

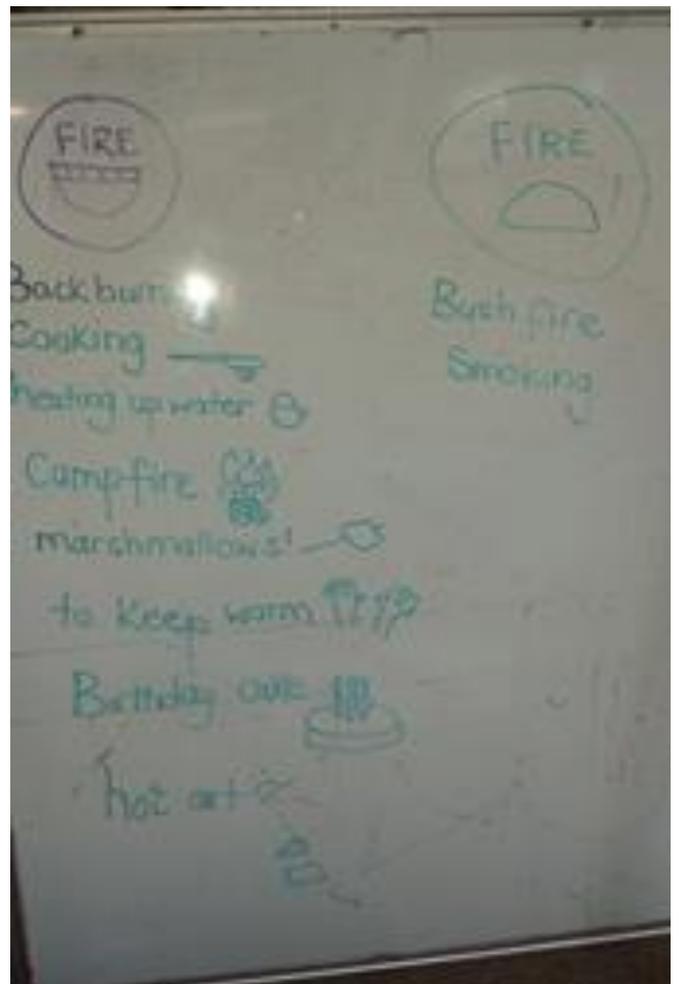
Group 1's Term is heating up!



Group 1's term ignited with some hot science. Before we started our experiments we had a chat about safety:

When is it okay to use fire? Where does it help us in our lives? Should you try this science at home without an adult? Why not? What are the dangers? What would you do if there were a fire?

In one experiment we found out what happens when you place a glass jar over the candle and why. We then repeated it but filled the plate it was resting on with water. There was much excitement when it was sucked up into the jar!



This was an ideal time for us to practice a fire drill and what we would do in school if there were ever a fire.

We were lucky enough to have the Terrey Hills Rural Fire Service come to visit us in class. They talked about what to do in the event of a fire at school, at home or anywhere. We practiced "Get down low and go, go go!" and to dial 000 in an emergency.

The fire fighters let us have a go on the hoses and climb through the truck!





Snack Attack has been a part of Kinma for a very long time...and how wonderful for the children to have their parents come in and fill the air with a good home-cooked meal. There have been some amazing foods and traditional goodies that parents have become loved and famous for.

There are 73 children in the Primary and 26 in Preschool, approx. 10 adults on Wednesdays.

We have 21 gluten-free, 17 dairy-free children, and 12 vegetarians. If your child is any or all of these 3, please let me know.

Usually we have 2-3 parents that come in on a Wednesday and one makes the Main and the other Dessert...or you do it all together on the day. It is a great way to meet and get to know the parents of Kinma and spend the day with the children.

Like everything at Kinma it is a very relaxed easy day. There are not many rules, all we ask is for it not to be too junky and offer vegetarian, dairy-free and gluten-free options.

The kids really enjoy Snack attack, and it's great when we can make Snack Attack happen every week. Below are the dates for Term 4 Snack Attack.

PLEASE REMEMBER – We do not use nuts or nut products anywhere at Kinma.

Nov 9	Alix, Katerina and Tan
Nov 16	
Nov 23	Rachel, Sally M, & 1 helper needed
Nov 30	Preschool
Dec 7	
Dec 14	

If you have any questions or want to contribute please email me at hayleyjl@tpg.com.au or call 0435 145 486.

Thanks,
Hayley Lewis (Turiee's mum)

Some examples of successful meals have included Chicken wings/ drumsticks and salad, tacos, nachos, pasta dishes, pizza, sushi, quiche, fruit and yoghurt, baked apples with cream/yoghurt, natural ice blocks... and much more.

All expenses for ingredients are reimbursable.

Extras

Davidson

HIGH SCHOOL

You are cordially invited to

Meet our Principal

Ms Jann Pattinson
on **Friday 18th November**
at **9.15am**
in the Jan Jones Room.

Following a Q&A session, school
tours will be run.

To secure your place at this event, please go
to www.schoolinterviews.com.au and enter
the code hgqu9

Mimosa Street, Frenchs Forest
Phone: 9451 0022
www.davidson-h.schools.nsw.edu.au



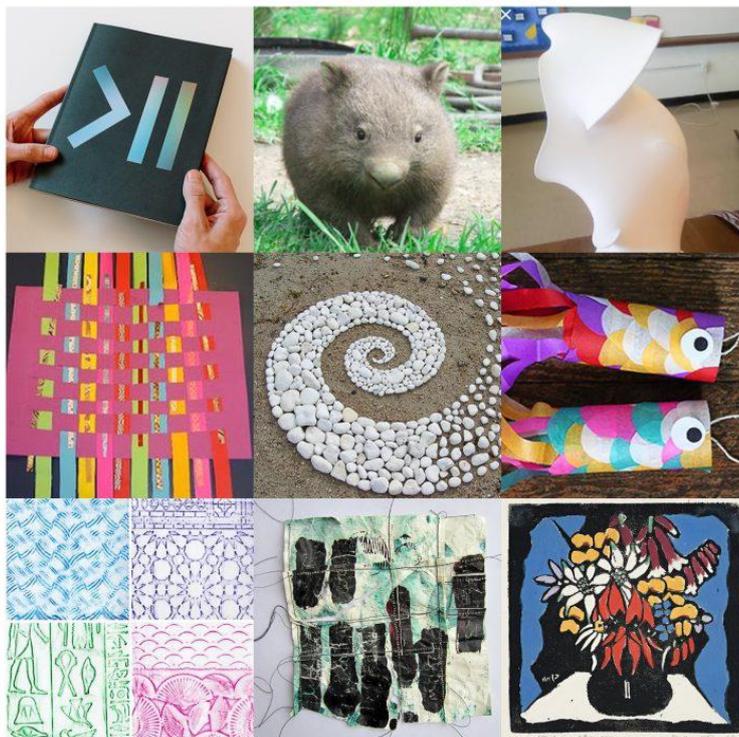


JANUARY SCHOOL HOLIDAY PROGRAM 2017

To Mums, Dads and Carers: help over the holidays is near :]
 SYDNEY ART SPACE will be offering a fabulous school holiday art program in January covering workshops in painting, drawing, collage, printing, stitching, illustration, clay handbuilding, ephemeral sculptures, 3D sculpting, origami, jewellery making and photography!! Stay tuned and go to our website 6 weeks before Term 4 finishes to see what is on during January.

www.sydneyartspace.com info@sydneyartspace.com

Bookings essential 0402 532 957



parenting Programs Child & Adolescent Parenting

WHAT'S ON IN TERM 4 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Kids Course (3-10yrs)

Help your child develop emotional intelligence, manage emotions & deal with conflict.
Chatswood 5wks/2.5hrs (2/11 -30/11, 7.00-9.30pm)

Triple P (Positive Parenting Program) Seminars (3-8yrs)

Series of 3 seminars on Positive Parenting & Raising Confident, Competent & Resilient Children
Chatswood (21/11, 28/11 & 5/12, 7.00 - 9.00pm)

Communicating with Kids Workshop (based on PET) (4-12 yrs)

Communication skills for building effective long term relationships with your children & family.
Chatswood (24/11, 7.00-9.30pm)

Tuning in to Teens Course

Emotional intelligence & communication skills to understand your adolescents' needs & behaviour.
Chatswood 5 wks (1/11 - 29/11, 7.00-9.30pm), Brookvale 5 wks (2/11 - 30/11, 6.30-9.00pm)

Toddlers Workshops (1-3yrs)

Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep
Chatswood (3/11, 10/11 & 17/11), 3 wks/2.5hrs each, 7.00-9.30pm)

Helping Your 3-6 Year Old Child with Anxiety

Series of 2 workshops for parents to assist with young children showing signs of anxiety
Chatswood 24/10 & 7/11 (2.5hrs each, 7.00-9.30pm)

Resilient Kids Workshop

Strategies to accept & express feelings, develop optimistic thinking & coping skills
Chatswood (26/10, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop

Learn how to restore a respectful & positive relationship between you & your teenager
Chatswood (25/10, 7.00-9.30pm)

WORKSHOPS ON REQUEST - PHONE 8877 5152 (2-2.5 hours)

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| ★ Understanding Your Toddler/Discipline & Tantrums | ★ Transition to School |
| ★ Tucker without Tantrums/Toilet Training | ★ Transition to High School |
| ★ Speech & Language Development/Sleep | ★ Triple P Seminar Series 1-12 yrs & Teens |
| ★ Older Sibling - New Baby | ★ Communicating with Kids |
| ★ Dealing with Teen's Back Chat | ★ Grand Parenting |
| ★ Resilient Kids | |

Enquiries: Child & Adolescent Parenting 8877 5152
www.nslhd.health.nsw.gov.au/services/CAP



Health
Northern Sydney
Local Health District

