

Kinma

Newsletter T4 Week 1 - Friday 14th October, 2016

WHAT'S ON	
14.10.16	8am - Warriewood Beaches Market Stall
16.10.16	8am - Frenchs Forest Market Stall
17.10.16	9.30am - Open Morning
18.10.16	2.15pm - Swimming Groups 1 & 3
19.10.16	11.15am - Swimming Group 2
28.10.16	Tinkering
31.10.16	Sculptures by the Sea
16.11.16	Pre-School Morning Tea
19.11.16	Kinma Care Day 1-4pm
29.11.16	Tinkering
3.12.16	4pm - Gratitude Celebration
6.12.16	Kids' Christmas Market
16.12.16	Farewells Term 4 ends



Admin

It's lovely to see everyone back after the holidays.

A few little rules to support the community.....

- **Kinma Care Day Term 4** – 19.9.16 at 1-4pm – In term 3 we had a wonderful turn out and the place sparkled for the Open Day – it was fantastic ! Please we would love to excite you all to come back and get through some small special projects that need assistance before the year comes to an end.
- **Parking** at Kinma is a one way operation. We enter down from Aumuna come around the bend and head up Coolowie past the Preschool. This is a way that we keep the roadway safer each day for our children by making it one way.
- **Snack Attack** commences week 3 (26.10.16) – Great if you could support by helping to serve or make a dish. Chat with Hayley (hayleyjl@tpg.com.au)
- **Absenteeism** – if for any reason your preschool child or your primary child are absent it is very important that you telephone the preschool or administration office or email and let us know. Why ? - if we have an emergency, we need to know who is in preschool /primary and who is not – we have to know that all our children got to preschool and primary safely – and least importantly it is a Department of Education guidelines that the School reports three terms of daily attendance.
- **Hats and sunscreen** – it is only going to get warmer and we have mentioned to the kids if they do not have a hat they will not be allowed to play outside
- Sufficient amounts of **lunch** that your children will be prepared to eat. We often have our students saying that they do not have enough. Yes I can hear some families saying it always comes home. We have both ends of the spectrum. If lunch is coming home please let the staff know so we can follow up.
- **Food packaging** and waste – unless the waste can be composted it will be returned to home in the children's lunch boxes. We are trying very hard to limit the waste at Kinma. We have three compost bins in action at the moment to recycle the waste.

Carin, Claire and Julie

What's on in Term 4

Swimming Term 4 - We have made the decision to split swimming this term into two separate days, as numbers are growing we can see the need to create a little more space in the middle pool where most of our young swimmers are grouped.

SO, Groups 1 and 3 will attend swimming on a Tuesday commencing 18th October. They will walk up after lunch with staff to commence their lesson at 2.15pm. Parents are to collect their children from the swim centre (Terrey Hills Swim Centre – 31 Myoora Road Terrey Hills) at 3.00pm. It is not possible to get the children back to school to take the bus home during swimming. We ask that you collect your children on 3 and leave the swim centre as soon as possible to lessen the congestion for the next group of swimmers attending.

Group 2 will attend swimming on a Wednesday commencing 19th October. They will walk up after morning tea and return before lunch at 12.30pm.

Please can you refrain from purchasing sweets and ice creams from the centre as this can create jealousy between the children. We ask you to head to your local shops for treats.

Swimming is for a six week period finishing on 22nd and 23rd November.

What to bring: In a separate swim bag the children need a towel, one piece swim suit, cap and goggles. Children cannot swim without a hat and goggles and will be charged a rental if they forget.

Sculpture by the Sea - An excursion over to Bondi to spend the day wondering thru the amazing artworks on display. This is an excursion for primary students and is not compulsory, children will choose if they would like to attend. Classes as normal will be at School. A bus will collect the children from school and return to same. A packed lunch, water bottle, hat and shoes are required.

French - French is on each Friday for all terms 1 – 4 inclusive.

Kids Christmas Market – a day of great excitement as the children put out their market stalls and sell anything from hand-made cards, home-made gift paper, home-made lemonade, pre-loved toys, books and clothes, and anything else they have created. A fundraiser for the school and a lovely way to see the many creative efforts of the children.

Gratitude Gathering - Celebrations, Carols and Other Tunes – this non-denominational event is a beautiful evening of candles, songs and a light supper. A time to reflect and give thanks for all that we have here at Kinma with our families and extended community. We will be gifting to the Burdekin Association (homeless youth of Northern Beaches).

Tinkering – Join one of the tinkering pods, held twice a term in Primary. Come and lead a pod or help out in an art/craft pod, music pod, invention/creation pod, gardening pods, sport pod, or something else you 'd love to share.

Farewell – to our final year students - This is a time for farewelling our elder students who are heading off to high school next year. We suggest you bring a picnic lunch at about 12noon and enjoy this heart felt afternoon with your community.

Extras



Story Sticks at McCarrs Creek This Saturday, 15th October

STORY STICKS AT MCCARRS CREEK

Come and share some time by McCarrs Creek in Pittwater as we learn about, and create, Story Sticks among the fascinating mangroves.

As part of the Ku-ring-gai pH Art and Science Project, we are gathering by the Ku-Ring-Gai National Park, within in the homelands of the Gai-mariagal People in Pittwater to create Story Sticks.

Some Story Sticks will be included in the exhibition in Manly starting December 9th. A Story Stick is for you to create with your stories and things precious to you for enjoying and passing down through generations.

Join Susan Moylan-Coombes and Mia Dalby-Ball as we this wonderful place.

When: Saturday 15th October from 10:45am breaking for lunch completing at approximately 2pm

Meeting Place: upstream end McCarrs Creek Reserve off McCarrs Creek Road from 10:45am onwards (see map)

All ages welcome

To Bring: Salads and drinks provided BYO food to BBQ.

BYO stick to create with (~ 15-80cm long) or we have some.

Some materials for your sticks will be provided however, do bring some personal things to attach to your stick like crystals, stones, twine, feathers etc.

For further information call or txt Mia Dalby-Ball 0488 481 929

Tree planting at Waratah Park

Volunteers needed

SUNDAY 16th October, 2016 will be dedicated to planting 500 tube stock along the boundary fence line

Date & Time- 9am -1pm

Location- Waratah Park @ 13 Namba Road Duffys Forest. Drive through the main gates and proceed to car park. Volunteers then meet at the picnic area near Rangers building to sign on.

What to bring- Protective clothing is a must. Long sleeved shirts and pants, protective footwear, sunhat, gardening gloves, water. If available please bring along small hand tools for planting. If you are able to join us please contact via email info@beardson.org

For more information go to Duffys Forest Residents Association website www.duffysforest.com

Exploring the cherry blossom at Kinma



parenting Programs Child & Adolescent Parenting

WHAT'S ON IN TERM 4 - 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 (2/11 - 30/11, 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 (21/11, 28/11 & 5/12, 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 (24/11, 7.00-9.30pm)

Tuning in to Teens Course

Emotional intelligence & communication skills to understand your adolescents' needs & behaviour.
Chatswood 5 wks (1/11 - 29/11, 7.00-9.30pm), Brookvale 5 wks (2/11 - 30/11, 6.30-9.00pm)

Toddlers Workshops (1-3yrs)

Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep
Chatswood (3/11, 10/11 & 17/11), 3 wks/2.5hrs each, 7.00-9.30pm)

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 24/10 & 7/11 (2.5hrs each, 7.00-9.30pm)

Resilient Kids Workshop

Strategies to accept & express feelings, develop optimistic thinking & coping skills
Chatswood (26/10, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop

Learn how to restore a respectful & positive relationship between you & your teenager
Chatswood (25/10, 7.00-9.30pm)

WORKSHOPS ON REQUEST - PHONE 8877 5152 (2-2.5 hours)

- ★ Understanding Your Toddler/Discipline & Tantrums
- ★ Tucker without Tantrums/Toilet Training
- ★ Speech & Language Development/Sleep
- ★ Older Sibling - New Baby
- ★ Dealing with Teen's Back Chat
- ★ Resilient Kids
- ★ Transition to School
- ★ Transition to High School
- ★ Triple P Seminar Series 1-12 yrs & Teens
- ★ Communicating with Kids
- ★ Grand Parenting

Enquiries: Child & Adolescent Parenting 8877 5152
www.nslhd.health.nsw.gov.au/services/CAP