

Kinma

Kinma Newsletter T2 Week 9, Friday 19th June, 2015



WHAT'S ON	
20.06.13	5:30pm: Disco Night
22.06.15	Violin Concert 2.15pm in hall all welcome
26.06.15	Last day Term 2
22.07.15	First day Term 3
15.08.15	Kinma Care Day (1.30-4.30pm)
18.09.15	Last day Term 3
07.10.15	First day Term 4
24.10.15	Trivia Fundraising Night
16.12.15	Last day Term 4



Kinma Board

Nick Georges, Chairperson

T: 0412 106 633

E: nick.georges@gmail.com

Ginny Neighbour,

Governance (Community Rep.)

T: 9880 2492

E: ginny.neighbour@gmail.com

Steve Dixon, Fundraising

T: 0412 949 441

E: stevengarrydixon@me.com

Lisa Graaug

T: 0409 924 630

E: lisa@yogainstitute.com.au

Bea Pierce, Marketing

T: 0405 346 018

E: ninianlif@gmail.com

Stephen Cole, Treasurer

T: 0432 032 343

E: stephen.cole1910@gmail.com

Jonathan Kelt,

Education Committee

T: 0425 225 174

E: jonathankelt@mac.com

Education Co-ordinator

Cheating 'endemic' in NSW high schools, Eryk Bagshaw

<http://www.smh.com.au/national/education/cheating-endemic-in-nsw-high-schools-20150607-ggw8h9.html>

The Sydney Morning Herald, June 7, 2015

NSW high school students are paying hundreds of dollars to have assignments written for them by private companies and individual tutors as teachers struggle to contain a cheating culture they have described as "endemic". The market is flourishing on online classified sites such as Gumtree, while essay factories are going on hiring sprees in Chatswood, Cabramatta and Auburn.

Former students of James Ruse Agricultural High School, which has had the best HSC results in the state for the past two decades, and the high-achieving North Sydney Boys High, are among those benefiting from the practice by selling essays. The problem is most acute in the Advanced English course, where some students have complained of being forced to take the advanced course over the standard alternative despite being stronger in the science and maths fields. One 2013, James Ruse graduate insisted that she did not endorse plagiarism but was prepared to sell digital copies of her essays that had scored in the highest range of marks for Advanced English and Modern History. The assignments are saved on a USB drive or transferred over the internet and are easily shared among groups of classmates.

The *Herald* contacted several services ranging from sole traders to industrial operations. The ghost-writing services gave quotes that spanned amounts from \$160 to \$300 for a "guaranteed band six essay from a PhD student". Among the largest producers is Melbourne-based service Assignment Masters, which operates across both school and tertiary levels. They guarantee bargain "Turnitin [plagiarism checker] proof" bespoke essays with a one-day turnaround for 1000 words at \$125 a piece for the HSC. In Sydney, a company called Australia Copywriting Pro is taking on more than 20 writers in Chatswood, while another in Auburn claims it is hiring up to 50 staff.

While major operations are springing up, freelance tutors are openly offering cheating services on classified sites, with many of them "booked out" for weeks ahead of time. One Newtown-based tutor who claimed he was in "high demand" recommended that "if you decide to secure my services you spend some time making adjustments after delivery". "This way it is more in keeping with your writing style, as your teacher is likely to be very familiar with your writing and learning patterns." He guaranteed a band-five (the second highest) answer to last year's HSC question with a delivery time of two days after a 50 per cent payment of \$112.50 upfront.

The president of the NSW secondary principals council Lila Mularczyk said she has had teachers come and ask for advice in dealing with the situation. "If a teacher does suspect that there is an issue around plagiarism, or extenuating circumstances, there are support personnel in the school," she said. "It's important that the students seek support at their school if they feel that they are not coping with the subject or with the level of that subject."

A spokesman for the Board of Studies said that it takes strong and decisive action against incidents of malpractice by HSC students. "If members of the community have evidence they should contact the Board of Studies," he said. "Schools are required to investigate all concerns about cheating and place guilty students on the malpractice register."

Students are using the services for everything from take-home essays to major works such as English Extension Two whereby assignments are worth more than 50 per cent of the mark. One student in last year's HSC had their entire English major work struck off for plagiarism, as [revealed by the Board of Studies malpractice register in May](#).

At the time the president of the Board of Studies, Tom Alegounarias, said he believed that "there was far more cheating going on prior to the HSC than during it", and that overall, "the HSC does not have a cheating problem". The malpractice

register revealed that students were going to the extent of stuffing microphones into their shirts, notes into their underpants and smuggling smartphones into exam rooms.

But frustrated teachers have said that what is harder to detect are those students who are using the services to write the essays for them before rote learning them and regurgitating them in an exam. It is understood that the problem has become so bad that the principal at one of the state's top selective schools, Normanhurst Boys, confronted a group of eight students in one class after they all wrote identical paragraphs in an exam.

A teacher at one selective school, who asked not to be named, said she was at her "wit's end" and that the Board of Studies register was only "the tip of the iceberg". "The level of cheating is endemic; despite being in the best position to identify it most of the time we cannot confront students without proof because they are unique essays." She said that a large portion of the problem stemmed from students who are strong in maths, chemistry and physics subjects but are forced to take advanced English.

North Shore tutor Matthew Teakle said he had been inundated with requests by students for him to write their essays for him. When he refused, they often took their business elsewhere. "It's big business and it makes me furious", he said. "There is enormous pressure on these kids to do well and it has these unintended consequences."

The scale of the operations has multiplied since the principal of Sydney Boys High Kim Jaggar first raised concerns in 2011. At the time he said that "the level of unscrupulous behaviour was endemic" . "You end up getting the best assessment product that money can buy," he told the ABC. "The idea of intellectual property itself is changing. It started with downloading music or whatever but people now see information as not being something so personal."

Chris Bonnor, a former principal and leading public education advocate said the level of cheating was "hardly surprising". "The pressure on these students goes back many, many years. This starts when they are in primary school. Many parents see the stakes as being so high and groom the kids accordingly. "A lot of our schools have developed a reputation of being ATAR factories where parents can pay to ensure they do well in the HSC."

Professor Richard Teese, an expert in education policy from the University of Melbourne, said the phenomenon was fuelled by a fear of failure. "For students it's the drive for competitive advantage, anything that will give them the edge. That edge has become focused on killer strategies."

Juli Gassner
Education Co-ordinator

Preschool



There is a growing pile of lost property at Preschool – please have a look to see if any of it belongs to you. Any unclaimed items will go to charity at the end of term.

Thanks.

Kay, Christine, Pat, Felicity, Rosie, and Nina

Group 1

Group 1's journey into space has continued and led into us creating planets of our very own. We worked on 'think boards' to plan out ideas before we began making them. We thought about: where is this planet? Is it hot or cold? Does that effect how it looks from space? What is the surface of the planet like? Does it have life there? If so, what? What is it called?

Once we had mulled some ideas over, we got to work using paper maché over balloons. We have put on a couple of layers now and are at the painting/decorating stage. Once complete, we will create our very own solar system; "Are they all orbiting the same sun?" asked Callum.



During the planning stage of our planet, we looked at our globe. This led into a discussion about its shape and other 3D shapes. In turn, this led into us playing and investigating with construction material to build our own. When playing with 6 squares, Galen noticed it made a box shape. Others then had a go at making this cube shape. We then unfolded them to look at their net but Galen's looked different to Isobel's...why? And how many ways were there? We investigated as a whole group different ways to make the net of a cube.



Here are some snippets of writing that is also happening:



Archie is going to Lunar Park.



Shala is a ninja.



Marli likes monkeys!



Tamzin wants to go to the park.

Alongside all of this, during Open Space time, some children organised a 'Danger Zone' show.

There were tickets, poster and a 'behind the scenes' crew! The show began with break dancing in the classroom and moved outside for the grand finale!



Group 3

A bit of a 'mathsy' feel to start with! We have been getting well and truly stuck into our latest maths project and requests of "can we please continue with our water parks.....please?" has been heard many times in the last couple of weeks. And so continued with it we have!! The children were given the task of designing their own water parks. They had a lot of requirements to fulfill and things to consider including:

- a quadrilateral pool with a perimeter of 48m with a grass area with more than 4 sides and a perimeter of 64m to the right.
- 4 paddling pools, all different in shape but all with a perimeter of 24m. These need to be between 6-12m apart from each other. Can you have a curved side? How might you measure the perimeter of it?
- 6 benches around the park needing to be trapezium and parallelogram in shape with perimeters of 10m or 14m.
- A 'Wow-factor' experience in the park.
- Of course there needs to be toilets, changing rooms, café with outdoor seating too!

Once all this has been organised then we move onto working out the total perimeter of the water park and the area of land needed to build it. This involves working out the area of squares or rectangles and triangles and circles for some. We are also working out areas of different sections of the park, eg the total area of the paddling pools or of the total area of the outside eating areas. The children are drawing a birds eye view of their water park and are drawing it to scale, for example 1cm = 1m. The children's designs will be going up on the wall inside the classroom so come and have a look at the amazing water parks – they look like a lot of fun!!

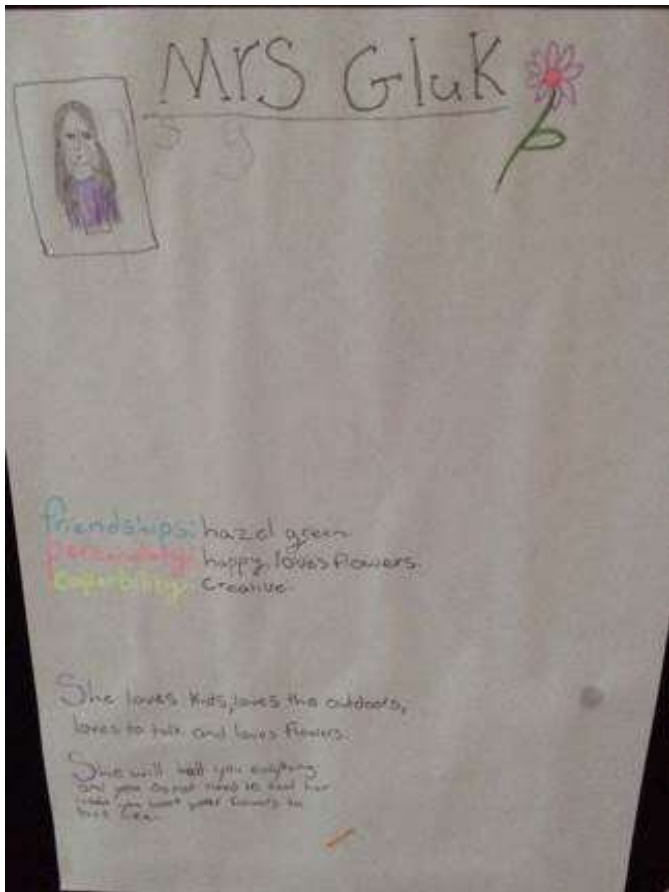
Group 3 are taking part in a program called 'Just Like You'. It is run by Sandra from the Cerebral Palsy Alliance and she has kindly come into talk to the children about differences among us all. We had our first 2 sessions on Tuesday and the next two will be on Friday of this week.



This is one of our boards in the classroom.

It is hosting our character analysis from the story we've been reading called Hazel Green. We have looked at what makes characters interesting and what information we can use to analyse them? Together, we came up with a list of things like: personality traits, background information, friendships and relationships they have within the story, do they change or are they static, likes/dislikes, actions, thoughts, speech! We are in the process of creating a bank of our own made up characters which we will use as a spring board for our own story writing.

Here is Damascin's analysis of Mrs Gluk and Mia's thoughts on the main character herself, Hazel Green.



Diary Alert: Group 3 Camp.

This will take place during Term 4 – Monday 19th October – Wednesday 21st October 2015. More details nearer the time!!

This is our last newsletter of the term so I wish you all a wonderful winter holiday. Make sure it is filled with the things you love doing, and plenty of rest!! See you all back on Wednesday 22nd July.

TTFN, Suz & group 3 xx


Snack Attack:

Main Course	\$3.00
Dessert	\$1.50
Drink	50¢ (usually juice)

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 68 children in the Primary and 19 in Preschool on Wednesdays.

We have 17 gluten-free, 10 dairy-free children, and 3 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 and drinks ...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 1 Snack Attack.

SNACK ATTACK TERM 2, 2015

Calling for helpers!

May 6	Amanda, Lisa and Claire
May 13	Gemma, Nic, Rachelle
May 20	No Snack Attack – Wheels Day
May 27	Helena, Anne and Guy
June 3	Beck, Trudy and Gloria
June 10	Rachel & Mel
June 17	Preschool
June 24	Katerina, Renee and Kathleen

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.

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)

Tinkering Day – 23 June

BOOMERANG BAGS will be running a workshop at Kinma - 23rd June. We welcome any parents who are curious or want to be part of this initiative.

BB was set up by SURFRIDER, to eliminate the use of plastics bags in shopping centres by sewing bags from recycled fabric and having these available at various stations in the street for borrow and bring back usage. It is community action. It is happening in Avalon right now. We are a core of people concerned about the state of the environment, and specifically about the state of the oceans and the accumulation of plastics which is contaminating and killing sea birds and creatures We are aiming to sew 4,000 bags to enable a good launch.

We are coming to Kinma on the next Tinkering Day to help any students (and parents) to reaffirm their love of the ocean and create their own distinctive cloth bags for inclusion in the Avalon Boomerang Bags' initiative.

It is important to us that we are empowered, by our action from the heart.

Anyone wanting to be part of this environmental ground swell, is most gratefully welcomed. There is a working bee at Avalon Community Centre every Tuesday 11am - 5pm and we have take-home packages of 1 - 4 bags precut for sewing/assemblage if this is an issue that you feel you want to support.

Phone Annabelle Kristevic - 9918 0070 / 0416 620 298.

Looking forward to our Tinkering workshop.

Annabelle Kristevic and Laural Wood.



Extras

We are collecting donations for this in the office. Items can also be dropped off at Mona Vale Library. Izzi in Group 3 has an easy-to-make beanie crochet pattern for anyone who would like to crochet a beanie.

Kindness is catching

WINTER CARE KITS

Kindness Packs for Homeless People

Kindness is Catching is organising an initiative to help make this winter a little more comfortable for some homeless people. We are seeking your donation for items to give to Sydney City's people who are sleeping rough.

When you are next at the supermarket, please consider buying the following items for a Winter Care Kit and pop them in a zip lock bag.

• Facewasher	• Refillable water bottle
• Comb	• Travel sized shampoo & conditioner
• Pair of socks	• Small box of hand aids
• Travel sized hand disinfectant	• A small packet of tissues

Kindness is Catching is also seeking donations of beanies and scarves. If you are a knitter or know anyone who loves to knit, please spread the word. Sydney's winters get cold and these new Winter Warmies will be appreciated!

Many thanks for your thoughtfulness and kindness towards those people who are less fortunate than ourselves. Please let your friends and family know about this Homeless project. After all, the more Care Kits we can get the better it will be and you will soon see that *Kindness really is Catching!*

Linda ❤️

For more info email kindnessiscatching@gmail.com
www.facebook.com/icaughtkindness

 proud member of
World Kindness Australia
BECAUSE IT'S COOL TO BE KIND

LOCATIONS

Locations to drop off your Winter Care Kits during weekday business hours

- **Cosmic Smile Dental.**
Suite 212/40 Yeo St,
Neutral Bay
- **Eastern Cross Trading.**
11 Birmingham St,
Alexandria
- **Forestville Library.**
6 Darley Street, Forestville
- **Kirribilli Neighbourhood Centre.** 16 - 18 Fitzroy Street, Kirribilli
- **Newtown Neighbourhood Centre.** 1 Bedford St, Newtown
- **Manly Community Centre.**
12 Wentworth St., Manly
- **Seaforth Medical Centre.**
6/470 Sydney Rd, Balgowlah

MANLY WARRINGAH BASKETBALL CAMP

Tues 7th, Wed 8th and Thurs 9th July 2015

Session 1 (ages 5-9): 10am - Noon

Session 2 (ages 10 & above): 1-3pm

Venue: NBISC, Jackson Rd, Warriewood

- Special Guest Coaches

- Professional coaching

Day 3 is Competition Day with

Great prizes Cost: \$90

This is a 3 day camp ONLY

Payments must be made prior to camp starting date

Please complete details and forward to:

Fax: 99133644

Email: camps@manlybasketball.com.au

Enquiries-99133622

Application form available at www.manlybasketball.com.au

Due to administration & coaches, camp enrolments must be received by 3pm Friday 3rd July 2015

Photos may be taken on the day of camp to place on our website. Please advise staff if you do not want your child photographed.

◆ REFRESH YOUR SKILLS ◆ IMPROVE YOUR GAME ◆ HAVE SOME FUN ◆



MANLY WARRINGAH NEW PRIMARY BASKETBALL COMPETITIONS '2015 THE POTTER LEAGUE'

WHEN: Starts 4th August runs 'til December 2015 (No games in school holidays)

WHO: Designed for new players. Individual players or you can enter a team of between 7 & 10 players.

FLAT FEE: \$160 per player (school yr.'s 1 & 2) \$180 per player (school yr.'s. 3 & 4) \$200 per player (school yr.'s 5 & 6) **Payment before first game.**

VENUE: NBISC, Jacksons Rd, Warriewood

DIVISIONS: Mixed sex school years 1 & 2 **DIVISION**, Mixed sex Years 3+ 4, Boys years 5+ 6 **DIVISION** & All Girls **DIVISION**.

GAME TIMES: Tuesdays 4 to 6pm for Year 1/2, YR 3/4 and Saturdays 1pm-6pm (depending on number of teams entering) for Year 5 & 6 Boys and all Girls.

REGISTRATION & TRAINING: Each Saturday during school term at Northern Beaches Indoor Sports Centre, Jackson Rd, Warriewood, Ages 7 & under session, 2.30-3.30pm, Ages 8 & over mixed session, 3.30-4.30pm, Expert coaching plus short game \$9 per session

ENQUIRIES: MWBA office ph. 9913 3622 or Application form available at www.manlybasketball.com.au



Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 3 - 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 (27/7 - 24/8, 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 (5/8, 12/8 & 19/8, 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 (31/8, 7.00-9.30pm)

Tuning in to Teens Course

Emotional intelligence & communication skills to understand your adolescents' needs & behaviour.

Chatswood 5 wks (30/7 - 27/8, 7.00-9.30pm)

Toddlers Workshops (1-3yrs)

Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep

Chatswood 28/7, 4/8 & 11/8 (3 wks/2.5hrs each, 7.00-9.30pm)

NEW 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 26/8 & 9/9 (2.5hrs each, 7.00-9.30pm)

Resilient Kids Workshop

Strategies to accept & express feelings, develop optimistic thinking & coping skills

Chatswood (18/8, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop

Learn how to restore a respectful & positive relationship between you & your teenager

Chatswood (23/7, 7.00-9.30pm)

WORKSHOPS ON REQUEST - PHONE 9887 5830 (2-2.5 hours)

- | | |
|--|--|
| ★ 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 |
| ★ Bully Busting | ★ Dealing with Teen's Back Chat |
| ★ Resilient Kids | ★ Grand Parenting |

Enquiries: Child & Adolescent Parenting 9887 5830

www.nslhd.health.nsw.gov.au/services/CAP

Vacation Care – Warringah Council

Our school holiday program for the Winter 2015 holidays is now available for download from Council's website and bookings for this holiday period are open from next Monday morning (1st June 2015).

The brochure and interactive Booking Request Form are available on our webpage:

<http://www.warringah.nsw.gov.au/live/community-support-services/family-and-child-care/vacation-care>



Some of the excursions programmed for these Winter holidays include:

- Flip Out
- Maritime Museum
- Big Blast
- Marian Street Theatre
- Sydney Observatory
- Putt Putt Golf
- Featherdale Wildlife Park
- Berry Island
- Movies
- Disney on Ice

Printed copies of our brochure will be in the office later this term, and will also be available from Warringah Council Civic Centre, Council Libraries and Community Centres.

Should you require any further information please feel free to contact our office on 9942 2312.

Many thanks

NICKY HAYNES

VACATION CARE SUPPORT OFFICER

Warringah Council – Childrens Services

T 02 9942 2111 D 02 9942 2312

nicky.haynes@warringah.nsw.gov.au







WARRINGAH.NSW.GOV.AU

Kamaroi OOSH – Holiday Care Program

220 Forest Way, Belrose, NSW 2085

www.kamaroiioosh.com.au

Tuesday 30th June till Thursday 9th July 2015

Monday 29 th June	Tue 30 th June	Wed 1 st July	Thurs 2 nd July	Fri 3 th July
TBA Please register your interest for this day by email	Maritime Museum Travel by bus to the museum. Discover ancient ships, Antarctic animal 'snowdome' and more. Then explore the Adventure playground!  \$ 15 extra charge	Science Day Perform your own experiments and watch the results! Grow crystals, make a magnet, electrical gadgets, pop, bang and more! 	Pasta & Wheels day Bring your wheels, rip sticks, skate boards, scooters and join us in our wheeltastic day. Enjoy Pasta feast!* (Gluten free available)  Must bring helmets	TBA Please register your interest for this day by email
Mon 6 th July	Tue 7 th July	Wed 8 th July	Thurs 9 th July	Fri 10 July
TBA Please register your interest for this day by email	Magnificent Craft Day  Painting, felting, collage and more. Work with a multitude of media for a day of creativity and fun! (Bring photos to use in collage if you wish) \$5 extra charge	Fun of the Fair Come and enjoy all the fun of the Fair! Archery tournament, coconut shy, fairground games, fluffy chocolate dip!  \$5 extra charge	Mosaic & Clay Day Learn how to design and create your own mosaic masterpiece. Clay masks and modeling.  \$10 extra charge	TBA Please register your interest for this day by email

Friends: – PLEASE DO invite your friends from other schools. All are welcome!! Cost: from \$65 /day Hours: 8:30am to 5.30pm

More Details & Bookings at: www.kamaroiioosh.com.au Email Forms to: kamaroiioosh@hotmail.com Kamaroi VAC Flyer June July 15

Kamaroi OOSH Care Jun-Jul 2015 Holiday Care Booking Form

www.kamaroi0osh.com.au kamaroiOOSH@hotmail.com

Step 1: If you are NOT already enrolled at Kamaroi OOSH please do so at <https://kamaroi-oosh2.hubworks.com.au/>
You will be sent a login to Hubworks and you will need to complete your full details online.
Please be sure to enter your CRN details if you wish to claim rebates.

If you have previously enrolled with us please **DO NOT** enrol again. Just complete steps 2 to 4.

Step 2: Please complete the booking form below

Step 3: Please make payment in advance by Netbank Transfer to secure your child's booking

(Refund will only be made if NO space available)

(Laivoi Pty Ltd BSB: 062 110 A/C: 1024 8093 (Use child's name as ref))

Step 4: Email this booking form to kamaroiOOSH@hotmail.com

(If you are unable to email the form, please email us your booking dates giving your child's FULL Name and your contact number. Then bring this form with you on the first day of care.)

Please Write CLEARLY

Family Name: _____ Email: _____

Child Name	DOB	School	Class/Year	Sex
1.				
2.				
3.				

Parent Name	Mobile	Email / Other Contact Details
1.		
2.		

Days to Attend Care (circle)

Mon 29 th June	Tue 30 th June	Wed 1 st July	Thur 2 nd July	Fri 3 rd July
TBA Please email interest	\$65 Plus \$15 activity fee	\$65	\$65	TBA Please email interest
Mon 6 th July	Tue 7 th July	Wed 8 th July	Thur 9 th July	Fri 10 th July
TBA Please email interest	\$65 Plus \$5 activity fee	\$65 Plus \$5 activity fee	\$65 Plus \$10 activity fee	TBA Please email interest

Please book and pay by 19th June TOTAL \$ _____ **NON REFUNDABLE** payment required to secure booking

Payments by Netbank Transfer ONLY to: Laivoi Pty Ltd BSB: 062 110 A/C: 1024 8093 (Use child's FULL name as ref)

Special Requirements / Allergies

Separate details attached Y/N

Permissions/ Authorisations

- I give permission for my child/ren to be taken on public or hired transport for excursions. Yes / No
- I give permission for my child/ren to be taken on local walks / bushwalks Yes / No
- I give permission for my child/ren to be photographed for promotional purposes Yes / No

Further Details: _____

Parent Signature _____ Date _____

Children need to bring Hat, water bottle, morning tea, lunch, and afternoon tea - NO NUTS please!! Wear enclosed shoes.