Dear Parents and Kingstown Community,

On behalf of Kingstown staff, I would like to wish everyone a happy and safe holiday break! Thank you to our students who have worked hard this term and continue to be a pleasure to teach. Thank you to all the Kingstown staff who are to be congratulated on setting high expectations for learning and behaviour, delivering wonderful lessons and making our school what it is. Everyone who has spent time at Kingstown School or visited over this semester have been very impressed with our school and students in and out of the classroom.

Mrs Patch is off to a wedding in Scotland, in a castle! Wow! She deserves a great break and we especially hope that she and her husband, Ross have a wonderful trip travelling around Ireland and Scotland! Thank you for all your hard work this term, Mrs Patch.

Last Friday we had an Enviro Workshop, funded by Uralla Council, on the importance of caring about our world and learning to recycle. Two council members also attended the workshop to find out more about how this important message is being delivered. Thank you to Anita, who did a great job!

Pirate Day

IN AID OF RAISING MONEY FOR CHILDHOOD CANCER

Students are reminded to come in pirate attire this Thursday, 25th June, for our Pirate Day and Pirate Assembly (a little less formal this week!) and to bring a gold coin donation. All donations will go to support children suffering from cancer. There will be prizes presented at assembly for the best dressed pirate, imaginative pirate and best named pirate and pirate ship on the day. Parents, grandparents and community members are encouraged to embrace the theme. Dress up if you dare!!!

Joke: How do you know if you are a pirate? Answer: You just Arrrgh!

School Development Day
Monday July 13th
Pupil Free Day
Term Three commences for students Tuesday July 14th

Sharni Oldknow winning her first ribbons & medals at Gymnastics last weekend.
EXCURSION TO ARMIDALE GYMNASICS CENTRE

Last week students had an amazing time at the Armidale Gymnastics Centre, a big thankyou to Wally O’Hara for the experience. The pictures say it all. It was noted that we have a teacher at Kingstown with some gymnastics background. Yes, Miss Bennett: it all came back! The bars, the trampoline and finally that foam pit was just too irresistible! She had to jump!! (And convince her Principle it was too good an experience to miss! Thankyou Miss Bennett!) It was a wet rainy day so we thank the Gymnastics Centre for allowing us to have lunch upstairs. It was perfect.

From there we moved on to NERAM which had an art/wool exhibition and a fantastic global photography display, “50 Suburbs around the World.” Incredible photographs that were inspiring especially to our school amateur photographer, Mrs Hamilton!

The richness of our incredible world, inter-cultural understanding, difference and diversity are important learning areas across our curriculum.

This experience aligns with Direction Two of our School Plan and its purpose. We want our students to be: respectful and informed local and global citizens; develop an awareness of their local and culturally diverse world and have the knowledge and capacity to embrace difference and diversity. What a wonderful way to say it all! Loved it!
Upper Division Dioramas
“A scene relating to the British Colonisation of Australia”
## Terms 2/3 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>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>June</td>
<td>10</td>
<td>22</td>
<td>23</td>
<td>24 PLAY GROUP</td>
<td>Tuckshop</td>
<td>25 PIRATE DAY AND PARENT ASSEMBLY</td>
<td>26 Last day Term 2</td>
<td>27</td>
</tr>
<tr>
<td>June/July</td>
<td>29</td>
<td>30</td>
<td>1</td>
<td>2</td>
<td>3 HOLIDAYS</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>July</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9 HOLIDAYS</td>
<td>10 HOLIDAYS</td>
<td>11</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>July</td>
<td>1</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td></td>
<td>STAFF DEVELOPMENT DAY</td>
<td>HOCKEY SESSION with Blair Chalmers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>July</td>
<td>2</td>
<td>20</td>
<td>21</td>
<td>22 PLAY GROUP</td>
<td></td>
<td>23 SMALL SCHOOL BALL GAMES DAY</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>HOCKEY</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>July/Aug</td>
<td>3</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>21</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>August</td>
<td>4</td>
<td>3</td>
<td>4 HOCKEY</td>
<td>5 RUGBY GALA DAY AT URALLA</td>
<td>6</td>
<td>7 JEANS FOR GENES DAY</td>
<td>8</td>
<td>9</td>
</tr>
</tbody>
</table>

## REMINDERS:

- Could parents please keep the school informed to address and contact changes so the school can ensure our details are up to date and correct.

- Please remember to send in notes or contact the school of your child is away or absent from school.

- Private vehicle conveyancing forms will be submitted early next term.

- School reports will be sent home on Thursday, 25th June 2015.
Nourishing, simple ideas for serving fresh fruit and veg to kids

“Makeover of the season” - add chunky cooked apple and roasted pumpkin to a sausage on a roll.

Recipe on back page

Inside: Fresh veggie soup recipes + Apples + seasonal buying guide + more
Go to www.freshforkids.com.au for more fabulous fresh fruit and vegetable recipes and ideas
Eat Well

A nourishing quick-fix on cold days, fresh veggie soups are hearty, colourful and full of flavour. Soups are an easy way of loading kids up with their daily fresh veggie requirement. Let the pot simmer away with these easy soup recipes.

veggie & chicken meatball soup

Preparation 30 mins | Cooking 45 mins | Serves 4

300g chicken mince
½ cup fresh wholegrain breadcrumbs
½ cup flat-leaf parsley, chopped
1 free-range egg
2 tbsp olive oil
1 brown onion, finely chopped
3 garlic cloves, finely chopped
2 stalks celery, chopped
2 carrots, chopped
1 large potato, peeled and diced
5 cups chicken stock
1 cup finely shredded Savoy cabbage
2 tbsp grated parmesan, to serve

Step 1 To make the meatballs, combine chicken, breadcrumbs, half of the parsley and egg in a bowl. Season with salt and pepper. Shape mixture into 20 small balls (about the size of a 50c piece). Place onto a plate, cover and refrigerate.

Step 2 Meanwhile, heat oil in a large pan over medium heat. Add onion and cook, stirring often, for 3 minutes until just tender. Add garlic, celery, carrots and potato. Cook, stirring often, for 5 minutes.

Step 3 Add stock and cabbage, cover and bring to the boil. Reduce heat, cover and simmer over medium-low heat for 45 minutes. Add chicken meatballs and remaining parsley and simmer for 8-10 minutes until chicken meatballs are just cooked through. Season with salt and pepper, sprinkle with parmesan and serve.

Creamy carrot, kumara & bacon soup

Preparation 25 mins | Cooking 50 minutes | Serves 4

1 tbsp olive oil
1 onion, finely chopped
2 garlic cloves, finely chopped
1175g rindless shortcut bacon rasher, roughly chopped
680g kumara (orange sweet potato), peeled and diced
680g carrots, peeled and diced
5 cups chicken stock
Reduced fat tasty cheese and thick wholegrain toast, to serve

Step 1 Heat oil in a large saucepan over medium heat. Add onion, garlic and bacon and cook, stirring often, for 5 minutes. Add kumara and carrots and cook, stirring often, for 10 minutes.

Step 2 Add stock, cover and bring to the boil. Reduce heat to medium-low, partially cover and simmer, stirring occasionally, for 25-30 minutes or until vegetables are tender.

Step 3 Blend or process soup until smooth. Heat soup over medium-low heat until hot. Season with salt and pepper to taste. Ladle into mugs or large cups, sprinkle with cheese and some extra crisp bacon if liked and serve with toast.

why is kumara good for kids?

- Provides slowly digested carbohydrate, making it a useful vegetable for those with diabetes.
- Like other orange coloured vegetables, kumara is rich in beta carotene, which the body converts to vitamin A.
- A very good source of vitamin C, one of the anti-infection vitamins.
- A top rating vegetable for vitamin E, which is important to keep cell membranes healthy.
Crunch into Aussie apples

Although you can buy apples all year round, nothing is nicer than the crisp new season apples now available at your local greengrocer.

With so many Australian-grown apple varieties on offer, each varying in colour, crunch and taste, and some more suited than others for cooking, this brief guide will help you select the best.

**Best apples for cooking...**

**GOLDEN DELICIOUS**
An excellent apple for cooking, the Golden Delicious keeps its shape and develops a beautiful golden translucence when cooked.

**GRANNY SMITH**
The glossy green skinned apple has crisp, firm white flesh that's deliciously aromatic and juicy. The Granny Smith is a traditional favourite and a good all-rounder for cooking.

**PINK LADY**
Deliciously juicy and sweet with crisp, dense flesh, the Pink Lady is a fine eating apple that is rapidly growing in popularity.

**ROYAL GALA**
A crisp smallish-sized apple, Royal Gala's skin is creamy white overlaid with a pink blush and reddish-orange stripes. It's sweet, juicy and crunchy and makes a great snack food for kids.

**Snap up new apple varieties...**

**JAZZ**
The subtly sweet Jazz apple has a refreshing crunchy dense white flesh. Although small, to medium in size, it is big on flavour. This variety tends not to bruise easily so it's the perfect 'on the go snack'.

**KANZI**
This apple has glossy colourful reddish pink skin and quite juicy crunchy flesh with a spritzzy tart flavour.

**GREENSTAR**
The Greenstar has a fresh intense taste, crisp white flesh and outstanding crunch. Owing to its high vitamin C content, this variety tends not to discolor once cut making it perfect to chop and toss into fresh fruit salads for the lunchbox.

---

**Apple & Sultana Tarts**

Preparation 30 mins + cooling time | Cooking 40 mins | Makes 10

- 1.5 kg Granny Smith apples, peeled, cored and chopped
- ½ cup caster sugar
- ½ tsp ground cinnamon
- ¾ cup sultanas
- 10 sheets fresh filo pastry
- 125g butter, melted, for brushing
- Icing sugar, for dusting
- Vanilla ice-cream or whipped cream, to serve

**Step 1**
Combine apples, sugar and cinnamon in a large saucepan, cover and bring to the boil over medium-high heat, stirring occasionally. Reduce heat to low and simmer, stirring occasionally, for 20-25 minutes until very tender. Stir in sultanas. Remove from heat and set aside to cool for 30 minutes.

**Step 2**
Preheat oven to 200°C/180°C fan-forced. Grease 10 holes of a ½ cup capacity muffin pan with melted butter.

**Step 3**
Place filo sheets onto a clean work surface and cover with a damp tea-towel. Working with 1 filo sheet at a time, brush with butter then fold into quarters, brushing with butter before each fold. Gently ease into muffin pan to form a pastry case. Repeat using remaining filo. Spoon cooled apple in 10 cases. Bake for 20-25 minutes until filo is golden. Cool in pan for 15 minutes. Dust with icing sugar and serve with vanilla ice-cream or whipped cream.
Apple, roast pumpkin & sausage subs

(pictured front cover)

Prep 20 mins | Cook 45 mins | Serves 6

730g Butternut or Jarrandale pumpkin
Olive oil cooking spray
6 reduced fat pork sausages
2 long baguettes*, cut into 1.5cm pieces
(‘or use 6 small long bread rolls)

Chunky apple sauce:
3 Granny Smith apples, peeled and cut into 3cm pieces
1 lbs caster sugar
2 lbs water
2 tsp lemon juice

Step 1 Preheat oven to 200°C/180°C fan-forced. Peel, deseed and cut pumpkin into 1.5 cm-thick slices. Spray both sides with oil. Season with salt and pepper. Place in a single layer on a large baking tray lined with baking paper. Roast, turning once, for 25-30 minutes until tender.

Step 2 Meanwhile, to make apple sauce, combine apples, caster sugar, water and lemon juice in a medium saucepan. Cook, uncovered and stirring often, for 20-25 minutes until golden and tender. Roughly break up apples with a wooden spoon. Set aside to cool.

Step 3 Preheat a large non-stick frying pan on medium heat. Cook sausages, turning occasionally, for 12-15 minutes until cooked through. Drain on paper towel.

Step 4 To serve, split baguettes, top each with pumpkin, sausages and apple sauce and serve.

Hot Jacket Potatoes

Winter is the perfect time to serve up delicious and warming potatoes. A favourite with kids and so easy to prepare baked jacket potatoes can be topped with a range of health and tasty fillings like...

- Cottage cheese and diced avocado
- Warmed baked beans
- Savoury mince and grated cheddar cheese
- Diced capsicum and tomato and chopped grilled bacon
- Mashed avocado, reduced fat sour cream and sweet chilli sauce

TO BAKE JACKET POTATOES

Preheat the oven to 190°C/160°C fan-forced. Individually wrap potatoes in foil and bake for one hour or until tender when tested with a skewer. Cool slightly. Open foil and cut a cross in the centre of the potatoes, gently squeeze to open and top with your chosen topping.

essentials...

Top fruit in winter

Gold Kiwifruit

Succulent gold kiwifruit is a powerhouse of beneficial nutrients. Bursting with vitamin C, these golden fleshed fruits will chase away the winter gloom. This kiwifruit has thin smooth skin and is slightly more elongated in shape than green kiwifruit. Choose firm kiwifruit, and leave at room temperature to ripen until fruit feels slightly soft to touch. The sweet golden yellow flesh can be easily scooped out with a teaspoon when the fruit is halved.

Packham Pears

Now in peak season, these juicy white-fleshed Packham pears pack a punch of flavour. Choose firm green Packham pears and leave at room temperature until they’re ripe and yield to gentle pressure around the stem. Team a Packham pear with a wedge of reduced fat tasty cheese and a few low-fat crackers for a healthy school snack.

Cara Cara Navel Oranges

New to the market, these delicious seedless oranges have attractive juicy rosy-orange flesh. Naturally sweet and picked ripe and ready to eat, these oranges are excellent for kids due to their low acidity. Chop the flesh and add to fresh winter fruit salads or quarter and serve after sport.

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