Dear Parents and Kingstown Community,

We are getting back into the routine this week, writing school reports and starting to get organised for our Presentation Night. Thank you to students who have returned trophies and shields. Thank you also to Mrs Patch who continues to work tirelessly in our office to make sure our school is running smoothly. We do owe her a lot of overtime!

**Farewell to Lillian Reynolds!**

This week will be Lilly Reynolds’ final week at Kingstown School, as Year 7 commences next week for Uralla Central School students. We wish Lilly the very best at her new school and with her future high school education. I do remember our quiet, gentle Lilly as a Kinder student. We thank her for her leadership in her role as School Captain throughout 2015. Lilly has always been such a lovely person and a great role model to younger students. We hope Lilly’s time at Kingstown School has provided her with fond memories and a strong foundation for this next significant step into High School at Uralla Central, personally and academically. We do hope Lilly can return for our Presentation Night and our farewell pool party at Uralla later in the term. Best wishes from the Kingstown School community, to Lilly, Mark and Maureen!

**Farewell to Mrs Skewes**

Mrs Skewes arrived back from Norfolk Island this week looking guiltily refreshed! It is however, with great sadness that Mrs Skewes has decided to retire from teaching at the end of this year. There was no talking her into staying for another year this time. We tried. I did not really want to start on farewell...
speeches at this point, but it goes without saying that Mrs Skewes has been an integral member of our school and wider Kingstown community. Her dedication and commitment to the school and students have been outstanding and it will be difficult adjusting to such a big change. Mrs Skewes’ kind, gentle yet firm manner will be greatly missed by both staff and students. Her wonderful science lessons and sporting talents (and dress ups!) will be a hard act to follow!

Mrs Skewes does not want any fuss... but we are ignoring that! We are organising a Farewell Night for Mrs Skewes on 20th November (TBC) and wanting to know numbers fairly quickly to book a venue. Please contact the school this week if you can come along to this special, farewell dinner. We will also have another opportunity on Presentation Night – Sorry Mrs Skewes - there will be a fuss!!

**Classes next year**
An Expression of Interest has been advertised in Schoolbiz (our Regional Education Newsletter) to engage a teacher five half days a week on the Lower Division K-2 class for 2016. We have interest, which is great, so we hope to go ahead with our staged classes: Stage One (K-2) Stage Two (3-4) Stage Three (5-6) in the morning to lunchtime sessions.

Mr Boyd will continue with his music program and Ms Barber will take on Mrs Skewe’s RFF (Release from Face to Face teaching, art and IT) on Fridays. I will be teaching Stage Two and Miss Bennett Stage Three in the morning to lunchtime sessions. We will return to two teachers and the normal Lower and Upper Division classes in the afternoons, after lunch.

**P&C Hamper**
We hope to make this a great one! Please send in donations of non-perishable foods and other items that will culminate in a great hamper.

**Gymnastics**
Once again Wally O’Hara provided a great Gymnastic session for our students today. The students also visited NERAM.

**Absent Notes**
Both staff and many students have been unwell over the past couple of weeks. Just a reminder to please contact the school or send in a note if your child/children is/are absent from school.

**Head Lice**
Also, as the weather warms up head lice are again becoming a problem. If there is evidence of head lice in your child’s hair please treat the hair immediately, with treatments or conditioner, as head lice spread so quickly throughout the school when left untreated.

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**Merit Certificates Lower Division**

**Congratulations go to our new students this week:**

**Aaron Rowe:** For excellent application in class tasks and great thinking skills in Numeracy and Literacy.

**Amber Moorfield:** For improved engagement in class and hard work in reading. Well done!

**Max Blyton:** For his happy disposition and improved application with independent work tasks.
It was wonderful to see the preschool up and happening last week. Heather and Alecia looked great in their matching purples and are working hard getting organised. Enrolments are increasing. Well done, everyone!

Whooping cough alert - advice for schools

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough.
### TERM 4 CALENDAR

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### TERM 1 2016 CALENDAR

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**Farrer Memorial Agricultural High School Tamworth**

**Selective Schools applications now open online**

Farrer is the only all-boys government Agricultural high school in Australia and would like to inform parents of current Year 5 students, that registration for Year 7 2017 is now open online.

To register your son to sit the Selective Schools test visit the Farrer website and follow the Selective Schools link. Applications close 16th November. For further enquiries contact Farrer on 6764 8600.

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**Lost**

on the night of the School Play ……

One pair of brand new, navy blue, Target brand tights. They are marked on the label with Madison Mitchell's name.

Could all families please check that the tights have not mistakenly ended up with your child's belongings.

Thank you
Nourishing, simple ideas for serving fresh fruit and veg to kids

Spring has sprung so enjoy the season’s finest veggies in healthy crunchy lunchbox salads.

Recipe on back page

Inside: Aussie blueberries + more lunchbox salads + Eat your greens + more

Go to www.freshforkids.com.au for more fabulous fresh fruit and vegetable recipes and ideas
Carrot, spinach & chickpea salad with chicken

Preparation 20 mins + cooling time | Cooking 45 mins | Serves 4

8 free-range chicken drumsticks
Olive oil cooking spray
1 tsp olive oil
1 tsp ground cumin
2 garlic cloves, finely chopped
300g can chickpeas, drained and rinsed
½ cup currants
2 tbsp honey
2 carrots, peeled and shredded (or roughly grated)
50g baby spinach leaves

Yoghurt & orange dressing:
½ cup Greek-style natural yoghurt
1 tbsp tahini*
2 tbsp orange juice

*Tahini is a creamy paste made from ground sesame seeds available from supermarkets.

Step 1 Preheat oven to 200°C/180°C fan-forced. Spray chicken with oil and season with salt and pepper. Place on a baking tray lined with baking paper and bake for 40-45 minutes until golden and just cooked through.

Step 2 Meanwhile, to make salad, heat oil in a medium frying pan over medium heat. Add cumin, garlic, chickpeas, currants and honey. Cook, stirring often, for 3-4 minutes until chickpeas are golden. Remove from heat and set aside to cool.

Step 3 Place carrots and cooled chickpea mixture into a large bowl. Toss through spinach. To make dressing, combine ingredients in a bowl. Set aside. Serve salad and chicken with the dressing.

Mexican sweetcorn & bean rice

Preparation 25 mins | Cooking 50 minutes | Serves 4

2 cobs sweetcorn, husks and silks removed
2 tbsp olive oil
1 brown onion, finely chopped
2 garlic cloves, finely chopped
1 small red capsicum, seeded and finely chopped
1½ cups long grain rice
400g can red kidney beans, rinsed and drained
2 vine-ripened tomatoes, chopped
2 tbsp lime juice
½ cup coriander leaves, chopped

To serve:
½ cup reduced fat grated cheese
2 tbsp reduced fat sour cream
1 small ripe avocado, peeled and diced

Step 1 Slice kernels off the corn cobs. Set aside. Heat oil in a large frying pan over medium heat. Add onion, garlic and capsicum and cook, stirring often, for 4-5 minutes until onion and capsicum soften.

Step 2 Add corn kernels and rice and stir to combine. Pour over 2½ cups water, cover and bring to the boil. Reduce heat to low, cover and cook for 12-15 minutes until rice is tender and liquid is absorbed.

Step 3 Stir in kidney beans, tomatoes, lime juice and coriander over medium-low heat until hot. Season with salt and pepper to taste. Spoon into serving bowls, sprinkle each with cheese, a dollop of sour cream and avocado and serve.

Why is sweetcorn good for kids?
The carbohydrate in sweetcorn is digested slowly so provides sustained energy and ranks low on the glycaemic index (GI). Sweetcorn contains niacin (vitamin B3), which is needed for the release of energy from food, and the B vitamins, biotin and folate. It’s also a good source of dietary fibre.
BLUEBERRIES... nature’s superfood

Sweet Australian-grown fresh blueberries are in season. One of nature’s superfoods, blueberries are brimming with beneficial nutrients and antioxidants. Simply rinse them in cold water then add to your favourite breakfast, dessert or smoothie.

PURCHASING
Select blueberries that are plump and unwrinkled with a delicate white blush on the skin.

STORING
For convenience, leave the blueberries in their punnet and store in the refrigerator. Blueberries are best eaten within 2 to 3 days of purchase. Wash blueberries just before using.

QUICK & EASY WAYS TO USE BLUEBERRIES...

Add blueberries to a variety of refreshing smoothies. Blueberries team well with mango, pineapple, banana and passionfruit as well as other fresh berries.

Layer crushed sweet plain biscuits with reduced fat yoghurt, blueberries and sliced strawberries in plastic cups or glasses. Drizzle with maple syrup or honey if desired.

Sprinkle blueberries and a dollop of natural yoghurt over your favourite breakfast cereal.

Blueberry hotcakes
Preparation 15 mins | Cooking 20 mins | Serves 4

1 cup plain flour
2 tsp baking powder
¼ tsp bicarbonate of soda
Pinch salt
¼ cup caster sugar
2 eggs, separated
1½ cups buttermilk
150g fresh ricotta cheese, crumbled
150g blueberries
Melted butter or margarine, for greasing
Maple syrup and fresh berries and sliced banana, if liked, to serve

Step 1 Preheat oven to 120°C. Sift flour, baking powder, bicarbonate of soda and salt into a medium bowl. Stir in sugar.

Step 2 Lightly beat egg yolks and buttermilk in a jug. Using a large metal spoon, stir buttermilk mixture, ricotta and blueberries into dry ingredients until just combined. Whisk egg whites in a clean bowl until soft peaks form. Gently fold egg whites through mixture.

Step 3 Heat a large non-stick frypan over medium heat. Brush with melted butter or margarine. Using ¼ cup mixture per hotcake, cook in batches for 2 minutes or until bubbles appear on surface. Turn hotcakes over and cook for a further 2-3 minutes or until pale golden. Keep warm in oven.

Step 4 To serve, stack hotcakes on serving plates, drizzle with maple syrup and serve with fresh fruit if liked.
Lebanese cucumbers

Kids love the refreshing crunch of cucumbers. Lebanese cucumbers are so easy to prepare and complement a wide variety of salads, sandwiches, and dips like tzatziki. Sliced into thin batons, the Lebanese cucumber makes a terrific dip.

Asparagus

Australian-grown asparagus is now in season. Vibrant green with a delicate crunch when cooked, kids really do enjoy this veggie. Preparation is a breeze; simply trim or snap the tough base from the spears.

Choose firm asparagus with even-sized spears and tightly closed tips. Store asparagus spears upright, covered with plastic wrap, in a glass of water in the fridge for up to 3 days.

Asparagus is so easy to cook...

Simply plunge trimmed asparagus into a frying pan of simmering water and cook for 2 to 3 minutes (depending on thickness) until just tender. Drain and serve steaming hot, or refresh in cold water and pat dry on paper towel.

Add cooked asparagus to salads, serve with soft-boiled eggs for breakfast, or team the spears with a favourite dip. Alternatively, toss uncooked asparagus into stir-fries or brush with oil and grill on the barbecue.

Fresh green peas

Peas are now in season for a limited time. The humble pea is a nutrient powerhouse packed with vitamins B, C and K. Fresh green peas are delicious and fun for kids to shell.

Choose plump, very bright green pods that feel heavy for their size. Refrigerate fresh peas in a plastic bag in the crisper. Once harvested the sugar in green peas rapidly converts to starch, so it’s important to cook peas within 1 to 2 days of purchase.

To shell peas, simply use your fingernail to split the pod, then squeeze the peas into a bowl. Discard the pods. As a guide, one kilogram of green unshelled peas yields about 225g shelled peas.

Cook peas rapidly to retain colour, flavour and nutrients.

Spring veggie, lentil & rice salad

Prep 25 mins | Cook 20 mins | Serves 4

This healthy salad is great for the school lunchbox.

1 cup rice & barley*
2 lbs extra virgin olive oil
2 tsps lemon juice
1 bunch asparagus, trimmed
125g snow peas, trimmed
200g mini roma tomatoes, halved lengthways
1 Lebanese cucumber, quartered lengthways and diced
400g can lentils, drained and rinsed
2 tsps toasted seed mix
1/2 cup flat-leaf parsley, chopped
75g feta cheese, crumbled

* Rice & barley is pre-mixed and available in the rice section in supermarkets.

Step 1 Cook rice and barley following packet directions. Drain and place into a large bowl. Add oil and lemon juice. Stir with a fork to separate the grains. Set aside to cool.

Step 2 Meanwhile, bring a frying pan of water to the boil over high heat. Add asparagus and cook for 1 minute. Add snow peas and cook for a further 1 minute. Drain, refresh vegetables in cold water and dry with paper towel.

Step 3 Cut asparagus into 2-3cm pieces. Halve snow peas lengthways. Add asparagus, snow peas, tomatoes, cucumber, lentils, mixed seeds and parsley to rice & barley. Gently stir to combine. Toss through feta and serve.

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