

# Kinma

Kinma Newsletter T1 Week 3, Friday 12<sup>th</sup> February, 2016

## Bush Regeneration - monthly group 13/2/16

**We have a newly formed group who will be meeting on the second Saturday of the month (yes tomorrow).**

**It is not too late to come along and help us tackle some weeds between Preschool and Primary. We are meeting at the hall at 9am. If you enjoy working on bush regeneration and would like to do this each month instead of the Kinma Care Day let us know.**

## WHAT'S ON

13.02.16	Bush Regeneration
18.02.16	Pre-school morning tea
22.02.16	Learning Forum
24.02.16	Tinkering
25.02.16	Pre-school dog safety
09.03.16	Open Morning
10.03.16	Pre-school parent meeting
11.03.16	Primary excursion to the MCA
12.03.16	Bush Regeneration
18.03.16	Tinkering
20.03.16	Kinma Care Day
22.03.16	Preschool alumni afternoon tea
24.03.16	Poetry Festival
25.03.16	Good Friday - Public Holiday
28.03.16	Easter Monday - Public Holiday
29.03.16	AGM
04-06.04.16	YURT FARM
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



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# Admin

## Term 1 Yurt Farm Camp

Over the last 2 years we have been received some feedback (sometimes second hand) in relation to the Yurt Farm camp that the School organises each year. The staff at Kinma believe that this is an amazing experience for all of the primary students where they have opportunities not generally available in the normal day to day Kinma life. Some of these include but certainly are not limited by

- Open play space – as far as the eye can see
- Farm stay/ Nature immersion
- Exploring new unknown nooks, crannies, vast spaces, woodwork, farm life, games and countless other experiences
- Two days and nights where the electronic world is switched off
- Genuine boredom being played out into a myriad of avenues, including deeper relaxation, new found interests and unlikely friendships with humans and/ or animals and/ or the natural world
- Risk taking
- Children connecting to schoolmates in different ways

While our staff enjoy their experience to connect in a relaxed way with children and families alike, you would be aware that organising the camp is a major undertaking. Our staff are on duty 24/7, ensuring that the Yurt Farm camp is enjoyable for all is their key goal. With this in mind, we look to ways which will not lose the magical old world escape but will support the community as well. 2016 sees a slightly different Yurt farm offer:

1. School as usual for any group 1 students whose families may find this experience difficult with younger siblings. Do not stress you have another six years to enjoy the camp.
2. School as usual for any families who have children in group one and both work full-time and are not able to accompany their child.
3. Students in group 2 and group 3 do not require an adult to attend camp but if there is some extenuating family circumstance you can chat with Julie C or Juli g and we could accommodate your child at school for these three days
4. Moving the time to later in the month so that the weather will be a little cooler and new families will have had time to meet other Kinma folk.

We look forward to the camp and we hope that we are accommodating some of the needs of families within our great community.

As always any questions please come and find me.

Julie C

## Immunisation Requirements

New immunisation requirements came into force on 1 January 2016 in relation to child care benefits and family assistance payments (the Commonwealth) and the enrolment of children in child care (in NSW) as follows:

The **Commonwealth** has made changes to child care benefits and family assistance payments under the 'No Jab, No Pay' measure to increase childhood vaccination rates, including that conscientious objection is no longer an approved exception for eligibility for the Child Care Rebate, Child Care Benefit, and Family Tax Benefit (Part A - Supplementary). Parents who do not fully immunise their children up to 19 years of age are no longer eligible for child care benefits and family assistance payments with exceptions for children recorded with medical contraindications or natural immunity for certain diseases and those on a recognised catch-up schedule. More information about these Commonwealth changes is available from the [Australian Department of Social Services](#).

As the Commonwealth conscientious objection form is no longer available, an [Interim vaccination objection form for enrolment in NSW child care centres](#) has been developed for use during 2016 while the Public Health Act undergoes its scheduled review process. **Please note that these interim arrangements apply to children enrolled after 1 January 2016 only.** Children who were enrolled in 2015 to commence child care in 2016 do not need to complete the new forms. Children who attend OOSH (Out of School Hours) services both on school campuses or externally are exempt from the vaccination requirements as the children are enrolled in formal schooling. Detailed advice about the enrolment of children in child care from 1 January 2016 and the associated approved forms are available on the [NSW Health website](#).

<http://www.health.nsw.gov.au/immunisation/Pages/child-care-enrolment-changes-2016.aspx>

## Accounts

- Did you receive your account for term 1 ?
- Did you understand this account?
- Would you like to pay via direct debit ?

To answer or chat about any of the above please come and see Claire or Julie in the office (email or telephone).

Claire, Carin and Julie

# Education Co-ordinator

## A dog is a dog is a Charky

Children's imaginations are wondrous things. At choice time at kinma, us teachers are privy to amazing process as I've often shared with you and sometimes I wished I had direct phone lines to you all to share the gems we are blessed to hear.

Today Shala, Kayden, Angus and an increasing troupe thereafter them made 'dogs'. They tamed their dogs, they played with them and when Angus had his 'dog' (a plastic wheel) up on a table, Tristan asked him whether dogs sit on dining tables. The dogs featured most of the afternoon as mates that accompanied their owners and Kayden exclaimed that he had it all organised, Charky was doing really well but ....

" He won't go to bed when I ask him to.

I'm having some troubles getting him to go to bed "

The children's clarity of language in expressing their training programs, their visible excitement, their collaboration and immense joy was such a delight to share.

In the pre-school, I was so lucky to watch Kai and a bunch of friends turn a sandpit and then Max and Zoe turn a pod into an entire world of their existence. Josh and Astrid wondered in and out as did Olive, as they were comfortable, while Kiana and Aleena organised birthday parties for themselves, me and anyone else who wanted one that day.... All out of reusable play doh! They worked with Pat at day's end to clean up their space. Prior to that they had the special gift of creating a universe ... who gets that chance? And once you've had that chance, is there anything you will not be willing to try?

The year is unfolding with beauty and .... its attendant little life challenges. However, the joys and growings and delights are the path, only punctured by the rare blips- which the rich joy is well armed to deal with.

Thank you for sharing your children in this beautiful Kinma garden. We look forward to many universes being created, changed, fused and taken apart.

Do make sure you occasionally pop into the wondrous worlds your children build here

Rich smiles for you all, juli

# TINKERING IN TERM one

## Mark the Dates

**Wed 24 Feb**

**Fri 18 March**

**What passion will you share with us this term?**



### 3 sessions possible

**9.30-10.45**

**11.15-12.30**

**1.30-2.45**

**Chat to juli g if you are not sure about tinkering or if you may run a tinkering pod or join with a teacher, a student or another community member. We'd love to have you join us for the day**

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



**What is tinkering?** At Kinma, a tinkering day involves children in **EXPLORING** an array of pods on offer for them. The pods are offered by staff, families and students. The children are free to move among the pods but also to spend a whole day in one space, should they move into flow . We are reliant on families to provide the passion and new experiences so , please, make some time on a tinkering day this term and come join us!

**What sort of experiences might we find in tinkering pods?** Over the 4 years tinkering has been played and worked, there have been some 100 different pods! **AMAZING!** Some are crafty in flavor, others sporty. Some are technical, scientific or mathematical, others cooking based. Some involve themes like the circus, water, Africa or music. Writing of some style usually features, as does woodwork. Whatever your passion... we'd like it!!

Well, we are back after the holidays and Preschool is in full swing. We have welcomed children and families from last year as well as new ones. We have visited and been visited by children who transitioned from Preschool to Group 1 last year. Children are busy settling back, settling in and making new friendships.

#### **A FEW REMINDERS**

Please sign in and out daily

Please put a name clearly on each of your child's belongings e.g. backpack or bag, lunch boxes etc

Backpack/bag to include change of clothes, hat and food for the day

Lunchbox to have everyday foods – not lollies or chocolate

Just a gentle reminder it is illegal to leave young children in a stationary car. Please do not leave babies alone in cars – even in the carpark. We are a supportive community and happy to help. Ask a staff member to come and collect your child from the carpark or another parent to watch the baby whilst you do a quick drop off.

Just ask any of the Preschool team if there is something you want to know or are not sure about

#### **NEW CHILDREN**



Beatrix and Poppy using the hose in the sandpit



Cedric tells us about the dragon he made



Louie and Gus showing their drawings



Mia enjoys painting



Welcome back to Ewan and family

## FIRST PRESCHOOL DATES

Thursday 18<sup>th</sup> February – Preschool Morning Tea 9.15am. All welcome

Thursday 25<sup>th</sup> February – NSW Dog Safety Program – 9.30am. All welcome

**N.B: Thursday 10<sup>th</sup> March** - Preschool parent meeting 3.15 pm (previous date error)

We look forward to a busy and exciting year, from  
Kay, Christine, Lizzie, Felicity, Pat, Rosie and Nina



## Group 1

Getting to know each other and getting to know our space has been the priority of our time so far. The 'Grandmas and Grandads' of the group have been called upon to give explanations, demonstrations and role model the everyday routines for the newer children.

We have spent time as a class playing games such as 'tongue freezer' and 'Radar' and singing the 'Bungalow' song to introduce ourselves to each other.

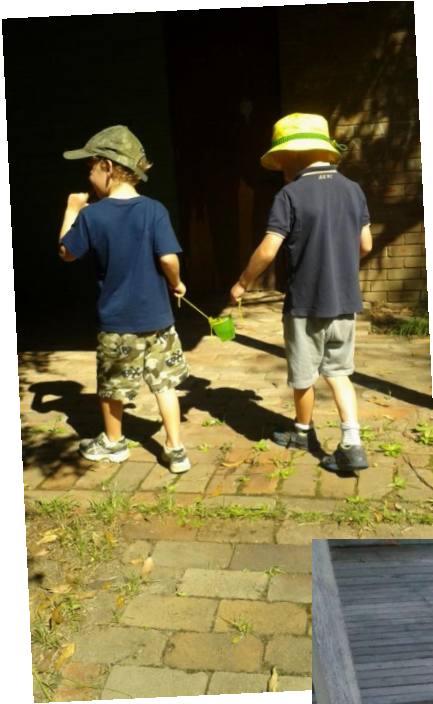


Joe tries some stealth moves!

As well as whole class games, we have had grouped challenges. These have ranged from finding hidden rhyming pictures around school (leading up to the poetry festival) and cooperation tasks such as the 'cup' challenge below. During this task, groups were given the challenge of picking up a cup with an elastic band with string attached- without touching the cup or the band!

# Kihma

First we tried it with an empty cup, then we filled it with water- could we pick it up and put it down without spilling any? Finally we tried moving a cup of water over an assault course- how much water could we collect at the finish line?

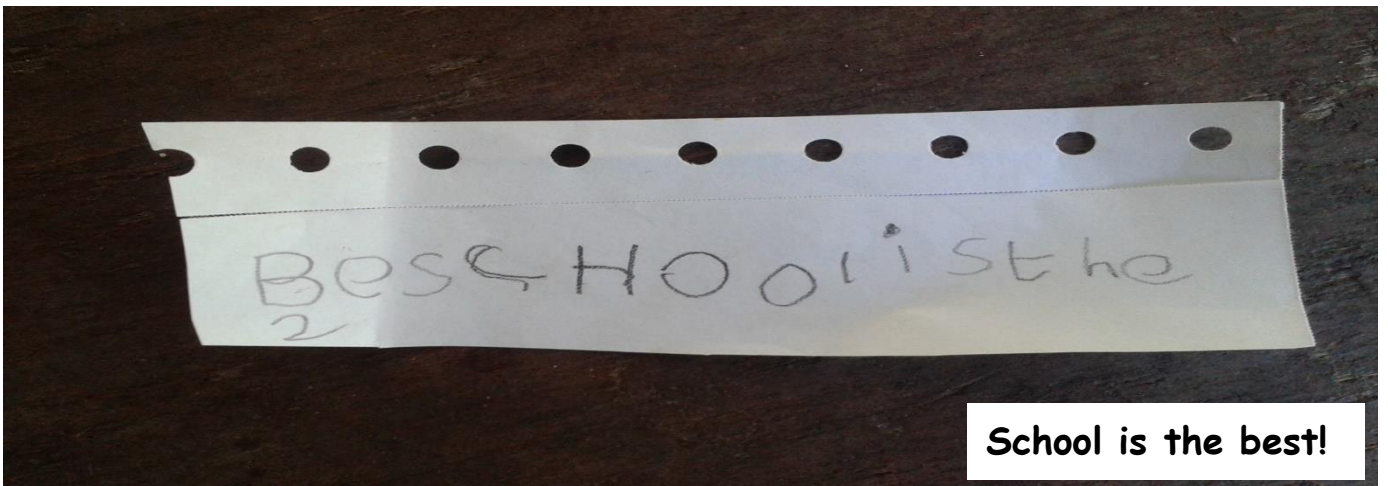


Aaaaaaaand as well as group time and class time, the children have been settling into their skin during 'Open Space' time where they can choose what, where and with who they spend their time.





Final words for now from Archie:



# Group 3

Children have been using dictionaries to discover definitions from our design word bank. They selected words of interest to them recording their definition and getting creative with word art (the word being given a form that signifies the meaning). This led to using mirrors to explore line symmetry in letters, names/ words (palindromes).

Children read through information on aqueducts and located information to answer comprehension questions. A clip followed this so ch'n could have a visual image of an aqueduct that is in current use. The longest and highest aqueduct in Britain is Pontcysyllte in Wales measuring 307 metres in length. Knowing that the triangle walk is approximately 1 km, it was estimated that this is approximately 1/3 of the walk. Working in pairs and trios we set off with our trundles to measure the distance.

In the interest of building could you please send in recyclables- plastic, cardboard, especially paper towel and toilet rolls. Old newspapers with (appropriate) images and magazines would also be great for children to forage through to identify particular architectural features and patterns.

If you have any plastic piping that we could use to recreate an aqueduct that would be awesome!

Group 3 have also been working in small groups on consolidating their understanding of number and place value. We have been working at representing and ordering large numbers and identifying the value of particular digits.



Group 3 were busy last week measuring their bodies in order to start making patterns for their vests.



Last week, the children conducted an experiment to identify which fibres (a group of 5) were synthetic and which were natural. We were hoping to determine which fabric would be best for the dyeing process. The children enjoyed this 'fabric burn test' and were successful in identifying the difference between the man made fibres and the natural fibres. The children worked hard to document their observations and findings and interpret their results. They noted that, when put in a flame, cotton smells like burnt paper and that silk emits an odor similar to burn hair. They could see that the ash left behind by the synthetic fibres was hard and round and could not be broken.



We have started to look at the science behind colour. This is in preparation for our lessons on naturally dyeing fabrics, which we will be doing over the next few weeks. We have sent a list of natural ingredients that are suitable to use as natural dyes. If you happen to be throwing away any scraps that may be of use, or you have interesting things growing in your gardens can you please send them in with your children next week.

Enjoy the sunshine!

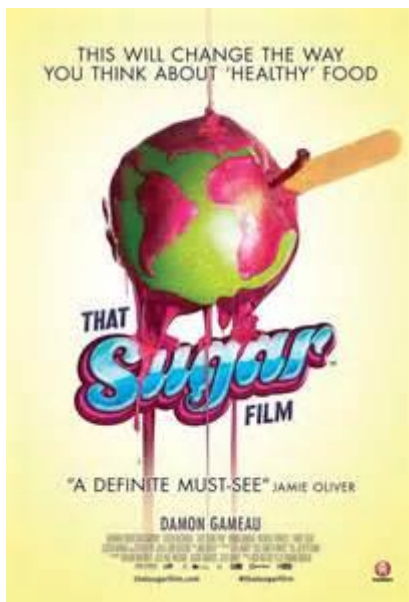
Michelle & Katie xx

## LEARNING FORUM

Monday 22<sup>nd</sup> February 7-9 pm

## SUGAR

**THAT SUGAR FILM** is one man's journey to discover the bitter truth about sugar. Damon Gameau embarks on a unique experiment to document the effects of a high sugar diet on a healthy body, consuming only foods that are commonly perceived as 'healthy'. Through this entertaining and informative journey, Damon highlights some of the issues that plague the sugar industry, and where sugar lurks on supermarket shelves. **THAT SUGAR FILM** will forever change the way you think about 'healthy' food.



Join us .... Come watch the film everyone's been talking about

.....

Join us ..... Participate in our deconstruction of the film

Join us ..... Share your thoughts and questions

Come chat to juli g with any queries. Hope to see you there!



**Snack attack is now a flat \$5 regardless of what bits your child is having, and we are no longer serving juice. Parents making Snack Attack - please put out water for the kids to drink.**

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...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 1, 2016

Feb 10	Nic, Liz & Kathleen
Feb 17	Rachel P, Alix G, Katerina
Feb 24	Lisa G, Sam F & Sona
Mar 2	Amanda RB & Akualera
Mar 9	
Mar 16	
Mar 23	
Mar 30	Preschool
April 6	Yurt Farm – no Snack Attack

## CALLING FOR HELPERS

*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)



# Extras

## Book Fair Details:



## Lifeline Northern Beaches Giant Book Fair: 19<sup>th</sup> to 21<sup>st</sup> February 2016

Venue: Ted Blackwood Hall  
Cnr Jacksons & Boondah Rds  
Warriewood

Dates/Times: Friday 19<sup>th</sup> February 1pm -- 8pm  
Saturday 20<sup>th</sup> February 9am -- 5pm  
Sunday 21<sup>st</sup> February 9am -- 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.

In addition to the above we will also have a wide selection of puzzles, games, CD, vinyls etc so there's something for everyone!

All funds raised support the activities of Lifeline Northern Beaches which, in addition to the crisis line (13 11 14), provides a lot of services to our community, including 24 hour counselling, bereavement support, anger management and problem gambling to name but a few.

Your support for our Book Fairs goes a long way in generating the funds required to continue providing these services to our community

See you there!

## YOGA CLASS AT KINMA (for parents 😊)

Are you interested in joining a Yoga Class but can't get to a venue due to school runs or having younger children in tow?? Why not join us for a 9.30am Friday session in the Kinma school hall - younger children can play in the hall with a few playgroup toys. We need a minimum of 6 people to make this go ahead. Register your interest for a free trial class (details below)

The regular practise of yoga can help you regain strength you thought you had lost when you had your children, the flexibility you need to get on and off the floor 100 times a day to pick up their toys, and help you focus while 2 or more voices are calling your name.....and of course create more peacefulness in day to day life

### YOGA CLASSES FOR 2016 AT KINMA

WHAT: A 6 week course in Ashtanga Yoga commencing February 2016.

All levels, beginners welcome.

WHERE: Kinma School Hall

WHEN: Fridays 0930-1030.

First class Friday 12th February - FREE TRIAL

Each Friday thereafter commencing Fri 19th  
and concluding April 1st (no class Fri 25th March – Good Friday).

COST:\$90 per student for 6 weeks – can register after trial class.

BYO: Comfortable clothes and Yoga mat, however, some mats available for hire via prior arrangement.

WHY: The regular practise of yoga can help you develop strength, flexibility and a calm mind. The sequence of postures practised in Ashtanga yoga creates heat and detoxification in the body resulting in lightness and steadiness of both body and mind.

WHO: Valli Simpson – Yoga instructor

As the saying goes – if you can breathe, you can do yoga.

In order to help this class happen, we need a minimum of 6 students to sign up. Could you please email Valli directly on [valli@ekamyoga.com.au](mailto:valli@ekamyoga.com.au) to register your interest in attending if you think it may be of benefit for you? It's a fantastic opportunity to do something for ourselves without having to move venues, and for those with younger kids, they can play in the back of the school hall under your supervision.

For more information please contact Valli Simpson on 0417 400 612 or [valli@ekamyoga.com.au](mailto:valli@ekamyoga.com.au) to register your interest.