

# Kinma

Kinma Newsletter T1 Week 9, Friday 27<sup>th</sup> March, 2015



Group 3 raised \$1200 to buy water filtration systems for East Timor!

## WHAT'S ON

31.03.15	Last Swimming Lessons (survival training) – bring clothes to swim in
02.04.15 12.30 for lunch Poetry from 1.15pm	Last day Term 1 – Poetry Festival, all families encouraged to join
22.04.15	First day Term 2
12.05.15	Kinma Ltd Annual General Meeting
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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# Administration

## TINKERING

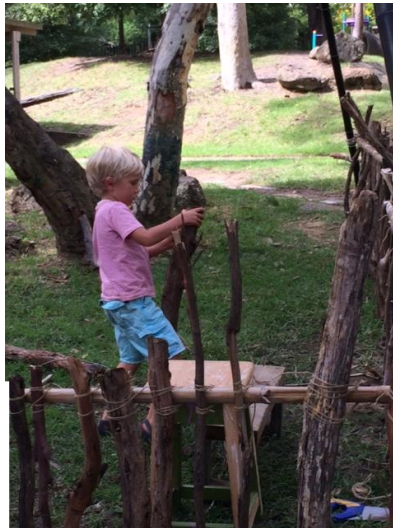
Tinkering this week was combined with Harmony Day and I can certainly say there was a genuine calm and gentle flow to our day. We gathered in classes to start the morning and then headed off to enjoy

- Collage of harmony
- And making gods eyes
- Constructing a tee pee
- Creating beautiful live artworks with moss and succulents in balls suspended from colour
- Theatre
- Games from around the world
- Clay and a world of imagination
- Making dream catchers
- Flag making

We were gratefully interrupted by the smells of bacon and lentils, fresh fruit and soothing drinks which were made for us by mums for lunch.

After lunch we gathered and read a story about inclusiveness around the fire and shared ideas of what does harmony look like or mean. From the children we received these words:

- ❖ Peace
- ❖ Laughter
- ❖ Acceptance
- ❖ Understanding
- ❖ Tolerance
- ❖ Friendship
- ❖ Playing together
- ❖ Kindness
- ❖ harmony



## Poetry Festival Thursday 2<sup>nd</sup> April

Reminders to everyone to come and join your children for lunch at 12.30 next Thursday and head into the hall about 1.15 pm for the Poetry Festival. If any family members would like to recite a poem with their child or by yourselves please let Julie or Claire know early next week so we can slot you in. What a lovely way to end a jam packed term!

## Lost Property

If you have any clothing that you would like to keep and take home please come in on Monday and Tuesday and rummage through the lost property as there may be many items that belong to your family. Anything not collected will be washed and forwarded to a charity.

## Fees

There are a couple of families who have not paid fees for term one. Can I ask that these be sorted out on Monday so we can finalise payments for this term.

Claire, Carin and Julie

# Preschool

Welcome Mikayla, enjoying dressing up and role play



## FLOORBOOK



“I’m just going to have a look in the Floorbook, Diesel” said Amanda

“OK, I’ll show you what I’ve been doing” said Diesel

Josh, Kenji and William look at the Floorbook together. First, they looked for their names. Then they found a spot and added their own drawings and writing.

## GETTING MESSY

Why is messy play is so important, particularly for Preschool age children?

- It stimulates many senses at the same time
- Children can express their feelings, responding to what they touch
- It is open ended so children do not feel anxious about having to produce an end product
- Children are free to explore possibilities and find out more about the properties of materials and media
- Children can play together and get to know each other
- It does not rely on words to be successful and fun

Bernadette Duffy from the Thomas Coram Centre in London writes,

"One word associated with messy is 'confused' and it seems to me that confusion can be a good thing. The creative process is characterised by risk taking, trying things out and experimenting and an insight often occurs at the very moment we are confused and have to look deeper."

She makes a link between messy play and Piaget's concept of cognitive disequilibrium – when thinking has to change to incorporate new information. An example is children playing with "goop" (cornflour mixed with water).

"They see what appears to be a solid surface and reach out to take a handful. At first the cornflour stays solid, but then it turns into a powder and falls through their fingers causing them to rethink their understanding of materials"



Kenji and Diesel get messy with the paint

Harry and Dylan clean up after messy play

## CHINESE NEW YEAR

Sun Tai Geen Ho

Sam, Deco's dad told us that one of the ways to celebrate Chinese New Year is to make wishes for everyone. We asked children what they would like to wish for and, at first, the answers were along the lines of "a new toy" We reframed the question and asked "What do you wish for everyone"

"I wish there was a cubby house for everyone to play in - Marlon

"I wish for everyone to be friendly to everyone - Aleena

"I wish that all my friends would climb a mountain with me – Max W.

"It's fun to make dumpling" said Deco. He put them in the steamer, took them and offered them around.



Our environment offers us so many possibilities and opportunities for learning, experiences and discovery. Children learn how to take care of our surroundings.



Marlon and Adam meet a praying mantis



Fenn and Tiano drag a broken branch of a gumtree back to Preschool from the carpark. The gumnuts were all pulled off and painted



We found this frog living in the plants in the carpark. We stood and observed it for a while.



The magnifying glasses are a very popular piece of equipment.



“Hey, there is a lemon tree up there” said Harry



Jasmine, Marlon, Nate, Kenji, Harry and Dylan empty the bags



Nate and Rafferty with some of the things we collected

**COOKING TOGETHER**

Anouk, Adam and Qiana worked with Christine to whip up a quick batch of Anzac biscuits to celebrate Nina's birthday.

**CHANGE OF DETAILS**

Please let us know if any of your basic details have changed since you completed your child's enrolment form. These include address, telephone numbers, permission for your child to be collected by others and emergency contacts, as well as any information about health. If you are not sure what is on your form ask Kay to have a look

**LOST PROPERTY**

We have a basket full of clothes, lunch containers and water bottles. Please have a look and check if anything belongs to you. Having names on everything helps us to return things to their owners

From Kay, Pat, Christine Nina, Rosie and Felicity



# Group 1

# Group 1's Magic Performance!

As promised, here are some photographs from 'The Magic Show' segment in last weeks 'Kids Concert'.

There was gymnastics, clowns, a disappearing girl, breakdancing, coin tricks, a balloon trick, card tricks and so much more! It was so much fun!





# Group 3

Excursion Just a few little happy

snaps from our excursion to Reverse Garbage last week!! Enjoy!



If you haven't made an appointment to come and see me for a parent meeting please do so after the Yurt Farm and before the end of term!

Happy Yurt-Farming!! Woo hoo!!  
Suz & G3 XX



## Yurt Farm Fun!





You might be led to believe that this next photo was taken on the way home from the Yurt Farm, but no, it was on the way there!!!



It was a wonderful camp with laughter, thoughtful walks, swimming, animal caring, woodworking, tears, marshmallow eating, ghost walking, camp-fire pondering and tractor riding filling our days!

Not long til the end of term now. We hope you can join us at our poetry festival on Thursday 2<sup>nd</sup> April – the last day of term.

Lots of love and hugs for a rejuvenating holiday time.

Suz, Kate & Group 3 xXx



### 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	Karen, Isobel, Trudy & Renee D
Mar 18	YURT FARM- NO SA
Mar 25	Preschool
Apr 1	Renee B & Michelle D

*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

**WOULD YOU LIKE SUPER FRESH, CHEMICAL FREE, LOCALLY SOURCED FRUIT AND VEG EVERY WEEK AT A GREAT PRICE????**

## **What is FoodPod?**

FoodPod is a member organised and run Cooperative connecting farmers directly to families to provide locally grown, freshly picked, chemical free fruit and veg at producer's prices, delivered by the farmer straight to our local pod which is currently based in Terry Hills.

The produce comes directly from family run farms in Bilpin (Blue Mountains), Richmond and North West Sydney to our school.

FoodPod has developed out of a weekly fruit & veg co-op, "Forest Organic Buyers Group (FOBG), that was originally started 3 years ago by Kamaroi parents and has been running in the local community with up to 50 families involved.

## **Why?**

FoodPod is the result of a deep concern for the social impact of our modern food supply chain which is becoming:

- a) increasingly industrialised, with large supermarket duopolies dominating the market
- b) unfair, with farmers not getting fair prices for the food they produce
- c) unaffordable for families
- d) unsustainable for the environment

FoodPod represents an alternative.

## **Where and How?**

There is currently a pod operating in Terrey Hills with pickup being from a member's garage (same every week).

As a number of the current members have moved to the new Pod operating from Kamaroi (for Kamaroi parents only), we would like to add members to the current Terry Hills Pod.

There has now been a centralised ordering website made where you place your order each week before 6pm on Saturday for pickup on the following Wednesday.

Once or twice a term you will need to help out with the morning check in when the farmer delivers, or the reconciliation on a Thursday – which takes about half an hour.

IF YOU WOULD LIKE TO BE INVOLVED, PLEASE EMAIL TRUDY LAWTON at [trudythomas@hotmail.com](mailto:trudythomas@hotmail.com). I will then send out extra information on how you can join.

INTEGRAL AERIAL ARTS



**Kids & Teens  
School Holiday  
Aerial Arts  
Workshop**

**Ages 5 - 15**

Experience the feeling of flying through the air in this dynamic and exciting aerial arts workshop! Learn to climb, swing and drop while performing thrilling acrobatic feats that will challenge your body, explore your creativity and wow your friends.

**9am - 12pm  
April 7, 8, 13 & 15  
\$55/day - \*10% discount  
for 2 or more days**

**3A/24-26 Winbourne Rd,  
Brookvale NSW  
0432 387 110 or 0401 935 078**

For more info or to book, head to  
[bookeo.com/integralaerial/customer](http://bookeo.com/integralaerial/customer)  
and sign in or sign up!

**Kids class  
registrations  
for Term 2  
NOW OPEN!**



## 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 EMMA GAI GOLD**

**“ADHD & Self-Esteem in Children:  
Helping your child with ADHD not to feel lazy, crazy or stupid”**

Dr Emma-Gai Gold is a clinical psychologist who has completed a doctorate in clinical psychology and a thesis on social anxiety disorder and rumination. Emma has clinical experience working in both the public and private sectors, and has worked extensively with adults, adolescents, children and families presenting with a wide range of psychological concerns. She has a special interest in anxiety, mood disorders, ADHD and autism spectrum disorders. Emma currently works at *Dr Caroline Stevenson & Associates*, a general psychology practice, specialising in treating children and adults with ADHD.

**Monday 27<sup>th</sup> April 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](mailto:nbadhdsupportgroup@hotmail.com)  
Website: [www.northernbeachesadhdsupportgroup.com.au](http://www.northernbeachesadhdsupportgroup.com.au)



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

# Soccer Camp

Ages 5-15 Boys & Girls  
Easter 2015 School Holidays




**Soccer Camp 9.00-3.00 + Care to 4pm**

**Wed 8 to Fri 10 April**

Dee Why Park, Lismore Ave  
**DEE WHY**

**Wed 15 to Fri 17 April**

St Ives Village Green, Cowan Ave  
**St IVES**

**BOOK 3 CHILDREN & GET THE 4TH FREE**

**FEATURES**

- Sign in / Sign Out, Safety & Sun Policies.
- Registered Child Care provider.
- Modified program to suit all ages.
- Active fun program
- Daily rates available.
- Sibling & group discounts available



FEES	Daily Rate
Daily 9.00-3.00	\$60
Previous attendance	\$50
Half Day (9-12 or 12-3)	\$35
Sibling Discount (On 2nd or more child full Day)	\$10
Aftercare till 3.00 to 4.00	\$15

**Program**

- Mornings:** Warm Up & Assessment  
Individual Coaching
- Afternoons:** Group & Technical Play  
Small Sided Games  
Team Play



**Coaching Groups**

- MINI--Ages 5 & 6:**  
Basic fun skills in small sided games.
- JUNIOR--Ages 7-8:**  
Skill development in modified games.
- SENIOR--Ages 9+:**  
Improve technique and tactics.



**What To Bring**

- Hat & Sun Block.
  - A packed lunch & morning tea + afternoon snack.
  - Comfortable footwear + A refillable water bottle + drinks.
  - Appropriate sports clothes + Wet weather jacket / Clothes
- "A willingness to learn & have fun"**



**www.starsportscamps.com**

REGISTER ONLINE

REGISTERED CHILD CARE PROVIDER

**Phone 0412 602 999**

ABN 46 126 155 404. Child Protection Registration No 8352  
E-mail: [info@starsportscamps.com](mailto:info@starsportscamps.com)



Trade &  
Investment  
Resources & Energy

## 2014-2015 Family Energy Rebate

Apply before Midnight  
16 June 2015



**\$150\***  
TOWARDS  
ENERGY  
BILLS

**2 MINUTES TO FILL IN A FORM**

<https://applications.fer.trade.nsw.gov.au/>

\* eligibility criteria apply

### WHAT IS THE FAMILY ENERGY REBATE?

The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:

- Up to \$150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer
- Up to \$165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.

### AM I ELIGIBLE FOR THE REBATE?

To be eligible you **MUST**:

- Be a NSW resident; and
- Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and
- Be an account holder of an electricity retailer, or a long-term resident of a residential community (caravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

### WHAT DO I NEED TO DO BEFORE I APPLY?

Before you apply, here's a quick checklist. Have you:

- Lodged your tax return for 2013-2014 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
- Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

### HOW TO APPLY

- **ONLINE** – it takes just two minutes to submit an application. Processing starts immediately.
- **PAPER** – download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the residential community where you live.

**APPLY  
ONLINE  
NOW!**

### FOR MORE INFORMATION & ASSISTANCE

**PHONE** Service NSW 13 77 88

**EMAIL** [fer.program@trade.nsw.gov.au](mailto:fer.program@trade.nsw.gov.au)

**WEB** [www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate](http://www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate)