Term 1, Week 3

Monday 8th February 2016

Dear Parents and Kingstown Community,

Week Two saw us settling into our new classes - all is going smoothly. This week we will commence music lessons with Mr Boyd. Fun...

We were all out in the elements last Thursday at the Small School Swimming Carnival, but all went well. Congratulations to Kelly’s Plains for biting the bullet and going ahead. They did a great job with the organisation on the day and also took out the shields. Well done to them.

Congratulations to Dylan and Charlotte Dew who were awarded trophies for Juvenile Boy and Junior Girl - fantastic achievement!

Congratulations to all our swimmers who continue to impress us with their great sportsmanship and big hearts! Every year we have students who participate in races and persist to the end to earn points for their school!! Character building and a credit to them!

Also well done to our parent swimming team - Jess Rowe, Liam McNair, Josie and Kate Blanchard!

Excitement!! The Commboxes were installed today in Ms Bennett and Mr McNair’s classrooms. We will show them off at our next parent assembly!!!

A huge thankyou to our wonderful SAM, Mrs Patch, who stayed back with me last Friday afternoon to paint the front classroom wall of Lower Division. Just what you don’t want to be doing at the end of a week! We had to remove the whiteboard and paint the exposed ugly timber wall before the installation of the Commboxes could take place this morning. We gave it three coats! Impressive! (She really does deserve more flowers!!!)

P&C meeting and AGM
All welcome this Wednesday 5.30pm Hamilton Building
On Wednesday morning this week, at 9.30am, our Year 6 students will present their Captain Speeches. Parents of Year 6 students are more than welcome to come along.

Next Wednesday 17th February at 12:00pm we will hold a Parent Assembly where the 2016 School Captains will be presented with their badges.

Congratulations to Jake and Sam Rizzi for their great efforts in Motokhana during 2015. Both Sam and Jake won two 'Champion of the Month' trophies, and Jake was named 'Junior Champion of the Year 2015'. Congratulations Sam and Jake!

Sam Rizzi is also to be congratulated on the sign (pictured) he created for the Uralla Show. He won first place and a coveted $200!!

Focus on Reading

Focus this week: SUMMARISING

Summarising teaches students how to discern the most important ideas in a text, how to ignore irrelevant information, and how to integrate the central ideas in a meaningful way. Teaching students to summarize improves their memory for what is read. As a whole school focus this week all teachers will be explicitly teaching summarisation strategies across the curriculum.

Homework

Homework for Years 3-6 commences this week.

Merit Certificates

For persistence and great sportsmanship at the Small School Swimming Carnival.

Max, D’Arcy, Angus, Mia, Amy, Gemma, Georgie B, Toby, Isabella, Sharni, Dylan, Georgie S and Charlotte
Small School Swimming Carnival
### TERM 1 2016 CALENDAR

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Best wishes to Samantha who celebrated her birthday at school last Friday. Birthday wishes also go to Corban and Luke, who celebrated their birthdays during the holidays.

**EXERCISE CLASSES**

at Kylie’s house
70 Old Kingstown Road

Monday 1:30pm Yoga  Tuesday 10am Active
Minimum Numbers for class are 5 people. Cost is $10.

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**HAPPY BIRTHDAY!**
FREE Surviving Your Adolescents

Learn how to manage and get on with your 11-22 year old!

The Surviving Your Adolescents course covers:
- The effects of normal adolescent behaviour
- How to manage teen risk-taking
- The Four Cardinal Sins (what not to do)
- The relationship between parents and adolescents
- Communication and adolescent safety
- The four ways to improve your relationship
- What role to take: Observer, Advisor, Negotiator, Director
- How to respond to emotional blackmail

For more information or to register, contact the Family Relationship Centre through Centacare NENW
1800 372 826
6738 7200

WHEN: 2 x Mondays
15th & 20th February 2016
TIME: 9.30am to 12.30pm
WHERE: 3/150 Rusden St, Armidale
COST: FREE

Registration is essential. This course is subject to registration numbers.

Kingstown HEALTH CHECKS

HealthWISE New England North West will be providing FREE HEALTH SCREENINGS

Thursday the 11th of February 2016
Kingstown General Store
From 9.30am
ALL WELCOME

Health screenings will be conducted by our experienced Primary Health Care Nurse, Tim McSorey. He has extensive nursing experience in a variety of health settings.

For more information contact Tim
0458669462

Wednesday 17 February OPEN DAY

9.00am – 2.00pm

We are the only hysm. agricultural Government select school in Australia. Farrer has established an enviable reputation as a centre of excellence in academic, agricultural, welfare and sport programs. Catering to the education of both day and boarding students, Farrer is set on 145 hectares of prime agricultural land, 10 kilometres from Tamworth, New South Wales.

RSVP: 6654-8607 – Kerry Honey – Enquiries Officer
Wear casual clothing & bring a hat. Refreshments will be served.

Farrer Memorial Agricultural High School
585 Caleta Lane, Tamworth NSW 2340
6764 8605
www.farrer.nsw.edu.au

Reasons to enrol your son at Farrer

A broad curriculum offering academic, practical and creative learning opportunities taught by a cohesive, collaborative team.

A 75 year tradition of pride in our school with core values of respect, excellence and fairness.

Vision Statement: "Proudly committed to producing thinking, well-educated, skilled, flexible and caring people capable of confident effective participation in society."

TUESDAY 9 FEBRUARY, 3:30PM - 4:30PM
BELLEVUE OVAL, UNI OF NEW ENGLAND

FREE AFL CLINIC FOR 5-16 YEAR OLDS
MEET & GREET SWANS PLAYERS
FUN FOR ALL THE FAMILY
AUTOGRAPHS

For any inquiries prior to the day please call 6659 8000
The implementation of the new History (and Geography) Syllabus.

Human Society and Its Environment (HSIE) is now replaced with History (the Change and Continuity strand of the old HSIE syllabus) and Geography. The Geography Syllabus will be implemented next year; however, many units are already integrated with the new syllabus documents: History/Geography Geography/Science English/History.

Inquiry skills are an important component of both the History and Geography Syllabuses.

In Geography

Students investigate people, places and environments. They explore geographical concepts, such as place and sustainability, through real world examples and issues. Students learn how to acquire process and communicate geographical information using geographical tools and inquiry.

In History

Students investigate their personal, family and community history. They develop understanding of Australia’s Indigenous and colonial history and how Australia became a nation. Students learn about historical concepts, such as viewing an historical event from a different point of view, and historical skills, such as using historical sources for an investigation.

Term One history units for the K-2 class are:

“Celebrations” and “The Past in the Present.”

We are learning to: WALTs

Students are inquiring into why and how people celebrate special days; similarities and differences between different celebrations and the feelings associated with celebrations.

This week students will be learning about the origins of the Chinese New Year and how Chinese people celebrate this occasion today and have in the past.

Over the next weeks students will also be exploring and appreciating an aspect of their local history and considering why remains of the past should be preserved. They will be looking for evidence of the past in the present.

We are planning an excursion to McCrossin’s Mill in Uralla to develop an appreciation of our local history and the contribution of Chinese people in our past. We will also view the Thunderbolt paintings collection, cemetery and statue.

Literacy:

We continue to focus on improving our students reading and comprehension across subject areas by embedding the Super Six Comprehension Strategies (Focus on Reading) into our teaching practice.

The Super Six strategies include:

Making Connections; Visualising; Monitoring; Predicting; Summarising; Questioning; Inference (this is an additional strategy)

At the heart of teaching the Super 6 is the "think aloud” strategy, showing students HOW you make meaning as you read and write and WHY the Super 6 are such useful skills.

The Super Six help to equip the students to not just effectively read a text but to comprehend what the text is about. We introduce the terminology in Kindergarten and continue to build upon it through Years One to Six. Many parents would have heard statements such as ... I’m making a text to text-self-world connection... I predict.. I’m visualising these words.... I’m wondering.... The main idea is.... The key word is .... Stop and let me say something about what I have just read... What is...???
Nourishing, simple ideas for serving fresh fruit and veg to kids

Fresh vibrant crisp veggies make perfect rainbow salads to brighten back-to-school lunches.

Recipe on back page

Inside: Super salad recipes + sweetcorn ideas + icy summer fruits + more

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

EASY BREEZY SALADS

Easy-to-assemble, colourful and crunchy salads are the order of the day. Quick preparation time plus packed with flavour and nourishing goodness, kids will love these cool salads.

Watermelon & barbecued chicken salad

Preparation 20 mins | Serves 4 kids

750g piece seedless watermelon
2 baby cos lettuce, leaves separated
½ bought barbecued chicken, flesh shredded, skin and bone discarded
50g feta cheese
reduced fat mayonnaise, to serve

Step 1 Cut watermelon into 1.5cm-thick slices. Using a 3cm to 5cm cookie cutters or glasses, cut 12-16 rounds from watermelon flesh.

Step 2 Arrange lettuce leaves on serving plates, top with watermelon and chicken. Sprinkle with feta and a drizzle of mayonnaise and serve.

Mexican sweetcorn, avocado & ham salad

Preparation 25 mins | Cooking 5 minutes | Serves 4

3 sweetcorn cobs, husks and silks removed
10g olive spray
200g grape or mini roma tomatoes, halved
½ small red onion, finely chopped
1 Lebanese cucumber, diced
1 cup coriander or parsley leaves, roughly chopped
1 jalapeno chilli, deseeded and finely chopped (optional)
200g sliced leg ham, chopped
1 ripe avocado, peeled, halved and sliced lengthways
2 tbs lime juice
Lime wedges, tortillas and reduced fat sour cream, to serve

Step 1 Wash prepared sweetcorn cobs, place in a single layer in a microwave safe dish and cover. Microwave on high for 2-3 minutes (per cob) until just tender. Set aside to cool. Slice kernels from cobs and place into a large bowl.

Step 2 Add tomatoes, onion, cucumber, coriander, chilli and ham to corn. Season with salt and pepper to taste and toss to combine. Peel, halve and slice avocado lengthways and drizzle with lime juice. Add avocado to salad. Serve with lime wedges, tortillas and sour cream.

Why are avocados good for kids?

• Avocados are one of the few fruits that contain some fat, but its ‘good’ fat that is essential for health.
• They’re top of the fruit and vegetable class for vitamin E, a vitamin needed for healthy red blood cells.
• Plus avocados are a good source of vitamin C, that helps keep gums and teeth healthy.
Sweetcorn

Now at its seasonal best, deliciously fresh juicy sweetcorn turns a summer meal into a special treat.

**TO CHOOSE**
Select sweetcorn with plump bright kernels and an intact fresh green husk. The kernels should reach all the way to the tip of the cob. The freshest corn kernels burst with a milky juice when pressed with your fingernail.

**TO STORE**
Store sweetcorn with the husks intact in a plastic bag in the crisper. The natural sugars in sweetcorn rapidly convert to starch upon harvesting. For optimal flavour, use within a day or two of purchase.

**TO PREPARE**
Just before cooking, remove the husks if boiling or steaming. Simply retract the husks if barbecuing or char-grilling. Whichever your preferred method, discard the fine silk before cooking.

**Why is sweetcorn good for kids?**
Sweetcorn is a good source of dietary fibre. It provides niacin (vitamin B3), which is needed for the release of energy from food. It also contains the B vitamins, biotin and folic acid. Biotin contributes to healthy skin and hair while folate is essential for generating blood cells. Iron, an essential mineral for red blood cell formation, is also present in sweetcorn.

**Corn, coriander & chicken burgers**

Preparation 25 mins | Cooking 10 mins | Serves 4

1 cob sweetcorn, husks removed
500g chicken mince
½ small onion, finely chopped
½ cup coriander leaves, chopped
1 cup fresh wholegrain breadcrumbs
1 egg, lightly whisked
Salt and ground black pepper
Vegetable oil, for pan-frying

**To serve:**
4 oak leaf lettuce leaves
4 wholemeal bread rolls, halved
2 Lebanese cucumbers, thinly sliced lengthways
½ cup coriander leaves
½ cup sweet chilli sauce

**Step 1** Place corn upright on a board, and using a sharp knife, slice downwards to remove kernels. Place corn kernels, chicken mince, onion, coriander, breadcrumbs and egg into a medium bowl. Season with salt and pepper to taste. Mix until well combined. Form mixture into 4 patties. Place on a tray, cover and refrigerate for 20 minutes.

**Step 2** Heat ½ cm (depth) vegetable oil in a large non-stick frying pan over medium heat. Add patties and cook for 4–5 minutes on each side until golden and cooked through. Drain on paper towel.

**Step 3** To serve, place lettuce on each roll base, top each with a pattie, cucumber and coriander. Drizzle with sweet chilli sauce, top each with remaining bread and serve.
STAY CHILLED

Keep kids cool with these icy summer fruit ideas...

For a back-to-school afternoon treat, make these frosty banana & chocolate pops. Whizz 3 ripe bananas, 1 cup thick reduced fat yoghurt, ¼ cup reduced fat milk, ¼ cup milk and 1 tbsp maple syrup in a blender until smooth. Pour mixture into 10 x 1¼ cup ice block moulds and freeze overnight. Remove the pops and dip the tips into extra milk if liked.

A refreshing iced summer fruit platter is the perfect after school snack. Simply freeze wedges of rockmelon, pineapple and mango and small clusters of seedless grapes.

essentials...
summer stone fruits

Luscious stone fruits are picked ripe yet firm. For optimal ripening, leave stone fruits in a single layer at room temperature for a few days until the fresh softens around the stem before eating. Once ripe, enjoy fruit or refrigerate and use within a day or two.

Peaches

It’s hard for kids to resist a ripe peach but many kids are turned off by the furry skin. Peel peaches with a small sharp knife or alternatively, place peaches into a heatproof bowl, cover with boiling water and stand for 60 seconds, then drain. Refresh in cold water and remove the skin.

Nectarines

A classic summer favourite, kids enjoy nectarine’s sweet juicy flesh and colourful rosy skin. If packing for a back-to-school lunch, wrap chilled fruit in a sheet of paper towel then pop into a lunch box to prevent bruising. Succulent white-fleshed varieties are not to be missed!

Plums

Enjoy the vibrant range of plums available now until autumn. Each variety differs in skin tone, flesh colour and taste. Plums provide a range of flavour sensations. Easy for kids to eat straight from their hands, plums are also perfect for your fresh fruit salads.

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