

RALEIGH PUBLIC SCHOOL



Nurturing Children in an Innovative and Creative Environment

Find us at 12 North Street, **Raleigh** 2454
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Phone 02 6655 4228
Website: <https://Raleigh-p.schools.nsw.gov.au>

Newsletter, Term 4, Week 1

26 October 2022

27 October	Sporting Schools Basketball
28 October	Day for Daniel
28 October	Sporting Schools Taekwondo
31 Oct – 3 Nov	Learning and Wellbeing Meetings
1 November	Spelling Bee
2 November	Raleigh STARS, 9.15 – 11.45am, plus Parent Meeting
14 – 18 November	Canberra Trip

Dear Parents and Caregivers,

Welcome everyone to Week 3. It has been very wet over the last week and we are all hoping for some sun to dry everything out. I would like to take this opportunity to thank Ms Driscoll for stepping into the relieving principal role, last week when I was unwell and this week while I am on long service leave.

I hope everyone has an amazing week of learning!

Kinder transition- parent meeting

Our Kindergarten 2023 Parent Meeting was postponed last week and will now be held on Wednesday 2nd November. We look forward to seeing our new and continuing parents then.

Robotics Kits

The students in both classes have been enjoying experimenting with the Robotics Kits we have on loan from the Department of Education's STEM T4L library. Each week they are learning new skills, and having so much fun!



Good Luck Allirah

This weekend Allirah will be travelling to Sydney for State Gymnastics Championships. Congratulations on making it to this level and we wish you all the best!

Thank you from P&C

It was wonderful to see our families get behind our P & C Sock fundraiser. We have a very small P&C who work hard to reduce the costs of incursions and excursions for our families. Without the effort put in to sell these socks, the P&C would not be able to continue to support our families. So, thank you to everyone who sold socks.

Swimming and Water Safety Program

It is very exciting that our two-week swimming program will finally be able to run this year. The program will run from Monday 28th November until Friday 9th December. Our lesson will commence at 9.15am and students will need to be dropped at the pool each morning and will return to school via bus. Further information will be sent home soon.

Spelling Bee

Next week, our four Raleigh School representatives will be travelling to Repton to compete in a Spelling Bee. We would like to wish Arianwen, Lincoln, Heath and Aria all the best. We hope you have been practising at home!

Raleigh vs Repton

Last Friday, due to the poor weather conditions we needed to postpone our afternoon of basketball with Repton. We are hoping that this can go ahead this Friday afternoon and we are looking forward to a fun afternoon with our Repton friends.

Day For Daniel

Our Day for Daniel will be held this Friday. Please come dressed in red and bring a gold coin or more, donation. This is Australia's largest child safety education and awareness day.

Learning and Wellbeing Meetings

Confirmation notes have been sent home today with your meeting time for the Learning and Wellbeing Meetings. Please check your child's bag.

Kids in the Kitchen

How yummy were the Enchiladas and Apple scrolls. Students are learning great new skills all the time.



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.

Regards,
Katrina Meenahan

Kids in Kitchen Recipes

Gluten-Free Vegetable, Bean, and Cheese Enchiladas Recipe

Ingredients:

1 tablespoon oil, plus extra for greasing pan
1 medium onion, finely chopped
1 capsicum, finely chopped
1 small zucchini grated
1 small carrot grated
2 cups tightly packed kale or other greens (i.e. spinach, chard, etc), finely chopped
2 cloves garlic, minced
1 cup frozen corn kernels
450g can black beans, rinsed and drained
450g enchilada sauce or 2 cups of your favourite homemade sauce, divided
8 corn tortillas
1 cups of Mexican cheese blend, divided

Serve with salad and sour cream with sliced avocado.

Method

Preheat oven to 180. Grease a 30 x 20cm baking dish with spray oil.

Prep the vegetables:

Heat oil in a large frypan over medium heat. Add chopped onion and saute for 1 minute, then add minced garlic and saute for an additional minute. Next, add chopped capsicum and grated carrot and zucchini and saute for 1 minute, then add kale/greens and saute for 1 more minute. Add frozen corn kernels and beans, along with $\frac{1}{2}$ cup enchilada sauce. Stir well to combine, and cook for 2 minutes, then remove from heat.

Wrap tortillas in a dish towel and heat in microwave for about 1 minute to soften, or heat individually in a skillet over medium heat.

Spoon about $\frac{1}{3}$ cup vegetable/bean mixture over a tortilla, repeating with remaining tortillas until all mixture is used up. Sprinkle about half a cup of grated cheese, divided evenly, over tortillas and vegetable bean mixture. Carefully fold tortillas in thirds, and place each one seam side down in baking dish. Pour remaining enchilada sauce on top, and sprinkle on remaining cheese.

Bake in the oven for about 15 minutes, or until cheese is melted and bubbly. Remove from oven and allow to cool for 5 minutes before serving with sour cream and salad.

Chicken Enchiladas

Ingredients

2 cups Enchilada sauce
4 shallots, sliced, divided
1 small zucchini, grated
1 small carrot, grated
2 cups diced or shredded cooked chicken
1 cup frozen corn, thawed under running water
½ cup salsa, plus more for serving
1/3 cup sour cream, preferably reduced-fat
10 corn tortillas (6-inch or soft taco size)
1 ½ cup shredded Mexican cheese

Method

Preheat oven to 200 degrees.

Coat a 20 x 30cm baking dish with cooking spray.

Spread ½ cup Enchilada sauce in the bottom of the dish.

Stir 2 shallots, chicken, corn, carrot, zucchini, salsa and sour cream in a medium bowl until coated.

Warm 5 tortillas in the microwave for 20 to 30 seconds until pliable.

Spoon ¼ cup filling onto the centre of a tortilla. Roll up and set, seam-side-down, in the prepared baking dish. Repeat with the remaining warmed tortillas. Warm the remaining 5 tortillas and continue filling them and arrange them into the casserole dish.

Spread the remaining sauce over the enchiladas.

Transfer to the oven and bake 15 minutes. Top with cheese and continue baking until the enchiladas are steaming hot all the way through, the sauce is bubbling and the cheese is melted, about 10 minutes longer.

Let cool 10 minutes before serving. Serve topped with the remaining 2 sliced shallots.



Apple cinnamon scrolls

Ingredients

2 granny smith apples, peeled, cored, finely chopped
1/3 cup raisins
1/3 cup brown sugar
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
3 sheets puff pastry
30 gram butter, melted

Method

Preheat oven to moderate, 180°C (160°C). Lightly grease and line an oven tray with baking paper.

In a medium bowl, combine apple, raisins, sugar, cinnamon and nutmeg. Sprinkle 1/3 mixture evenly over one pastry sheet. Roll up firmly to enclose filling and form a log. Repeat with remaining pastry and ingredients.

Cut each log into 8 even slices and place side by side, cut side down, on tray. Cover with a damp tea towel and rest for 10 minutes.

Brush sides with melted butter and bake 20-25 minutes, until puffed and golden brown.

Creative Scholarships

A week of learning & fun in the creative & performing arts!



CAMP CREATIVE
BELLINGREN
9-13 January 2023

Camp Creative 2023

Summer holiday scholarships are now open for kids & teens aged 5 – 18 across the Coffs Harbour, Nambucca & Bellingen area.

Recipients can choose from a range of courses - try music, visual art, singing, drama, dance, craft, photography, filmmaking & more!

How to apply

Go to www.campcreative.com.au and follow the links to the application form.

Applications close 5.00 pm, Tuesday 1 November 2022.

For more info contact scholarships@campcreative.com.au





Valley Braves

ODD AGE



COMPETITION



COST: \$60.00 PER PLAYER
Register via Link on facebook page
6 weeks of trainings

Head to the Valley Braves Basketball Facebook page for the link to register


First training DATES
Sunday 30th October at Macksville High

Under 11's (Born 2014,2013,2012): 2pm- 3:30pm
Under 13's (Born 2011, 2010): 2pm - 3:30pm
Under 15's (Born 2009, 2008): 3:30pm- 5pm
Under 17's (Born 2007, 2006): 3:30pm - 5pm



Further dates, times and venues to be advised at first training session

Optional Odd Age carnivals (extra costs)
Seaside Classic in Port 5th and 6th November 2022
BV Carnival in Coffs 10th and 11th December



BEL'S BOHEME

NOTHING OVER \$100


POP UP SHOP OPENING

Monday 31st October - end January

Women's Fashion
Accessories
Homewares

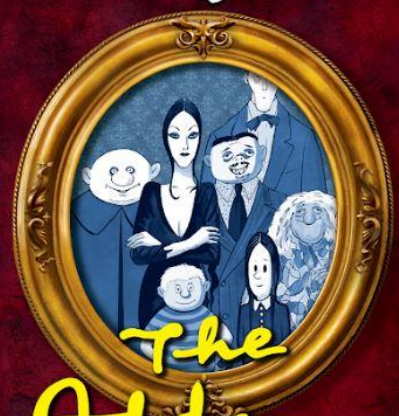
Local Made
Aussie Designs

Located in...



Cutz Both Ways
URUNGA

LIBERTY YOUTH THEATRE



The Addams Family

young@part

OCTOBER 28th to November 6th 2022


TICKETS: From \$22.50 (exc GST)

AVAILABLE FROM: www.libertystudios.com.au

LIBERTY THEATRE 6/19 Engineering Drive, Nth Boambee

THE ADDAMS FAMILY Young@Part™ A NEW MUSICAL

Book by Marshall Brickman and Rick Ellice. Music and Lyrics by Andrew Lipka. Based on Characters Created by Charles Addams
Young@Part™ Edition adapted by MARC TUMMINELLI and originally workshopped at Broadway Workshop in NYC
BY ARRANGEMENT WITH ORIGIN™ THEATRICAL
ON BEHALF OF THEATRICAL RIGHTS WORLDWIDE, NEW YORK

LTC 

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



BELLINGHEN

SWIMMING CLUB

Every Tuesday (School Terms)
5:45pm - 7pm at Bellinghen Pool
Ages 5 - 18

Swim races, games, BBQ, carnivals
Come for some swimming fun!

INQUIRIES TO
BELLINGENSWIMCLUB@GMAIL.COM



Bellinghen Community Markets

LOGO COMPETITION

We are looking for a fresh new logo design to represent Bellinghen Community Markets. The chosen design will be used on all our social media, websites, banners, signs, flags and merchandise. It needs to be scalable, look great and clear from very large to very small and it must work in colour and black and white.

The competition opens 13.9.22 and closes 14.11.22. Local schools and community members of all ages are encouraged to enter. It will be judged by the Bellinghen Shire Residents Association Committee and winners announced at Bellinghen Community Markets 17.12.22 on the main stage at 10am.

Three cash prizes will be awarded:

First prize: \$300 Second prize: \$100 Third prize: \$100

Entries submitted via email to:

info@bellinghenmarkets.com.au Subject: BCM logo design competition.

**BELLINGHEN COMMUNITY MARKETS... NOT JUST A MARKETPLACE
BUT A GREAT PLACE TO BE!**

We are really looking forward to our upcoming

SUPERHEROES

exhibition from 18 November 2022 to 26 February 2023 and...

we want you to be part of it!

We are inviting all children and young adults to **create their own superhero that will become part of our exhibition** - see details below.



WHAT DOES A SUPERHERO LOOK LIKE TO YOU?



CALLING ALL SUPERHEROES
CONTACT
OFFICE@NATIONAL
CARTOONGALLERY.
COM.AU

- Create a superhero artwork and be part of our exhibition.
- If you're between 5 and 20 years old we want your work!
- Be big, be bold, be colourful!
- Deliver your work to the gallery by 8 November 2022.
- Exhibition from 18 November to 26 February 2023

Open Tues to Sun 10am - 4pm
www.nationalcartoongallery.com.au

And remember...**not all superheroes wear capes**