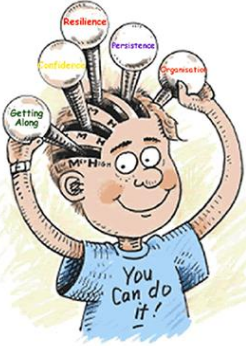




Kingstown Public School NEWSLETTER

Term 4, Week 3

Monday 29th October 2018



**WHAT WE
LEARN IN
OUR YOU
CAN DO IT
LESSONS**



Organisation:

**Planning
my time**

**Blocker:
Planning
time poorly**

Dear Parents and Kingstown Community,

Thank you to our P&C for kindly funding the purchase of new school polo shirts to all our students. The students looked great for the school photos last Tuesday. Students are quite welcome to continue wearing the new polo shirts as part of the school uniform. We do have some sizes in stock at school so if you would like to purchase a second polo please contact the school.

We would like to wish our school relay team, Ruby, Angus, Gemma and Dom success this week at Homebush. Ruby is also representing the school in long jump and high jump. We are very proud of you!

Thank you again Steve Guyett for his talk, slide show and personal information on the Great Barrier Reef. Steve works with the Australian Border Force and has a wealth of knowledge to share on this area. Students gained a deeper insight and wider knowledge on the Great Barrier Reef.

Students Comments... *Our Great Barrier Reef is the equivalent size of Japan..*

I'd never thought about how the Crown of Star Thorns Starfish arrived at the reef before today..

I now understand why tankers and ships are allowed along a specified strip inside the reef..

It is good to know that there is a quick response to oil spills..

Crude oil is a bigger problem than petrol and other oil..

I know that there are coloured zones that the Marine Authority alternates to protect the reef..

I was happy to hear that Australian fishermen can contact the Marine Authority if they lose a net and it can be located and retrieved..

It is tragic that fisherman illegally fishing just cut the nets and they



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become ghost nets that drift and entangle and kill many fish and marine animals..

It is sad that isolated beaches on the northern Queensland coast are littered from tidal rubbish from other countries.

School Play

Matinee performance: 10.30am Wednesday, 7th November.

Evening performance: 6.00pm Thursday, 8th November. There will be no supper after the play and parents are asked to supervise their children if they will not be leaving at the conclusion of the play.

Students are asked to arrive at 5.00pm for the evening performance.

Our school play is underway. Thank you so much to the parent helpers, teachers and office staff who have been working hard on the props, costumes and invitations and to our students who always give 100 percent!

Presentation Night

A social gathering and BBQ will be held after the presentation night on Thursday, 6th December.

Piano Organ

Thank you to Ian who donated two antique organs, one to play and one to pull apart. If you are interested in acquiring the working antique organ please contact the school.

Lake Ainsworth: Upper Division Students Years 4-6

Lake Ainsworth is fast approaching. Very Exciting! Activity preferences have been submitted. Please contact the school or me personally with any queries. A list of essentials on what students will need to pack will be sent home very soon.



Great Barrier Reef Presentation by Steve Guyett



Swimming Lessons

Swimming lessons will be held Week 9 through to Wednesday, Week 10. Thank you to John and Annette Cassidy for providing Merilba Pool for the swimming lessons. We are lucky to have Michelle Williams, an accredited swimming teacher, running the seven day program again this year.



School Canteen

The school community would like to thank Maureen and Lyn for doing such a great job running the canteen. You are very appreciated! The students love having canteen Wednesdays!



Year 6 Farewell
Uralla Pool,
Tuesday 18th
December -
Week 10



Enviro-Matters





TUCKSHOP SPECIAL \$4.00

Week 3 — Pizza (H&P, M/L)

-P&C MEETING-

**Wednesday 28th November 2018
at 5:30pm**

in the Hamilton Building at school.

Everyone Welcome!

If you have any agenda items please email to: kingstownpandc@gmail.com

Stick 'em up...
Bumper veggie-laden skewers

These fun to make and easy to eat skewers are a great way to get kids to eat more veggies! Fun skewer sandwiches for lunch, instead of everyday sliced bread sandwiches. The healthy zucchini, mushroom & chicken skewers are perfect for fundraiser barbecues or an easy weeknight meal.



ZUCCHINI, MUSHROOM & CHICKEN SKEWERS
Prep 20 mins | Cook 10 mins | Makes 8

- 1/4 cup honey
 - 2 tbs salt reduced soy sauce
 - 1 tsp sesame oil
 - 2 medium zucchini, cut into 2cm pieces
 - 200g small button mushrooms
 - 600g free-range chicken thigh fillets, trimmed and cut into 3cm pieces
 - Crunchy salad and flatbreads to serve
- Step 1** Combine honey, soy sauce and sesame oil in a large shallow dish.
- Step 2** Thread zucchini, mushrooms and chicken onto 8 soaked bamboo skewers. Add skewers to soy mixture and turn to coat. Stand for 5 minutes.
- Step 3** Preheat a char-grill or non-stick frying pan over medium heat. Char-grill, barbecue or pan-fry skewers, turning occasionally, for 10 minutes or until just cooked through. Serve with a crunchy salad and flatbreads.



LETTUCE, CUCUMBER & TURKEY SKEWER SANDWICHES

Prep 20 mins | Makes 6

- You'll need 6 bamboo skewers for this recipe.
- 1/4 small iceberg lettuce, washed and chilled
 - 1 large Lebanese cucumber
 - 4 slices whole grain bread, crusts removed
 - Butter or margarine, for spreading
 - Cranberry sauce, for spreading
 - 12 mini roma tomatoes
 - 150g sliced turkey breast, thinly sliced lengthways
 - 4 slices Swiss cheese, halved
- Step 1** Cut chilled lettuce into small bite-sized pieces. Using a vegetable peeler, slice cucumber lengthways into thin ribbons.
- Step 2** Spread bread with butter or margarine then spread with cranberry sauce. Cut each slice into 4 squares.
- Step 3** Thread tomatoes, bread, turkey, cucumber ribbons, cheese and lettuce onto 6 thick bamboo skewers and serve.
- TIP** For younger children, trim the pointy end of the skewers.

Why cucumber is good for kids
Cucumber is a good source of vitamin C. One of the many functions of vitamin C is the normal formation of collagen which is important for healthy teeth, gums and skin.

2018 CALENDAR - TERM 4

MONTH	WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Oct/Nov	3	29	30	31 PSSA ATHLETICS@ Homebush	1 PSSA ATHLETICS@ Homebush	2	3	4
Nov	4	5	6	7 PLAY MATINEE	8 PLAY NIGHT	9	10	11
Nov	5	12	13	14	15	16	17	18 Lake Ainsworth
Nov	6	19 Lake Ainsworth	20 Lake Ainsworth	21 Lake Ainsworth	22 Lake Ainsworth	23 Lake Ainsworth	24	25
Nov/Dec	7	26	27	28 P&C Meeting	29	30	1	2
Dec	8	3	4	5	6 Presentation night	7	8	9
Dec	9	10 Swimming	11 Swimming	12 Swimming	13 Swimming	14 Swimming	15	16
Dec	10	17 Swimming	18 Year 6 Farewell Uralla Pool	19 Swimming <u>Last day of term for students</u>	20	21	22	23