



### Term Dates:

Term 3: Wed 1 Aug – Fri 28 Sep

Term 4: Tues 16 Oct – Fri 14 Dec

Term 3		
Date	Time	What's On
<b>Next week</b>		
13/08/18	10.15-11.00	'Intro to Preschool' talk at Play Group with Kay
13/08/18		Group 3 Incursion
15/08/18	12.00	Snack Attack begins
16/08/18	All day	Group 1 parent teacher meetings - Admin
18/08/18	<b>1.00 – 4.00pm</b>	<b>Kinma Care Day</b>
<b>Week 4 onwards</b>		
20/08/18	All day	Group 1 parent teacher meetings - Admin
21/08/18	First 2 sessions	Tinkering <b>*helpers needed NEW DATE</b>
22/08/18	9.30 – 11.30am	Preschool Open Morning
23/09/18	All day	Group 1 parent teacher meetings - Admin
24/08/18	3.30-4.30pm	Kinma Disco / Parent Afternoon Tea
10/09/18	10.15-11.00	'Intro to Preschool' talk at Play Group with Kay
11/09/18	9.30am	Musica Viva
12/09/18	AM	Bushlink
28/09/18		Term 3 finishes
Term 4		
16/10/18		First day Term 4
30/10/18	9.30 – 11.30am	Preschool Open Morning
31/10/18		Friendship Seed Day
05/11/18	9.30am	Tinkering <b>*helpers needed</b>
11/11/18	tba	Kinma Care Day
01/12/18	4pm	Gratitude Gathering – all welcome
06/12/18	9am-10.30am	Kids Christmas Market
14/12/18		Farewells Term 4 finishes

## Stop Press!

After school care is coming to Kinma: Green Umbrella OSHC is coming soon! Initially we hope to offer 3 days a week of care between 3 and 6 pm at Kinma for primary school students. New government funding means that this service will be partially subsidised for many parents working, volunteering or studying.

Stay tuned for more detailed information in the coming weeks  
and contact Sam Hall or Amy Webster with any questions.

Sam: [gledhall@icloud.com](mailto:gledhall@icloud.com) Amy: [amywebster149@gmail.com](mailto:amywebster149@gmail.com)

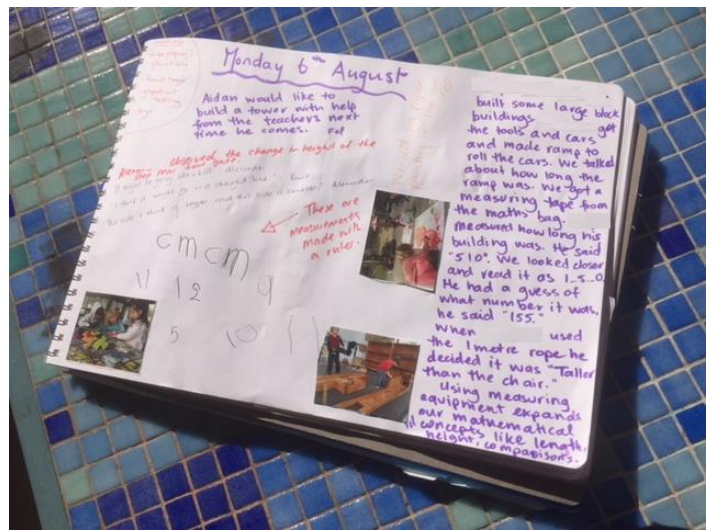
# A taste of Kinma this week...



Sandpit play



Violin lessons in Primary



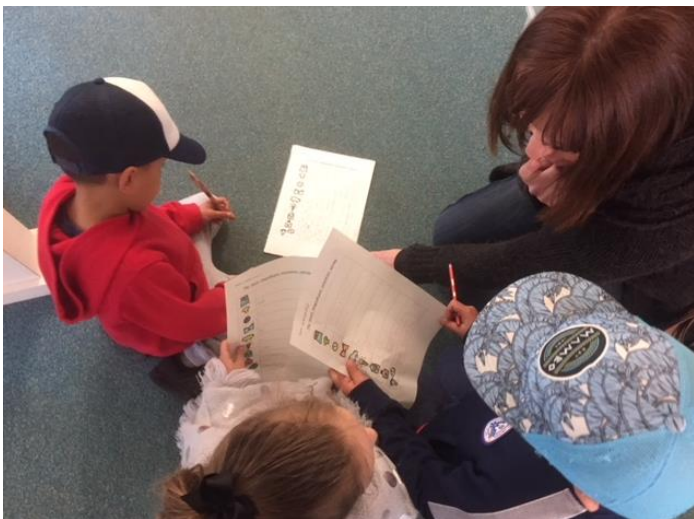
Floorbook in Preschool



Early Morning play in Preschool



Spring is just around the corner



Group 1's 'What do you think is the most important invention?' survey

Primary soccer game



Early morning dancing for Group 1

The kids were taking turns heaving each other around the playground in the boat. Zoe says they sailed across the Pacific from Australia to America.

# Snack Attack

## How it works

On Wednesday, Snack Attack lunches are a valued part of the Kinma week. The money collected is set aside to be used for kitchen supplies like tea and coffee. Each term a roster is prepared to ensure that there are three or four parents to hold Snack Attack each week. Parents and grandparents are encouraged to be involved in Snack Attack either by preparing a sweet or savoury dish to be sold, or by helping to prepare and serve. Meals are either prepared at home, brought in to school then heated and served, or the kitchen is open from 9am to start cooking.

The Snack Attack co-ordinator is Hayley Lewis and she is happy to support parents who wish to join in with such things as menu design and quantities required. She can be contacted at [hayleyjl@tpg.com.au](mailto:hayleyjl@tpg.com.au).

We ask that meals be nut-free and shell fish free school, due to severe allergies.

### How to set up

The following needs to be put out on a table just outside the kitchen door:

- Tray of sorted cutlery

For outside on the sink under the window :

- Blue/pink draining boards
- Sinks filled with warm soapy water

Collect the preschool meal order numbers after morning tea time. Preschool meals are to be taken up by 12pm.

Primary comes out in 3 separate groups, starting at 12.30pm, followed by the next at 12.35pm and the next at 12.40pm.

Money is collected in classrooms so you don't need to take money from anyone.

Kids will wash up their own plates and cutlery and leave them in the draining board. They may need a second wash or rinse inside by parents, with hot water.

Please leave the kitchen neat and tidy.

Thanks!

#### Dates for this term are:

15/8	Nic W dessert, <b>need mains makers &amp; servers</b>
22/8	Amelia & Gemma
29/8	
5/9	Bethan – <b>need 2 more helpers</b>
12/9	
19/9	Michelle McPh, Micha, Deepika
26/9	

If you can help in any way, please contact Hayley (Turiee's mum, group 3) [hayleyjl@tpg.com.au](mailto:hayleyjl@tpg.com.au) or see the post in our Community Facebook page.

# Kinma Care Day

Want to see what many hands can do for our school? Kinma Care Day is a great way to work together as a community to improve the school whilst meeting other parents and working to sort, tidy and clean the school both inside and out to make it the best it can be for our kids to enjoy. We have jobs big and small with a little something for everyone, here is a taster;

- Sort and clean the puzzles in preschool
- Rake lower primary playground sandpit
- Sweep all the brick areas in primary
- Clean, scrub and sort art area in group 3 and sink area and cupboards
- Clean out primary store room (take off shelves wash down and put back – sort, straighten, organise)
- Clean back deck of group 1 (not woodwork)
- Remove top layer of mulch in chicken house and lay clean straw

Or bring your high pressure hose and wield it in the follow areas:

- The deck of preschool
- The hall bricks and wall adjacent office
- The balcony of the office (upstairs)

Or get social, grab some friends and tackle a project together:

- Strip clean and stain/paint the pew outside office
- Restore pond in primary
- Re grass steps outside kitchen
- Make garden on left side of new classroom (natives)

I'm looking forward to seeing you at Kinma Care Day on Saturday the 18/08 1.00 – 4.00pm.

Come along and show you care!

Amy



# Tinkering

Dear families,

Welcome back to Kinma for a Tinker-iffic term 3!

Our Tinkering day this term is Tuesday 21st of August.

If you would like to run a pod or help out in either Primary or Preschool please get in touch:

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

- If you are unsure about running a pod by yourself, please come and join us a helper and have some fun.
- If you would like to run a pod but are unsure about managing a group of children, please let me know in advance and we can team you up with a member of staff.
- If you would like to run a pod but are unsure what to do... chat with staff, chat with your child... Think about your passions, interests and skills. Cooking? Bike maintenance? Photography? Sketching? Reading? Upcycling? Sewing? Bushwalking? Speaking another language? ...?

Our Tinkering Days this year have been a huge success with lots of first time Tinker parents joining us, we can't wait to see what pops up in Term 3!

Cheers,

Bea



# Admin

## Reminders

Disco fever !! Let Claire or Julie know if your child is staying for the disco on the 24<sup>th</sup> **please**

We need to label our clothes **please**

It is wonderful when we take the time to smile at each other and say hello **please**

If you see some rubbish can you pick it up **please**

If you see inside equipment outside could you help us with role modelling and collecting and taking into a classroom **please**

We have an open morning in Preschool on the 22<sup>nd</sup> August, do you have the ability to spread the word amongst your social media worlds **please**

Or the old fashioned way of letting a friend or colleague know by talking to them **please**

Cursing words can be offensive at the best of times, but often they are not addressed to humans, but to inanimate objects. However, using God or Jesus as a cursing word can be even more so to people with particular religious beliefs. Can you support everyone **please**

## Peanut butter jars

Still on the lookout for another 20 jars - do you have any lurking that we could put to good use in group 3.

## School Fees

All fees are now due and payable please. If you are unsure of your balance or cannot find your invoice contact Narelle on a Monday or Thursday in the office ([accounts@kinma.nsw.edu.au](mailto:accounts@kinma.nsw.edu.au) 9450 0738) and she will be very happy to help you out.

## Toys at Kinma

We do not support children bringing toys to Preschool or Primary school. There are a multitude of natural and purpose built 'toys' for all our community to utilise without bringing in precious things from home.

What comes along sometimes with the toys : **Power play control jealousy upset** Do we need this ??

**RESPECT** One of our all time favourites at Kinma. We spend each day supporting children to understand the importance of respect, inclusion and difference. We do not beat it into them, and we do not shame them into it. We role model and talk about it. We dramatise and read it. We pick our words carefully and we follow up as best we can. Can we ask for your support in picking up your children if they are speaking or acting in a way towards you a friend or relative that is not OK. (It takes a village ...)

Narelle, Julie, Claire, and Carin

# Preschool News

In this season of colds and 'flu, we have been trying different sources of Vitamin C.....

Kay was making some tea. Flynn said "I like tea, ginger tea" As it was a chilly day, we decided to make ginger and lemon tea to warm everybody up. Lauren (Flynn's mum) brought us some ginger pieces and lemons. We chopped them up and made some delicious tea.



A house local to Preschool was offering; "FREE ORGANIC GRAPEFRUIT – HELP YOURSELF"



We gathered some for Preschool. On Friday, Lennis helped to choose a basket and put the fruits in it. Lots of children thought they were lemons.

We started by rolling and pressing the fruit to make them juicy. Then we cut them into pieces, first in halves then quarters then eighths and then sixteenths. Mabel, Grace and Lennis were calculating how many pieces there would be at each stage.





We discussed the appearance of the grapefruit, scratched the skin and smelled the zest as it came out. Then we discussed the different parts of the fruit including the pith, which was a difficult word to pronounce.

Then we tasted the grapefruit! Some children liked the taste immediately. Some got to like it after trying the fruit a few times. Some didn't like it at all! We made "grapefruit faces"



On Tuesday, Nina brought a juice extractor to Preschool. Carefully using sharp knives, Elodie, Alexander, Casper put the juicer together. "I know how to do it. I have one at home" said Elodie. Then Coco helped them to peel and cut the fruits.



Then Elodie, Luka and Casper took turns to operate the machine, observed by Elijah, Max, Louella, Jael and Bowie. Everyone watched as the machine extracted the juice.



Nina brought in some fruits from lilli pilli bushes. These were sweet and delicious.



## YOGA WITH LIZZIE

Coco, Grace, Kiera, River, Mila, Lilas, Stanley,, Aliya, Jael, Lennis, Alexander and Elodie joined the yoga session on Thursday.

Yoga opened with a “Follow my body” dance. Whoever wore the rainbow cloak created a movement and others in the group followed. There was twisting, twirling, hopping, backwards walking and flying.

Human Mandala – sitting in a circle, connecting knees and hands, breathing in and out, raising arms to the sky and back down. Then putting hands on each other’s backs, we swayed round and round. Alexander suggested someone stand outside the mandala and blow the people in different directions “like a breath wind conductor” Elodie, Aliya and River and Lizzie took turns doing this.



Sundance, a game of “Yoga, yoga, pose and relaxation completed the class



## BOOMERANG BAGS

Please return asap Preschool boomerang bags that you have a home – we need them!!!



Thanks

From Lizzie, Kay, Felicity, Nina and Karthi

# KINMA DISCO



Yes Kinma Disco is on its way to a hall in Terrey Hills !!

We are organising an afternoon of dancing and fun and a gentle reminder to us all about the struggles of living on a desert island. Our farmers are doing it tough and also our lovely farmers at the Yurt Farm. So we are fund raising to buy some bales of hay.

WHEN: Friday 24<sup>th</sup> August 3.30pm - 4.30pm

WHERE: Kinma Hall

WHAT: Afternoon tea and some dancing with the teachers

DONATION: We would love \$5.00 or more, or what you can afford

We will also have afternoon for the adults on the verandah of the new group one class room. I also heard we may have a 'flash mob' – stay tuned.

Children in primary do not need to be accompanied by an adult – however they need to be collected at 4.30pm please.

# Extras

Our new Aussie Hoops skills trainings starting this Sunday at NBISC 8am-9am

It's a really good program to get started for ages years 5 - 10.

**AUSSIE HOOPS**

ABOUT PARENT CENTRE SHOP

Enter your postcode below to search for your nearest program

2102

1 Northern Beaches Indoor Sports Centre

Location  
Name: Northern Beaches Indoor Sports Centre

Contact Name: Maria Panetta  
Phone Number: 02 9913 3622  
Email: maria.panetta@manlybasketball.com.au

**Available Programs**

NAME	DAY	START DATE	TIME	DURATION	SESSIONS	AGES	GENDER	COST
2018 Aussie Hoops Term 3 - NSW Program	Sun	12-08-2018	8:00 AM	60 minutes	8	5 to 10	Mixed	New: \$110 Returning: \$65

REGISTER

[http://www.aussiehoops.com.au/aussie-hoops-locator/?r=13&sr=40&type=3&exact=1&search\\_value=2101](http://www.aussiehoops.com.au/aussie-hoops-locator/?r=13&sr=40&type=3&exact=1&search_value=2101)

Yours in sport, Brad Dalton  
Northern Beaches Indoor Sports Centre  
Jacksons Rd, Warriewood

## HOW TO DEAL EFFECTIVELY WITH STRESS AND YOUR EMOTIONS FOR PARENTS, EDUCATORS AND CHILD CARE WORKERS

The better you care for yourself, the better it is for your children.

Prioritise your own needs and effectively manage your emotions  
Recognise signs of stress EARLY, before it causes you serious damage  
Organise your life to minimise stress and increase your efficiency



**Explore and experience an interactive and informative session with DONALD MARMARA**

When: **Tuesday 14th August** 6.30pm – 8.30pm Where: Artarmon NSW 2064  
Details/Bookings: [donald@coredevelopment.com.au](mailto:donald@coredevelopment.com.au) / mob: 0412 178 234

In addition to his training and 40 years' experience as a psychotherapist, Donald has spent 15 years working with primary school children in after school care centres, and 5 years mentoring high school students.

Donald has presented at various Conferences internationally, including The British Holistic Medical Association (UK), The Institute for Cultural Affairs (UK), The Australasian Facilitators Network, The Institute of Group Leaders, The International Ecopolitics Conference and The University of Western Sydney

Donald is also available for individual and couples sessions (in person and phone) and in-house workshops tailored specifically for you and your team.

**Core development** Mob: 0412 178 234

<https://bit.ly/2KFLE3> Blog: People who support others need support too!





**Lifeline** Saving Lives

Crisis Support. Suicide Prevention.

# GIANT BOOK FAIR

## Warriewood

Ted Blackwood Hall  
Jacksons Road

## 24-26 August

Friday 12-8

Saturday 9-5

Sunday 9-2