Dear Parents and Community Members,

Welcome Back

We would like to welcome back Eachan and Djarrah to Raleigh Public School. We hope you enjoy your time here with us.

Mid Term Assembly

Please note: change of starting time

Our Mid Term Assembly to be held tomorrow will now commence at 9.30am. A note was sent home on Wednesday advising of the change of starting time. 3-6K will be reading poetry they have written and there will be a musical item as well with Mrs Thorn. Hope you can come along and join us.

K-2M

This Friday K-2M will be making hamburgers for KiK lunch and a vegetarian alternative. Students who paid for last KiK but were absent due to flooding will not need to pay for this lunch. Meals are $3 each and will need to be paid by tomorrow.

3-6K

AASC/North Coast Football - Festival of Football Event

3-6K have been invited to participate in the ‘Festival of Football Event’ at Polwarth Drive on Thursday 14th March. Travel will be by bus funded through AASC. Canteen facilities will be available on the day, plus a sausage sizzle for $2 each. A permission note was handed out yesterday. Please return the note to school by Monday 11th March.

P&C Meeting

The next meeting of the P&C will be held on Monday 11th March at 3.15pm. Everyone is very welcome.

“Our school develops leadership, builds individual character and promotes social responsibility and respect for others within a safe and caring environment.”
Scholastic Book Club
Brochures were made available today to interested students. Orders and money need to be returned to school by Wednesday 20 March. Cheques may be made payable to Raleigh Public School.

Removing head lice and nits
Mention head lice and most of us instantly develop an itch. While head lice and nits, (the eggs of head lice) are certainly annoying and persistent, they’re not dangerous. Here’s everything you need to know to rid your kids of head lice and nits.


The Importance of Breakfast
After 8-12 hours of overnight fasting, children need breakfast to refuel for the day ahead; Eating breakfast improves children’s concentration and performance while at school; Children have more energy for physical activity if they consume breakfast in the morning; Eating breakfast can also assist with weight control.

Quick & Easy Breakfast Ideas
Bowl of cereal with reduced fat milk
Wholemeal toast with creamed cheese, vegemite or peanut butter
A wholemeal bagel with peanut butter, honey and sliced banana
Yoghurt, honey, toasted almonds & fresh fruit
Fruit smoothie with 2 cups fruit, ½ cup orange juice ½ cup water, ½ cup yoghurt, and 1 teaspoon honey.

Coffs Harbour Libraries
Storytime at the Multicultural Harmony Festival North Coast Botanic Gardens on Sunday 17th March from 9.00 – 3.00pm. Stories throughout the day.
Special Presentation Drumming Ceremony with Zebiah Sunflower at Coffs Harbour Storytime on Wednesday 20th March from 11.00 – 12.30pm.
Enquiries: coffs.library@chcc.nsw.gov.au
Phone: 6648 4905

Women’s Resource & Information Centre
Will be providing Outreach to Bellingen through the Neighbourhood Centre, every second Thursday of each month. Please phone Bellingen Neighbourhood Centre for appointments on 66551239.