Dear Parents and Kingstown Community,

This is a busy week!

Today Blair Chalmers from Hockey NSW visited the school and students from K-6 participated in a great hockey skill workshop. This is the second time we have had Blair out to our school. He also stayed to provide a second workshop to the Active After School students. Thanks so much Blair.

..And tomorrow, starting at 9.10 am, the Zoo Mobile will be visiting our school for one hour. They will be speaking to the children about snakes and other Australian animals. The students are looking forward to this!

Thank you so much to the parents who have volunteered to help out at the Lantern Making Workshop at Uralla Central this Thursday. All students will be travelling into Uralla Central School at recess and returning in time for the afternoon bus. The students will be making lanterns that will be left at Uralla Central and picked up the night of the parade, this Saturday 29th March, in recognition of Earth Hour.

Parents will be responsible for their children on the night of the parade. Students are not required to wear school uniform.
Last Friday, Kingstown students participated in the “Action Against Bullying” day. We hope we raised awareness amongst our students about bullying and how everyone has the right to be themselves and feel safe doing just that, at Kingstown School. Lots of anti-bullying wrist bands were distributed.

**Harmony Day**

**Wednesday, Week 10**
**(Next Week)**

Upper Division are organising some great activities for K, 1 & 2 to participate in during the middle session.

**Kingstown Kids with Character Trophy**

Lower Division: **Koby Tonkin** for being such a settled and hardworking student!

Upper Division: **Georgie Swales** for her hard work and application in all areas.

**Merit Certificates:**

**Mia White** for her great work, application and thinking skills this week

**Riley Stevenson** for great work writing words and great soccer skills!

**Laodicia Halstead** for great writing and application this week!
**Abby Stevenson** for her great work with Reading Eggs!

**Charlotte Dew** for her great persuasive writing!

**Hayley Wisemantel** for determination with decimals!

---

**ANZAC DAY**

ANZAC Day falls in the last weekend of the school holidays.

If parents would let the school know if their child/children are able to attend the ANZAC March at Uralla, it would be greatly appreciated.

In our library we have two Honour Boards representing local WW1 and WW2 War Veterans.

Researching these local veterans is something we have been meaning to do over the past couple of years. This year, Upper Division will be having a close look at the board and be researching these local veterans.

**Soft Fall**

Thank you Ron and Lyndie for organising new soft fall for our play area.

**Principal Leave**

Thank you to the students and staff for all their hard work and enthusiasm this term.

Thursday will be my final day of term before taking two weeks leave. I will be back for the start of Term Two as normal. Karin Barber will be taking Lower Division and Mrs Skewes Library and Release. Emma Bennett will relieve in my position in my absence.

As discussed at the last P&C meeting, if parents have any concerns please contact the school to organise a time to meet with me early Term Two.

I hope everyone has a safe and relaxing Easter.
<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>March</td>
<td>9</td>
<td>21</td>
<td>25 Hockey Clinic AAS</td>
<td>26 Taronga Zoomobile 9.10am Tuckshop</td>
<td>27 Lantern Workshop Uralla TBC</td>
<td>28</td>
<td>29 Lantern Parade</td>
<td>30</td>
</tr>
<tr>
<td>March / April</td>
<td>10</td>
<td>31</td>
<td>1 AAS</td>
<td>2 Tuckshop Harmony Day</td>
<td>3</td>
<td>4 X-Country Barraba Horse Sports</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>April</td>
<td>11</td>
<td>7</td>
<td>8 AAS</td>
<td>9 No Tuckshop</td>
<td>10</td>
<td>11 Easter Hat Parade</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>April</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18 Good Friday</td>
<td>19</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>April</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25 Anzac Day</td>
<td>26</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>April / May</td>
<td>1</td>
<td>28</td>
<td>29 1st Day Term 2</td>
<td>30</td>
<td>1 P&amp;C Meeting</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>May</td>
<td>2</td>
<td>5 Grip Leadership Conf</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>May</td>
<td>3</td>
<td>12</td>
<td>13 NAPLAN</td>
<td>14 NAPLAN</td>
<td>15 NAPLAN</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>May</td>
<td>4</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22 NE Medicare Local Visit 23 PSSA X-COUNTRY</td>
<td>24</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>May / June</td>
<td>5</td>
<td>26 Life Education Van</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30 Small Schools Athletics @Kentucky</td>
<td>31</td>
<td>1</td>
</tr>
<tr>
<td>June</td>
<td>6</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>June</td>
<td>7</td>
<td>9 Queen’s Birthday</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>June</td>
<td>8</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
</tbody>
</table>
New England Medicare Local
Health Check
Permission Note

24/03/2014

New England Medicare Local will be visiting Kingstown Public School, on Thursday 22nd May 2014 to conduct free ear and eye screening checks.

Results of these checks will be reported back to parents / guardians along with suggestions for further treatment should issues be identified.

The check will be conducted by Aboriginal Health Workers and registered nurses from the New England Medical Local team.

To enable your child to participate please complete the slip below with your child’s details and return it as soon as possible.

Thank you for your cooperation.

Kind regards,
Bill Allan
Aboriginal Health Worker
New England Medicare Local
Suite 3 / 180 Peel Street
Tamworth 2340
Phone: 6766 1394 or 1800 652 800

---

New England Medicare Local Eye and Hearing Checks

I ________________________________ (parent/guardian name). DO / DO NOT (please Circle) give permission for my child ________________________________ to participate in New England Medicare Local’s free eye and hearing checks when they visit ________________________________ (school) on ________________________________ (date).

Does your child have a previously diagnosed hearing or eye or pre-existing health conditions we should be aware of please provide details: ________________________________________________________________

_________________________________________  ____________________________

Signed: ___________________________________  Date: ________________
Kingstown Public School supports Care Flight…. We have just purchased a new bear “Sally”
Fresh Lunchbox Salads

These bright and nutritious salads are simply bursting with seasonal fruits and veggies. Quick and easy to make, they’re designed for the school lunchbox and are a colourful change for a packed midday meal!

Jewelled autumn fruit salad
Preparation 20 mins | Serves 4

Glistening pomegranate seeds add a punch of colour and flavour to this sweet fruit salad with oranges, seedless grapes and plump fresh Medjool dates.

3 oranges
6 fresh Medjool dates
250g seedless grapes, washed
½ small pomegranate
½ cup reduced fat thick custard

Step 1 Peel and remove all pith from oranges and chop into bite size pieces. Place into a bowl. Halve each date and remove seeds, then roughly chop. Remove stems from grapes. Toss dates and grapes through oranges.

Step 2 To prepare pomegranate, hold pomegranate cut-side down over a bowl and using the back of a wooden spoon, gently tap pomegranate to dislodge the seeds. Remove and discard any white seeds or pith. To serve, spoon fruit salad into serving glasses. Top each with a dollop of custard, sprinkle with pomegranate seeds and serve.

Why are grapes good for kids?
Grapes contain natural sugars so they taste sweet. These sugars are digested slowly so they give kids sustained energy. A good source of vitamin C, grapes help reduce our chances of picking up infections and also help keep teeth and gums healthy. They provide dietary fibre which is important for making sure food residues move through the intestine.

Broccoli, bean, lentil & rice salad
Preparation 15 mins | Cooking 2 mins | Serves 4

Fresh broccoli, green beans, bite-sized tomatoes and yellow capsicum add crunch and colour to this healthy lentil and rice salad. It’s a breeze to make and easy to eat.

250g broccoli, cut into small florets
130g green beans, trimmed and cut into 3-4cm pieces
125g orange or red grape tomatoes, halved
½ small yellow capsicum, deseeded and diced
400g can lentils, drained and rinsed
2½ cups cooked basmati rice
¼ cup reduced fat coleslaw dressing

*For ease, use 2½ minute quick cook basmati rice

Step 1 Plunge broccoli and beans into a boiling pan of gently boiling water and cook for 2 minutes until just tender. Drain and refresh in cold water. Pat dry with paper towel.

Step 2 Place broccoli, beans, tomatoes, capsicum, lentils, rice and coleslaw dressing in a bowl. Season with salt and pepper to taste. Gently toss to combine and serve.

Why is broccoli good for kids?
Some kids call broccoli ‘trees’ and they certainly help us grow as they contain so many different vitamins. Broccoli comes top of the healthy veggie class and even a small piece (just 50g) will give you a whole day’s vitamin C that’s important for healthy gums and teeth.
Autumn play lunch & snacks

Make it easy for little kids to eat and enjoy fresh seasonal fruit and veggies at play lunch or for snacks. Colourful and visually appealing, these easy to eat, healthy, quick ideas will certainly tempt hungry kids.

- Serve sticks of crunchy carrot and Lebanese cucumber with a reduced fat hummus for dipping.
- Team half a wholesome, reduced fat cream cheese sandwich with a small ripe banana. A delicious and easy to eat combination.
- Serve fruits like strawberries, fresh dates and grapes with a few crackers and a couple of slices of reduced fat tasty cheese.
- Pop a juicy imperial mandarin into the school lunchbox. They’re ultra quick to eat and loaded with beneficial vitamin C.

Tomato, cucumber & boccancini salad

[pictured front cover]

Prep 20 mins | Cooking 12 mins | Serves 4
250g dried chichelgial rigate or penne pasta
250g pearl or cherry boccancini, drained
250g mini roma, cherry or grape tomatoes, halved lengthways
2 Lebanese cucumbers, diced
1 stick celery, chopped
2-3 tbsp fresh basil pesto sauce (to your taste)
1/4 cup toasted pine nuts (optional)

Step 1 Cook pasta in a large saucepan of boiling water following packet directions. Drain. Rinse in cold water and set aside to cool.

Step 2 Place boccancini, tomatoes, cucumber and celery in a bowl. Add cooled pasta, pesto sauce and pine nuts (if using). Toss to combine. Serve or pack into airtight containers and refrigerator ready for a school lunch.

essentials...

Top Autumn Fruit for Kids

Mandarins

- There’s a vibrant range of juicy mandarins that are in season from April to August. The Imperial variety is a favourite with kids, as it is virtually seedless, plus it’s easy to peel and segment.
- Pop a mandarin into the school lunchbox and add segments to colourful fresh fruit salads.

Rockmelon

- Sweet and succulent rockmelon is delicious at this time of year. Choose rockmelon with a fragrant aroma and moist orange toned flesh. While rockmelon should feel heavy for its size.
- Serve wedges of rockmelon, with the seeds removed, on a platter for kids to easily pick up and eat. Kids can bite the juicy flesh from the firm skin.
- Cover cut rockmelon with plastic wrap and store in the fridge. Use within 1-2 days.

Apples

- Make sure you stock up on new season apples! At this time of year they are a fruit bowl basic. Crisp and crunchy, they’re the perfect portable snack food for busy kids.
- Choose smaller apples for little kids so they are easy to hold and eat.
- Favourite Autumn apples for kids are Gala, Pink Lady, Red Delicious, Jazz and Granny Smith varieties.

Seasonal Produce Guide

What’s best this autumn...

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>VEGGIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Asian greens</td>
</tr>
<tr>
<td>Avocados</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Bananas</td>
<td>Brussels sprouts</td>
</tr>
<tr>
<td>Custard apples</td>
<td>Cabbages</td>
</tr>
<tr>
<td>Figs</td>
<td>Capsicums</td>
</tr>
<tr>
<td>Grapes</td>
<td>Carrots</td>
</tr>
<tr>
<td>Kiwifruit</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Lemons</td>
<td>Celery</td>
</tr>
<tr>
<td>Limes</td>
<td>Chives</td>
</tr>
<tr>
<td>Mandarins</td>
<td>Courgettes</td>
</tr>
<tr>
<td>Nashi</td>
<td>Eggplant</td>
</tr>
<tr>
<td>Oranges</td>
<td>Fennel</td>
</tr>
<tr>
<td>Pink lady (early autumn)</td>
<td>Fennel</td>
</tr>
<tr>
<td>Pink lady (late autumn)</td>
<td>Fennel</td>
</tr>
<tr>
<td>Pears</td>
<td>Potatoes</td>
</tr>
<tr>
<td>Passionfruit</td>
<td>Pumpkins</td>
</tr>
<tr>
<td>Peaches</td>
<td>Spinach</td>
</tr>
<tr>
<td>Plums</td>
<td>Sweet potatoes</td>
</tr>
<tr>
<td>Pomegranates</td>
<td>Sweetcorn</td>
</tr>
<tr>
<td>Quinces</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Rambutans</td>
<td>Turnips</td>
</tr>
<tr>
<td>Tamarillos</td>
<td>White</td>
</tr>
<tr>
<td></td>
<td>Zucchini</td>
</tr>
</tbody>
</table>

Visit www.freshforkids.com.au for more quick & easy recipe ideas!
Pears

Packed with juicy crunch, Australian-grown pears are full of goodness to the core. No need to peel, the thin skin tastes great and is a good source of fibre.

How to choose pears...

Choose firm pears without any signs of bruising. The skin colour, shape, flesh texture and juiciness depends on the variety.

To ripen pears...

Leave at room temperature, out of direct sunlight. They're best left in a single layer rather than stacked in a fruit bowl. The colour of the skin can indicate ripeness. The fruit is ready to eat when the flesh around the stem yields to gentle pressure.

Quick ideas for pears...

○ Peach peeled, chopped pears in a light sugar syrup with a drizzle of maple syrup for about 20 minutes or until tender. Serve with reduced-fat yoghurt and muesli for breakfast.
○ Thinly slice pear wedges lengthways and drizzle with lemon juice, then toss through a leafy green salad with some shaved parmesan cheese.

Favourite pears to pick from...

Williams: This juicy flesh pear is available from January to May. The skin turns from green to yellow when it’s ripe and ready to eat.

Packham: With its delicious white flesh and perfect crunch, Packham is a favourite. It varies in size and the skin turns to a less intense green when ripe. Available from May to January.

Corella: Small to medium in size and great for younger kids to hold and eat, the Corella pear has sweet flesh with a delicate crunch. Available from April to October.

Josephine: A really tasty pear full of juice and crunch, the Josephine is rated one of the best eating pears. Available from April to November.

Beurre Bosc: A great all-rounder for cooking or eating fresh, this brown-skinned pear has a firm rich tasting flesh. Available from March to November.

Pear & pecan muffins with crunchy topping

Preparation 20 mins | Cooking 20 mins | Makes 12

These delicious, moist pear muffins are a knock out when eaten warm. If preferred, replace the pecan nuts with sultanas or dried cranberries or raisins. Buttermilk gives the muffins a lovely light texture.

2 cups self-raising flour
1 tsp ground cinnamon
Pinch salt
¾ cup brown sugar
¼ cup pecan nut pieces
2 medium (450g) just ripe pears, peeled and diced
2 eggs, lightly beaten
100ml buttermilk or milk
150ml rice bran oil or canola oil

Crunchy topping

1 tbs caster sugar
1 tbs chopped pecan pieces

Step 1 Preheat oven to 200°C/180°C fan forced. Line a 12-hole (¾ cup capacity) muffin pan with paper cases.

Step 2 Sift flour, cinnamon and salt into a large bowl. Stir in sugar and pecan nuts. Peel, core and cut pears into a 1–2cm dice. Stir pears through dry ingredients.

Step 3 Combine eggs, buttermilk and oil in a jug. Using a large metal spoon, lightly stir oil mixture into dry ingredients until just combined. Spoon into muffin pan. Combine topping ingredients in a small bowl and sprinkle mixture evenly over muffins. Bake for 20 minutes until golden and cooked through. Cool in pan for 10 minutes before turning out onto a wire rack.
Minutes - General Meeting
Thursday, 20\textsuperscript{th} Feb, 2014

Meeting Opened: 6.05pm

Members Present: Sharon Ryan, Jamie Swales, Dawn Dew, Pete Stevenson, Tammy Armstrong, Robyn Frazier, Richard Tonkin, Josephine Tonkin

Apologies: Tim Dew

Apologies Moved: Dawn Seconded: Sharyn

Minutes of the Previous Meeting: (27\textsuperscript{th} Nov 2013)
Read and distributed via email, school newsletter & school web page. Confirmed as being true and correct.

Minutes Moved: Pete Seconded: Sharyn Carried

Business arising from previous minutes:

Tuckshop invoice
Cash to pay outstanding invoice of $16.16 which was Tuck shop related charges.

Preschool viability
The Preschool got the numbers to be viable for 2014 and will continue to operate. This is fantastic news.
Paving
During the school holidays paving work was carried out by Brad. It is a great job and improves school grounds. The school has paid the invoice of $9,233, of which the P&C agreed to pay half. Cath will transfer $4,617 into the school account. Sharyn will investigate claiming the paving under the Dollar 4 dollar grant scheme. It looks promising that we could get this. If this is the case, the school will reimburse the P&C half of the amount provided by the grant.

Building Works
Sharyn advised that the school had a $4,400 building credit from the Bundara builder. Sharyn & Jamie to investigate what this might be used towards. It was suggested some sails/shade covers, perhaps in dark green, or maybe add some windows into the library to give more light to the room. Sharyn to investigate if there are any heritage restrictions regarding this.

Mandarin
It was agreed that the P&C would fund 2 terms of Mandarin during 2014. The cost per term is approx. $1,800.

Hall Renovations
It was advised that the new kitchen and hall renovations were nearly finished and that only the hot water needed turning on, which was due to happen very shortly. This meant that the Tuckshop could now re-open. Good news.

Moved: Pete Seconded: Jamie Carried

Correspondence Out: Nil
Correspondence In: Various Fundraising
Various Grant Info

Moved: Dawn Seconded: Jamie Carried

Reports

Treasurers Report: See Attached
Moved: Cath Seconded: Sharyn Carried

Principals Report: See Attached
Moved: Sharyn Seconded: Jamie Carried

General Business:

Running Cattle
Thank you to all families that kindly run cattle on behalf of the P&C. It is such a large part of our annual fundraising. We rely heavily on the running of cattle, and if anyone is able to run additional/new cattle during 2014 please contact Jamie Swales.

School Excursion
General discussion regarding where the next school excursion should be. Kelly’s Plain’s had indicated they might be interested in combining the trip with us. Most people were happy to for it to stay at Lake Keepit, as in previous years, however Lake Ainsworth was also an option that Sharyn was going to look into & price and report back at the next meeting.

Cross Country
Unfortunately, the Hamilton’s land is not available for X Country this year, so we were looking at having it at the Uni in Armidale instead. We set the date of the 4th April, and were to ask the grounds if we could use their catering facilities, which shouldn’t be a problem.

School Bell
Tim Dew & Jamie Swales to organise.

Rugby Day
Lyndie to organise advise back. Tentatively 3rd term, early September.

Emma Bennett, asked if the P&C would be interested in donating funds to horse sports – Rugs, school tie etc. The P&C agreed to pay the $438 required.

Moved: Pete Seconded: Tammy Carried

Date of Next Meeting – Thursday, 20th March 2014

Meeting closed: 7.35pm

.................................................................(President)
Uralla Arts proudly presents the magical

Uralla Lantern Parade

Parade musters 6:30pm Uralla Central School. Parade kicks off around 7:15pm and travels down Queen Street to Alma Park for the finale. Further info on the website or call 0420 201 254.

Saturdays
29th March 2014

www.uralla-arts.com
Uralla Lantern Parade
Uralla's own inclusive community arts event for all ages.

It's on again! To coincide with Earth Hour, Saturday 29th March 2014, Uralla Arts once more presents the much loved community event, the Uralla Lantern Parade. We are looking for community members to get involved. Why? Because it is a truly magical, special, rewarding and FUN thing to do!

Help build lanterns at the workshops! In the week leading up to the event, Uralla Arts hosts Light'nUp, the famous Lismore lantern makers who hold a series of lantern making workshops. Perhaps you have some spare time in the lead up to the event and you might like to learn how these lanterns are made. Well, how about putting your hand up to help at the school workshops. A small team of regular lantern makers will be very thankful for another pair of hands! This is a fun, relaxed activity held in Uralla Central School hall and you are very welcome.

Buy your child a lantern and join the parade! Children who build their lanterns in the school workshops carry them in the parade. Each year we build a limited number of extra lanterns for those children who do not attend workshops. Lanterns are $10 each available for sale from 6.00pm at Uralla Central School on parade day. Please be early to avoid disappointment. Alternatively lanterns can be pre-ordered and purchased prior to the event. If you have a lantern from a previous year it will need a safety check. Please arrive early and see the Light'nUp staff at the school hall.

Carry a feature lantern! Would you like to help carry one of the fabulous feature lanterns in the parade? We need adult lantern carriers and parade safety marshalls to help things run smoothly. No experience necessary and you would be very welcome. The Uralla Lantern Parade is growing, we need you!

Join in and help out at the finale! Get involved with the buzz of putting on an outdoor theatre event. This is an event for the community, but very much by the community. Would you like to be a shadow puppeteer, help set up lights and sound, assist with crowd direction or perhaps you would like to bang a drum or blow your trumpet. Don't be shy! Come and have some fun!

Line the streets to watch the parade! The sight of a lantern parade coming down the street is a memorable one. The parade gathers at Uralla Central School at 6.30pm and then kicks off at 7.15pm from the schoolgrounds, travels down Queen Street to Alma Park and enters the park through the Memorial Gates. Enjoy the parade from the footpaths and after it has passed, follow it down to Alma Park for the finale.

Watch the finale in Alma Park! The finale is an outdoor theatre spectacle featuring performances by local schoolchildren, live music, shadow puppetry, dancers and singers. We recommend rugging up and bringing a blanket to sit on. A torch would be handy for after the performance and an umbrella is advised if it looks like rain. The Lantern Parade will go ahead if it is misty or very light rain. Please follow the directions of Uralla Arts Crew who will direct you to audience seating.

Become a supporter! Uralla Arts is supported by major sponsors Phoenix Foundry, Uralla Shire Council and New England Mutual but their generous assistance does not fully cover the cost of staging and insuring the event, so we invite the business and wider community to sponsor 10, 20 or 50 lanterns. Your generosity is acknowledged on signs at the event and on the lanterns themselves. Supporters also receive a colourful window sticker. Please help us sustain this much loved community event.

Contact us!
- Lantern Workshop Helpers and Lantern Sales - Annie 0448 734 367
- Feature Lantern Carriers and Parade helpers (adults) - Coralie 0420 201 254
- Finale, Performer and General Enquiries - Coralie 0420 201 254
- Supporter Enquiries - Robyn 0407 021 687
- Finale Site Enquiries and Site Crew helpers - Andrew 0427 141 482

VISIT THE WEBSITE www.uralla-arts.com OR Find us on Facebook

Uralla Arts acknowledges the custodians of the land, the Anaiwan and Mowch people, and thanks them for welcoming us to Country.