Dear Parents and Kingstown Community,

Thank you so much to the families, students and staff who were able to be present at the ANZAC Day March in Uralla on Saturday. It is always a moving ceremony, as witnessed by the many commemorations over Australia and in France and Gallipoli; a very special event this year. It was wonderful to see generations represented and students being involved and respectful. Encouraging respect and citizenship in the wider community is an integral element of our school culture and our new School Plan. A special day of activities was also organised by the Watson Creek community which had a great turn out. The weather was kind to all, which was great.
At the going down of the sun,

And in the morning,

We will remember them.
Some students attended Operation Art in Tamworth yesterday, and another group will attend tomorrow.

**GRIP Leadership Conference**
Next week our school captains will be attending the GRIP Leadership workshop in Armidale.

**NECOM visit**
We were lucky to have a visit last Friday from NECOM’s Flute Trio as part of the Chamber Music in Schools Program.

**Life Education Van**
The Life Education Van will be visiting Kingstown School on Wednesday 6th May. The cost is $10.00 per student. Please complete and return the permission note attached to this newsletter.

**P&C Meeting**
The next P&C Meeting will be held on Thursday 7th May at 5.30pm. All welcome!

**Kelly’s V Thunders School Carnival 5th June (Week 7)**
It has not been possible to organise our Kelly’s v Thunders Athletic Carnival before the Small Schools Athletic Carnival this year, as the first few weeks are very busy with NAPLAN, Cross Country PSSA and the Small School Carnival already booked. The students are still very keen to go ahead with it in Week 7. Thank you to Miss Bennett and Mrs Skewes who will be organising the event.

**School Maintenance**
Over the last few days, painters have been working on sanding and repainting the side walls of the Science/Art room and the back wall of the Upper Division classroom. We have also been told that the back-up tank to the toilets for use when the power is off will arrive and be connected soon. The wild weather of late has meant prioritising work, so we may have to wait a little longer.

Work on the installation of the side door of the library should commence over the next couple of weeks as the door has arrived! A covered walkway in the future will connect the two buildings more efficiently in inclement weather and let in more light and warmth to the library. It will really make a difference.

We are hoping to find a day and a group of parents (we already have three volunteers!) who may be interested in painting the cement tank (which we have to get onto on a warm day and before it gets much colder!) Mr Jackson has already purchased the special paint so we are ready to go, with a little organising of paintbrushes. Ms Barber will then be able to work with
students and make a start on the tank mural.

We also hope to strip back the bench chairs in the weather shed and paint them as well as one small yellow wall and the lunch tables. A fresh coat of paint can make an enormous difference, and as we all know, once you paint one thing everything else looks like it needs a fresh coat!

**Teacher Release Times**

This term I am combining my Principal and Teacher Release times into one full day - Friday.

If you need to have a chat about any issues, Friday will be a good day to arrange an appointment.

Mrs Skewes will take Lower Division for my release each Friday and Miss Bennett’s on Tuesday afternoon.

On 7 May we will have two visitors in the school, Dr Matshidiso (Tshidi) Taole and Associate Professor Linley Cornish.

Linley is from UNE where she teaches students who are going to be teachers. Tshidi is a Senior Lecturer in the Department of Curriculum and Instructional Studies, College of Education, University of South Africa. She specialises in Curriculum Studies and Development and is the Associate Editor for the *African Journal of Pedagogy and Curriculum* (AJPC). Her wider research interests include Teacher Development, Multi-grade Teaching, Teaching Practice and the Development and Implementation of Curricula.

Tshidi is visiting the University of New England for one month. While she is in Armidale, she is interested in visiting small schools in the area to observe teaching in the multi-grade classes and to investigate the strategies our teachers use to teach the children in these classes. Linley is also very interested in multi-grade teaching.

**PSSA CROSS COUNTRY**

**UNE**

**FRI DAY 8th MAY**

Permission notes have been sent home with eligible students today. Please return the completed note as soon as possible.

**Uralla Landfill and Community Recycling Centre**

**Community Recycling Centre**

**Hours:** Monday, Tuesday, Thursday, Friday: 8am–4pm Saturday and Sunday: 9am–2pm

Contact 6778 3558 or 6778 6300
This Term in English, Lower Division will be reading texts from different cultures. We are starting off with an Australian book, Possum Magic by Mem Fox just to gain a little perspective on what makes an Australian text “Australian.” We will then be reading stories from China, Bhutan and Africa. Students will be making connections between texts, looking at similarities and differences and finding out more about these countries. As many opportunities as possible will be taken to integrate cross curriculum learning.

Our focus in maths this week is on Subtraction and Measurement. When subtracting students can use different strategies e.g. counting back; a number line; knowledge of counting patterns; number combinations or splitting numbers into tens and units.

In Science and Technology Mrs Skewes and Ms Barber are working together on an ICT unit.

Homework: Year One and Year Two have a spelling list based on Possum Magic. Students read words first and highlight or colour the tricky part of the word before they start. They then say the word, cover the word and write the word. Simply copying out a list of words will not enable students to learn the words. Test your child. Relook at the word and see where the error is occurring – chunk, highlight – and practise spelling.

Reading: Students are encouraged to read each night for 10-15 minutes. Many students are able to select books and independently read. Readers will also be sent home.

Kinder Students will continuing with their sight words and readers.

In May 2015 the National Assessment Program - Literacy and Numeracy (NAPLAN) will be completed by all students in Years 3, 5, 7 and 9. NAPLAN will assess the literacy and numeracy learning of students in all Australian schools. The tests will be conducted across Australia on the same days for all students.

The results of the tests will provide important information to schools about what each student can do and will be used to support teaching and learning programs. Parents will receive a report indicating their child’s level of achievement and will be able to compare their child’s performance against the national minimum standard.

Consideration for exemption should be discussed with the Principal. A completed parent-carer consent form for exemption or withdrawal will need to be lodged.
## Term 2 2015 Calendar

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**LIFE EDUCATION VAN**

I give permission for my child/ren ........................................................ to attend the Life Education Van at Kingstown School on Wednesday 6th May.

I have enclosed $10.00 per student YES NO

Signed ................................................................. Date ..........................
Minutes - General Meeting
Thursday, 12th March, 2015

Meeting Opened: 5.30 pm

Members Present: Sharon Ryan, Pete Stevenson, Tammy Armstrong, Robyn Frazier, ,
                Richard Tonkin, Kylie Vincent, Bec Oldknow

Apologies: Jamie & Ang Swales, Mel Woods, Josie Tonkin, Dawn Dew

Apologies Moved: Sharon Seconded: Robyn Carried

Minutes of the Previous Meeting: (12th February 2015)
Read and distributed via email, school newsletter & school web page. Confirmed as being true
and correct.

Minutes Moved: Bec Seconded: Robyn Carried

Business arising from previous minutes:

• School Cross Country
  Discussion in General business

• Air Conditioner in Hall
  Kylie asked Michael to have a look, he’s not comfortable doing that, Bec to ask Mel about the
  plumber coming who does Air Con, Sharon will ask Tadman's (does school air cons)

• Rugby Day
  Will be in term 2 - more details to come

• Cattle Convenors Report from AGM
  Pete has found out about the cattle, there are 8 cows & calves at Sundown, 2 cows & calves at
  Dew’s.

• Community Fundraiser
  Have had no more details
Correspondence Out:  Nil

Correspondence In:  Bookclub, ACNC Quarterly newsletter, various fundraisers

Moved:  Tammy  Seconded:  Kylie  Carried

Reports

Treasurers Report:
Credit with Uniform Supplier
Moved:  Kylie  Seconded:  Robyn  Carried

Principals Report:
P&C to continue with partial funding (50%) for Mandarin Lessons in term 3
Discussion about Sharon’s plans for next year & teaching classes
Moved:  Sharon  Seconded:  Richard  Carried

General Business:

Small Schools Cross Country
Date is 1st April. P&C will run the canteen as usual. Richard to check with UNE as to whether we are able to use the canteen facility & the state of the ground for the course. Sharon to chase up the trophies, ribbons & organise bus. Kylie to look up previous invoices for quantities of food to order.

Menu for the day
Egg & Bacon rolls, Sausage sandwiches, Home cooking $1 & $2, poppers & water Icy Poles for the kids when finished their run.

Date of Next Meeting – Thursday, 30th April 2015
Meeting closed:  6.50 pm

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

Colourful fresh veggie salads — the order of the day!
Recipe on back page

Inside: More lunch box salads + bananas + banana & caramel muffin recipe + more
Go to www.freshforkids.com.au for more fabulous fresh fruit and vegetable recipes and ideas
Eat Well... Veggie good salads

Delicious and nutritious, these vibrant salads are perfect for the school lunch box. Salads are a terrific way of meeting the recommended 5 serves of fresh veggies per day.

Packed with crisp fresh veggies and satisfying healthy proteins, these salads can be made in advance and stored in the fridge. Make sure you put the salads in a chilled lunch box so they retain their crispness for lunch time.

Kids will love the crunch, colour and variety that salads bring to the usual lunch menu.

Rainbow veggie, couscous & hummus salad
Preparation 20 mins | Serves 4

- ½ cup couscous
- ½ cup boiling water
- 1 tbs olive oil
- 1 green onion (shelled), trimmed and thinly sliced
- 1/2 small iceberg lettuce, trimmed and shredded
- 1/2 small red cabbage, finely shredded
- 2 medium carrots, grated
- 2 medium Lebanese cucumbers, diced
- 350g tomato medley halved lengthways
- 1/2 cup red lentil hummus
- Extra virgin olive oil, to serve

**Step 1** Place couscous into a medium heatproof bowl. Pour over boiling water, cover and set aside for 5 minutes until liquid is absorbed. Mix couscous with a fork to break up grains. Stir in oil and green onion.

**Step 2** To make salads, dividing ingredients evenly, layer couscous, lettuce, carrots, cucumbers and tomatoes into 4 x 2 cup (500ml) sealable jars or plastic containers for school lunches. Top each with 1 tbs hummus. Drizzle with a little extra virgin olive oil to serve.

Sweetcorn & red cabbage with falafel or cold meatballs
Preparation 25 mins | Cooking 3 mins | Serves 4

- 2 sweetcorn cobs, husks & silks removed
- 1/2 small Chinese cabbage, finely shredded
- 1/4 small red cabbage, finely shredded
- 1 carrot, shredded
- 2 green onions, trimmed and thinly sliced
- 2 tbs toasted mixed seeds
- 2 tbs whole egg mayonnaise
- 1/4 cup Greek-style natural yoghurt
- 2 tsp lemon juice
- *You'll need about 2 cups red cabbage and 1 1/2 cups Chinese cabbage for this recipe.

**To serve:**
- 12 falafel patties*
- 260g reduced fat hummus
- 4 rounds Lebanese bread
- *Falafels are Middle Eastern style small vegetarian rissoles. They're available from the fridge section in supermarkets.

**Step 1** Place corn in a single layer in a shallow heatproof dish. Cover and microwave on high for 3 minutes. Set aside to cool. Once cool, slice off corn kernels and place into a large bowl. Add Chinese and red cabbage, carrot and green onions. Toss to combine.

**Step 2** To make dressing, combine mayonnaise, yoghurt and lemon juice in a small bowl. Season with salt and pepper to taste. Stir mayonnaise mixture into corn mixture until combined.

**Step 3** To serve, warm falafels following packet directions. Serve falafels with the slaw, hummus and Lebanese bread.
BANANAS

Australian bananas are a super-convenient and healthy snack food; easy to pack, peel and eat on the go!

Grown in tropical and sub-tropical Australia, this sweet fruit is a storehouse of carbohydrate, vitamins and fibre. Bananas also provide sustained energy for active kids.

Buying bananas

Bunched bananas tend to ripen at roughly the same time, so to have a constant supply select bananas at different stages of ripeness. Don’t be concerned about black markings on the skin because these are natural part of the ripening process.

Storing bananas

Keep bananas in a cool place to ripen at room temperature. Do not store bananas in a fruit bowl or the fridge crisper with other fruits like apples and pears because the combination will cause the fruit to ripen quickly.

Once ripe, bananas can be stored in the fridge however the skin tends to darken when refrigerated which may not appeal to fussy eaters. The taste is not affected however. Individually wrap peeled ripe bananas in plastic wrap and freeze so they’re ready to blend into shakes, smoothies and muffin mixes.

Why are bananas so good for kids?

One banana provides almost a third of a child’s daily vitamin C requirement. They’re high in vitamin B₆, a good source of dietary fibre and provide potassium to balance sodium content in the body.

Quick and easy bananas ideas for kids

 Banana & honey breakfast muffins
Toast 2 split wholegrain muffins until golden. Spread each with 1 tbsp of reduced fat cream cheese then top with a sliced ripe banana. Drizzle with honey to serve. Serves 2.

Whip up a banana & chocolate thickshake
In a blender, whizz 2 small ripe bananas with 2 cups of reduced fat milk, 3 tbsp of Milo for other drinking chocolate) and 2 small scoops of reduced fat vanilla ice cream until smooth. Pour into tall glasses, sprinkle with grated chocolate and serve. Makes 2.

Banana caramel muffins

Preparation 15 mins | Cooking 30 mins | Makes 8

You can use milk or dark choc bits or discs if preferred.

2 very ripe large bananas + 1 just-ripe banana for topping muffins
2 cups self-raising flour
¾ cup firmly-packed brown sugar + 2 tbs extra
½ cup caramel choc bits
¼ cup reduced fat milk
½ cup low fat natural yoghurt
2 eggs (at room temperature)
1 tsp bi-carbonate of soda

Step 1 Preheat oven to 180°C/160°C fan-forced. Line 8 x ¾ cup muffin pans with muffin non-stick baking wraps* or paper liners.

Step 2 Mash the ripe bananas (about 1 cup mashed banana is needed) in a large bowl with a fork until smooth. Sift over flour and add sugar and choc bits. Using a large metal spoon, stir well until combined. Make a well in the centre. Set aside.

Step 3 Whisk milk, yoghurt, eggs and bi-carbonate of soda in a large jug. Pour into banana mixture and stir until just combined. Spoon into prepared muffin pans. Peel and slice extra banana, top each muffin with sliced banana. Sprinkle each with ½ tsp extra brown sugar. Bake for 30 minutes until golden and cooked through when tested with a skewer. Stand in pan for 10 minutes then transfer to wire rack to cool and serve.

* Muffin non-stick baking papers are convenient pan liners available in the home baking section from supermarkets.
Roast pumpkin, chickpea, rice & barley salad
(pictured front cover)

Prep 20 mins | Cook 25 mins | Serves 4
750g butternut pumpkin, peeled and roughly chopped
1 tbs olive oil
1 tbs maple syrup
1 cup rice & barley blend
400g chickpeas, drained and rinsed
40g baby spinach leaves
75g feta cheese, crumbled
2 tbs sunflower & pumpkin seed mix

Step 1 Preheat oven to 200°C/180°C fan-forced. Place pumpkin into a large bowl, drizzle with oil and maple syrup and season with salt and pepper. Toss to evenly coat pumpkin. Transfer to a large baking tray lined with baking paper. Roast, turning once, for 25–30 minutes until tender. Set aside to cool slightly.

Step 2 Meanwhile, rinse rice & barley and cook following packet directions. Transfer to a large bowl and set aside to cool.

Step 3 Add pumpkin, chickpeas, spinach and feta to rice & barley. Season with salt and pepper to taste. Gently toss to combine. Sprinkle with seed mix and serve.

Butternut pumpkin

Our cover recipe for the roast pumpkin, chickpea, rice & barley salad features vibrant butternut pumpkin. Roasting enhances its natural sweetness and the flavour intensifies as the delicious orange flesh softens with cooking. Butternut pumpkin remains a favoured veggie for kids.

WHOLE BUTTERNUT
Select firm whole butternut pumpkin that feels heavy for its size. Store in a cool dark place until ready to cut. Use within 2 weeks.

CUT BUTTERNUT
If buying cut butternut pumpkin, choose pieces with firm deep orange flesh. Cover and refrigerate cut pumpkin in the crisper. Use within 4 to 5 days.

WHY IS BUTTERNUT PUMPKIN SO GOOD FOR KIDS?
Butternut pumpkin is a good source of carotenoids, including beta carotene (precursor for vitamin A), which are required for optimum tissue function. It is also contains potassium, which helps to combat the harmful effects of excess sodium intake.

essentials...

top fruit in autumn

Grapes
Purple and green seedless grapes are popular with kids. Naturally sweet, juicy and fun to eat, grapes are a lunch box staple. There's an abundance of Aussie-grown grapes available in early autumn. Toss seedless grapes through a fresh fruit salad or serve a small bunch with a wedge of reduced fat tasty cheese and crackers.

William Pears
The green-skinned white-fleshed Williams pear turns buttery yellow when ripe and ready to eat. Available until mid-autumn, it's a short season for these sweet and juicy pears.

Plums
There's a number of fresh plum varieties on offer, each differing in skin and flesh colour, taste and texture. Bursting with flavour, juicy plums add colour to your autumn fruit bowl. Plums are so versatile – perfect for savoury and sweet dishes.

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

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