Welcome back to the new school year!

I hope everyone had the opportunity to relax and enjoy the holiday break with family and friends.

I would like to take this opportunity to thank parents, families and staff for their support throughout last year. I was extremely happy and honoured to be offered the position of Principal of Kingstown School on the last day of Term 4 last year, and I look forward to working with the school and wider community in the future. Please feel comfortable to ring me with any concerns.

There is now a vacancy for the second teacher at Kingstown. Kurt Bock will be continuing on as a temporary/casual teacher whilst the process of filling this vacancy occurs. I will keep the school community informed as I receive information on how the position will be filled.

Eight kindergarten students started school this week and although they look very tired at the day’s end they do behave like they have been here forever. We are very impressed. Thank you again to Kingstown Pre School teachers who really make the difference as to the school readiness of these students, and to Heather Hamilton, our classroom aide, for providing extra care and support to these little ones at the start of their schooling.

The school grounds are looking terrific after the recent rains and the healthy Hamilton bulls made an impressive sight running down the road on our first day back! Country schools are great places to work!

We have started the year with 17 students in Upper Division and 15 in Lower Division, a total of 32.
Over the next week I will be working individually with the kinder students on Best Start Assessment. This assessment provides parents and teachers with information as to what their child/student can do and how we can support future learning. Please ring me if you have any questions.

All students look great wearing their full school uniforms and hats. Congratulations! We do have a uniform pool in the office of near new second hand clothing and shoes, so please feel free to come in and have a look.

Non swimmers and children not competing in races will be supervised by the Lower Division teachers - Mrs Uren, Miss Pye and Mrs Skewes in the shallow pool. Pool entry is $3.00 per student and $2.00 per spectator.

The Pool has a kiosk available.

The timetable for the day will be sent home early next week.

**Woolworths Dockets**

We would like to thank all the families and community members who contributed to our docket collection. We were able to select some wonderful duplex, lego and games for the Lower Division class with the points raised.

**Canteen**

Julie and Felicity did a fantastic job as the canteen convenors over the past years.

We are now looking for parents who might wish to take on the canteen organisation for 2013.

Please contact the school if you would be able to lend a hand.

**Buses**

**W e a t b i x**

and milk are always available for students when they get to school, especially for those students on the long run who are leaving early in the morning. We are more than happy to provide breakfast. Students can go straight to the Hamilton building off the bus. We are, however, asking students not to tell teachers that they haven’t had breakfast at bell time, when school is commencing. Alternatively, packing some extra food for children to eat before school, especially if children do not like cereal is a good idea.

Brian Wisemantel has approached me, inquiring as to whether it would be possible for the buses to leave 5 minutes earlier (3.05pm) in the afternoons. Brian now has two extra stops and needs to be on time meeting the...
Uralla bus but certainly does not want to inconvenience parents or teachers.
To balance the time we could start school 5 minutes earlier at 9.15 instead of 9.20 am
Parent feedback is welcome over the next two weeks.

**P&C Meeting**
The next P&C meeting will be held on Thursday, 14th February, 2013 at 5.30pm. Please come along and support the P&C. This meeting will be an AGM. Please consider nominations for vacant positions.

**Year 7**
We hope Merv, Molly, Channelle, Skye, Taylor and Josiah are enjoying their new high school. Please send in photo. We would love to put them in our newsletter.
<table>
<thead>
<tr>
<th>MONTH</th>
<th>WEEK</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>1</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>February</td>
<td>2</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>February</td>
<td>3</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>February</td>
<td>4</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>February /March</td>
<td>5</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>29</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>March</td>
<td>6</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>March</td>
<td>7</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>March</td>
<td>8</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>March</td>
<td>9</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>April</td>
<td>10</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>April</td>
<td>11</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>April</td>
<td></td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
</tbody>
</table>

- **Swimming Carnival**
- **Zone Swimming Carnival**
- **Good Friday**
- **Easter Monday**
- **School Holidays**
NEW ENGLAND CONSERVATORIUM OF MUSIC

Music is the greatest gift you can give your child!

Research proves that singing, listening and playing music enhances the development of a child’s confidence, social skills and academic achievement across all areas of learning. Grab a head start this year by pining one of NECOM’s exciting and fun-filled programs –

- Music Foundation Program
  Music skills for K-Yr 2

- Choral Program
  Minissingers (K-Yr 2)
  Cantitena (Yr 3-6)
  New England Singers (Yr 7-12)

- Instrumental & Ensemble Program
  String, Woodwind & Brass lessons
  Junior String and Wind Ensembles
  Armidale String, Wind & Youth Orchestras

Contact us for 2013 Program information:
Tel: 02 6771 6419
Email: admin@necom.org.au
Web: necom.une.edu.au

Armidale Tennis Club’s
~ TWILIGHT OPEN DAY ~

Saturday 2nd February 2013 from 4.30pm onwards

FREE HOT SHOTS JUNIOR COACHING SESSIONS*
BBQ AND REFRESHMENTS PROVIDED

Come and check out our fantastic facilities!
Dust off your tennis shoes and have some fun!
Social and Competition tennis starts soon!
ALL WELCOME

*Bookings are essential for coaching sessions
Please contact Peter Le Surf on 6771 9777/662

Golf Links Road, Armidale
Phone: 6771 1564
Website: http://armidaletennisclub.weebly.com

Day 1, Term 1, 2013
Eat well!

Tomato, cucumber and ham pasta salad

This quick and easy pasta salad is great for a light summer dinner or the school lunch box.

Preparation: about 20 minutes  
Cooking: about 10 minutes  
Serves: 4  
200g dried mini pipe rigate pasta  
1 stick celery, trimmed and chopped  
2 Lebanese cucumbers, sliced  
250g mixed small tomatoes  
1 carrot, peeled and roughly grated  
200g chopped sliced leg ham

Yoghurt & mayo dressing  
3/4 cup Greek-style natural yoghurt  
3/4 cup whole egg mayonnaise  
Salt and ground black pepper

1. Cook pasta in a medium saucepan of boiling water, following packet directions, until just tender. Drain and refresh in cold water. Set aside in a colander to drain well. Place in a large bowl.

2. Add celery, cucumbers, tomatoes, carrot and ham to pasta. Whisk yoghurt, mayonnaise and salt and pepper to taste in a bowl. Drizzle mixture over pasta, gently toss to combine and serve.

Peaches with strawberry sauce

Make the strawberry sauce up to 3 days in advance, and store in an airtight container in the fridge.

Preparation: about 10 minutes  
Cooking: about 5 minutes  
Serves: 4  
4 ripe peaches, sliced and stones removed  
Reduced fat vanilla ice-cream

Strawberry sauce (makes 1 cup)  
250g strawberries, hulled and chopped  
1 tbs icing sugar

1. To make strawberry sauce, combine strawberries and icing sugar in a small saucepan. Bring to the boil, stirring occasionally, over medium heat. Reduce heat and simmer for 3 minutes. Set aside to cool. Using a stick blender, blend until smooth. Transfer to a jug and chill until cold.

2. To serve, place peaches in serving bowls. Drizzle with strawberry sauce and serve with scoops vanilla ice-cream.

TOP TIP: Use freestone peaches for this recipe – check with your greengrocer.

HEALTH BENEFITS OF PEACHES
- Peaches are a source of carbohydrate and have a low glycaemic index (GI), so that the carbohydrate provides long-lasting energy.
- They're a good source of vitamin C. Yellow peaches also contain beta-carotene which the body converts to vitamin A (one of the vitamins that helps us fight infection).
- And peaches provide dietary fibre which helps prevent constipation.