

# Kinma

Kinma Newsletter T3 Week 9, Friday 18th September, 2015

To all our community,

For those whose family members have bugs, stomach upset, headaches, fevers and more we wish you a relaxing and restful recovery.

For those families who have been spared these nasties, we keep our fingers and toes crossed that this continues and also wish you a relaxing and restful break.

With love

Staff and Board members

## WHAT'S ON

18.09.15	Last day Term 3
07.10.15	First day Term 4
13.10.15	First day of primary swimming
20.10.15	Board Meeting 7pm
20.10.15	School Tour 9:30
24.10.15	Trivia Fundraising Night
01.11.15	Frenchs Forest Market 8am
06.11..15	Warriewood Market 8am
12.11.15	School Tour 9:30
17.11.15	Board Meeting 5:30pm
01.12.15	Last day of primary swimming
15.12.15	Board meeting 7pm
16.12.15	Last day Term 4

*Don't wait for the world to recognise your greatness.*

*Live it, and let the world catch up to you.*



# Kinma Board

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## Fundraising Trivia Night

**Saturday October 24, 2015**

Venue and Theme: TBC



Hi all,

A quick note about our fast approaching trivia night. Essentially the night is for parents of Kinma students (and their friends and family) to enjoy a night together and to raise funds for the ongoing development of the school. It is our aim that the event is accessible to as many people as possible and also allows for the ongoing development of stronger relationships.

While trivia will be the main aspect of the night, it is important there are a number of additional ways people are provided opportunity for connection. As such a meal and drinks will be provided on the night as well as some optional activities that are not dependant on sheer knowledge.

Additionally, a shared tax-deductible project will be auctioned on the night. It is hoped that everyone who attends the night will contribute to this in some way.

Ticket sales will commence on the first week of term 4

One small piece that is a little different to typical trivia nights, upon registration, each table will select one pre-determined category to write 10 trivia questions (The table will be unable to score points for this round on the night). The topics will include such things as sport, geography, literature, general knowledge, history, art, science, picture round, famous people, education, politics, northern beaches, movies, music, stupid facts, shopping, mime, name that tune, etc.

For now, we just ask that you lock the date into your calendar and be thinking about who you can invite along.

Additionally, if you would like to be involved in any way please let me know.

Regards  
Steve Dixon

[stevengarrydixon@me.com](mailto:stevengarrydixon@me.com)  
0412 949 441

# Administration

## Andy Lamond -

At last night's meeting I let the Board know that our beautiful Andy requires a little more time in his recovery schedule. Therefore, Andy will not be commencing on day 1 in term 4 as we had all hoped and prayed!

As the children would have told you, Andy is looking well and fairly mobile with a little help from crutches but the time that it is taking to remove all signs of the infection and increase his mobility is a little slower than anticipated.

This information may upset the children, and we feel it is best left to be discussed over the break. We will on Friday mention to group one students that Andy will not be back at the beginning of term, however we would love your support in giving time to the children to discuss this further.

Andy will (all things going well) come for a visit in week one and week two of term 4. The next stage will be a return to work plan. With the end result of Andy being at Kinma four days per week by the end of term.

We have employed a teacher (well known to JuliG ) to share the load with Grace. Aimelyn, the locum will be employed for the whole of term 4 and we will reduce her days as Andy increases his. Aimelyn is a vibrant and wonderful addition to the staff. Kate Chockman who has been supporting in term three is heading overseas at this time and we have really appreciated her stepping in at such short notice (give her a big hug on Friday please).

This has and is an upsetting time for our community but I want to acknowledge the staff for all stepping up to support Grace and group 1.

As always, if you would like to chat further please email or phone me.

## Gardening

Is there anyone or two or three families who would be happy to:

- come and spray the bottom field in primary to remove any new bindii growth ,
- Or come up and do a bit of weeding during the holidays
- Water the garden bed a couple times

If so email us and we can arrange for you to get a key for bathrooms etc.

# Education Co-ordinator

Our hugest thanks to all the parents who came along to support tinkering on Tuesday. The children had long swathes of time to engage and many chose this time to stay on one style of activity for much of the day. We were certainly a smaller group; the tummy bug seems to be biting many!

Children asked for the chance to make a film and Cam (Bodhi's dad) spent most of the day with a bunch of 'would be' directors, producers and wild actors. Others had asked for particular experiments in Science and having the mad scientist (Angus' dad) and Katie on hand was also a treat. Tinkering is a lovely mix of trying to supply opportunities which are not previously known - making our own African cloth, sketching wildflowers using different materials in new dimensions with old time favourites such as cooking, creating worlds out of given materials eg cardboard this time round. We try to mix children's wishes with stuff they've not seen or heard or touched or tasted.

I picture you all blending the same sorts of experiences as you head into Spring break. May you enjoy your tinkering, sleeping, chilling out ( lots of that - with no set timetable) and just time to hang out with your families. Look forward to seeing you back next term, to explore anew. Peace and Laughter, jg



# Group 1

Here are a few photographs from the last couple of weeks. We have learnt the process of mummification, acting it out from a story map and of course having a go at the wrapping stage! Based on Ancient Egyptian water clocks, we also tried to make something that would time a minute using sand or water and last but not least, we constructed square based pyramids from different materials!





# Group 2

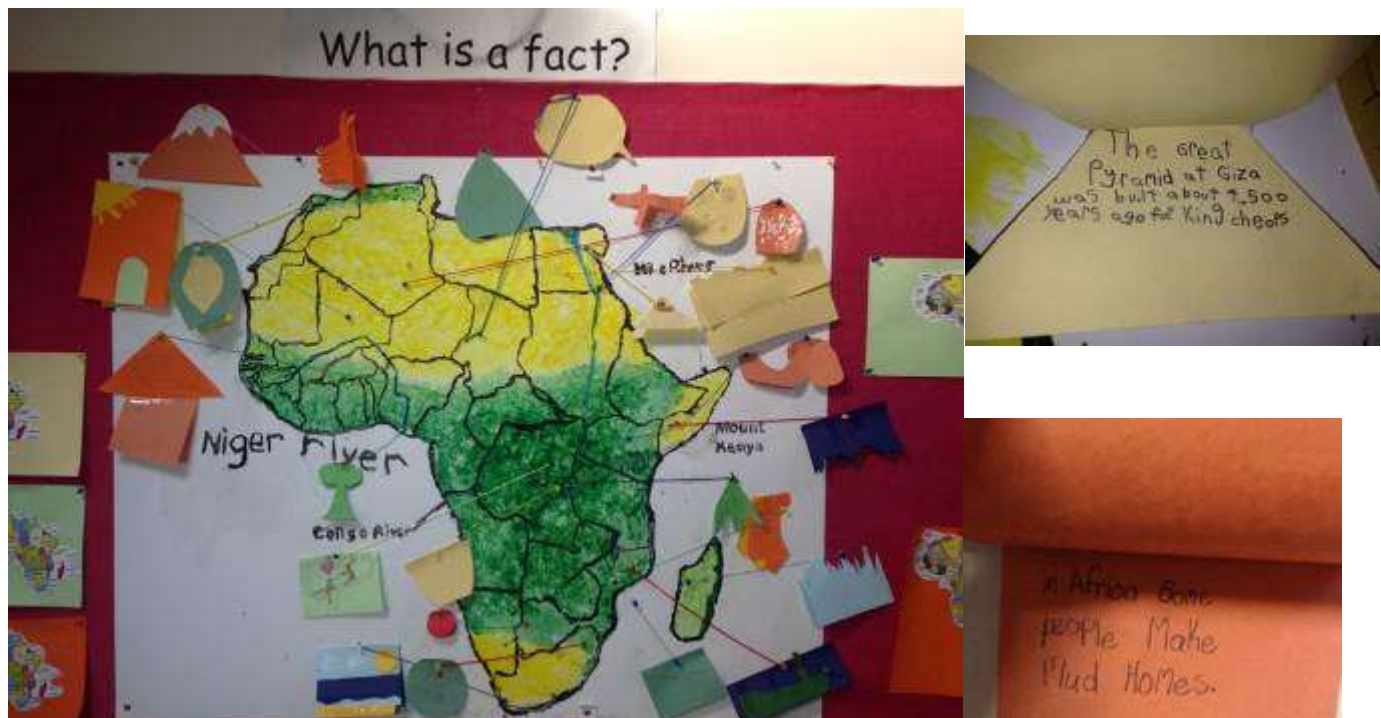
Hello all!

As term 3 draws rapidly to a close even the children are saying "where has the year gone?... The first Christmas carol was even heard tinkling through Group 2 this week...

The fresh spring air and warmer days are certainly being greatly enjoyed by the Group 2 cohort. We continue to spend chunks of our days outdoors at at Out Time and In. Last week we found a shady spot to listen to Chapter 2 of Anna Hibiscus. In this chapter Anna's Auntie Comfort comes to visit "Amazing Africa" from her busy, busy job in America. The story raised issues of traditional vs modern life and stirred many conversations about different ways of life and how the two can in fact be integrated. One traditional that received a lot of attention was the idea of bringing gifts for all the friends and relatives when visiting family. Children shared tales of visiting aunties, uncles and grandparents who come baring gifts, though most concurred that they would much prefer to spend time with the relatives themselves over any gift that was on offer.

This week's Tinkering Day was hailed "the best Tinkering ever" by many of our group who particularly enjoyed making cubbies with recycled materials. Others made and ate corn fritters packed full of veges, learnt how to use "Scratch" (a simple animation program) from Group 3ers, wandered into the bush to learn about botany and wildflowers, sewed capes or made a movie. Thanks again to all who contributed ☺

Over the term we have been working on a big map of Africa. Once completed we used a big collection of books to conduct research to get a big picture view of some of the important geographical, social and historical elements that make up the continent of Africa. Children recorded their findings as "lift the flap" facts and connected them to the relevant country.



A few booby traps were slipped in among the facts and as children made their way around the map these were quickly pointed out with indignation. For example, when they came across the quote "Africa is great!" and so the conversation went...

"That is not a fact – that is a compliment"

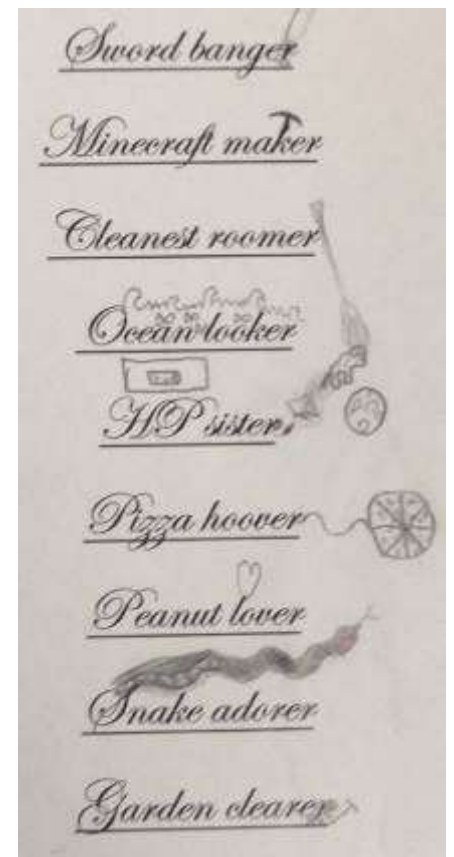
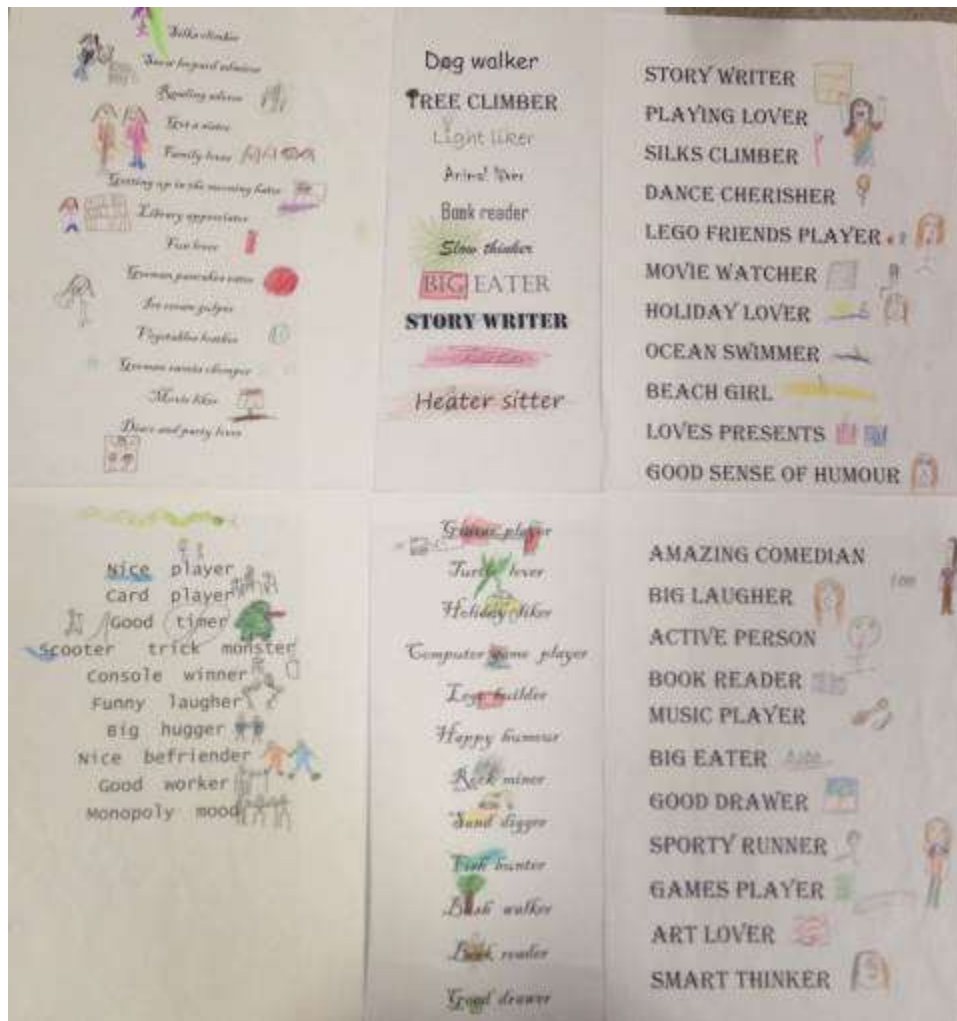
"Yeah and if it was the opposite it would be an insult"

"I agree that's just a personal thing"

"That's right, a personal fact"

This opened up a conversation around how to tell fact from opinion and the language associated with each.

Earlier in the term Group 2 created Kenning poems about themselves. These mysterious poems were shared anonymously and the group made guesses as to who had created them, learning more about each other along the way. Here are all of the poems (23 kids + 2 grown-ups!). We wonder if you can guess the poet behind each???





<p>Steen gazer</p> <p>Early riser</p> <p>Gardening learner</p> <p>Outback explorer</p> <p>Miso soup sipper</p> <p>Wool untangler</p> <p>Book wormer</p> <p>Art experimenter</p> <p>Mango muncher</p> <p>Sewing tinkerer</p>	<p>Candy lover</p> <p>Book admirer</p> <p>Creative drawer</p> <p>Literacy cherisher</p> <p>Sports adorer</p> <p>Cake baker</p> <p>Dog appreciator</p> <p>Garden cleaner</p> <p>Smart thinker</p> <p>Creative writer</p>	<p>SOCCER PLAYER</p> <p>FRUIT AND VEGETABLE EATER</p> <p>BIG APPETITE</p> <p>LEGO BUILDER</p> <p>SPEEDY RUNNER</p> <p>MUSIC MAKER</p> <p>VIDEO GAME SHEEP</p> <p>STACKER</p> <p>HOTEL STAYER</p> <p>TOY MAKER</p> <p>MARKET LOOKER</p>
<p><b>Bike lover</b></p> <p><b>Activity liker</b></p> <p><b>Music player</b></p> <p><b>Tree explorer</b></p> <p><b>Silks Climber</b></p> <p><b>Yoga stretcher</b></p> <p><b>Long hair</b></p> <p><b>Herb planter</b></p>	<p>NICE HELPER</p> <p>HELPFUL MUM</p> <p>GREAT HUMOUR</p> <p>KIND KID</p> <p>GOT A SISTER</p> <p>GOOD DAD</p> <p>ICE CREAM EATER</p> <p>BEEF ADORER</p> <p>CHICKEN MEAT LIKER</p> <p>LOVELY SWIMMER</p>	<p><b>Big sister</b></p> <p><b>Nature cherisher</b></p> <p><b>Tree hugger</b></p> <p><b>Silk climber</b></p> <p><b>Chocolate adorer</b></p> <p><b>Cat appreciator</b></p> <p><b>Long hair</b></p> <p><b>Dee why liver</b></p> <p><b>Mosman liver</b></p> <p><b>Big sharer</b></p>

**Animal lover**

**Tree hugger**

**Shower singer**

**Slow thinker**

**Deep feeler**

**Book reader**

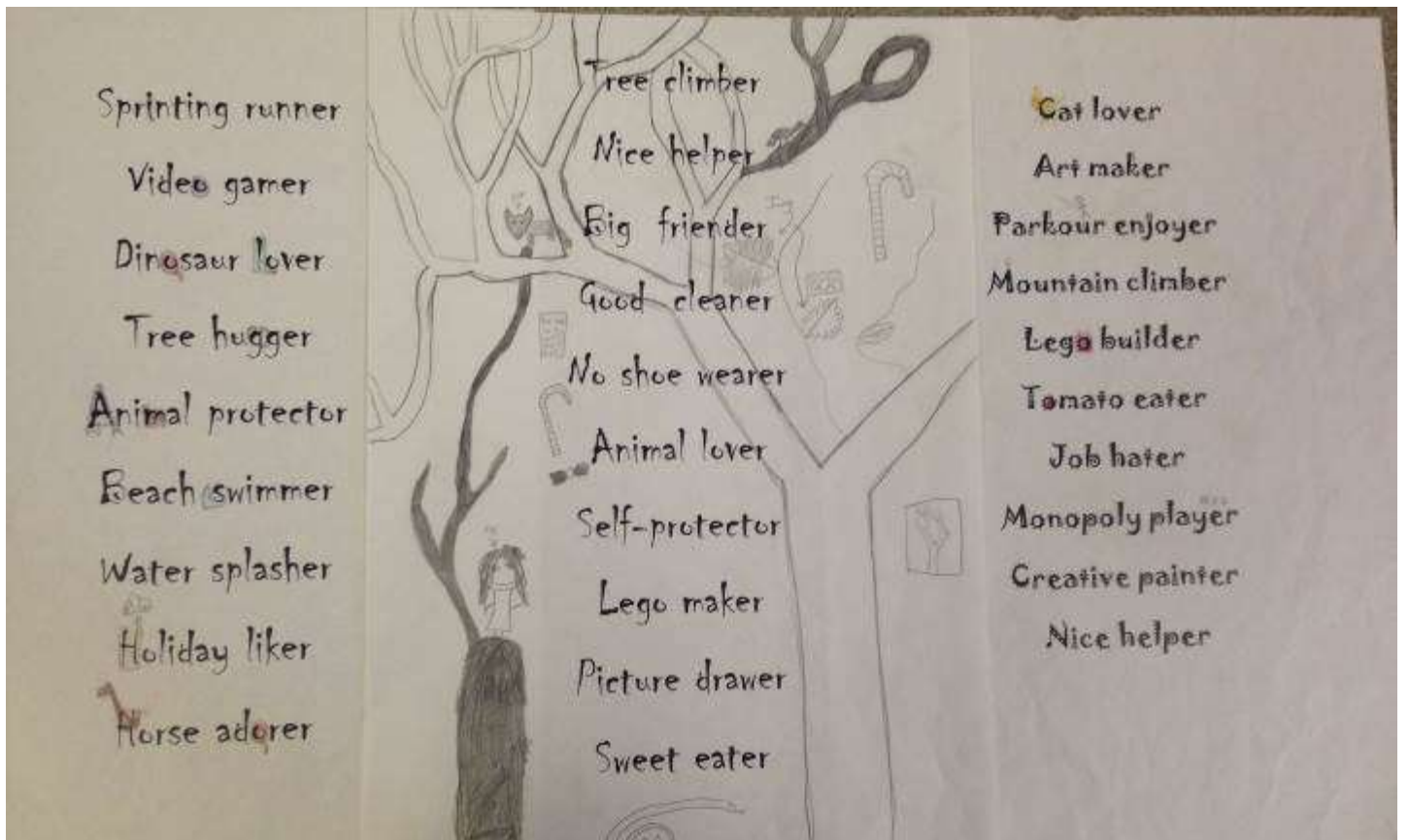
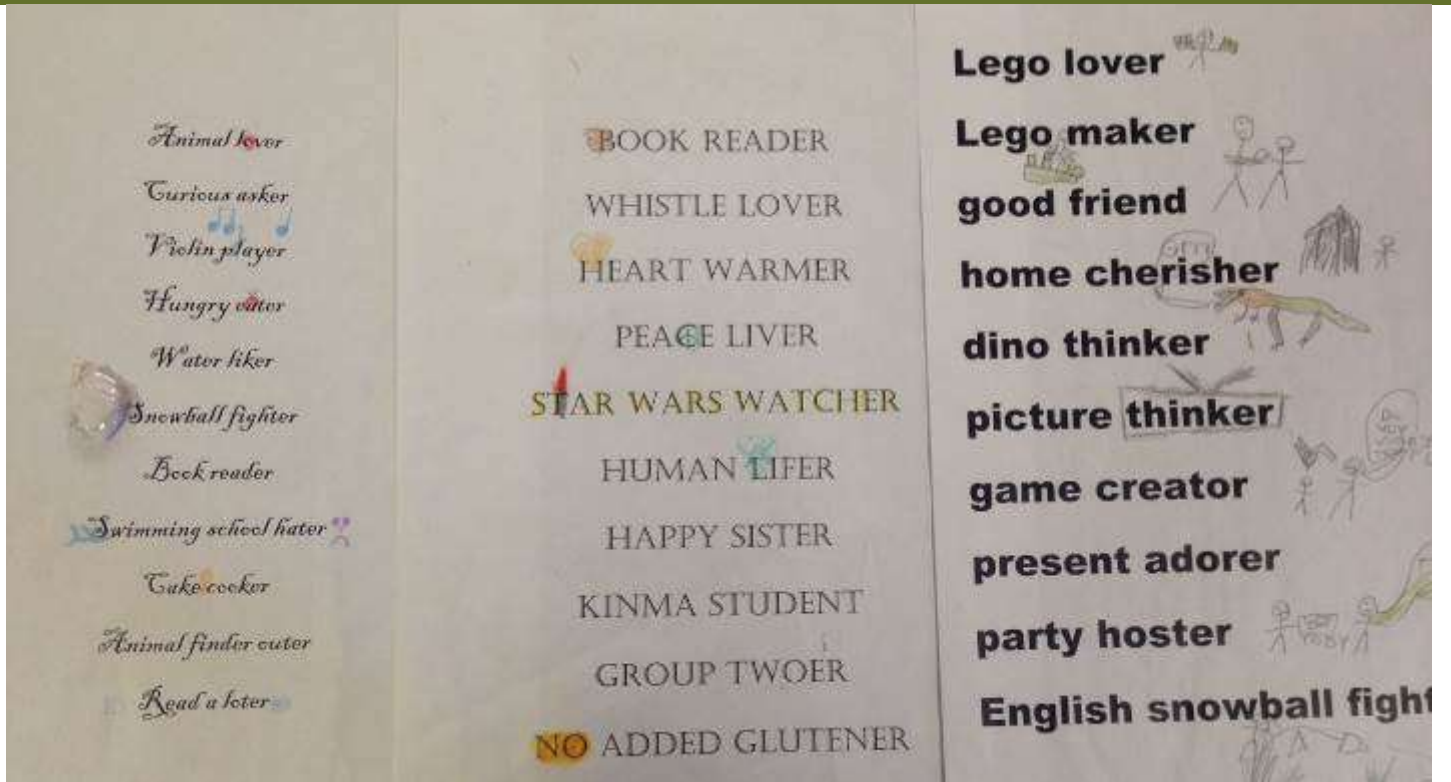
**Wave rider**

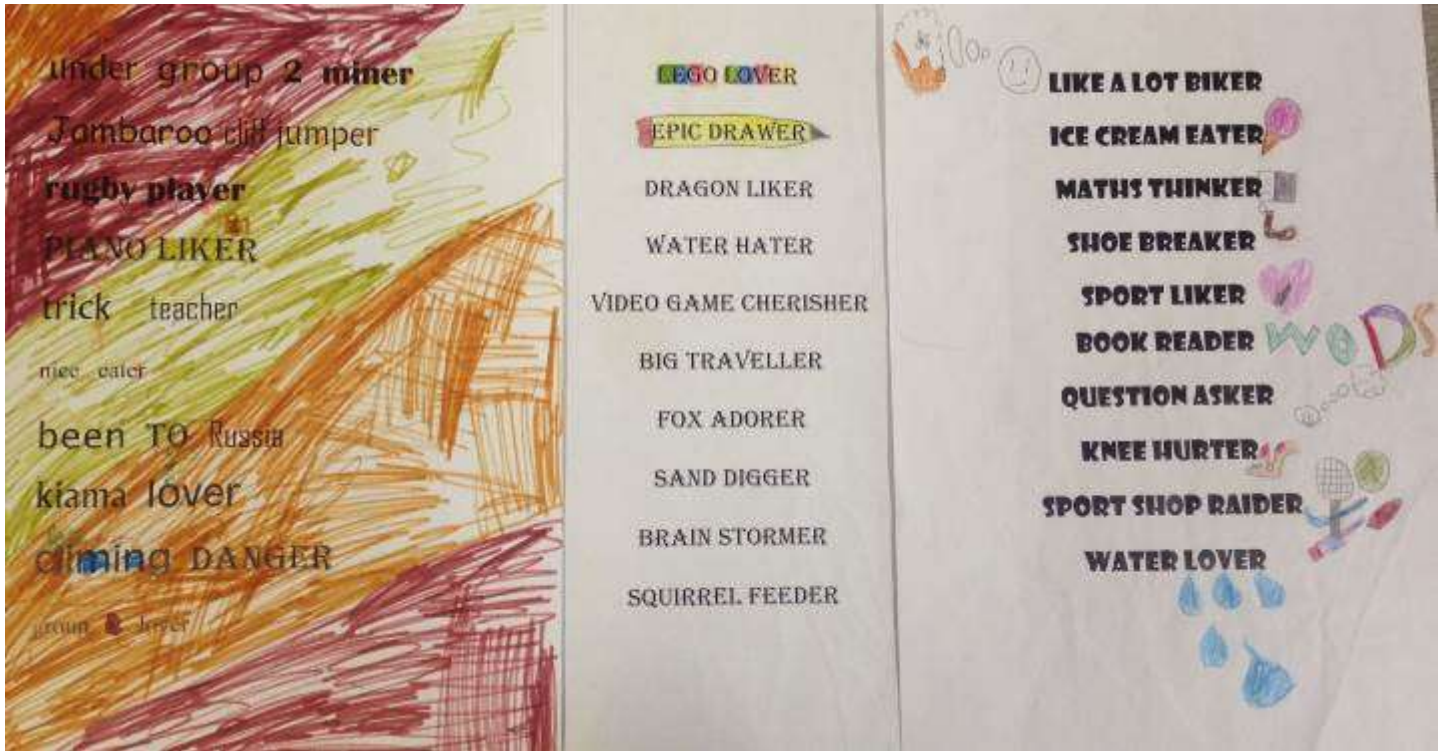
**Wood builder**

**Non-shopper**

**Curious learner**

<p>Hedgehog lover</p> <p>Dog adorer.</p> <p>Elastic band</p> <p>Bunny protector</p> <p>Soccer champion</p> <p>goal saver.</p> <p>great aimer.</p> <p>fast runner.</p> <p>bird feeder.</p>	<p><b>Animal lover</b></p> <p><b>Aussie girl</b></p> <p><b>Dog walker</b></p> <p><b>Candy lover</b></p> <p><b>Good swimmer</b></p> <p><b>Cool cousin</b></p> <p><b>Cute drawer</b></p> <p><b>Pet wantor</b></p> <p><b>Book hater</b></p> <p><b>Toy collector</b></p> <p><b>Tv watcher</b></p> <p><b>Bike rider</b></p>	<p>SHY KIDDO</p> <p>LIZARD LOVER</p> <p>BEACH HATER</p> <p>BUS TAKER</p> <p>MARVEL FANNER</p> <p>LEGO LIKER</p> <p>BUSH HUGGER</p> <p>DOG HAVER</p> <p>CLOTHS EATER</p> <p>BIKE RIDER</p> <p>LATE RISER</p> <p>LAUGH A LOTER</p> <p>LEGO BUILDER</p> <p>VIDEO GAMER</p> <p>GAME MAKER</p>
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# Tinker Tonker Tuesday Fun!







### 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 64 children in the Primary and 27 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 4, 2015

### CALLING FOR HELPERS

Oct 7  
 Oct 14  
 Oct 21  
 Oct 28  
 Nov 4  
 Nov 11  
 Nov 18  
 Nov 25  
 Dec 2  
 Dec 9

*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](mailto:hayleyjl@tpg.com.au) or call 0435 145 486.

Thanks,  
*Hayley Lewis* (Turiee's mum)

# Extras

## PITTWATER CHILDREN'S ORCHESTRA



PCO is a new string orchestra for young people on the Northern Beaches, providing musical fun and inspiration in a non-competitive, supportive environment designed to encourage a love of music in our children.

### Join us!

- \* violin, viola, cello or double bass
- \* beginner - grade 3+ level
- \* Monday afternoon rehearsals 3.45 - 5.00 pm (arrival from 3.30) at Mona Vale Memorial Hall, next to the library
- \* afternoon tea and music games included

Visit [www.pittwaterstrings.com.au](http://www.pittwaterstrings.com.au) for more details

## Northern Beaches



## Support Group

## A problem shared is a problem halved

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

**SPEAKER EVENING:  
AMANDA PARSONS - KIDS OT  
"ADHD – Sensory Processing and Social Skills"**

Amanda Parsons established Kids OT in 2003 having worked in Sensory Integration clinics in Australia and the UK. The Kids OT team has extensive knowledge and experience working with children with various disorders including learning difficulties, Autism Spectrum Disorder, Asperger's Syndrome, Attention Deficit Disorders, Information Processing Difficulties, Visual Perceptual Disorders, Sensory Processing Disorder, Developmental Delay, Neurological Disorders, Physical Disabilities, Emotional & Behavioural Disorders, as well as specific difficulties with handwriting and fine motor tasks, low muscle tone, poor motor planning and coordination, memory weakness and many others.

Kids OT have a strong focus on family-centred practice and work closely with the family and child to develop individualised intervention programs.

**Monday 21st September, 2015 @ 7.00-9.00pm  
Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale**

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

Register on 



Facebook: <https://www.facebook.com/BeachesADHDSupport>  
Facebook Forum: <https://www.facebook.com/groups/BeachesADHDSupportGroup/>  
Email: [nbedhdsupportgroup@hotmail.com](mailto:nbedhdsupportgroup@hotmail.com)  
Website: [www.northernbeachesadhdsupportgroup.com.au](http://www.northernbeachesadhdsupportgroup.com.au)  
We sell the Entertainment Book online via our website



ADHD Guide

Your guide to ADHD information, services & resources in the Northern Sydney region.  
[www.adhdguide.com.au](http://www.adhdguide.com.au)



Venue kindly sponsored by  
Pittwater RSL Club



Hi there, I am Kai and Yuka's mother at preschool, Mizue.

I am running a Japanese whole food cooking classes from home. Since I started eating whole food, I feel much better both physically and emotionally. So I would like to share my experience with as many people as possible. Hope to see a lot of Kinma friends in my class.

# School Holiday program Parents & kids

## Hand-made Udon noodles workshop

There is:

- No refined sugar
- No refined or bleached flour
- No cow's milk
- No butter

You and your kids will learn to make Japanese Udon noodles from scratch. Kneading, rolling, and cutting....It's not only tasty, but fun! Also we will make quick and easy vegetable spring rolls.

This class is suitable for kids aged between 4 and 12 (if you think your kids can do it under 4 is also welcome!)

If the weather is nice, we can have a picnic in the backyard, so please bring a picnic mat if you have one.

The class is in an intimate small –group atmosphere (6 families max. )

◆ **Date:** Thurs 24th Sep 10:30-13:30

◆ **Fee:** \$ 63 for both parent and 1 child (includes tuition, ingredients, dessert, and a copy of the udon recipe)  
 2<sup>nd</sup> child will cost additional \$5 (only if they participate in the lesson or join in the meal)



**Dessert**  
 Japanese  
 Taiyaki  
 Hot Cakes



All ingredients are organic or chemical free, with as few food additives as possible.

◆ **Location:** Frenchs Forest (10 mins from Kinma)  
 (Details provided after payments are made, as the class is in a private house).

**0407-474-403**

Call or SMS Mizue

<http://simplelifeomusubi.jimdo.com/>  
[facebook.com/JapaneseWholeFoodcookingOmusubi](https://www.facebook.com/JapaneseWholeFoodcookingOmusubi)

◆ **Profile**

Mizue (Nickname Jo)  
 Trained macrobiotic cooking instructor  
 Nutritionist ( in Japan)  
 Certified chef ( in Japan)  
 BS Consumer Science at RMIT Uni





**Sunday 1st November 2015**

**[www.barecreektrailrun.com](http://www.barecreektrailrun.com)**

Registrations now open for the 6km  
or 10km course through the lovely  
Garigal National Park for anyone  
over 5 years.

Register Here, NOW!

[www.barecreektrailrun.com](http://www.barecreektrailrun.com)

Online entries open until 26th  
October



Hosted By





**PITTWATER**  
COUNCIL



## BUSKERS WANTED

SEEKING MUSICIANS / SINGERS TO  
ENTERTAIN AT MONA VALE MARKET DAY

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SUNDAY 1 NOVEMBER, 10AM TO 4PM

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- Can you play for a one or two hour timeslot?
- Can you provide your own equipment (no power)
- Do you want to earn some cash?

### **INTERESTED? REGISTER NOW!**

ONLINE

Complete an application at  
[www.pittwater.nsw.gov.au/markets](http://www.pittwater.nsw.gov.au/markets)

PHONE

Call Nikki Griffith - 9970 1165

[WWW.PITTWATER.NSW.GOV.AU](http://WWW.PITTWATER.NSW.GOV.AU)



# SPRING SCHOOL HOLIDAY CAMPS!



## Wyatt Park Tennis Centre, Belrose

[www.evolvetennisacademy.com](http://www.evolvetennisacademy.com)

Crn Wyatt Avenue & Cotentin Road - Belrose

- Ages 4 to 12 years welcome.
- Multisports include: Futsal, ping pong, cricket, base soccer.
- **Qualified coaches** able to develop & grow your child's skills in a safe and beautiful facility.
- **Action packed days of fun** – learn, participate and make new friends.

Camp runs rain, hail or shine

**FREE PIZZA LUNCH FRIDAYS!**

### 'SPRING' INTO OUR BEFORE & AFTER CAMP CARE!!!

- ✓ Morning Supervision – 7.30am to 9am
- ✓ Afternoon Supervision – 3pm to 5pm

**SUPERVISION IS FREE!**



## BUY 1 DAY, GET 1 FREE!

That equals just \$25 per FULL DAY of Care – WOW!

### DATES

Week 1 – Monday, 21 September to Friday, 25 September

Week 2 – Monday, 28 September to Friday 2 October

### PRICING

Full Week, Full Days	\$165
Full Week, Half Days	\$135
Single Day, Full	\$50
Single Day, Half	\$35

### OPTIONS

Full Week, Full Days	9am to 3pm
Full Week, Half Days	9am to 12pm
Single Day	Full 9 to 3 or ½ 9 to 12

Come and check out our FREE Open Day Sunday, 13 September - Jumping Castle, Prizes, Face Painting, Sausage Sizzle - ALL FREE!

### HOW TO BOOK

- Email us at [evolvetennis@evolvetennisacademy.com.au](mailto:evolvetennis@evolvetennisacademy.com.au);
- OR
- Call us on 9971 0644

### 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)



## SPRING HOLIDAY CAMPS DON'T MISS OUT

- ✓ **New friendships**
- ✓ **Great value**
- ✓ **Fun**
- ✓ **Safe**

Our popular Spring Kids' and Family Holiday Camps are filling fast. Find out what's on including our popular Cooking 4 Kids, Adventurer, Kids' Club and Duke of Edinburgh camps plus lots more.

Led by qualified instructors, you can rest easy knowing your kids are in safe hands. Our Kids' Camps are suitable for kids aged 7 and over and range from 1 to 5 days.



Residential Kids' Camps include:

- 24 hour supervision
- Instructor led activities
- Accommodation
- Meals
- Supervised transport

Family Camps include:

- Instructor led activities
- Meals
- Accommodation
- Use of all facilities i.e. BBQ area, pool, tennis courts etc.

[sportandrecreation.nsw.gov.au/familycamps](http://sportandrecreation.nsw.gov.au/familycamps)

[sportandrecreation.nsw.gov.au/kidscamps](http://sportandrecreation.nsw.gov.au/kidscamps)

[fb.com/nswsportandrecreation](https://fb.com/nswsportandrecreation) 13 13 02



**Office  
of Sport**  
Sport & Recreation