

# Kihinda

Newsletter T4 Week 7 - Friday 25th November, 2016

WHAT'S ON	
29.11.16	Tinkering Day
30.11.16	Snack Attack - Preschool
30.11.16	Pre High Dinner
03.12.16	4pm - Gratitude Celebration
06.12.16	9-11am - Kids' Christmas Market
07.12.16 & 08.12.16	Vision Screening – Preschool <b>*NB Please note corrected date</b>
16.12.16	Farewells - Term 4 ends



## Kinma Board Fundraising



## Group 2 News

Term 4 is continuing to be a busy and fun-filled term for Group 2! Since the release of our last newsletter, a handful of highlights in Group 2 have included:

- Feeding our appetite of scientific curiosities of floating and sinking with Margaret, a Science Education advisor from New Zealand
- Transition and welcoming transitioners Emily A, Willow and Zadie into our group
- Going on an excursion/ adventure to The Sydney Opera House to watch a show called *A Sonatina*
- Practising for and performing in Kinma's Violin Concert

### Science- I notice... I think... I wonder...

In Weeks 4 and 5, a special visitor Margaret graced us with her presence at Kinma. Margaret and Group 2 explored and challenged our concepts of floating and sinking. We actively experimented with a range of materials to test its floating capacities (or lack thereof) including different types of wood, different types of rock, different types of dice, inflated, deflated and water-filled balloons and peeled and unpeeled bananas and lemons. We also designed plasticine structures that float and were able to hold the weight of a marble (or many marbles). Furthermore, Group 2 closely observed three mystery ingredients using our five senses. We then combined Mystery ingredient #1 currents into Mystery ingredient #2 tap water and separately into Mystery ingredient #3 soda water. We noticed, thought and wondered how and why currents behave differently when placed in different liquids. Group 2 thank Margaret for sharing her love of science with us!











**Transition- Welcome to Group 2!**

Kinma is partway through Transition and Group 2 specifically welcomes Emily A, Willow and Zadi into our space! We have shared many Group 2 insights, experiences and perspectives with them and have truly appreciated their warmth and presence into our group. Check out our collaborative mural art and sand city construction! We look forward to getting to know and spending more time with Emily A, Willow and Zadi in our Transition sessions.

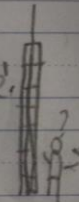


## A Sonatina Excursion

Once upon a time (last Thursday the 17<sup>th</sup> of November), Group 2 went on an excursion to The Sydney Opera House and we discovered many unique and creative things on our adventure! We went to watch a play titled *A Sonatina*, which was performed by Denmark's *Teatret Gruppe 38*. This trio of storytellers and musicians (and comedians) retold the classic story of Little Red Riding Hood. However, the creative twist was that the characters were played by an egg (Red Riding Hood), a live hen (Red Riding Hood's mother), a potato (Gran), a potato masher (the Wolf) and a felt hat (the Hunter). The stage was a converted junkyard truck, which had curious compartments to house each character. It was a unique, hilarious and entertaining show! Thank you kindly to Claire and Holly for accompanying us on our excursion! Group 2 reflected on this experience in one of our Storybox sessions by writing acrostic poem reviews.





A fluffy chick. ~~cluck~~  
Squashed granny. (Potato)  
Opera house is cool!  
Natural play ~~house~~  
Amazing site from operahouse!  
The opera house is tall!   
Interesting play (sonatina)  
Nasty wolf eats gran.  
A bit funny!!



As good as Red Riding Hood  
 Sinn is funny  
 Old like my grandpa  
 New and old  
 A classic  
 Told by many  
 anī → I'll never forget  
 Never say NO!!!  
 A lifetime wonder

**A** fluffy chicken was verry-  
 quiet  
**S** goshd potatoes was verry verry  
 verry verry verry verry verry  
 wierd and funny!  
**O**n the roof of the opera hous  
 ther was a carter.  
**N**o climeing on the wall!!!!  
 sed the sikrity doud.  
**A**masein play and chickin  
 with skil.  
**T**rumpit player wasa bit dum

## Kinma's Violin Concert: Sweet music to our ears!

On Friday the 18<sup>th</sup> of November Kinma hosted our very own Violin Concert. Many of the musicians who performed included kids from Group 2. The audience was captivated and entertained by Kinma's sweet violin harmonies (and dance moves)! Many thanks to Holly for sharing her passion and love of music with us!



We look forward to sharing with you more of our adventures and discoveries as they unfold this term. We can't believe that there are only three more weeks to go until the end of the year!

Lots of love from,

Group 2, Tristan, Kimberley and Aimelyn.

# Kinma Board



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 73 children in the Primary and 26 in Preschool, approx. 10 adults on Wednesdays.

We have 21 gluten-free, 17 dairy-free children, and 12 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...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 4 Snack Attack.

**PLEASE REMEMBER – We do not use nuts or nut products anywhere at Kinma.**

Nov 16

Nov 23

Nov 30

Dec 7

Dec 14

Rachel, Stephany, Beck

Preschool

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)

*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.*

# Extras

## Our Multisport School Holiday Camps are MORE FUN than a Tree full of presents!



**December Camp:**  
 Monday 19<sup>th</sup> to Friday 23<sup>rd</sup> December (5 days)  
*(An AWESOME chance to get your last minute Christmas Shopping done!)*

**January Camps:**  
 Tuesday 3<sup>rd</sup> to Friday 6<sup>th</sup> January (4 days)  
 Monday 9<sup>th</sup> to Wednesday 11<sup>th</sup> January (3 days)  
 Monday 16<sup>th</sup> to Friday 20<sup>th</sup> January (5 days)

**FREE PIZZA EACH LAST DAY OF CAMP!**

yum, yum, yum, yum, yum, yum, yum, yum!

- Ages 4 to 12 years welcome.
- **Experienced, qualified coaches.**
- Hot Shots Tennis & MULTISPORT Format.
- Daily Prizes and HEAPS of Fun!
- **FREE** Before (7.30 to 9am) & After (3 to 5pm) **Camp Care.**
- Camp runs rain, hail or shine!
- Full week, Single day or half-day bookings available.

**EARLY BIRD DISCOUNT!**

Book by 10<sup>th</sup> December to receive 10% OFF!

- 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)
  - YES! We have a pro shop that sells treats!



**STANDARD PRICING**

**Full Week - 5 DAY Camp Pricing**

Full Week, Full Days	\$165
Full Week, Half Days	\$135

**4 DAY Camp Pricing (ONLY 3<sup>rd</sup> to 6<sup>th</sup> January)**

Full Week, Full Days	\$155
Full Week, Half Days	\$125

**3 DAY Camp Pricing (ONLY 9<sup>th</sup> to 11<sup>th</sup> January)**

Full Week, Full Days	\$135
Full Week, Half Days	\$95

**Single Day Pricing**

Full Day	\$50	9am to 3pm
Half Day	\$35	9am to 12pm

**HOW TO BOOK IN...**

**ONLINE AT OUR WEBSITE:**  
[www.evolutetennisacademy.com](http://www.evolutetennisacademy.com)

**By email:** [evolutetennis@evolutetennisacademy.com](mailto:evolutetennis@evolutetennisacademy.com)

**By phone:** 0415 817 465

**FIND US AT WYATT PARK TENNIS CENTRE, BELROSE**  
 Corner of Wyatt Avenue & Cotentin Road, Belrose

**Wyatt Park Tennis Centre**  
 - Belrose -



## Honouring the Feminine

December 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup>, 2016

### + Ma Ma Na A Celebration of Sisterhood

*Gai-mariagal*

Women,  
Mothers & Daughter  
Weekend Retreat



#### Retreat Rundown

##### Friday

6pm Arrive

7pm Welcome  
Dinner

##### Saturday

- Women & women's business.
- Relationships with self, mother and child
- Totems of Gaimaragal
- Totem Flag Make
- Story Stick Make

##### Sunday

- Ochre Ceremony
  - Letting Go Fire
  - Blessing Ceremony
  - Closing Celebration
- 4 pm Goodbyes

### + Teachings of Australia's First Peoples

Ancient Knowledge  
and Wisdoms for  
Modern Day  
Wellbeing Practices

## Nourish and Nurture Weekend

Join us for a weekend of Women's Business at Currawong Cottages, nestled in the ancient lands and waterways of Pittwater and Kuringai Chase National Park, Gai-mariagal Country. This area is known for its peace and tranquility. It's a place to nurture your mind, body & spirit and find absolute seclusion from an increasingly busy world.



more on 2



### Getting there by:

#### Ferry

Ferries depart from Palm Beach Wharf (Barrenjoey Road) on the hour and take 25 minutes. Please call Palm Beach Ferry Service on 9974 2411 or visit

Join us in the secluded bush land setting above the beach, at Currawong where the cottages have filtered views of Pittwater.



The Ma Ma Na Retreat explores what it means to be women in this modern age and to Honour the Feminine.

Commencing on Friday afternoon December 9<sup>th</sup> concluding Sunday 11<sup>th</sup>, 2016  
Be part of Women's Business and Young Girls Rites of Passage to womanhood.

### Investment

Women \$550

Teenagers \$200

Inclusive of accommodation, all meals, materials and teachings.

### What to bring

- Clothes
- Bed linen & towels
- Costume & towel
- All toiletries
- Insect repellent

### Please note

There are no shops, television, radios or telephones on Currawong, however you can get mobile phone coverage.



Further information:

Susan Moylan-Coombs  
Mia Dalby-Ball

Mb: 0458205399  
Mb: 0488 481929

email: [susan@gaimaragal.com.au](mailto:susan@gaimaragal.com.au)



Northern Beaches Council presents

# KU-RING-GAI pH: ART + SCIENCE > PROJECT

## Public Programs

### Art + Science Forum

Sun 11 Dec, 2 - 4pm

Join in a discussion chaired by Professor William Gladstone, Head of School of Life Sciences, UTS, about the vital and fascinating relationship between science and art, and new ways of thinking about the relationship between them. Speakers include exhibition curators Susan Milne and Katherine Roberts, artists Lisa Roberts and Sarah Robson, scientist Dr Asheeta Prasad, and curator and writer Bec Dean. Members of the community are invited to register their interest in presenting a two-minute talk on their own experience of an art+science collaboration (by Mon, 28 Nov 2016) to [katherine.roberts@manly.nsw.gov.au](mailto:katherine.roberts@manly.nsw.gov.au)

**Venue:** Manly Art Gallery & Museum

**Cost:** Free

### Ku-ring-gai Chase National Park Guided Tour

Sun 22 Jan, 9 - 12pm

Join Karen Smith from the Aboriginal Heritage Office on a guided walk in Ku-ring-gai Chase National Park, a landscape where traditional owners lived and flourished for thousands of years.

**Venue:** Ku-ring-gai Chase National Park (specific meet-up details provided upon booking)

**Cost:** Free (lunch at own cost)

### 'In Conversation': Artists & Scientists

Sun 19 Feb 2017, 2 - 4pm

Four of the collaborative groups talk with the curators about their ideas, processes and installations: Julia Davis, Sarah Robson & Dr Asheeta Prasad; Cassandra Bossell & Garry Daly; Dr Bonita Ely & Dr Karen Privat; and Megan Cope & Roberta Johnson.

**Venue:** Manly Art Gallery & Museum

**Cost:** Free

### Masterclass with Shane Fahey

Sat 11 Feb, 10am - 3pm

Acoustic engineer, Shane Fahey, presents a masterclass exploring the art of sound + vibration which will appeal to visual artists working with or wanting to work with sound, and to musicians exploring sound visualisation and multi-disciplinary applications for their work. It will explore the history and development of sound as a conceptual idea, a tool for activating & preserving knowledge, a practical means of communication, an artistic expression through rhythm, medium-ship & music technology and an ecomap showing the shift from a human based 'centre of the universe' model of sound & music culture to a planetary based model.

**Venue:** Eramboo Artist Environment, Terrey Hills

**Cost:** \$60 (BYO lunch) materials provided



## Workshops

### Oceanic Bliss: Seagrass Dreaming

Wed 18 Jan, 10am - 12pm

Marine biologist William Gladstone and artist Lisa Roberts will introduce their seagrass installation to workshop participants.

Working together, by doing science and making art, the group will explore why seagrass is important and what it means to us.

**Ages:** 7-12 years. 15pp max.

**Venue:** Manly Art Gallery & Museum

**Cost:** \$30 (includes materials & refreshments)

### World Between Tides

Tues 24 Jan, 10am - 12pm or 2 - 4pm

Working with artist Joshua Yeldham and scientist Mia Dalby-Ball, the group will explore the wonderful world between the tides.

To bring art and science together, the group will create mandalas with the natural treasures they have collected.

**Ages:** 7-12 years. 20pp max each session.

*Parents are encouraged to be part of the session.*

**Venue:** Meet at McCarrs Creek Reserve, Church Point.

**Cost:** \$30 (bring morning or afternoon tea)

### Oceanic Bliss: Data Choreography

Tue 7 Feb, 7 - 9pm

Marine biologist William Gladstone and artist Lisa Roberts will lead a workshop for adults on experimental ways of combining art with science. This will be an immersive experience responding to and generating art and data.

Drawing, photography, movement and sound will be used to make visible what we know from the scientific data, and how we feel about an environment whose changes we are constantly measuring.

**Ages:** 16+. 15pp max.

**Venue:** Manly Art Gallery & Museum

**Cost:** \$10 (refreshments included)

### Partners



### Supporters



**For all event bookings:** [kuringaierambo.com.au](http://kuringaierambo.com.au)

### Manly Art Gallery & Museum

West Esplanade Reserve, Manly NSW 2095

9976 1421 | [artgallery@manly.nsw.gov.au](mailto:artgallery@manly.nsw.gov.au)

10am-5pm Tues-Sun | Free entry | [magam.com.au](http://magam.com.au)

Image: Sally Howe. An exhibition catalogue accompanies this exhibition.

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## HOW TO BOOK IN...

### ONLINE AT OUR WEBSITE:

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

By email: [evolvefitness@evolvefitnessacademy.com](mailto:evolvefitness@evolvefitnessacademy.com)

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