

RALEIGH PUBLIC SCHOOL

Nurturing Children in an Innovative and Creative Environment



Find us at 12 North Street, **Raleigh** 2454
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Newsletter, Term 3, Week 7

30 August, 2023

31 August	Father's Day Stall, gifts \$4 each
1 September	Dolphin Marine Conservation Park Mufti Day, Awareness only. No donations.
4 September	Sporting Schools Tennis
5 September	P&C Meeting, 3.15pm in the staffroom
6 September	Scholastic Book Club orders due
6 September	Kinder Transition 9.15 – 11.45am
7 September	Kids in the Kitchen (last for the term)
11 September	Sporting Schools Tennis
13 September	Kinder Transition 9.15 – 11.45am

Dear Parents and Caregivers,

Last Wednesday we had our first STARS Kindergarten transition session. These will continue to run, each Wednesday from 9.15-11.45am, until the end of Term 3. The sessions are an opportunity for the children who have enrolled to attend Raleigh for Kindergarten 2024, to become familiar with the classroom and school environment, learn about school routines and to ensure that when they attend Kindergarten in 2024, they come to school feeling comfortable with their new learning environment. In Term 4, we will have more sessions, including a parent information session, these dates will be released later in the term.

We had four new Kinders join us last week and they all settled in well and had a wonderful time, both inside and outside the classroom. They participated in co-operative play, listened to a story and painted their own strawberry character and cut out and put a disguise on them. We also did some physical activities on the ball court and at lunch time with the parachutes. We look forward to getting to know them in the transition sessions between now and the end of the year and seeing them each week.



School Audit

Last Tuesday and Wednesday our school completed an audit with Principal Auditor Mark Sueli. Audits such as these normally occur every five years, however due to COVID ours was postponed until now. The School Audit Program provide assurance to the Department's Secretary and the Audit and Risk Committee that public funds, resources allocated to schools, and key risks and controls in the areas of child protection, student attendance and work health and safety are effectively managed in accordance with the Departmental policy and legislative requirements.

Thanks to Mrs Irene Jones for her organisation and work in the office and making sure that we are following the correct procedures. One of the recommendations that came out of the audit was around our attendance processes. Please make sure you have read the attendance reminders below, to ensure we are all meeting the requirements.

| 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



Days missed = years lost

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

When your child misses just...

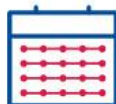
they miss weeks per year

and years over their school life

1 day per fortnight
M ~~X~~ W T F
M T W T F

=

4 weeks



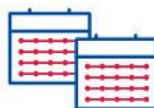
=

Over **1** year missed

1 day per week
M ~~X~~ W T F
M T W ~~X~~ F

=

8 weeks



=

Over **2.5** years missed

education.nsw.gov.au

Attendance Requirements

For attendance purposes, every child must attend school unless they have a justified reason for being absent. A reminder that birthdays, family holidays or long weekends are not accepted as a justified reason for being absent.

Justified reasons for being absent include family emergencies, funerals of a close relative and illness. Students who are unwell and/or are exhibiting COVID-like symptoms, even mild, are asked not to return until symptom free.

There are a number of procedures around students' absences that need to be tightened to cover our child protection requirements. We would appreciate parents doing the below processes, without the school having to chase them up. As you are all aware, we do not have Irene in the office each day and our teaching staff are on class teaching classes and groups of students.

Please read the steps below carefully as some things have been tightened up and revised based on the audit recommendations:

- The school needs to be notified on the first day your child is absent and the reason that your child is absent. This can be via phone call to the school number or a text to Katrina.
- If teachers do not receive notification that your child is absent, then the school needs to make contact with parents.
- Each subsequent day that your child is absent, you must also notify us of the absence and the reason. If however you know that your child will not return for a couple of days eg the family has gone away, you can notify us of the absence and the date of return.
- If your child has more than three days off, then you must seek a medical certificate.
- If your child continues to have very mild COVID like symptoms, then a medical certificate can be obtained stating that they can return to school, are not contagious and may have these types of symptoms post illness for a period of time.

The other process that needs to be tightened is students arriving late or leaving early. Students arriving late, must be accompanied by an adult to the front office (or classroom when Irene is absent) and a reason must be given. This can also be done via a phone call to the office or text message to Katrina. If students arrive without a reason from an adult, then the school will have to chase up a reason with parents.

Thank you in advance for taking the time to read these and helping us ensure that our processes cover the Department of Education's attendance and child protection requirements.

Kids in the Kitchen

Last week our students had a fantastic KiK cook, baking Banana and Coconut muffins for recess and a delicious, healthy vegetable lasagne for lunch, served with a fresh salad, with lettuce from the garden. A number of students came back for seconds. Fantastic effort everyone!



Dolphin Marine Conservation Park Mufti Day

Bonville Public School has decided to hold a mufti day to raise awareness of the work that the Dolphin Marine Conservation Park does and have invited schools from across the Coffs Coast to join them. We will be holding our Mufti day this Friday 1st September.

Dolphin Marine Conservation Park in Coffs Harbour has gone through a number of name changes and has evolved into a very different company since first opening 52 years ago. The work that has gone into the Dolphin Marine Conservation Park over the last few years, to turn it into the rescue, conservation, and education focused place it is today has been industry leading. It is the only place of its kind on the entire east coast of Australia. This year alone they have rescued over 210 seabirds, 105 turtles, 3 seals and a pelican named Parker, just to name a few.

This Friday we are trying to raise awareness of the great work that they do and are holding a 'Dolphin Marine Conservation Day', where students in Primary Schools are encouraged to come to school dressed as their favourite marine animal. We are NOT collecting any money for the awareness day. So be resourceful and imaginative. We cannot wait to see what marine animals, we have coming to school on Friday.

Father's Day Stall

We will be holding a Father's Day stall **tomorrow**. Gifts are \$4 each and more than one gift may be purchased. Thank you to families who have sent in their money.

P&C Meeting

On Tuesday, 5 September, we will be holding our Term 3 P&C Meeting at 3.15pm in the staffroom. Everyone is very welcome, and we love to see new faces. This is a great opportunity to hear what is happening at our wonderful school and to bring fresh ideas to the table. The P&C subsidises school excursions, book awards and provides Student Injury Insurance. Look forward to seeing you there.

Footsteps Online Dance Program

As you can see from the images below, our students are enjoying the online dance program that commenced in Term 3.



"If your actions inspire others to dream more, learn more and become more, you are a leader."
JOHN QUINCY ADAMS

Dental Forms

There are still a number of families who haven't returned their permission forms for the NSW Health Primary School Mobile Dental Program. If you would like to take advantage of this free service, please return your forms to school. Thank you.

Scholastic Book Club

Scholastic Book Club catalogues have been handed out. Orders and money are due back on Wednesday 6 September, 2023 or through LOOP (online order).

School Photos

As in the past few years we will be taking our school photos "in-house" during Week 8 (and 9 if needed). We will be taking individual, class and whole school photos.

Further information about cost and ordering will be sent home in the coming weeks.

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 Best Vegetable Lasagna

Ingredients

Veggies and spinach

- 2 tablespoons extra-virgin olive oil
- 3 large carrots, chopped (about 1 cup)
- 1 red bell pepper, chopped
- 1 medium zucchini, chopped
- 1 medium yellow onion, chopped
- ¼ teaspoon salt
- 5 to 6 ounces baby spinach



Tomato sauce (or substitute 2 cups prepared marinara sauce)

1 large can (28 ounces) diced tomatoes
¼ cup roughly chopped fresh basil + additional for garnish
2 tablespoons extra-virgin olive oil
2 cloves garlic, pressed or minced
½ teaspoon salt
¼ teaspoon red pepper flakes

Remaining ingredients

2 cups (16 ounces) low-fat cottage cheese, divided
¼ teaspoon salt, to taste
Freshly ground black pepper, to taste
9 no-boil lasagna noodles*
8 ounces (2 cups) freshly grated low-moisture, part-skim mozzarella cheese

Method

Preheat the oven to 425 degrees Fahrenheit.

To prepare the veggies: In a large skillet over medium heat, warm the olive oil. Once shimmering, add the carrots, bell pepper, zucchini, yellow onion, and salt. Cook, stirring every couple of minutes, until the veggies are golden on the edges, about 8 to 12 minutes.

Add a few large handfuls of spinach. Cook, stirring frequently, until the spinach has wilted. Repeat with remaining spinach and cook until all of the spinach has wilted, about 3 minutes. Remove the skillet from the heat and set aside.

Meanwhile, to prepare the tomato sauce: Pour the tomatoes into a mesh sieve or fine colander and drain off the excess juice for a minute. Then, transfer the drained tomatoes to the bowl of a food processor. Add the basil, olive oil, garlic, salt, and red pepper flakes.

Pulse the mixture about 10 times, until the tomatoes have broken down to an easily spreadable consistency. Pour the mixture into a bowl for later (you should have a little over 2 cups sauce). Rinse out the food processor and return it to the machine.

Pour half of the cottage cheese (1 cup) into the processor and blend it until smooth, about 1 minute. Transfer the mixture to large mixing bowl. No need to rinse out the bowl of the food processor this time; just put it back onto the machine because you'll need it later.

Transfer the cooked veggies and spinach mixture to the bowl of the food processor. Pulse until they are more finely chopped (but not puréed!), about 5 to 7 times, stopping to scrape down the sides as necessary. Transfer the mixture to the bowl of whipped cottage cheese. Top with the remaining cottage cheese, then add ¼ to ½ teaspoon salt (to taste) and lots of freshly ground black pepper. Stir to combine. Now it's lasagna assembly time!

Spread ½ cup tomato sauce evenly over the bottom of a 9" by 9" baking dish. Layer 3 lasagna noodles on top (snap off their ends to fit, and/or overlap their edges as necessary). Spread half of the cottage cheese mixture evenly over the noodles. Top with ¾ cup tomato sauce, then sprinkle ½ cup shredded cheese on top.

Top with 3 more noodles, followed by the remaining cottage cheese mixture (we're skipping the tomato sauce in this layer.) Sprinkle ½ cup shredded cheese on top.

Top with 3 more noodles, then spread ¾ cup tomato sauce over the top (you may have a little sauce leftover) to evenly cover the noodles. Sprinkle evenly with 1 cup shredded cheese.

Wrap a sheet of parchment paper or foil around the top of the lasagna (don't let it come into contact with the cheese). Bake, covered, for 18 minutes, then remove the cover, rotate the pan by 180° and continue cooking for about 10 to 12 more minutes, until the top is turning spotty brown.

Remove from oven and let the lasagna cool for 15 to 20 minutes, so it has time to set and cool down to a reasonable temperature. Sprinkle additional basil over the top, then slice and serve.

Banana and Coconut Muffins

Ingredients

- 250g plain flour
- 1 tbsp baking powder
- ½ tsp ground cinnamon or freshly grated nutmeg
- 100g caster sugar
- 75g desiccated coconut
- 4 small, really ripe bananas (450g skin on weight)
- 175ml milk
- 1 medium egg, beaten
- 100g butter, melted
- 1 tsp vanilla extract



Method

Preheat the oven to 200°C, fan force 180°C. Grease a deep muffin tray (for 12 muffins). Sift the flour, baking powder, cinnamon or nutmeg and a small pinch of salt into a mixing bowl. Stir in the sugar and 50g of the coconut. Make a well in the middle. Peel 3 of the bananas, slice into a small bowl and mash to a paste with a fork. Peel and thickly slice the other banana, slightly on the diagonal.

Lightly whisk together the milk, egg, melted butter and vanilla extract. Pour into the middle of the dry ingredients, add the mashed bananas and stir together until just mixed. Don't over-mix the batter.

With a spoon, divide the mixture among the paper cases and put a piece of the sliced banana on top of each. Sprinkle with the remaining coconut and bake for 20-25 minutes until well-risen and golden brown, and a skewer inserted into the centre comes away clean. Leave to cool for 5 minutes and serve warm.




Want \$500 to help you with school costs?

saverplus

Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

<p>To join Saver Plus, you must:</p> <ul style="list-style-type: none"> ✔ Have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment* ✔ Be studying yourself OR have a child in school (can be starting school next year) ✔ Have regular income from work (either yourself or your partner)* ✔ Be 18+ years old <p><small>*Many types of income and Centrelink payments are eligible</small></p>	<p>Here are some of the school costs the \$500 can be used for:</p> <table border="0" style="width: 100%;"> <tr> <td style="text-align: center;"> laptops & tablets</td> <td style="text-align: center;"> uniforms & shoes</td> <td style="text-align: center;"> books & supplies</td> </tr> <tr> <td style="text-align: center;"> sports fees & gear</td> <td style="text-align: center;"> lessons & activities</td> <td style="text-align: center;"> camps & excursion</td> </tr> </table>	 laptops & tablets	 uniforms & shoes	 books & supplies	 sports fees & gear	 lessons & activities	 camps & excursion
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For more information, please contact your local Saver Plus coordinator:

<ul style="list-style-type: none"> Leonie Sykes - Community Liaison NSW - Saver Plus leonie.sykes@thesmithfamily.com.au 0428 282 900 	<p>DELIVERED BY</p>  <p>The Smith Family <small>Learn, today, change tomorrow.</small></p> <p>Find out more at saverplus.org.au</p>
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Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.