

# RALEIGH PUBLIC SCHOOL

Nurturing Children in an Innovative and Creative Environment



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School Principal: Mrs Katrina Meenahan

Newsletter, Term 3, Week 9

13 September, 2023

19 September	Talk Like A Pirate Day, <a href="https://fundraise.ccs.org.au/fundraisers/katrinameenahan">https://fundraise.ccs.org.au/fundraisers/katrinameenahan</a>
19 September	P&C Meeting, 3.15pm
21 September	School photo and money due
22 September	Small Schools' Science Day, Orama Public School
22 September	End of Term 3
9 October	Term 4 commences for staff and students
13 October	Bee Incursion with Little Star Bee Sanctuary
18 October	Transition session to Bellingen High School, Year 6 1-2.30pm
19-20 October	NSW Health Dental Van

Dear Parents and Caregivers,

We are nearing the end of the term and we are finding that the weather can change quickly throughout the day. Please make sure that your child /children have a jumper packed each day in their bags, in case it cools off.

It is also important that every child is bringing a water bottle to school each day. These can be refilled at our water bottle filling station at the bubblers. We encourage all children to drink water to remain hydrated throughout the day.

## R U OK? Day

This Thursday, is national R U OK? Day. It is a day of action dedicated to reminding everyone that any day is the day to ask, 'are you OK?' and support those struggling with life. In support of R U OK? Day we are asking students and staff to wear yellow. There is no donation for this day.

## Change in Routines

Most of our families are doing a wonderful job, notifying us if their child is having a change of routine after school, being picked up rather than catching the bus or going home with a friend. Thank you!

Sometimes families also have changes in routines that can affect your child's learning and wellbeing. These are also events or things that sometimes you can discuss with your child's teacher. These can be things that affect how they are feeling, their abilities to cope with change at school and their concentration. So, if a member of your family is away for work or a holiday, you have extended visitors or there is a major change (eg moving house or change of parents job) and you feel it is appropriate, please let the school know.

## UNE Science Day



Thank you to our families who have returned notes saying that they can help with transport of our students next Friday to or from Orama Public School. Once we have all notes returned, we will send out a note letting everyone know of the arrangements. Could everyone please have these notes returned ASAP.

## Fire Safety

This term, our Year 3-6 class have been completing a unit on fire safety. Earlier in the term, every family was sent home a bushfire safety pack from the Rural Fire Service, brought in by Mrs McGregor.

Today attached to the newsletter is a parent information leaflet about fire safety and a letter to the community about Raleigh Public School being a Category 2 school for Bushfire and fires. Please read all of this valuable information carefully and use the safety pack to put in place a plan for your family for the upcoming fire season.

## School Photos

Last week we attempted to take our school photos for 2023. There are still some students who need to have their individual photos taken and we hope to have all students and staff at school to take our class and whole school photos. A note will be sent home with the prices for this year's photos. The cost of the photos will be 5x7 inch \$1 and 8x10 inch \$4.

If we could please have the note and money returned by next Thursday 21<sup>st</sup> September. This year we have added a tick a box at the top to let us know that you do not want photos. This way we are not chasing up people and waiting for those who do not want to order.

## Littlescribe Book Orders

For the last few years our students have written and illustrated their own books. These are then sent away and professionally published into beautiful A5 books. These make wonderful Christmas presents for family and friends and extra copies can be ordered.

## Childhood Cancer Support

We are raising money for a cause close to my heart Childhood Cancer Support by participating in Talk Like a Pirate Day and would love your support. Please donate to help me reach my fundraising goal. Thank you for your support.

Talk Like A Pirate Day, Tuesday 19<sup>th</sup> September. Please donate to help Raleigh PS reach our fundraising goal and raise funds to support childhood cancers and families affected by this. <https://fundraise.ccs.org.au/fundraisers/katrinameenahan>

Regards,  
Katrina Meenahan

## Package Free Lunch Award Winner



Congratulations to this week's package free winner. This will be calculated from Tuesday to the following Monday each week. All students achieving this will go into a draw to become the Package Free Lunch winner. As well as receiving a certificate for their great effort, they will also choose a small prize. Please see Mrs Jones in the office to collect your prize.

## Weekly Attendance Award Winner



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. Please see Mrs Jones in the office to collect your prize.

## Kids in the Kitchen Recipes

### Tomato Soup Pasta Bake

#### Ingredients

440 g condensed tomato soup  
450 -500g small pasta -shells or penne  
4 bacon rashers, finely chopped  
1 onion, finely diced  
1 cup tasty cheese, grated  
1/2 cup milk  
1 cup cheese

#### Method

Preheat oven to 180C.

Boil pasta until it is cooked through.

Fry onion and bacon in pan until both are browned.

In a bowl, mix the tomato soup, tasty cheese and milk. Add the bacon and onion.

Add the cooked pasta and mix all ingredients well.

Pour into a greased lasagne dish. Top with the extra cheese.

Bake for 45 minutes

Serve with a garden salad.



### Orange Cornflake Cookies

#### Ingredients

80g dried apricots (chopped)  
1/4 cup margarine (melted)  
1 carrot (grated)  
1 pinch nutmeg  
2 tsp pure honey  
1/2 orange zest  
1/4 cup rolled oats  
1/4 cup wholemeal self-raising flour  
2 tbs yoghurt  
2 cup cornflakes (roughly crushed)



#### Method

Preheat oven to 180°C. Line two trays with baking paper.

Combine carrot, apricots, orange zest, flour, oats, margarine, yoghurt, honey and nutmeg in a large bowl. Add crushed cornflakes and stir to combine.

Shape into rough balls, place on tray and bake for 15 minutes or until golden. Cool on trays.





# BELLINGEN SWIMMING CLUB

Starts Tuesday 10 October

545pm - 7pm at Bellinggen Pool

Ages 5 - 18

Swim races, games, BBQ, carnivals

Come for some swimming fun!

INQUIRIES TO  
BELLINGENSWIMCLUB@GMAIL.COM



TOURING

# KOORIOBOREE

CELEBRATION OF TRADITIONAL & MODERN GUMBAYNGGIRR CULTURE  
FEATURING DANCERS, ELDERS & BANDS FROM 3:30-7:30PM

GIINGAN YILLIWIYAY GIRRWAA - BIDABANG BARI - MANDUWAY

FIG TREE DESCENDANTS - ANDREW HEGUDUS & MAL EASTICK

GUNGANBU - TAREIK HART - JALAY JALAY

**FREE** JUMBAAL DREAMIN' - RITCHIE JARRETT

**ALL WELCOME**

SAT 16 SEP URUNGA RIVERSTAGE

SAT 23 SEP GRAFTON MARKET SQUARE

SUN 24 SEP YARRAWARRA CULTURAL CENTRE

FRI 29 SEP TANAMON VALLEY FESTIVAL

SAT 14 OCT SOUTHWEST ROCKS ARTS SCHOOL

SUN 15 OCT BOWRAVILLE MEMORIAL PARK

GO TO [WWW.UMBL.COM.AU](http://WWW.UMBL.COM.AU) FOR MORE DETAILS!



Celebrating carers, ageing and disability.

## Living Well in the Valley

Tuesday

17th October, 2023

Doors open at 10am

Nambucca Heads RSL

### GUEST SPEAKERS



Commissioner  
Robert Fitzgerald AM  
NSW Ageing and  
Disability Commission



Rhonda Hoban  
Mayor - Nambucca Valley



Jess Jefferies  
NSW Ambulance



Scott Waddell  
Services Australia



Lily Norman  
Care Finder Program



Justin Northover  
Care Finder Program -  
Lifetime Connect

FREE ENTRY

Information stalls

Entertainment, giveaways and more



For more information please email [communications@lifetimeconnect.org.au](mailto:communications@lifetimeconnect.org.au)



### Wesley LifeForce Suicide Prevention Training

Essential skills training to recognise and respond to someone at risk of harm.

Educating, empowering and resourcing local Australian communities

#### Program outline

Wesley LifeForce offers suicide prevention training to educate and provide people with the tools to recognise and help someone who is at risk.

Since 2002, we have provided suicide prevention skills training to more than 33,000 people in metropolitan, regional, rural and remote Australia.

#### Training session details

Date: Thursday, 14 September 2023

Time: 9:00 am – 4:00 pm AEST

#### Free event

Morning tea and lunch will be provided

Register online: [Wesley LifeForce Suicide Prevention Full Day Workshop](https://www.wesleymission.org.au), [Bellingen NSW Tickets](https://www.wesleymission.org.au), Thu 14/09/2023 at 9:00 am | Eventbrite

Or email [lifeforce@wesleymission.org.au](mailto:lifeforce@wesleymission.org.au) or call 1800 100 024

#### The outcomes

- understand risk and protective factors
- how to identify the warning signs that someone may be at risk of suicide
- how to ask directly about suicide intent
- understand what local and national resources are available to support a person at risk.

#### Location:

Bellingen Youth Hub  
2 William Street  
Bellingen, NSW 2454



The Wesley LifeForce Suicide Prevention Program gratefully acknowledges the funding provided by the Australian Government.

Do all the good you can because every life matters