Dear Parents and Community Members,

This year we have had a positive and happy start to the school year. The students have been working really hard to demonstrate appropriate behaviour inside and outside the classroom. Our new literacy and numeracy groups are working well and Ms Driscoll and myself have been working to organise effective lessons and learning to meet the needs for all of our students. In music and art there has been creativity flowing and the students are all working at improving their fitness and skills in PE and sport activities. Not to mention the fantastic teamwork happening in Kids in the Kitchen. This year we unfortunately have three students less than the magic number to keep a second teacher full time. So we have had to make a few adjustments to our staffing for the year. When we have three new enrolments we will be able to review the current staffing arrangements. For Term 1 the following staffing will occur:

- Mrs Meenahan fulltime;
- Mrs Jones will be working Tuesday, Wednesday and Thursday each week;
- Ms Driscoll will be working Monday, Tuesday, Wednesday and every 2nd Thursday (when KiK is not on);
- Ms Hudson will be working Friday;
- Rom Monday and Wednesday; and
- Mrs Champion is on leave during Term 1.

Good Luck

Kyle, Bonnie, Pursia, Janae and Charlize will be representing our school at the District Swimming Carnival on Friday. We wish them all the very best and hope they have a fun and successful carnival.

KiK

Our first KiK for 2016 was a great success last week. Our aim is to have 100% of our students eating and all students ate last Thursday. We have had to reorganise the KiK cooking groups, with our Year 6 students moving on to high school and this has meant new group leaders. Our new leaders did an amazing job of organising, supporting, encouraging and mentoring the other students in their group. Everyone played an important role in either the preparation or cooking of the delicious nachos we made for our lunch.

After our KiK lesson we discussed the positive aspects of doing KiK each fortnight. The students stated things like learning to cook, eating and choosing healthy alternatives, trying new foods and getting to cook with their friends. Nearly 100% of the students said they enjoyed cooking and eating the nachos last week. However, the best thing was that the students who were at Raleigh in Years 2 to Year 5 in 2015, said that they have tried and now like something that they didn’t like in the past. Well done Raleigh kids!

Next Thursday (25/2), the students have decided to make rainbow wraps. These have been extremely popular in the past and many of the students eat different types of vegetables in their wrap that they would not normally eat. So if your child has not paid for the term, please remember to have your $4 to school by next Tuesday morning.

“Raleigh Public School has talented and dedicated teachers who work with students to realise their potential.”
Vegetarian Nachos

**Ingredients**
- 1 x 300g jar mild tomato salsa dip
- 1 tablespoon olive oil
- 1 brown onion, halved, finely chopped
- 2 x 425g cans mexi-beans
- 1 x 230g pkt nacho cheese corn chips
- 150g (1 ¼ cups) shredded cheddar cheese
- Sour cream to serve
- 1 avocado, halved, stoned removed, finely chopped
- 2 tablespoons chopped fresh coriander

**Method**
Preheat oven to 190°C. Reserve 135g (1/2 cup) tomato salsa.
Heat oil in a saucepan over medium heat. Add the onion and cook, uncovered, for 5-7 mins or until soft. Add undrained beans and remaining salsa. Simmer, uncovered, for 3-4 minutes or until sauce thickens slightly.
Arrange a few corn chips over the base of 4 individual ovenproof dishes and sprinkle with a little of the cheddar. Spoon some bean mixture evenly into each dish and add another layer of corn chips. Top with remaining bean mixture and sprinkle with remaining cheddar cheese.
Bake in a preheated oven for 5-10 minutes or until cheddar melts. Top with sour cream, reserved salsa dip and avocado. Sprinkle with coriander.

P and C Meeting
Thank you to Karen, Charmaine, Rom and Kimberley who attended our P&C meeting yesterday afternoon. We had a great discussion about the School Plan and our plans for 2016.
Our next meeting will be at 3.15pm on Monday 21st March. So please write this date on your calendar and put aside an afternoon to come and be a part of your child’s school and hear first-hand what we are doing. Our community’s opinions are highly valued and we hope to see you there.

Recycled Sculpture
We have started work on our recycled sculpture competition for Clean Up Australia Day. The students K-6 have been sharing ideas and working together to create a tree with wildlife. We chose the tree idea to reflect our school logo and have gathered materials from a local fruit shop. Stay tuned for the progress and the opportunity to vote for our school.

**Tomorrow Wednesday**
Student Banking.
Raleigh Playgroup 9.15am – 11.15am at school.
**Spiced Beef Nachos**

**Ingredients**
- 1 tablespoon olive oil
- 1 red onion, finely chopped
- 1 red capsicum, seeded, finely sliced
- 2 cloves garlic, crushed
- 2 teaspoons dried oregano
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon smoked paprika
- 500g beef mince
- 400g can diced tomatoes
- ½ cup water
- 400g can kidney beans, drained and rinsed
- 200g pack corn chips
- Grated tasty cheese
- Sour cream to serve
- Lime wedges, to serve

**Method**
Heat oven to moderate, 180°C (160°C fan-forced)

Heat oil in a large frying pan on medium. Sauté onion, capsicum and garlic for 3-4 minutes until tender. Add oregano and spices and cook 1 minute, until fragrant.

Increase heat to high. Brown mince well, 5-10 minutes, breaking up lumps as it cooks.

Stir in tomato and water. Simmer 10 minutes. Add kidney beans. Simmer, stirring occasionally, 10 minutes, until sauce is thick.

Arrange beef and a quarter corn chips in an ovenproof dish. Sprinkle with grated cheese to taste. Bake 10-15 minutes, until cheese melts.

Serve nachos accompanied with remaining corn chips, sour cream, guacamole and lime wedges.
(Add extra kidney beans to make this dish go further.)

“*Youth is the time for the adventure of the body, but age triumphs of the mind.*” Logan Pearsall Smith

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**Nutrition Snippet**

**The simplest way**

...to keep lunch foods fresh.

Food packed at home in the lunch box needs to stay fresh and safe to eat at school.

- Meat, fish, poultry, eggs, noodles, rice, pasta, custard, yoghurt, cheese and milk need to be kept very cold to prevent food poisoning.

Pack lunches in a cooler bag with a cold brick.

Freeze items such as sandwiches, milk poppers, yoghurt, custard tubs, muffins, or fruit segments to pack on hot days.

For more information visit
www.eatittobeatit.com.au
or join us on facebook.com/eatittobeatit

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**Urungo Football Club**

Come and play football with **2015 NCF Club of the Year**.

Registrations open on 1st February for the 2016 season.

On-line Registrations at [www.urungafootballclub.com](http://www.urungafootballclub.com).

Follow the prompts to complete registration.

Club Registrar Vanessa Hogan, Ph 0412649649 will assist with any issues relating to registration or come to the Junior Fields on 13th Feb from 9-12noon for assistance. New players required to show a birth certificate please.

Something for all ages...

- **5-7 years** Mini-Roos, 4-a-side, everyone has fun learning the skills of the world game
- **8-9 years** modified rules with 7-a-side, non-competitive girls or unisex teams, playing other local area teams
- **10-11 years** play 9-a-side, non-competitive games against other local teams, girls or unisex
- **12-17 years** play full-sided, 11-a-side competition, male and female teams
- **Seniors** play in Reserve or First Grade men’s and women’s competition

Free shorts and socks to all new junior players.

Register and pay by the end of February and receive discounted fees and go into the prize draw.