Dear Parents and Kingstown Community,

Congratulations to Ruby Armstrong and Jack Cassidy for their mighty efforts at the PSSA in Tamworth last Friday. Jack participated in Junior Boys Long Jump and Ruby in the 8 years Girls 100m. Well done!

Thank you to Ms Bennett and Mrs Skewes for taking Lower Division students for the week.

Lake Keepit

It was a busy week for the Upper Division students at the Small School’s Sport and Recreation Camp at Lake Keepit. Students were pushed out of their comfort zone and took on some very challenging experiences. Team building and collaboration were a big part of the week and students were lucky to experience a variety of indoor and outdoor activities, from setting up instant market stalls (the neck massage stall was great!) to a very muddy and cold Winter Warrior Challenge. Thank you to Mrs Hamilton for coming along. Mrs Hamilton’s photo diary was excellent and photos will be on display soon for students. We look forward to students’ reports in next week’s newsletter. We hope they all had a great time and overcame a challenge!
Science Day

Last week Ms Skewes and the Upper Division students did a great job setting up very interesting science activities. They did an excellent job in presenting their informative, interactive and fun activities.

The activities involved the students matching seeds to their fruit or vegetable family, as well as planting seeds and identifying the needs of seeds.

We planted a few varieties of seeds in our vegie garden and in a take home pot. Hopefully, with a good season ahead, these will grow and be ready to harvest at the end of the year.

One group looked at various types of grains and matched them to breakfast cereals, biscuits and other foods processed from seeds/grain. They then cooked delicious pikelets!

The seed dispersal group explored the various ways seeds move from their host plant and made float or sink predictions. They also carried out flight tests on helicopter shapes, measuring the length of dispersal.

Our native seed group showed students some different types of Australian seeds used by the Aboriginal people. The students made a mosaic from native seeds.

Thank you to those families who sent in different types of seeds for the day, and to the students who all worked wonderfully well together.
Absences
Over the last few weeks we have had many students away. The virus that has swept through the area has been quite serious, taking several days to recover. Please contact the school if your child is sick and will be away for more than one day or send in a note explaining you child’s absence. Please keep in mind that there are acceptable and valid reasons for students to be absent from school and keep other absences to a minimal, as accumulated and unnecessary absences impact heavily on your child’s progress. High school attendance is a priority at Kingstown School.

Students are to wear their sport uniform, comfortable joggers and bring their hat, jumper, drink bottle, sunscreen and money for the canteen.

The bus will leave at 9.20. No teachers will be at school on duty this Thursday.

Please return the permission note from this newsletter tomorrow.

P&C Fundraising
The P&C are organising a Dinner and Auction on Saturday 1st November. This will be the first Saturday of Term Four. It will be a great night! Start organising a group....

School Play and Grandparents Day
Tuesday, Week 10 we will be holding our grandparents morning. We are still in the process of planning, but it will be a great morning! Are there any top scone makers out there???? We will have a tough clientele!

On Wednesday evening of
Week 10 we will present our two class plays.
We would welcome parent help over these next two weeks for props and costumes!

Parent & Community Survey for New School Three Year Plan
We are presently in the process of preparing a new Three Year School Plan and soon will be sending home a survey asking for community input to help us prepare and articulate a collaborative School Vision Statement.

We will be discussing this at our next P&C meeting. All input is welcome and will be put on our School Vision Board. So please ring or e-mail or just catch any of the teachers to have a chat or come in with a sticky note. The board is located in the Hamilton Building. Every contribution is welcome.

We would like input from as many community members as possible as change will be more successful if everybody is on board and understands why we are doing what we are doing.

We hope by engaging all community members, teachers and students, everyone will understand the purpose that drives the changes and improvements, why we need particular changes and why they are important in achieving our overall vision.

KINGSTOWN PUBLIC SCHOOL

MISSION STATEMENT

Kingstown Public School's mission is to create a stimulating and productive environment for children, staff and the community through the provision of high quality learning programs, school policies and curricula.

The emphasis will be on excellence and equity in all aspects of school life.
Today the students have enjoyed music lessons with Mr Boyd!

Rugby Day

Permission Note
Rugby Day - Thursday, 4th September, 2014
Uralla Sports Complex

I…………………………………………………………….give permission for ………………..
…………………………………………………………………………………………….. to travel by
bus to Uralla on Thursday, 4th September, 2014 to participate in the “Rugby Union Skills Gala Day”
hosted by the Australian Rugby Union development officer.
The bust cost is $4.00 per child.

Signed ………………………………………………………………….. Date ……………………………………………………………….

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Rugby Union Day

Menu

- Bacon & Egg Rolls $5.00
- Sausage sandwich (1 x sausage, 1 slice bread) $2.50

Beverages & Snacks

- Hot Milo $2.00
- Tea & Coffee $1.50
- Water $1.50
- Poppers $1.00
- Home Cooking $1.00-$2.00

Thank you for supporting Kingstown P&C
Junior Cricket Registration

Sunday 14th September 2014
10.30am - 11.30am
Come along and enjoy local cricket, make new friends, get active!
Boys & girls U9s to U16s

Registration Venues:

CSC: Rologas Club House, Sunday 14th September 10.30am-11.30am
Contact Mark McDermott - email jmmac1969@hotmail.com, phone 0413 452 492

Hillgrove Colts Cricket Club: Armidale Bowling Club, Sunday 14th Sept 10.30am-11.30am
Contact Tony Jones - email info@hillgrovecricket.com, Phone 0400 328 539

North Armidale Cricket Club: Harris Park, Sunday 14th September 10.30am-11.30am
Contact Dale Northam - email northarmidalecc@gmail.com, Phone 0409 045 813

Uralla Cricket Club:
Contact Andrew Page 6778 3258 or email cherryhill@skymesh.com.au

*Guyra: Monday 15th Sept 3.45pm-5pm @ Guyra Central School, "Come & Try" afternoon
Contact James Stewart - email guyracricket@gmail.com, phone 0421 774 835

Milo in2cricket: for players under 8yo. Rologas fields, Saturday 11th October 9am-10am
Contact Michael Dennis - email michael.and.helen13@gmail.com for more information
Enrol now for preschool

Kingstown Preschool

Do you have children age 2-5, or know someone in the community that does? Are you looking for caring, high quality preschool education, and a positive transition to school?

Kingstown preschool can offer you this. However it has been decided once again to lower the age of enrolment from 3 years to 2 years to allow for continuing enrolments and thus keeping the preschool viable.

Feel free to call the preschool on Tuesday or Thursday for any further information.

Phone: 67789133

Email: kingstownpreschool@idfs.net.au
Nourishing, simple ideas for serving fresh fruit and veg to kids

Delicious strawberry, apple & pear breakfast sundae gives kids a healthy start to the day.

Recipe on back page

Fabulous salad recipes + All about asparagus + Fresh fruit ideas + more

Go to www.freshforkids.com.au for more fabulous fresh fruit and vegetable recipes and ideas.
Salad Days

With 'Fresh is Best' as your mantra, experiment with vibrant veggies and crunchy salad greens. Choose from an abundant range of salad leaves, lettuce, cucumbers, tomatoes, carrots, snow peas, sugar snap peas and more available at your local greengrocer.

A fresh salad for a school lunch is a simple way to increase kid's daily intake of fresh veggies. Brimming with crunch, colour and natural goodness, these quick salads are simple to prepare and are sure to become menu favourites.

Chicken Caesar salad
Preparation 20 mins | Cooking 10 mins | Serves 4

4 thick slices multigrain bread, crusts removed and cut into 2cm-thick cubes
Olive oil cooking spray
4 eggs, at room temperature
2 baby cos lettuce
½ barbecued chicken, flesh shredded (skin and bones discarded)
100g shaved parmesan cheese
½ cup toasted pine nuts
½ cup Caesar salad dressing

Step 1 Liberally spray bread cubes with oil. Heat a large non-stick frying pan over medium heat. Add bread and cook, tossing often, for 6-5 minutes until golden. Set aside.
Step 2 Boil eggs in a small saucepan of gently boiling water for 3 minutes. Drain, cool under cold water and peel. Set aside.
Step 3 Trim and cut lettuce into bite-size pieces. Place into a large bowl. Add chicken, parmesan, pine nuts and bread cubes. Drizzle with Caesar salad dressing. Toss to combine. Arrange on serving plates. Halve boiled eggs lengthways, top each salad with an egg and serve.

Snow pea, avocado & turkey salad
Preparation 15 mins | Cooking 30 seconds | Serves 4

200g snow peas, trimmed
1 medium ripe avocado
½ small iceberg lettuce leaves, roughly torn
2 small Lebanese cucumbers, cut into small sticks
200g sliced roasted turkey
Wholegrain sliced bread, to serve

Red currant dressing
2 tbs red currant jelly
½ cup reduced fat Greek-style natural yoghurt
1 tbsp reduced fat mayonnaise
1 tbs lemon juice

Step 1 Bring a small saucepan of water to the boil over high heat. Plunge snow peas into the pan and cook for 30 seconds. Drain and refresh in cold water. Dry with paper towel.
Step 2 To make red currant dressing, combine all ingredients in a bowl or jar. Season with salt and pepper and whisk until well combined.
Step 3 Peel, halve lengthways and deseed avocado. Cut lengthways into wedges. Arrange avocado, snow peas, lettuce, cucumbers and turkey on a serving platter or individual serving plates. Serve with red currant dressing and wholegrain sliced bread.
Snap up asparagus

As versatile as it is delicious, Australian-grown asparagus is in season from spring until late summer. Very easy to prepare and cook, asparagus is a popular mild tasting, no fuss vegetable that kids enjoy.

Green asparagus is the best known type. Deep purple and creamy white varieties are also available from greengrocers during peak season.

Choosing asparagus
Select firm asparagus with compact, tightly closed heads. Opt for bunches with similar sized spears which will cook more evenly.

Storing asparagus
Wrap asparagus in a damp clean cloth, place in a plastic bag and refrigerate in the crisper. Asparagus is best used within 2-3 days of purchase.

Preparing asparagus
Holding the spear between your thumb and forefinger, simply snap off the woody ends at the base of the spear. Wash and it’s ready to cook.

Cooking asparagus
Freshly cooked asparagus is juicy and tender crisp. Plunge asparagus into a pan of simmering salted water and cook for 2-3 minutes until just tender. Insert a skewer in the thickest part of the spear to check it’s ready.

Quick ways to serve cooked asparagus
- Serve cooked spears with kid’s favourite dips such as tzatziki or hummus.
- Drizzle hot asparagus with extra virgin olive oil, sprinkle with grated parmesan, season and serve as a side dish.
- Team asparagus with bacon and eggs for breakfast or add to salads.

Asparagus & tomato pasta
Preparation 25 mins | Cooking 15 mins | Serves 6

350g dried errecchiette* or penne pasta
2 tbs olive oil
1 bunch asparagus, trimmed and cut into 4cm pieces
2 garlic cloves, finely chopped
250g tomato medley**, halved lengthways
40g rocket leaves, trimmed
75g feta, crumbled
Extra virgin olive oil, for drizzling

* Orecchiette is small pasta shaped like a little ear.
** Tomato medley is a colourful mix of mini roma, cherry, tear drop and kumatoes sold in punnets.

Step 1 Cook pasta in a large saucepan of boiling water, following packet directions, until al dente.

Step 2 Meanwhile, heat oil in a large frying pan over medium heat. Add asparagus and garlic and cook, stirring often, for 3-4 minutes until asparagus is almost tender. Toss through tomatoes.

Step 3 Drain pasta. Add pasta to asparagus mixture and toss over low heat. Gently toss through rocket, sprinkle with feta and season with pepper. Drizzle with extra virgin olive oil to serve.
Strawberry, Apple & Pear Breakfast Sundae
(pictured front cover)
Prep 20 mins | Cook 12 mins | Cooling time
Serves 4
2 Granny Smith apples
2 Bosc pears
2 lbs caster sugar
250g strawberries, hulled and halved lengthways
To serve
Reduced fat vanilla bean yoghurt
Granola or toasted muesli

Step 1 Peel, core and dice apples and pears. Place into a medium shallow microwave-safe dish. Sprinkle with sugar and toss to combine. Cover and microwave on high for 5-7 minutes until tender.
Step 2 Carefully uncover, and toss through strawberries. Microwave for 30 seconds. Set aside to cool (leave covered). When cool, transfer to a sterilised container and refrigerate until ready to serve.
Step 3 To serve, layer vanilla yoghurt, strawberry, apple and pear mixture with cereal or muesli in serving glasses.

Great fruit and veggie ideas for breakfast, recess and brunch
Adding fresh fruit or vegetables to breakfast, recess or brunch helps kids meet their recommended daily intake of 3 serves of vegetables and 2 serves of fruit.

Try these quick ideas:
- Serve mashed avocado on an English muffin or bread roll with cottage or ricotta cheese and a poached cherry tomato (as pictured right).
- Mix 1 tsp honey with 2 tbsp reduced fat cream cheese. Spread mixture over 2 ready-made pikelets. Top with a small sliced banana and sprinkle with a few dried cranberries or sultanas.
- Spread pikelets with smooth ricotta cheese then top with sliced strawberries and a scattering of blueberries.

Seasonal Produce Guide
What’s best this spring...

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<tr>
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<th>Vegetables</th>
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<tr>
<td>Apple</td>
<td>Asparagus</td>
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<td>Peach</td>
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<td>Fuji Apple</td>
<td>Broccolini</td>
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<td>Lady William</td>
<td>Capsicum</td>
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<td>Avocados</td>
<td>Carrots</td>
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<td>Banana</td>
<td>Cauliflower</td>
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<td>Chillies</td>
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<tr>
<td>Blueberries</td>
<td>Cucumber</td>
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<td>Mulberries</td>
<td>Garlic, fresh</td>
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<td>Strawberries</td>
<td>Globe artichokes</td>
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<tr>
<td>Blackberries</td>
<td>Lettuce</td>
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<tr>
<td>Strawberries</td>
<td>Mushrooms</td>
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<tr>
<td>Blueberries</td>
<td>Onions</td>
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<tr>
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<td>Paprika (green)</td>
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<td>Parsley</td>
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<td>Peas</td>
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<td>Zucchini</td>
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<td>Blackberries</td>
<td>Zucchini flowers</td>
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Visit www.freshforkids.com.au for more quick & easy recipe ideas!

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**Term 3/4 Calendar**

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<tr>
<th>MONTH</th>
<th>WEEK</th>
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<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<th>SUN</th>
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<td>2 AAS</td>
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<td>4 Rugby Gala Day—Uralla</td>
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<td>9 SCHOOL PHOTOS AAS</td>
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<td>19 Last day of Term 3</td>
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