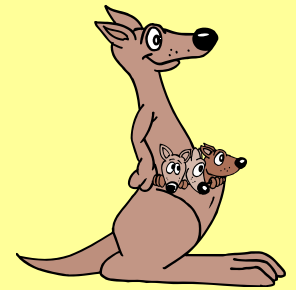


# !KwinanaKids!

Issue 33  
July 2010



Bored? Kids having Tantrums? Want to go out and meet other parents? Look what we found to do in Kwinana!

Email: [kwinanakids@yahoo.com.au](mailto:kwinanakids@yahoo.com.au)

## Whats On This Month in Kwinana?

No excuses now! Grab your bag, nappies  
oh and children and have some fun...

### This Months Movies at Koorliny Arts Centre

#### KOORLINY ARTS CENTRE

#### \*Mums & Bubs Movie Screenings\*

(With brand new seating in the theatre!!)

Iron Man 2 - Mon 5<sup>th</sup> July, 10am

Nanny McPhee - Monday 12<sup>th</sup> July, 10am

All tickets \$6 (includes free tea or coffee!)

#### \*Annie Jr The Musical\*

Thurs 15<sup>th</sup> July - 2pm

Fri 16<sup>th</sup> July - 7pm

Sat 17<sup>th</sup> July - 2pm

Tickets \$20 standard, \$15 concession,  
\$12 Kids

#### \*Dance 4 Africa: Our Journey\*

Saturday 31<sup>st</sup> July 3pm & 7pm

Showcasing the talents and telling the stories of the young people of Kwinana's Dance 4 Africa Program

Tickets \$12 adults/\$10 concession/children  
Available from the Koorliny Arts Centre Box Office, 9439 0290

All proceeds raised go to underprivileged children in

Chile, South Africa and Vietnam,  
as well as

Kwinana Early Years Service  
here in Kwinana.

For more information, please contact the Centre on 9439 0290



Parenting can be challenging and we are here to listen

Kwinana Early Years Services is a not for profit organisation that offers FREE support, guidance, advice and counselling to parents/carers and families with children 0-8 years of age

living within the Town of Kwinana

Our Service is operated by friendly qualified staff who can offer

Home visiting

Face to face consultation by appointment at the Service

Telephone support

Relevant resources and information on all aspects of child development and health  
Parenting workshops

Transition to School Playgroups

Protective Behaviours Training

Children's workshops/activities during school holidays

Advocacy

Counselling Links to other relevant Service Providers

Please call 9439 1838 for more information or to make an appointment

18 Hewison Road, Medina WA 6167



### This Month at Kwinana Recquatic

#### Kwinana Active Parents

Exercise with your baby and meet other parents :) Floor Exercises and Hydro Pool swimming with Baby :)

Term 3

Commences 28th July 2010

Contact Leeanne on 9236 4700 for further details.

### TOP 10 Things to do in Kwinana

#### 8. Wildflower Reserve Walk, Orelia

Rotary Wildflower reserve entry from Thomas Rd footpath Orelia or the newly extended end which is off Sulphur Rd near the train station. There was a path there before from the Thomas Road end to the lookout but they've extended it all the way through now. Hot mix surface is really smooth for easy riding (and running with a pram if you need to keep up with a speedy 4yo)! The tower has been there for ever I think but they were there the other cleaning and de-graffitting it. Tower is a big draw card for inquisitive climbers or just nice for a little drink stop :) Enjoy!

*Natalie Shipp*

#### 7. Sandringham Park, Windsor Hills, Orelia

We love the swing at Sandringham park.

Dylan and Charlie giggle like crazy on it together

*Anna Thompson*

**Editors Note :** There is brand new equipment at Sandringham park age appropriate for 0-5 year olds...perfect for a play after the Wildflower Walk :) The cradle swing and animal rockers are still there & fun too!



Do you have a child eligible to start school in 2011? Enrolments for Kindy & Pre-Primary in 2011 close on 30 July 2010. Here's a link to the Dept's website that gives further information.

<http://www.det.wa.edu.au/schoolsandyou/detcms/navigation/parents-and-community/kindergarten-and-pre-primary/?oid=Category-id-3869595>

Check out Facebook and our website for useful parenting links and lots more! [www.kwinanakids.com](http://www.kwinanakids.com)

## This Month...Unbelievably Easy Savoury Mince...from Sycan Meats

### Ingredients

500g beef mince  
2 tsp Oil  
1 small onion, chopped  
1 medium carrot, diced  
1 small wedge cabbage, chopped  
1/2 cup frozen peas  
1 1/2 cup corn kernels  
1tbsp soy sauce  
2 tbsp oyster sauce  
3/4 cup water or beef stock  
2 tsp cornflour  
100g pkt pre cooked crunchy noodles (optional)  
Steamed rice to serve



Place beef mince in a bowl and mix in 1 tsp oil. Heat a large frypan or a wok until hot. Crumble in half the mince and cook, stirring often, until the mince begins to brown. Remove the first batch, reheat the frypan and cook the remaining mince, and then remove.

Reheat the frying pan, add the rest of the oil, add the onion and carrot. Cook, stirring once or twice for 1 minute. Add the cabbage and cook for a further minute.

Add the corn and peas to the frypan. Return the mince to the frypan, cook for 1 minute. Push the mince mixture out to the side. Pour in the combined soy sauce, oyster sauce, water and cornflour and stir as it comes to the boil. Stir to mix the sauce with the mince mixture. Add the noodles if using, stir to combine. Spoon the mince into a serving bowl. Serve with steamed rice.



[www.sycanmeats.com.au](http://www.sycanmeats.com.au)

### New Arrivals

Keanu Armarni Xavier James

Born 1.30pm on the  
30th April 2010  
7pd 4oz 50cm

to Adam and Chiquita James  
A little brother for  
Javaan and Indiana



Had a baby? announce it in KwinanaKids to receive a sitting and an Inky Feet Tile. Email us before the 20th of the month with a photo and details :)

### Rainy Day Activities as suggested by you!

Build a cubby house with sheets and pegs using dining table they love it!  
*Jodie Lynn*

We throw a sheet over the dining room table to make a cave/fairy castle, then all dress up (me included) and play make believe games - fun for everyone.  
*Tracey Defty-Rashid*

Check out more fun ideas next month :)

!KwinanaKids! is proudly supported by  
KEYS and the Town of Kwinana



Have your kids been inked?



Call Nicola on 0413 584 977 to make an appointment.  
[nicola.mclean@inkyfeet.com.au](mailto:nicola.mclean@inkyfeet.com.au)  
[www.inkyfeet.com.au](http://www.inkyfeet.com.au)

### Relaxation is Important for Children: Take a Break these School Holidays

School holidays are upon us again. What to do with the kids is a big dilemma? In this fast paced world that we live in; the pressure on parents in this day and age to keep up with the "Jones" causes a regular meltdown over not wanting to disadvantage our own children.

With so many opportunities and activities for children to participate in. For example to name just a few: football, dancing, tennis, piano lessons and so the list goes on, the pressure on parents keeps mounting to provide entertainment all year round. As valuable as these extra-curricular activities are to the development of our children, the benefits are huge to learning, socialization, team participation, fairness, discipline and again the list goes on.

Even during the holiday's with many school holiday programs to choose from, creates more pressure to parents to provide non-stop entertainment for our children. Consider the flipside take a break from the busy schedule; enjoy some quiet time with them, teach your children to unwind from their busy fulfilled lives. It does not need to be action packed all the time. Model to your children a healthy balance between work, rest and play. Reflect on the true meaning of "holiday" with the focus on rest, relaxation and enjoyment of family.

Remember children learn a lot about relaxation and stress relief from their parents/caregivers so it is important to examine your own work/life balance.

By Desma Clark  
KEYS Family Support Worker  
Phone: 9439 1838

