improve their own skills. Congratulations everyone on your great effort and attitudes at school.

Physical Activity at Raleigh



We have been participating in a variety of sports as a part of our physical activity program. This term we are doing netball and hockey as the two sports for our Federally funded Sporting Schools program. This funding allows us to have an experienced coach in the given sport come to school and teach specific skills to our students. Both of our coaches Natalie and Charlie are enthusiastic and have the students engaged in a variety of activities. We have also been lucky to have Jay from Cricket NSW come to school for a four week Woolworths Cricket Blast program. Today we had our second session of cricket and we are seeing some great skills and improvement already.



Kids in the Kitchen



Last week our classes cooked a delicious lunch and recess for the whole school. We had either beef or vegetarian nachos for lunch, with homemade tomato and corn salsa and guacamole for those who wanted the extra toppings. Then later for recess we had yummy peach and oatmeal cookies. The students are already showing development of their skills in KiK and we look forward to continuing this in the coming weeks.

Deafness Foundation Sound Bites Picnic

This will be held **tomorrow at lunchtime**. This is an initiative of the Deafness Foundation designed to raise awareness of the impact of hearing loss and strategies to prevent hearing damage. Students will have their lunch together and enjoy fun activities. Each child will be given a butterfly badge valued at \$2.50 and we ask that you bring in gold coin donations to support the research work of the Deafness Foundation.

Hearing loss is life-altering. It is often preventable, so awareness in our young people is critical.

Clean up Australia Day

This Thursday, the students will be involved in a clean up around our school for Clean Up Australia Day. Due to COVID, we have made the decision not to venture outside the school grounds to pick up the community rubbish and will be sticking to the school grounds. This event is a very important event on our school calendar. Our students develop a sense of helping the community by helping to clean up and an understanding that if we see rubbish we should help to clean it up. We are hoping that with our package free lunch program, we will find very little rubbish around the school grounds.

Football (Soccer) Gala Day

This Friday, the 3-6 class will be travelling to Nambucca for the day to participate in a Football (Soccer) Gala day. The aim of the carnival is to encourage participation and fun. We are looking forward to a great day.

P&C Annual General Meeting

The Raleigh Parents and Citizens meet once a term. We will be holding our annual P & C AGM on Thursday afternoon the 25th March at 3.15pm in the staffroom.

Everyone is invited to attend and find out what wonderful things our school is doing. If you would like to put your hand up for an official role on the committee, please let the school know or let us know at the meeting.

Hope to see lots of new and regular faces.

Regards,
Katrina Meenahan

Healthy Vegetarian Nachos

Ingredients

2 teaspoons olive oil
1 red onion, finely chopped
2 garlic cloves, crushed
1 teaspoon ground cumin
1 teaspoon smoked paprika, plus extra to sprinkle
1 large red capsicum, deseeded, chopped
1 large zucchini, chopped
400g can black beans, rinsed, drained
400g can diced tomatoes
150g green beans, sliced into 1cm pieces
Fresh coriander, to serve
Lime wedges, to serve



Method

Meanwhile, heat the oil in a large saucepan over medium heat. Add the onion and garlic and cook, stirring often, for 5 minutes or until softened. Add the cumin and paprika and cook, stirring, for 1 minute or until aromatic. Add the capsicum and zucchini and cook, stirring for 1 minute or until softened slightly.

Add black beans, tomatoes and 80ml (1/3 cup) water to the saucepan and bring to the boil. Reduce heat to low and simmer for 10 minutes or until thickened.

Add the green beans and simmer for 2 minutes or until just tender.

Serve the bean mixture with the tortilla crisps, topped with sour cream and coriander. Serve with a wedge of lime and sprinkle lightly with paprika if desired.

Healthy Mexican Mince – Nachos Style Recipe

Ingredients

1 tsp canola oil
1 onion, chopped
3 cloves garlic, finely chopped
250 g lean beef mince
1 medium zucchini, grated
2 medium carrots, grated
400 g can no-added-salt red kidney beans, drained and rinsed
400 g can no-added-salt diced tomatoes
1 tbs sweet chilli sauce
2 tbs paprika
1 tbs ground cumin
1 tbs ground coriander



Method

1. Heat oil in a large frypan and fry onion, garlic and mince for about 5 minutes, till onions are clear and meat is browned.
2. Add the rest of the ingredients and simmer for 10 minutes with the lid off, stirring occasionally

Alternatively to corn chips, cut up a tortilla or flat bread into triangle shapes. Cook in the oven (10 minutes at 180° C) or in a sandwich press until golden and crunchy.

Vegan Peach Oatmeal Cookies

Ingredients

1 cup of instant oats
¾ cup plain flour
1 ½ teaspoon ground cinnamon
1 ½ teaspoon baking powder
¼ teaspoon ground ginger
¼ teaspoon salt
2 tablespoons coconut oil, melted
1 large banana or 1 ½ bananas, mashed, room temperature
1 teaspoon almond extract
4 tablespoons maple syrup (optional)
½ cup diced peaches



Method

Preheat the oven to 170°C or 160°C Fan Forced oven. Mix all the dry ingredients in a medium size bowl. Whisk together the wet ingredients: melted coconut oil, banana, and almond extract.

Add the flour mixture to the wet ingredients, stirring just until incorporated. Fold in the diced peaches. Chill for at least 45 minutes.

Using a spoon and a spatula, drop the cookie dough into 6-8 rounded scoops onto the prepared sheet. Bake at 160°C for 8-10 minutes. Cool in the pan for 10 minutes before turning out onto a wire rack. They harden as they dry, so don't over cook.



Census

**2,665 jobs
available**

2021 Census Field Manager

\$36.90 per hour (incl 25% loading) + super

(Contract/Temporary)

Roles start from May 2021

Earn extra income

Apply now: censusjobs.adecco.com.au

Adecco



Census

**19,791 jobs
available**

2021 Census Field Officer

\$24.80 per hour (incl 25% loading) + super

(Contract/Temporary)

Roles start from July 2021

Earn extra income

Apply now: censusjobs.adecco.com.au

Adecco

Bellingen Netball

Registration and Clinics Saturday 27th March.

Juniors 5-8 yrs, intermediate 8-12 yrs.

For more information email bellingennetball@gmail.com or visit

Bellingen Netball Club Facebook page.



Creative Kids Play the Ukulele

Redeem your Creative Kids Voucher
and give your child the gift of music

www.ukoono.com.au/creative-kids/

The Creative Kids Absolute Beginners online course has been designed so your child can work through each pre-recorded video lesson at his/her own pace, slowly and methodically building the basics of how to play the Ukulele.



URUNGA PHYSICAL CULTURE CLUB



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

Paper Free Newsletters

A reminder that our newsletter will be going paper free from Term 3, to reduce our carbon footprint on the environment. Newsletters will be emailed to families. If you would like to start from next week, please fill out the tear off slip on page 7. Thank you for the great response we have received so far.

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.