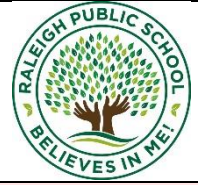


RALEIGH PUBLIC SCHOOL

Nurturing Children in an Innovative and Creative Environment



Find us at 12 North Street, **Raleigh** 2454
Email: Raleigh-p.school@det.nsw.edu.au
School Principal: Mrs Katrina Meenahan

Phone 02 6655 4228
Website: <https://Raleigh-p.schools.nsw.gov.au>

Newsletter, Term 1, Week 4

22 February 2023

24 February

Sporting schools AFL

Dear Parents and Caregivers,

We are very excited to recommence Gumbaynggirr language on Friday mornings. Jett Jarrett has been appointed our language tutor and we are looking forward to him supporting and teaching our students each week. Last Friday, we were also lucky to have his dad, Uncle Micklo join him. The students all thoroughly enjoyed the lesson and we hope they have been practicing at home.



Swimming Carnival

We would like to wish the nine students from Raleigh the best of luck on Monday who will be representing our school and the small schools team at the District Swimming Carnival in Macksville. Any students who are successful will attend the Mid North Coast carnival in Coffs Harbour on Tuesday 7th March.

Kids in Kitchen

Last Thursday we had our first Kids in the Kitchen for the year. The 3-6 class made delicious vegetarian and beef nachos and the K-2 class made yummy apple and cinnamon muffins. Well done everyone!



Hearing Screening

Our School is conducting hearing checks utilising the hearing screening App 'Sound Scouts'. The App has been developed by Sound Scouts in collaboration with Australia's National Acoustic Laboratories, the research arm of Hearing Australia, and is supported by the Department of Health. Your child will play a game on an iPad/tablet or smartphone using a set of headphones under the supervision of a responsible adult. A report will be automatically generated following the test. Hearing assessment is encouraged due to the importance of early intervention of hearing issues. Optimal educational outcomes are dependent on good hearing. Permission notes have been sent home earlier in the week. The assessments will take a while to screen all students who have returned permission notes and some students will need to have reassessments. Once finalised a report will be sent home.

Student Leader

Congratulations to our first 2023 Student Leader who presented his Leadership speech to the school yesterday morning. We were very happy to present him with his Student Leader badge.



AFL

Last Friday, we were very happy to welcome Sarah back to Raleigh for our weekly AFL lessons. We had a lot of fun and are looking forward to doing these each Friday morning.



Hockey

This is the third week of Hockey with Hayley. Our students are certainly having fun while learning new skills.



Music 3-6M

3-6M have commenced music lessons involving chants. This week was chants about bikes.



School Fees

Last week invoices were handed out for School Fees. The general contribution covers such things as paper, pencils, paint, craft items etc. This \$20 fee is a voluntary fee. The course fee of \$35 goes towards the many computer programs that the school provides such as Reading Eggs, Mathletics, Typing Tournament etc. These programs are also available for students to access from home. Thank you to parents who have paid.

Package Free Lunch 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.

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.

Kind Regards,
Katrina Meenahan

Stewart House Donation Drive 2023

92 years caring for children. Your donation supports the 1,600 children who attend Stewart House each year from public schools across NSW and ACT

You could win a \$4,000 holiday/gift voucher. Please place a \$2 coin, or equivalent into the envelope provided. Complete the entry details on the back and return it to school to be eligible for the draw.

Kids in the Kitchen Recipes

Easy Bean Nachos

<https://www.woolworths.com.au/shop/recipes/easy-bean-nachos>

2/3 tbs extra virgin olive oil

2/3 brown onion, finely chopped

560g no added salt black beans, rinsed, drained

23g taco seasoning mix

250g medium chunky salsa

Method

Heat oil in a large frying pan over medium-high heat, then cook onion, stirring, for 4 minutes or until softened. Add beans, seasoning, salsa and 2/3 cup cold water and bring to the boil. Reduce heat to medium and simmer, uncovered, for 5 minutes or until heated through and slightly thickened.

Add corn chips to bowl, top with bean mix and toppings.

Ripper Beef Nachos adapted from Nagi -Recipe Tin Eats

Ingredients

Beef

½ tbsp olive oil

1 garlic clove

¼ onion, finely chopped

250g beef mince

1 tbsp tomato paste

1 tbsp water

Pkt Taco seasoning

Small tin of black beans

Nachos

200g corn chips, good quality

1 cup grated cheese

Guacomole

Tomato and Corn Salsa



Method

Beef: Heat oil in a skillet over high heat. Add garlic and onion, cook until translucent. Add beef and cook, breaking it up as you go. Once beef is cooked, add Taco Seasoning, tomato paste, beans and water. Cook for a further 2 minutes, then set aside.

Preheat oven to 180C.

Spread the corn chips in a bowl. Add beef mixture, and toppings.

Serve immediately,

Guacomole

2 ripe avocados

1/4 teaspoon salt, plus more to taste

1 tablespoon fresh lime or lemon juice

2 to 4 tablespoons minced red onion or thinly sliced green onion

2 tablespoons coriander (leaves and tender stems), finely chopped

Pinch freshly ground black pepper

1/2 ripe tomato, chopped (optional)

Tomato and Corn Salsa

1 cob of corn -cut off kernels

2-3 tomatoes diced

1/4 red onion

Juice of one lime

1/3 cup coriander, chopped

Salt and pepper to taste

Apple Cinnamon and Date Muffins

Ingredients

1/2 cup olive oil

3 eggs

1/2 cup milk

1 teaspoon vanilla essence

1/2 cup coconut sugar

2 red apples (400g), cored and chopped into small pieces

1/2 cup pitted dates, chopped

3 teaspoons baking powder

1/2 teaspoon bicarbonate of soda

2 teaspoons cinnamon

1 1/2 cups plain flour

Method

Preheat oven to 180 ° C and grease a 12 cup muffin tray with olive oil.

In a large mixing bowl whisk together olive oil, eggs, milk, vanilla and coconut sugar until creamy.

Add apples and dates and stir gently, then fold through baking powder, bicarb soda, cinnamon and plain flour.

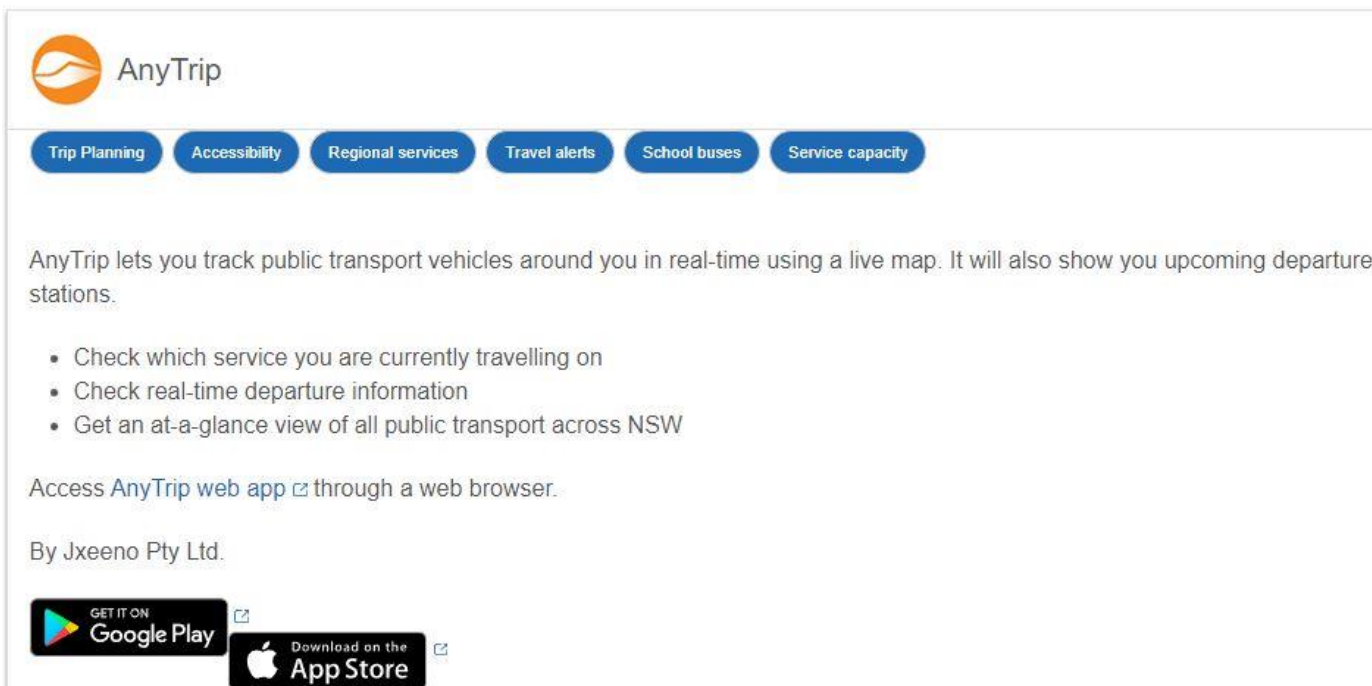
Once combined pour into muffin cases and place in the oven to cook for 25-30 minutes. Cool in tin for 10 minutes before transferring to a wire rack.



"Progress is like a wheelbarrow, if you don't keep pushing it, it stops."
W.G.P.

ANY TRIP App

Busways have sent through this information which may help you track your child's bus, should you need to. ANY TRIP can be downloaded from any app store on your phone and you will always be able to track the bus.



The screenshot shows the AnyTrip app interface. At the top is the AnyTrip logo. Below it are navigation buttons for Trip Planning, Accessibility, Regional services, Travel alerts, School buses, and Service capacity. A paragraph explains that AnyTrip lets you track public transport vehicles in real-time. A bulleted list lists features: checking current services, real-time departure info, and a view of all public transport across NSW. It also mentions a web app and the developer, Jxeeno Pty Ltd. At the bottom are Google Play and App Store download buttons.

AnyTrip

Trip Planning Accessibility Regional services Travel alerts School buses Service capacity

AnyTrip lets you track public transport vehicles around you in real-time using a live map. It will also show you upcoming departures stations.

- Check which service you are currently travelling on
- Check real-time departure information
- Get an at-a-glance view of all public transport across NSW

Access [AnyTrip web app](#) through a web browser.

By Jxeeno Pty Ltd.

GET IT ON Google Play Download on the App Store



The poster for Valley Braves features a toucan bird logo. The main text reads '#BE BRAVE DOMESTIC COMPETITION VALLEY BRAVES'. It details a \$5.00 weekly fee and provides a schedule for various age groups. An orange banner at the bottom states the venue is Macksville High School. A 'TIMES' section lists specific time slots for different age groups. 'Sunday Dates' are listed for February, March, and April. Contact information is provided at the bottom.

#BE BRAVE DOMESTIC COMPETITION



VALLEY BRAVES

**\$5.00 each Sunday
Pay & Play Weekly**

Annual BNSW rego required after the first week. Due to Macksville High being unavailable on Feb 19th, the competition will take place that week at Nambucca High School

| | |
|-----------------------|-----------------|
| Under 8: \$10 | U14's - 12:15pm |
| 8-11 years old: \$30 | U12's - 1pm |
| 12-17 years old: \$40 | U16's - 1:45pm |
| | U18's - 2:30pm |

VENUE: MACKSVILLE HIGH SCHOOL

TIMES:

1pm: 2:00pm; Under 12's, Under 14's
3:15pm - 3:30pm; Under 16's, Under 18's

Sunday Dates

| | | |
|-----------------------|------------|-----------------|
| Feb 12th, 19th, 26th, | March 19th | April 30th |
| May 21st | June 4th | July 16th, 30th |

Further enquiries: admin@valleybasketball.com.au



The poster for Bellingen Swimming Club features a logo of a swimmer in a circular frame. The text reads 'BELLINGEN SWIMMING CLUB' in large letters. It specifies the club meets every Tuesday (during school terms) from 5:45pm to 7pm at Bellingen Pool, for ages 5-18. It lists activities like swim races, games, BBQ, and carnivals. A contact email is provided in a white box. At the bottom is a graphic of a swimmer in blue water.



BELLINGEN SWIMMING CLUB

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

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

INQUIRIES TO
BELLINGENSWIMCLUB@GMAIL.COM



Sponsored by:






Autumn Plant Fair

BELLINGEN
SAT
MARCH
11TH
2023

8am - 2pm @ BELLINGEN PARK

OVER 100 DIVERSE PLANT STALLS
DELICIOUS FOOD, DRINKS, COFFEE
LIVE MUSIC & GROWERS MARKET

native, rare & exotic plants, trees & more

Presented by The Bellingin Environment Centre Inc.

bellinginplantfair.org



People's Library

Bellingin

Learn the craft of oral storytelling

STORY-CRAFTING WORKSHOP

SUNDAY
26TH FEBRUARY
10.00AM - 2.30PM

DONATIONS WELCOME
CWA BELLINGEN, 2 CHURCH ST
OPP. KOMBU

This workshop is catered to crafting your story, personal or fiction. We will explore how to take a simple tale from written to oral form. This workshop has been running for over two years, and we are proud to return to Bellingin for a day of tales. This is an all-inclusive, all storyteller levels workshop, for whom have a genuine curiosity in learning how to write, craft and speak their story. Your story does matter! Lunch and morning tea included. Community transport options available.

Registration Essential
Contact Simona hello@voice-within.co to register

People's Library is a community-led initiative funded by Bellingin Shire Council, and supported by the Bellingin Shire Libraries.



Bellingin Football Club is open for registrations for the season. All years Kindy to Year 12, Opens/all-age, and over 35s.

Teams fill up fast and training will begin in early March.

If you are intending to register now is the time!

Register at <https://www.playfootball.com/register>

For more info see Bellingin Football Club on Facebook (@bellinginfc) or webpage bellinginfc.com.au

Active kids vouchers accepted (enter as a voucher code on the sign up payment page).



JOIN NOW

Australian Air League
NSW Group

NSW GROUP IS NOW ENROLLING



Since 1934 the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills like leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

We welcome boys and girls from the age of 8 years old from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Children Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out of our young Australians.

FOR MORE INFORMATION ON THE AUSTRALIAN AIR LEAGUE AND YOUR CLOSEST SQUADRON PLEASE CONTACT

Email: development.nsw@airleague.com.au
www.airleague.com.au Email: info@airleague.com.au
Free Call: 1800 502 175




Bellingen Netball Association



Registration & FREE BBQ –

Saturday 4th March

Net Set Go: Kinder to Yr 2 – 1pm

Junior: Grade 3-6 – 1pm

Seniors: High Schoolers & Ladies/Men – 2pm



New members welcome- registration open

Online registration available @ playhq.com

Coaches and umpire positions needed!!!

Contact bellingennetball@gmail.com



Start saving for 2024 back to school.

Saver Plus is free. Learn tips and tricks to polish your budget and saving skills. Save for 10 months. Get up to \$500 of matched savings for school expenses. Just in time for 2024.



*Eligibility criteria apply

saverplus.org.au

OzGREEN

thrive

festival 2023

SUSTAINABILITY · WELLBEING · RENEWABLES ·
WORKSHOPS · SPEAKERS · MARKETS · KIDS ACTIVITIES

BELLINGEN SHOWGROUND
SAT 4TH MARCH
8AM - 4PM

FREE ENTRY

| | | | | | | | |
|---|--|--|--|---|--|--|---|
| <p>MAIN STAGE</p> <p>11-11am 2 Triple D Q&A van 11:30-11:45am AR James</p> <p>12-12:30pm Welcome & Opening 12:30-1:30pm Grag Sheehan</p> <p>1:45-2pm Elders Storytelling</p> <p>2:30-3:30pm Wild Thyme</p> <p>4-5pm Samba Soul</p> | <p>THE PAVILION</p> <p>10:30am Weather Showcase</p> <p>10:30-11am Sustainable Food Practices</p> <p>10:30-11am Water Showcase</p> <p>11:30-12pm What's Growing in our Shire</p> <p>1:30pm-2:30pm Future Possibilities</p> <p>2:30-3:30pm Energy Showcase</p> <p>3:30-4:30pm Fire, Flood & Forecast</p> <p>4:30-5:30pm Gumbaynggirr Audience Choir</p> | <p>LUNCHEON ROOM</p> <p>9-10am Preserving and Pickling</p> <p>10am-12pm Ayurvedic Cooking for the Seasons</p> <p>10:30-11:30am How to Talk Nutrients - Deepen Cooking</p> <p>12-12:30pm Nourishing the Community Cooking demo & shared meal</p> | <p>DISCOVERY ROOM</p> <p>10-11am Repair & Replace with 3D Printing</p> <p>11am-12pm Big Picture Thinking</p> <p>12:30-1:30pm Caring for Country with Artificial Hollows</p> <p>1:30-2pm Bushcraft & String making</p> | <p>MOURISH TENT</p> <p>10-11am Mindfulness and Compassion</p> <p>11:00am-12pm Herbs for Resilience</p> <p>12:30-1:30pm Drumming Workshop</p> <p>2-3pm Body Percussion Workshop</p> | <p>KIDS SPACE</p> <p>10:30am-11pm Bush Clay</p> <p>1-5pm Bellingen Riverwatch Waterbug workshop</p> <p>10:45am Jumping Castle</p> | <p>MALAAMI TENT</p> <p>10:30am-11am Conversation Circles for Future Building</p> <p>Each circle will have a facilitator for the Malaami Project & Future Building workshop held 20th-25th March by CEL.</p> | <p>OUTDOOR EVENTS</p> <p>Emergency Services Water Games & Edible Demo</p> <p>Bike Station Showcasing e-bike tubes & repairs pop up</p> <p>Reflections Workshop Gumbaynggirr Kelly Edwards Hearing at the Hour of Truth at 10am</p> |
|---|--|--|--|---|--|--|---|

Celebrating our region's abundance of skills, knowledge & talent on Gumbaynggirr country.

www.ozgreen.org/thrive

Proudly funded by the NSW Government.

02 5615 8108

@ozgreennorthcoast

/OzGREENorthMidCoast

BONUS TOURS & ACTIVITIES SUN 5TH MAR \$10 / TICKET

\$10 per person for Sunday events only, Saturday Thrive Festival is a free event. For more information see our website.