

# RALEIGH PUBLIC SCHOOL

Nurturing Children in an Innovative and Creative Environment



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Website: <https://Raleigh-p.schools.nsw.gov.au>

School Principal: Mrs Katrina Meenahan

Newsletter, Term 4, Week 3

25 October, 2023

26 October	Kids in the Kitchen
26 October	Sporting Schools Cricket
27 October	Day for Daniel, Dress in Red, Awareness Day only, no donation
27 October	Sporting Schools Golf
1 November	2024 Kinder Transition, 9.15 – 11.45am
2 November	Kids in kitchen
2 November	Sporting Schools Cricket

Dear Parents and Caregivers,

## Important Information about the Bus Routes

Information has been provided via an attachment with the newsletter last week about changes to the bus routes from Raleigh Public School. The changes will start next **Monday 30<sup>th</sup>** October.

The morning bus routes should remain very similar, leaving the Map in Bellingen at 8.43am OR 8.50am in Bonville Street, Urunga. However the afternoon routes will change for some students. Students travelling to Urunga town centre have two options:

- Students catching **bus S339 from school to Bellingen** will leave school at 3:09pm. This is approximately 5-10 minutes later than normal. It is expected to get to St Mary's at approximately 3.25pm. Students living in Urunga can catch this bus, but it will travel to Bellingen first and pick up primary and high school students before arriving at Short Cut Rd at approximately 3.38pm at Urunga Public School at approximately 3.48pm. Students being dropped off on the Old Pacific Highway, Waterfall Way will catch bus S339 leaving Raleigh at 3.09pm.
- Students catching **bus S340 to Urunga**, will depart Raleigh Public School at 3.26pm and arrive at Urunga PS at 3.44pm. Going via Short Cut Road and Pilot Street in Urunga.

## Early Arrivals at School



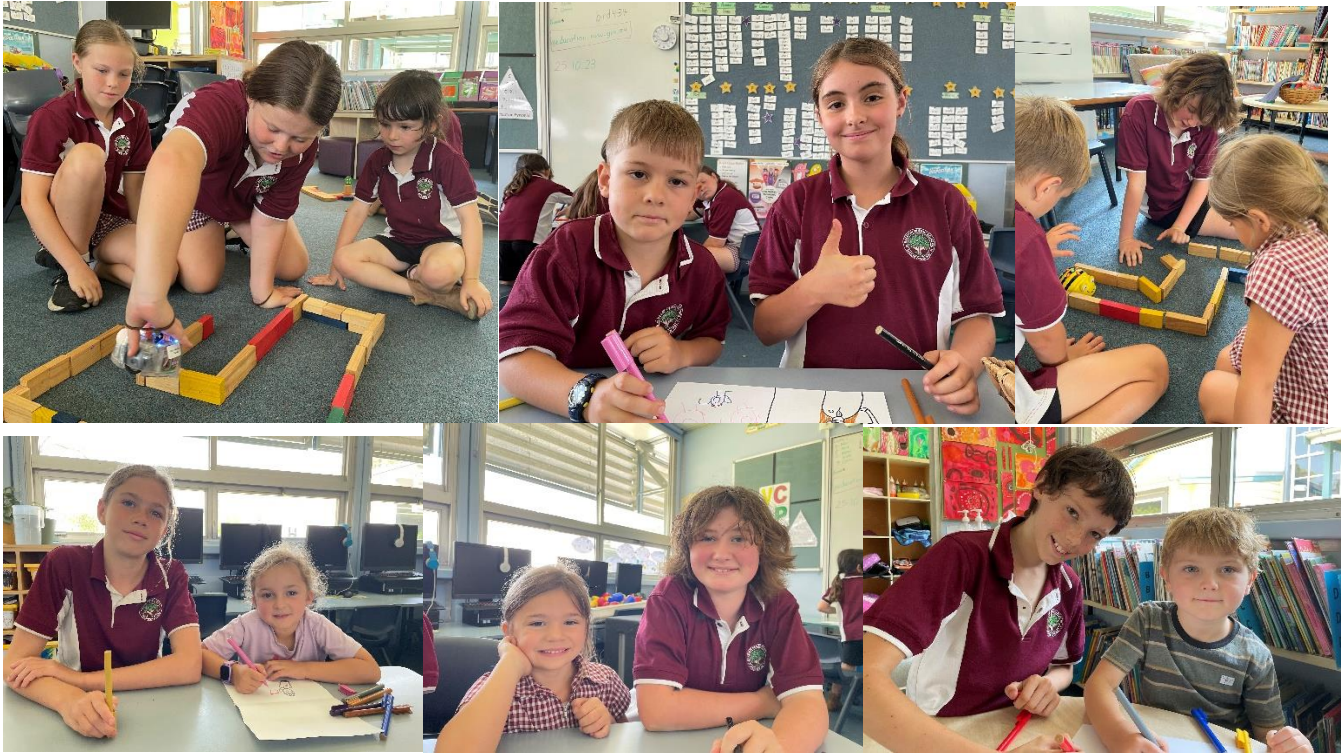
We have noticed that many children are arriving earlier than the drop off time in the mornings. Students can be dropped off at school **from 8.40am** in the morning, for working parents and people who may have appointments. They then need to sit quietly on the verandah until the bus arrives at 9.05am. Sometimes the bus does not arrive until 9.10am and then we go into class. If you are able to drop your child off closer to 9am and allow

them to have some outside play and running around at home, this will benefit many of the children, rather than sitting for a long period before starting class.



## Kindergarten Transition

This morning we held our Parent Information session for the Kindergarten 2024 students. Thank you to those parents who were able to make it. We are very excited to have five Kindergarten students enrolled for 2024. There will be two more transition sessions for these students on the 1<sup>st</sup> and 8<sup>th</sup> of November and then we hope they will join us for our Sunset Picnic on Tuesday 12<sup>th</sup> December.



## Kids in the Kitchen

A reminder that Kids in the Kitchen is on again this Thursday 26<sup>th</sup> October. Last Thursday our 3-6 class made delicious Teriyaki Chicken Poke Bowls. These were very popular and would be a great meal to pack for school lunches. Our K-2 class made very yummy blueberry scrolls, utilising the sweet fresh blueberries available at the moment. Well done everyone on another successful and wonderful KiK.



## School Photos

Our school photos are back and once they have been sorted into individual orders will be sent home. They look fantastic!

## Swimming and Water Safety Program

Thank you to those families who have returned their notes and payment for the Swimming and Water Safety program. You have until Monday, 6 November to do this, if you haven't already done so.

Please make sure you are planning ahead and talking to friends and family to organise transport to the pool each day for this ten day program. It is important to organise this early and not leave it until the last minute. If you are able to help out another family with transport, please let the school know.

## NSW Health Dental Van

We have been lucky to have the NSW Health Dental Program visit us in their mobile dental clinic. This was a fantastic opportunity for our students to have their teeth checked and receive a check up and clean. It was lovely to hear that the Raleigh students who attended had good oral hygiene and most are brushing and looking after their teeth well.

## 2024 School Travel Applications are now open

Students who changed address, school, have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [renew or update](#) their details before **the end of Term 4**. This will ensure that schools can endorse applications, and entitlements remain valid for the start of the 2024 school year. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade (i.e. grade two to grade three), the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), we will send them an expiry notification via email. Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

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

### Teriyaki Chicken Poke Bowls

#### Ingredients

##### For the Sushi Rice

2 cups short grain sushi rice  
2 cups water  
2 tablespoons unseasoned rice vinegar  
1 teaspoon sugar  
1 teaspoon salt

##### For the Teriyaki Chicken

½ cup soy sauce  
¼ cup water  
¼ cup light brown sugar  
1 tablespoon rice vinegar  
1 teaspoon grated garlic  
1 teaspoon grated ginger  
2 teaspoons cornstarch  
1 tablespoon olive oil  
450g boneless skinless chicken breasts, cut into 1" pieces (add a little more if you like, for 4 dinner-size portions - no need to adjust the teriyaki glaze ingredients).

##### For the creamy Mayo Vinaigrette

2 tablespoons rice vinegar  
2 tablespoons fresh lime juice  
⅓ cup mayonnaise  
2 tablespoons water

##### Additional Toppings (all optional to taste)

##### **pickled red onions** \*See note below.

1 cup shelled edamame, steamed  
1 cucumber, thinly sliced  
1 carrot, peeled into ribbons or thinly sliced  
Green onion, sliced  
Pickled ginger

##### Red Pickled Onions

1 large red onion  
1 cup **apple cider vinegar**  
½ cup red wine vinegar  
¼ cup sugar  
1 tsp. salt

##### Method

Slice the top and bottom off the onion and then slice onion in half, from top to bottom. Remove the outer peel. Lay the cut surfaces of the onion onto the cutting board, and then slice into half moons about 1/8" thick using a very sharp knife. I also recommend using a **mandoline** for slicing the onions, especially if you like super thin or very even slices.

In a medium saucepan, whisk together apple cider vinegar, red wine vinegar, sugar, and salt. Place over medium-high heat and bring mixture to a boil. Whisk until sugar and salt dissolve, then remove pan from heat.

Carefully add sliced onion to the pan and gently stir to combine. Let mixture cool completely at room temperature, stirring occasionally.



Pour into a glass container (I like to use a large canning jar), cover tightly with a lid, and refrigerate until thoroughly chilled. The pickled flavour will intensify over time, but it's good to go after resting overnight in the refrigerator. This recipe is for refrigerator pickling only and needs to be stored in a refrigerator. Enjoy for up to one month.

### Method for the Sushi Rice

For rice that has more separated grains once cooked, rinse it first in a fine mesh sieve until the water runs clear. This step removes any starch from the rice. If you really don't care about the more separated grains, skip the rinsing!

If you have a rice cooker, I highly recommend using it here. - Or cook the rice on the stovetop according to package directions, until the rice is plump and just tender. While the rice cooks, prepare the teriyaki chicken.

In a small bowl, whisk together the rice wine vinegar, sugar, and salt. Sprinkle evenly over the cooked rice and fold briefly to incorporate.

### Method for the Teriyaki Chicken

Preheat oven to 200° C or cook in frypan.

In a small saucepan set over medium to medium-high heat, whisk together the soy sauce, water, light brown sugar, rice wine vinegar, garlic, ginger and cornstarch. Cook for 2-3 minutes or until the mixture has thickened into a glaze. It should just cover the back of a spoon – if it becomes too thick, just add a little water, a tablespoon at a time.

Add half of the teriyaki sauce to a medium bowl, then whisk in the olive oil. Add the cubed chicken and fold until evenly coated.

Place chicken on a rimmed sheet pan (line it with foil for easy clean-up) and bake for 10-15 minutes, until chicken is just cooked through. Then brush the chicken with the reserved teriyaki sauce and place the pan under the broiler for 2-3 minutes, or until the teriyaki sauce is browned and caramelized. Be sure to watch it so it doesn't burn.

### Method for the Creamy Spicy Mayo Vinaigrette

In a small bowl, whisk together rice vinegar, lime juice, and sriracha. Add mayonnaise and sesame oil and whisk to combine. Add water, if desired, and whisk until smooth. refrigerate until ready to use.

### To Assemble

Divide the rice between two large bowls or three to four smaller bowls. Top with teriyaki chicken, pickled red onions, and your additional toppings of choice. Drizzle with the spicy mayo vinaigrette and garnish with green onion and sesame seeds. Enjoy immediately.

### Notes

Note about the **Pickled Red Onions** - This recipe is a favourite around here - it goes great with so many meals! If you're serving pickled onions with these bowls, I recommend making these first, or even the day prior, so they have some time to pickle while you're making the rest of the bowl. Also - know that the thinner you slice the onion, the faster it will pickle!



## Blueberry and Cinnamon Scrolls

### Ingredients

300 g 2 Cups of self-raising flour  
90g of butter  
½ teaspoon of salt  
¾ cup of milk

### For the filling

50 g of butter – softened  
1 tablespoon of cinnamon  
30 g of caster sugar  
1 ½ cups of blueberries - frozen or fresh

### For the icing

1 cup 150g of icing sugar  
2 tablespoons of boiling water  
½ teaspoon of vanilla extract



### Method

Preheat the oven to 210 degrees and line an oven tray with baking paper.

Sift the flour and salt together in a large bowl before rubbing in the butter until the mixture is the consistency of breadcrumbs.

Slowly add the milk and use a butter knife to combine. Turn out the dough and knead until it forms a smooth ball.

Use a rolling pin to roll dough out until you have a 30 x 40cm rectangle.

Spread the softened butter over the dough, leaving a 2cm gap around the edges.

Combine the cinnamon and sugar in a small bowl and sprinkle generously over the top of the butter.

Sprinkle the blueberries over the top of the butter and cinnamon/sugar mixture.

Starting at the long side carefully roll the dough until enclosed.

Place the scroll log into the fridge for 20 mins to chill.

Cut into 12 slices – approximately 2cm thick.

Place on a baking tray, making sure you leave enough room to rise.

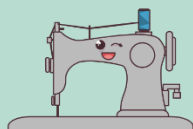
Bake in oven for 20 minutes or until golden brown on top and cooked through.

Let the Blueberry and Cinnamon Scrolls cool on the tray for 5 minutes. In the meantime, combine the icing sugar, boiling water and vanilla extract to make the icing. Drizzle the icing over the top of the still warm scrolls.

Allow the Blueberry and Cinnamon Scrolls to cool for a further 5 minutes and enjoy!







## BELLINGEN STITCHED UP



YEAR 6 STUDENTS!



YOU ARE INVITED TO  
COME AND CHECK OUT  
OUR AMAZING SEWING SPACE  
AND MEET THE VOLUNTEERS

We will be holding an open day,  
to showcase some of the great things that  
you could sew next year.

There will be 3 workstations where you can  
make either:

Christmas Decorations  
Scrunchies  
Pin Cushions

We would love to see you there!

**MONDAY NOVEMBER 13TH 3.30PM - 5.30PM**  
**BELLINGEN UNITING CHURCH HALL, HYDE STREET**

RSVP IS REQUIRED TO MICHELLE STOCKTON ON 0403011597  
OR EMAIL [BELLINGENSTITCHEDUP@GMAIL.COM](mailto:BELLINGENSTITCHEDUP@GMAIL.COM)

**0431 969 209**

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FRI	7pm
SAT	4pm & 7pm
SUN	12pm & 3pm
SUN 22nd	12pm ONLY

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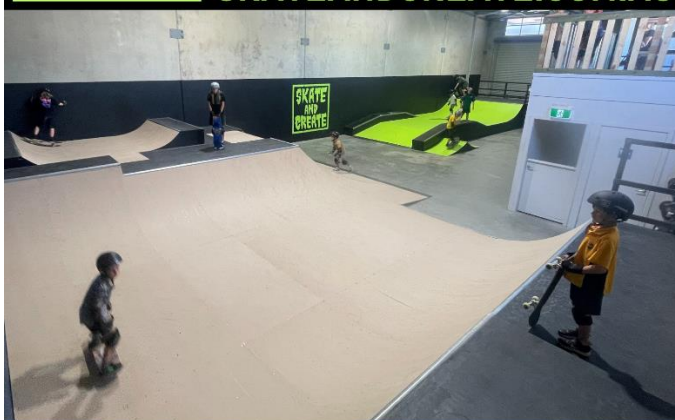
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