

Kinma

Kinma Newsletter T2 Week 10 Friday 1st July, 2016

WHAT'S ON

01.07.16	Term 2 ends
27.07.16	Term 3 starts
23.09.16	Term 3 ends
11.10.16	Term 4 starts
16.12.16	Term 4 ends

Term 2 has come to a close. Reports have been written and rewritten, and checked and rechecked and given to families.

We send you all off for some warm family time and look forward to seeing you all back on Wednesday 27th July.

Be safe and warm

Love

Kinma Board and Staff



Admin



School on Sunday

Weather was cool but clear and inviting.

Grounds were strong, safe and inviting.

The students were open, comfortable and inviting.

The morning tea was prepared with love and variety and was inviting.

The soup for lunch was warm, delicious and inviting.

The staff were welcoming, professional and inviting.

The classroom environment was open and real and inviting.

The Julig talk was warm, honest, thought provoking and inviting.

and the parent community that came to support were; clear, strong, open, comfortable, loving, warm, real, honest and

I N V I T I N G !

We as a community showed our learning environment to just on 30 families on Sunday. Staff had time to take a breath during the day as you were speaking to our guests about your School and it was not left to us alone. This makes such a difference. Since then we have received a number of enquiries about placement, but just as important we have received some unsolicited wonderful feedback that we are sure will continue to permeate throughout the wider community.

Thank you .

Carin, Claire, and Julie

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Education Co-ordinator

AND IF THERE WAS NO SUCH THING AS SCHOOL

Let us start with a strange sort of scenario, especially given you are here to consider whether Kinma school may be a learning space for your family.

Close your eyes for a moment – I invite you to step into a different reality. There are no such thing as schools. There have never been schools. You, like everyone else, have your children at home and in this world, communities come together to decide what and how the children in their specific community learn. You are in this community and you too help make decisions. The reality is that you are involved in your community's discussion on the following two questions

What is it important for our children to learn so that our community's values are lived?
What supports wellbeing of our children so that they can live in a healthy ecological system?

As you open your eyes now from this world picture, I invite you to take 3 minutes to write or draw or symbolise a response to the 2 questions above.

So opened the talk for Kinma Open day/ School on Sunday last weekend. Prospective families joined existing Kinma community and overflowed our school hall with curious energy. We wondered what would happen if all that we take for granted as school was simply not there. No imposed curriculum- essentially the self same curriculum as that made in the first compulsory schools in Prussia in 1817 set up to provide obedient little soldiers to defeat Napoleon, upon which, our schools in 2016 Australia are modelled. No competition, likewise the hierarchical structure from the Prussian model to support the military model.

So we considered what it is that we would value for our children to learn- in place of obedience and competition. It became abundantly clear that it depended entirely on what we actually value. No longer would we swallow holus bolus the ideas of the teachers, the school system. We would become responsible for the content, the ideas and the processes of learning. What was important?

Briefly, we shared the four key ideas on relationship through a story around each idea

Relationship to self

Relationship to other living beings

Relationship to the environment and our places

Relationship to ideas

Thank you to those families who participated in the talk and shared your thoughts and answered the questions of the 30 plus families who joined us. It was simply wonderful to see our community owning that which is Kinma.

Heading into this winter vacation, with plenty time for huddling together in warmth, I encourage you in your families to ask yourselves what it is that you value? What are those beliefs and ways of being that are sacred, those we wish to share with our children?

It is questions like these that will sit with me as I learn with a community that has such a strikingly different cultural base than ours. I hope to observe keenly and try stop myself from too speedy evaluations. I will try breathe the air as others try on life elsewhere. And then I look forward to sharing with you what I glean.

Huddle beautifully with whoever it is in your family who will share your space and time. Hug lots, listen richly, share soup (maybe make it together first), read to each other and rest . Rest, really rest up like a hibernating bear.

Till next we share thoughts, soup or a hug, adieu with love, jg

PRESCHOOL NEWS



Zoe, Diesel, India-Rose, Josh, Leon, Max, Aleena and Mia are leaving Preschool and heading to Kinma Primary Group 1. We will miss playing with you. Don't forget to come and visit us when you can.

HOLIDAY MEET UP Catch up with other children and families over the holidays – 10am Wednesday 20th July at Flying Fox Park, Winnererramy Bay, Mona Vale. Contact Amy (mother of Josh for more information)

Looking forward to seeing everyone in Term 3

Kay, Nina, Felicity, Christine, Pat and Lizzie

Group 2

We have had a wonderful start to the year in Group 2. Below are some of the kid's reflections on the start of the year.

TURIEE:- I REALLY ENJOYED YURT FARM BECAUSE I KNOW I AM SAFE.

SEB: I SUPPORT OTHERS WHEN THEY ARE SCARED. I COMFORT THEM.

MATIAS:- I HAVE WORKED HARD TO IMPROVE MY READING AND NOT GIVING UP.

HUNTER: I HAVE WORKED HARD TO IMPROVE MY SPELLING AND READING.

ANGUS:- I WOULD LIKE TO HAVE MORE TIME AT LUNCH BECAUSE I LIKE PLAYING

FITCH:- I REALLY ENJOYED MAKING THE MURAL BECAUSE I LIKE ART.

BODHI:- I SUPPORT OTHERS WHEN THEY ARE IN NEED OF SPEED.

HEATH:- I AM REALLY GOOD AT NUZZLES BECAUSE I AM GOOD WITH NUMBERS.

JAYDEN:- I WOULD LIKE TO DO MORE CHEMISTRY BECAUSE I LIKE SCIENCE.

KATE:- WHEN I HAVE A PROBLEM I THINK HARD AND TRY TO WORK IT OUT. SOMETIMES I ASK FOR HELP.

ELLY:- WHEN I HAVE A PROBLEM I TRY TO FOCUS AND I TRY TO WORK IT OUT.

GALEN:- WHEN I HAVE A PROBLEM I KEEP TRYING. I NEVER GIVE UP.

ISOBEL:- I HAVE REALLY ENJOYED THE GROUP 2 TEACHERS. NUZZLES IS FUN AND SCHOOL IS SO FUN.

HARLEY:- I SUPPORT OTHERS WHEN THEY ARE HURT. I AM KIND WITH PEOPLE.

ELLA:- I AM REALLY GOOD AT THE 7 TIMES TABLES BECAUSE I PRACTICE THEM.

FREDDIE:- I SUPPORT OTHERS
WHEN THEY ARE HURT. I OFFER
THEM A DRINK.

TLAHNA:- I'M REALLY
GOOD AT READING
BECAUSE I DO IT A LOT.

TOBY:- I AM REALLY GOOD AT
NRL I'M REALLY GOOD AT
READING.

NATE:- I HAVE WORKED
HARD TO IMPROVE MY
WRITING AND, IN
PARTICULAR, MY
SPELLING.

EMILY:- I WOULD
LIKE TO DO
MORE
BASKETBALL
BECAUSE IT IS
INTERESTING.

FIFI:- I HAVE REALLY
ENJOYED BEA AS A
TEACHER. SHE IS MY
FAVOURITE.

AIDAN. - I REALLY ENJOYED HAVING A GREAT CLASS.

REUBEN:- I REALLY
ENJOYED LUNCH
BECAUSE I LOVE
PLAYING.

ALI:- I'M REALLY GOOD
AT READING BECAUSE I
DO IT EVERY DAY.

GILAD:- I AM REALLY
GOOD AT MATHS
BECAUSE I TRY AND
SOMETIMES IT FAILS,
BUT I NEVER GIVE UP.

TESS:- I'VE WORKED
HARD TO IMPROVE MY
FRENCH, BASKETBALL,
NUZZLES AND COOKING.

MIKA:- I WOULD LIKE TO
DO MORE TINKERING
BECAUSE IT'S ONE OF
THE FUNNEST THINGS IN
KINMA.

IVY:- I SUPPORT OTHERS WHEN THEY ARE
SCARED. I ENCOURAGE THEM. IF SOMEONE IS
LONELY I WOULD ASK THEM IF THEY WANTED TO
PLAY.

Group 3





HONEY

DAY

We started our day finding out about the long history of honey. This was followed by a demonstration from Kade on how to draw a honeycomb, Zentangle style.

Then into the kitchen... bread, sugar and gluten free bread, damper, honey cakes, honey muffins, crispy apple skins with honey and cinnamon, caramelised honey, sautéed apple with honey and honey and banana smoothies. Recipes were followed and creativity flowed as some children branched out into producing their own recipes.

This culminated with a honey banquet in the afternoon. We enjoyed our delicious fare, whilst watching a DVD on the man-made challenges facing bees and the uncertain future of natural honey. Thanks to Sasha (Tanika's mum) who kindly donated 1kg of natural honey, a honeycomb and shared her knowledge of bees and bee making.

A 'honeytastic' day was had by all!

We wish you all a safe, happy and relaxing break.

Love Michelle, Katie and Group 3.

HOLIDAY MEET UP

Families will be gathering for a social meet up during the holidays.

Wednesday 20th July at 10am

Flying Fox Park, Winnererremy Bay, Mona Vale

Contact Amy (mother of Ella and Josh) for more information

DATES

Term 3

1st July – Last day of Term 2

27th July – First day of Term 3



Snack attack is a flat \$5 regardless of what bits your child is having, and we are no longer serving juice. Parents making Snack Attack - please put out water for the kids to drink.

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...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 2 Snack Attack.

PLEASE REMEMBER – We do not use nuts or nut products anywhere at Kinma.

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)

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.

Kids' Art Adventures School Holiday Creative Workshop

COLLABORATION THROUGH ART

Led by artist Andy Devine, children will respond creatively to his exhibition on display at Manly Art Gallery & Museum which reflects upon the industrial landscape of the Newcastle region and for which he collaborated with fellow artist Peter Tilley. Through the use of found objects, materials and symbolism, the children will examine the notion of history, nostalgia and memory, and collaborate with each other to make art.

For ages 7 – 12 years. 16pp maximum per session

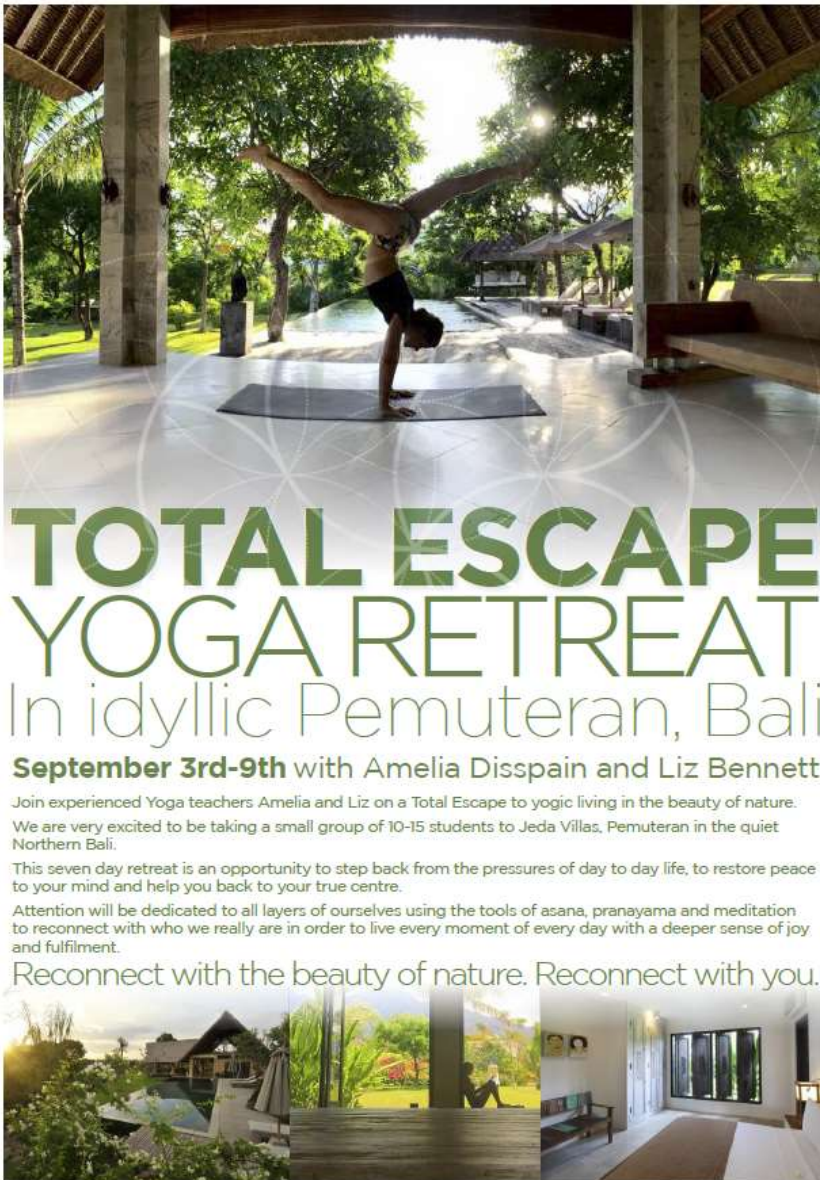
Where: Manly Art Gallery & Museum, West Esplanade, Manly

When: Tuesday 12 July 2016

Time: 10am – 12noon OR 2 – 4pm

Cost: \$30, materials and refreshments included

Bookings essential: artgallery@manly.nsw.gov.au or 9976 1421



TOTAL ESCAPE YOGA RETREAT

In idyllic Pemuteran, Bali

September 3rd-9th with Amelia Disspain and Liz Bennett

Join experienced Yoga teachers Amelia and Liz on a Total Escape to yogic living in the beauty of nature. We are very excited to be taking a small group of 10-15 students to Jeda Villas, Pemuteran in the quiet Northern Bali.

This seven day retreat is an opportunity to step back from the pressures of day to day life, to restore peace to your mind and help you back to your true centre.

Attention will be dedicated to all layers of ourselves using the tools of asana, pranayama and meditation to reconnect with who we really are in order to live every moment of every day with a deeper sense of joy and fulfilment.

Reconnect with the beauty of nature. Reconnect with you.



Liz Bennett (Bodhi's mum) is running a week of " Total Escape" Yoga Retreat in quiet northern Bali from the 3rd of September.

She is offering a \$200 discount on the retreat cost to Kinma parents and anyone you bring with you.

Liz and her co-teacher Amelia will be teaching the yoga sessions which include 2 classes of asana daily, meditation and pranayama and yoga nidra. NO previous yoga experience is required to have an amazing revitalising week of yoga, gorgeous accommodation, ayurveda inspired meals, nature and fun. Bring your kids and pay only **\$45 per day which includes** their accommodation, meals and unlimited juices and fresh fruit.

Contact Liz on 0405543263 if you're interested or know someone who'd love to come!



TOTAL ESCAPE YOGA RETREAT Pemuteran, Bali September 3rd-9th 2016

What's Included

Luxury accommodation set within tropical gardens
 Adventurous activities such as snorkelling, hiking as well as the opportunity to completely relax and unwind by the ocean or private pool.
 3 yoga classes each day will include a morning meditation and pranayam class, a flowing breath-led vinyasa practice to wake and strengthen the body, and a deep relaxation (yoga nidra) class or evening restorative practice.

Stunning mountain views from the yoga room will calm and inspire you.
 Vegetarian meals with an Ayurvedic twist, are cooked for you by the Villa's private chef. Fish and chicken options are available at no extra cost.
 A Balinese massage
 Local transportation and transfers to and from Pemuteran

Your teachers



Amelia Disspain

Amelia taught Yoga full time at Gamadhi Bliss in Newtown until she was selected to undertake a one on one teacher training in 2006 with Simon Borg Olivier and Bianca Machliss of Yoga Synergy Sydney, one of the few schools left in Australia still instructing teachers in this traditional way.
 Amelia taught as a senior level teacher at YogaSynergy, instructing group classes from brand new beginners to advanced practitioners as well as private one on one lessons, working with students with injuries and also training yoga instructors until 2013 when she relocated to Bellingen, NSW and opened her own studio, YogaBellingen.
 Amelia brings with her a genuine love of Yoga in all forms and a desire to share this passion with others, she believes a regular Yoga practice not only improves your physical wellbeing, it enables you to harness emotional vitality, intellectual wisdom, mental clarity and spiritual bliss.



Liz Bennett

Liz started her career in physiotherapy, but even before graduating in 1999 she had found her love of yoga teaching. Liz trained as a Yoga Synergy apprentice for 3 years and became a full-time teacher at the school. When her son Bodhi was born, Liz moved to the Northern Beaches, starting her own business: Yoga Essentia.
 As a physio and yoga teacher with over 20 years experience, Liz delivers group classes which deepen awareness and integration of the body. She teaches anatomy and physiology on some of the most successful yoga teacher trainings in Sydney. Liz sees a lot of yoga teachers and students one on one, providing them with individualised yoga programs.
 "Yoga is perceived as an exercise form but it's primarily an ongoing choice to be self aware and take responsibility for how you feel and how you live. I have been able to combine a physio's understanding of the body with the ancient therapy of yoga. I love to see my students gain freedom and empowerment in their bodies."

Costs

Twin Share \$1850 p/p Single Room \$2400
 Early Bird Rate (paid in full by end Feb 2016) \$1690 Twin Share (p/p) \$2250 Single Room

Reserve your spot today For more information contact

Liz Bennett Email Liz@yogaessentia.com.au Phone 0405 543 263
 Amelia Disspain Email yogabellingen@gmail.com Phone 0423 744 803





Junior & Adult Programs

Based on school calendar!

- ANZ Tennis Hot Shots Coaching (4-13yrs)
- High Performance & Competition (9-18yrs)
- Ladies & Adult Clinics (Beginnner & Intermediate)
- Private Lessons and more...
- **FREE** After School Bus Pick Up Service

Venue: **Terrey Hills Tennis Club**



Holiday Programs

Every week of school holidays throughout the year!

- Camps held rain, hail or shine during all school holiday periods
- Casual bookings and excursions available!
- **FREE** Before Care & Racquet Hire

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www.inspiretennis.com.au
Register Online Today!