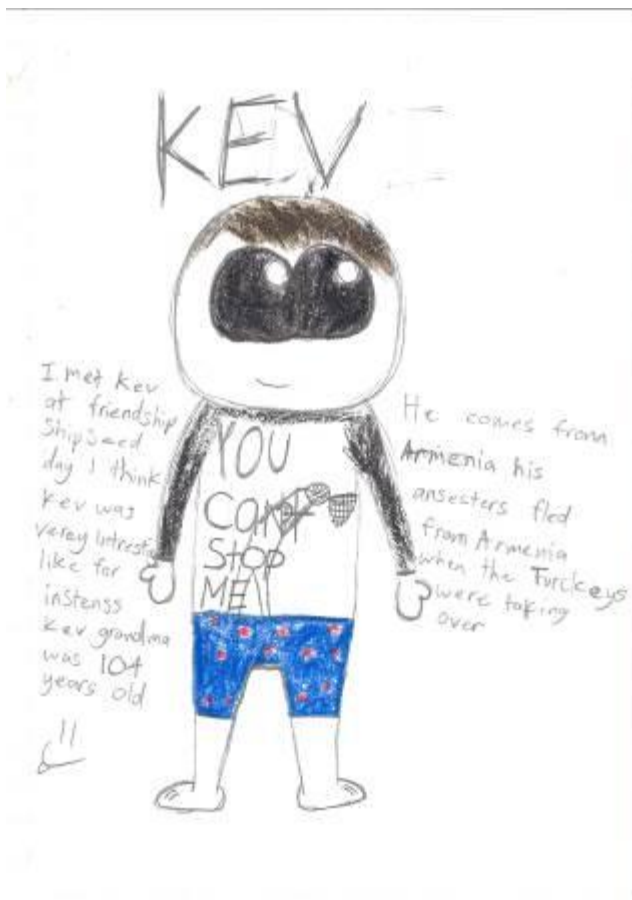


# Kinma

Kinma Newsletter T3 Week 8, Friday 11th September, 2015

## WHAT'S ON

15.09.15	Tinkering Day
15.09.15	Education Committee Meeting,
15.09.15	Board Meeting, 7pm
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



# Kinma Board

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**Pam Webster**,

Director Emeritus

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# Administration

broken record talking

- unpaid fees  
where are you?

• label clothing  
please

- please keep unwell  
Students @ home

new!!  
• please leave  
mobiles on  
silent &  
in pockets

- healthy foods  
in lunchboxes

- hats  
hats  
hats  
(labelled)

• please breakfast for all!

- Email phone  
if child unwell  
to office

- check lost  
property

- Early to bed Sunday to Thursday

Thank-you!



# Education Co-ordinator

## Learning Forum – Wellbeing Part 1

Compassionate, Creative, Empowered thanks to all who joined us at a wonderful warm and interactive learning forum this week. The openness of families in sharing was such a gift to us all. Chris, a new Pre-school dad commented that he felt affirmed in realising that 'we are all in the same boat'. Chris' comment is about the only one I can share as there were confidential stories and experiences shared with the group and, as always at a learning forum, it is agreed to keep these within the group of the eve. As a taster for you, some of the topics and stimuli are shared below.

The 20 people who gathered agreed that a second evening on wellbeing for term 4 is in order. So in addition to all of us, we'd love to invite others from the community to join us. We will look more at sleep, explore food, risk decisions (eg: when is it ok for my child to walk to the shops?) and boredom!

Thank you so much to all who joined us, jg

## Links from the Learning Forum

### Parenting around the world

[How cultures around the world think about parenting](#) Amy S. Choi What can American parents learn from how other cultures look at parenting? A look at child-rearing ideas in Japan, Norway, Spain — and beyond.

<http://ideas.ted.com/how-cultures-around-the-world-think-about-parenting/>

### Balance – movement, screens

first 5 min 40 of this clip [https://www.youtube.com/watch?v=bUMZL\\_cniCw](https://www.youtube.com/watch?v=bUMZL_cniCw)

great ideas of what to do outside with your children <https://vimeo.com/114764411>

**PICKing books and moving images** – Are they appropriate? It is your values that make the decision. Get clear on your values!

**Books (Common Sense Media** <https://www.common Sense Media.org/>)

**Purpose:** Why do I want to read this book? For fun? To find out information/ answer to a question ( which may also be fun!)

**Interest:** Does it interest me? Will I enjoy reading it?

**Comprehend:** Do I understand what I'm reading? Can I retell what I read? \*\*\*How can we tell?

**Know:** I know most of the words. There may be one or two I don't know, but no more than five.

**Use the three-word trick to answer the K.** The easiest way for you or your child to decide if a book is at an appropriate reading level is to use the three-word or five-word trick.

- Child randomly opens book he or she is interested in to any page, read that page.

- Track unfamiliar words. Proper nouns (names, places, etc.) do not count as unfamiliar, just that it's a person or a place.
- How many words new or unfamiliar? 3+ likely to be too difficult for your child to understand.

In contrast to Reimann, education consultant - quit flash cards, and.: "DO YOU SEE THE COW? WHERE IS THE COW? WHAT DOES A COW SAY? GOOOOOD A COW SAYS MOO!" Rather look at pictures with kids, to move our fingers across the page, to talk about what we see together

FB page A Mighty Girl- empowering 'girls' texts and image

**Moving Image** <http://www.elizabethstreet.com/living/scary-disney-movies>

# Friendship Seed Day

Friendship Day, now in its 7th year at Kinma, was particularly special this year. As Izzi shared in her powerpoint presentation to the gathered community of nine schools, Kinma is now sharing the friendship band with friends here in Sydney, around Australia and beyond, to all corners of the globe.

Our visiting friends last week became ambassadors for the band and are taking 4 metre sections back to their schools as seeds for building new bands of their own , only to then hopefully pass on to other schools and friends.

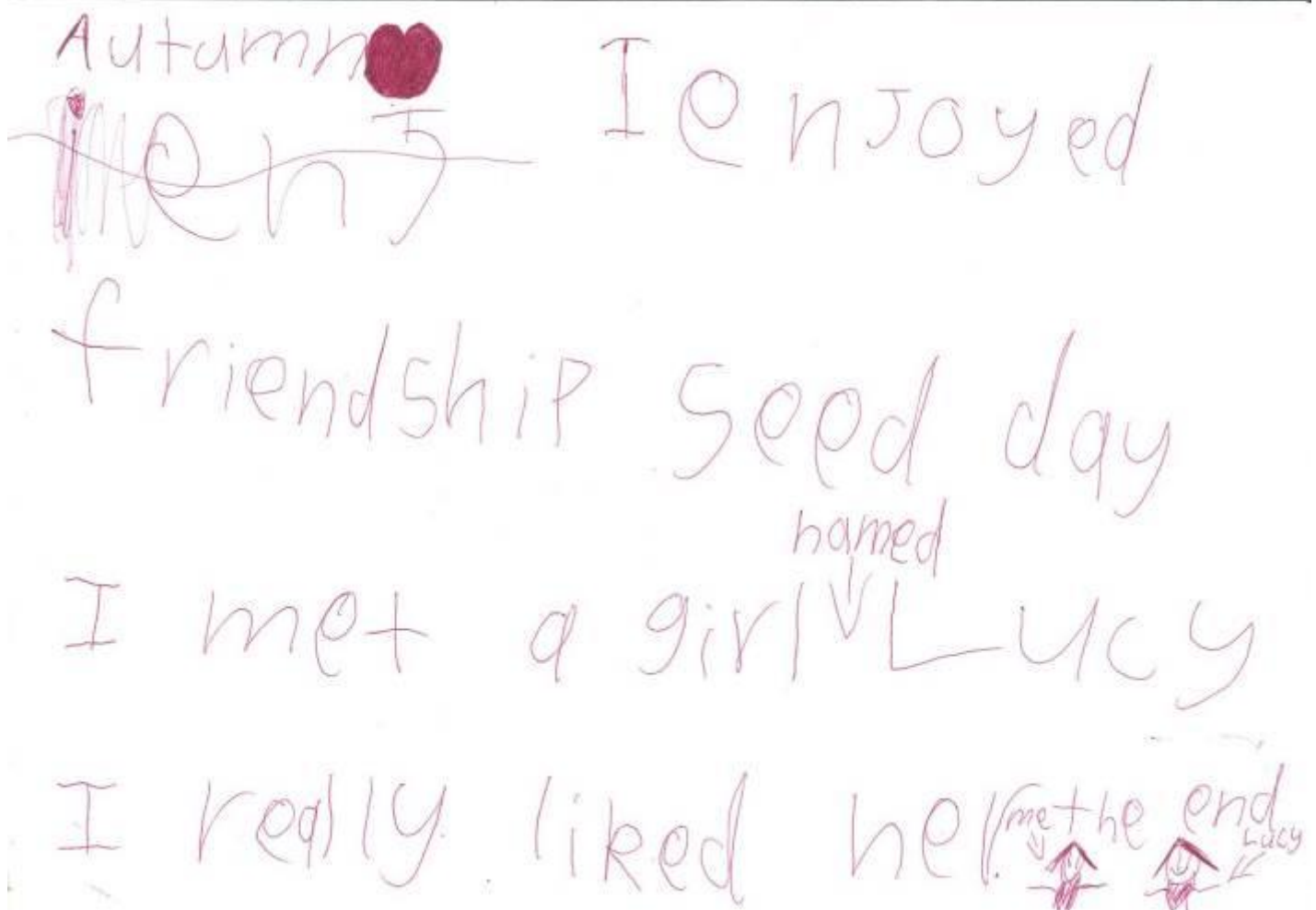
We've already had a hearty response from John Colet school who will be sharing it with their sister school overseas.

The day was a real delight and we hope you get a taste from the photos and excerpts from children's reflections. For me, the highlight of each friendship day is the connection of our students with new friends.

The principal of one of the schools visited and was blown away by the Kinma students running of the day.

Groups 2 and 3 were tremendous hosts.

--  
juli gassner



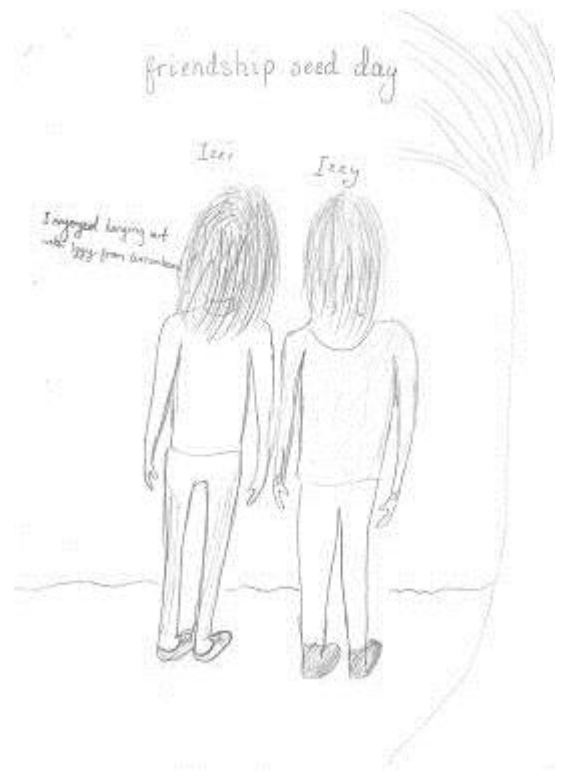




GIA



I felt very excited and a little bit nervous but not really.  
Freya Harriott and I made some new friends! we had lots of fun on a bush walk and sang alot too!



Andy came for a visit on Wednesday, it was better than Santa Claus !!



Conversations with Andy:

"I know you have a sore ankle"

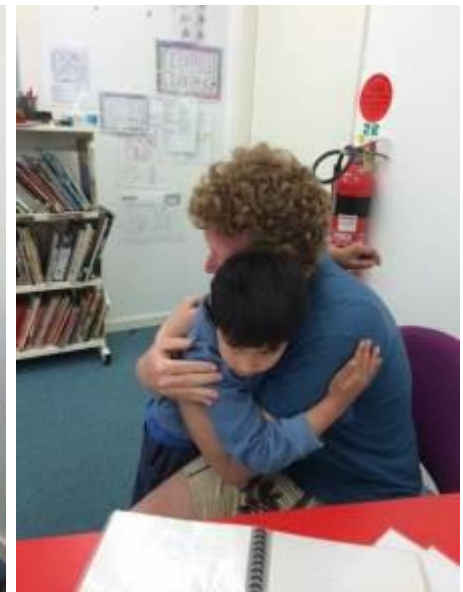
"I cried when my mum told me you were in hospital for a month"

"Hasn't the bug gone yet?"

"Do you know what kind of bug flew into your knee?"











# Playgroup



Come and sing with Rosie and Nic!



Gus relaxing in the sunshine.



Very important job. Thanks Darcy Cedric and Astrid.



Abby having a "horse ride"!



Remy exploring the sandpit.



Mikaela enjoying a spot of painting.



We love your smile Martha!

Kinma Playgroup runs Mondays during term time, 9.30-11.30am.  
For more information contact Julie or Claire on 9450 0738.



# Group 3

Group 3 have had a fantastic few weeks!

The children have been busy experimenting and building their wind turbines. We have encountered many design problems along the way, but through a process of trial and error many of the models are finally functioning successfully. Once the designs are finalised we will be testing them to see how much electricity they are able to produce. The children have been really engaged in this unit of work.

We have also been looking at some amazing innovations that are powered by kinetic energy and as a result Group 3 have been envisaging all sorts of wonderful new inventions. Some of their ideas are- kinetically powered lawn mowers and aeroplanes that produce their power through their own movement. I think we have a group full of budding inventors!





# Kihma

The African masks look amazing. Some students were influenced by the geometric and figurative styles of African masks while others have chosen to take their designs in a more expressive direction.





As you can see some of them are quite scary, while others seem more mystical.

Group 3 has been looking at Jeannie Baker's book, *Mirror*, and the visual literary techniques that she has used to convey her message. We have used this book as a springboard for a creative writing activity. Here is an extract of Damascin's text based on Jeannie Baker's Moroccan marketplace scene.

*I stood watching the rough earthy colours rush by and listening to donkeys braying on the outskirts of the town. Spices filled the air and I tasted the red desert dust. I wrapped my scarf around my face to stop the sand that was being blown into my eyes. I sat on the closest rock and pulled off my boots.*



With the African beats from Musica Viva still fresh in our souls we headed out into the sunshine for a percussion-drumming circle.

Hope you are enjoying the sunshine!

Michelle, Katie and Group 3. xgx





### 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

July 22	No SNACK ATTACK
July 29	Lisa G, Sally A, and Gemma
Aug 5	NO SNACK ATTACK
Aug 12	Gemma, Nic, and Liz
Aug 19	Helena, Joe & Tania
Aug 26	Rachelle, Scott, and Claire
Sep 2	Amanda, Rachel, and Karen
Sep 9	Preschool: inc. Amy, Stephany, Isobel
Sep 18	Renee B, Katerina, and Sam F

*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

## PITTWATER CHILDREN'S ORCHESTRA



PCO is a new string orchestra for young people on the Northern Beaches, providing musical fun and inspiration in a non-competitive, supportive environment designed to encourage a love of music in our children.

### Join us!

- \* violin, viola, cello or double bass
- \* beginner - grade 3+ level
- \* Monday afternoon rehearsals 3.45 - 5.00 pm (arrival from 3.30) at Mona Vale Memorial Hall, next to the library
- \* afternoon tea and music games included

Visit [www.pittwaterstrings.com.au](http://www.pittwaterstrings.com.au) for more details

## 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 kids.

**SPEAKER EVENING:**  
**AMANDA PARSONS - KIDS OT**  
**"ADHD – Sensory Processing and Social Skills"**

Amanda Parsons established Kids OT in 2003 having working in Sensory Integration clinics in Australia and the UK. The Kids OT team has extensive knowledge and experience working with children with various disorders including learning difficulties, Autism Spectrum Disorder, Asperger's Syndrome, Attention Deficit Disorders, Information Processing Difficulties, Visual Perceptual Disorders, Sensory Processing Disorder, Developmental Delay, Neurological Disorders, Physical Disabilities, Emotional & Behavioural Disorders, as well as specific difficulties with handwriting and fine motor tasks, low muscle tone, poor motor planning and coordination, memory weakness and many others.

Kids OT have a strong focus on family-centred practice and work closely with the family and child to develop individualised intervention programs.

**Monday 21st September, 2015 @ 7.00-9.00pm**  
**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](mailto:nbedhdsupportgroup@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 Sydney region.  
[www.adhdguide.com.au](http://www.adhdguide.com.au)



Venue kindly sponsored by  
 Pittwater RSL Club



Hi there, I am Kai and Yuka's mother at preschool, Mizue.

I am running a Japanese whole food cooking classes from home. Since I started eating whole food, I feel much better both physically and emotionally. So I would like to share my experience with as many people as possible. Hope to see a lot of Kinma friends in my class.

# School Holiday program Parents & kids

## Hand-made Udon noodles workshop

There is:

- No refined sugar
- No refined or bleached flour
- No cow's milk
- No butter

You and your kids will learn to make Japanese Udon noodles from scratch. Kneading, rolling, and cutting....It's not only tasty, but fun! Also we will make quick and easy vegetable spring rolls.

This class is suitable for kids aged between 4 and 12 (if you think your kids can do it under 4 is also welcome!)

If the weather is nice, we can have a picnic in the backyard, so please bring a picnic mat if you have one.

The class is in an intimate small –group atmosphere (6 families max. )

◆ **Date:** Thurs 24th Sep 10:30-13:30

◆ **Fee:** \$ 63 for both parent and 1 child (includes tuition, ingredients, dessert, and a copy of the udon recipe)  
 2<sup>nd</sup> child will cost additional \$5 (only if they participate in the lesson or join in the meal)



**Dessert**  
 Japanese  
 Taiyaki  
 Hot Cakes



All ingredients are organic or chemical free, with as few food additives as possible.

◆ **Location:** Frenchs Forest (10 mins from Kinma)  
 (Details provided after payments are made, as the class is in a private house).

**0407-474-403**

Call or SMS Mizue

<http://simplelifeomusubi.jimdo.com/>

[facebook.com/JapaneseWholeFoodcookingOmusubi](https://www.facebook.com/JapaneseWholeFoodcookingOmusubi)

◆ **Profile**

Mizue (Nickname Jo)  
 Trained macrobiotic cooking instructor  
 Nutritionist ( in Japan)  
 Certified chef ( in Japan)  
 BS Consumer Science at RMIT Uni





**Sunday 1st November 2015**

**[www.barecreektrailrun.com](http://www.barecreektrailrun.com)**

Registrations now open for the 6km  
or 10km course through the lovely  
Garigal National Park for anyone  
over 5 years.

Register Here, NOW!

[www.barecreektrailrun.com](http://www.barecreektrailrun.com)

Online entries open until 26th  
October



Hosted By





**PITTWATER**  
COUNCIL



## BUSKERS WANTED

SEEKING MUSICIANS / SINGERS TO  
ENTERTAIN AT MONA VALE MARKET DAY

---

SUNDAY 1 NOVEMBER, 10AM TO 4PM

---

- Can you play for a one or two hour timeslot?
- Can you provide your own equipment (no power)
- Do you want to earn some cash?

### **INTERESTED? REGISTER NOW!**

ONLINE

Complete an application at  
[www.pittwater.nsw.gov.au/markets](http://www.pittwater.nsw.gov.au/markets)

PHONE

Call Nikki Griffith - 9970 1165

[WWW.PITTWATER.NSW.GOV.AU](http://WWW.PITTWATER.NSW.GOV.AU)





# SPRING SCHOOL HOLIDAY CAMPS!



## Wyatt Park Tennis Centre, Belrose

[www.evolvetennisacademy.com](http://www.evolvetennisacademy.com)

Crn Wyatt Avenue & Cotentin Road - Belrose

- Ages 4 to 12 years welcome.
- Multisports include: Futsal, ping pong, cricket, base soccer.
- **Qualified coaches** able to develop & grow your child's skills in a safe and beautiful facility.
- **Action packed** days of fun – learn, participate and make new friends.

Camp runs rain, hail or shine

**FREE PIZZA LUNCH FRIDAYS!**

### 'SPRING' INTO OUR BEFORE & AFTER CAMP CARE!!!

- ✓ Morning Supervision – 7.30am to 9am
- ✓ Afternoon Supervision – 3pm to 5pm

**SUPERVISION IS FREE!**



## BUY 1 DAY, GET 1 FREE!

That equals just \$25 per FULL DAY of Care – WOW!

### DATES

Week 1 – Monday, 21 September to Friday, 25 September

Week 2 – Monday, 28 September to Friday 2 October

### PRICING

Full Week, Full Days	\$165
Full Week, Half Days	\$135
Single Day, Full	\$50
Single Day, Half	\$35

### OPTIONS

Full Week, Full Days	9am to 3pm
Full Week, Half Days	9am to 12pm
Single Day	Full 9 to 3 or ½ 9 to 12

Come and check out our FREE Open Day Sunday, 13 September – Jumping Castle, Prizes, Face Painting, Sausage Sizzle – ALL FREE!

### HOW TO BOOK

- Email us at [evolvetennis@evolvetennisacademy.com.au](mailto:evolvetennis@evolvetennisacademy.com.au);  
OR
- Call us on 9971 0644

### What to Bring

- A racket, if they have one (if not we have spares)
- A hat & suncream + A water/drink bottle
- Morning Tea (1/2 day) Morning Tea + Lunch (full day)



## SPRING HOLIDAY CAMPS DON'T MISS OUT

- ✓ **New friendships**
- ✓ **Great value**
- ✓ **Fun**
- ✓ **Safe**

Our popular Spring Kids' and Family Holiday Camps are filling fast. Find out what's on including our popular Cooking 4 Kids, Adventurer, Kids' Club and Duke of Edinburgh camps plus lots more.

Led by qualified instructors, you can rest easy knowing your kids are in safe hands. Our Kids' Camps are suitable for kids aged 7 and over and range from 1 to 5 days.



Residential Kids' Camps include:

- 24 hour supervision
- Instructor led activities
- Accommodation
- Meals
- Supervised transport

Family Camps include:

- Instructor led activities
- Meals
- Accommodation
- Use of all facilities i.e. BBQ area, pool, tennis courts etc.

[sportandrecreation.nsw.gov.au/familycamps](http://sportandrecreation.nsw.gov.au/familycamps)  
[sportandrecreation.nsw.gov.au/kidscamps](http://sportandrecreation.nsw.gov.au/kidscamps)  
[fb.com/nswsportandrecreation](https://www.facebook.com/nswsportandrecreation) 13 13 02



**Office  
of Sport**  
Sport & Recreation