

Kinma

Kinma Newsletter T1 Week 5, Friday 27th February, 2015



French and Yoga are happening at Kinma on Fridays, what a fun and peaceful way to begin the day, and end the week.



WHAT'S ON

28.02.15	Kinma Care afternoon - working bee (2-5pm)
04.03.15	Preschool parent meeting
10.03.15	Preschool Alumni Afternoon Tea
18-20.03.15	Primary Camp - Yurt Farm
26.03.15	9:30am - School Tour
31.03.15	Last Swimming Lessons
02.04.15	Last day Term 1 - Poetry Festival, all families encouraged to join
22.04.15	First day Term 2
26.06.15	Last day Term 2
22.07.15	First day Term 3
18.09.15	Last day Term 3
07.10.15	First day Term 4
16.12.15	Last day Term 4



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Kinma Care Day (working bee) Saturday, 28 February, 2 – 5pm

Hi All

And welcome back to a new year! We have been building some momentum at the Kinma Care Days (working bees), both by making our environment easier to care for, and also by making new friendships and connections in our community. 2015 is set to continue this vital part of our school life!

Our Term 1 Kinma Care Day is Saturday next week, 28 February, 2 – 5 pm.

We will be working on long-term projects as well as the general maintenance of the school – a job for every temperament!

Bring your cleaning and gardening equipment, gloves, whipper snippers, etc. We will have a family BBQ at the end.

If you are not able to attend, please contact Julie or Claire at the office to take on an individual job so that you don't have to pay the E&M levy.

I look forward to seeing you all then!

Best wishes

Dylan Forbes

E&M Coordinator



Administration

I have just perused the other entries in the newsletter, and I am the first to admit the admin page is not very exciting compared to what is happening in the class rooms

Snack Attack

Families, just a quick mention that students in primary are having snack attack regularly and forgetting to bring in their \$5.00. Please ask your children if they owe money for snack attack and if so forward to the office. Also, if there are any children whose family do not wish them to eat snack attack please let Claire or Julie know.

Admin Think Tank

A few parents are joining Claire and I next week before pick up to talk about some of the things that we could do around the school. There are some things that Claire and I would like support with, plus brainstorming ideas that we have not thought about. So if you would like to join us let us know on Monday.

Towels

Did anyone receive lovely plush new towels for Christmas? If you did, would you consider donating your older ones (still in good order) to the School. Drop off to office if you have some spares.

CLEAN UP AUSTRALIA DAY - Sunday 1st March, 2015

The students in groups 2 and 3 went for a walk along Aumuna Road to collect rubbish that other community members left. We collected plastic and glass bottles, shards of glass, a beautiful square of white glass, a reflector that was broken, an old t-towel, paper, paper and more paper, cigarette butts, cigarette packets and other pieces of rubbish. No whingeing or complaining – just our gloved hands, bags and off we went !!! Thank you

Fees

Term 1 fees are now overdue. Unless you have a pre-arranged direct debit system then all school fees are meant to be in our bank account paying for the staff salaries, pens, paper, etc and not to forget the mortgage. Please make payment this week end.

Student Vacancies

We have only 3 spaces in Preschool on a Monday available. All other days are full!! We have commenced a waitlist for 2016, so if you want your child to attend next year and they are not already enrolled – now is the time to get your forms completed and sent back to the office.

Primary school spaces are also filling well, with another 6 students joining group one in term 3 from Preschool. We are looking at the numbers for 2016 for Primary. We have a smaller number of students going to high school next year there will be less places available. Preschool families looking to transfer your child to Primary in 2016 please chat with Preschool or Admin staff so we can get names listed.

Group 1

Things were really fizzing up this week in Group 1 when a science experiment caused a chemical reaction! How can you 'magically' make a balloon blow up without using your mouth? With vinegar and bicarbonate of soda!



Noah and Shala pour in the ingredients.



Willow quickly tries to put on a balloon.



Angus noticed that the reaction was slowing down so he shook the bottle to see what would happen.



"It's making a gas!" shouted Kayden.

In maths, we have been playing lots of dice addition games this week which led to the children investigating large numbers. We played the 'exchange' game in which units are exchanged for tens, tens for hundreds and hundreds for thousands. We kept track of the first hundred by using a hundred grid and then practised counting the larger numbers by following the pattern. This 'play' spilled over into morning teas and lunchtimes with the children organising the equipment and themselves without any support and there was much excitement when every new hundred. Kate was delighted to count in hundreds-

Kate: seven hundred, eight hundred, nine hundred, ten hundred!

Grace: There's a special word for ten hundred, it's called one thousand.

Kate: Waaaaa...I've heard of that...I counted to one thousand?!!



Heath acted as 'the exchanger'



Ella worked with Angus taking turns to spin and count.



"Can we keep playing the exchange game?"

In another maths based experience, Andy and Grace asked the children to create their own board games. The children created a wide variety of games with so many different styles! Callum was based around sheep whilst Zadie's involved getting to the castle to save a princess.



Sol, Heath and Seb play Zadie's game.



Gilad, Tess and Sebastian play together.

We have been gearing up for The Poetry Festival by looking at some selected works by Banjo Patterson. Andy's literacy group has been breaking down The Man from Snowy River, looking at the language and reinterpreting it through drawings. Along with the rest of the class we looked at the Ten Dollar note and found that.....



We watched a small clip from the movie showing Kosciusko and the wild brumbies running that inspired many more works of art.

Andy's Maths group are:

- playing lots of games
- building bridges to hold a specific weight
- practising addition using felt animals through a scenario at the yurt farm
- and and and and and



Group 3

Our newsletter week seems to have come around quickly, uh oh, that means that the term is starting to fly by already!! Group 3 have been immersed in all things endangered! Our individual based research projects have all been presented now and we are bursting with new knowledge about all these endangered animals! The way that the information was presented was interesting and varied and we all enjoyed listening to each other. We had an array of presentations from PowerPoint shows, to poster displays to speeches! Here are a few photos:



Here are Tai and Kade's drawings of their animals:



Our maths has also taken on an endangered feel for the past week as we have embarked on a journey of tables and graphs! We have drawn vertical and horizontal bar graphs and some children have drawn pie charts to represent some information. We had a great class discussion about being wary with our data and why it's not always going to be reliable. Observations from this work have moved us onto looking at rounding up or down with numbers and that is where we are playing at the moment. We are also spending time most days practicing our times tables in a variety of different ways – written, using follow me cards and physical-mental activities.

This is Kade's work.

Continent	Number of Endangered Species	Percentage	Angle
Asia	5	36%	128.5°
Australia + Oceania	5	36%	128.5°
Europe	1	7%	26°
N. America	2	14%	51°
S. America	0	0%	0°
Africa	0	0%	0°
Antarctica	0	0%	0°



Here is Maia's bar graph showing animal populations and Sage's copy of our group thoughts about possible problems with the data and times table practice in action!

* The numbers might not be exact
 + The numbers might change over time
 + The dates may change over time as well
 + not all data is collected in the same way
 might not be comparing 'like with like'
 + captivity Vs Wild.



In literacy we have been writing creatively as well as thinking about our own opinions about endangered animals. Here are a couple of raps that Asher and Giacomo have made up and then Owens writing below about whether we should help save endangered animals or not.

Corroboree Frog Rap by Asher

They live up to nine years old
 And they thrive in the cold!
 They are ground dwelling frogs
 That like to live in hollow logs
 They die of fungal disease I know it sounds odd
 But they like to eat ants and arthropods
 There were 6 males found in 2014
 So the people that kill them must be pretty mean!

*Should we do our best to not let a species go extinct
 or should we follow the rule of natural selection?*

Hawksbill Turtle Rap by Giacomo and Asher

Yo, my name is Will, I'm a Hawksbill Turtle
 Eat some lemon myrtle
 'Cause you stole all my food - that was pretty rude
 dude
 Don't try to delude my vision, I don't need to go fishin'
 But wait, stop don't give me no provisions,
 I be livin the dream, got 30 cans of whipped cream
 Don't worry 'bout the green, just some extra protein
 Yo, man, don't be mean, don't worry 'bout bein lean
 It tastes good, just like it should
 Stop eatin that wood and come join the hood.

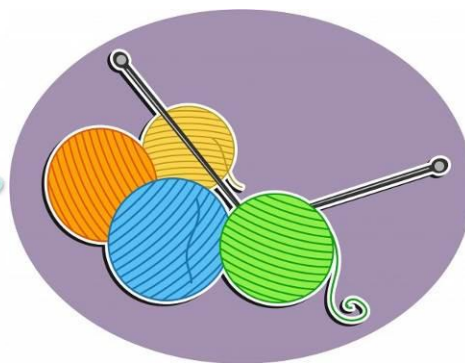
Polar Bears

It's hard to help the Polar bears now since the Arctic ice caps are melting. We could put them in captivity but if we keep polluting the world Polar bears may never live on ice again because we can't stop global warming. If they go down in population too much then they might not be able to breed enough to bring the numbers back up.

Polar bears are also large animal to keep at zoos and if they do breed a lot they would need a lot of space to house the animals in a zoo. It would also be hard to keep them at the zoo because they would have to keep a room cold and try to make it like their natural habitat; that would take a lot of money to keep the Polar bear like that. If we tried to stop pollution there could be a chance for the Polar bears, but maybe it's a bit too late, so we could allow them to become extinct eventually but I think we should help them to live because we are the cause for them being endangered in the first place!! By Owen

Think that just about sums up what's been happening in class for the last couple of weeks. If you haven't already signed up for a parent meeting, please do so in the next couple of weeks.

TTFN, Suz xx



Do you have a sewing or yarn project?

Don't know where to start?

From beginner to advanced, we can help!

Rachel P and Renee B are running
a sewing/crochet/knitting class
on Saturday 14th March from 10-2.

Cost: \$50 for the day. All funds go to Kinma
fundraising!

Please bring your own materials and a plate of
nibbles to share for lunch.

Please RSVP and pay in advance to:
Rachel on 0418 479 209 or Renee 0403 895 058
so we can discuss your project.


Snack Attack:

Main Course	\$3.00
Dessert	\$1.50
Drink	50¢ (usually juice)

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 68 children in the Primary and 19 in Preschool 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 and drinks ...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 4

Feb 4	Lisa, Holly
Feb 11	Isobel, Karen, Trudy & Claire
Feb 18	Liz, Nic, Sam F
Feb 25	Trudy, Helena & Karen
Mar 4	Gemma & Rachel
Mar 11	Mia & Karen
Mar 18	YURT FARM- NO SA
Mar 25	Preschool
Apr 1	Katerina, Renee B, Michelle D & Gloria

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.

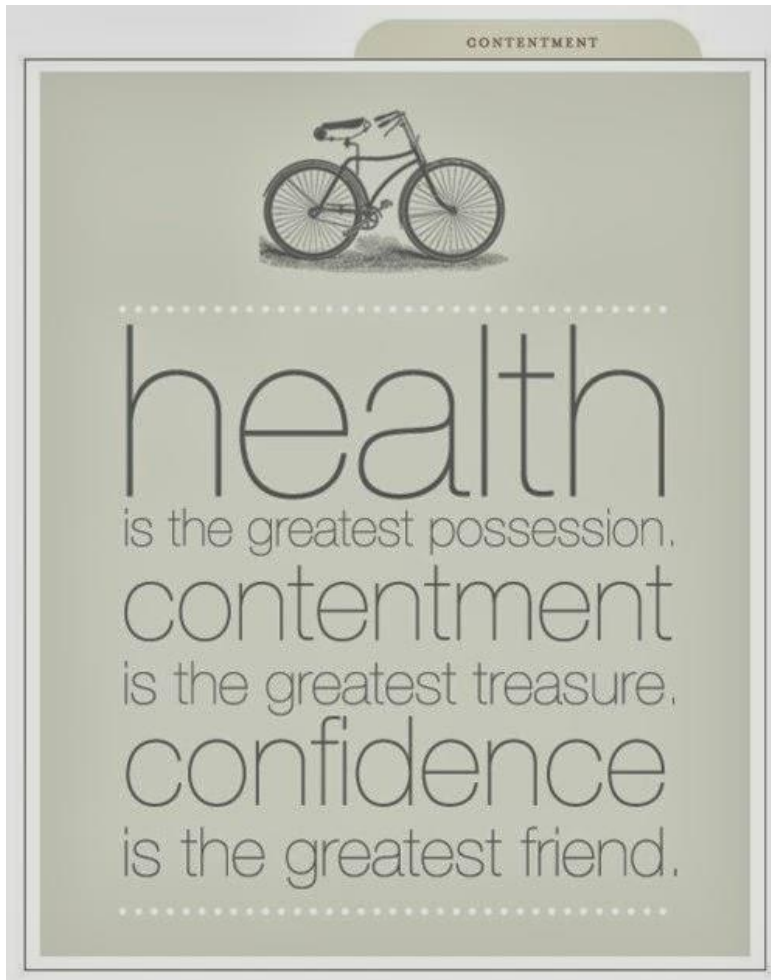
If you have any questions or want to contribute please email me at hayleyjl@tpg.com.au or call 0435 145 486.

Thanks,
Hayley Lewis (Turiee's mum)

Welcome to Kinma's new fitness sessions

The plan: once a week after morning drop-off, we enjoy (!) a fitness session on site at Kinma or closeby.

The aim: to improve our energy, fitness, strength, and perhaps you wish to work towards a sporting goal such as the **Triathlon Pink** in October 2015.



Who am I? I am Elisha, mother to Samara Dunkerley aged 3 at Kinma Preschool. My eldest daughter Maya attended Kinma preschool since 2013 and this year has started at our local primary school, North Curl Curl.

Along with my husband Martin Dunkerley, I own and operate Energize Health Club in Belrose (www.energizehealthclub.com.au).

More recently we launched an online fitness website Exercise On Demand (www.exerciseondemand.com.au)

I also blog from time to time about fitness, nutrition, travel and random parenting moments on Mum Tricks (www.mumtricks.com.au).

I am a feature Fitness Professional for Go Flaunt It (www.goflauntit.com) , with my signature Pregercize workouts – specific exercises for pre/ante/post-natal women.

Despite working in the fitness industry, the challenges of being a mother seriously dented my enthusiasm to exercise and I found it easier to prioritise my childrens' needs over my own health requirements (time and time again).

Yes, we adore our children and will always make sacrifices for them... but I do believe that we are role models for our children and happy, healthy mothers are best placed to raise happy, healthy children. Regular exercise and good nutrition are paramount to this.

Personally, I felt it wasn't until I decided to commit to doing my first Triathlon that things changed for the better... As stupid as it may sound, now I felt I had a "real" reason to schedule my exercise workouts in around the needs of my children and my businesses. There is always more housework and paperwork to be done, but really, some things are trivial in comparison to your health (so please excuse our family's un-ironed clothes as I refuse to iron).

The importance of investing in your health hit home when my husband was unexpectedly diagnosed with cardiomyopathy (the pre-cursor to heart failure) when I was 6 months pregnant with our daughter Maya. Martin is a very fit man, so this was quite the shock to everyone. Martin's condition is now well controlled with medication and the implantation of a defibrillator/pacemaker device, along with good nutrition and exercise.

In October last year I completed the Pink Triathlon (a breast cancer fundraising event). It was fabulous. Not only did the commitment of doing an event like this keep me motivated to train (albeit in an excitedly nervous way!), the actual event was a friendly, inspiring one. All ages and all shapes and all fitness levels participated in the triathlon. I highly recommend you all seriously consider committing to take part in a triathlon such as this.

I attach some information about Triathlon Pink.

I have now decided to take myself out of my comfort zone and will be doing my first Olympic Distance Triathlon in Wollongong on Sun 8th March. It has required me to reconsider my intrinsic sporting competitiveness! This time I'm not in it to win it, but rather to challenge myself and just to finish the race (with 000 on speed dial just in case).

I look forward to sweating and laughing with you and enjoying all the zillion benefits that exercise has to offer in our Kinma sessions. Please let me know if there are any particular exercises that you enjoy or health goals you aspire to and I will try to incorporate these things into our sessions.

Cheers,

Elisha Rose

0412 133 159

elisha@energizehealthclub.com.au



A FUN CHALLENGE FOR

EVERY BODY

DISTANCES FOR ALL FITNESS LEVELS AND AGES

Ramsay Health Care Triathlon Pink is an all-female triathlon series with a fantastic, fun day of personal achievement. The Triathlon Pink goals include **challenge**, **participation** and **fun** as well as **raising funds** for charities who provide breast cancer support, education, research and advocacy. Boys and Girls U13 years of age can also get involved!

How Far? Triathlon Pink

Women and Girls:

Short: 100m swim / 3km ride*/ 1km run

Medium: 200m swim / 6km ride*/ 2km run

Long: 300m swim / 9km ride*/ 3km run

ULTRA: 600m swim / 18km ride*/ 6km run

*Please note ride distance may vary slightly depending on the venue

Kids (Boys and Girls)

Boys and Girls U13 years: 50m swim / 1.5km ride / 500m run

Entry Fees

ALL entries include a singlet (Triathlon Pink) t-shirt(Fun Run Pink), swim cap, and finishers medal!

There are 7 categories for Triathlon Pink & prices apply to all distances, i.e. short, middle & long course.

Pink Kids Triathlon -	\$30
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Boys & Girls U/13

Adults	\$67.50
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ULTRA TriPink	\$99
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Sydney

Triathlon Pink at Parramatta Park

Race Number & Event Week

On the Thursday prior to your event, you will receive an email with your race number - bring this along to collect your rack packet at the registration tent at the event site on Saturday from 2pm - 4pm, or on the morning of the event from 5:30am. There will also be a Tips & Tricks Clinic on Saturday at 3pm!

Sunday March 22nd 2015

- ULTRA: 600m swim, 18km ride and 6km run (2x300m swim, 6 lap bike, 4 lap run)
- Long Course: 300m swim, 9km ride, 3km run (3 lap bike, 2 lap run)
- Medium Course: 200m swim, 6km ride, 2km run (2 lap bike, 2 lap run)
- Short Course: 100m swim, 3km ride, 1km run (1 lap bike, 1 lap run)
- Kids Triathlon: 50m swim, 1.5km ride, 500m run (1 lap bike, 1 lap run)

Swim course:

The swim course for all Triathlon Pink events are exactly the same.

You start from one side of the pool, at the very end. Then you will file in one after another into

the water. Prior to jumping in to the water, you will need to make sure you cross the timing mat, otherwise we won't be able to give you a time at the end of the race!

Once you are in the water, you just need to swim to the swim buoy in front of you. Depending on which distance you are doing, you may only need to turn around one swim buoy i.e. the kids & short course turn around one buoy, medium course turn around three and the long course turn around five.

Participants in the ULTRA TriPink will complete the 300m swim (same format as the long course swim) then exit the pool and return to the start for a second 300m swim.

You will then exit the pool on the other side of the pool, but at the same end. You then make your way to the transition area!

Bike course:

When you are exiting the transition area, make sure you have your helmet done up tight so it's not loose, and can't move around too much! Once you get to the mount line, you will be instructed by a Triathlon Australia Technical Official to get on your bike. You will then ride up the left hand side of the road, it is very important to stick as far left as you can at all times. This insures that others Pinkies can pass you, and is much safer for all Pinkies!

The Parramatta bike course is one way traffic at all times, the lap is a 3km loop. You will just need to follow the signs, witches hats and bollards. Please take the time to look at the map provided!

Once you finish your allocated laps, head back across the foot bridge and back into transition.

Run Course:

When you are ready to leave the transition area after you've re-racked your bike, look for the RUN START flag. It will be just next to where you ran in from the swim. Then turn left out of the transition area and follow the tape & cones. You'll make a U-Turn at the RUN TURN sign and then run back toward the venue. Kids Tri Pink participants will then U-Turn straight for the finish line. ULTRA, Long, Medium & Short will continue then head passed the finish line. Short & Medium will turn around adjacent to the car park. ULTRA & Long will continue and head under the bridge where the Old Kings Parade Ground is. Once you've turned around near the Old Kings Parade Ground, you'll run back down to the finish line area. This will complete one lap! Make sure you remember how many you need to do!



Davidson HIGH SCHOOL

You're invited to Davidson High School's
Open Night!

Tuesday 3rd March 5.00 - 7.30pm

5.00 pm Presentation in school hall
5.45 pm School tours

Experiment Create Connect Solve Interact

Milmore Street, French-Forest
Enquiries: 9451 0822
www.davidson-
h.schools.nsw.edu.au

POTTER LEAGUE WILL START TUESDAY March 10th and SATURDAY March 14th

The competitions are in school years divisions are Mixed year one/two, mixed year three/four, on Tuesdays @ NBISC. The year five/six will also be on Tuesdays @ NBISC Saturday afternoon girl's league will be at NBISC and Narrabeen High gym. The all girls League will have two divisions

to cater for younger players. **There is a new form attached return asap if playing.**

MANLY WARRINGAH NEW PRIMARY BASKETBALL COMPETITIONS



'THE POTTER LEAGUE'

WHEN: Starts in March runs 'til July (No games in school holidays)

WHO: Designed for new players. Individual players can join at any Time until full or you can enter a team of between 7 & 10 players.

COST: \$160 per player (school years 1 & 2) \$180 per player (school years 3 & 4) \$200 per player (school years 5 & 6) includes registration, insurance, game fees, playing singlet, match coaching court hire & referees (payment before first game)

VENUE: NBISC, Jacksons Rd, Warriewood

DIVISIONS: (mixed boys & girls) school years 1 & 2 **DIVISION**,

Years 3+ 4 **DIVISION** years 5+ 6 **DIVISION** All Girls **DIVISION**,

GAME TIMES: Mixed one/two, three/four & Year five/six Tuesdays

Games between 4-6pm All Girls Saturdays 1.45pm, 3.35/4.20/5pm

REGISTRATION & TRAINING: Each Saturday during school term at Northern Beaches Indoor Sports Centre, Jackson Rd, Warriewood, (ages 8 & over mixed session, 3.30-4.30pm, 7 & under session, 2.30-3.30pm,

Expert coaching plus short game \$9 per session

ENQUIRIES: MWBA office ph 9913 3622 Fax 99133644

mwba@manlybasketball.com.au <http://www.manlybasketball.com.au>

*If you wish to play or enter a team, complete the form below and return to MWBA for player information and our records and attend the Saturday training sessions to register and train for the competition.

Name.....Mobile.....

Address.....

School.....Year at School.....

DOB.....Parent signature.....

Email.....

MasterCard/Visa (please circle) Name on Card:

Card no. ----- code -----

Expiry Date: __ / __ / __ Amount: \$ _____



Go4Fun family fun day



Free activities for primary school aged children.

Come and try the Go4Fun program at this FREE Family Fun Day which includes a range of sports and fun activities for kids.

Find about this free program which helps children and families develop healthy eating habits, build self-confidence and become more active. Meet other families and have an exciting and enjoyable family fun day!



Details

When: Sunday 8 March from 9.00am – 11.00am
Where: Ruddock Park
 Coral Heath Avenue, Westleigh
Cost: Free
Bookings: Bookings Essential
 Book online at trybooking.com/GMRR

What to bring:

- Drinks, hats and sun protection
- Chairs or picnic blankets
- Suitable sports footwear
- A healthy snack for your child

Children must be supervised by an adult for the duration of the session.

This event will be cancelled if raining – please check Councils facebook page and website.



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 or teenagers with ADHD via regular meetings. The group is run aims to provide a supportive environment to discuss and learn more about ADHD in order to best help parents and kids alike.

Speaker Evening: DR RANDY BECK
Institute of Functional Neuroscience
"Learning and Attention: The Plot Thickens"

This presentation will cover the latest research and what it tells us about attention and lack of attention and how this impacts how we learn. New treatment options and some case studies will also be presented. All in all a presentation you will not want to miss.

Dr Randy Beck is a Chiropractor/Neuroscientist and Director of the Institute of Functional Neuroscience. Dr Beck is currently an Associate Professor in Clinical Neurology at the Carrick Institute for Graduate Studies in Florida, USA. He was previously Senior Lecturer in Neurology and Clinical Diagnosis at Murdoch University in Perth from 2006 to 2014. Dr. Beck is the past President of the Australasian Academy of Functional Neurology and has served as a director since 2006.

Dr Beck is currently working on two international collaborative projects with The Department of Psychiatric Medicine, Harvard Medical School, USA and the Department of Psychiatry and Clinical Neuroscience University of Western Australia School of Medicine, Perth.

Monday 9th March 2015 @ 7.00-9.00pm
The Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale

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

Register on 



Facebook: <https://www.facebook.com/BeachesADHDSupport>
 Facebook Forum: <https://www.facebook.com/groups/BeachesADHDSupportGroup/>
 Email: nbadhdsupportgroup@hotmail.com
 Website: www.northernbeachesadhdsupportgroup.com.au



Venue kindly sponsored by Pittwater RSL Club