

Kinma

Kinma Newsletter T4 Week 5, Friday 13th November, 2015

WHAT'S ON

13.11.15	Clothing and toy bazaar 3-7pm
17.11.15	5.30pm - Board Meeting
26.11.15	Tinkering Day
28.11.15	7pm - Trivia Fundraising Night
01.12.15	Preschool Steps Vision Screening
01.12.15	Last day Primary Swimming
06.12.15	4.30PM - Gratitude Gathering
08.12.15	9am - Kids Christmas Market
10.12.15	Group 3 Play
15.12.15	7pm - Board meeting
16.12.15	Farewell Final Year and Last day Term 4

Trivia Fund raiser

To book:

<https://www.eventbrite.com.au/e/kinma-trivia-night-2015-tickets-19162169565>



Kinma
TRIVIA NIGHT
FUNDRAISER

DATE:
SATURDAY 28TH NOVEMBER 2015

TIME:
7PM ARRIVAL FOR 8PM START

VENUE:
TED BLACKWOOD HALL, WARRIEWOOD

THEME:
A SPLASH OF COLOUR

DINNER:
FOOD FIGHTERS SERVING MEXICAN YUMMINESS FROM 7PM

COST: \$50 PER PERSON OR \$400 FOR TABLE OF 8
TICKETS ON SALE NOW FROM THE OFFICE OR KEEP AN EYE OUT FOR ORGANISERS AT THE SCHOOL GROUNDS

Plenty of great prizes up for grabs so bring your wallet!



kinma
Inspiring a passion for learning for life
PRIMARY • PRESCHOOL • PLAYGROUP



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Care day – last week

What a great sense of achievement a group of us had at last week's care day as we removed masses and masses of lantana from our new bush regen site. Small group of people focused and working hard – many thanks. Next week a few more other lovelies will come and take on the grass encroaching this site. We will harvest the seeds of the nearby plants and relocate some to the bare patch. We saw lots of 'weed' bursting up through the soil and also the beginnings of some great acacia seedlings. Mia Dalby will come and view the site on Tuesday and help us plan our next steps.

While I was engrossed in the above many other families cleaned, cut, swept, planted and gardened their way around the Preschool and primary. Kay and the team were pleasantly surprised as she came in on Monday morning. Also the group 2 + 3 staff seeing the well swept verandahs.

Thank you and a big thank you to Dylan for always being so welcoming and supportive.

PS – Anyone have a ute and happy to take a load of green waste to the tip please?

Signs , signs everywhere a sign

If you know me (Julie C) you will know very well that I do not like signs too much. I have always felt that a huge amount of signage stops people from conversing. However, we have just commissioned a wonderful engraver to create a couple of beautiful new signs for Primary and Preschool. Keep your eyes peeled on the streets.

Ticks

Just a reminder to families we have noticed a few more small ticks around at present. Good idea to get the children to check their bodies at bath time and maybe a little more hair washing than usual.

Gratitude Celebrations

Would like to suggest a small entry fee per family to this year's gratitude celebrations in the form of canned produce or biscuits, puddings etc. As we sit around and celebrate with our community about our blessings it would be lovely to gather a hamper to gift to the Burdekin Group (homeless youth on Northern Beaches).

Claire, Carin and Julie C

Education Co-ordinator

RESILIENCE LEARNING FORUM

There was little argument in our Learning Forum group regarding the general idea of resilience. It's about toughness around life: not falling over when nudged unpleasantly a little, being equipped to stay strong and continue, those who bounce back, try and try again.

There was interest in our group around how to encourage a set of traits we as a group outlined as part of resilience; intuition, generosity, sustainability, inclusion, strong sense of self, acceptance, growth through adversity, positive outlook, perseverance, unity, flexibility, honesty, empathy, insight, negotiation, self regulation, acceptance of challenge, growth mindset. The work of assorted resilience researchers who focus on individual traits, such as Charney and Southwick was distributed for people to read and consider. By far the bulk of work around resilience falls into this category ; let's build bounce backers and we would have a resilient world.

People chatted in twos and threes and the relationship between the individual, the family and the community was discussed. Jg shared a model of wellbeing around resilience, see attached. Discussion flowed as to whether it is at all possible to create a model resilient being if the family in which she sits and the community of which the family is (or is not) a part are not resilient. Naturally then people wonder about what a resilient family could look like and what about a resilient community. More traits are shared; respect, trusting ones own judgement, learning how to be supported and how to offer support, an ability to believe obstacles can be overcome, reparation, creativity, sharing, cooperation, cohesion, communication.

But really, does a resilient community not need resilient beings? Are we thus not caught in a paradox? Chicken and egg? What first? Is there a first if one is supposed to comprise the other?

A different way of exploring? Michael Ungar's work around 'we' thinking is shared. Rather than cultivating an 'I' culture, one of single unit strength, we could consider working toward supporting one another with appropriate resources to grow wellbeing. Hence, there is an understanding around sharing, about the need to do for each other, as well as for common goals. Ungar says,

"Children are more likely to think "We" when provided with homes, communities, and schools that make connections easier. We need to create a world around our children that makes it easy for them to learn how to give back to others" He suggests parents may,

1. Put younger kids in kindergarten/ daycare at least half a day a week to help them learn how to socialise
2. Downsize homes so people interact more (they have one share space instead of three)
3. Make homes places their children's friends feel comfortable dropping into
4. Encourage children to attend a neighbourhood school so they can feel a part of their community.
5. Give children chores that make them feel a part of their families. They don't pay them to do them either, but instead expect children to participate as full members of their households.

As always, specific dialogue on the evening, is kept to those present, respecting the privacy of all, a critical part of our forums. Huge thanks to all who attended, the conversations seem to flow more each time and with the introduction of more paired and small group speaking circles, all voices seem to be better heard.

Part two of the forum will be shared next week, jg

The resilience wellbeing equation

Resilient planet



Preschool

EXCURSION TO KATANDRA WILDFLOWER GARDEN 3.11.15



Aisha, Aleena, Astrid, Bosco, Cy, Deco, Diesel, Elly, Fenn, George, Harry, India – Rose, Jasmine, Jonah, Josh, Joshie, Kalila, Kenji, Lenny, Leon, Marlon, Maxy, Max, Olive, Qiana, Rafferty, Samara, Sigrid, Sonya, Teo, Thomas, Tiano, William, Willow and Zoe went on an excursion to the Wildflower Garden at St Ives. It was raining gently as we all climbed on to two buses. At the Gardens, one group went on a bushwalk while the other group had an encounter with a number of creatures. We then all had morning tea together. After that we swapped over activities.

The bushwalk was beautiful. We hunted for crab spiders that live in the flannel flowers. We crushed and smelt leaves from a lemon myrtle tree. We looked at birds' nests and signs. We stomped through the dinosaur house. We smelt the honey flower plant and saw leaf curling spiders webs.

WATCHING, TOUCHING, SUGGESTING, PLAYING, RELATING, LIVING, NOTICING, MOVING, LISTENING and LEARNING



During the creature encounter, we observed stick insects, a turtle and a blue tongue lizard. The rangers told us lots of information about these creatures. We also saw an echidna that had died in a road accident. It had been stuffed and was very spiny.

It was an interesting visit and was lots of fun.

Maxy – It was good seeing the baby bees that were on the tree

Aleena – I liked the echidna, the flannel flower and the blue tongue lizard

George – I remember seeing the leaf curling spider

Qiana – How about the animals, I was so sad about the echidna

Jasmine – She can run on a car and some of her spikes were broken and she got stuffed, got wool in her body and her eyes were beads

Astrid – I liked the turtle. It walked that way and it was heading for the mums

Max – I even remember when we saw the lemon tree with the lemon smell. I even saw the leaf curling spider

Willow – I liked when we saw the spiders that lived on the white flowers

Jonah – She showed the animals, turtle, stick insects and I remember the spiky one. It was crashed from a car when it was walking past the street. And a blue tongue lizard

Harry – It was a very wet day. It was raining. Remember?

Cy – I liked seeing all the spiders webs. I liked how they were made. First the spider eats the old web then they make a new one. I've got a spider book

Kenji – Looking at the bushwalk. We pretended to be a dinosaur. And we saw a lizard and a hedgehog, that's all

Marlon – It was raining and we had our raincoats on. We saw spiders

Thomas – I sat next to Jonah on the bus on the way home and I remember the parrot – a rainbow parrot

Deco – I loved to see the different animals especially the turtle

Josh – I liked the leaves. The bus took us to the Wildflower Garden. My favourite was the bushwalk

Jonah – I saw crab spiders on the flowers. I saw two. The first one I saw had really long legs

Kalila – There were lots of animals on the signs – snakes and frogs, koalas, birds

India – Rose – I had a leech on me. I saw it and I checked. It was sucking my blood

Zoe – I liked the turtle because it kept looking at us with its long neck

Aisha – My favourite was the blue tongue lizard because I've got one in my backyard

Fenn – She had a stick insect on her arm

Bosco – I love blue tongue lizard and turtle. Bush walking is fun

Leon – We had lunch also saw animals at the end. We had to stay behind the person who led us and some people didn't

Group 1

We thought it would be raining, we thought it would be pouring, but the Group 1 kids certainly weren't snoring!! Last week, Kinma went on an excursion to Sculpture by the Sea on what was predicted to be a very rainy day! Armed with a pair of gumboots and raincoat, everybody was ready for a downpour that (thankfully) never came! The weather worked in our favour and we had a beautiful day exploring some of the wonders that the exhibition had to offer.

Walking along the coastline, the children in stumbling upon new and sometimes strange- We loved counting the mirrors and pulling sculpture!



Group 1 enjoyed looking sculptures. funny faces in this



There were lots of different, unique and creatively engineered sculptures to discover. This interactive sculpture had a rotational plate that would spin when a giant key was turned. It reminded some of us of old, wind up jewellery boxes!

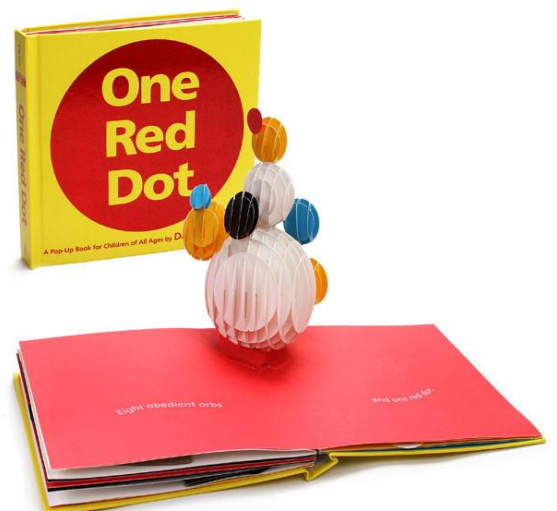
Here are some of the other sculptures that we discovered along our walk:



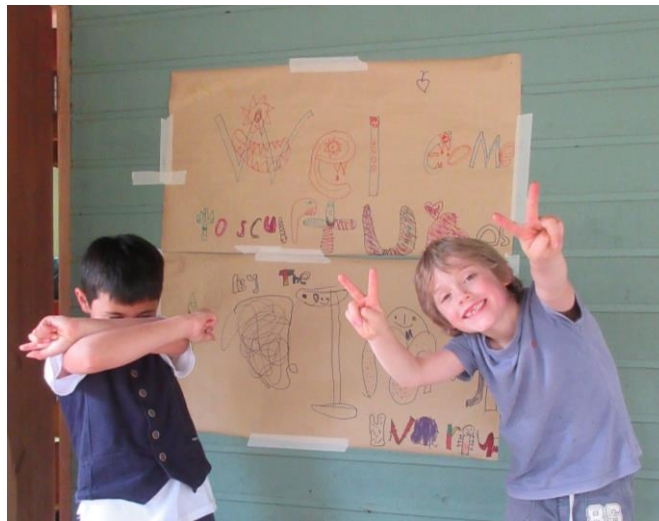


When arriving back at school at the end of the day, it sounded like some of the Group 1 children were so inspired by the sculptures that they wanted to create their own! We had a little discussion about it and decided it was official – we were bringing Sculpture by the Sea to Kinma!

We read a pop-up craft book called “One Red Dot” to get us thinking about how we could use paper and other crafty materials to make our sculptures. Everyone enjoyed looking for the single red dot hidden on each page. After having so much fun with the book, we decided we’d all hide one red dot in our own sculptures.



Linking in with our “Imaginarium” theme, we decided to call our sculpture exhibition, “Sculpture by the Imaginarium.” We even made a sign to welcome Group 2 and Group 3 visitors to our exhibition.



Here is a glimpse of some of the sculptures and artists in the Group 1 exhibition space:



We hope you enjoyed the “Sculpture by the Imaginarium” exhibition as much as we did!

Grace, Anne-Maree and Aimelyn

Group 3

Once again, Group 3 have had a busy few weeks!

We have launched head first into play rehearsals. Everyone is really excited about his or her role and they are doing a great job bringing their characters to life on the stage. The children have successfully started learning their lines and we would like to encourage them to practice them at home as well.

In keeping with our Japanese theme, last week Group 3 made sushi rolls. Rolling the seaweed on the bamboo mats proved to be more challenging than anticipated for most of the children. They tried a few different techniques and by the end of the session the rolls were starting to look very professional – delicious too!



We have started a new book, 'The big Wave' by Pearl S. Buck. This literacy component will tie into our mathematics unit, 'The Tsunami Project'. We will be unveiling this unit of work to Group 3 this week.

It was a cold, blustery day on our 'Sculptures by the sea' excursion, however this didn't hinder Group 3's spirits. One of the highlights of the day was spotting a large pod of dolphins off the coast of Bondi. The dolphins put on quite a show for us, leaping in and out of the wind swept waves. Group 3 certainly enjoyed the performance! Group 3, also enjoyed the interactive, super-sized spray bottle sculpture set in the sand on Tamarama beach and didn't seem to mind getting sprayed with water on such a windy day!



Group 3 are looking forward to hosting Currumbena School on Wednesday, 11th November.

We are also excited to be welcoming transitioning children into our classroom over the next few weeks.

Until next time,

Michelle, Katie & Group 3 xx



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 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 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, 2015

CALLING FOR HELPERS

Oct 7	No Snack Attack
Oct 14	Karen, Amanda & Liz
Oct 21	Claire & Julie
Oct 28	Preschool, Amy, Sam H, Amelia
Nov 4	No snack attack
Nov 11	Sona, Liz B, & Karen
Nov 18	Beck & Renee D & Lesley
Nov 25	Gemma & Nic
Dec 2	Michelle D + help needed
Dec 9	Anne, Lisa, Jacinta, Renee B
Dec 16	No Snack Attack – picnic lunch before Farewells

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



**You are invited to
an information evening of the
TiARA (Tick-induced Allergies Research & Awareness)
Patient Support Group Sub-committee**

6.30 pm – 7.30 pm 17th November 2015

**The John Newlinds Education Room
Mona Vale Hospital, Coronation Street, Mona Vale**

- Welcome – Professor Emeritus Derek Anderson AM
(Chair, TiARA Patient Support Group Sub-committee)
- Tick-induced Allergies: Emergency Department Experiences - Dr Andrew Ratchford
(Director, Emergency Medicine, Mona Vale Hospital)
- Tick Bite Prevention and Management - Clinical A/Professor Sheryl van Nunen
(Department of Allergy & Clinical Immunology, Royal North Shore Hospital)

www.tiara.org.au



**You are invited to
an information evening of the
TiARA (Tick-induced Allergies Research & Awareness)
Patient Support Group Sub-committee**

7.40 pm – 8.30 pm 17th November 2015

**The John Newlinds Education Room
Mona Vale Hospital, Coronation Street, Mona Vale**

- Welcome – Professor Emeritus Derek Anderson AM (Chair of TiARA Patient Support Committee)
- Aims of the TiARA Patient Support Committee - Professor Emeritus Derek Anderson AM
- TiARA Patient Support Group Sub-Committee Survey Results from 17th February TiARA Education Evening
Melanie Burk (RN/ Clinical Research Nurse), Secretary to TiARA PSG.
- Australian Alpha-gal Face Book page – Janelle Williams (Patient Support Group Sub-Committee)
- General Discussion

www.tiara.org.au

Book Fair Details:



Lifeline Northern Beaches Giant Book Fair: 20th to 22nd November 2015

Venue: Balgowlah Boys Campus
Cnr Sydney Rd & Maretimo St
Balgowlah

Dates/Times: Friday 20th November 4 pm – 9 pm
Saturday 21st November 9 am – 5 pm
Sunday 22nd November 9 am – 2pm

Please note we accept Visa & Mastercard and also have EFTPOS facility available

(Entry by gold coin donation very much appreciated)

At the Book Fair there will be thousands of good quality books, at bargain prices, in many categories, including a wide range of children's books suited to all ages.

For the enthusiast/collector we have a large number of award winning and collectible books.



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TUESDAY 17TH NOVEMBER 7PM

ENERGIZE HEALTH CLUB
CNR GLEN STREET & BLACKBUTTS ROAD
BELROSE (NEXT TO GLEN ST THEATRE)

TUESDAY 24TH NOVEMBER 7PM

AVALON ANNEXE
3 BOWLING GREEN LANE, AVALON
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Song Learning

KID'S CHORAL ACADEMY

11 - 22 January 2016
Monday - Friday 9am - 3.30pm

A Family Concert to Celebrate the End

WEEK 1
ages 7 - 10

WEEK 2
ages 10 - 12

Week 1
**CAPT'N JACK
& HIS PIRATE CREW**
Music, Mayhem & Misfits!

Week 2
THERE & BACK AGAIN
Tales of Discovery
from Near & Far



The Wharf, Pier 4 Hickson Road, Millers Point
For more information, pricing & enrolments:
GONDWANA.ORG.AU