Dear Parents and Kingstown Community,

We are already midway through the term with Easter fast approaching.

Students are to be congratulated on their persistence in learning activities and the gains they are making. We consistently encourage high expectations and increased effort and persistence to achieve success in learning. The “You Can Do it!” key, Getting Along, has been our major focus this term and we are proud of our students' behaviour throughout lunchtime and recess breaks. Teachers are encouraging students to become more confident to problem solve and successfully and calmly sort out small differences and be inclusive and kind toward others.

Congratulations to our swimmers, Georgie, Abby, Charlotte and Jake who participated in the PSSA in Armidale last week. Well done!

Parent Assembly

This Wednesday at 12.15 pm

Our two Year 6 captains, Lilly and Abby, will be presenting their captain’s speeches.

Merit Certificates will be awarded and students will share their work.

After the assembly parents are invited to stay to have a chat about the 2015 School Vision and School Directions. All comments are welcome.

Teaching Prac Student

From Week 6 - Week 9 Jessica Fleming will be working with me on the Lower Division class. Jessica is presently living in Alice Springs. She has flown back home to Armidale and requested Kingstown School as the Small School to do her prac. It will be great to have another teacher helping out in the Lower Division class.
Cleaning Up.. Continues...

Thank you to Bec Oldknow for painting the little store-room. It is now a great space for the P&C to store their containers and for the school to keep maths and musical resources. It looks great!!

We have three new cupboards coming for the Hamilton Building this Tuesday. We will be moving the School Uniform Pool into the Hamilton building for easier access, and purchasing a new mat and plant to make the room a comfortable, welcoming staff and parent meeting space. (Put more “Hamilton” into the Hamilton building!)

Thank you to Cherie Patch who spent last Saturday with me transferring boxes and organising the space. It was greatly appreciated!! You’re a champ Mrs Patch!

Joint Funding

The library is next! It is so very dark... We are presently receiving quotes and preparing this year’s Joint Funding Proposal. We will be putting in a few proposal priorities and see how we go.

The theme of “Let the Light in!” will include a glass sliding door on the northern side of the building and covered walkway to the cola.

It will allow direct access to students (handball court) and sheltered access to the other buildings.

This week we will be brainstorming ideas for the tank mural. We have some great ideas (continuing on with a dash of Tuscan blue!!)

Chinese New Year

xīn nián kuān lè
2015
Year of the Goat
ANZAC DAY 2015

On 25 April 2015 we mark the 100th anniversary of the ANZAC landings at Gallipoli. There will be acknowledgement and respectful recognition of the ANZACs as well as all those who fought for Australia in the two World Wars. We have purchased wonderful books about the ANZACs and will be focussing on these from now to the end of term. We do want Kingstown students to be respectful and aware citizens and acknowledge this special event.

We hope to increase our numbers this year at the Uralla Commemoration and that the work we do up to this event will impact on our students and they will value the significance of the day.

If parents, grandparents, great grandparents, uncles, aunts have photos they would like to share or talk about with the students, please let us know.

The Australian War Memorial’s Roll of Honour Soundscape project – We Remember

On 4 August 2014, the Prime Minister launched the Australian War Memorial’s Roll of Honour Soundscape project, inviting school children from across Australia to assist in recording the name and age of the 62,000 Australians who died during the First World War. These voice recordings will then be played in the First World War section of the Cloisters in the Memorial’s Commemorative Area. The aim is to engage young Australians in developing their understanding of and connection with Australia’s involvement in conflicts past and present, including the First World War.

Kingstown Public School has been registered to participate in this project, and we will keep you informed of arrangements as this project progresses.
This term in HSIE, Upper Division are looking at Australian Democracy. Students are exploring the origins of Democracy, democratic rights and responsibilities and how their future votes may effect change. Recent political events and questions regarding the country’s leadership have made for interesting discussion topics in which some students are beginning to form strong opinions. We might even have some budding politicians in our classroom!

We were lucky enough to have Walcha Councillor Maria Woods visit us last week. She gave a wonderful talk on the many facets of her role in local government and the numerous committees she is involved in. It was a great experience for the class, allowing them an opportunity to engage in the ‘human’ side of politics – government can seem like a long way away from the classroom!

Thanks to Maria for popping in and to Mel Woods for organising her visit!
## Term 1 2015 Calendar

<table>
<thead>
<tr>
<th>MONTH</th>
<th>WEEK</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>Feb/Mar</td>
<td>5</td>
<td>23</td>
<td>24</td>
<td>25 Tuckshop PARENT ASSEMBLY 12.15pm PLAY GROUP</td>
<td>26</td>
<td>27</td>
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<td>Mar</td>
<td>6</td>
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<td>4 Tuckshop</td>
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<td>6 Moonbi Horse Sports Day</td>
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<td>Mar</td>
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<td>11 Tuckshop PLAY GROUP</td>
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**The Importance of Creativity**

Creative thinking is expansive, open ended and a discovery of possibilities... solutions...questions...

*Creativity is at the heart of problem solving.*

If we help students develop creative competencies they will be better equipped for the world. It is not about delivering the answers anymore.

In the 21st Century it is about being able to ask the questions.

The way to teach creativity is to constantly stop and ask “Why?” “I wonder...?”

Creativity, ingenuity and innovation are the keys to success for work and life in the 21st century.

Creativity is the key attribute most needed and desired to address 21st Century challenges.

Many of the fastest growing jobs and emerging industries will rely on worker’s creative capacity, the ability to think unconventionally, question the herd and imagine new scenarios:

Viewed as single and most important leadership competency at all levels of organisations

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To be creative and innovative, students need to be critical thinkers, great communicators and be able to work collaboratively
Minutes - General Meeting

Thursday, 12th February, 2015

Meeting Opened: 6.00 pm

Members Present: Sharon Ryan, Pete Stevenson, Tammy Armstrong, Robyn Frazier, Dawn Dew, Josie Tonkin, Kylie Vincent, Mel Rizzi, Bec Oldknow

Apologies: Jamie & Ang Swales

Apologies Moved: Sharon Seconded: Robyn Carried

Minutes of the Previous Meeting: (4th December 2014)
Read and distributed via email, school newsletter & school web page. Confirmed as being true and correct.

Minutes Moved: Robyn Seconded: Josie Carried

Business arising from previous minutes:

- Preschool Letter
  Josie is in contact with the preschool re issues previously raised. Pete read letter he wrote re damage before/during fundraiser night.

- Air Conditioner in Hall
  Josie suggested we get it looked at and/or serviced as actual ownership is unknown. Sharon will get the person who services the schools to have a look, Kylie to ask Michael to have a look, Mel also has a plumber coming who does Air Con Josie to address toilets at Hall with Preschool staff.

- Presentation
  Pete expressed thanks for contributions for setting up & running of Presentation Night. Suggestion made to have it during school hours so children who aren't normally at night events are able to attend. Dawn & Josie recouped the differences between our Prawn & Chicken Night & the Bendemeer Pork, Prawn & Poultry Night.
- **Year 6 Farewell**
  Pizza at the Uralia Pool. Students & teacher’s had a great day

- **P&C Contributions to the School**
  Shade sails & Mandarin lessons - P&C to contribute 50% of each was confirmed. Sharon to find out which one has been been paid & then the other will be paid as well.

  **Correspondence Out:**
  Letter to Preschool by Pete

  **Correspondence In:**
  Bookclub, various fundraisers

  **Moved:** Sharon Ryan  **Seconded:** Tammy Armstrong  **Carried**

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### Reports

**Treasurers Report:** As in AGM

**Moved:** Kylie  **Seconded:** Robyn  **Carried**

**Principals Report:** See Attached

**Moved:** Sharon  **Seconded:** Mel  **Carried**

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**General Business:**

**Small Schools Cross Country**
Tentative date for this is 1st April. P&C will run the canteen again. Further information at next meeting

**Rugby Day**
This will be held in Term 2, date TBC. P&C will run the canteen for this event as well.

**Community Fundraiser**
Robyn has been approached by a parent from Rocky River about a possible community fundraiser/competition between Kingstown & Rocky River. The proceeds of which to be donated to both schools.

**P&C Constitution**
Josie queried whether Kingstown had a P&C constitution to make it easier for new members/families. Pete to follow up.

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**Date of Next Meeting** – Thursday, 12th March 2015
**Meeting closed:** 7.30 pm

(Stamp)

(President)
Minutes – Annual General Meeting
Thursday, 12th February, 2015

Meeting Opened: 5.45 pm

Members Present: Pete Stevenson, Sharon Ryan, Tammy Armstrong, Dawn Dew, Robyn Frazier, Kylie Vincent, Josie Tonkin, Rebecca Oldknow, Mel Rizzi

Apologies: Jamie & Ang Swales

Apologies Moved: Sharon  Seconded: Robyn  Carried

Minutes of the Previous Meeting: (20th March 2014)
Read and distributed via email, school newsletter & school web page. Confirmed as being true and correct.

Minutes Moved: Tammy  Seconded: Sharon  Carried

Business arising from previous minutes:
• P&C Membership - Fees to be kept as $1 per member, paid & collected at time of meeting.

Reports

P&C Presidents Report - Presented on Presentation Night in December 2014
Treasurers Report - as attached  Moved: Dawn  Seconded: Josie
Principals Report - Presented on Presentation Night in December 2014
Tuckshop Report - as attached  Moved: Robyn  Seconded: Tammy
Cattle Convenors Report - TBC at a later meeting
All positions declared Vacant

**President:**
Nominated: Pete  
Nominated by: Tammy  
Seconded: Robyn  
**Accepted**

**Secretary:**
Nominated: Tammy  
Nominated by: Dawn  
Seconded: Josie  
**Accepted**

**Treasurer:**
Nominated: Kylie  
Nominated by: Sharon  
Seconded: Pete  
**Accepted**

**Senior Vice President:**
Nominated: Richard  
Nominated by: Pete  
Seconded: Josie  
**Accepted**

**Junior Vice President:**
Nominated: Dawn  
Nominated by: Robyn  
Seconded: Mel  
**Accepted**

**Cattle Convenor**
Nominated: Pete  
Nominated by: Tammy  
Seconded: Dawn  
**Accepted**

**Tuckshop Committee**
Nominated: Anna & Robyn  
Nominated by: Tammy  
Seconded: Sharon  
**Accepted**

**P&C Auditor**
Nominated: Sue Unwin  
Nominated by: Tammy  
Seconded: Pete  
**Accepted**

**Bookclub**
Nominated: Tammy  
Nominated by: Dawn  
Seconded: Mel  
**Accepted**

**Clothing Pool**
Nominated: N/A

To be run by School Office but invoices/payment via P&C Treasurer

**P&C Hall Representative**
Nominated: Josie  
Nominated by: Tammy  
Seconded: Dawn  
**Accepted**
General Business:

Date for next meeting: First Meeting of 2016

Meeting Closed: 6.00pm

..................................................................................................................(President)
Nourishing, simple ideas for serving fresh fruit and veg to kids

Fresh, simple & perfect for a tasty summer breakfast, lunch or fund-raiser...
Avocado, tomato & egg rolls

Recipe on back page

Quick & easy veggie recipes + top ideas for serving summer fruits + sweetcorn + more

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

Keep your cool with these light and easy summer lunches. Brimming with fresh produce from your local greengrocer, they’re quick to make and sure to please hungry little tummies.

**Carrot, iceberg lettuce & chickpea salad**

- Preparation 20 mins | Cooking 5 mins + cooling time | Serves 4

1 tbsp olive oil
1 tsp ground cumin
2 garlic cloves, finely chopped
400g chickpeas, drained and rinsed
½ cup curranis
1 lbs honey
2 carrots, peeled and shredded (or grated)
½ small iceberg lettuce, shredded

**Tahini & orange dressing**

½ cup Greek style natural yoghurt
1 tbs tahini*
2 tbs orange juice

* Tahini is a creamy paste made from sesame seeds, it’s available from some greengrocers and supermarkets.

**Step 1**

Heat oil in a medium frying pan over medium heat. Add cumin, garlic, chickpeas, curranis and honey. Cook, stirring often, for 4-5 minutes until chickpeas are warmed through. Set aside to cool for 20 minutes.

**Step 2**

Place carrots, chickpeas and lettuce into a large bowl. To make dressing, whisk yoghurt, tahini and orange juice in a small bowl until well combined. Drizzle dressing over carrot mixture, gently toss and serve.

**Pineapple, leg ham & zucchini bruschetta**

- Preparation 15 mins | Cooking 10 mins | Serves 4

2 slices fresh pineapple, peeled and halved
2 zucchini, cut lengthways into thin slices*
Olive oil spray
4 slices sourdough or wholegrain bread
½ cup reduced fat cream cheese
200g sliced leg ham

* Slice zucchini firmly using a vegetable peeler to get thicker strips.

**Step 1**

Place pineapple and zucchini in a bowl. Spray with oil and season with salt and pepper. Toss to combine. Heat a greased char-grill or a non-stick medium frying pan over medium-high heat. Cook pineapple and zucchini, in batches, for 1-2 minutes on each side until seared and just tender. Transfer to a plate.

**Step 2**

Spray bread with oil and char-grill on both sides until golden. Spread grilled bread with cream cheese, top with ham, zucchini and pineapple and serve.

**Why is pineapple good for kids?**

Pineapple is a good source of manganese, a mineral that contributes to the normal formation of bone and connective tissue and also vitamin C, which contributes to the normal functioning of the body’s immune system.
Enjoy seasonal summer fruits

There's a bumper crop of naturally sweet summer fruits now on offer. Sample juicy mangoes, stone fruits, grapes, Valencia oranges and more today! Make the most of the delicious selection with these great serving ideas.

**Fresh fruit drinks**

Kids love slurping on fresh fruit drinks so whip out the blender and experiment with these icy refreshments.

**Pineapple Ice Crush**
Combine 1 ½ cups unsweetened pineapple and mango juice, ½ medium peeled and chopped pineapple and 1 ½ cups crushed ice in a blender. Blend until smooth and serve. (Makes 4 drinks)

**Summer Berry Smoothie**
Combine a 200g tub reduced fat berry yoghurt with 2 cups reduced fat milk, 250g hulled strawberries and 125g blueberries in a blender. Blend until smooth and serve. (Makes 4 drinks)

**Fresh tropical fruit salad**

Kids enjoy fruit that is cut up and ready to eat, so you can't go wrong with a fresh fruit salad.

Serve it for breakfast, lunch or dessert. For a sweet treat, top fruit salad with crushed meringue and reduced-fat yoghurt.

In summer, use a tropical combination of pineapple, mango and banana with strawberries and seedless grapes. Drizzle fruit salad with fresh passionfruit pulp, which helps prevent the banana from browning. The edible seeds boost dietary fibre intake.

**Fresh fruit jellies**

Kids young and old can't resist jelly! Try these healthy jellies made with natural juice and fruits.

To make 4 jellies, place 1 x 85g packet 'Create-A-Jelly' crystals into a heatproof jug, add 1 cup boiling water and stir until crystals dissolve. Stir in 200ml fresh apple juice (no added sugar).

Pour into 4 x 1 cup glasses (or plastic cups) and refrigerate for 4-5 hours. To serve, peel and chop 2 oranges and ¼ small pineapple and place into a bowl.

Toss through 125g hulled and halved strawberries. Top jellies with fruit and serve.
Avocado, tomato & egg breakfast rolls
(pictured front cover)
Prep 20 mins | Cook 5 mins | Serves 4

- Olive oil or rice bran oil cooking spray
- 4 free range eggs
- 1 medium ripe avocado
- 4 bread rolls, split
- 2 vine-ripened tomatoes, sliced
- Barbecue sauce, to serve

**Step 1** Spray a large non-stick frying pan with oil. Heat over medium heat until hot. Crack eggs into pan and cook for 3-4 minutes until white is set but yolk is still soft. Turn eggs to seal yolks then drain on paper towel.

**Step 2** Meanwhile, peel, chop and roughly mash avocado. Heat or toast the bread rolls. Place roll bases onto a board. Top each with avocado, tomato and an egg. Drizzle with barbecue sauce, top with remaining rolls and serve.

Sweetcorn
Versatile sweetcorn is an all-round crowd pleaser. Serve it on the cob, barbecued, boiled or microwaved. Corn is delicious in fritters or summery salads.

**PURCHASING**
Always buy fresh sweetcorn with the green husk intact. The natural sugars in sweetcorn quickly convert to starch, so it’s best eaten within one day of purchase.

To check for freshness, pull back the husk and press a fingernail into a kernel. If it bursts with a milky liquid, it’s very fresh.

**COOKING**
Rapid cooking is best to retain the natural crunch and sweetness. It takes about 2-3 minutes to microwave or boil a cob. If barbecuing, spray with oil and regularly turn and cook for 8-10 minutes until kernels are golden.

**TO REMOVE THE KERNELS**
Hold the raw or cooked corn cob upright on a board and slice downward close to the cob. Add sweetcorn kernels to a bowl and serve with fresh salad, rice or pasta salads.

essentials...
top fruit in summer

**Rockmelon**
- Refresh with chilled juicy rockmelon! Select whole rockmelon with a fragrant aroma that feels heavy for its size.
- Once cut, cover with plastic wrap and refrigerate. Use within 1-2 days. Cut rockmelon should have moist, evenly-coloured orange flesh.

Cherries
- Grab glossy crimson-red cherries as the season is short!
- No fuss, simply wash then use. For younger kids, it’s best to pit the cherries before serving.
- Offer plump cherries for a snack at any time or for a sweet celebration, lightly dip cherries in melted milk or white chocolate.

**Pineapple**
- With its tropical flavour and juicy sweetness, pineapple is at its peak in summer. Unlike other fruits, pineapple stops ripening once picked. Keep fruit at room temperature and use shortly after purchase.
- Once cut, peel and chop then refrigerate in an airtight container. Use within 2 days.
- For a refreshing summer drink, blend chopped fresh pineapple with ice and a few hulled strawberries.

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

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