

RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

Find us at 12 North Street, **Raleigh** 2454
Email: Raleigh-p.school@det.nsw.edu.au
School Principal: Mrs Katrina Meenahan

T 6655 4228 F 6655 4548
Website: <https://Raleigh-p.schools.nsw.gov.au>

Newsletter, Term 2, Week 8

8th June, 2021

9 th June	Scholastic Book Club orders and payment due
9 th June	Readers and Writers Festival
10 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
21 st June	Circus Challenge
25 th June	End of Term 2

Dear Parents and Caregivers,

The remainder of this week will be a busy one. We have a number of activities on and I want to remind everyone that students are only to attend these if they are symptom free and feeling well. If your child is presenting with even mild symptoms, please keep them home and have them tested.

Bellingen Readers and Writers Festival



Tomorrow our school will be travelling to Repton Public School for a fun day shared with our other small school friends. We will be participating in two workshops that have been made possible by the Bellingen Readers and Writers Festival and generous donations from Officeworks and Coffs Harbour City Council. We are looking forward to meeting Kate Forsyth and Penelope Pratley, as well as participating in activities run by Cascade

Environmental Centre.

Thank you to the parents who have volunteered to help us transport students. Remember the following transport arrangements:

In the **morning** – Students need to be dropped at school between 8.30 and 8.45am or dropped directly to Repton School at 9am (if you indicated this on your note).

In the **afternoon** – students who normally get picked up will be transported by private transport back to Raleigh PS for pick up. Those students who normally catch the bus to either Urunga or Bellingen, will board the bus at Repton and catch their regular buses home. NB students on the Bellingen bus will be supervised at Raleigh changing to their regular bus.

Kids in the Kitchen



Last Wednesday we had another successful Kids in the Kitchen. Two of our groups made the main meals of Vegetarian and Beef Lasagne and the third group made banana oat cookies.

They were all delicious!

Small Schools Athletics Carnival

Thursday 10th June our whole school will be at Bellingen High School for the Small Schools Athletics Carnival. Students who are competing in the 1500m are to arrive by 8.50am. The rest of the students are to arrive after 9am for a 9.30am start. Everyone needs to enter through the Crown Street entrance across the bridge. Students are to please come straight to the school tent and tell the teachers they are there. It is anticipated the carnival will finish at approximately 2.30pm.

Due to the COVID restrictions, it is now preferred that parents not attend, however if parents do decide that they need to attend you will need to follow the COVID guidelines. This includes signing on with the COVID QR code, remaining in the spectator areas, not with your child or around the school groups, using the disabled toilets (outside the canteen) and remaining 1.5m apart from all other adults at the event.

Circus Skills

Last week we had hoped to end our week with a fun afternoon of Circus Skills with The Australian Circus Company, unfortunately this was not to be. However we showed resilience and had an amazing afternoon outside. Look at these happy faces.



We have rebooked The Australian Circus Company to come on **Monday 21 June, 2021**.

Careers Expo

On Friday, our Year 5 and 6 students will be travelling to Repton Public School to participate in a Careers Expo being run by Bellingen High School. This will be a fantastic experience and we can not wait to hear about the things they experience.

Regards,
Katrina Meenahan

Scholastic Book Club

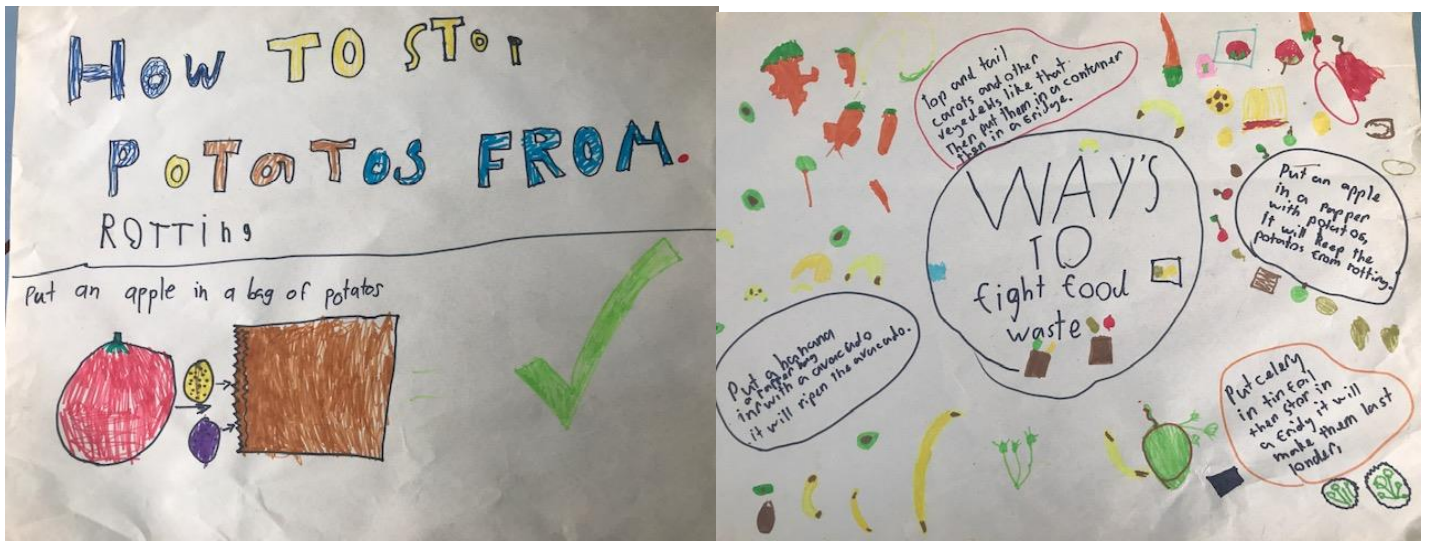
Orders and payment are due tomorrow Wednesday 9th June. Orders can also be placed via LOOP on the Scholastic website.

Student Banking Awards

Congratulations to Caiden who has gained his Bronze Student Banking Award. This means that Caiden has made 10 deposits this year. Well done.

Lunch Makers Program

Check out these great posters from our Lunch Makers program. The students worked in groups to create these posters from a short film we watched about keeping our food fresh. An apple in a bag of potatoes helps stop them rotting and placing basil in a jar of water is a good way to store fresh food. Ask your child how they can help an avocado ripen or how to store celery in the fridge.



Easiest Lasagne Ever

Ingredients

9 no-boil lasagne sheets
1 tablespoon olive oil
453g ground beef
1 onion, diced
salt and freshly ground black pepper, to taste
1 (795g) can crushed tomatoes
1 tablespoon Italian seasoning
1 (425g) package whole milk ricotta
3 ½ cups shredded mozzarella, divided
1 large egg, beaten
¼ cup freshly grated Parmesan
2 tablespoons chopped fresh parsley leaves

Method

Preheat oven to 175°C. Lightly oil a 22cm×33cm baking dish.

Heat olive oil in a large frypan over medium high heat. Add ground beef and onion and cook until beef has browned, about 3-5 minutes, making sure to crumble the beef as it cooks; season with salt and pepper, to taste. Drain excess fat. Stir in tomatoes and Italian seasoning until well combined.

In a medium bowl, combine ricotta, ½ cup mozzarella and egg; set aside.

Spread 1 cup tomato mixture onto the bottom of a 22cm ×33cm baking dish; top with 3 lasagne sheets, ½ of the ricotta cheese mixture and 1 cup mozzarella cheese. Repeat with a second layer. Top with remaining sheets, tomato mixture, 1 cup mozzarella cheese and Parmesan.*

Place into oven and bake for 35-45 minutes, or until bubbling and the top is browned in spots. Let cool 15 minutes. Serve, garnished with parsley, if desired.



Vegetarian Lasagne

Ingredients

Veggies and spinach
2 tablespoons extra-virgin olive oil
3 large carrots, chopped (about 1 cup)
1 red capsicum, chopped
1 medium zucchini, chopped
1 medium yellow onion, chopped
¼ teaspoon salt
170g baby spinach

Tomato sauce

1 large can (794g) diced tomatoes
¼ cup roughly chopped fresh basil + additional for garnish
2 tablespoons extra-virgin olive oil
2 cloves garlic, pressed or minced
½ teaspoon salt
¼ teaspoon red pepper flakes

Remaining ingredients

2 cups (453g) low-fat cottage cheese, divided
¼ teaspoon salt, to taste
Freshly ground black pepper, to taste
9 no-boil lasagne sheets
250g (2 cups) freshly grated low-moisture, part-skim mozzarella cheese

Method

Preheat the oven to 220°C

To prepare the veggies: Heat frypan medium heat, warm the olive oil. Once shimmering, add the carrots, capsicum, zucchini, yellow onion, and salt. Cook, stirring every couple of minutes, until the veggies are golden on the edges, about 8 to 12 minutes.

Add a few large handfuls of spinach. Cook, stirring frequently, until the spinach has wilted. Repeat with remaining spinach and cook until all of the spinach has wilted, about 3 minutes. Turn off frypan and set aside.

Meanwhile, to prepare the tomato sauce: Pour the tomatoes into a mesh sieve or fine colander and drain off the excess juice for a minute. Then, transfer the drained tomatoes to the bowl of a food processor. Add the basil, olive oil, garlic, salt, and red pepper flakes.

Pulse the mixture about 10 times, until the tomatoes have broken down to an easily spreadable consistency. Pour the mixture into a bowl for later (you should have a little over 2 cups sauce). Rinse out the food processor and return it to the machine.

Pour half of the cottage cheese (1 cup) into the processor and blend it until smooth, about 1 minute. Transfer the mixture to large mixing bowl. No need to rinse out the bowl of the food processor this time.

Transfer the cooked veggies and spinach mixture to the bowl of the food processor. Pulse until they are more finely chopped (but not puréed!), about 5 to 7 times, stopping to scrape down the sides as necessary. Transfer the mixture to the bowl of whipped cottage cheese. Top with the remaining cottage cheese, then add ¼ to ½ teaspoon salt (to taste) and lots of freshly ground black pepper. Stir to combine. Now it's lasagne assembly time!

Spread ½ cup tomato sauce evenly over the bottom of a 9" by 9" baking dish. Layer 3 lasagne sheets on top (snap off their ends to fit, and/or overlap their edges as necessary). Spread half of



the cottage cheese mixture evenly over the sheets. Top with $\frac{3}{4}$ cup tomato sauce, then sprinkle $\frac{1}{2}$ cup shredded cheese on top.

Top with 3 more sheets, followed by the remaining cottage cheese mixture (we're skipping the tomato sauce in this layer.) Sprinkle $\frac{1}{2}$ cup shredded cheese on top.

Top with 3 more sheets, then spread $\frac{3}{4}$ cup tomato sauce over the top to evenly cover the noodles. Sprinkle evenly with 1 cup shredded cheese.

Wrap a sheet of parchment paper or foil around the top of the lasagne (don't let it come into contact with the cheese). Bake, covered, for 18 minutes, then remove the cover, rotate the pan by 180° and continue cooking for about 10 to 12 more minutes, until the top is turning spotty brown.

Remove from oven and let the lasagne cool for 15 to 20 minutes, so it has time to set and cool down to a reasonable temperature. Sprinkle additional basil over the top, then slice and serve.

Banana Oat Cookies

Ingredients

1 medium sized ripe banana - peeled

1 cup (100g) rolled oats - check they're gluten free if required

2 tbsp honey

1 tbsp coconut oil - either soft or melted

$\frac{1}{2}$ cup (50g) chocolate chips - check they're gluten free if required

pinch of salt

Method

Preheat your oven to 170c/325F

Place the banana in a medium sized bowl and mash it with a fork. Add the oats, honey and coconut oil and give everything a good stir until combined. Leave to rest on the counter top for 10 minutes, so that the oats can absorb the moisture from the other ingredients.

After 10 minutes, add in the chocolate chips (reserve a few to sprinkle on once the cookies are cooked) and the salt. Stir to combine.

Take a tbsp. of the mixture in your hand, roll into a ball and then squash to flatten into a thick disk (approx. 1cm thick). Place on a baking tray and repeat until all your mixture is used up.

Place in the oven and cook for 15 minutes.

Take out of the oven, sprinkle with the reserved chocolate chips and leave to cool.





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 9th 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.

CONTACT Gill Cotter M: 0450 603 220 E: gcotter@netballnsw.com

netball@netballnsw.com
(02) 9951 5000
netballnsw.com.au





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



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