

# Kinma

Kinma Newsletter T1 Week 1, Friday 30<sup>th</sup> January, 2015

2015 wishes for all .....

- Everyone to have fun
- A slow and gentle 2015
- Laughter and love
- Learning, unlearning and relearning
- Acceptance for all
- Appreciation
- A place for everyone within the community
- Love
- Learning, hugs, joy and laughter
- Time to slow down and not rush
- Community
- Time to hear the quiet ones, the thinkers
- Peace in our local and global community
- Music, violins, dance, singing
- Understanding of our individual and community uniqueness
- Appreciation and support of our beautiful natural surrounds

Thoughtful and strong wishes for all.

## WHAT'S ON

04.02.15	2.30pm – Group 3 Parent Teacher Meeting
05.02.15	2.30pm – Group 1 & 2 Parent Teacher Meeting
10.02.15	Swimming Lessons begin (Primary)
12.02.15	Tinkering Day
15.02.15	Stall at Frenchs Forest Market
24.02.15	7pm - Board Meeting
25.02.15	9:30am - School Tour
06.03.15	Tinkering Day
18.03-20.03.15	Primary Camp – Yurt Farm
26.03.15	9.30am - School Tour
02.04.15	Last day Term 1 – Poetry festival all families encouraged to join
22.04.15	First day Term 2
26.06.15	Last day Term 2
22.07.15	First day Term 3
18.09.15	Last day Term 3
07.10.15	First day Term 4
16.12.15	Last day Term 4



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# Administration

Welcome from all of us ...

What a great way to start the day . We had sunshine, gentle breeze, a barista, cakes and the patter – no the stomping of children coming back to Kinma.

Hugs, love, laughter and many wonderful messages were shared by all this morning. The over arching sentiment was acceptance of community in all shapes and forms and seeing that we all belong no matter how we present ourselves. There is room for the uniqueness of each and every one of us at Kinma.

A big thank you to the garden fairies who came in the holidays and did so much work in the gardens, it is much appreciated.

Parent meetings starting next week, please make the effort to come and find out what is happening in your child's group this term and how you can be part of it all.

## TINKERING

We have tinkering coming up pretty soon on the 12<sup>th</sup> February and I do not have the chatterbox Juli G to help to persuade all you talented families to come along and run or support a pod. Please can you email, phone or stop Claire and I at the office if you can help us out. We are open to all sorts of ideas for pods. They could include:

Sewing

Knitting

Woodwork

Scrap booking

Pom pom making

Paper flower making

Gardening

Sports

Dance

Writing

Design

Instruction in a particular art technique

Lessons in excel

Cooking

Water play making boats

and the list goes on

### A few reminders:

School and Preschool start at 9am

One way street in morning and afternoon (not sure give us a call)

Label the children's clothes

Hats

### And SHOES ON FOR THE NEXT FEW DAYS

Again, great that everyone is back and our new families are settling in and looking refreshed for a peaceful, gentle 2015

Claire, Carin, Andy, Grace, Beatrice, Michelle, Suzanne, Kay, Christine, Pat, Nina, Rosie, Lizzie, Morag, Felicity and Julie C



### 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 following dates still need to be filled so please let me know when you can help. I have had a few offers of food being delivered, so let me know if you can serve but not cook. 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 4

4 February	
11 February	
18 February	Liz B, Nic, Sam F
25 February	
4 March	Gemma & Rachel Lam
11 March	Mia
18 March	
25 March	
1 April	

*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* (Clancy and Turiee's mum)

# Extras

## Northern Beaches



*A problem shared is a problem halved*

The Northern Beaches ADHD Support Group is a voluntary group offering support for parents of children or teenagers with ADHD via monthly meetings. The group is run by parents and aims to provide a supportive environment to discuss and learn more about ADHD in order to best help parents and kids alike.

### 2015 MEETING DATES

- 9<sup>th</sup> February 2015 – Dr Mark Robertson – The Biomedical Treatment of ADHD & Autism
- 9<sup>th</sup> March 2015 – Dr Randy Beck, Institute of Functional Neuroscience - Learning & Attention: The Plot Thickens
- 27<sup>th</sup> April 2015 – Dr Emma Gai-Gold – ADHD & Self Esteem in Children:  
Helping your child with ADHD not to feel lazy, crazy or stupid!
- 18<sup>th</sup> May 2015 – Dr Leila Masson – An Integrative Approach to ADHD:  
Nutrition and Lifestyle Changes to Improve Children's Learning and Behaviour
- 15<sup>th</sup> June 2015 – Black Dog Institute – Navigating Teenage Depression
- 20<sup>th</sup> July 2015 – Karl Landers, Kingsway Compounding Pharmacy - Advancements In Treatments for ADHD
- 17<sup>th</sup> August 2015 – Ondrej Bursik, Optimal Learning Centre - Neurofeedback and How to Regulate Your Brain:  
Drug-free Approach in Helping ADHD
- 21<sup>st</sup> September 2015 - Amanda Parsons, Kids OT, Sensory Processing & Social Skills
- 12<sup>th</sup> October 2015 – Ian Wallace – Practical Management of ADHD
- 9<sup>th</sup> November 2015 - Frances Adlam, Out of The Box – Ready, Steady ... Pause
- 23<sup>rd</sup> November 2015 – Dr Robyn Cosford, Northern Beaches Care Centre

7.00-9.00pm

The Pittwater RSL, Main Sail Room,  
Mona Vale Road (corner of Foley Street), Mona Vale

Ticket reservations essential via



<http://www.eventbrite.com.au/org/4222746751>



<https://www.facebook.com/BeachesADHDSupport>  
nbadhdsupportgroup@hotmail.com  
[www.northernbeachesadhdsupportgroup.com.au](http://www.northernbeachesadhdsupportgroup.com.au)



Venue kindly sponsored by Pittwater RSL Club

# Northern Beaches



## SUPPORT GROUP

*A problem shared is a problem halved*

The Northern Beaches ADHD Support Group is a voluntary group offering support for parents of children or teenagers with ADHD via regular meetings. The group is run by parents and aims to provide a supportive environment to discuss and learn more about ADHD in order to best help parents and kids alike.

### **SPEAKER EVENING: DR MARK ROBERTSON** **"THE BIOMEDICAL TREATMENT OF ADHD & AUTISM"**

- What is the biomedical treatment of ADHD & Autism?
- What are the main biomedical imbalances of autism & ADHD?
  - What is Pfeiffer testing?
  - What tests will a Biomed doctor order & why?
- Why you may need to consider a dairy free & gluten free diet
  - What advanced testing entails
  - What are the usual treatment protocols?

Dr Mark Robertson is a member of the Australasian College of Nutritional & Environmental Medicine and has completed their primary course and various specialised training programs. He has attended Pfeiffer Walsh training for autism & mental health problems as well as MINDD training (autism treatments). In 2013, he passed his Part 1 Specialty Fellowship exams for both ACNEM & A4M/A5M (American Academy) colleges. In 2014 he attained full Fellowship (Specialist) in both colleges. Being a specialist in both colleges truly integrates the best of nutritional medicine from the USA & Australia helping him treat his patients thoroughly.

**Monday 9<sup>th</sup> February 2015 @ 7.00-9.00pm**  
**The Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale**

**Ticket reservations essential via**  
<http://www.eventbrite.com.au/org/4222746751>

Register on 



<https://www.facebook.com/BeachesADHDSupport>  
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[www.northernbeachesadhdsupportgroup.com.au](http://www.northernbeachesadhdsupportgroup.com.au)



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