

# Kinma

Kinma Newsletter T1 Week 9 Thursday 24th March, 2016



Kade, Dan and a mystery person at the MCA excursion

## WHAT'S ON

02.04.16	9.30am - Kinma Care Day
22.03.16	Preschool alumni afternoon tea
24.03.16	1pm <i>sharp</i> Poetry Festival
25.03.16	Good Friday – Public Holiday
28.03.16	Easter Monday - Public Holiday
02.04.16	9.30am - Kinma Care Day
04.04.16	YURT FARM – Primary Camp
to	
06.04.16	
08.04.16	Term 1 ends
27.04.16	Term 2 starts
10.05.16	AGM
26.06.16	10am-2pm: Open Day, 'School on Sunday'
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



# Board

## Community Sharing Morning

Many thanks to the families who came and joined with the Board and staff last Sunday to gain further insights and information about our School.

I also thank my fellow Directors for their timely and succinct information on a number of areas that as a Board we oversee.

We were on time, enjoyed a laugh, ate well and had time to head off for a wonderful Sunday afternoon with family.

Kind regards

Nick Georges  
Chairperson

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# Group 3

Group 3 has been immersed in poetry. We have read, explored, deconstructed, written and recited many a poem. We have covered literary devices such as similes, metaphors, personification, alliteration, rhyme, metre and onomatopoeia. We share with you some examples from Hannah, Damascin, Autumn and Isabella –

## Mother Nature

Listen to the wind on the willow trees  
 Its quiet warm with a beautiful breeze  
 I sit on the sand to look at the ocean  
 I look at it splashing with a swaying motion  
 I see a bird flying around  
 I look up at the stars, so bright, yet so far from the ground  
 I dip my feet in the water, so cold and so nice  
 I hear something squeaking, "Oh look, three little mice,  
 Now what are they doing on the beach at night?"  
 At least the moon shines bright, oh so bright!

By Hannah



Collecting for East Timor water filtration

## To the East the sun rose

And hundreds of bush birds chimed in the tree tops.  
 The whisper, whisper of the wind  
 The distant murmur of the water falls  
 The grasslands bedded with wild flowers  
 The afternoon light turning everything gold  
 The moon pushing her way through the pink and red sunset sky  
 The possums ran up the banksia trees  
 The day was done, the day was done.

By Damascin



Counting the donations back at school



## Cats

Cats sleep all day  
 They love to play  
 They lick themselves all by themselves  
 They are soft like clouds  
 They meow so loud  
 Like a siren's sound  
 They love you forever  
 and sometimes they will scratch your furniture forever  
 They like to play with wool  
 Because cats are really cool  
 Cats can jump so high  
 Like a bird in the sky  
 Cats have sharp claws  
 With tiny little paws  
 Cats eyes are small and bright  
 Like tiny little lights  
 If you're wondering what cats are like  
 Then listen to me  
 With lots of glee!  
 By Autumn

## The ocean

The waves crashing onto shore  
 The foam floating on top of the sandy water  
 The waves are so small but have such a strong force  
 The sea is empty, no-one's there  
 It's just the birds and pelicans  
 The sunset reflects on the water  
 The pale pinks and beautiful oranges mixing and reflecting  
 The light that lights up the rock pool will soon be on  
 The sand blows across the beach and into the grass that surrounds the pine trees that grow where the sand turns into grass  
 At last the sun disappears into the sea and the lights over the rock pool turn on  
 Everything is quiet, even the birds.  
 By Isabella



# TINKERING



Bodhi is making a funny face in one of these photos but it captured the moment 😊



Gardeners in the rain at Tinkering: Unfortunately, the rain doesn't look as heavy as it was. The troopers are Tai, Tom and Amos. They did a brilliant job of sheet mulching, in readiness for later planting.





Our paper-flower making session was so much fun. Each creator chose their own colours and carefully folded and cut and unfolded as their flowers took shape. They came and went, and another wave of children joined us. Some of the original 'gardeners' showed them how to create their own flower. "Oooh, this is such a fun pod." "I Love pink, can I do different shades of pink?" "I want to make one for my mum". And so the flowers blossomed.



Steve's parents had a ball and are discussing what they could do next time.

The leather work was a real hit - pardon the pun! I loved watching the kids negotiate and share the tools.

The best quotes from the session

Heath - knitting is harder than it looks

Maia - so why do you just keep going backwards and forwards?

Karen (sages nana) - that's what makes the rows and builds the scarf.

After she had completed a couple more rows it all became clear.

**SNACK ATTACK**

What a great opportunity to be part of a reciprocal learning experience for snack attack this week.

As Adam chopped chicken wings and vegetables, with the aid of technology, urgent requests were heard for more carrots and lettuce and rice. Karen demonstrated to Lesley, who took over and showed Michelle, who then shared with Hannah the art of Vietnamese rice paper roll making. Busy fingers, turning softened paper, plucking sprigs of noodles, vegies and herbs. Then finally wrapping 90 rolls of different lengths and widths.

All fresh and wholesome.

Such a joy to be part of.

Karen X



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 & Gloria
Mar 2	Amanda RB, Akualera & Richard
Mar 9	Hayley & Julie
Mar 16	Karen, Lesley, Michelle D, Adam P, & Felicity B
Mar 23	Beck, Gemma
Mar 30	Preschool
April 6	Yurt Farm – no Snack Attack

*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

**Northern Beaches**




**Support Group**

*A problem shared is a problem halved*

The Northern Beaches ADHD Support Group is a voluntary, parent-run group offering support for parents of children/teenagers with ADHD via monthly meetings. The group provides a safe & supportive environment to discuss and learn more about ADHD.

**SPEAKER EVENING WITH  
DR CAROLINE STEVENSON PhD**



**“ADHD & ANXIETY: HOW TO GET OFF THE ROLLER COASTER”**


30-40% of people with ADHD also have anxiety. ADHD leads to poor concentration skills and being disorganised, impulsive and very restless. It makes life stressful. Having ADHD can often lead to a fear of making mistakes and a fear of upsetting people. People with ADHD and anxiety don't like change so learning new skills to manage ADHD can be confronting and overwhelming. This talk will discuss how you escape from the problems of ADHD and anxiety.


Caroline is a Clinical Psychologist specialising in the assessment & management of ADHD across the lifespan. She has written programs for adults & children on ADHD management and is a well-known advocate for people with ADHD.

**Tuesday, 5<sup>th</sup> April 2016 @ 7.00-9.00pm**  
**The Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale**


**\$5 CONTRIBUTION ON THE NIGHT**

Ticket reservations essential via the website or  
<http://www.eventbrite.com.au/org/4222746751>

Register on 


 "like" us on  
**facebook**

Facebook: <https://www.facebook.com/BeachesADHDSupport>  
Facebook Forum: <https://www.facebook.com/groups/BeachesADHDSupportGroup/>  
Email: [nbadhdsupportgroup@hotmail.com](mailto:nbadhdsupportgroup@hotmail.com)  
Website: [www.northernbeachesadhdsupportgroup.com.au](http://www.northernbeachesadhdsupportgroup.com.au)  
We sell the Entertainment Book online via our website



ADHD Guide

Your guide to **ADHD** information,  
services & resources in the Northern  
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[www.adhdguide.com.au](http://www.adhdguide.com.au)



Venue kindly sponsored by  
Pittwater RSL Club

# SCHOOL HOLIDAY ACTIVITIES

Autumn 2016

VACATION CARE BOOKINGS

OPEN 14 MARCH  
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NEW PAYMENT INFORMATION

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CLLUB 567 EVENING

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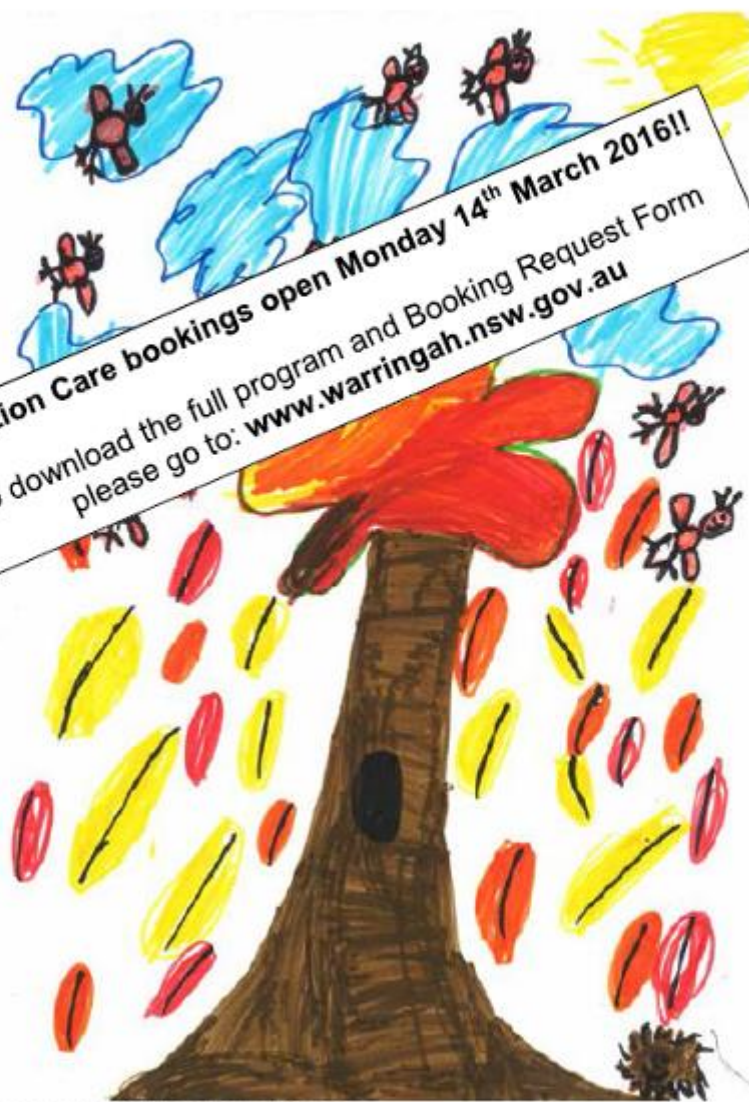
YOUTH WEEK INFORMATION

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DISCOUNT VOUCHERS

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**Vacation Care bookings open Monday 14<sup>th</sup> March 2016!!**  
To download the full program and Booking Request Form please go to: [www.warringah.nsw.gov.au](http://www.warringah.nsw.gov.au)



'Autumn Leaves are falling' by Zoe, age 7, Forestville Vacation Care

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