

# RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

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Newsletter, Term 2, Week 9

15<sup>th</sup> June, 2021

16 <sup>th</sup> June	Kids in the Kitchen
17 <sup>th</sup> June	Sporting Schools AFL
18 <sup>th</sup> June	Tyke-Oh Japanese Drumming
21 <sup>st</sup> June	Circus Challenge
25 <sup>th</sup> June	End of Term 2
12 <sup>th</sup> July	SDD, Pupil Free
13 <sup>th</sup> July	Students return for Term 3

Dear Parents and Caregivers,

What a busy week we had last week and some amazing learning and experiences that were had by our students.

On Monday our classes participated in a big write activity with a follow-up editing and language lesson on Tuesday. We took this opportunity to use one of Kate Forsyth's books 'Dragon Gold' as a stimulus for our writing task.

## BRWF Author Visit



On Wednesday our school went to Repton Public, with Crossmaglen and some 3-6 Orama students, for the Bellingen Readers and Writers Festival (BRWF) Author Visit. Our students worked in K-2 and 3-6 groups with the other schools throughout the day. In the morning we attended a session with author Kate Forsyth who has written 45 books for readers from toddlers to adults. Kate had both groups enthralled with her story telling skills. Kate shared her stories and the journey she took to become a successful international writer. She spoke about her perseverance and resilience. The passion for what she does was evident in her presentation and the students asked some insightful and interesting questions.



In the afternoon both groups listened to illustrator Penelope Pratley talk about her struggles to become a successful illustrator. She showed the students the process she uses to create her ideas and illustrations and described the time it takes to create the finished product. Penelope also spoke about her need to be resilient, persistent and to believe in herself and not give up.



In between our BRWF sessions our students participated in some hands-on activities run by Cascade environmental Centre. Thank you to John and Aleisha for some fun and thought provoking activities, with K-2 looking at, exploring and making their own insects and the 3-6 group learning more about sustainability, energy and wind turbines.

This was a fantastic day made even more special by the fact that we were able to participate with our

friends from the other small schools.

## Small Schools Athletics Carnival

On Thursday, we braved the very chilly day and had an amazing time at Bellingen High School for the Small Schools Athletics Carnival. Congratulations to all of our students who participated in events throughout the day and a special mention to the following students who placed in events and the older students 8 years and above, some of who will attend the District Carnival in Dorrigo on Friday 23<sup>rd</sup> July.

Ashley – 1<sup>st</sup> 9yrs girls 100m, 1<sup>st</sup> Junior Girls Long Jump

Allirah – 2<sup>nd</sup> 8yrs girls 100m

Jamie – 2<sup>nd</sup> 7yrs girls 50m (Not attending District), 3<sup>rd</sup> Juvenile girls Long Jump,

Isabella – 2<sup>nd</sup> 11yrs Girls Long Jump, 2<sup>nd</sup> 11yrs girls 800m

Oliver R – 1<sup>st</sup> 11yrs Boys Shot Put,

Remy- 3<sup>rd</sup> 11yrs Boys Shot Put,

Oliver B – 1<sup>st</sup> 11yrs Boys 100m, 2<sup>nd</sup> 11yrs Boys Long Jump

Caiden - 3<sup>rd</sup> Junior 1500m, 3<sup>rd</sup> 10 yrs Boys 100m, – tied 3<sup>rd</sup> Junior Boys High Jump (not attending District for HJ).

Lincoln- 3<sup>rd</sup> 9 Yrs Boys 100m

Liam – 3<sup>rd</sup> Juvenile Boys long jump (not attending District)





## Careers Roadshow

On Friday, four of our Year 5 and 6 students travelled to Repton for a Careers Roadshow run by Mrs Freida Gorman the Careers Advisor at Bellingden High School. The students all had a great time and came away enthusiastic and with many things to tell us about their morning. The following are short statements each of them wrote about the experience:

- On Friday we went to the Careers Roadshow at Repton and learned different stuff. There was an army cadet who showed us what they eat and how to start a fire. He said he always has to carry a tent, lollies, water and a mozzie net. I hope we do this again. Oliver R
- On Friday, we learnt that the SES and Fire Services are voluntary and you don't get paid. I also learnt that lots of jobs involve problem solving. I enjoyed the talk by the nurse because I thought it was interesting and inspiring and she taught us cool things about the body. I also enjoyed the SES group because it sounds like they help people in a good way and you would learn lots of good skills for the future – Remy
- On Friday we learnt about some careers like being a mechanic and being in the military. We learnt how engines work, like what the piston does and how spark plugs work. We also listened to our hearts and lungs with the nurse – Oliver B
- While I was at the Careers Roadshow I learnt about different careers, what you do in them and how to do them. There were five different careers we learnt about: Firefighters, SES volunteers, TAFE nurses, Army servicemen/servicewomen and mechanics. I was there to learn about different jobs and my future. I found it really fun and interesting and I hope to learn more about different careers soon- Isabella

## STEM activity with Mr Kearsley

Mr Kearsley has just completed his third week of Prac at Raleigh PS. On Friday he was set a challenge to create a whole school STEM activity. In small groups, the students had to make a bridge out of paddle pop sticks, paper and masking tape. The aim was to create the strongest bridge, to hold as many marbles as possible, across a set span of space. This was a lot of fun and the students worked really well together. Well done to everyone!



## Final Term 2 KiK on Wednesday

We are all looking forward to a delicious lunch of Chicken and Vegetable Chow Mein or Vegetable Chow Mein for lunch tomorrow. We have decided to cook a warm, savoury recess this week and we hope everyone enjoys the surprise!

## Taiko Drumming



This Friday our students will be participating in our Taiko Drumming workshop. Everyone is looking forward to seeing Kyomi our drumming Sensei and being involved in the high-impact workshop. This will be a great way for Mr Kearsley to end his Prac at Raleigh!

## Circus Skills Visit

As you are aware, we were all very disappointed when our Circus Skills workshop fell through. They have apologised for this and will be coming to school on Monday 21<sup>st</sup> June to run our workshop. We are all looking forward to seeing them then. This will give everyone the holidays to practise some of these circus skills.

Regards Katrina Meenahan

## Make Your Own Lunch recipe inspiration!

This week encourage students to make or help to make their own lunch at home.

Have a chat with your children about what they would like to include, remembering to keep it healthy and fresh until lunchtime. Maybe plan and shop together for healthy food they want to include or write a [lunchbox menu plan](#).

Making your own wraps is a fun, easy activity for kids. Simply add their favourite fillings for a quick, healthy lunch!

Watch Rhi making wraps from scratch [here!](#)

## Flatbread/wrap recipe

### *Ingredients*

250g spelt flour or whole wheat flour  
½ tbsp salt  
1 tbsp olive oil  
1 cup boiling water  
Flour for sprinkling

### *Method*

1. Place flour, salt and olive oil in a mixing bowl. Add boiling water and mix with a wooden spoon until dough comes together.
2. Turn out onto lightly floured surface and knead lightly to form a smooth dough (not too sticky or dry). Divide into 8 equal sized balls and roll each out into 20cm discs.
3. Cook, one at a time, for 1-2 minutes or until lightly browned, in a hot non-stick pan. Cover with tea towel until ready to use.

In the morning or night before, depending on filling, hand your child a sandwich wrap, open the fridge door and let them create a wrap from whatever they find appealing. The little inventor in them will come out, and they will customise their own wrap with the leftovers in the fridge.

### **Make your own lunch**

1. **Grab a wrap** – bought or homemade – see recipe above, gluten free, vegie infused etc.
2. **Pick a protein** - sliced cold meats, cheeses, smoked salmon, nut butters, beans, tuna, leftovers from dinner, steak, chicken, tofu, tempeh.
3. **Choose condiments** - mayo, mustards, chutneys, relishes or jams, hummus, barbecue sauce, hoisin sauce, plain Greek yogurt, salsa, pesto, and use any leftover sauces or dips lurking in the fridge first.
4. **Add vegies** – choose ones that don't make the wrap too soggy by lunch (tomatoes are a big soggy offender), examples are shredded lettuce, sliced olives and pickles, roast vegetables, bell peppers, sprouts, thinly sliced cucumbers, mushrooms, and sauerkraut. Why not try adding fruit?! Thinly sliced or diced apples, pears, or dried fruit. You could sprinkle on some shelled sunflower seeds, pumpkin seeds etc.
5. **Layer it up** – put everything on about 3/4 of the wrap, making sure not to over fill. And then add condiment, sauce or spread of choice on the remaining part of the wrap.
6. **Roll the wrap** - starting with the filled side closest to you, rolling towards the empty edge, ideally leave enough room so that the condiment at the edge will help seal up the wrap as you finish.
7. **Creative cuts** - you can leave the wraps whole, in one big tube-like piece; slice them in half on the diagonal; or slice them into bite-sized sushi-style pieces.
8. **Keep it fresh** - when packing the wrap into the lunch box, add an ice pack to keep everything fresh and tasty.

### **Great wrap fillings**

1. Chicken, lettuce and cottage cheese  
Serve crumbed or poached chicken breast with lettuce and cottage cheese for a protein packed snack. You could always substitute the lettuce for coleslaw or spinach leaves for further variation.
2. Rainbow wraps - vegetable, cream cheese wrap  
Cream cheese is a great for protein and dairy. Add any vegetable that appeals to your child, cucumber, capsicum, carrot, or roast vegetables to make a well-rounded healthy wrap.
3. Strawberry and almond butter wrap  
Fruit also tastes awesome on wraps. Add cut strawberries and almond butter for a tasty treat. Almond butter is allowed at most schools but just double check to make sure.

4. Egg and lettuce  
Take two boiled eggs and add some mayo. Mash together with a fork until eggs become creamy. Add the creamy egg to the wrap and add lettuce or spinach.
5. Banana, seed (tahini) or nut butter (almond) and honey  
Tahini is a great alternative to peanut butter and high in vitamin B and other essential minerals. Putting it with banana and honey will have your child asking for more.
6. Avocado and nutritional yeast (dairy free cheese)  
If you have a child who loves plain wraps and you want to add some extra vitamins and protein sneak in a bit of nutritional yeast (deactivated yellow flakes of yeast). People who do not eat dairy often use it for its cheese flavouring. Trust me, your child will love it.
7. Hummus and cucumber  
Hummus is a great dairy free protein source in the lunchbox and tastes great with cucumber or lettuce. Buy or make hummus with added vegetables to give your kids an extra vegetable boost.
8. Tuna salad  
Combine tuna and mayo in a bowl until it becomes a creamy mix. Add it to a wholemeal wrap and add whatever vegetables appeal to your child, like grated carrot and lettuce.
9. Ham wrap  
Sometimes simple is often the best. Add good quality sliced ham, cheese (Jarlsberg is yummy), grated carrot and mayonnaise. This combination will always win the kiddies.
10. Bean sandwich wrap  
Add avocado or guacamole to help hold the wrap together, plus cooked rice, black beans, and shredded cheese. Yum!



## Make friends, have fun and get active with Netball!

**WHAT** Nambucca Valley Netball School Holiday Clinic Net/Set (5-7yrs) and GO (8-10yrs)

**DATE** Friday 9<sup>th</sup> July 2021 **TIME** 10am-12noon

**WHERE** Bowraville Netball Club - Hennessy Tape Oval, Coronation Street, **Bowraville**

**DETAILS** \$25.30 per participant, with registrations online via the trybooking website

<https://www.trybooking.com/BRTOV>

Please bring a hat, sunscreen, water bottle and healthy snacks.

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## APPLY NOW! ISS are looking for School Cleaners

ISS is a leading global workplace experience and facility management company. In partnership with customers, ISS drives the engagement and well-being of people, minimises the impact on the environment, and protects and maintains property.

We are seeking value-orientated people to join our local team of 17,000 service professionals, who can help us realise our Purpose of "Connecting People and Places to Make the World Work Better".

Our team is growing and we currently seeking cleaners to join ISS. You will provide high cleaning services to Public Schools, TAFES and Government Buildings. You will be employed on a casual basis with opportunity to ongoing permanent work. Various of rosters are available; Monday to Friday early morning (5-9am) and/ or afternoon (2-6pm) and Temporary Disinfecting shifts (11am-3pm).

### We are seeking cleaners around:

- North Coast: Coffs Harbour, Taree, Port Macquarie, Ballina, Tweed Heads and Lismore (*Driver license and a car is essential*)
- South West Sydney: Bankstown, Liverpool, Campbelltown, Fairfield, Ingleburn, Auburn, Merrylands and Strathfield areas (*Driver license and a car is essential*)
- Sydney: Ashfield area, St George area, Sutherland Shire area, Sylvania/Cronulla area, Marrickville area, Eastern Suburbs and CBD (*Public transport is acceptable*)

### Role responsibilities:

- Cleaning all facilities including classrooms, bathrooms, kitchens and grounds
- Disinfecting high touch points areas
- Working autonomously with little supervision & commitment to safe work practices
- Ability to obtain a Working with Children number & ability to pass a Police Check
- Must be physically fit and able to meet the demands of the job

If you are interested and meet the above criteria, please complete your online application via Scanning our QR code!

If you have any questions or need more information please e-mail [sandra.moussa@au.issworld.com](mailto:sandra.moussa@au.issworld.com)



PEOPLE MAKE PLACES

"Aboriginal and/or Torres Strait Islander people are encouraged to apply"

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