

RALEIGH PUBLIC SCHOOL

Nurturing Children in an Innovative and Creative Environment



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School Principal: Mrs Katrina Meenahan

Newsletter, Term 3, Week 5

16 August, 2023

18 August	Sporting Schools Basketball
21 August	Sporting Schools Tennis
23 August	2024 Kinder Transition, 9.15am – 11.45am
24 August	Kids in the Kitchen
25 August	Sporting Schools Basketball
28 August	Sporting Schools Tennis
30 August	2024 Kinder Transition, 9.15am – 11.45am
31 August	Father's Day Stall, gifts \$4 each

Dear Parents and Caregivers,

It has been wonderful to see our students excited about supporting the Matildas in their World Cup Campaign. Last Monday our students dressed in green and gold and then many got to watch the match, or even the highlights of the quarter final on Saturday, with the much more child-friendly time. Our 3-6 class have been doing some research about the Matildas and some of the players.

Today we have Matildas fever again and dressed in green and gold to support the Matildas in tonight's semi-final match. I am sure there will be many children waking up tomorrow morning and asking parents the result of the game due to the later starting time.

At Raleigh, we often talk about us all being a part of the Raleigh school family and the Matildas also see themselves as a family. It has been a fantastic opportunity for all of our students to support an Australian team, playing on Australian soil. The women in this team have become wonderful role models to both girls and boys across Australia and are showing everyone what can happen if you set goals, work hard, persevere and work together as a team. Go the Matildas!



Book Week

Next week is the Children's Book Council of Australia's Book Week and at Raleigh we enjoy an excuse to dress up. We are also a school that encourages being resourceful and open-minded. So, next Tuesday 22nd August, we are asking our students and staff to dress-up as a book character. We **do not** want to see costumes purchased from the internet or shops. We want to see our students using their imagination, being resourceful and creative and using what they have at home to come up with a costume that they can tell their peers and class about. If your child has the book their character comes from, then they can bring it to school, however this is not necessary. We want them to have fun and share their love of books together.

Young Scientists

Last Wednesday our Year 3 students became scientists and helped our Riverwatch mentor Helen, complete some scientific experiments to check the quality of the river water near our school. They learnt a variety of things about conducting scientific experiments and how our river is going. They look forward to doing this again next month.



Kids in the Kitchen

Last week we had another successful KiK cook. We discovered a pumpkin in the veggie patch and utilised the mandarins from our trees. The 3-6 students made a delicious pumpkin soup, to which they added a spoonful of crispy bacon to garnish. While our K-2 class made yummy mandarin and yoghurt muffins. Congratulations to everyone on their effort and increasing skills to prepare and cook meals. The 3-6 students are also continuing to develop their skills to wash-up and clean up.



MNC Athletics

On Monday, we had five students representing our school and the Bellinger-Nambucca PSSA at the Mid North Coast Athletics Carnival. Unfortunately, three students were unable to attend due to illness. All our students participated well in their individual events, we were very proud of them making it through to the zone level of competition.



Colours – Recounts from K-2D

Black is like stretchy black liquorice that tingles your tongue once you bite into it. Black looks like the smooth part that stretches across your piece of paper. The smell of black reminds me of the burnt wood that you put on a fireplace to keep you warm. Black sounds like the black cat purring late at night. Black feels like the black screen that you play video games on. Black looks like the lead pencil you use to write a story. The smell of black makes me think of sitting near the fire with my family and friends. Black isn't a colour but it shows feelings and emotions. Ivy Y2

Green is like a yummy apple and it's like a green plant. Green smells like a nice lime, that is picked from a lime tree. Green sounds like a Rainbow Lorikeet flying in the forest. Max C Y1

Orange tastes like a juicy mandarin. It looks like a Canadian maple leaf. Ned K

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.

Regards, Katrina Meenahan

Kids in the Kitchen Recipes

Best Pumpkin Soup

Ingredients

1 tablespoon olive oil
1 large brown onion
2 crushed garlic cloves
1 kg butternut pumpkin (seeded, peeled and chopped)
500g Sebago potatoes (peeled and chopped)
1 litre of stock (any kind)
 $\frac{1}{3}$ cup sour cream
2 tablespoons finely chopped chives
Optional -crispy fried bacon to sprinkle on top

Method

Heat the olive oil in a large saucepan over a medium-high heat. Add the onion and 2 crushed garlic cloves. Cook, stirring, for 3 minutes or until the onion softens.

Add butternut pumpkin and potatoes and cook, stirring, for 5 minutes or until the vegetables are slightly tender.

Add all of the stock and bring to the boil, covered.

Reduce heat to medium-low and simmer for 15-20 minutes or until the potato is tender. Test if the potato is ready with a small sharp knife or a metal skewer. Remove from heat and set aside for 5 minutes to cool slightly.

Place half of the pumpkin mixture into the jug of a blender and blend until smooth. Repeat with remaining pumpkin mixture. Return blended mixture to the pan.

Add sour cream and chives to the soup and stir over low heat until heated through and well combined. Taste and season with salt and pepper.

Ladle among serving bowls to serve with crusty bread.



Mandarin Yogurt Muffins

Ingredients

Muffins

4 tablespoons of melted butter, cooled slightly
 $\frac{3}{4}$ cup of granulated sugar
 $\frac{1}{4}$ cup of milk (whole preferred), at room temperature
180g of orange or vanilla yogurt, full fat preferred, at room temperature
Zest and juice of 4-5 mandarins
1 tablespoon of vanilla extract
2 eggs, at room temperature
1 and $\frac{3}{4}$ cups of all-purpose flour
1 teaspoon of baking powder
 $\frac{1}{4}$ teaspoon of baking soda
 $\frac{1}{2}$ teaspoon of salt

Orange Glaze

1 and $\frac{3}{4}$ cups of sifted confectioners' sugar
 $\frac{1}{8}$ tsp. salt
Zest and juice of 3 mandarins
Optional decoration: zest of 2 mandarins, grated with a vegetable peeler



Method

Preheat the oven to 175°C. Prepare two mini or standard muffin pans with liners or spray generously cooking spray.

For the muffins: In a medium bowl, stir together the melted butter and sugar, then add the milk, yogurt, zest, juice, extract and eggs. In a large bowl, whisk together the flour, baking powder, soda and salt. Gently stir in the wet ingredients into the dry until moistened (do not over mix). Scoop the batter into the prepared muffin pan $\frac{3}{4}$ of the way.

Mini Muffins- bake for approximately 10-12 minutes or until golden, rotating the pan in the oven halfway through. Remove from the oven. Release from the muffin tin after 10 minutes of resting in the pan and set on a cooling rack.

Standard Muffins- bake for approximately 17-20 minutes or until golden, rotating the pan in the oven halfway through. Remove from the oven. Release from the muffin tin after 10 minutes of resting in the pan and set on a cooling rack.

For the glaze: Prepare a sheet pan with parchment paper and top with a cooling rack. In a medium bowl, stir together confectioners' sugar, salt, zest and juice. The glaze consistency should be thick but pourable. Add more juice if needed. Place room temperature muffins on top of the cooling rack. Glaze the muffins. While the glaze is still wet, sprinkle with the optional decorated zest. Allow the glaze to set, about 2 hours.

Notes

The standard 6oz. container of orange or vanilla yogurt can be regular or Greek. Full fat is preferred. • It's important to take the extra step of sifting the confectioners' sugar in the Citrus Glaze through a fine mesh strainer. Confectioners' sugar absorbs moisture from the air, forming lumps that can affect the texture of the glaze. Once sifted, the sugar will create a smooth consistency when combined with the juice. • You can substitute the yogurt for sour cream. • If you would like to freeze the room temperature muffins, seal in a freezer bag, then glaze once defrosted.





2024 Kinder Transition

RALEIGH

STARS



Looking for a nurturing, caring school environment with a big family feel?

Come and join our Kinder Transition Program!

Not sure of your school zone? Go to
<https://schoolfinder.education.nsw.gov.au/>

We would love you to join us for all or some of the following dates:

Term 3

Wed 23rd August
9.15-11.45am

Wed 30th August
9.15-11.45am

Wed 6th Sept.
9.15-11.45am

Wed 13th Sept.
9.15-11.45am

Wed 20th Sept.
9.15-11.45am

Extra dates in Term 4 TBC

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Please contact us for further information

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