

Kinma

Kinma Newsletter T2 Week 10, Friday 26th June, 2015

From all of us (Staff, Board, possums and spiders) we trust That you will have a warm and relaxing winter's break. Looking forward to seeing and sharing the stories that will abound after a three week break - Take care

| WHAT'S ON | |
|-----------------|------------------------------|
| 22.07.15 | First day Term 3 |
| 15.08.15 | Kinma Care Day (1.30-4.30pm) |
| 18.09.15 | Last day Term 3 |
| 07.10.15 | First day Term 4 |
| 24.10.15 | Trivia Fundraising Night |
| 16.12.15 | Last day Term 4 |
| | |
| | |
| | |

Calling for help with Snack Attack!

Please contact Hayley Lewis

hayleyjl@tpg.com.au or call 0435 145 486

to put your name to a date.



Kinma Board

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Administration

STAFFING CHANGES

I sent a note around to all families regarding the changes in primary and the temporary changes in preschool commencing term 3. I do hope that these words reached you all. If not I have included them below.

Dear Families

On behalf of the staff I am writing to inform all that we have completed the recruitment for Suzanne's mat. leave in group 3. We are transferring Michelle Walker from group 2 to group 3 as she has a good relationship with these students. We have recruited new staff in the following positions:

Tristan St Clare to work four days per week with the majority of his time in group 2 team teaching with Beatrice.

Katie Court to work three days per week in group 3 (Monday, Tuesday and Thursday) supported by both Michelle and Juli G.

In making such a decision we identified the need for the children to be comfortable from day one next term, hence an existing staff member in each group and the new staff to be strongly supported and guided into the Kinma progressive model of education.

All staff are very excited to have another two educators to join the team, while acknowledging the temporary loss of an amazing colleague and educator in Suzanne. Suzanne will return in term three for the first 4 weeks to support the changes that will take place and give a handover.

Dear Families

I am writing to let you know that the wonderful Kay is off frolicking in the UK in the first four weeks of term 3 (well maybe not frolicking!). Kay is taking some additional time to spend with family over the winter vacation period.

During this time we are very fortunate to extend Rosie's appointment, invite Norma our relief staff and Alysha our practicum student to support the rest of the team while Kay is away.

We also welcome Lizzie Rayer back from maternity leave early in term three (yes 12 months have come and gone!).

Copies of the term 3 staff roster will be placed alongside the sign in sheets as normal to allow families to know the staff working on each day.

Please do not hesitate to contact Christine or Felicity or the admin staff if you have any questions.

GARBAGE

Effective term 3 we are changing the way we look after our waste at Kinma.

We are currently looking at:

- footprint
- waste collection,
- minimize cost,
- lessen the trucks required to collect our putrescible waste
- how to encourage recycling of vege waste more effectively
- Students taking home packaging that has been used for their morning teas and lunches so that these wastes can remain part of the family responsibility

If you have other thoughts and ideas send them on through.
Claire, Carin and Julie

Education Co-ordinator

A response to the 'Cheating' article: Who is cheating who?

"The pressure on these students goes back many, many years. This starts when they are in primary school. Many parents see the stakes as being so high and groom the kids accordingly." Bonner, ex Principal.

Who is responsible? Is it a question of personal morality?

Each student? Their families?

Teachers?

Schools?

Our society?

Could 'cheating' not be seen as an understandable and obvious result of a system which aims to define its plethora of riches by one single measure? THE HSC exam; one which insists that any student seeking university entrance, in any area, must have strong (not merely adept) literary analysis (not any analysis) skills and the associated essay writing skills.

I'm Frankie and I'm 18. I've loved animals all my life. I am a WIRES support person, caring for animals from the bush that are injured. I look after pets of my neighbours and friends and of course have a mini-zoo full of my own! All I want to do is to become a vet.

I'm Dennis and I'm 18. My uncle owns a restaurant and I have played and worked there since I'm 9. I love every bit of that life; except maybe for mopping the floors. The regulars all know me and I know not only what each of them likes but how to get them to taste Maria's newest recipes. Maybe I'll open a restaurant one day.

I'm Quinnie and I'm 18. I've got a mind that designs and constructs stuff. I recycle and upcycle amazing 'throw aways' my neighbours keep for me; making useful stuff for them as most haven't got a lot of spare funds. I'm also involved in a range of public art projects with friends. I'm not quite decided on whether to start out in design, engineering or architecture.

I'm Sonja and I'm 17. I have no idea what I want to do. That concerns me, should it?. I enjoy skateboarding, write a little, paint some and play guitar. I don't really love any of them. There is nothing at school that interests me but my folks say I should do well in the HSC because I'm 'bright' and it will 'leave my options open'. I play computer games but not passionately like Jake my friend who wants to design them when he leaves school (he's actually designing them already (and earning money from it). I'm trying to figure how to work out what I like ? After 13 years of school don't you think I should know?

What use have any of these four young people got for literary analytical essay writing skills? How will spending 500-1000 hours over 3-4 years on extracting similes and learning Prince Hal quotes move them a step closer to veterinary school, art making, engineering, small business or the growing dilemma of our Sonja's- those who have no idea what they want to do? .

Now please don't misunderstand me, I'm not suggesting that our young not be exposed to the beauty of a David Whyte poem, or the themes and characters in a Jack Davis play?

To this and much more, they need to be exposed. And they have 11 years from age 5-16 to do this. However, once they are 17 and 18, in our society's deemed senior years, surely, we need to guide Quinnie, Frankie and Dennis to spend their time collecting the skill sets that will support them to work with animals, food and small business and whatever blend of art, engineering and construction they require. Mentors in their passion areas, apprenticeships, deep study in their respective and connected fields, a growing understanding of the issues of relevance in their local communities and a smattering of associated interests could be a blend of offerings in the place of a compulsory English unit for all.

As for the countless Sonjas, surely an extra hundred hours of literary analysis is the last thing she requires. There is much work and learning our society needs to do to start considering how to support her, them.

If I was anyone of Frankie, Quinnie or Dennis, or countless others who are not choosing literary analysis as my next step in life's journey but was seeking a university placement, I too would find \$150 to buy a band 6 English essay. I would free up my mind and body from thousands of hours of purposeless stress about a competition (HSC) in which I have no interest. I would play the game so that I could make time to figure the next steps in making a viable, valuable life journey for myself. Instead of writing for hours on valueless material I would learn about; the animals I love and wish to support, the people who I care for and how best to serve them while making a modest living for myself and the community of which I am a part and how my artistic and engineering skills can serve them best.

My advice to Sonja... educate yourself. Find others with whom you resonate and learn with and from them; wwooff for a while, explore your local community centre or neighbourhood space, spend time with anyone who is living a rich and interesting and healthy life. And I'd go have coffee with Frankie, Quinnie and Dennis..

Preschool

ORANGE PRESSE

The apple slinky machine is a well - established part of the morning tea and lunchtime routine here at Kinma Preschool. However, the orange juicer is catching up fast in popularity – especially at this time of year when oranges, mandarins and other citrus fruits are abundant and in season – and that intake of Vitamin C doesn't go amiss.

Children are involved in the whole process

- Wash hands
- Collecting chopping board, knife and juicer from the kitchen and a cup from the tray
- Cutting the fruit in half
- Squeezing the fruit
- Drinking the juice – often followed by much lip smacking and yummying
- Cups etc are then placed in the washing up bowl

Here are Mia, Diesel, Tiah, Amos, Josh, Bob, Danny and Sylvie involved in juicing. The effort, enthusiasm and concentration and motivation is palpable!



"I've got the biggest orange in the land" Sylvie



Diesel cuts his mandarin in half

After positioning the fruit on the juicer, press down hard and press down again to extract all the juice. Diesel, Amos, Josh, Sylvie, Tiah and Mia use their strength.



Mia, Bob and Dylan enjoy juice after squeezing some mandarins

So add a mandarin, orange, lemon or grapefruit to the next lunchbox for some healthy fun.

TINKERING



Thank you dear parents for donating all the amazing beads! We had a wonderful collection that we sorted whilst having our staff meeting last week.



Freddie, Gilad, Seb, Tamzin, Emily, Astrid, Zadie, Angus and Kayden came up from group one. In the first session Amanda showed the children how to make different beads out of straws and aluminium foil. The bead making evolved into creating magic wands.



In the afternoon Isobel and Sally-Anne helped the children with making bracelets, necklaces, wind chimes and hanging ornaments.



Sorcha (Christine's daughter) was here for the day. Scott came and made a necklace with Qiana using the alphabet beads. Maria and Luki are concentrating, creating and enjoying the beading together...



Claire asked if we had any clothes racks for the sale. Sylvie took all the raincoats off the rack and helped to trundle it down to the hall.

There are lots of jobs to be done at Preschool – including hanging out the washing, folding and putting away clothes and towels, cleaning and emptying the dishwasher and sweeping. These jobs provide great opportunities for learning, teaching and fun, as well as getting the job done.

The laundry is where “the wet washing game” happens. The washing is taken, piece by piece from the washing machine and thrown to the waiting children, who catch it and pop it into the basket. Catching skills are practised and children who are

perhaps feeling reserved cannot help but to “let go and laugh”

The washing basket is then carried by 1, 2 3 or even 4 children who negotiate and cooperate with each other and work out how to manoeuvre around tables and chairs to get to the destination – the washing line. Lots of discussion, teamwork and leadership emerges here.

Hanging out the washing involves the fine motor dexterity of using the pegs, estimation of length (will this cloth fit here?) and counting (how many hats can we hang in this space and how many pegs do we need?)

The conversation then often turns to “how do the clothes get dry?” and “what happens to the water?” We check the time to see how long the drying process takes and experiment with some washing in the sun whilst some is in the shade.

Folding involves using mathematical language – shape, “in half” and surface area.

And finally, sorting – what goes in the kitchen/laundry, changing clothes cupboard etc



Josh, Aisha and Amos decided the shed needed to be cleaned. They found brooms, crates and asked for a bucket of water to do the job. Then Josh decided the fence would benefit from a bit of a brush up.

HOLIDAY MEET UP

Preschool families are getting together at FLYING FOX PARK on Wednesday 1st July at 10am.

SUPPLIES

Our stock of plastic animals (particularly lizards, turtles and tortoises), cars and hats is seriously depleted. If you think any of these may have found their way to your home, please gently talk about returning them.

WOODWORK

We are planning to do more woodwork in Term 3. Please save and bring in any offcuts of wood you have.

Good wishes for the holidays, from Christine, Kay, Pat, Nina, Felicity and Rosie

Tinkering





Boomerang Bags

Laurel Woods and Annabelle Kristevic would like to thank Kinma for a most enjoyable day yesterday participating in Tinkering.

We were impressed with the wonderful Kinma kids who drifted into or through our Boomerang Bag workshop. Thank you to all who participated.

We were impressed with your fast learning, enthusiasm, your sewing skills and your bright spirits.

We added 9 bags to our stockpile- well done. We look forward to some more Tinkering on the sewing machines with you next term?

Special thanks also to Renee, Bea and Juli G.

If anyone would like to support our initiative - Boomerang Bags in Avalon please email akristevic@gmail.com or phone 0416 620 298.

<http://boomerangbags.org/>




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 3, 2015

Calling for helpers!

July 22
 July 29
 Aug 5
 Aug 12
 Aug 19
 Aug 26
 Sep 2
 Sep 9
 Sep 18

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)

Extras

Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 3 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Kids Course (3-10yrs)

Help your child develop emotional intelligence, manage emotions & deal with conflict.

Chatswood 5wks/2.5hrs (27/7 - 24/8, 7.00-9.30pm)

Triple P (Positive Parenting Program) Seminars (3-8yrs)

Series of 3 seminars on Positive Parenting & Raising Confident, Competent & Resilient Children

Chatswood (5/8, 12/8 & 19/8, 7.00 - 9.00pm)

Communicating with Kids Workshop (based on PET) (4-12 yrs)

Communication skills for building effective long term relationships with your children & family.

Chatswood (31/8, 7.00-9.30pm)

Tuning in to Teens Course

Emotional intelligence & communication skills to understand your adolescents' needs & behaviour.

Chatswood 5 wks (30/7 - 27/8, 7.00-9.30pm)

Toddlers Workshops (1-3yrs)

Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep

Chatswood 28/7, 4/8 & 11/8 (3 wks/2.5hrs each, 7.00-9.30pm)

NEW

Helping Your 3-6 Year Old Child with Anxiety

Series of 2 workshops for parents to assist with young children showing signs of anxiety

Chatswood 26/8 & 9/9 (2.5hrs each, 7.00-9.30pm)

Resilient Kids Workshop

Strategies to accept & express feelings, develop optimistic thinking & coping skills

Chatswood (18/8, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop

Learn how to restore a respectful & positive relationship between you & your teenager

Chatswood (23/7, 7.00-9.30pm)

WORKSHOPS ON REQUEST - PHONE 9887 5830 (2-2.5 hours)

- | | |
|--|--|
| ★ Understanding Your Toddler/Discipline & Tantrums | ★ Transition to School |
| ★ Tucker without Tantrums/Toilet Training | ★ Transition to High School |
| ★ Speech & Language Development/Sleep | ★ Triple P Seminar Series 1-12 yrs & Teens |
| ★ Older Sibling - New Baby | ★ Communicating with Kids |
| ★ Bully Busting | ★ Dealing with Teen's Back Chat |
| ★ Resilient Kids | ★ Grand Parenting |

Enquiries: Child & Adolescent Parenting 9887 5830

www.nslhd.health.nsw.gov.au/services/CAP

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 aims to provide a safe and supportive environment to discuss and learn more about ADHD in order to best help parents and

SPEAKER EVENING: KARL LANDERS **"Advancements In Treatments For ADHD"**

Karl Landers set up Kingsway Compounding, one of Australia's leading compounding pharmacies, in 2002 with Sydney pharmacist, George Dimaris, to address the shortfall of appropriate personalised medical treatments and provide their patients with access to unlimited treatment options. Karl specialises in biomedical treatments for adults and children, with a special interest in the Autism spectrum of disorders.

Karl will give a brief overview of current conventional treatments for ADHD and go on to discuss the clinical importance of the application of biochemistry in other more advanced personalized treatments that are currently available.

Monday 20th July, 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: nbedhdsupportgroup@hotmail.com
Website: 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 Sydney region.
www.adhdguide.com.au



Venue kindly sponsored by
Pittwater RSL Club

Vacation Care – Warringah Council

Our school holiday program for the Winter 2015 holidays is now available for download from Council's website and bookings for this holiday period are open from next Monday morning (1st June 2015).

The brochure and interactive Booking Request Form are available on our webpage:

<http://www.warringah.nsw.gov.au/live/community-support-services/family-and-child-care/vacation-care>



Some of the excursions programmed for these Winter holidays include:

- Flip Out
- Maritime Museum
- Big Blast
- Marian Street Theatre
- Sydney Observatory
- Putt Putt Golf
- Featherdale Wildlife Park
- Berry Island
- Movies
- Disney on Ice

Printed copies of our brochure will be in the office later this term, and will also be available from Warringah Council Civic Centre, Council Libraries and Community Centres.

Should you require any further information please feel free to contact our office on 9942 2312.

Many thanks

NICKY HAYNES

VACATION CARE SUPPORT OFFICER

Warringah Council – Childrens Services

T 02 9942 2111 D 02 9942 2312

nicky.haynes@warringah.nsw.gov.au







WARRINGAH.NSW.GOV.AU

Kamaroi OOSH – Holiday Care Program

220 Forest Way, Belrose, NSW 2085

www.kamaroiioosh.com.au

Tuesday 30th June till Thursday 9th July 2015

| Monday 29 th June | Tue 30 th June | Wed 1 st July | Thurs 2 nd July | Fri 3 th July |
|--|--|--|---|--|
| TBA Please register your interest for this day by email | Maritime Museum Travel by bus to the museum. Discover ancient ships, Antarctic animal 'snowdome' and more. Then explore the Adventure playground!  \$ 15 extra charge | Science Day Perform your own experiments and watch the results! Grow crystals, make a magnet, electrical gadgets, pop, bang and more!  | Pasta & Wheels day Bring your wheels, rip sticks, skate boards, scooters and join us in our wheeltastic day. Enjoy Pasta feast!* (Gluten free available)  Must bring helmets | TBA Please register your interest for this day by email |
| Mon 6 th July | Tue 7 th July | Wed 8 th July | Thurs 9 th July | Fri 10 July |
| TBA Please register your interest for this day by email | Magnificent Craft Day  Painting, felting, collage and more. Work with a multitude of media for a day of creativity and fun! (Bring photos to use in collage if you wish) \$5 extra charge | Fun of the Fair Come and enjoy all the fun of the Fair! Archery tournament, coconut shy, fairground games, fluffy chocolate dip!  \$5 extra charge | Mosaic & Clay Day Learn how to design and create your own mosaic masterpiece. Clay masks and modeling.  \$10 extra charge | TBA Please register your interest for this day by email |

Friends: – PLEASE DO invite your friends from other schools. All are welcome!! Cost: from \$65 /day Hours: 8:30am to 5:30pm

More Details & Bookings at: www.kamaroiioosh.com.au Email Forms to: kamaroiioosh@hotmail.com Kamaroi VAC Flyer June July 15

Kamaroi OOSH Care Jun-Jul 2015 Holiday Care Booking Form

www.kamaroi0osh.com.au kamaroiOOSH@hotmail.com

Step 1: If you are NOT already enrolled at Kamaroi OOSH please do so at <https://kamaroi-oosh2.hubworks.com.au/>
You will be sent a login to Hubworks and you will need to complete your full details online.
Please be sure to enter your CRN details if you wish to claim rebates.

If you have previously enrolled with us please **DO NOT** enrol again. Just complete steps 2 to 4.

Step 2: Please complete the booking form below

Step 3: Please make payment in advance by Netbank Transfer to secure your child's booking

(Refund will only be made if NO space available)

(Laivoi Pty Ltd BSB: 062 110 A/C: 1024 8093 (Use child's name as ref))

Step 4: Email this booking form to kamaroiOOSH@hotmail.com

(If you are unable to email the form, please email us your booking dates giving your child's FULL Name and your contact number. Then bring this form with you on the first day of care.)

Please Write CLEARLY

Family Name: _____ Email: _____

| Child Name | DOB | School | Class/Year | Sex |
|------------|-----|--------|------------|-----|
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |

| Parent Name | Mobile | Email / Other Contact Details |
|-------------|--------|-------------------------------|
| 1. | | |
| 2. | | |

Days to Attend Care (circle)

| Mon 29 th June | Tue 30 th June | Wed 1 st July | Thur 2 nd July | Fri 3 rd July |
|------------------------------|--------------------------------|-------------------------------|--------------------------------|------------------------------|
| TBA Please email interest | \$65 Plus \$15 activity fee | \$65 | \$65 | TBA Please email interest |
| Mon 6 th July | Tue 7 th July | Wed 8 th July | Thur 9 th July | Fri 10 th July |
| TBA Please email interest | \$65 Plus \$5 activity fee | \$65 Plus \$5 activity fee | \$65 Plus \$10 activity fee | TBA Please email interest |

Please book and pay by 19th June TOTAL \$ _____ **NON REFUNDABLE** payment required to secure booking

Payments by Netbank Transfer ONLY to: Laivoi Pty Ltd BSB: 062 110 A/C: 1024 8093 (Use child's FULL name as ref)

Special Requirements / Allergies

Separate details attached Y/N

Permissions/ Authorisations

- I give permission for my child/ren to be taken on public or hired transport for excursions. Yes / No
- I give permission for my child/ren to be taken on local walks / bushwalks Yes / No
- I give permission for my child/ren to be photographed for promotional purposes Yes / No

Further Details: _____

Parent Signature _____ Date _____

Children need to bring Hat, water bottle, morning tea, lunch, and afternoon tea - NO NUTS please!! Wear enclosed shoes.