

RALEIGH PUBLIC SCHOOL

Nurturing Children in an Innovative and Creative Environment



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Newsletter, Term 4, Week 4

1 November, 2023

2 November	Kids in Kitchen
2 November	Sporting Schools Cricket
3 November	Sporting Schools Golf
6-10 November	Learning and Wellbeing Meetings, K-2 and 5-6
8 November	Kinder Transition, final for 2023
9 November	Sporting Schools Cricket
10 November	Sporting Schools Golf
13-24 November	Swimming Scheme
15 November	BHS Additional Transition, Year 6
15-24 November	Learning and Wellbeing Meetings 5-6
22 November	BHS Small Schools Transition Day for Year 6
27 November	Responsible Pet Program, K-2

Dear Parents and Caregivers,

It was lovely to see some rain last week and I hope all of our families who rely on tank water had their tanks filled. With the warm weather and the rain, the mozzies are out in force. Please make sure you are spraying your children with repellent before they come to school and encourage them to reapply mozzie spray at the breaks. Already we are seeing students with bite marks they are scratching.

Kids in the Kitchen

Last Thursday our students cooked another delicious Kids in the Kitchen lunch and recess. For lunch they made chicken and bean quesadillas with a salad and for recess the K-2 class made a very yummy apple cake. The quesadillas are easy to make and work as an excellent alternative to sandwiches for lunch. They could easily be frozen in individual containers and would defrost in their lunchboxes to eat later.



This Thursday we will have our last regular KiK for the term. We are having our annual KiK lunch in Week 8.

Day for Daniel

Last Friday, our school wore red in recognition of 'Day for Daniel'. This is an annual event on the last Friday in October and is run by The Daniel Morcombe Foundation to raise awareness and educate students across Australia about child safety. Our students participated in an activity where they were reminded about the importance of being safe as children and how to keep themselves safe at home, online and in the community.

Sporting Schools Cricket

Our students are really enjoying learning fun, basic skills around cricket, through the Sporting Schools Program.



Swimming and Water Safety

This week is the final week to get students' notes and money in for the annual Swimming and Water Safety program. This is a normal school event and every child is expected to attend. We are asking that notes and money be returned by tomorrow, Thursday 2nd November. This is a fantastic and valuable program and the \$45 for the program allows students to do 10 days of lessons over two school weeks. Each lesson is a 45-60min lesson. Local swimming programs for 10 lessons, cost around \$150-\$200 for a half an hour lesson. This is fantastic value for money and our teachers/instructors teaching the lessons have all completed Swimming and Water Safety courses.

At assembly on Monday, we asked all of the students to confirm with their families how they will be getting to Bellingen for the 10 day program. This is important to organise and not leave to the last minute. Please talk to your child's classmates or friends and family to help. If families can work together to car pool, this makes it much easier. Students need to arrive at the pool between 8.45am and 9.10am. Anyone who is able to help transport other students, please reach out to your child's friends or send a message to school about the days you are available.

Bellingen High School Transition

Bellingen High school will be running a Small Schools Transition Day on Wednesday 22nd November from 9.30am to 1.30pm. The high school will then run a larger transition day for all students attending BHS in 2024 on Tuesday 28th November. The times for this day have not been confirmed. This is in addition to the afternoon where the boys will go with Mrs Meenahan on the 15th November. Further information will be sent home soon.

School Photos

We have held off sending home our school photos as we had an issue with the 3-6 class photo. We are hoping these will be ready to pick-up this week and will be sent home by the end of the week. Sorry for the delay.

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

Hearty Black Bean Quesadillas

Ingredients

- 1 can black beans
- 1 cup frozen corn kernels
- ½ small red onion
- 1 clove garlic
- ¼ bunch fresh celery
- 2 cups shredded cheese
- 1 batch taco seasoning
- 10 taco sized tortillas

Method

Drain the can of beans and rinse lightly. Place the beans in a large bowl with the corn. Rinse the celery, remove the leaves and chop roughly. Dice the onion and mince the garlic. Add the celery, onion, garlic and shredded cheese to the bowl. Mix. Place ½ cup of the filling on one side of each tortilla and fold over. Cook on both sides on medium heat until brown and crispy and the cheesy filling has melted.



Chicken Quesadillas

Ingredients

2 ½ cups shredded cooked chicken
2/3 cup salsa
1/3 cup sliced shallots
¾ to 1 teaspoon ground cumin
½ teaspoon salt
½ teaspoon dried oregano
6 flour tortillas
2 cups shredded cheese
Sour cream and guacamole



Method

Combine the chicken, salsa, shallots, ground cumin, salt and oregano. Cook, uncovered, over a medium heat for 10 minutes or until heated through, stirring occasionally.

Spoon a 1/3 cup of chicken mixture over half of each tortilla; sprinkle with 1/3 cup cheese.

Cook in frypan.

Apple Slice

Ingredients

125g soft butter
1 cup sugar
2 eggs
1 tsp vanilla essence
½ cup milk
1 ¼ cup plain flour
1 ½ tsps. baking powder
3 apples, cored, peeled, sliced

Topping

¼ cup brown sugar
1 tsp ground cinnamon

Method

Place butter, sugar, eggs, vanilla essence, milk, flour and baking powder in a mixing bowl.

Beat on low speed to combine. Increase speed to medium and beat for 3 minutes.

Pour into a greased 20cm x 30cm tin.

Press apple slices on top of mixture.

Sprinkle the combined topping ingredients over apples.

Bake at 180° C for 25 -30 minutes.

