

Term Dates 2020

Term 3: Wed 22 July – Fri 25 Sep
 Term 4: Tues 13 Oct – Wed 16 Dec

Term Dates 2021

Term 1: Thu 28 Jan – Thu 1 April
 Term 2: Wed 21 Apr – Fri 25 June
 Term 3: Wed 21 July – Fri 17 Sep
 Term 4: Tues 5 Oct – Wed 15 Dec

2020

Term 2

| | | |
|-------------|--------|--|
| Wednesdays | 9-11am | Basketball with Jerome |
| Fridays | 9-11am | Basketball with Jerome |
| Tues 15 Sep | AM | In-house Tinkering |
| Weds 23 Sep | | Snack Attack (organised & served by Kinma Staff) |
| Fri 25 Sep | | End Term 3 |

Am I Alone

(S. Green)

I get a funny feeling,
 it comes from deep inside.
 I get all mad and angry,
 wanting to go and hide.

My doctor calls it depression,
 my dad says it's just me.
 But the thoughts and feelings,
 no one will ever be able to see.

Some say I'm psycho,
 some say I'm just weird.
 It's like I'm a different person,
 and the old me just disappeared.

Just letting the Kinma Community know you are not alone. One of the wonderful gifts this community has is coming together if needed. Mental health is sometimes so tricky to acknowledge and reach out for help.

Love to everyone -
 Kinma staff and Board xxxx

Admin

Distressing video content on social media

Below is further information from the eSafety Commissioner.



Dear Principals

By now, I am sure you are aware of reports about a deeply distressing and harmful video circulating on social media this week. I wanted to let you know that eSafety communicated with your respective education jurisdictions as soon as we were aware of the incident with constructive advice.

We also made immediate contact about the reports with the major social media companies and continue to work closely with them to get the video removed expeditiously and to prevent further uploads and sharing.

Yesterday, the National Suicide Prevention Adviser to the Prime Minister, Christine Morgan and I released a [joint media statement](#) regarding this issue, urging all Australians to avoid viewing or sharing this video. Christine noted 'content which includes explicit descriptions, images or footage of suicide, especially where methods are shown, have been linked to increases in suicidal thoughts, suicide attempts and suicide deaths.'

While we understand that children can be enterprising and that word of the video may have gone viral in some classrooms and playgrounds, we also want to balance this phenomena with concerns around arousing curiosity to students who may not be aware of such a distressing online incident. This is particularly important with content that relates to suicide and self-harm.

Reporting harmful and disturbing online content

We urge any members of your community who encounter harmful and disturbing content online, to report it immediately to the social media platform they've seen it on first, and then to eSafety at www.esafety.gov.au/report/illegal-harmful-content.

Providing support for your school communities

I am encouraged by the reports we are receiving of how everyone is pulling together to support students. Together, we need to actively look out for students who are more vulnerable and at-risk.

Young people may feel scared, embarrassed, or confused about having seen inappropriate content, so it is important to communicate in an open and supportive manner. They may also fear that adults may not be able to help them or fear reprisals like 'device denial' if they do share harmful content they have been exposed to online. In addition to the support services that your school already offers to students, you can also make use of specialist services including [Kids Helpline](#), [headspace](#) and [Beyond Blue](#).

Advice for supporting young people who have been exposed to harmful content

Young people can respond differently to highly distressing events. Some will seek immediate assistance from their parents, carers or teachers, while others may be less inclined to do so. It is important for young people to know that there is no 'right' way to respond to upsetting or disturbing online events.

Young people also need to know that they are not alone, and help is available from trusted adults, friends and professional support services.

Let parents and carers know they can help their children through this experience by providing a safe space where they can talk about their feelings. It is also important for parents and carers to encourage positive connections with friends and extended family through other activities and interests.

Tips to give parents to help limit young people's exposure to harmful content online:

- Engage in your child's online activities – ask what apps, sites and games they're using and make sure they're age-appropriate
- Use parental controls on devices to help limit what your child is exposed to
- Help them report and block upsetting content they see on social media sites or apps
- Let them know they can come to you about anything upsetting they see online.

Prevention and resilience

We know that the delivery of effective, evidence-based online safety education is one practical way to protect Australian children online.

My previous [open letter](#) at the start of COVID provided a range of resources that we have developed to directly support educators, students, families and communities. I really encourage you to again explore the advice and resources on our national online safety hub, esafety.gov.au.

The state and territory education departments and authorities are working collaboratively with eSafety on these issues and we thank them for their ongoing efforts to minimise online harms. We also acknowledge and thank you for supporting our children, young people and families each and every day.

Julie Inman Grant

eSafety Commissioner

10 September 2020

No Ooshies at Kinma

There is currently a lot of discussion amongst children about Ooshies, small plastic collectibles being handed out by one of the big supermarkets. Some of these are being brought into school for swapping and trading.

We would like to remind families and the children that toys are not permitted at Kinma – Preschool, Primary or Green Umbrella. Bringing in toys creates jealousy and exclusion and we are in the best toy shop possible – nature!

Even more importantly the school does not support the mass production of plastics as part of a marketing strategy, when we all know they end up discarded and are found in the bush, the ocean and landfill.

Blanket Squares

If only you could poke your head inside my office. It is so colourful and oozing squares of all different shapes (I know how can a square not be a square!), sizes and colours.

This weekend we will lay them out and place them together ready to sew.

Is anyone wanting to help us sew them? It is not a hard job and we would give you a row to put together. If we all had a row then it could be done in the next 48 hours.

Squares can be dropped off to the office. DO not panic if you are part way through, we can always make another at a later time.

I am sending the crochet squares home to Amy and Ella to put together. What a great video that was made explaining crochet technique.

Lost Property

Is there something missing from your child's wardrobe?

Well I am comfortable to say we may have it. Claire will take some photos and send through on Facebook. BUT, if there is something that you know of please share with us and we can make sure it gets home.

Drink Bottles

Please can we make sure that the children's water bottles are labelled. We are not using cups for drinking and having a bottle with fresh water is good for the brain.

Primary Survey

We sent home the annual survey this week via email. If you did not get a copy let Julie know. Could you please take 4 minutes to complete the shortened survey over the weekend. From the de-identified data a report is sent to the Education Committee for review and recommendation back to staff and then to the Board.

Bush Regeneration

A small group of wonderful parents come along each month and work on the land at the School. If you would like to come we are next meeting Saturday 19th September from 7.30 – 9.30am – we would love to see you. Conny Harris comes and she has a wealth of knowledge to share.

Little Ones

Do you have neighbours with preschool aged children? We are wanting to spread the word of Kinma Preschool. Can you help us? Start up a conversation and suggest they contact the wonderful Claire (9450 07358 or enquiries@kinma.nsw.edu.au) in the office to chat about places for 2021.

Julie, Claire, Carin and Narelle

Preschool

At the beginning of the term the primary and preschool staff wanted a way to interact with each other without being face to face (to meet our current guidelines). We thought about ideas and kept them to ourselves, so when the children started calling out to each other between Group 4 and Preschool we were prepared with some ideas to extend the children's critical thinking of ways to be able to communicate effectively – as it was a little tricky to hear 10 children yelling up to us!

Preschool started making a plan for how to get messages to primary. Other ideas were to fly a paper plane or send a drone or roll it down. Some said that the teachers could go and take it. So we set to getting a plan into place. Some wrote messages.

Having a connection between us is exciting and we want to keep it going by coming up with other things that we can send to primary. Having real opportunities to use our writing and drawing is essential for extending our communication and literacy skills

We have some regular parts of our weeks that we enjoy and which keep our bodies moving and our minds calm. Lizzie is regularly doing yoga sessions, they started with once a week and are now several times a week due to popular demand!

And Basketball which is on a Wednesday is an opportunity for us to go to primary and practices some drills like snaking through cones, side ways or crab shuffle, running with the ball in a relay style of game, shooting for hoops and the most popular spinning the ball on our finger. Jerome always makes the session engaging and fun and we have been building our skills of bouncing and catching the ball where we can see growth in so many of the children.

Thanks for reading,

From Karthi, Lizzie, Pat, Christine and Felicity

Group 4

Once again, it has been a busy two weeks since our last update! We recently received some letters from Preschool via Postwoman Sal, and were eager to respond! We sat, we pondered, we designed and we wrote our replies to Preschool.

Exchange game

We have been utilising the collective brains trust of Group 1 friends to learn a new maths game that focuses on solidifying our understanding of number and place value. It also requires taking on different roles of customer and banker whilst working within teams to achieve success together. So much fun!



Schmonky what?!

You may hear some of our Group 4ers talking about a game we often play called Schmonky Poodle?! Fear not, it is not what you think (not really sure what you could imagine though?) This is our hilarious game we play to guess and find out a mystery word, sentence or phrase. We start with a ___ and exercise our knowledge of sound-letter relationships to work it out!

Science explorations

We have recently been putting on the lab coat and deciding if we were Dr or indeed, Professor and experimenting! We have conducted float/sink experimentations, exploring concepts of weight, mass, displacement and absorption.



Of course, we couldn't help ourselves... We had to investigate how to make Gloop! Throughout this process we immersed ourselves in the multi-sensory experience of experimenting with consistency, texture and ratios, all whilst following and creating our very own procedural texts. So much messy fun!



Story sharing

It has been beautiful to hear and experience the process of story sharing from our Group 4 friends! We cannot wait to hear more.



Just a friendly reminder that for this story sharing time, we ask that your child bring only a photo or picture to prompt them as they engage in the beautiful process of retelling and sharing a story with friends.

A reminder to check out our further foray into the world of vimeo with our *Term 3 overview videos* (part 1 & 2!). These videos provide you with a further insight into the Group 4 world right now. You can find these videos on the Kinma School vimeo channel.

Let the adventures continue!

Tom and Sal :)

Group 1

Off to India!!!

This past week we have been having a small taste of India. Exploring some of its art, design and architecture.

We started by looking at Rangoli patterns. Rangoli patterns are made from colourful rice flour to celebrate weddings, festivals, special days. They are often drawn and created outside of peoples homes to welcome guests in.



We noticed how these beautiful patterns used shapes and were normally symmetrical. We then went on to create our own Rangoli patterns using pastels on coloured paper and wooden shapes which could be placed rearranged and built into 3D patterns.





Some of us went on to use chalks, to create beautiful patterns that would welcome everyone into our classroom each day.



We also looked at the beautiful Taj Mahal and found out it was built by a man to celebrate the life of the woman he loved. When we looked closer we realised this building was also symmetrical. This initiated our next challenge in the construction loft to create our own symmetrical building.



Many of us started on our own but quickly realised we could combine our ideas to make even more interesting and intricate designs.



With Alley we had a real taste of India by making our own chai tea. We looked at and smelt each of the spices that went into the tea. When we were steeping the tea with the spices, the classroom smelt amazing. Anyone who wanted to try the tea had a small cup and went outside to savour, chat and taste.



On Fridays Group 1 have been taking on extra responsibilities during open space. As the old Grandmas and Grandpas of the top playground we have been leading the way by creating pods for Group 4 children to take part in. These pods have included: drawing lessons, friendship bands, card making, paint, craft projects, woodwork, construction loft challenges, book sharing and many more that change each week.



From Andy, Lisa, Alley and Group 1



Green
Umbrella
OSHC Inc.



Vacation care at Green Umbrella OSHC

We plan to run vacation care on 5 days during the term 3 holidays. The dates are:

Thursday 1 October

Friday 2 October

Thursday 8 October

Friday 9 October, and

on the pupil free day Monday 12 October.

Each day will have a theme and the program will run from 9 am to 3 pm. The themes are Master Chef day, Science day, Around the World day, Laser Tag day and Wearable Art day. We will provide a detailed program for each day by the beginning of next week so you can discuss vacation care with your children. We apologise for the lateness of this information but being advised of our assessments and ratings visit unfortunately put planning for vacation care on the backburner.

The cost will be \$72 for the day. Bookings can be made via the Xplor app or by emailing greenoshc@gmail.com. If you are eligible for CCS then the fee will be reduced accordingly.

Extras



MANLY WARRINGAH BASKETBALL
OCTOBER HOLIDAY CAMP
 COME ALONG AND LEARN BASIC, FUN SKILLS

DATES: 6TH & 7TH OCTOBER, 2020
TIME: 5 to 9 Yrs old 9:00 to 12:00pm
 10 to 14 Yrs old 1:00 to 4:00pm
VENUE: Northern Beaches Indoor Sports Centre
AGES: broken into age groups
COST: \$80 (If camp is cancelled, total refund)

No SINGLE DAYS MUST PAY FOR 2 DAYS
 PLEASE BRING LIGHT SNACK & WATER

Due to Covid-19 restrictions there will be limited numbers, & No spectators.
 MWBA Will provide sanitised balls on the day. No balls to enter the stadium.

[HTTPS://WWW.TRYBOOKING.COM/BLGVF](https://www.trybooking.com/BLGVF)



MWBA PINK BALL

TERM 4 2020

FOR GIRLS 7-12 YRS WHO WOULD LIKE TO LEARN
 BASKETBALL SKILLS WITH FEMALE COACHES.

DATES: SAT 31st October to 12th December, 2020

TIME: 1:30-2:30 PM

VENUE: NORTHERN BEACHES INDOOR SPORTS CENTRE

COST: \$95 INCLUDES A PINK BALL

Only 40 tickets available due to covid restrictions.

<https://www.trybooking.com/BLEBE>

BASKETBALL AUSTRALIA'S OFFICIAL JUNIOR GAME DEVELOPMENT PROGRAM FOR 5-10 YEAR OLDS AND THEIR FAMILIES

VICINITY AUSSIE HOOPS

Vicinity Centres Aussie Hoops is all about learning to play basketball in a fun and safe environment. Our national coaching curriculum and sequentially developed program consists of warm-up games, skill activities and modified games all delivered by accredited coaches. We invite you to explore our website and welcome you to the Australian basketball community.

REGISTER NOW

No Spectators Limited Numbers

Dates: Sunday 18th October to 6th December, 2020
Time: 9:00-10am
Ages: 5-10 years old, boys & girls
Cost: \$160 New Participants (includes a \$45 starter pack + p/h)
 \$110 Returning Participant
Venue: NBISC: Jacksons Rd, Warriewood NSW, 2101
Coach: Jerome Lee
Bookings: <https://aussiehoops.com.au/find-a-program/>

Learn the skills of Basketball in a fun learning environment with qualified coaches.

Runs every Saturday during the school term.
 Must be pre-booked.
 Booking closes 2pm, Friday before session.
 Ages: 5-12 yrs 2:30-3:20
 Broken into groups according to age and ability.
 Venue: Northern Beaches Indoors Sports Centre
 Cost: \$12 per child or \$95 for 9 weeks..

Saturday Learn To Play
 TERM 4 2020: 17TH OCT TO 12TH DEC

To Book: <https://www.trybooking.com/BLHIF>