Dear Parents and School Community,

As this will be the last newsletter of the term we wish you all a safe and relaxing holiday break!

Students will return for **Term 3** on **Tuesday 15th July**. Staff will return **Monday 14th July**.

Thank you to the teachers, Heather and Robyn, and all the parents who have helped throughout the term on canteen and at the Sport’s Carnival; Tammy for organising Book Club and Active After School; the P&C who are already planning events for Term 4; the bus drivers and the school community for all your positive support. As Principal I cannot tell how much you are all appreciated!

I would especially like to thank Lyndie Beynon who has been flat out over the past few weeks making sure everything is in order for the relieving SAM. We wish Lyndie the very best in her new role as SRG SASS Professional Learning Project Officer, District Office. They will find out very quickly how lucky they are to have you and we do hope they will return you, Lyndie!!! Enjoy the challenge! I’m sure you will be in contact.

We have been very fortunate to have received an Expression of Interest for the relieving SAM position from Cherie Patch. Cherie is an experienced SAM who has visited our school on a few occasions over the years in a support role for new office staff. Cherie comes with a wealth of experience and will fit in beautifully. I would like to welcome Cherie to Kingstown School and also thank Sandon Public School for releasing Cherie to us over the next two terms.
I would also like to welcome the Bateman family to Kingstown School. Grant and Alécia have come across from Newcastle. Nevaeh will be joining our Year One class.

Kingstown Preschool

A warm welcome Liz Pennington, the new Kingstown Preschool Director. Liz will be working with Wendy.

Welcome back John Bell!

Take care John, as that leg is still giving you a bit of trouble! Thank you Celia and Sharona for standing in for John and doing such a great job.

Reports will be sent home this Friday

Parent Assembly 9.30

Wednesday Morning

Please come along and stay for a shared morning tea.

Hockey Thank you Blair Chalmers!

What a fabulous time the students had playing hockey on the green turf last week! The ball just slid along that surface. We have to do this again! In the K-2 group Kentucky and Kelly’s Plains voted Kingstown as being the most impressive on the field. I have to say it was true! I think we have some future hockey players! Upper Division students also had some standout players! We are a pretty fit bunch here at Kingstown!

There is a flyer for the Hockey Clinic Blair will be running in the holidays.

New Furniture

The Hamilton Building has a new look. Much more casual and inviting. Thank you John Etheridge for delivering the furniture and taking away the old tables.
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ATTENTION ALL HOCKEY PLAYERS

Hockey NSW is visiting Armidale on **Wednesday 2nd July** for our 2014 **Stick2Hockey** Under 12 Development Clinics, *(for players born 2002-2005).*

These are the **ONLY** clinics to be run by current NSW State Coaches and a fantastic opportunity for players of all levels. Whether you're getting started or a future superstar, we'll make sure we put you through your paces and leave with the tools to take your game to the next level.


Places are limited so don't miss your opportunity to be a part of the fun these school holidays.

**Development Clinics**

**WHERE:** UNE, Armidale

**WHEN:** Wednesday 2nd July

**TIME:** 10am - 3pm

**COST:** $53 per person *(includes **FREE** player pack)*


**CONTACT:** Blair Chalmers  
**e:** blair.c@hockeynsw.com.au  
**p:** 0447 186 477
Crunch into colourful carrots

Along with the traditional orange carrots and baby Dutch carrots, kids love the vibrant colours and crunch of the new rainbow-coloured carrots.

Choose from purple, white, yellow, red or the small orange Golf Ball variety. They’re 100% natural with no artificial colouring!

Sold by the bunch or loose by the kilogram, each carrot variety has a different flavour, crunch and level of sweetness.

Choosing carrots...

Look for vibrant-coloured, firm carrots. If sold by the bunch, look for fresh green leaves. The leaves will quickly wilt when refrigerated but this does not impact on the quality of the carrots.

Storing carrots...

Store unwashed carrots in an airtight container or plastic bag in the crisper of your fridge. They’re best eaten within one week of purchase.

Why are carrots good for kids...

Carrots are a top source of beta carotene (which the body converts to vitamin A). Just one 120g carrot provides enough beta carotene for two days’ recommended intake of vitamin A. Carrots are also a good source of dietary fibre, helping the intestine to function as it should.

Quick & easy carrot side dish...

Honey-glazed carrots with currants

Peel, halve and cut 500g carrots into thick strips. Place in a large microwave safe dish, cover and microwave on high for 7-8 minutes until just tender. Remove and cool for a few minutes.

Heat 1 tbs olive oil in a large non-stick frying pan over medium-high heat. Add 1 teaspoon ground cumin and 2 tablespoons currants. Cook, stirring, for 1 minute. Add 2 tablespoons honey and the carrots. Cook, stirring often, for 2-3 minutes until glazed. Season with salt and pepper and serve.

Roasted carrot, pumpkin & chickpea soup

Preparation 30 mins | Cooking 50 mins | Serves 6

Kids love this bright and delicious sweet carrot-enriched soup. It’s perfect for a winter lunch, light dinner or as a nourishing ‘cup of soup’ after school.

500g carrots, peeled and cut into 2cm-thick slices
400g peeled butternut pumpkin, chopped into 3cm pieces
1 brown onion, cut into thin wedges
2 garlic cloves, finely chopped
2 tbs olive oil
2 tbs maple syrup
5 cups chicken stock
400g can chickpeas, drained and rinsed
Wholegrain toast, to serve

Step 1 Preheat oven to 200°C/180°C fan-forced. Line a large roasting pan with non-stick baking paper.

Step 2 Place carrots, pumpkin, onion and garlic into the pan. Drizzle with oil and maple syrup and toss to coat. Bake, tossing once, for 35-40 minutes until tender. Set aside to cool for 10 minutes.

Step 3 Place vegetable mixture from the roasting pan into a large saucepan. Add stock and chickpeas. Using a hand blender, puree mixture until smooth. Heat soup over medium heat until hot. Season to taste and serve with wholegrain toast.
Super spuds

Nothing is more warming in winter than smooth and creamy cooked potatoes. The classic winter veg, potatoes are a favourite with kids. Value-priced brushed potatoes (these are generally a more mature Sebago or Coliban potato with a light dusting of soil on the skin and should always be washed before using) and the pink-skinned Desiree are good all round potatoes. Use them for mashing, roasting and soups.

Jacket potatoes with tuna & avocado
Preparation 15 mins | Cooking 2 hours | Serves 4

4 x 225g brushed potatoes*, washed
185g can tuna in oil, drained and roughly flaked
1 cup grated reduced fat tasty cheese
1 ripe medium avocado, peeled and diced

*Select even-sized potatoes with a flatter side so they stand upright.

Step 1 Preheat oven to 180°C/160°C fan-forced. Wrap each potato in foil. Place on an oven rack and roast for 1 hour 15 minutes or until tender when tested with a skewer. Carefully remove from foil. Set aside to cool for 10 minutes.

Step 2 Cut the top third of each potato lengthways. Using a spoon and without damaging the skin, scoop the potato flesh from potatoes and place into a bowl. Roughly mash then add tuna and ¼ cup cheese. Season to taste and stir until combined.

Step 3 Spoon potato mixture back into potatoes. Place on a baking tray lined with baking paper. Sprinkle with remaining cheese. Bake for 10–15 minutes until hot. Peel and dice avocado. Serve potatoses topped with avocado.

Crunchy potatoes with cheddar cheese crumbs
Preparation 20 mins | Cooking 90 mins | Serves 4

4 (about 200g each) Desiree potatoes
125g olive oil cooking spray
½ cup fresh wholegrain breadcrumbs
½ cup grated reduced fat cheddar cheese

Step 1 Preheat oven to 180°C/160°C fan-forced. Peel potatoes and halve lengthways. Place a halved potato cut-side down onto a board. Slice thin, evenly-spaced cuts, about two thirds of the way through the potato. Repeat using remaining potatoes. Liberally spray potatoes with oil and place cut-side up onto a baking tray lined with baking paper. Bake for 50–55 minutes until tender.

Step 2 Combine breadcrumbs and cheese. Remove potatoes from oven. Sprinkle breadcrumb mixture over potatoes. Bake for a further 12–15 minutes until golden and crunchy. Serve immediately.

Why potatoes are good for kids?

Potatoes are a reliable source of vitamin C, the vitamin that helps protect the body against infection. The skin and flesh of the potato also provides a good source of fibre.
Fruity Friday treat

Kids prefer their fruit chopped so it's quick and easy to eat, and of course, chocolate is a favourite treat!

Team the two for a fabulous fruity Friday after school snack. Kids of all ages will love it!

Fruit

Fresh fruit with chocolate dip

**Prep 15 mins | Cooking 5 mins | Serves 4**

- 250g large strawberries, hulled
- 2 small ripe pears, quartered lengthways, cored and cut into wedges
- 2 ripe kiwifruit, peeled and quartered lengthways
- 2 Navel oranges, peeled and cut into wedges

**Chocolate dip:**

- ½ cup evaporated milk
- 150g milk or dark chocolate, broken into small squares

**Step 1** To make chocolate dip, heat evaporated milk in a small saucepan over low heat until simmering. Remove from heat and add chocolate. Stir until smooth. Pour warm chocolate mixture into small serving bowls.

**Step 2** Arrange fruit on serving plates. Serve with chocolate dip.

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essentials...

*top winter fruit for kids*

Nashi pears

- Nashi is a crisp and juicy Asian pear variety that looks like an apple. Pickled ripe and ready to eat, there’s no need to peel the fruit as the skin is a good source of fibre.
- Team nashi wedges with cubes of reduced-fat tasty cheese for a quick and healthy snack.

Tangelos

- Bursting with vitamin C, the juice of all citrus fruits, tangelos are easy to peel and have large easily-separated segments.
- Squeeze a tangelo for a vitamin C-loaded breakfast juice or chop and add to winter fruit salads.

Strawberries

- Snap up this season’s plump strawberries from mid-July. Sweet, bright and bursting with vitamin C, strawberries are easy to eat and great for kids of all ages.
- This delicious fuss-free fruit is terrific sliced and served with hot porridge for a nourishing breakfast or simply eat them on their own for a healthy snack.

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Minestrone Soup

(as featured on front cover)

**Preparation 30 mins | Cooking 1 hour 45 mins | Serves 6**

- 2 tbsp olive oil
- 1 large brown onion, chopped
- 2 garlic cloves, finely chopped
- 2 carrots, peeled and diced
- 1 medium zucchini, chopped
- 2 medium tomatoes, peeled and diced
- 6 cups beef stock
- 1 cup canned tomatoes
- 2 cups shredded savoy cabbage
- 400g can cannellini beans, drained and rinsed
- ½ cup flat-leaf parsley, chopped

*You’ll need about ¾ small Savoy cabbage*

**Step 1** Heat oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring often, for 5 minutes. Add carrots, celery, zucchini and potatoes and cook, stirring often, for 5 minutes.

**Step 2** Stir in stock and tomatoes. Cover and bring to the boil over medium heat. Add cabbage, partially cover and simmer, stirring occasionally, over medium-low heat for 1 hour and 15 minutes. Stir in beans, cover and simmer for 15 minutes. Season with salt and pepper. Stir in parsley and serve.

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Seasonal Produce Guide

What’s best this winter...

**FRUIT**

- Apples
- Avocados
- Banana
- Cactus apples
- Grapefruit
- Kiwi
- Mango
- Lemons
- Mandarin
- Nashi
- Oranges
- Pears
- Passionfruit
- Pear
- Pink Lady
- Bosc
- Corinelle

**VEGGIES**

- Broccoli
- Brussel sprouts
- Carrots
- Cauliflower
- Celery
- Capsicum
- Eggplant
- Fennel
- Jerusalem artichokes
- Kohlrabi
- Beetroot
- Brussel sprouts
- Cabbage
- Capers
- Cabbage
- Carrot
- Cauliflower
- Celery
- Capsicum
- Eggplant
- Fennel
- Jerusalem artichokes
- Kohlrabi
- Beetroot
- Brussel sprouts
- Cabbage
- Capers

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