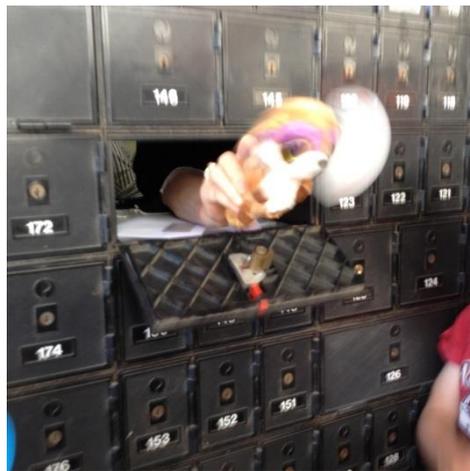


PRESCHOOL NEWS

EXCURSIONS

This term we have been out and about, engaging with the local community.



We made a trip to the **Terrey Hills Post Office** to post some letters, including a letter to the Rural Fire Service, thanking them for visiting our Preschool. We bought stamps, stuck them on the envelopes and posted them. We also had checked the Kinma School PO Box. It took a while for the children to find the right number and when we opened it, something furry jumped out! What a surprise! There were some letters for us to take back to the Kinma office. As we were walking back to Preschool, we met a postie. The children asked him lots of questions and told him the numbers on their own houses and asked if he had any letters for them. Then we met Pam, Amy and Josh, who also had letters to post. It was quite a long walk back to Preschool. After morning tea we looked at lots of different postage stamps.



Then we went on an excursion to **Flower Power Nursery** to buy some gardening goods with a voucher that had kindly been given. We met at the entrance and enjoyed a look around at all the homewares nearby.

We went through to the plant section and started looking at all the different varieties. We talked about the things we were looking for including salad ingredients, herbs, edible flowers (which we discussed are flowers that we can eat), potting mix and seeds to grow to sell at the Children's Markets.



Camille, Lily, Astrid and Grace were happy to be together and went around finding different plants to add to the trolley.



They had found a ladybug and had it crawling on their hand, Grace is showing us the poo that it left behind.

Lenny, Sanda, Astrid and Isaac are looking at strawberries, we discussed that we are already growing some at preschool.



Once all the plants were chosen, the children helped to carry them to the checkout and to lift the bags of heavy compost. We walked back to Preschool.





WHEELS Some new wheelie toys have proved to be very popular. The children's role play demonstrated how **observant** the children are and how they **imitate** the adults around them – **exploring** those adult roles. Samara and Claudia sped off. Qiana and Samara then went off to get petrol and to the carwash. A problem was worked on and solved by Michael the mechanic.





Shoes and helmets had to worn. A track was **planned** and chalked on to the ground, including a zebra crossing. **Discussions** about speed and braking distance were had.



Thomas helped River with his helmet and then set off on his own journey.

DATES

Thursday 1st December – Parent Craft Workshop

Wednesday 7th/Thursday 8th December – Vision Screening for 4 and 5 year olds

Tuesday 13th December – Leavers Farewell

Friday 16th December – last day of term

Tuesday 31st January 2017 – First day of Term 1

From the Preschool Team



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 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

Honouring the Feminine

December 9th, 10th & 11th, 2016

+ Ma Ma Na
A Celebration of Sisterhood
Gai-mariagal
 Women,
 Mothers & Daughter
 Weekend Retreat



Retreat Rundown

Friday

6pm Arrive

7pm Welcome Dinner

Saturday

- Women & women's business.
- Relationships with self, mother and child
- Totems of Gaimaragal
- Totem Flag Make
- Story Stick Make

Sunday

- Ochre Ceremony
- Letting Go Fire
- Blessing Ceremony
- Closing Celebration

4 pm Goodbyes

+ Teachings of Australia's First Peoples

Ancient Knowledge and Wisdoms for Modern Day Wellbeing Practices

Nourish and Nurture Weekend

Join us for a weekend of Women's Business at Currawong Cottages, nestled in the ancient lands and waterways of Pittwater and Kuringai Chase National Park, Gai-mariagal Country. This area is known for its peace and tranquility. It's a place to nurture your mind, body & spirit and find absolute seclusion from an increasingly busy world.



more on 2



Getting there by:

Ferry

Ferries depart from Palm Beach Wharf (Barrenjoey Road) on the hour and take 25 minutes. Please call Palm Beach Ferry Service on 9974 2411 or visit

Join us in the secluded bush land setting above the beach, at Currawong where the cottages have filtered views of Pittwater.



The Ma Ma Na Retreat explores what it means to be women in this modern age and to Honour the Feminine.

Commencing on Friday afternoon December 9th concluding Sunday 11th, 2016
Be part of Women's Business and Young Girls Rites of Passage to womanhood.

Investment

Women \$550

Teenagers \$200

Inclusive of accommodation, all meals, materials and teachings.

What to bring

- Clothes
- Bed linen & towels
- Costume & towel
- All toiletries
- Insect repellent

Please note

There are no shops, television, radios or telephones on Currawong, however you can get mobile phone coverage.



Further information:

Susan Moylan-Coombs
Mia Dalby-Ball

Mb: 0458205399
Mb: 0488 481929

email: susan@gaimaragal.com.au



Northern Beaches Council presents

KU-RING-GAI pH: ART + SCIENCE > PROJECT

Public Programs

Art + Science Forum

Sun 11 Dec, 2 - 4pm

Join in a discussion chaired by Professor William Gladstone, Head of School of Life Sciences, UTS, about the vital and fascinating relationship between science and art, and new ways of thinking about the relationship between them. Speakers include exhibition curators Susan Milne and Katherine Roberts, artists Lisa Roberts and Sarah Robson, scientist Dr Asheeta Prasad, and curator and writer Bec Dean. Members of the community are invited to register their interest in presenting a two-minute talk on their own experience of an art+science collaboration (by Mon, 28 Nov 2016) to katherine.roberts@manly.nsw.gov.au

Venue: Manly Art Gallery & Museum

Cost: Free

Ku-ring-gai Chase National Park Guided Tour

Sun 22 Jan, 9 - 12pm

Join Karen Smith from the Aboriginal Heritage Office on a guided walk in Ku-ring-gai Chase National Park, a landscape where traditional owners lived and flourished for thousands of years.

Venue: Ku-ring-gai Chase National Park (specific meet-up details provided upon booking)

Cost: Free (lunch at own cost)

'In Conversation': Artists & Scientists

Sun 19 Feb 2017, 2 - 4pm

Four of the collaborative groups talk with the curators about their ideas, processes and installations: Julia Davis, Sarah Robson & Dr Asheeta Prasad; Cassandra Bossell & Garry Daly; Dr Bonita Ely & Dr Karen Privat; and Megan Cope & Roberta Johnson.

Venue: Manly Art Gallery & Museum

Cost: Free

Masterclass with Shane Fahey

Sat 11 Feb, 10am - 3pm

Acoustic engineer, Shane Fahey, presents a masterclass exploring the art of sound + vibration which will appeal to visual artists working with or wanting to work with sound, and to musicians exploring sound visualisation and multi-disciplinary applications for their work. It will explore the history and development of sound as a conceptual idea, a tool for activating & preserving knowledge, a practical means of communication, an artistic expression through rhythm, medium-ship & music technology and an ecomap showing the shift from a human based 'centre of the universe' model of sound & music culture to a planetary based model.

Venue: Eramboo Artist Environment, Terrey Hills

Cost: \$60 (BYO lunch) materials provided

Workshops

Oceanic Bliss: Seagrass Dreaming

Wed 18 Jan, 10am - 12pm

Marine biologist William Gladstone and artist Lisa Roberts will introduce their seagrass installation to workshop participants.

Working together, by doing science and making art, the group will explore why seagrass is important and what it means to us.

Ages: 7-12 years. 15pp max.

Venue: Manly Art Gallery & Museum

Cost: \$30 (includes materials & refreshments)

World Between Tides

Tues 24 Jan, 10am - 12pm or 2 - 4pm

Working with artist Joshua Yeldham and scientist Mia Dalby-Ball, the group will explore the wonderful world between the tides.

To bring art and science together, the group will create mandalas with the natural treasures they have collected.

Ages: 7-12 years. 20pp max each session.

Parents are encouraged to be part of the session.

Venue: Meet at McCarrs Creek Reserve, Church Point.

Cost: \$30 (bring morning or afternoon tea)

Oceanic Bliss: Data Choreography

Tue 7 Feb, 7 - 9pm

Marine biologist William Gladstone and artist Lisa Roberts will lead a workshop for adults on experimental ways of combining art with science. This will be an immersive experience responding to and generating art and data.

Drawing, photography, movement and sound will be used to make visible what we know from the scientific data, and how we feel about an environment whose changes we are constantly measuring.

Ages: 16+. 15pp max.

Venue: Manly Art Gallery & Museum

Cost: \$10 (refreshments included)

Partners



Supporters



For all event bookings: kuringgaieramboo.com.au

Manly Art Gallery & Museum

West Esplanade Reserve, Manly NSW 2095

9976 1421 | artgallery@manly.nsw.gov.au

10am-5pm Tues-Sun | Free entry | magam.com.au

Image: Sally Howe. An exhibition catalogue accompanies this exhibition.

Our Multisport School Holiday Camps are MORE FUN than a Tree full of presents!



FREE PIZZA EACH LAST DAY OF CAMP!



yum, yum, yum, yum, yum, yum, yum, yum!

December Camp:
 Monday 19th to Friday 23rd December (5 days)
(An AWESOME chance to get your last minute Christmas Shopping done!)

January Camps:
 Tuesday 3rd to Friday 6th January (4 days)
 Monday 9th to Wednesday 11th January (3 days)
 Monday 16th to Friday 20th January (5 days)



EARLY BIRD DISCOUNT!

Book by 10th December to receive 10% OFF!

- Ages 4 to 12 years welcome.
- **Experienced, qualified coaches.**
- Hot Shots Tennis & MULTISPORT Format.
- Daily Prizes and HEAPS of Fun!
- **FREE** Before (7.30 to 9am) & After (3 to 5pm) **Camp Care.**
- Camp runs rain, hail or shine!
- Full week, Single day or half-day bookings available.

What to Bring

- A racket, if they have one (if not we have spares)
- A hat & suncream + A water/drink bottle
- Morning Tea (1/2 day) Morning Tea + Lunch (full day)
- YES! We have a pro shop that sells treats!



STANDARD PRICING

Full Week - 5 DAY Camp Pricing

Full Week, Full Days	\$165
Full Week, Half Days	\$135

4 DAY Camp Pricing (ONLY 3rd to 6th January)

Full Week, Full Days	\$155
Full Week, Half Days	\$125

3 DAY Camp Pricing (ONLY 9th to 11th January)

Full Week, Full Days	\$135
Full Week, Half Days	\$95

Single Day Pricing

Full Day	\$50	9am to 3pm
Half Day	\$35	9am to 12pm

HOW TO BOOK IN...

ONLINE AT OUR WEBSITE:
www.evolutetennisacademy.com

By email: evolutetennis@evolutetennisacademy.com

By phone: 0415 817 465

FIND US AT WYATT PARK TENNIS CENTRE, BELROSE
 Corner of Wyatt Avenue & Cofentín Road, Belrose

Wyatt Park Tennis Centre
 - Belrose -

