

RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

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Newsletter, Term 2, Week 6

25th May, 2021

1 st June	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
9 th June	Readers and Writers Festival
9 th June	Small Schools Athletics Carnival
14 June	Queen's Birthday holiday
16 th June	Kids in the Kitchen
17 th June	Sporting Schools AFL
18 th June	Tyke-Oh Japanese Drumming
25 th June	End of Term 2

Dear Parents and Caregivers,

Please remember that if your child is displaying any cold or flu like symptoms e.g. runny nose, sore throat and cough, even if very mild, please keep them home and have them COVID tested. They must return a negative result and be symptom free before returning to school. I understand that this can be frustrating, however if students are coming to school unwell, they are sharing these symptoms and more students and staff need to take the time off. Thank you to everyone for playing your part in trying to keep the disruptions of everyone to a minimum.

Welcome Mr Kearsley



We would like to welcome Mr Cooper Kearsley to Raleigh School for the next four weeks. Mr Kearsley will be completing his first Practicum from the University of New England. We are looking forward to him working with the 3-6 class and also with the whole school.

Raffle Return

A reminder that all raffle tickets and money must be returned by this Friday 28th May. The raffle will be drawn on Tuesday 1st June. Remember you can use the sale of raffle tickets to directly cover the cost of your excursions (to either Canberra or locally) and the Circus and drumming incursions. It is not too late to buy tickets. It is a great idea to pay a couple of hundred dollars off the excursion to Canberra and at the same time go into the draw to win a prize. This will be the last fundraiser for the excursion, so sell, sell, sell!

Pirate Day

Thank you to the staff and students who supported our Pirate Day Fundraiser last Thursday for the Kids Cancer Project. We raised \$60 for this great cause and had a lot of fun dressing up for the day.



AFL



Our AFL lessons are continuing with Sarah and the students are developing their skills and having a great time. We have been unable to source a coach for our second Sporting School sport and will look at an alternative in the coming weeks.

KiK and Gardening



Last Wednesday we had another successful Kids in the Kitchen. Two of our groups made the main meals of Vegetarian and Beef Porcupine meatballs and the third group made a nut-free muesli bar.

They were all delicious!



While waiting for the meals to cook, the students worked outside, creating a window to look through and observing what they could see inside the square.

Keep it fresh

When you and your kids are packing lunch, think about how to keep it fresh until lunchtime. There are lots of easy, waste-free storage options around including ice packs, bento boxes, flasks, bees wax wraps for sandwiches etc.

Using up leftovers for lunch can also be a great way to avoid food waste and very popular with kids – great examples from the Healthy Kids Association can be found [here!](#)

Good lunchbox options have been reviewed by the Healthy Kids Association [here](#).

Top tips for getting the kids involved!

Snack box/bowl - at the start of the week, buy or make a variety of healthy snacks and children choose 1 item for their lunchbox each day. Your child gets to choose, but you are in control of how many and what they can choose from. Some good options are popcorn, rice wheels, potato straws and muesli bars.

Crunch sticks - at the start of the week, cut up thick vegie sticks and store in containers in the fridge. Your child can easily add these to their lunchbox each morning. Kids love munching on these - capsicum, beans, cucumber, carrot and cherry tomatoes.

A helping hand – for younger kids, it can help to prepare the ingredients and lay them out on chopping board. Then your child can choose from what's on offer and assemble their wrap/sandwich to their liking.

Weekend baking - schedule in some time together on the weekend to bake some fruit muffins (whatever is in season) for the week ahead. Watch how proud your child will be packing these into their lunchbox!

Seasonal fruit snacking – chat with your child about what fruit is in season and find out their favourites. Make sure these are always on hand during the season and the kids will keep going back for more! Fruit and veg is cheaper and tastier when in season too!

Maths in Kinder

Our Kindergarten girls have been working hard to develop their early multiplication skills by grouping.



Regards,
Katrina Meenahan

Scholastic Book Club

Orders and payment are due by Wednesday 9th June. Orders can also be placed via LOOP on the Scholastic website.

Vegetarian Porcupine Balls

Ingredients

- 1 packet of soy mince substitute 300g
- 2/3 cup uncooked jasmine rice
- 2 eggs
- 1 can of concentrated tomato soup
- ½ teaspoon salt (optional)
- ½ teaspoon ground black pepper
- 2 tsp Worcestershire sauce
- ½ cup chopped onion

Method

Preheat oven to 160°C

Put all ingredients into a glass bowl, but only half cup of concentrated tomato soup (reserve the rest for later). With a fork, break up the soy mince and puncture the egg yolks. Then thoroughly mix all the ingredients together with a fork. Using 1 tablespoon of mixture at a time, roll mixture into balls, squeezing firmly. Place in a glass baking dish.

Take the rest of the tomato soup and spoon it over the top of each meatball and try to cover the sides. Cover the dish in aluminium foil and bake in the oven for 45 minutes. When done, the rice in the meatballs should be thoroughly cooked and the top layer of tomato sauce will be thick.

Serve immediately with your choice of sides and enjoy!



Beef Porcupine Meatballs

Ingredients

420g can concentrated tomato soup
500g beef mince
1 brown onion, grated
½ cup white long-grain rice, rinsed
2 garlic cloves, crushed
¼ cup flat-leaf parsley leaves, finely chopped
Mashed potato, to serve



Method

Place soup and 1 ¾ cups cold water in a large saucepan over medium heat. Bring to the boil. Meanwhile, combine mince, onion, rice, garlic and parsley in a large bowl. Season with salt and pepper. Using 1 tablespoon of mixture at a time, roll mixture into balls. Add meatballs to boiling soup. Reduce heat to low. Cover and simmer for 40 minutes or until rice is tender and meatballs cooked through. Serve with mashed potato.

Nut-Free Muesli Bars

Ingredients

117g butter
1 cup (170g) honey
1 cup (70g) brown sugar
1 tsp cinnamon
1 tsp vanilla extract
1 tsp salt
1 cup (110g) rolled oats
1 cup (45g) desiccated coconut
1 cup (50g) plain flour
1 cu dried fruit chopped apricots, sultanas, raisins etc
1 cup (25g) puffed rice bubbles or similar



Method

Preheat oven to 160° C (fan forced). Grease and line a 28cm x 20cm slice tin with baking paper. Place the butter, honey and brown sugar into a microwave-safe bowl. Heat on 50% power until just melted and stir together. Add the cinnamon, vanilla extract and salt and mix together well. Add the rolled oats, coconut, plain flour, dried fruit and puffed rice and mix together. Pour the mixture into the prepared tin and press down firmly and evenly. Bake for 20-25 minutes or until just golden. Allow to cool completely before cutting into thin slices.

Special discount for students & parents: **\$20 Tickets** to

PRINCE OF SKIDMARK

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To Book: 02 6581 8888 or www.glasshouse.org.au

Use discount code: NINJA

FAMILY FUN

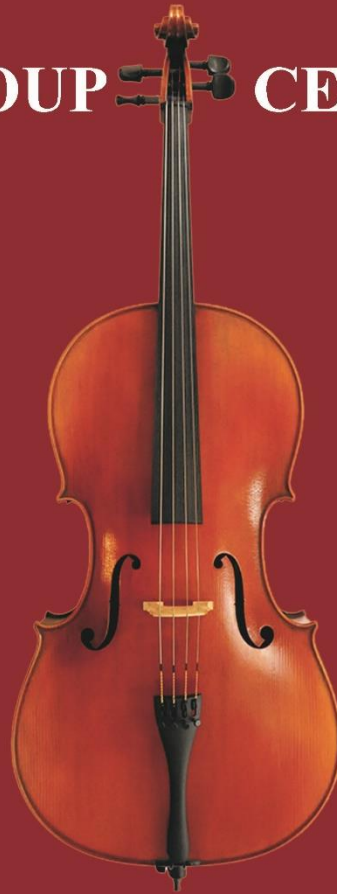
HAM LET

AGES 8+

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

COFFS HARBOUR
**REGIONAL
CONSERVATORIUM**



The Dental Centre For Kids

DID YOU KNOW?
Dental conditions is the second highest cause of preventable hospitalisation for children aged 0-4 years in NSW.

DID YOU KNOW?
34.3% of 5-6 year olds have experienced dental decay

☎ 02 6652 33 44 📍 14 Market Street, Coffs Harbour
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"Let our advance worrying become advance thinking and planning."
SIR WINSTON CHURCHILL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 th June 2021	29 th June 2021	30 th June 2021	1 st July 2021	2 nd July 2021
 <p>MOVIES DAY</p> <p>Come as your favourite movie character. Movie themed arts, crafts and trivia. Make your own movies/plays.</p>	<p>Art Attack</p> <p>Prepare to get messy today and let your imagination and creativity run free! Try out different mediums and techniques!</p> <p>Cost \$2.50</p> 	 <p>Mystery Movie Screening at Sawtell Cinemas before a visit to Bongil Bongil National Park.</p> <p>Depart: 9.50am Return: 3:15pm</p> <p>Cost: \$26.00</p>	 <p>Winter Wonderland Get comfy with your pjs and ugg or get fancy with your onesie or oodie. We will have calm activities, board and card games to play, cubby houses to make. Afternoon tea will be pancakes and hot choccies to warm up with whilst watching a Disney movie.</p> <p>Cost \$5.00</p>	<p>CULTURAL TOUR @ Urunga Lido</p> <p>Today we head to Urunga Lido for a walking tour with a local Gumbaynggirr guide, who will immerse us in the local culture. Games and Exploration of the Lido</p>  <p>Depart: 10.00am Return: 3:00pm Cost: \$25</p>
5 th July 2021	6 th July 2021	7 th July 2021	8 th July 2021	9 th July 2021
<p>Outdoor Adventure Day</p> <p>Today we're making Tee-pees, cubbies and mud pies!</p> <p>Spend the day outside, playing sports or games with your friends</p> 	<p>Join us at our Carnival Day with side show alley games, music, popcorn, sponge face, blow up obstacle course and much more!</p>  <p>Cost: \$15</p>	 <p>Mini Olympics</p> <p>Come dressed in your favourite country or athlete colours to compete in games to win medals on the day. Enjoy Cool Runnings for a quiet afternoon movie</p>	<p>Springloaded</p> <p>Jump in and have some fun with us today at Springloaded then over to Jetty Foreshore for lunch and play at the park</p>  <p>Depart: 9:45am Return: 2:45pm Cost: \$24</p>	<p>Multi Activity Day</p> <p>Last Day of Vacation Care and let's go out with a bang.</p> <p>We will have some art and craft; allow free play outside of the floor is lava and cubby building.</p> <p>Encouraging the children to enjoy the last day before School returns.</p> 

For more information request a full copy from the school office.