



## **Term Dates 2019**

Term 1: Thu 31 Jan – Fri 12 April

Term 2: Wed 1 May - Fri 5 July

Term 3: Wed 31 July – Fri 27 Sep

Term 4: Tues 15 Oct – Wed 18 Dec

## **Term 1**

<b>Date</b>	<b>Time</b>	<b>What's On</b>
<b>Next week</b>		
Tues 19 Mar	2.15pm	Swimming for Groups 1 & 4, pick up 3pm
Wed 20- Fri 22 Mar		Primary Camp - Yurt Farm
<b>Week 9 onwards</b>		
Tues 26 Mar	2.15pm	Last swimming Groups 1 & 4
Wed 27 Mar	am	Preschool Morning Tea
Wed 27 Mar	am	Bushlink
Thu 28 Apr	2.15pm	Last swimming Groups 2&3
Tues 2 Apr	TBA	Tinkering
Tues 2 Apr	pm	Preschool Alumni Afternoon Tea
Fri 12 Apr	pm	Poetry Festival

# Admin

## Mindfulness

## Relaxation

## Meditation

## Reflection

For many, many years people around the world have spoken about the importance of stilling the mind and undertaking reflective practices to centre one self.

At Kinma in both the Preschool and the Primary there is always an inclusion of supporting the whole of the individual and the group. Some of the ways that this is practiced:

### Preschool

- Just having uninterrupted time
- Yoga
- Food tasting, slowly concentrating with tiny amounts of food
- Music and meditation (guided and self-directed)
- Visualisation
- Painting to music quietly
- Watching nature with purpose “let’s sit quietly and count how many magpies we can see”
- Beading - can be therapeutic

### Primary

- Yoga
- Golden minute – where you can sit quietly, do nothing or draw in silence
- JAM –just a moment of quiet reflection
- Chanting (om)
- Quiet meditation – using candles and incense
- Being on a bushwalk
- Floating leaves down the creek
- JAM and BREAD – focused independent reading quietly
- Free draw Fridays
- Explorer logs – quiet time writing about the week that has gone by

We also have **TIME** at Kinma, where you can just be. Allowing children a relaxed and natural environment where they do not have to rush for the bell, race to the line, be anxious around a teacher, support children to be greeted and greet back each and every day (good morning, hello) and so much more are all ways that we practice reflection and mindfulness each day with your children. At Kinma, like so much that we do we do it is just part of the embedded practice, which in turn we hope this will be so for the children as they grow.

Amy Webster did a wonderful presentation within her professional world about mindfulness if you would like to explore any of these ideas and much more - have a chat with her.

Julie, Claire, Carin, Narelle

# Preschool

Welcome to Preschool Issy, Alyssa and their families



## PREPARING FOOD FOR COCONUT, PIZZA AND BUTTERFLY



We started with a bag of chickpeas past their use by date, and three pestle and mortars. The aim was to make food for the chickens. We started to smash and grind the chickpeas. There was lots of discussion about the merits and demerits of the various and pestles and mortars – comparing size, shape, material and roughness. Then trial and error as to the most effective methods of keeping the chickpeas in the bowl (they had a tendency to jump out if they were hit too hard) and the most efficient movements to grind to a powder.



Then it was discovered that some pestles were better at particular stages of the flour making and the mixture was carefully spooned and poured from one to the other. Some friends came to help. "It's like a factory" commented C.



After several hours, the chickpea flour was finally ready - fine enough to mix with water to make a chicken mash.



We added water, mixed, stirred, beat and strained until the mash was smooth and ready.



Off we all went to the chicken house. Butterfly and Coconut started to eat straight away with Pizza taking a little longer to try the mash.



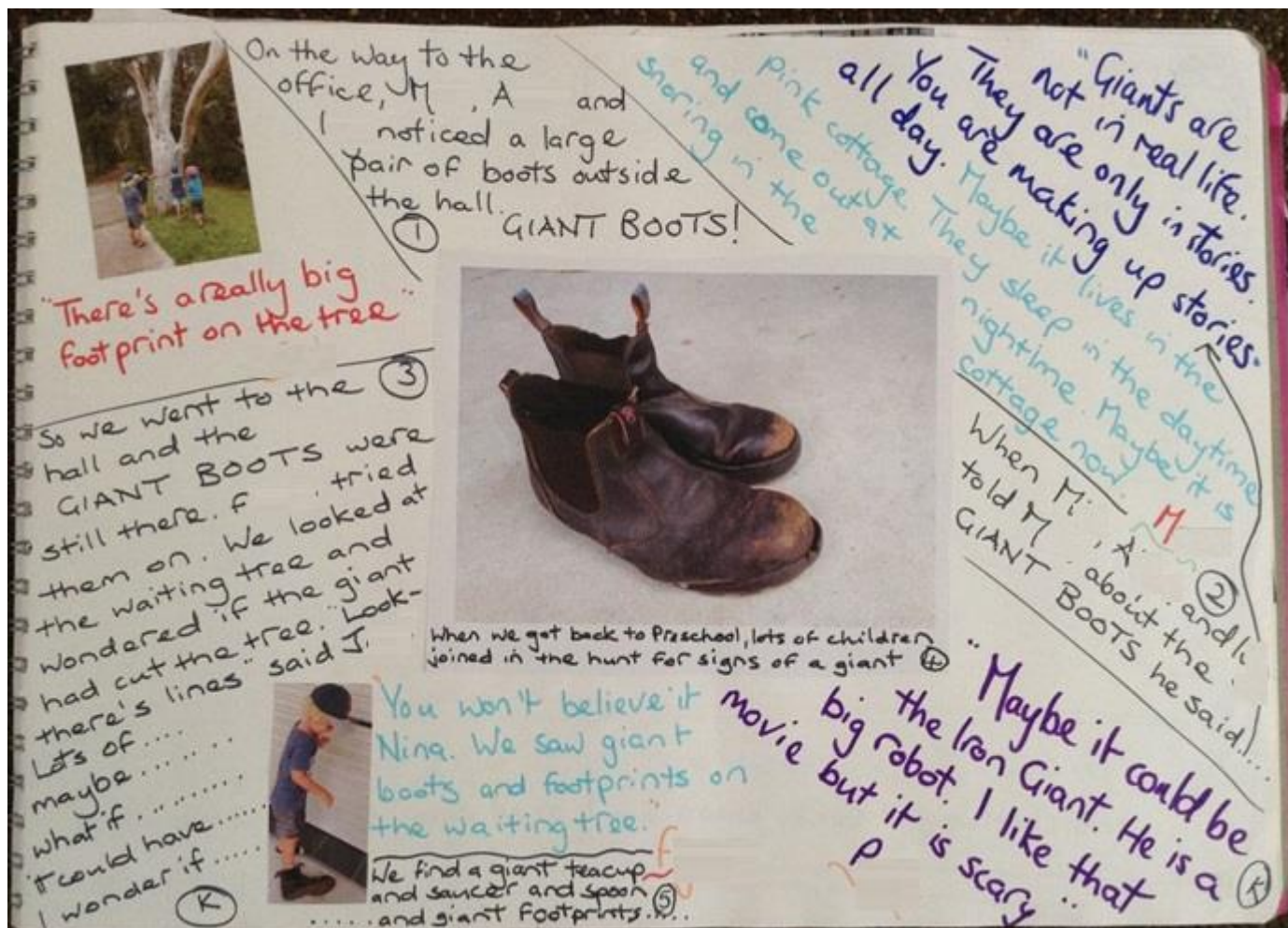
We left the chickens happily eating their mash and went back to the deck to clean up. We swept and brushed the concrete, gathering all the leftover chickpea into little piles and sweeping the piles into a dustpan. Then we washed and dried the utensils. Z & E scrubbed and rinsed the table E helped E to carry the table into the sunshine to get dry.



By coincidence, on the same day, S and his mum had brought in some oyster shells to make grit, important for the chickens eggshell-making capacity. We tried to use the same methods to grind up the oyster shells, but they were just too hard and sharp and they jumped out of the bowls everywhere. C suggested that we wrap them in some thick fabric and smashed them with a hammer. We'll try that next time.

When Karthi heard what we had been doing, she told us of a recipe for chickpea pancakes. That's on the planning sheet for the next couple of weeks.

## WHAT ELSE HAS BEEN HAPPENING?



We designed and built an obstacle course resulting in lots of exercise and action.

We have been experimenting with the best place to ripen persimmons.

Christine has been observed walking and training lots of dogs around Preschool and jumping horses and now there is a unicorn visiting us!

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

# Andy's Group

## Theme

We have been slowly plugging away at our Family tree with most of the work now done. The children used checklists to ensure we had a photo of every single person and many felt comfortable enough to approach the older kids in order to take a photo.

As we continue to look at our bodies we all put on our research clothes and investigated books about our bodies. We found lots of interesting posters and pictures showing our bodies inside and out. One of the interesting facts we learnt is that the biggest muscle in our bodies is our Gluteus Maximus which of course ended in fits of laughter once we located where it was!

We took a closer look into the eye and did a few experiments with light and dark. In pairs they sat and closed their eyes for a few minutes (in its self quite hard!) and with instructions to look at their partners pupils, they observed the pupil dilating. There was an audible gasp as they observed the movement and lots of fun ways of describing why it happens. After we tried it again outside in the sun we reasoned that our eyes are always looking for light. When there is not enough light, your pupils open up wide and invite all the light in for a big light party. When there is too much light, our pupils get smaller, pulling the curtains across the window to block out some light.



We also took a look into taste, removing sight from the equation and trying different fruits whilst blindfolded. The kids had a ball and enjoyed most of the surprises, drawing what they think it was. The lemon made for some interesting faces!



## Maths

We have been looking into numbers and the different ways they are formed and what they mean. We used lots of rhymes to help us such as for the number 2. 'Half a heart says "I love you" add a line for number 2'! We popped a reference sheet inside the cover of our maths book that shows the formation of each letter. The children have been practicing starting all their numbers (and most of their letters) from the top, and gaining an understanding of which direction they face.

We continue to set up more maths games that the children can independently access. These include Magic Trees, I spy, puzzles, shapes and dice games focusing on number recognition and sequencing, addition and subtraction and counting.

## Literacy

This week we started a new story map 'The Very Noisy Bear', a book by Nick Bland. Story mapping uses pictures, symbols and letters/words to retell a story. It allows both established and emergent readers to be able to read together, using a mixture of memory and initial sounds. As the story becomes engrained we are able to replace pictures with words for the established readers (with a focus on types of words we wish to focus on such as sight words adjectives, nouns etc), or more initial sounds or cvc (consonant, vowel, consonant) words for the emergent readers.



For now though we are just having fun learning the symbols and practising rhyming (a super power that Andy's group have).

See you at the Yurt Farm!



# Group 1

It has been a busy couple of weeks in Group 1 exploring more elements of weather and the world around us. We have been tracking the weather in our daily weather journals (and even collecting data and making comparisons between different days and weeks).



## *Exploring our shadows*

Group 1 have been exploring shadows across different times of the day. It has been amazing to be a part of the excitement and intrigue that each child experiences once they become aware of their own shadow its movements. This has helped us further embed our sense of direction and begin to grasp an understanding of how we might be able to tell the time using the sun. Stay tuned...

## Boat making



Last Friday, we were lucky to spend some time with Fran, who was excited to hear that on Friday afternoons we like to spend some time down at the creek. Fran set us the challenge of building something that could float down the creek. With our group of makers in Group 1, we were confident they were up for the challenge. This process involved lots of trial and error, estimation and hypothesising what may or may not float. For some this was a chance to work as a team, showing flexibility and negotiation within their collaborative work. For others it was a chance to explore ideas and designs from conception through to fruition and testing at the creek. This may have to be revisited as many children have already identified required modifications and adaptations to be made.



## Wind Vanes

Tim and Teo introduced us to direction through their compass making workshop and this naturally led to exploring where wind comes from and how to determine the direction of wind. Naturally, creating our very own wind vanes resulted. Again, being such a strong group of makers, Group 1 were able to identify the steps involved and determine how to manipulate and use each material so that it would suitably capture the wind.



We have been continuing with our weather journals, learning our days, months, year and season. We have developed a variety of descriptive words and phrases to describe weather after our overuse of "warm", "sunny" and "hot". Sanda has likened the weather to "dancing sausages on the BBQ" and Lenny B has described the day as "shining gold".

Next week, (week 7) we will be going global as we focus on the weather around the world. Children will think about and decide which city/county they would like to track the weather for. If you have time, it would be great if you could help your child by providing them with some information on the current temperature and weather conditions which will be recorded in their 'journal' during class time. We will start this on Tuesday.

Mr. Percival – has enjoyed time with Cedric, Harley, Ewan, Olive, Eloise, Mia, Josh and Zeon. He tells us he his having a fabulous time at the homes of the Group 1 children and can't wait to have some time with the rest of the group!

We look forward to seeing you and getting to know you better at the Yurt Farm. If you are unable to make it please let us know.

Our email address is: [group1@kinma.nsw.edu.au](mailto:group1@kinma.nsw.edu.au)

Hope you are continuing to enjoy the weather in all its variety.

This newsletter was brought to you by Tom, Michelle, Group 1 and Mr. Percival! Xxxx

# Extras



## EVOLVE TENNIS ACADEMY Multi-Sport Holiday Camps

### CAMP DATES

Week 1: 15th - 18th April 2019  
Week 2: 23<sup>rd</sup>, 24<sup>th</sup> & 26th April 2019

### CAMP PRICING

#### Full Week - 4 Day Camp

Full Week Full Days \$148 (EQUALS \$37 DAILY)

Full Week Half Days \$116 (EQUALS \$29 DAILY)

#### Single Day Pricing

Full Day \$60 (9-3pm)

Half Day \$45 (9-12pm)



### HOW TO BOOK

By email : [evolvetenis@evolvetenisacademy.com](mailto:evolvetenis@evolvetenisacademy.com)

By Phone: 9971-0644

ONLINE : [www.evolvetenisacademy.com](http://www.evolvetenisacademy.com)

### WHAT TO BRING

- A racket, if they have one (if not, we have plenty spare)
- A hat & sunscreen + water bottle
- Morning Tea & Lunch (if staying full day)
- YES, we have Pro-Shops at each venue which sells treats, drinks etc...

### DETAILS & MORE INFO


- FREE Before & After Care (7.30 - 5pm)
- Ages 4 to 16yrs welcome
- Experienced, Qualified Coaches
- Hotshots Tennis & MULTISPORT Format
- Prizes, Fun & FREE Pizza Each Friday
- Camps run rain, hail or shine

CAREEL BAY TENNIS CLUB - Hitchcock Park, AVALON

COLLARROY TENNIS CLUB - Griffith Park, COLLARROY

WYATT PARK TENNIS CENTRE - Wyatt Ave, BELROSE


10% EARLY  
BIRD DISCOUNT  
BOOK BY  
SUNDAY 24<sup>th</sup>  
MARCH



**MWBA HOLIDAY CAMP**

Date: April 16th & 17th 2019  
 (2 day booking only)  
 Time: 9:30 to 1:30  
 Includes a food break  
 Please note NO NUT Products  
 Venue: Northern Beaches Indoor Sports Centre  
 Ages: 5 to 12 years (broken into age groups)  
 Cost: \$99 includes a singlet & Drink.  
 Professional guest coaches  
 Prizes

To Book: <https://www.trybooking.com/BBFJF>





**PINK BALL TERM 2  
 GIRLS ONLY BASKETBALL PROGRAM**

FOR GIRLS 7-12 YRS WHO WOULD LIKE TO LEARN BASKETBALL  
 SKILLS WITH FEMALE COACHES

DATES: SAT 4th May to 22nd June (8 WEEK PROGRAM)  
 TIME: 1:30-2:30 PM  
 VENUE: NORTHERN BEACHES INDOOR SPORTS CENTRE  
 COST: \$90 INCLUDES A PINK BALL OR SINGLET  
 TO BOOK: <https://www.trybooking.com/BBFQQ>

To use your Active Kids Voucher,  
 email : [mwba@manlybasketball.com.au](mailto:mwba@manlybasketball.com.au)  
 & we will send you the code to void payment.

[WWW.MANLYBASKETBALL.COM.AU](http://WWW.MANLYBASKETBALL.COM.AU)





**DUNKIN SAYS  
 JUMP  
 INTO  
 IT!**

**VICINITY CENTRES  
 AUSSIE HOOPS**

**REGISTER NOW AT AUSSIEHOOPS.COM.AU**

Learn to Play Basketball for all kids 5-12  
 Term 2 Sundays May 5<sup>th</sup> - June 23<sup>rd</sup> ( 8 weeks)  
 Northern Beaches Indoor Sports Centre  
 Jacksons road, Warriewood, NSW 2102  
 9.30am to 10.30am  
 Aussie Hoops Coach is JEROME LEE all participants receive a Basketball Australia pack which includes an indoor outdoor basketball, Reversible playing singlet and a gym sack. The cost is \$110 for (Eight weeks) all inclusive. Book on the Aussie Hoops site <http://www.aussiehoops.com.au>

**Manly Warringah  
 Sea Eagles Basketball**

Learn the skills of Basketball in a fun learning environment with qualified coaches.

Runs every Saturday during the school term. No need to book, just come along and join in the fun.

Ages: 5-7yrs., 1:30-2:30  
 7yrs and up, 2:30-3:30  
 Venue: Northern Beaches Indoors Sports Centre  
 Cost: \$10 per child.



**Saturday Learn To Play**

TERM 1: 9/2/19-13/4/19 TERM 2: 4/5/19-29/6/19

# BECOME A HOST FAMILY IN JULY 2019!



REQUEST A FREE INFO PACK / SMS 'HOST' to 0428 246 633



## HOSTING AT A GLANCE:

- Hosting is voluntary
- You choose your student
- Students attend high school full time
- 24/7 support provided
- Host families come from all over the state
- Students come from all over the world and stay for a short term (8-10 weeks), a semester or a year.

## HEAR FROM A HOST MUM

*"Hosting has been one of the most rewarding and exciting experiences for our family. Romane, our student, was definitely one of the most kind and pleasant people we have met and right from the start was a perfect fit for our family. Being able to share this experience has had a positive effect on all of my young children."*

Host mum, Candice.

## CAMILLA (16) ITALY

Ciao!

The list of activities I like to do in my free time is long, so I am never bored! Singing is my biggest passion and I hope to become a singer one day. I love reading. I also really enjoy photography. When it comes to sport, swimming and basketball are on top of my list! Thank you if you are going to choose me, I promise I'll be a perfect "daughter"!



MORE PROFILES: [WEP.ORG.AU/HOST](http://WEP.ORG.AU/HOST)

[WEP.ORG.AU/HOST](http://WEP.ORG.AU/HOST) / 1300 884 733 / [INFO@WEP.ORG.AU](mailto:INFO@WEP.ORG.AU)



# Crystal workshops at Kinma School, Terrey Hills

Tue 16 Apr 2019: 9.30am-12.30pm: 6 to 8 years

1.30pm-4.30pm: 9 to 12 years

Wed 17 Apr 2019: 9.30am-12.30pm: 9 to 12 years

1.30pm-4.30pm: 13 to 16 years

Crystal healer Shelley McConaghy provides an opportunity to share our love of crystals, explore their magic, experience a crystal meditation, learn about crystal formations, plus cleansing and programming crystals.

Crystals available to purchase afterwards.

FREE  
GIFTS!

Book \$40 tickets at:  
[www.divinebalance.com.au/workshops](http://www.divinebalance.com.au/workshops)



0412 91 91 36 | [shelley@divinebalance.com.au](mailto:shelley@divinebalance.com.au)

[www.divinebalance.com.au](http://www.divinebalance.com.au) | PO Box 109, Frenchs Forest NSW 2086