

# Kinma

Kinma Newsletter T4 Week 7, Friday 20<sup>th</sup> November, 2015



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

**DATE:**  
SATURDAY 28<sup>TH</sup> 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!*

**kinma**  
Supporting a vision for learning for ALL  
PRIMARY - PRESCHOOL - FLEXISCHOOL



## WHAT'S ON

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
06.12.15	4.30PM - Gratitude Gathering - <i>Change of date</i>
08.12.15	9am - Kids Christmas Market
10.12.15	Group 3 Play
15.12.15	7pm - Board meeting
16.12.15	Farewell Final Year and Last day Term 4

## 2016 Dates

28.01.16	Term 1 starts
25.03.16	Good Friday - Public Holiday
28.03.16	Easter Monday - Public Holiday
08.04.16	Term 1 ends
27.04.16	Term 2 starts
01.07.16	Term 2 ends
27.07.16	Term 3 starts
23.09.16	Term 3 ends
11.10.16	Term 4 starts
16.12.16	Term 4 ends

## Trivia Fundraiser

To book:

<https://www.eventbrite.com.au/e/kinma-trivia-night-2015-tickets-19162169565>



# Kinma Board

**Nick Georges**, Chairperson

T: 0412 106 633

E: [nick.georges@gmail.com](mailto:nick.georges@gmail.com)

**Ginny Neighbour**,

Deputy Chairperson & Governance

T: 9880 2492

E: [ginny.neighbour@gmail.com](mailto:ginny.neighbour@gmail.com)

**Steve Dixon**, Fundraising

T: 0412 949 441

E: [stevengarrydixon@me.com](mailto:stevengarrydixon@me.com)

**Lisa Graaug**,

Education Committee

T: 0409 924 630

E: [lisa@yogainstitute.com.au](mailto:lisa@yogainstitute.com.au)

**Jonathan Kelt**,

Education Committee

T: 0425 225 174

E: [jonathankelt@mac.com](mailto:jonathankelt@mac.com)

**Bea Pierce**, Marketing

T: 0405 346 018

E: [ninianlif@gmail.com](mailto:ninianlif@gmail.com)

**Stephen Cole**, Treasurer

T: 0432 032 343

E: [stephen.cole1910@gmail.com](mailto:stephen.cole1910@gmail.com)

**Pam Webster**,

Director Emeritus

E: [pamwebs@gmail.com](mailto:pamwebs@gmail.com)

# Administration

## Weather Friday 14<sup>th</sup> November

Dear Families (note sent to all preschool families)

I am writing to let you know that we have a predicted temperature for tomorrow (Friday 20<sup>th</sup> November) of 37-41 degrees at Terrey Hills.

If you have the luxury of allowing your children to stay in the comfort of their homes tomorrow with you, or have a shorter day at Preschool this would be beneficial.

If this is not possible, please BE ASSURED that all the children are welcome to attend. Come along, and we will be planning indoor relaxed activities with much hydration.

If children are not attending please email or telephone the office 94500738 [claire@kinma.nsw.edu.au](mailto:claire@kinma.nsw.edu.au) or [admin@kinma.nsw.edu.au](mailto:admin@kinma.nsw.edu.au).

Thank you, and if you have any questions please let Kay or I know.

Kind regards Julie C

- We do have air -conditioned areas available in both pre and primary tomorrow if required.

## Hats, hats and more hats

Please ensure your children have a hat in their bags. Or if they are of an age remind them it is their responsibility to pack their bag with the essentials. Essentials includes shoes.

Walking to swimming is a leisurely stroll where children chat to each other and take turns holding staff hands and explaining their worlds. The organisation to make sure students have hats and shoes on is UNBELIEVABLE !

## Dates on the calendar

**Please can we ask that you jot down the dates for our varied events coming up as we close off the year – we would be sad for your children ( and they too)to not have your company at these events.**

## Tinkering

Is there any family member who is comfortable to lay bricks? It would be a wonderful restoration to complete the BQ area (heart centre) of the school before the year closes. Andy was on a mission prior to becoming unwell to do the BBQ and the fire pit. I would be delighted to leave the fire pit until his return but have a feeling that the fire place needs to be completed before 2016. Let Claire or I know – I have the bricks !

Claire Carin and Julie C



# Education Co-ordinator

Learning Forum, part 2

Last week resilience was considered from the sharing at the learning forum. Other elements of wellbeing were also considered.

Regarding food, a list of ten strong food categories was shared. Jg clarified that these were not chosen by her, as she felt unqualified to provide such. Rather a group of parents from both preschool and primary who have spent much energy around considering new modes of looking at healthy eating provided a list by Teresa Cutter. Teresa is one of Australia's leading authorities on healthy cooking, and the founder of The Healthy Chef that is dedicated to improving the health and wellbeing of individuals. The list is attached.

Interestingly, the mainstream schooling system is raising food high on their agenda. There is much controversy as to whether food is a school issue at all and if so in what way can learning unfold. A recent article is attached. Sugar was raised. Halloween unfolding on the previous weekend provided a good base for sharing stories. It appears there are changing attitudes of individuals and families around the now more accepted American tradition. Certainly at both preschool and primary, we noted a particularly hyper bunch of children on Monday!

There is a film on Sugar ( see [thatsugarfilm.com](http://thatsugarfilm.com) for trailer) to which one of our families has access. We plan to hold the next learning forum in a slightly different mould. We will watch the film together for the first hour and then for the second hour, all can share in a talk-eat gathering. We will ask all to bring a plate of (non sugared) fare and we will have an adults evening picnic conversation! Zia will help co - ordinate the gathering, so keep eyes and ears peeled for details in term one.

It is really wonderful when learning forums grow out of family interests, particularly when one learning forum quite naturally flows into the next. Thanks again to the families who are now coming on a regular basis. If you could not make it this time, we look forward to inviting you into our growing circle next time.

## THE HARD WORD

### Why cooking is one of the most vital skills kids can learn



**Elise Bennetts, acting CEO, Jamie's Ministry of Food and The Good Foundation**

WE have a huge problem on our hands when it comes to the future health of Australians.

Diet-related disease is at an all-time high and while there are many discussions around how we got to this dire position,

people continue to struggle with what to do about the issue.

And there is no question that the issue needs to be addressed.

While the convenience culture prevails, our kids are eating fewer home cooked meals and more salt and sugar dense takeaway food.

Eating junk food all the time means their concentration plummets and their wellbeing deteriorates – these aren't good conditions for learning. But there are solutions.

Diet-related disease is now Australia's number one killer; responsible for 25 per cent of all deaths. Doing nothing is unforgivable.

More and more adults are living time poor lives and suffering from issues related to being overweight so kids don't always learn basic cooking and nutrition skills at home.

It's up to us to help instil healthy habits early in life which they can use well into what we hope will be a ripe old age.

That's why we're delivering

Jamie Oliver's Learn Your Fruit and Veg program into Australian primary schools.

I believe that cooking is one of the most important skills you can learn and one that will stay with you for the rest of your life.

Therefore, it's incredibly important to start teaching kids about food, where it comes from and how it affects their bodies, from the earliest age possible.

Encouraging children to learn through cooking is fun and gets them excited about food.

As a teacher, and perhaps a parent too, I'm sure you'll agree that children will constantly surprise you in the way they learn and view the world.

I know that I'm amazed every single day when I look at my own children and watch them navigate through the loads of information that fill their school days.

I also understand how difficult it can be to get kids to eat the things they should, or to predict what they will or will not like from one week to the next.

Sometimes kids choose to serve up a good deal of grief to their parents at the dinner table – choosing not to eat things they've happily eaten before, or going through phases where they decide not to consume anything that's remotely green.

But through patience and encouraging kids to get involved in the kitchen, it is amazing how they soak up the information.

If something excites them, go with it and encourage them to get their hands dirty, whisking, bashing, planting, harvesting, prepping, stirring, and you'll soon see them taking more of an interest.

Using the right recipes is key to making it easy to cook with kids.

Our Learn Your Fruit and Veg recipes all meet nutrition standards for children and teach the basic cooking skills kids need to know so that they can feed themselves real food for the rest of their lives.

The program fits into schools really well and it integrates into Australia's national curriculum

making it a simple, fun and engaging way for children to learn quick healthy meals from scratch. You don't need a kitchen and you don't need a garden for the Learn Your Fruit and Veg program.

We wanted every child in Australia to have access to food education so we deliberately made the program easy to adopt in any school regardless of their resources.

A few simple pieces of cooking equipment is all you'll need to get started on our no heat recipes.

Teaching our kids practical ways to improve their health, happiness and concentration is such an important life skill.

Sign up for a trial of this program and make a real difference.

Kids want to learn, we just need to put the tools in front of them and watch them go!

For more information, teachers or parents should visit [JamieOliverLYFV.com](http://JamieOliverLYFV.com) to learn more or to register for the program.

# Preschool

## TRANSITION

It is that time of the year (again!) when a number of children and families are preparing to transfer from Preschool to Primary School. Different schools offer a variety of opportunities including school visits, teddy bears picnics and orientations. However different these arrangements may be, all are working towards making the transition from Preschool to Primary a positive one.

“I played in the classroom, had some fruit and made a friend because she liked me and I liked her” Coco

Here at Kinma we work towards the transition being as seamless as possible. Throughout the time a child attends Preschool, there are many opportunities to spend time at Primary:

- Taking a wheelbarrow full of books down to the library and choosing new books to bring back up
- Going to the office to do some photocopying, collect and deliver mail and have a chat with Julie Carr and Claire
- Going to play in the upper and lower playgrounds
- Walking around the grounds looking at the vegetation and pulling up a few non-native lilies
- Carrying bowls and saucepans back to the Primary kitchen after Snack Attack
- Being involved with whole school events, for example, concerts and other performances in the Meeting Hall.
- Taking part in whole school programmes – French, music and basketball
- Family participation in social and fund raising events e.g. Kinma Care, Christmas Market

In the term before starting Group 1, a more focused programme begins. Over a period of four weeks, children make a series of visits. They start to make connections with the Group 1 teachers and children, get to know the environment and become familiar with as many aspects of the Group 1 experience as possible. This might include group experiences, activities, morning tea and lunch times. Eight children are starting in Group 1 in January 2016 and a similar number in the mid-year. Take a look at one of our recent visits.....



At 11am, Grace, one of the Group 1 teachers, came up to Preschool to meet us. We stopped at the Waiting tree to find out what we were going to be doing during the visit





We went to the library, had a look at a book or two and choose one book to take back to the Group 1 classroom. Grace said that sometimes in Group 1 if you feel like a quiet time in a cool place, you can ask to go to the library. She also said "Everyone seems to like books!"



We then went outside and discussed the pros and cons of walking across the grass in different weather conditions



A visit to the school kitchen and an opportunity for a cool drink of water. We found out where to get the cups from, about using the step if we couldn't reach the water filter spout and that we are responsible for washing our cup, drying it and putting it back in the cupboard



Last Thursday, we did a boundary walk – where we can go at morning tea and lunchtime. We did a revision of that information, with scenarios set like “What would you do if a ball goes over the line?”



We went to explore climbing structures in the lower playground – stretching, reaching, swinging, balancing, climbing and sliding



Then we invited the Group 1 children to join us for a play. They demonstrated some of the things they can do on the climbing equipment



Group time in the classroom – the Name Game. Sitting in a circle, we each told everyone our name and then threw a ball of wool to the next person to say their name. Eventually we were all connected by a web of wool. Amos said “It’s like a sculpture!”





As we were leaving, Amos asked us to give a message to Aisha "Tell Aisha that next time she comes to transition, I won't be here because I'm going on holiday to Cairns" We wrote the message in the floorbook for Aisha when we returned to Preschool.

## KINMA CARE DAY

Thank you to all the families who came to Kinma Care Day last week. The Preschool garden looked fantastic when we came in on Monday morning. We have a list of families who have offered to do other jobs and will be allocating those over the next couple of weeks.

## CHRISTMAS CRAFT WORKSHOP



It was a successful and productive workshop yesterday and there will be another opportunity to get involved on Friday 4<sup>th</sup> December if you have an hour or two to spare.

## POSTAGE STAMPS



Josh, Jonah, Maxy and Marlon are very interested in postage stamps. Please bring in any you have for our collection.



**LOST PROPERTY**

Several very wet days have resulted in an enormous amount of unclaimed clothes. Please have look on the table near the Preschool entrance to see if you recognise anything. Names on clothes, shoes and lunchboxes helps us to return belongings to you.

**STEPS VISION SCREENING**

This will be in the morning of **Tuesday 1<sup>st</sup> December**. All children 4 years and older in Preschool have been invited. If you have not received information, just ask Kay. Children who do not normally attend on Tuesdays will be slotted in when they arrive.

**STUDENT**

Tal Ottensooser will be completing a practicum with us, starting next week. Tal is studying for a Diploma in Children's Services and a Bachelor degree at Macquarie University.

From all the Preschool staff – Kay, Christine, Pat, Felicity, Nina and Lizzie



## 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	No snack attack
Nov 11	Sona, Liz B, & Karen
Nov 18	Beck & Renee D & Lesley
Nov 25	Gemma & Nic
Dec 2	Michelle D + <b>help needed</b>
Dec 9	Anne, Lisa, Jacinta, Renee B
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)



# Bazaar

## What a success!

Despite the raging storm, rivers running through the bake sale, and hail pelting from the sky (all at 3pm), the crowds stayed around and got into the spirit of the Bazaar last Friday afternoon.



It would be fair to say that everyone who bought something benefited from the generosity of our community with some beautiful items of clothing, books, toys, jewellery, cupcakes, Purepops, cups of tea, 'Kinma Quality clothing' (good for Kinma wear, camping etc.) and the yet-to-be-won Christmas hampers. Preschool and Primary also benefited greatly from the sale, with many toys and spare clothes, sun hats and books being given to teachers as resources for our children.

The theme of Re-cycling, Re-using and Re-gifting saw some amazing items being brought in and then sold onwards – seeing books, toys and clothes shared between families with younger kids than the previous owners certainly warms the heart.

The Christmas hamper was so overflowing in donations we've have made 3 hampers. There are now a large, medium and small, containing many delicious Christmas, organic, health-food and personal toiletry items. The raffle will be drawn on Monday 23<sup>rd</sup> November, so if you haven't bought your tickets yet please come to the office where you can buy some.

Our very big thanks to everyone who helped and contributed to the preparation, to those who cleared out their wardrobes and made donations, who snapped up bargains, made amazing cakes and goodies, manned the stations on the day, bought raffle tickets, who braved the weather on the day, and who supported the idea of having the Bazaar even if they couldn't come in person. The success of the Bazaar is always dependent on the contributions of the parents as well as physical help, positivity and belief that anything is possible, and it is all much appreciated.

The final day for the Bazaar will be this coming Monday 23<sup>rd</sup>.

Then - clearing up – can anyone lend a hand on Monday after Playgroup? Any help you can give would be great.







Remaining items will be distributed to charities and places where we know the clothes and other things will be a big help to those less fortunate.

We will also keep some back for selling on EBay. If you are an EBay whizz we'd love your help with selling items – please let one of us know.

Thanks.

*Claire, Renee and Rachel*



# Extras

## Book Fair Details:



## Lifeline Northern Beaches Giant Book Fair: 20<sup>th</sup> to 22<sup>nd</sup> November 2015

Venue: Balgowlah Boys Campus  
Cnr Sydney Rd & Maretimo St  
Balgowlah

Dates/Times: Friday 20<sup>th</sup> November 4 pm – 9 pm  
Saturday 21<sup>st</sup> November 9 am – 5 pm  
Sunday 22<sup>nd</sup> November 9 am – 2pm

Please note we accept Visa & Mastercard and also have EFTPOS facility available

(Entry by gold coin donation very much appreciated)

At the Book Fair there will be thousands of good quality books, at bargain prices, in many categories, including a wide range of children's books suited to all ages.

For the enthusiast/collector we have a large number of award winning and collectible books.



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**TUESDAY 17TH NOVEMBER 7PM**

ENERGIZE HEALTH CLUB  
CNR GLEN STREET & BLACKBUTTS ROAD  
BELROSE (NEXT TO GLEN ST THEATRE)

**TUESDAY 24TH NOVEMBER 7PM**

AVALON ANNEXE  
3 BOWLING GREEN LANE, AVALON  
LOCATED IN THE NORTH WESTERN  
CORNER OF DUNBAR PARK  
(ADJACENT TO AVALON RECREATION CENTRE)

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# Terrey Hills Swim School

## Intensive January Holiday Programs

*Help your child improve their swimming skills with an intensive holiday swim programs.*

**Week 1 4th - 8th January**

**Week 2 11th - 15th January**

**Week 3 18th - 22nd January**

\$100 for 5 classes

Don't miss out!

Register now by calling 9486 3941 or visit Reception

### Public Swimming



Available to everyone during the School Holidays. All 3 pools will be open:

11:30am - 2:30pm  
Monday - Friday

See Reception to purchase passes

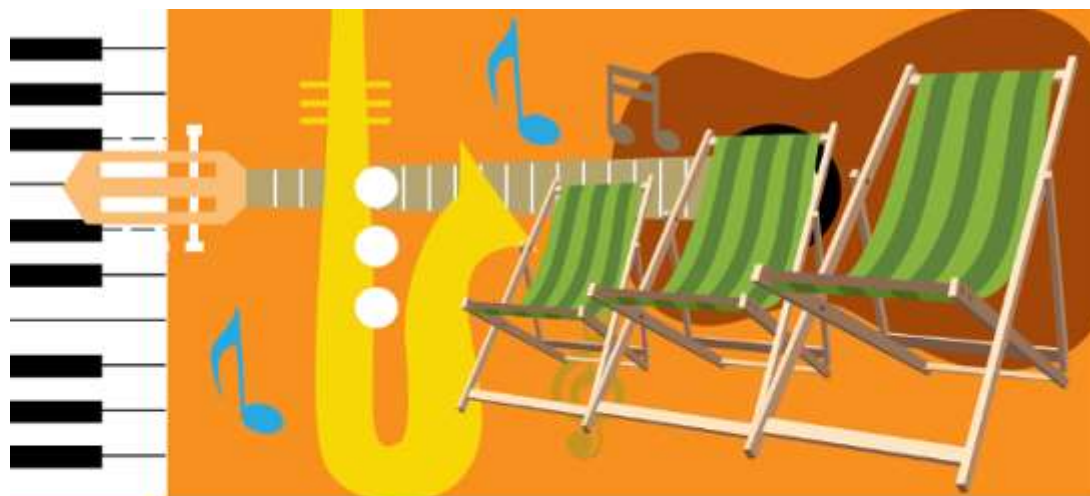
### Log Runner Fun



The Log Runner will be up and running in the Middle Pool for all kids 11 years & under

12:00am- 2:00pm  
Monday - Friday

All children need in-water supervision.



# SUMMER SESSIONS

SIT. RELAX. ENJOY.

- 
**Bluegrass** Thurs 3 Dec - 5.30 - 7.30pm  
Bert Payne Reserve, Newport
- 
**Jazz** Fri 4 Dec - 5.30 - 7.30pm  
Dunbar Park, Avalon
- 
**Classical** Fri 11 Dec - 12.00 - 2.00pm  
Library Lane, Mona Vale
- 
**Bluegrass** Thurs 17 Dec - 5.30 - 7.30pm  
Bert Payne Reserve, Newport
- 
**Classical** Fri 15 Jan - 12.00 - 2.00pm  
Library Lane, Mona Vale
- 
**Jazz** Fri 15 Jan - 5.30 - 7.30pm  
Dunbar Park, Avalon

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SUMMER SESSIONS  
PROGRAM



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CHILDREN'S CHOIR



Song Learning

A Family Concert to Celebrate the End

**WEEK 1**  
ages 7 - 10

**WEEK 2**  
ages 10 - 12



# KID'S CHORAL ACADEMY

11 - 22 January 2016  
Monday - Friday 9am - 3.30pm



Week 1  
**CAPT'N JACK & HIS PIRATE CREW**  
Music, Mayhem & Misfits!



Week 2  
**THERE & BACK AGAIN**  
Tales of Discovery from Near & Far



The Wharf, Pier 4 Hickson Road, Millers Point  
For more information, pricing & enrolments:  
[GONDWANA.ORG.AU](http://GONDWANA.ORG.AU)