

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 2, Week 5

18th May, 2021

19 th May	Kids in the Kitchen
19 th May	Sporting Schools Athletics
20 th May	Pirate Day, The Kids' Cancer Project. Gold coin donation.
20 th May	Sporting Schools AFL
28 th May	Excursion Raffle drawn
2 nd June	Kids in the Kitchen
3 rd June	Sporting Schools AFL
4 th June	Circus Challenge
9 th June	Scholastic Book Club orders and payment due

Dear Parents and Caregivers,

Another great week at Raleigh with many things happening inside and outside the classrooms. We are enjoying Thursday afternoon's doing AFL with our coach Sarah. The students have been enjoying working with their group gardening around the school as well as working together to complete tasks as a part of our Lunch Maker's Program.



NAPLAN

Our Year 3 and 5 students' have completed their NAPLAN assessments today. All of our students approached these in a calm and positive manner.

Kids in the Kitchen

We are looking forward to Kids in the Kitchen tomorrow. Our mixed grade groups will be working to build everyone's skills to cut, prepare, measure and cook. Don't forget to pack a spare container in case your child brings some home.

Pirate Day

This Thursday, all students and staff will be dressing up in our Pirate gear and raising money for the Kids' Cancer Project. Thanks in advance for supporting this great cause.



Raffle

Keep those raffle tickets coming in. Please text or phone if you would like more books. If your child is heading to Canberra, maybe think about making a large payment towards the excursion by buying tickets. This way your excursion is being paid off and you may win a prize also.

Towards the end of this term we are running two of our regular incursions, which we were unable to do last year due to the restrictions. This will be both Tyke-Oh drumming and the Circus Skills workshop. Unfortunately, the timing of their schedules has put them very close together. We are encouraging all students to sell an extra \$20 book of raffle tickets to help cover the cost of these incursions. If you would like this extra book please let us know.

Permission notes have been sent home today.

Congratulations Remy



Over the weekend Remy played in a tennis tournament in Foster. His training and hard work has paid off with him placing 2nd. What a great achievement!

Regards,
Katrina Meenahan

Lunch Makers Program

Our third session on our Lunch Makers program invited students to follow our food's journey by watching a short film about a strawberry from the farm to the plate. Students worked in groups to map out the same journey for an apple from the farm to our lunchboxes.

Students K-6 worked cooperatively sharing ideas and the pen...But when I scrunched up their work to throw it in the bin we talked about *"it's not just the apple we are throwing in the bin it is all the resources - like water, fertilizers', energy – human and machines etc., time, love, fuel, labor, money we are throwing away as well."*

It was interesting to watch the student's reactions and discuss this. Here are some of their responses:

"All that work wasted." Heath

"All that hard work for nothing, wastes money and some people don't have access to food."

Isabella

"Resources are wasted." Tyson

"Maybe people should grow their own." Ashley



Tips for fussy eaters

Looking for a great resource to help make lunch with a fussy eater? [Try this one!](#)

Getting kids involved in choosing and making their lunch may help fussy eaters and stop food ending up in the bin. If leftovers do come home, try encouraging your kids to eat them for afternoon tea or use them up in dinner (like carrot sticks).

Top tips include:

- ✓ Lead by example, try to share the enjoyment of healthy food with your children.
- ✓ Get kids involved in lunchmaking - kids tend to eat if they can serve themselves or help with food preparation.
- ✓ Meal plan/shop together - giving kids some choice over what they are eating can help foster their sense of independence.
- ✓ Make meals and snacks interesting by including different colours, shapes and textures.
- ✓ Try not to give in with preferred foods because "they have to eat something".
- ✓ Praise efforts and try to ignore unwelcome behaviour.

A fun activity at home for kids: [Home food audit and Wasty recipes](#). Get your kids to do an audit of their fridge and fruit bowl at home, record all the leftovers and create a recipe using the fruit and vegetables that need to be used.

Some great recipe ideas from OzHarvest [here](#) and from Love Food Hate Waste [here!](#)

Student Banking Award – Bronze

Congratulations to Lincoln who has gained his Bronze Student Banking Award for making 10 deposit this year. Well done. Student Banking is on Wednesdays.

Scholastic Book Club

Scholastic Book Club catalogues were handed out today. Orders and payment are due by Wednesday 9th June. Orders can also be placed via LOOP on the Scholastic website.

BEGINNER GROUP CELLO LESSONS

A fun and affordable introduction to music learning on one of the world's most beautiful instruments

Music is a more potent instrument for education than any other ~ Plato



\$18 per lesson

Tuesday afternoons from 5 & 5:30

Ages 7-10

30 minute lessons

Free cello hire for the first term

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