

# Kinma

Kinma Newsletter T2 Week 6 Friday 3<sup>rd</sup> June, 2016



## WHAT'S ON

11.06.16	8-10am Bush Regen meets
13.06.16	Public Holiday - Primary and Preschool closed
15.06.16	Friendship Day
18.06.16	5pm: Kinma Disco - all welcome
23.06.16	Tinkering
26.06.16	10am-2pm: Open Day, 'School on Sunday'
27.06.16	No Primary School, Preschool still on
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

Group 3 in Canberra



# Admin

## Fees

A gentle reminder that term 2 fees for preschool and primary are now due. ( If you are paying by monthly direct debit this does not include you.)

Please forward payment to the office via telephone or direct debit or dropping in.

## Roadways and Car parking

Because the road outside the School is narrow and busy with cars and buses, there is a one way system in force between the hours of 8.30am -9.30am and 2.30pm - 3.30pm. Between these times, please enter through the bottom of Coolowie Road and exit up the hill.

Please don't park in the staff carpark at any time.

Please don't park in the bus zone as buses need to park to pick up children.

Claire, Carin and Julie

# Kinma Board

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# Education Co-ordinator

Those who give unconditionally, **DO WITH** others

Those who give conditionally, **DO TO** others

Which do you think takes more time, energy, thought?

This was one of the messages that rippled through our learning forum this week.

We started by establishing some definitions

**Unconditional acceptance**, love, energy, time, smiles, gratitude ...

Giving to someone just because you want to, for who they are

*"I love you just as you are"*

**Conditional acceptance** love, energy, time, smiles, gratitude ...

Giving to someone because OF WHAT THEY DO OR ACHIEVE

## Examples - Praise, Rewards, Awards

**Praise**- words or smiles or other face or bodily gestures that indicate approval

It is not used here in the spiritual sense of gratitude or respect for someone or something.

**Rewards** – something given to indicate approval or acknowledge one person's recognition of another's behaviour, service, effort or achievement, something given as a positive reinforcement for another thing

**Awards** – rewards that have been made artificially scarce.

**Feedback** – Useful information on what or how someone is doing– which is used as a basis for improvement

Many questions were posed, strategies sought and shared as we considered just how pervasive rewards and the conditional mode of living is in our lives.

The following question was the first stimulus and rather than sharing all the thinking that we unpacked, I'd like to leave it with you to think through over the week. You may even bump into someone who was at the forum, who will share some of their thinking and hopefully intrigue you to explore a little more.

The question:

Why might it be that those praised and rewarded for being kind are less generous than their peers?

Why might it be that children who are praised, rewarded or awarded for reading,

- lose interest in reading,
- sometimes improve on their performance on tests of phonics, comprehension and technical reading skills while the reward continues but falls off once it stops,
- do not experience an increase in their ability to read in the long run and
- those children who enjoyed reading prior to the rewards show decreased enjoyment if any enjoyment with reading?

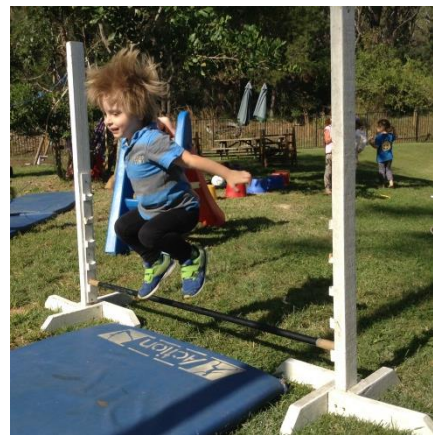
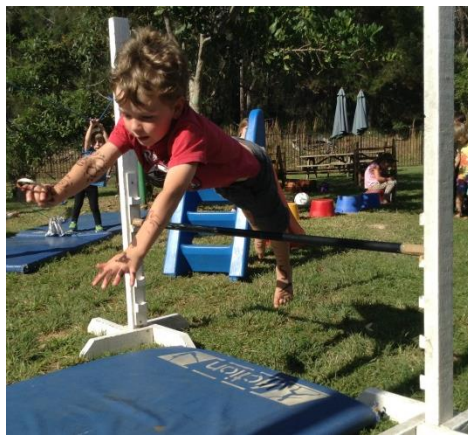
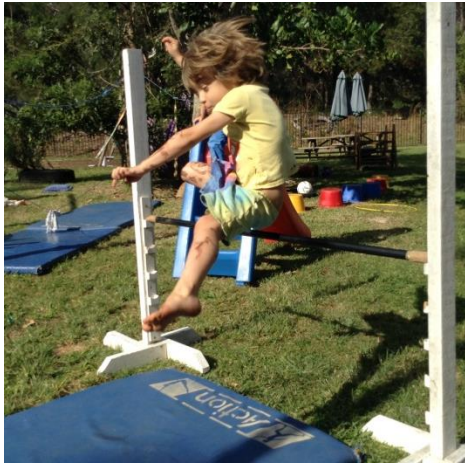
I am looking at the possibility of sharing a briefer repeat session next Monday afternoon, 6<sup>th</sup> June with many parents who have approached me. If you are interested in joining us, please let me know.

Juli g



# Preschool

## HIGH JUMP



We used the Dog Jump posts to challenge ourselves with high jumping. There was a lot of interest in this activity. Children used lots of different techniques – hands first, head first, foot first, frog jump and running at the posts. They demonstrated confident, physical coordination, concentration and the ability to focus. Some children jumped over and over again.

BASKETBALL



Elly S. Nate, Aleena, Darcy, Astrid, Gus, Louie, Mia, Elly F., Astrid and Tom came to primary school to practise basketball. Dan and Kade volunteered to do the coaching. Dan's group practiced throwing, catching and dribbling.



Kade explained to the children how to play a game called "around the world". Standing near a stick on the ground, which they also name, they have to try and throw the ball into the hoop.



The two groups took turns with the activities. Thanks Dan and Kade for being such wonderful leaders!



## JESS' LAST DAY

Many of you will have met Jess. She is studying for a Bachelor of Education 0-12 and completed a Practicum here at Kinma Preschool. Lots of activities were planned for her last day.



During the week, Ben, lots of children and Jess had worked hard digging a firepit. Tom, Bob and Max collected large rocks and put them one at a time into the wheelbarrow. They took turns pushing the wheelbarrow up to the firepit and carefully positioning the rocks. They worked together deciding where the rocks should go and estimating how many rocks they would need. It was hard work so Thomas, Bob and Max got their lunch and water bottles and ate sitting on the rocks.



Jess brought in a stock whip and demonstrated the butterfly, golf, helicopter and the snake. Children made their own whips and learned some tricks.





Jess played guitar and we sang Australian songs including “Home among the gumtrees” and “Waltzing Matilda”



We made damper and cooked it in the fire. We hunted for sticks in the bush near Preschool and then toasted marshmallows.



Group 1 children and Andy joined the campfire and Preschool families joined us at the end of the day

India-Rose – “Look at the spirits. They are going this way”

Lenny - “I like the smoke. Yummy”



### HELP US TO HELP YOU

We have lots of lost property. It includes a backpack, complete with changes of clothes and a lunchbox in it. It helps if your child's name is on their belongings. Then we can identify the items.

Many thanks for this.

### SNACK ATTACK

Next Wednesday, 8<sup>th</sup> June, Preschool are preparing Snack Attack. If you are able to help, e.g. baking a cake at home, please let Kay or Christine know. Many thanks.

Christine, Felicity, Pat, Nina, Lizzie and Kay

## Group 2

What a start to week six we have had! Monday saw us singing, keeping rhythms and applauding the musicians of Tigramuna with the German School, the Alexander School and Yanginanook! We have been preparing for the concert for the last few weeks, learning a dance called Nave Navega, that some of us had the chance to perform at the end of the day. The performance was a musical feast from South America, combining indigenous and contemporary Latin American urban rhythms and instruments. It had many of us tapping and humming our way down to the basketball court at home time.

Tuesday was a great day in Group 2. We spent the whole day outside in the playground building a gunyah. A gunyah is a traditional Aboriginal dome shaped shelter. Our theme this term is exploring what Aboriginal life was like before Europeans came and some of us have been wondering about Indigenous structures, building materials and tools. So with the guidance and knowledge of Tristan, and joined by the children transitioning into Group 2, we built the gunyah together with bamboo for the frame, privet we harvested for the roof and walls and twine we made from beach hibiscus to tie the woven branches of privet to the frame. We all enjoyed the process of sourcing and preparing the materials, putting them all together and playing in the finished house immensely! We'd love you to come and see our handiwork and welcome you to play in it with us.

Wednesday came along and with it a very special guest! Matias' Dad, Andreas came to share with us about being an historian. We explored the idea of clues left behind by peoples long gone and learnt about what happened to the Indigenous people of Tierra del Fuego in Argentina. It is a sad story and we really sympathised with those people whose lives were changed forever when the Europeans came. We felt similarly when exploring the reasons behind Australia's Sorry day last week.

Week six is shaping up to be a week of rich, hands on, meaningful learning experiences. But then again, here at Kinma isn't it always like this!?



Making twine and preparing the privet



Harvesting and removing the berries off the privet, learning by observation and building the frame.

Making twine and gathering roofing and walls!







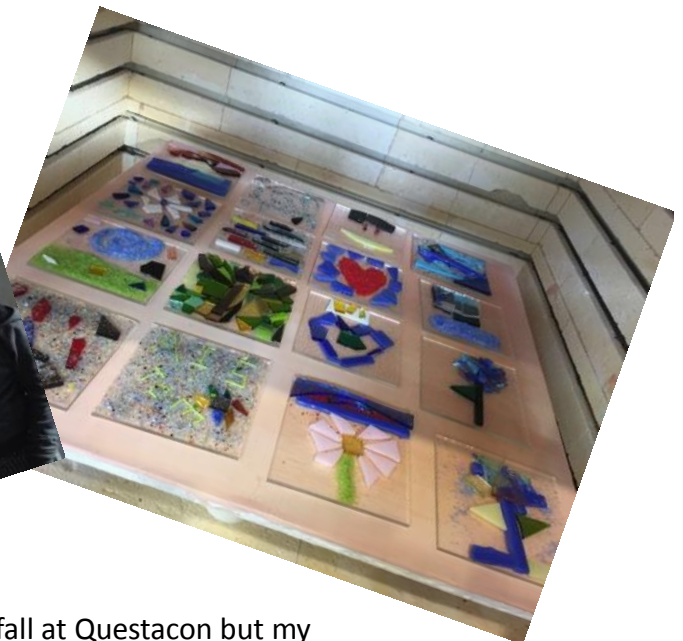
### Group 3

Group 3 enjoyed a fun-filled and action packed three days in Canberra! They did it all; from the Australian mint to the Deep Space Complex, from Parliament House to Tidbinbilla reserve, from the Australian Institute of Sports to a glass making workshop and from the Australian Museum to Questacon.

No wonder we had a few sleepy souls on the bus ride. xx

Sky - Canberra was amazing. I laughed a lot when playing hockey at the AIS (Australian Institute of Sport).

Hannah – Canberra was fantastic. We had a lot of fun. I learnt a lot of interesting facts about spiders at Questacon.



Tom – I liked the free fall at Questacon but my favourite was AIS, especially the food.

Kade – The whole experience was really amazing. AIS was my favourite, they gave us a passport and the activities were a lot of fun.



Mia – It was calm, fun, crazy, exhilarating and wondrous. My favourite was the glass blowing.





Tanika – My favourite dinner was pizza. I really enjoyed glass works as well as hockey.

Damascin – I felt the whole Canberra experience was amazing. I really loved Tidbinbilla, glassworks and the AIS.



Isabella – It was really fun! I LOVED every single thing!



Sage – I really enjoyed AIS and loved being in the cabin and on the bus with everyone.



Dan - I enjoyed Questacon and swimming at the AIS as well as making a glass coaster. I learnt to have fun at all times and patience. I learnt not to underestimate things by their looks, for example, the rotating cinema.

Will – I loved the AIS, playing dodge ball, swimming, it was all a lot of fun.



Autumn - I liked being on the bus with everyone. It was really fun listening to music and playing with our toys.



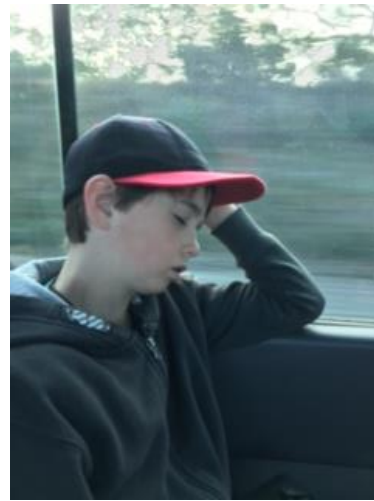
Caitlin – I loved the AIS and being at the motel. I really enjoyed Canberra.



Maia – I enjoyed the Deep Space Complex and I also quite liked the interactive sport games. I also really liked Questacon and going into all the different rooms.

Tai was away during the writing of this newsletter.





## The bus to Canberra

People talking  
Nobody walking  
On the bus to go to Canberra  
Clapping hands  
Different lands  
On the bus to go to Canberra  
Music playing  
People laying  
On the bus to go to Canberra  
People singing  
Ears are ringing  
On the bus to go to Canberra.  
Written by Hannah on the bus to Canberra.



# KINMA DISCO





Snack attack is 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 2 Snack Attack.

## SNACK ATTACK TERM 2, 2016

- June 8: Preschool (see Christine and/ or Amy)
- June 15: Beck, Gemma, Nic & Kathleen
- June 22: Lesley & Hayley
- June 29: Elisha, Martin & Amy

*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



**A Call to All Air Ship Enthusiasts, Space Pirates, Time Travellers, Dreamers and Clowns-at-Heart to join The Imaginarium.**

Come and carelessly mix theatre and science, games and steampunk, entrepreneurship and clowning. Age unimportant. Must be young at heart.

We will get started with Improv TV. We will make microphones, remotes and TV sets out of cardboard and come up with ideas for unique shows. By the end, you will:

- 1) Create your own TV / Youtube Channel
- 2) Create your own TV show
- 3) Improvise and take yourself and others less seriously :)

or simply be a spectator and doodle or colorin!

#### WHEN

Saturday, 4 June 2016 from 1:30 PM to 3:00 PM (AEST) - [Add to Calendar](#)

#### WHERE

Berrins Coworking Space & Meeting Rooms Sydney - 40 East Esplanade #2, Manly, NSW 2095 - [View Map](#)

#### TAGS

Manly, NSW Events

Party

Arts

TO BOOK TIX FOR YOUR FAMILY ... <https://www.eventbrite.com.au/e/the-imaginarium-tickets-25147596137>

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.

**DR MATTHEW BOURKE**  
OPTIMUM HEALTH ESSENTIALS



**“Treating & Managing ADHD with  
Applied Kinesiology & Neuro Emotional Technique”**

Whilst there is a broad range of severity and different underlying causes with ADHD, Applied Kinesiology and Neuro Emotional Technique offer a process to navigate this multifactorial condition and identify the underlying causes in an efficient, cost effective and specific way.

Dr Matthew Bourke (D.C.) is a Chiropractor, Applied Kinesiologist and certified Neuro Emotional Technique practitioner. He is the Director and founder of Optimum Health Essentials in Mona Vale and has been in clinical practice for 19 years. Matthew has been a clinical Board Member and presenter with the Mindd foundation since 2008 and has studied Peak Performance and Positive Psychology at Sydney University.

**Tuesday, 19<sup>th</sup> July 2016 @ 7.00-9.00pm**  
**The Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale**

**55 CONTRIBUTION ON THE NIGHT**

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



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)  
Entertainment Book available online at: [www.enfbook.com.au/219d619](http://www.enfbook.com.au/219d619)



ADHD Guide

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



Venue kindly sponsored by  
Pittwater RSL Club