

# Kihinda

Newsletter T4 Week 8 - Friday 2nd December, 2016

<b>WHAT'S ON</b>	
<b>03.12.16</b>	<b>4pm - Gratitude Celebration</b>
<b>06.12.16</b>	<b>9-11am - Kids' Christmas Market</b>
<b>07.12.16 &amp; 08.12.16</b>	<b>Vision Screening – Preschool</b>
<b>16.12.16</b>	<b>Farewells - Term 4 ends</b>
	<b>2017 Dates</b>
<b>31.01.17</b>	<b>Start Term 1</b>
<b>07.04.17</b>	<b>End Term 1</b>
<b>27.04.17</b>	<b>Start Term 2</b>
<b>30.06.17</b>	<b>End Term 2</b>
<b>26.07.17</b>	<b>Start Term 3</b>
<b>22.09.17</b>	<b>End Term 3</b>
<b>10.10.17</b>	<b>Start Term 4</b>
<b>15.12.17</b>	<b>End Term 4</b>



## Kinma Pop-Up Bazaar Fri 25<sup>th</sup> Nov

Last Friday saw the Kinma community and friends come together for its third Pop-Up Bazaar. The weather was kind and great efforts to sell and consume were made by all.

15 tables were set up by volunteer parents and staff, filling the hall for an afternoon. Honey and aromatherapy oil products as well as handmade cards and toys were sold alongside pre-loved clothing, accessories, books, toys and kitchenware. Freecycle at the bazaar saw a table of free items offered for the first time. There was a cheerful buzz in the hall as all perused the fineries on offer and some gorgeous bargains were snapped up. We appreciate the efforts involved in sourcing, sorting, transporting and then removing unsold items.

Tattoos, guess the sweets and nail polish stalls were administered by Kinma children with much enthusiasm. The children were also enthusiastic in their spending, bringing pocket money and being bankrolled by the adults present. Parents who weren't at pick up helped provide bags of gold for young customers and the kids' sunny energy permeated the afternoon.

A café of donated deliciousness served afternoon tea and coffee with homemade cakes, slices, muffins, cookies, blissballs, vegetarian pakora, sausage rolls, cheese pastries, banana loaf and watermelon. Almost 100 schmooze were consumed with gusto.

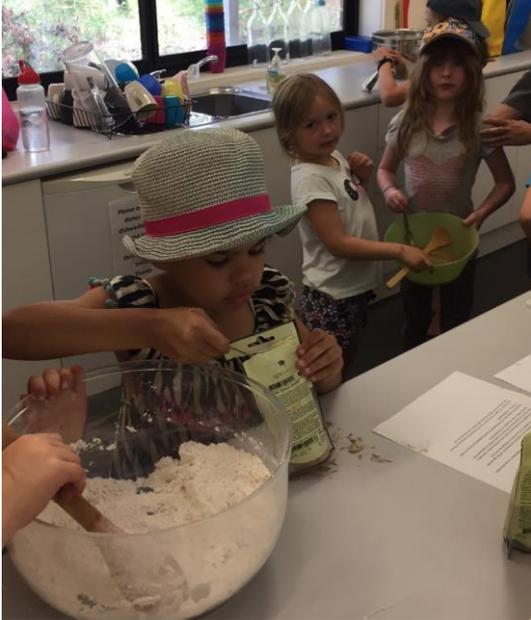
A highly anticipated raffle ended the event with excitement at the list of prizes on offer. We are grateful to the many local businesses who gave generously towards individual prizes and to parents, staff, families and friends who gave gifts for the hamper plus their efforts to sell/buy tickets in the past few weeks.

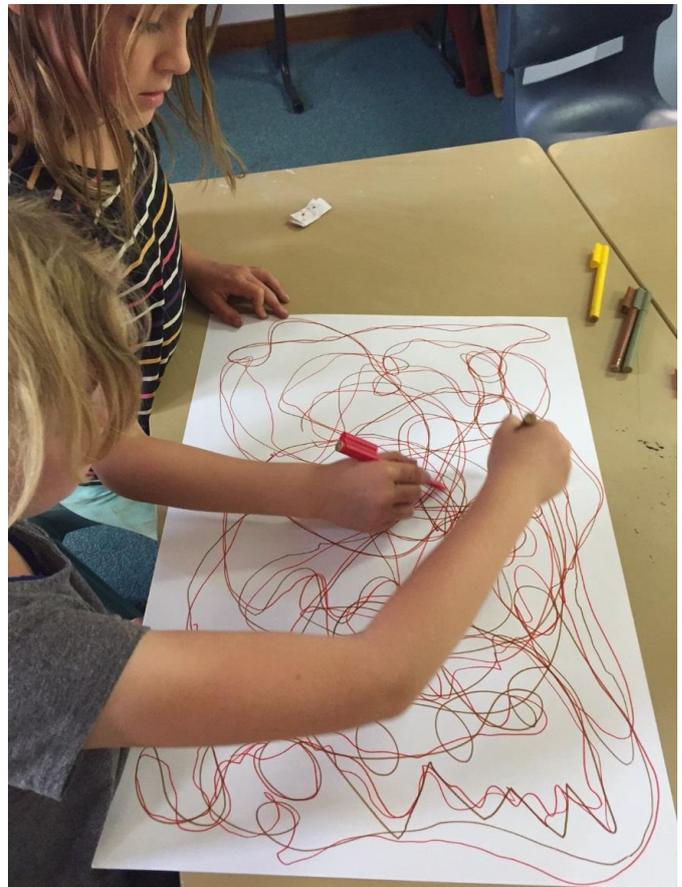
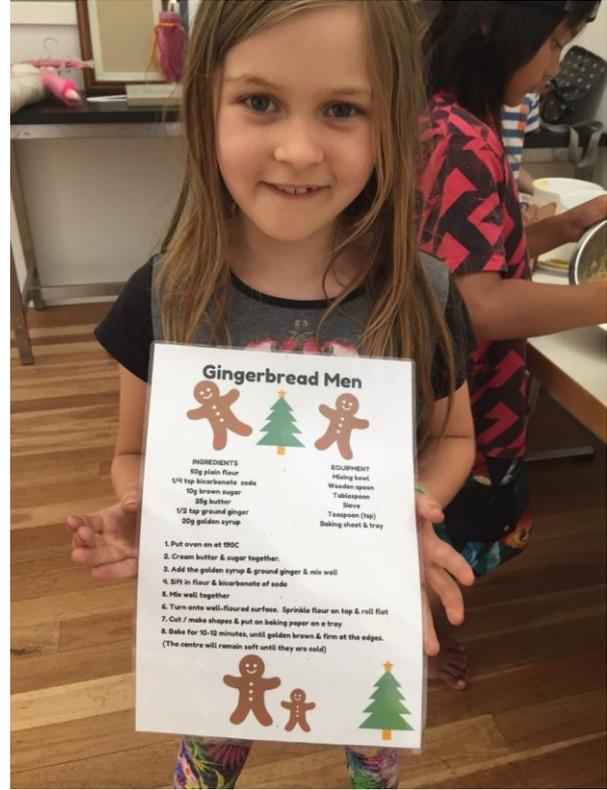
The money raised at the Bazaar will be divided between pre-school and primary fundraising projects and is testament to everyone's participation as seller, buyer, donator, funder, helper, poster/signage-maker, raffler, table organiser, goods delivery driver or cafe baker and often as many of these things.

There are a small number of outstanding IOUs - can these please be settled at office this week so we can assess the final total figure.

# Tinkering

Thank you to everyone who came and took part in our Tinkering day this week, what a great day we had!





## Group 1 News

We have welcomed Sigrid, Ewan, Poppy, Nate, Lenny, Olive and Samara from preschool, as well as Zadie's sister Willow for some Christmas craft transition. Group 1 are busy little bees preparing for the upcoming markets so get ready to see a cacophony of creations with a festive flair! It's lovely to see the children helping each other out, teaching how to make pop-up cards, pom poms and friendship bands. It's a great opportunity for many to work with different children other than their immediate friends and a chance for all to make our guests feel welcome.

Group one have had their thinking caps on for our maths experiences recently, and are busy preparing the same challenges for Mums and Dads. They were challenged as to how they could start the rocket with a triangular keypad of numbers 1 to 6, where each side added up to 9. It's harder than you may think but with a lot of persistence they were able to move around all the numbers to fit. They even configured them to add up to 10, 11 and 12!



Eating this challenge up, they then moved to arranging dominoes into a square, trying to get the same number (12) on each side.



Stopping for a breath, they then jumped into making a 3x3 grid of the numbers 1 to 9 and organising them so that each column, each row and each diagonal added to 15!

The children have also been polishing off their newspapers which will become their report to go home. Set in a newspaper format, the children have selected various articles and samples of their experiences to go home which should make for some exciting holiday reading.

As we speed through to the end of term we have the Christmas markets, our group 1 end of year farewell and the pre-high concert to look forward to. In Group 1 we will be saying goodbye to Kayden, Aleena, Harry and Leon. We wish all their families the best in their exciting new adventures.



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.**

Dec 7                      *Volunteers needed*  
 Dec 14                    *Karen & helpers needed please!*

If you have any questions or want to contribute please email me at [hayleyjl@tpg.com.au](mailto: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.*

## Honouring the Feminine

December 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup>, 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 9<sup>th</sup> concluding Sunday 11<sup>th</sup>, 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](mailto: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](mailto: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:** [kuringaieramboo.com.au](http://kuringaieramboo.com.au)

### Manly Art Gallery & Museum

West Esplanade Reserve, Manly NSW 2095

9976 1421 | [artgallery@manly.nsw.gov.au](mailto:artgallery@manly.nsw.gov.au)

10am-5pm Tues-Sun | Free entry | [magam.com.au](http://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!



## December Camp:

Monday 19<sup>th</sup> to Friday 23<sup>rd</sup> December (5 days)  
*(An AWESOME chance to get your last minute Christmas Shopping done!)*

## January Camps:

Tuesday 3<sup>rd</sup> to Friday 6<sup>th</sup> January (4 days)  
 Monday 9<sup>th</sup> to Wednesday 11<sup>th</sup> January (3 days)  
 Monday 16<sup>th</sup> to Friday 20<sup>th</sup> January (5 days)

**FREE PIZZA EACH LAST DAY OF CAMP!**



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

- 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.



## EARLY BIRD DISCOUNT!

Book by 10<sup>th</sup> December to receive 10% OFF!

## What to Bring

- A racket, if they have one (if not we have spares)
- A hat & sunscreen + 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 3<sup>rd</sup> to 6<sup>th</sup> January)

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

### 3 DAY Camp Pricing (ONLY 9<sup>th</sup> to 11<sup>th</sup> 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.evolvefitnessacademy.com](http://www.evolvefitnessacademy.com)

By email: [evolvefitness@evolvefitnessacademy.com](mailto:evolvefitness@evolvefitnessacademy.com)

By phone: 0415 817 465

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

**Wyatt Park  
 Tennis Centre**  
 - Belrose -



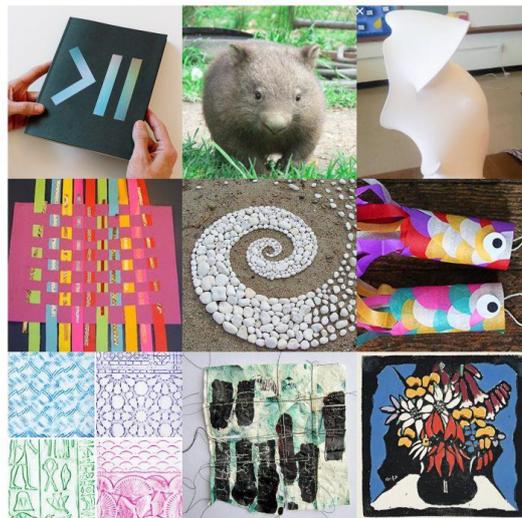


## JANUARY SCHOOL HOLIDAY PROGRAM 2017

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 to see what is on during January.

[www.sydneyartspace.com](http://www.sydneyartspace.com) [info@sydneyartspace.com](mailto:info@sydneyartspace.com)

Bookings essential 0402 532 957





## TIMETABLE

## ENROL ONLINE

### MONDAY

9.30AM-12.30PM Beg-Adv Handbuilding for the Kiln Christina Ambrose Keyes

### TUESDAY

9.30AM-12.30PM Beg-Adv Community Art Projects Cherry Corr  
6.00PM-9.00PM Beg-Adv Sculpture Workshop Christine Simpson

### WEDNESDAY

12:00PM-3:00PM Beg-Adv Drawing Fundamentals Christine Simpson  
3.30PM-5.30PM 5-12 yrs Kids Art Club Gabriela Capel

### THURSDAY

12.45PM-3.45PM Beg-Inter Marvels of Oil Painting Yvette Ten-Bohmer  
6.30PM-8.30PM Open Life Drawing - tutored and untutored Yvette Ten-Bohmer

### FRIDAY

9.30AM-1:00PM Beg-Adv Lifeclass with the Model Christine Simpson  
1:30PM-4:30PM Beg-Adv Sculpture Workshop Christine Simpson  
5:30PM-9:30PM 18-25 yrs The Dabblers Artist Run

### SATURDAY

~~10.30AM-1.30PM 16-18 yrs HSC: Developing your Body of Work Alia Di Paolo~~  
1.30PM-4.30PM Beg-Inter Sculpture Workshop Nik Ballingall-Price  
10 am- 1pm 14+ adult ACRYLIC PAINTING Farina Salehi

### SUNDAY

9.30AM-11.30AM or 5-12 yrs Art Parties  
1.30PM-3.30PM

## WEEKEND WORKSHOPS

Please check our website or Facebook for upcoming workshops information. | [www.facebook.com/sydneyartspace](http://www.facebook.com/sydneyartspace)

### SCHOOL HOLIDAY ART PROGRAM

Please check our website six weeks prior to the holiday breaks during the year - bookings essential

SYDNEY ART SPACE

64 Darley St. Mona Vale

M: 0402 532 957 | PH: 9970 6008 | [info@sydneyartspace.com](mailto:info@sydneyartspace.com) | [www.sydneyartspace.com](http://www.sydneyartspace.com) 