

# Kinma

Kinma Newsletter T4 Week 3, Friday 23rd October, 2015

## CHANGE OF DATE: FAREWELLS

The Farewells to our final year students will be on **Wednesday 16<sup>th</sup> December**, not Friday 11<sup>th</sup> as previously advertised.

Parents are invited to bring a picnic lunch and then join us in the hall for the Farewells.

## TERM DATES FOR 2016

- Term 1: Thursday 28th January - Friday 8th April  
Term 2: Wednesday 27th April - Friday 1st July  
Term 3: Wednesday 27th July - Friday 23rd September  
Term 4: Tuesday 11th October - Friday 16th December

## WHAT'S ON

27.10.15	Tinkering Day
01.11.15	8am - Frenchs Forest Market
02.11.15	6.30pm - Learning Forum
03.11.15	Preschool Excursion to Katandra Wildflower Garden
06.11..15	8am - Warriewood Market
08.11.15	Whole school working bee 11am - 2pm
10.11.15	Preschool Parent Discussion Afternoon
12.11.15	9.30am - School Tour
17.11.15	5.30pm - Board Meeting
26.11.15	Tinkering Day
28.11.15	7pm - Trivia Fundraising Night
01.12.15	Preschool Steps Vision Screening
01.12.15	Last day Primary Swimming
05.12.15	PM - Gratitude Gathering
08.12.15	9am - Kids Christmas Market
15.12.15	7pm - Board meeting
16.12.15	Farewell Final Year and Last day Term 4



# Kinma Board

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## **Kinma Care Day, 8 November: Fantastic Kinma Bush Regeneration Project!**

Dear All

The next Kinma Care Day (working bee) is Sunday, 8 November from 11am to 2pm, with a sausage sizzle at the end for the hungry!

If you have not yet seen the controlled burn area between the hall and the pre-school, please do go and have a look! This will be the most extensive bush regeneration project Kinma has ever undertaken. It is a real commitment to our care for our school's environment and our children. It is a wonderful opportunity to show our children how we can work together to look after our environment and the native plants and animals who live amongst us.

The whole area is still very delicate and we will be setting up special marked areas to ensure that we don't trample the new seedlings as we work to support the regeneration of the native species.

During Kinma Care Day, we be working on this very special project as well as our regular maintenance of the school and grounds. Bring your cleaning and gardening equipment and your desire to make a difference for all!

If you are not able to attend, contact Julie C. or Claire at the office to find special tasks that you can complete in your own time (and so that you don't have to pay the E&M levy).

I look forward to seeing you there!

Best wishes

Dylan Forbes

E&M Coordinator

# Administration

## KINMA CARE DAY

As Dylan has spoken about earlier in the newsletter there is an exciting new project that we are working on with bush regeneration in the midst of the land.

If you CANNOT make the day (Sunday 8<sup>th</sup> November) and would like to contribute we would love some help with:

- Pulling up some grass from the bun off area
- Someone to pull the weeds from reed bed and replant some more stock
- Clean up 2 garden areas (one under the aboriginal painting on group 1 wall
- Cushion covers to be taken home, mended and washed
- Store room to be tidied and re-arranged

## SCHOOL FEES

Fees are now due and payable please. As we draw towards the end of the school year the cash flow seems to meander in every which way direction. Making a little extra effort and finalizing fees makes life easier for us.

## NON ATTENDANCE

The primary and preschool are required by law to know if a child is not attending school on a particular day. So PLEASE can everyone remember to email, phone or drop into office and let us know.

Carin, Claire and Julie



## Ten read-aloud commandments by Mem Fox

Last week we posted Mem Fox's commandments. I have since found a wonderful set of TAPES – not dvd's , not VHS tapes, but cassette tapes ( some of you may be too young to even know what they are!!!)

An ex Kinma Chair of council, Sharron Spratt donated them to the school and I have them in my hot little hands if you would like to borrow them ( if you have the technology to enjoy??). After spending a conference with Mem and listening to her lilting voice, I can highly recommend them.

Does anyone have the technology at home to convert the cassette tapes to cd or dvd? Do let me know. I'd love a copy for the school, making them more accessible to families.

Do come find me if you are interested, jg

# Education Co-ordinator

The last 3 days have been a fusion of tremendous ideas, inspiring people and the reverberations of a strong community. Local Lives, Global Matters was the conference that brought together folk interested in considering the elements and practical realities of living in a vastly changing world.

Listening to the wisdom of Helena Norberg Hodge, who many of you may know from her film Economics of Happiness or her wisdom in the film Schooling the World, was as always a delight. She was flanked with the likes of David Holmgren ( Permaculture founder), Manish Jain, Camilla Moreno and assorted educators, social activists and countless families.

To then be greeted back to the world with the news from the progressive education movement in USA of two students who are suing their state education department for wasting their time being guinea pigs for a new testing regimen, rather than teaching them maths, was sadly predictable.

<https://www.dailykos.com/story/2014/06/02/1303820/-Sixth-graders-bill-education-officials-for-time-spent-as-standardized-test-guinea-pigs?detail=emailclassic>

It has reiterated yet again that the stimuli which surround our children and the people who are supporting such stimuli are equally instrumental in their shaping themselves. It is frightening to think of the juxtaposition of the conversations and values of the educators and families at my conference and the unspoken and assumed conversations and values of the educators and the unassuming families in the mainstream community.

At the conference, families explored what it is of value to learn, not only for children but for families. At a workshop I supported, we worked with families to unpack just what value system they held and how this is the driver for what and how children ought to learn. Families have looked at assorted plans including supporting each other in small groups to move through teenage years so that they are no longer left in isolated single unit homes to compete with the digital stimuli which obviously appear so delicious to the immediate desires of their children. Many of these families, like Kinma families, have children who have moved through alternative schools or been brought up literally in the bush. Still, they face these tremendous challenges. Initially they thought their fight was with the screen but by dialoguing and assorted rich conversations, they figured that in starting a network to unpack the scenario together, they are better placed to consider their options. What is important here is the process not this community's particular situation, although its similarity to here was palpable.

Firstly, the families were willing to make themselves vulnerable by raising a sensitive issue, one that plagues, as they found out, not one family, but most in the town. Thereafter, they listened to a range of us, outsiders, who presented a fruit bowl of ideas, which they are now adding to their already rich basket of produce. There is commitment in the community and someone has already taken the first steps to build the network. All left feeling that a small step had been taken. All left, feeling a tad enabled. All walked into their homes that evening with an energy that was vastly different to that with which they left their homes in the morning.

I was reminded of a learning forum at Kinma. I felt the uncertainty and discomfort that I like to encourage at the forums. I heard the shakes in the voices, the fear of what happens if, the initial trepidation to share. But then a Zia or a Bea, an Anne or a John braves the water to voice what is sitting in many of the peoples' hearts. The dam is burst and the community can share. I feel blessed that we have such a community and aim to bring in what I can of the 'outside' to continue to stimulate. I sit in awareness of the preciousness we have in such scenarios, ever aware of our responsibility for real education time with your children; ever aware of potential time wasting such as using children to guinea pig adults' agendas.

Our next Learning Forum is November 2<sup>nd</sup> 6.30-8.30pm. We are deepening a conversation we started with a group of parents in term 3; What does wellbeing of children look like? What do we as families do to support such wellbeing? We explored some routes in image and text, we started some tracks in boundary challenging. We will continue these and open the door on healthy eating and sleep. We will share ideas of resilience. Please join us! Juli g

# Preschool

WELCOME



Welcome to Sonya and her family. Sonya enjoyed beading with Christine. And to Aden and his family. Aden has been digging in the sandpit

## STUDENT

We have Jessica, a student from Macquarie University with us for two weeks on her first Practicum. Jessica is studying for a Bachelor of Teaching in Early Childhood Education – Birth to 5 years. Here she is with India-Rose, who is completing a 48 piece puzzle. India-Rose was interested in the different butterflies, spending half an hour matching the picture to the puzzle.

## HEALTHY HAROLD



Families arrived on Monday morning to find the Healthy Harold truck in the Preschool carpark. Around lunch time we visited Healthy Harold in two groups. All the children were keen to go into the truck and investigate. With puppets, video and pictures as props, we danced, sang and discussed aspects of a healthy lifestyle including eating, hygiene, teeth cleaning, exercise, sleeping. At the end of each session, the children had an opportunity to go up to Harold the giraffe puppet. They were fascinated with him. "Is he real?" was a popular question.



## EGGS

We came in on Monday to find some eggs that Pom-Pom and Ice Cube had laid had been broken and eaten.

"Something visited our Preschool over the weekend and ate the eggs. What do you think it was?" asked Kay

"A giraffe, or maybe a bird – a kookaburra" – Thomas

"A fox" said William "because foxes like eggs and they have sharp claws"

Rachelle said "I think it was a red bellied black snake"

"I think it was a bush turkey" – Aisha

Kenji suggested it was a fly "because they can crack eggs with their mouths"

"I know just thing. It was a big, big, big, big, big dog"

Aden suggested it was "A chicken"

"A snake" said George "yes, a python" said Lenny



"Popcorn!" said Tom Jasmine said "A fox, I think"

#### UNDERSTANDING AND MAKING MEANING OF THE WORLD

“My mulberry tree had lots of fruit on it but now it is finished. The tree at Preschool has a lot of fruit now. I think that is because my tree has more sun” explained Zoe.

Working with the balances – “The scales are getting confused because they are both the same

”Some children saw a brush turkey, a kookaburra and a wallaby in the bush surrounding the Preschool. The turkey and the wallaby were hard to see unless they were moving. Max said” They are the same colour as the ground”

“Bob, Kenji, Aleena and Jonah were helping to water the garden with the hose. Bob explained why steam was coming out of the tyre. “See when you wet it, fire and steam come out”

#### HELP!!

1. Please name all lunchboxes and other items that your children bring to school. It will help us and the children.
2. We have had a wooden cubby house donated to Preschool. A needs a little bit of renovation to make it safe and ready for the children to use. Can anyone help??

From Felicity, Nina, Pat, Lizzie, Kay and Christine

# Group 2

## News from the Group Twos

Drum roll... Welcome to Tabulam, NSW; Broome, WA; Tinderbox, TAS; Glen Allyn, QLD; Kooralla, VIC!



Here's a recap from the Group 2 children on our progress with our Communities project this week...

*This week in our Communities project we have been working on building a community for 50 people. We have been working on the landscape and some people have been working on papier mâché. We have also been making glue.*

*We had success when we worked as a group. If we work as a team we get it finished more quickly.*

*We had challenges when we don't work as a team. We also had a challenge when we think we are finished and then realise we have more to do. Another challenge was when someone in our group put something somewhere that another person had planned to use.*

*We deal with challenges by working it out together and talking to each other. We also go to the purple mat and talk about how we could have done things differently.*





To support groups in making fair and well-considered decisions we have been using a PMIQ chart to consider the question in many different lights.

Here is the PMIQ that the class worked on together for the question

“Should we have a school in our community?”

This was a question that originally came up in one of the groups; a number of surrounding groups joined the conversation so we looked at it altogether in more detail the next day.

NB. We had 3 adults in the space at this time, any contributions to the conversation from adults are in bold italics, the rest is the musings of our Group 2 thinkers.

<p style="text-align: center;"><b>Plus</b></p> <ul style="list-style-type: none"> <li>• Children can learn at the school. For example, they will need to count properly to work out how much you need of different things; how much money you have left; the size of your house; the amount of materials you need; to know your age; to work out costs and calculations</li> <li>• <b><i>A place for community interaction</i></b></li> <li>• If kids go to school then parents can work and make money</li> </ul>	<p style="text-align: center;"><b>Minus</b></p> <ul style="list-style-type: none"> <li>• There is a low chance a community member will have a teaching degree</li> <li>• It is a waste of money, you could do home school</li> <li>• You could have a babysitter who is a teacher instead of having a school → Possible problem: This person might not have the skills to be a teacher though</li> </ul>
<p style="text-align: center;"><b>Interesting</b></p> <ul style="list-style-type: none"> <li>• You could have a robot as a teacher instead → <b><i>computer</i></b></li> <li>• You could trade something (e.g. a tree) for someone’s time to teach the children.               <ul style="list-style-type: none"> <li>○ Possible problem: you might run out of trees</li> <li>○ You would have to make a fair deal</li> <li>○ Trees are easy to grow (or are they?) and you can cut one down and then grow more to keep trading.</li> </ul> </li> </ul>	<p style="text-align: center;"><b>Questions</b></p> <ul style="list-style-type: none"> <li>• Who will teach at the school?</li> <li>• <b><i>Is school the only place children learn?</i></b></li> <li>• Who is going to pay the teacher?</li> <li>• Can you trade with people inside and outside of your community?</li> </ul>

We look forward to more conversations of this nature as the children work out what they will need to do to build thriving communities!



# LEARNING FORUM

**rESiLiEnCe...** the newest buzz word

what has it got to do with wellbeing ?

Kinma families, Kinma staff learning together

**Monday 2<sup>nd</sup> November**

What does wellbeing of our children look like?

**Come and explore in confusion, paradox and hopefully exciting discomfort ....**

**6.30-8.30pm**

How does what they eat and how they sleep effect their daily functioning and long term wellbeing?

**Meet in the library**

How does it effect your wellbeing?

**rsvp to juli g really helpful!**

**[julig@kinma.nsw.edu.au](mailto:julig@kinma.nsw.edu.au)**

**Feel free to bring along any articles, sites, images you have collected that will be juicy and controversial but this is not a necessity.**



### 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 28 in Preschool, approx. 10 adults 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	No Snack Attack
Oct 14	Karen & Amanda & Liz
Oct 21	Claire & Julie
Oct 28	Preschool, Amy, Sam H, Amelia
Nov 4	Trudy & Sally A
Nov 11	Sona & Liz B
Nov 18	Beck & Renee D
Nov 25	Gemma & Nic
Dec 2	Michelle D + <b>help needed</b>
Dec 9	Pre-high mums
Dec 16	No Snack Attack – picnic lunch before Farewells

*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)

# Fundraising



## Clothing and Toy Bazaar

Friday 13<sup>th</sup> November

3:00-7:00pm

Kinma School Hall

**Clothing, Accessories, Toys, Books, DVDs**

**Kids Activities**

**Sausage Sizzle \* Kinma Café \* Homebaked goodies**



**Win a Christmas Hamper!**



The Bazaar will also stay open for a week afterwards in case you miss the date ☺

See Rachel, Renee B or Claire for more info

**Kinma**  
**TRIVIA NIGHT**  
**FUNDRAISER**

**DATE:**  
SATURDAY 28TH NOVEMBER 2015

**TIME:**  
7PM ARRIVAL FOR 8PM START

**VENUE:**  
TED BLACKWOOD HALL, WARRIEWOOD

**THEME:**  
A SPLASH OF COLOUR

**DINNER:**  
FOOD FIGHTERS SERVING MEXICAN YUMMINESS FROM 7PM

**COST:** \$50 PER PERSON OR \$400 FOR TABLE OF 8  
TICKETS ON SALE NOW FROM THE OFFICE OR KEEP AN EYE OUT FOR ORGANISERS AT THE SCHOOL GROUNDS

*Plenty of great prizes up for grabs so bring your wallet!*

**Kihma**  
Inspiring a passion for learning, for life  
PRIMARY • PRESCHOOL • PLAYGROUP

# Extras



**Health**  
Northern Sydney  
Local Health District

## Northern Sydney LHD Oral Health Service

NSLHD Oral Health Service provides free dental care to eligible residents of NSLHD. This includes general dentistry such as examinations, x-rays, fillings, extractions, and dentures. For more extensive treatment patients may be referred for specialised oral health services at Hornsby Dental clinic.

### Who are we?

Oral health services are delivered by teams of fully qualified Dentists, Oral Health Therapists, Dental Therapist, Dental Technicians, Dental Assistants and reception staff.

### Where are we?

RNS Dental Clinic (Community Health Centre), Dee Why Child Dental clinic (Dee Why School), Mona Vale Adult Dental Clinic (Mona Vale Hospital), Coxs Road Adult Dental Clinic (Macquarie Hospital), Top Ryde Dental Clinic (Top Ryde), and Hornsby Dental Clinic (Hornsby Hospital)

### Who is eligible?

Patients must reside in the Northern Sydney Local Health District, and be eligible for Medicare.

Children: All children and young people less than 18 years old are eligible.

Adults: Adults (18 years or older) must hold, or be listed as a dependent on one of the following valid Australian Government concession cards:

- Health Care Card
- Pensioner Concession Card
- Commonwealth Seniors Health Card.

Additional eligibility criteria may apply for some specialist dental services.

### How to access the service:

Contact the NSLHD Health Contact Centre on 1300 732 503 to request dental care.

- Patients are triaged and prioritised in accordance with NSW Health Policy. Patients with a dental emergency - trauma, facial swelling, or uncontrolled bleeding – are highest priority and will be seen on the same or next day. Patients who require urgent dental treatment for medical reasons and have a referral are given high priority

### How can you help?

Unfortunately we realise many eligible people including children may be missing out as they are not aware of this service.

Recent Commonwealth funding has enabled the Oral Health Service to reduce waiting times for dental care and now is an excellent time for people to request dental care.

To make the most of this opportunity we are requesting your help to promote this service and to encourage people to phone the Oral Health Call Centre.

**To make a dental appointment:** Contact the NSLHD Health Contact Centre: 1300 732 503

**For any other information:** Contact NSLHD Oral Health Executive Unit: 02 8877 5136

ORAL HEALTH SERVICES  
FOR CHILDREN UNDER 18 YEARS



**IT'S  
FREE!**



**CALL  
TODAY**

Dental treatment for children under 18 years of age is free at NSW Public Dental Health Clinics.



**Clinic Locations:**  
HORNSBY | TOP RYDE | ROYAL NORTH SHORE | DEE WHY  
PHONE **1300 732 503**



Be a Well Being

BLACKMORES®

# COMMUNITY OPEN DAY

SATURDAY  
31 October 2015  
10am - 3pm

### Help support your local community organisations.

Join us for a fun-filled day of live entertainment, delicious food, kids' Halloween fun, market stalls, yoga and fitness sessions, factory tours and a jam-packed schedule of health, wellbeing and green-living seminars.

Learn about health for all ages, pet health, beekeeping, indigenous bush tucker, sustainable food practices and our local environment & wildlife.

### Fun for the whole family!

- Fundraising & giant raffle
- Factory tours
- Free health & green living workshops
- Kids' 'Halloween' FUN ZONE
- Product sampling & discounts
- X Factor finalist, Ellis Hall
- Free yoga & fitness classes
- Food stalls

\*It's a **FREE** event but there will be the opportunity to donate to some wonderful Northern Beaches charities on the day. Bring along your gold coins!

## ENTERTAINMENT AND EDUCATION SCHEDULE

### HEALTH AND WELLBEING TALKS

### GREEN LIVING WORKSHOPS

### LIVE ENTERTAINMENT

TIMES	HEALTH AND WELLBEING TALKS	GREEN LIVING WORKSHOPS	LIVE ENTERTAINMENT
<b>SATURDAY 31 OCTOBER 2015 - 10AM TO 3PM</b>			
10.00am			Narrabeen North Public School Band
10.15am			Pittwater High School Senior Strings Ensemble
10.30am	<b>Navigating the maze of aged care</b> by Community Care Northern Beaches	<b>Sit in stillness</b> An outdoor community group practice	<b>Singer/songwriter, Ellis Hall</b> X Factor finalist
11.00am	<b>Healthy ageing</b> The role of nutrients, diet and lifestyle by Blackmores Institute	<b>Native beekeeping</b> by Permaculture Northern Beaches	<b>Yoga class*</b> for kids
11.30am	<b>When supplements can help</b> by Blackmores Institute	<b>Indigenous bush tucker</b> by Koori Kinnections	<b>Yoga class*</b> for adults
12.00pm	<b>Mentoring to support your teen through life's challenges</b> by Raise Foundation	<b>Small space vegetable gardens</b> by New Leaf Nursery	<b>Narabeen Dance performance</b> Tiny Toes ballet, jazz & hip-hop
12.30pm	<b>Surf Safety - education on rips</b> by Bilgola Surf Lifesaving Club	<b>Rescuing reptiles</b> by Sydney Wildlife	<b>Northern Beaches Gymnastics</b> Demonstration
1.00pm	<b>Children and teen health</b> The role of nutrients, diet and lifestyle by Blackmores Institute	<b>Itchy dogs</b> by Dr Charmaine Tham, Pure Animal Wellbeing	<b>High Rise All Star Cheerleading</b> Demonstration
1.30pm	Traditional Welcome by a Guringai Elder & Formal Address by Marcus Blackmore & Christine Holgate, Blackmores CEO		
1.45pm			<b>Singer/songwriter, Ellis Hall</b> X Factor finalist
2.00pm	<b>Happiness is an inside job</b> by Petrea King		<b>Battlers Band</b> Exodus Foundation
2.30pm	<b>Meditation</b> by Petrea King		

FREE

- ★ THROUGHOUT THE DAY - Factory tours every 15 minutes, kids' face painting & jumping castle, arts & craft, dunking machine and make smoothies using an electric bike at the Pittwater Council stand.
- ★ \*To book into a FREE Yoga class, please call Blackmores reception on 02 9910 5000.
- ★ Bring along your gold coins to help support selected charities on the day.

BLACKMORES®

# JAPANESE FETE 2015



**SATURDAY 31ST OCTOBER**  
**11AM-4PM**



**Sydney Japanese  
International School**  
シドニー日本人学校



**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





Davidson

HIGH SCHOOL

Q & A

You are cordially invited to meet the Principal,  
Ms Jann Pattinson,

**Friday 13 November at 9.15am**

in the Jan Jones Room

Mimosa Street  
Frenchs Forest  
Phone: 9451 0022  
[www.davidson-h.schools.nsw.edu.au](http://www.davidson-h.schools.nsw.edu.au)

After a short presentation by the Principal  
and a Q&A session, school tours will be run,  
concluding with morning tea.

To secure your place at this event,  
please go to  
[www.schoolinterviews.com.au](http://www.schoolinterviews.com.au)  
and enter the code LGTKZ

A community school, Davidson High School is committed to  
providing an inclusive educational environment that is  
supportive, innovative and engaging.

We believe that by working strategically and collaboratively we  
will inspire and develop future-focused students who are active  
and connected learners and critical and creative thinkers.

Experiment

Create

Connect

Solve

Interact

Davidson HIGH SCHOOL



FORESTVILLE  
MONTESSORI  
SCHOOL

# FAIR DAY



Saturday  
14 Nov

1pm - 5pm



JUMPING  
CASTLE



FOOD &  
DRINKS



PRE-LOVED  
TOY SALE



PONY  
RIDES



LEGO  
BUILDING



CRAFT  
STALLS

3 MYOORA RD, TERREY HILLS

## 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: DR ROBYN COSFORD

#### "The Gut-Brain Connection"

Dr Robyn Cosford MBBS (Hons) FACNEM  
 Director, Northern Beaches Care Centre  
 Conjoint Lecturer, University of Newcastle School of Biological Sciences  
 will talk on the gut-brain connection.

**Monday 23rd November 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 [Eventbrite](#)



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