

Welcoming them with open hearts

What do YOU do when someone is in need?

IN SIGHT
IN OUR
MIND

A wholefoods workshop with Danielle O'Donoghue

Come spend a couple of quiet delicious hours creating these little treasures for your loved ones this Easter... We'll make white and dark raw chocolate mini Easter eggs. Add your choice of yummy surprises like goji berries, cranberries, nuts, coconut, or superfoods like maca and acai. Then we'll wrap them up beautifully ready for the healthiest, most deliciously fun Easter egg hunt ever!!! You'll leave with about 20 mini Easter eggs that you made and decorated yourself as well as recipes for making your own delicious raw chocolate, knowledge on it's nutritional benefits, and the little, superfood, extras you can add to really boost the nutritional impact. Kids are welcome, Children 6 and under need to be accompanied by a parent/guardian
Time & Date... 2.30pm-4.30pm Saturday 19th March **Cost...** \$45

Sunshadow Slippers

There are photos and paperbags for money to order beautiful Sunshadow slippers for class. We will get a school discount and children's slippers will cost \$29.70 and bring your order back to your teacher or the office. Please put your child's or your foot size in cm's. <http://sunshadowslippers.com.au> for

Restoring You – Saturday 30th April 9.30am

A Restorative half day bringing inner balance to the body and soul, using the principles of warmth, rhythm and reverence. The day will include a simple meditation to respond with compassion to the "overwhelm" of soul fever. A lemniscate walk, foot soaking and compressing with the use of sacred metals and plant extracts.

Therapy cost: \$75 Facilitators: Health Practitioners: Sabrina Tyler Zilm, Catherine Wilson & Lynette Correy Phone: 0405 358 864 at Kindleshill School



Newsletter: 14th March 2016

KANGAROO VALLEY – HIGH SCHOOL RIVER TRIP MARCH 2016

Canoeing down the Kangaroo River in warm, late summer, sounds idyllic. Yet beneath the tranquil scene captured in a photographic moment, there is a lot more going on than meets the eye. 26km of perseverance in paddling, in shared canoes with gear, that requires cooperation and on the job skill development in steering and finding a rhythm.



Setting up camp – looking after self, your "team" and the group as a whole in low impact self sufficient camping Everyone had challenges to meet. Just being immersed in a natural environment, without familiar home comforts, can feel like a fish out of water. The perseverance factor was big, the keeping on going when you think you can't. Then there was the courage jump, rock to river. And

the getting along with 20 others who don't necessarily think and act the way you do!

These out of classroom experiences test us; they support us to develop independence and tolerance in real situations. The 'nature' time nourishes us and at the minimum sets up a respectful relationship to the environment which hopefully deepens into a love and sense of responsibility to co-operate rather than exploit. Return now to the tranquil picture. Early morning, mist rising on the river, canoes gliding and a call/response Aboriginal river song (learned in the singing group) greeting the river and the bushland either side.....Beautiful!

An exhausted but deeply satisfied, Lynn
(More photos on the school website)

Notices.....

Term 1: Mon 1st Feb – Fri 1st April

Week 7: Thur 17/3 National Close the Gap Day
 Fri 18/3 2 National No to bullying day/Yes to Friendship Day

Week 8: Mon 21/3 World Harmony Day
 Mon 21/3 Class 5/6 Euroka Camp
 Mon 21/3 Guest speaker, David King—The Gurrangatch story and songlines of Gundungurra land 9am
 Tue 22/3 World Water Day
 Tue 22/3 Class 3/4 join Euroka Camp
 Wed/Thur 23/24 March, Camp Euroka – Whole school Camp. Cultural activities – songlines focus

Week 9: Wed 30/3 Guitar & Flute 1.45 -2.45pm
 Thur 31/3 all other instruments 12.00-3
 Sat 2/4 Disco for Water – Vanuatu fundraiser

Saturday 2nd April Working Bee

End of Term Music Performance

1st term – last week of term – in Performance Space

Guitar & Flute Wed 30th March 1.45 -2.45pm

All other instruments Thursday 31st March 12.00-1.15 Violin
 1.30-2.45 Singing, Ukulele, Trumpet, Clarinet, Shakuhachi

Happy Honey available for sale outside Class 1/2 room.

It is fresh, raw, unheated, local and of course organic! \$10
 All proceeds will be reinvested in bee keeping resources such as tools, frames, gloves, bee food plants and shrubs.
 Please return jars for REUSE rather than recycle



Absence from school

Parents are reminded to send an email to your class teacher confirming your child's absence from school and the reason for the absence. It is helpful if this is done on the day of the absence so teachers do not need to chase these emails at a later stage.

DISCO FOR WATER - FEATURING PAPA GONZO REGGAE BAND, AND DJLC.

FUNDRAISER – **FAMILY FRIENDLY DISCO FOR VANUATU** AT JUNCTION 142 KATOOMBA
 6PM – 9:30PM

Thanks especially to Blissbeat who are supporting with food and sound/lighting set up.

PRE-BOOKED TICKETS AT DISCOUNT PRICE \$20 FAMILY at community@kindlehill.nsw.edu.au



Class 9/10 are raising money to build a water tank together with a Women's Cooperative in Vanuatu when we visit in August.

LET'S DANCE! FOR WATER..... These neighbouring Pacific Islands are very vulnerable to the big cyclones (such as Pam and Winston) and accessing water is one of the first things in need.

EUROKA WHOLE SCHOOL CAMP 23-24 March

Parent Volunteer Class coordinators are currently organising menus, shopping and food preparation to feed **the whole school** on Wednesday evening/ Thursday morning. I am sure they will welcome offers of support from other parents. We will be making soups and salads.

A programme of cultural activities is in progress in relation to the Songlines theme. If you would like to offer (or help) with an activity for children at the camp, let your class teacher know. Activities we hope to offer include: Smoking ceremony and story, night sky story and viewing, string making, weaving, dance, drawing, ochre painting, shelter building, eco-dyeing, singing.... Classes will also be bushwalking in the National Park. More details will follow from class teachers about the camping and transport requirements. It is a big undertaking and we hope to get support from parents where you are able.

HIGH SCHOOL AND ASYLUM SEEKERS

In our 9/10 geography class, as part of the unit, Australia in her regional and global context, we have been making a close study of the current refugee crisis. Some excellent work has come out of this. Sashka and Willow put together a Gallery of Freedom from Fear; biographies of some who have come to Australia as refugees and have since contributed to the richness of our society. Ella created a political party and policy that featured a humane and compassionate approach to asylum seekers. Her party was called, **In our Sight, In our Minds**. Gali and Oscar both undertook a critical evaluation of the Operation Sovereign Borders policy. As part of his work, Gali created a short film with an original musical score, that delivers a powerful message about asylum seekers. You can follow the link here to see this. <https://www.facebook.com/KindlehillSchool/> These young people are learning about informed, active and empowered global citizenship. These are assessment tasks on the one hand but more importantly they are genuine learning journeys.