

RALEIGH PUBLIC SCHOOL

Nurturing Children in an Innovative and Creative Environment



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School Principal: Mrs Katrina Meenahan

Newsletter, Term 4, Week 7

23 November 2022

25 November	Bellingen HS Small Schools Orientation
28 Nov – 9 th Dec	Swimming and Water Safety Program
2 December	Bellingen HS Year 6 and 7 Orientation
5 December	Bellingen High School Year 7 2023 Parent/Carer Information Evening
8 December	Bellingen Orchestra Program
9 December	Bellingen Pool and Big Banana Water Slide
13 December	Sunset Picnic

Dear Parents and Caregivers,

Last week, all of our students across the whole school, were able to experience a variety of different learning experiences, in locations outside their regular classrooms. Lots of deep learning occurred and our students had a fantastic time during all activities.

Our K-2 students, with a friend from Year 4 and Year 5, went to the Butterfly House and Bongil Bongil State Forest on Wednesday. They learnt about the life cycles of butterflies and were able to see the process up close. They also were able to learn more about dinosaurs. They then travelled to Bongil Bongil to have lunch and explore the natural environment. Thank you to Ms Driscoll and Mr Sherwood for making this fantastic day possible!



On Friday, K-2 had a private taekwondo lesson and then travelled to the Urunga Foreshore to explore the boardwalk and look for wildlife in the water, on the land and in the sky. Thank you to the parents who helped drive and Ms Driscoll and Mrs Corcoran for a fantastic afternoon.



While the K-2 students were enjoying the school to themselves, eight Yr 4-6 students and Mrs Meenahan, travelled to Canberra for an amazing week of learning and discovery. We travelled with Crossmaglen and Mrs Marshall, Orama and Mrs Sutherland and Repton, Mrs Glyde and Mr Stanley. Monday and Friday were filled with travel and Tuesday to Thursday were jam packed with activities from early in the morning until the evening, when it was time for bed.

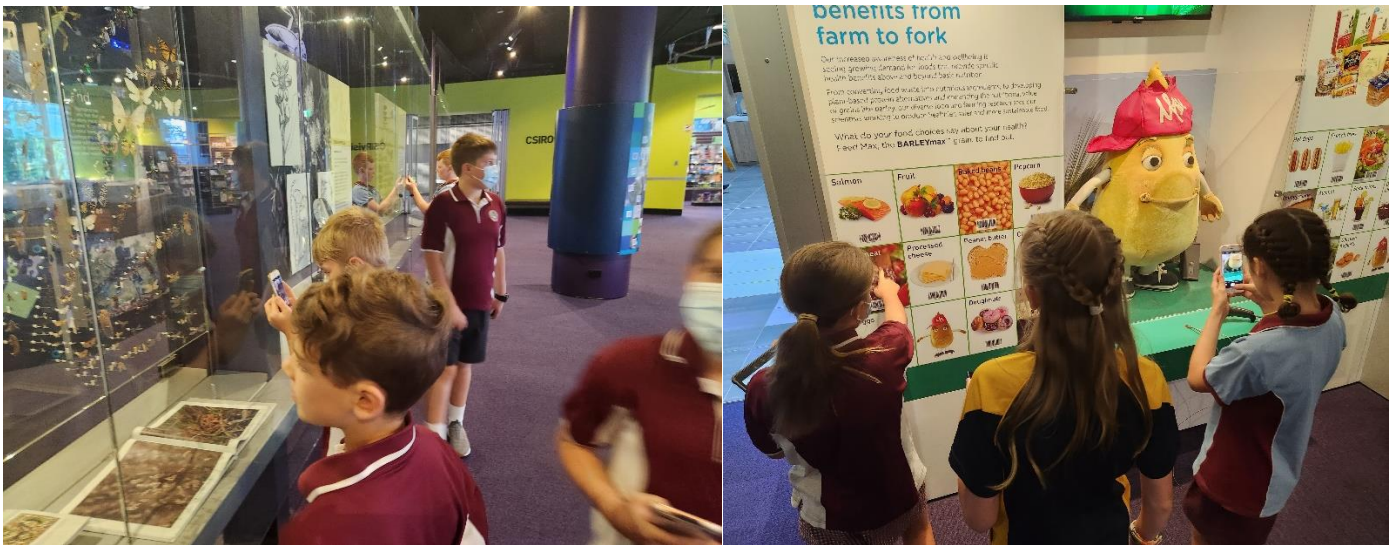
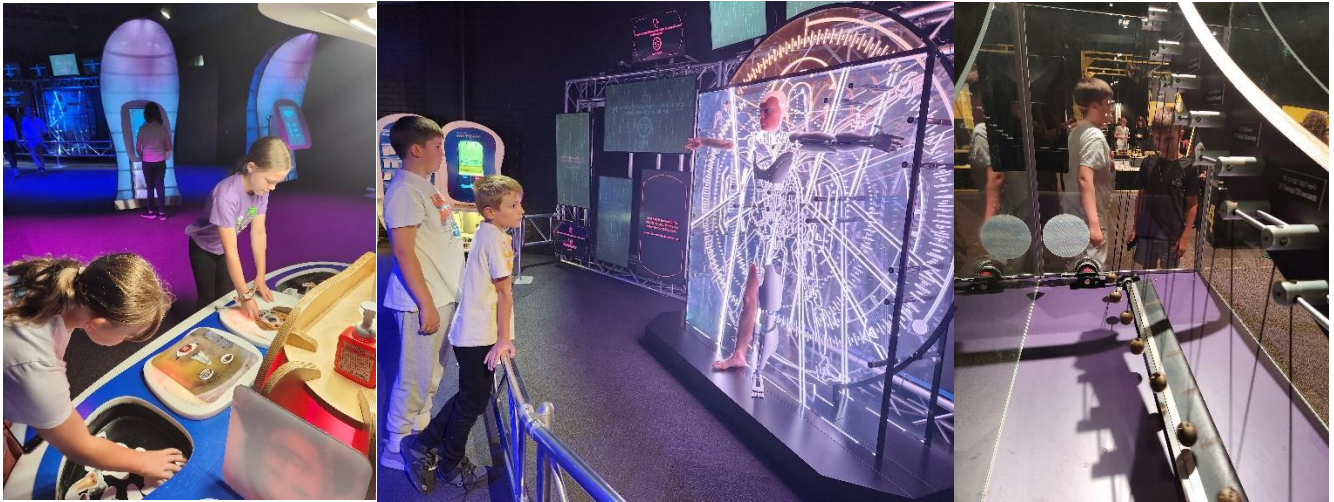
The students learnt more about Federal government, Parliament House, democracy and voting in elections.



They discovered how coins were made and had a tour of the War Memorial.



At CSIRO and Questacon, they explored hands-on science experiments to learn about a variety of different subjects and ideas.



We enjoyed a drive around the embassies, went to Mt Ainslie, had a tour of the National Botanic Gardens and learnt about the history of Canberra at the National Exhibition Centre.



At the motel we experienced lovely rooms and delicious food.



But let's not forget we also had fun at a disco, ten pin bowling and exploring Cockington Green.



We all made life-long memories and friends. The behaviour and attitude of our students was fantastic and they all made me (Mrs Meenahan), very proud.

PACER

The Parliament and Civics Education Rebate (PACER) is an initiative of the Australian Government that provides some financial assistance for students in Years 4-12 across our country to travel to Canberra, our capital.

Under PACER, pupils who learn about civics and citizenship in the classroom see their knowledge brought to life when they experience our capital first-hand.

Their horizons are broadened when students have the opportunity to visit:

- Parliament House
- Old Parliament House
- Australian War Memorial,
- Many other sites of cultural and historical interest.

Taking the knowledge gained in the classroom and seeing it in person gives our country's children an understanding of our democracy and how our nation got there historically. Students' being exposed to democracy ensures that young Australians are actively informed about our nation's government and our countries past, present and future.

Our eight students who travelled to Canberra had their excursion subsidised by \$45 each through this initiative. A total of \$360.

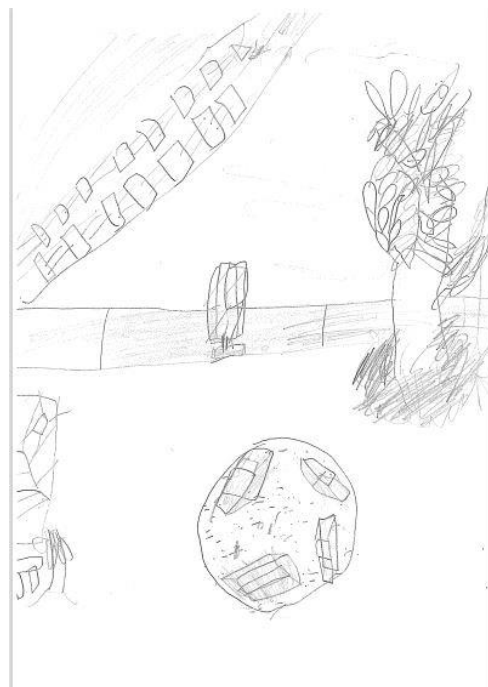
Butterfly House Recounts

First we went on the bus and went to the Butterfly House. In the middle, we went to Bongil Bongil. Later we went to Urunga. Finally, I went home. It was a fun week because it was long.
Max

Last week we had an excursion week. First we went to the Butterfly House on Wednesday, then later that day we went to Bongil Bongil. Later that week, we went to Urunga Boardwalk. Then we went to the new Yarning Circle. Finally the end of the day we went home and had the weekend. All the other days were normal. We had an exciting five days. Bonnie

Thanks to Jamie-Lee, Amy and Keiren for helping to transport students to and from Urunga.

Boardwalk and Yarning Circle art.



Yr 6 to 7 Transition Days

This Friday 25th November, our Year 6 students will go to Bellinghen High School for the Small School Transition day. This day will be with the students from Raleigh, Repton, Orama, St Mary's and students from out of the area.

Next Friday the 2nd December, they will again go back to Bellinghen HS for the all schools Transition day. This is a fantastic opportunity for our students to become familiar with the school grounds, get to know the teachers and make new friends, ready for high school in 2023.

Big Banana

On Friday, 9th December, our students will be leaving from Bellinghen Pool and travelling to the Big Banana for our Rewards session. A note will be sent home about this by the end of the week.

Kids in Kitchen

Yesterday our students enjoyed Kids in the Kitchen. We made a healthy and delicious teriyaki chicken bowl for lunch and Christmas muffins for recess. Well done everyone.



Our final KiK for the year will be our annual Christmas lunch on Monday 12th December, where we will enjoy a sit down lunch together.

Swimming and Water Safety Program

Next week we are very excited to start our 10 day Swimming and Water Safety Program. Thank you to those families who have completed the notes and returned their payment.

It is very important to remember that there will be no staff at school in the mornings, until we return to school at approximately 10.40am. Students need to be at the pool area between 8.45-9.10 am, dressed in enclosed shoes, swimmers, rash shirt and suncream. Please pack their clean school clothes and underwear in a plastic bag, which they will use for wet clothes and towels.

Students are not allowed on the play equipment unless their own parent is supervising. No one has contacted me to say that they need help transporting their child, so thank you everyone for organising this.

Sunset Picnic and Year 6 Presentation

On Tuesday afternoon, the 13th December, we will be holding our annual Sunset Picnic. We are asking that families bring a packed picnic dinner to share with their own family for the meal. We will be doing our annual presentation, a few small performances and we will conclude the evening with a farewell presentation for our Year 6 students. We will be starting the evening at 5.30pm. Further information will be sent home soon.

Weekly Attendance Award



Congratulations to our Weekly Attendance Award recipient who has achieved 100% attendance over the past five days. This will be calculated from Tuesday to the following Monday each week. All students achieving this will go into a draw to become the Weekly Attendance Award winner. As well as receiving a certificate for their great effort, they will also choose a small prize.

Congratulations to this week's Attendance Award winner.

A Message from Busways for 2023

Getting to school by bus in 2023

Will your child be catching the bus to school in 2023? Applications are now open for a Bus Travel Pass. As it's a busy time of year, we highly recommend you make this application before the end of Term 4. It's also good to check the bus timetable to make your child's journey to school as easy as possible.

Here is how it works:

Bus passes

All students catching the bus in 2023 will need a school travel pass.

Under the School Student Transport Scheme, eligible students can apply for free or subsidised travel between home and school.

For more information about the School Student Transport Scheme and how to apply for a school travel pass, visit <https://apps.transport.nsw.gov.au/ssts/#/> from a desktop computer. Applications for 2023 opened at the start of Term 4.

Bus timetables

Busways is the school bus operator that runs your schools' bus services. To find your child's school bus timetable visit the Busways website by using the following steps:

1. Go to busways.com.au/nsw
2. Click on 'school services' in the navigation bar and then proceed to '[school timetables](#)'
3. Enter the school's name in the field that says 'enter a school name'
4. Select the school's name and the timetable should open on your device.

If you are unable to find or search for the school's name, use the drop-down menus on the same web page to find the school.

5. Once the timetable is opened, you will be able to identify which school bus services are available in your area for your child to use.

Regards,
Katrina Meenahan

Kids in the Kitchen Recipes

Teriyaki Chicken Poke Bowls

Rice

2 cups short medium, brown rice

Method

Cook the rice according to package directions, until the rice is plump and just tender.



Teriyaki chicken ingredients

½ cup soy sauce
¼ cup water
¼ cup light brown sugar
1 tablespoon rice vinegar
1 teaspoon grated garlic
1 teaspoon grated ginger
2 teaspoon cornstarch
1 tablespoon olive oil
500g skinless chicken breasts, cut into 3 cm pieces

Method

Preheat the oven to 200°C.

In a small saucepan set over medium heat, whisk together the soy sauce, water, light brown sugar, rice wine vinegar, garlic, ginger, and cornstarch. Cook for 2-3 minutes or until the mixture has thickened into a glaze. It should just cover the back of the spoon.

Add half of the teriyaki sauce to a medium bowl, then whisk in the olive oil. Add the cubed chicken and fold until evenly coated.

Place chicken on a rimmed sheet pan (lined with foil) and bake for 10-15 minutes, until chicken is just cooked through. Then brush the chicken with the reserved teriyaki sauce and place the pan under the grill until the teriyaki sauce is browned and caramelized. Watch so it doesn't burn.

Creamy Spicy Mayo Vinaigrette Ingredients

2 tablespoons rice vinegar
2 tablespoons fresh lime juice
1/3 cup mayonnaise
2 tablespoons water

Method

In a small bowl, whisk together rice vinegar and lime juice. Add mayonnaise and whisk to combine. Add water if desired and whisk until smooth. Refrigerate until ready to use.

Additional toppings

Pickled red onions, pickled ginger, capsicum and green beans
1 cup of shelled edamame, steamed
1 cucumber thinly sliced
Shallots, sliced + sesame seeds, for garnish

To Assemble

Divide the rice between 4 small bowls. Top with the teriyaki chicken, pickled red onions, and your additional toppings of choice. Drizzle with the spicy mayo vinaigrette and garnish with shallots and sesame seeds.

Pickled Red Onions

Ingredients

2 small red onions
2 cups white vinegar
2 cups of water
1/3 cup cane sugar
2 tablespoons of sea salt

Method

Thinly slice the onions and divide between 3 jars (300g jars).



Heat the vinegar, water and sugar, and salt in a medium saucepan over medium heat. Stir until the sugar and salt dissolve, about 1 minute. Let cool and pour over the onions. Set aside to cool to room temperature, then store the onions in the fridge.

Your pickled onions will be ready to eat once they are bright pink and tender. About 1 hour for very thinly sliced onions or overnight for thicker sliced onions. They will keep in the fridge for up to 2 weeks.

Spiced Christmas Muffins

Ingredients

2 cups of self-raising flour
1 teaspoon ground cinnamon
1/2 cup brown sugar
1 red apple, grated
1/4 cup sultanas
1/4 cup raisins (dried cranberries)
Zest of 1 orange, finely chopped
80mL (1/3 cup) olive oil
2 free range eggs (59g)
250mL (1 cup) milk
24 pecans



Method

Preheat oven to 180°C and lightly grease a regular size 12-hole muffin tin with butter. Sift flour and cinnamon into a large bowl.

Add sugar, apple, sultanas, raisins and orange zest and mix to combine. Whisk oil, eggs, milk and vanilla together.

Pour liquid into dry ingredients and mix until just combined. Spoon into muffin tin and top each muffin with 2 pecans. Bake for 15-20 minutes until golden brown and a wooden skewer inserted into muffin comes out clean.

Library Lego Legends at Urunga Library



After school every
Wednesday
Term FOUR 2022
3:30 pm to 4:30pm

All welcome to attend, including parents and carers!
For large groups, please call
Urunga Library on 6655 6444





Bellingen Shire Libraries • Urunga branch—urungalib@crl.nsw.gov.au • p (02) 6655 6444

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art in your heart

3rd December to 7th December 2022

Art exhibition celebrating our Shire's
diversity and the healing practice of art.

Presentation of Ian J Cooper Awards

Opening and awards 3rd December 2022

The Art Space Urunga 2pm-4pm

Celebrating International Day of Disability

**THE ART
SPACE**

Prize pool of \$2500 Entries close 30th November

Entry Forms available from Neighbourhood Centres and via email

Contact Lauren 0437834909 for information



**BELLINGEN
SHIRE COUNCIL**

