

# 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](mailto: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 7

22 March 2023

15-27 March	NAPLAN for Yrs 3 and 5
24 March	Sporting schools AFL
25 March	State Election fundraising stall
29 March	P&C AGM, 3pm
30 March	Kids in the Kitchen
30 March	Big Veggie Crunch
6 April	Last Day of Term 1
24 April	Staff Development Day
25 April	ANZAC Day March
26 April	All students commence Term 2

Dear Parents and Caregivers,

Over the past week our Year 3 and 5 students have been doing NAPLAN 2023 assessments, just like many thousands of students across NSW and Australia. Most of our students have now completed the four assessments. Students who have been away unwell will have until next Monday 27<sup>th</sup> to do catch up assessments. We have all been very proud of the positive attitudes and efforts the students have shown completing these.

NSW Department of Education

## Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

[education.nsw.gov.au](http://education.nsw.gov.au)



## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...	they miss weeks per year	and years over their school life
<b>1</b> day per fortnight 	= <b>4</b> weeks	= Over <b>1</b> year missed
<b>1</b> day per week 	= <b>8</b> weeks	= Over <b>2.5</b> years missed

[education.nsw.gov.au](http://education.nsw.gov.au)

## Attendance and Absences

The NSW Government, Department of Education and our school, continue to make attendance a priority for our students. Regular attendance ensures students are learning new skills, keeping up with what has been learnt in the classrooms and building friendship and social skills with their peers. We are aiming to increase the number of our students with attendance rates above 90%, with the ultimate aim that students will have attendance rates of 95% or above.

Within school, we continue to follow the NSW Department of Education and NSW Health advice that anyone who displays COVID-like symptoms should stay at home until symptom-free and take a COVID test.

We have had increased illness over the last couple of weeks and we ask that families keep their child/children home at the first signs of symptoms to reduce the spread and illness affecting other children. We do understand that it can take some time for young children to become symptom free and that they can have persistent symptoms. Once your child has recovered from being unwell and their main symptoms have gone, they still may have the sniffles, (not regular nose-blowing) and a dry persistent cough, we recommend seeing your local GP for advice on returning to school and getting a letter with their advice on returning to school.

As staff we do not like sending children home sick, but have a duty of care to try to reduce illness for all of our students, families and staff.

Anytime your child is absent we legally need to have an explanation. It is hoped that your child is only away from school if they are genuinely sick or there has been a family emergency where they are required. However, if your child is away for another reason, we still need an explanation. We ask that all families text me (Katrina 0403177961) or call the office and leave a message on the answering machine, to let us know why your child is away. 'Sick' is not an explanation, we need to know generally what is wrong. Please do this, if possible, on the first day your child is absent. If your child has more time away from school we also need to hear from you that they are still unwell and why.

## Harmony Week

This week is Harmony Week, with the official Harmony Day occurring on the 21<sup>st</sup> March. As a school we will be participating in Harmony Day activities throughout the whole week and asked that students dressed in orange today for our Harmony Day mufti day. Thanks everyone for the positive attitudes you have shown in our activities so far this week.



## Learning and Wellbeing Meetings

Last week we sent home notes to all of our families asking a parent or parents to come in for our first Learning and Wellbeing meetings for 2023. These are a great opportunity for families and teachers to develop goals to support your child's learning at both school and home. Last year we had just under 100% of families participating. We aim to try to allocate families their chosen times. If the times do not suit, please contact your child's teacher to make an alternate meeting time. We look forward to working together to support your child and their learning.

## Kids in the Kitchen

Many of our students have been asking to cook quiche for our KiK lunch. Last week we took advantage of the chickens laying so well and the 3-6 class made a delicious Quiche Lorraine and gluten free vegetable frittata for lunch. They have shown increased skills cooking and cleaning up which has been great. Our K-2 class made a super yummy healthy muesli slice. Fantastic effort everyone!



## Election Cake and Produce Stall this Saturday 25<sup>th</sup> March

Thank you to families who have returned the note with the time you are able to help at the stall and the produce or items you will be donating.

It is a requirement that items are pre-packaged and labelled with the ingredients. All items can be dropped off at school on Friday afternoon before 3.30pm or first thing in the morning. The easiest and quickest way to package items is to place them in ziplock bags or new takeaway containers and sticky tape a small ingredients label. Please do not send in whole cakes or items in Tupperware containers.

Depending on the size of the items, please package them as follows:

- 4 to 6 cookies
- 4 to 6 pieces of slice
- 1 muffin
- 2-4 cupcakes
- 6-8 chocolate balls

We will price the items at the stall. Thank you everyone for your support in helping raise money for our school and our activities.

*"Remember that opportunity is a dare – not a door."*

**W.G.P.**

## **P&C Annual General Meeting Wednesday 29 March**

The Raleigh Parents and Citizens meet once a term. We will be holding our annual P & C AGM on Wednesday afternoon the 29<sup>th</sup> March at 3 pm in the staffroom.

Everyone is invited to attend and find out what wonderful things our school is doing. Due to your support, the P&C have been able to subsidise school excursions/incursions and provide for student injury insurance. Hope to see lots of new and regular faces on Wednesday 29<sup>th</sup> March.

## **Year 6 to 7 2024 Expression of Interest**

The Expression of Interest for high school for our Year 6 students is now available on our website. This needs to be entered by the 31<sup>st</sup> March. A paper copy has been sent home and you may fill this in if you prefer and return it to school by the 31<sup>st</sup> March.

## **Easter Egg Hunt**

We have a long running tradition at Raleigh Public School of an Easter Egg Hunt. If you would like your child to take home Easter egg treats after our Easter Egg Hunt in the last week, they will need to pay \$4 each. If your child is dairy-free please send in a dairy-free alternative and we will give this to your child to take home.

Our preferred method is online from Raleigh Public School website or from Fees in Advance. You can pay money into Fees in Advance by logging onto the school site at Raleigh-p.schools.nsw.gov.au. Click on "Make a Payment" and follow the prompts to make a payment via Visa or Mastercard. There is no need to add a student number just their name. F.I.A. can be used for the family and is not limited to individual students. It can be used for Voluntary School Contributions, Subject Contributions, Excursions, Sport, Sales to Students and things like Mothers' Day and Fathers' Day Stalls.

## **ANZAC Day March**

This year the local communities will be holding their ANZAC Day Marches. Our school has always prided itself on being a part of both the Urunga and Bellingen services. We like to see as many students as possible attend these, marching in their school uniforms and showing the community that our school supports this. ANZAC Day is Tuesday 25th April and students return after the holidays on Wednesday 26th April.

So, please set aside some time on ANZAC day to show respect and support for those who have fought and lost their lives in conflicts around the world. The Bellingen March will commence at 9am and the Urunga one at 10.45am. Usually we meet 15 minutes before the march commences. A separate form will be sent home. Could you please complete this and return it to school to let us know if you are able to attend and which venue you will be going to.

## **Election Stall Raffle**

Information will be coming home shortly regarding a Raffle we will be holding. There will be some great prizes to be won. Tickets will be sold at the Election Stall and over the holidays. The raffle will be drawn on Wednesday 3<sup>rd</sup> May.

## **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

## Kids in the Kitchen Recipes Classic Quiche Lorraine by Taste.com.au

10min Prep                      1 hr cook                      6 servings

### Ingredients:

2 sheets ready rolled shortcrust pastry  
1 tbsp olive oil  
1 brown onion, finely chopped  
4 rashers bacon, rind removed, finely chopped  
1 cup grated Tasty Cheese Block (500g)  
3 eggs  
1 tsp plain flour  
300ml cream  
1/2 cup milk

### Method

Preheat oven to 200°C. Lightly grease a fluted 3cm deep, 23cm (base), loose-base flan pan.

Line base and sides of flan with. Trim excess. Line pastry with baking paper. Half-fill with dried beans or rice. Bake for 10 min. Remove paper and beans. Bake a further 10 min or until golden.

Heat oil in a frying pan over medium-high heat. Add onion and bacon. Cook for 3 minutes. Drain on paper towels. Cool. Sprinkle over pastry. Top with cheese.

Reduce oven temperature to 180°C. Whisk remaining ingredients and salt and pepper in a jug. Pour over bacon. Place onto tray. Bake for 30 to 35 minutes or until set. Stand for 65 minutes. Serve with a fresh garden salad.

## Nut and dairy free muesli slice

### Ingredients

70 g quinoa  
1 tbs chia seeds  
70 g apple  
80 g pitted dates  
80 g dried apricot  
40 g dried cranberries  
90 g rolled oats  
70 g Rice Bubbles  
30 g desiccated coconut  
70 g coconut sugar  
2 tbs sunflower seeds  
50 g coconut oil  
3 eggs  
50 g honey



## Method

Preheat oven to 180°C. Line a rectangular baking tin (30 x 20 x 6cm) with baking paper and set aside.

Place quinoa, linseeds (flaxseeds) and chia seeds into mixing bowl and mill 20 sec/speed 9. Transfer into a bowl and set aside.

Place apple into mixing bowl and grate 2 sec/speed 5, until even consistency is achieved. Scrape down sides of mixing bowl with a spatula.

Add pitted dates, dried apricots and dried cranberries and chop Turbo/1 sec/3 times, or until fruit is evenly chopped. Scrape down sides of the bowl with a spatula.

Add all remaining ingredients, including reserved seed mixture, and combine 30 sec/speed 3.

Transfer mixture into prepared baking tin. Press mixture down evenly and smooth surface with the back of the spoon.

Bake for 15-20 minutes (180°C) or until lightly browned. Allow to cool in tin for 15 minutes, then remove and allow to cool completely on a wire rack (approx. 1hr). Cut into 16 bars and serve.



**BELLINGEN**

Sellers Entry \$15.00

Toys, Tools, Books, Clothes & More!

Supporting our local community

**CAR BOOT MARKET**

Next Market 26th March

4th Sunday of the month  
8am - 2pm

Bellingen Show Ground  
Vehicle entry through Hammond St.  
No Booking - \$15 per car - Gates open 6.30am

An initiative of

HOPE  
Hockey on the Pacific  
Sports Foundation

Star's Kick  
Go Shop

Coffee, Sausage Sizzle, Cold Drinks, Face painting and much more. Come along, bring your goods, make some money and have some fun.  
All enquiries M: 0450 355 629  
E: Bellingeenbootmarket@gmail.com

Made with PosterMyWall.com

**U10's Hook in 2 Hockey**  
urungahockey@gmail.com

**NEW PLAYERS RECEIVE:**

- \*Stick
- \*Shirt,
- \*Shin guards
- \*Socks
- \*Great deal on fees

**WHEN:** Mondays 4:45pm followed by free sausage sizzle & Saturday mornings (either or both)  
**WHERE:** Hockey Complex, Stadium Drive, Coffs

**ACTIVEKIDS VOUCHERS WELCOME**

For Further information:  
Rhonda Smith 0457271071

# URUNGA PHYSIE CLUB

EST. 1968

## CLASS TIMES



EPphysie

EVERY MONDAY FROM 20TH FEBRUARY

### AGE GROUP

5-8 years  
9-12 years  
13-16 years  
Ladies

### TIME

4:30-5:15pm  
5:15-6:00pm  
6:00-6:45pm  
7:00-7:45pm



Urunga Senior Citizens Hall  
(Behind the takeaway shop)

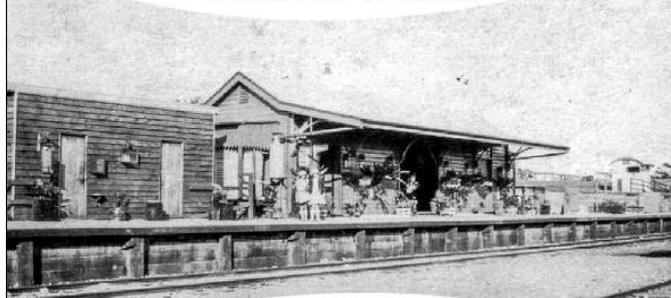


Urunga Physical  
Culture Club



CONTACT  
NIKKI: 0413 038 860

## URUNGA CENTENARY CELEBRATION 1923 - 2023 JUNE 10 & 11TH



## 100 YEARS OF RAIL SERVICE IN URUNGA

ALL ABOARD & ALL WELCOME  
FREE ENTRY



### SATURDAY 10TH

OFFICIAL WELCOME TO RAIL 11:00AM  
SCHOOL STALL  
HISTORICAL STALLS  
BYO RAILWAY PICNIC AT LAGOON

### SUNDAY 11TH

PARADE 10AM  
STALLS & ENTERTAINMENT 11AM  
MORGO ST RESERVE  
9 HOLE GOLF COMP 1:30PM

SPONSORED BY URUNGA CEX

PRESENTED BY



BELLINGEN  
SHIRE COUNCIL

&

*VegMan  
Planning*

# Weedy Awareness Workshop

Sunday 26 March from 10am  
Council Administration Building  
33 Hyde Street Bellingen

Morning tea and a lunch will  
be provided

## TOPICS INCLUDE

WEED ID BASICS  
INTEGRATED WEED MANAGEMENT  
CHEMICAL USAGE  
VEHICLE HYGIENE

RSVP before 25/03/2023  
[council@bellingen.nsw.gov.au](mailto:council@bellingen.nsw.gov.au)

# Bellingen Show

## May Sat 13<sup>th</sup> & Sun 14<sup>th</sup>



Welcome back to school everyone.

Beginning of the year, time to let you know the show will be on and happening again.

Put this date in your diaries May 13 & 14.

Check out our website or Facebook site to see what's on and what you can participate in, items you can enter in the pavilion, grooming your fur baby for the Mongrel dog show or just planning your day around the entertainment provided.

Let's hope for great weather, creative minds, happy horses and playful smiles all round to enjoy the Bellingen Show 2023.

Don't forget to get your tickets on line and save the hassle on the morning at the gate.

Any questions or enquiries you may have, please consult the Website or ring our Secretary's Office during the opening hours.

See You There.