



# NEWSLETTER

Wednesday 31<sup>st</sup> October, 2012

## IMPORTANT DATES

**Wednesday 31<sup>st</sup> October**  
**School Council 6pm**  
**P & C Meeting 7 pm**

**Saturday 3<sup>rd</sup> November**  
**P & C Working Bee**  
**9am**

**Monday 5<sup>th</sup> Nov to Friday 16<sup>th</sup>**  
**School Swimming Scheme**

**Thursday 8<sup>th</sup> November**  
**Kinder Orientation**  
**9.30 – 11.30 am**

**Saturday 24<sup>th</sup> to Friday 30<sup>th</sup> Nov**  
**4/5/6 Narrabeen Excursion**

**Wednesday 5<sup>th</sup> December**  
**School Council 6 pm**  
**P & C Meeting 7 pm**

**Thursday 6<sup>th</sup> December**  
**Kinder Orientation**  
**Teddy Bears Picnic**  
**1.00pm**

**Thursday 13<sup>th</sup> December**  
**Presentation Evening**

**Monday 17<sup>th</sup> December**  
**Year Six Farewell**

**Tuesday 18<sup>th</sup> December**  
**School Disco**  
**Community Hall**

**Wednesday 19<sup>th</sup> December**  
**Mufti Day**  
**Last Day of Term 4**

Well done to all of the students who participated in the Small Schools Sports Carnival held in Gerogery yesterday. Combined with Gerogery PS and Mullengandra PS, it was a fun day of healthy sports and active participation. Thanks to the many parents who helped out by transporting children to and from Gerogery and to those who assisted with events.



The P&C will hold a working bee on Saturday morning, from 9am -12pm. Helpers are needed to spread the new soft-fall under the play equipment. Please bring along a trailer, wheelbarrows and shovels (*or a front end loader or bobcat to finish the job early if you have one handy!*)

The P&C has been approached by the Albury council to cook the barbeque at the Albury Christmas Family Fun Day at QE2 Square on Saturday 8<sup>th</sup> December, with profits from the stall going to the school. The P&C are looking for helpers between 10am - 2pm. This is a wonderful fund-raising opportunity for our school. If you can help, please contact the school.

Our school will hold the second Kinder Orientation day next Thursday, 8<sup>th</sup> November. We are looking forward to helping our 2013 intake to become accustomed to our wonderful school. They will spend the morning with Miss Kirk and then time getting acquainted with their student buddies. Year 5 students, the student leaders of 2013, will undertake Buddy training with Miss Kirk next Tuesday morning to help prepare them for their very important role.

The Year 4/5/6 Narrabeen excursion will soon be upon us - 25<sup>th</sup> to 30<sup>th</sup> November. Permission notes and excursion fees need to be returned as soon as possible. The excursion will be a fabulous opportunity for our students to visit Australia's largest city, experience train travel and participate in enjoyable sports and recreational activities.

Congratulations to Mrs Cambey for her recent dancing success! Mrs Cambey, along with her dancing partner, Mr Cambey, won Level 4 New Vogue Style at the Strictly Masters Dancing Competition in Melbourne on the weekend, which is a prelude to the Australian Dancing Championships held later in the year.

We have been approached by Charles Sturt University for our Year 4 & 5 families to be involved in a PhD research project on Cross-Generational Physical Activity - exploring the experiences of parents and primary school aged children. This research project is being undertaken in primary schools across the Albury region and aims to explore parents' and children's engagement in physical activity together. The DEC has given permission for our school to be involved in this research. Families of students in Year 4 and 5 can access the online version of the survey on the following link: <https://www.surveymonkey.com/s/PhysAct> Paper versions and permission notes for student involvement will be sent home shortly. Students

will be asked to complete their version of the survey at school on Tuesday 13<sup>th</sup> November.

Selective High Schools applications for Year 7 placement in 2014 are now available. Paper applications are available at school, however, applicants seeking placement in a selective high school in 2014 with access to the internet, an email address (not the student's) and a printer should submit an online application. Online application is available until Monday 19 November 2012.

<https://www.shsocplacement.org.au/registration/>

The next School Council/P&C meeting is scheduled to be held this evening.

Important DEC information websites. Local Schools Local Decisions:

[www.schools.nsw.edu.au/news/lslld](http://www.schools.nsw.edu.au/news/lslld)

Every Student Every School:

[www.det.nsw.edu.au/every-student-every-school](http://www.det.nsw.edu.au/every-student-every-school)

*Andrew McEachern*  
*Principal*

### **SCHOOL SWIMMING SCHEME**

This program will run for two weeks commencing Monday 5<sup>th</sup> November. Please return the consent form and payment to school by Thursday 1<sup>st</sup> November.

### **FABULOUS FOOD FRIDAY - 9<sup>TH</sup> NOV**

There will be another Fabulous Food Day on Friday 9<sup>th</sup> November. The menu will include some very lovely kid-friendly salads, Banana and Malt shakes and Bliss balls as well as some yummy fruit salad.



We do need some parents to bring their favourite salad and we will also need some helpers on the day for preparation and serving



from approx. 12 noon till 1.30 or any time in between.

Please remember no peanuts or peanut oil in or on salads and please advise Cathy if your child requires dairy free so we can make suitable shakes for them.

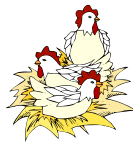
Please let Cathy know by this Sunday if you can help and if you need any ingredients bought. If you buy your own ingredients you will be reimbursed, we don't want anyone out of pocket, especially as you are putting in time and effort.

Please email [cathygiltrap@gmail.com](mailto:cathygiltrap@gmail.com) or call 6040 9651 or 0403 166 589

### LIBRARY NEWS

In week 8 we will be conducting a stocktake so students are asked to return all books by the end of Week 7 (Thursday 22<sup>nd</sup> Nov).

### EGGS FOR SALE



Our hens are laying beautifully at the moment so we have eggs for sale. If you would like to buy a dozen eggs for \$4.00 please see Mrs Scott at the office.

### SCHOOL ASSEMBLY

Congratulations to the following award winners from last Friday's School Assembly:

#### K/1 AWARDS

Zenith T ~ for helping others in Maths  
Mark H ~ for getting all his Spelling words correct  
Emmy-Mai W ~ for 9/9 in Spelling

#### 2-3 AWARDS

Toby C ~ for a super effort in all classes  
Isabella D ~ for a super effort in Drama

#### 4-6 AWARDS

Bella W ~ for a positive attitude and excellent teamwork

Molly P ~ for a positive attitude and excellent dancing

### STUDENTS OF THE WEEK



### VOLUNTARY CONTRIBUTIONS

Contributions for 2012 are \$40 per child. This fee covers the cost of textbooks and other consumables for each child. If paying by cheque, please make payable to Table Top Public School.

As our financial year draws to a close we would like to ask parents who have not already paid their contributions to finalise these as soon as possible.



# INSIGHTS

by Michael Grose – No. 1 parenting educator



## Increase good feelings at home

*Family harmony is linked to good will and positive emotions. Here's how to increase good feelings in your family and make your home a happy place.*



Strong families thrive on good feelings.

They are not devoid of conflict or criticism, but generally strong families are pleasant environments to be part of.

**One way to increase good feelings in your family is to increase the number of compliments.**

As a general rule, the ratio of compliments to criticism should be around **five to one**. That is, there should be five times more positive, affirmative comments than negative comments.

In unhealthy families this ratio is reversed. When the ratio gets to around five negative comments for every one positive comment, families can be quite toxic.

### How does your family rate on this scale?

If you use children only as a measure I suspect that the compliment to criticism ratio will be a little scary.

Some siblings can be unkind to each other, and find it hard to say a pleasant word. This skews the ratio a lot and can make family life awful for everyone. BUT this can change over time.

Here are five ideas to help you alter the **compliments to criticisms** ratio:

**1. Increase** your own number of affirmations, compliments, affectionate phrases and kind remarks in order to skew the ratio a bit. Aim for a seven to one ratio. Not only is this good modelling for your kids, but it will make family-life more harmonious.

**2. Keep** a check on your use of good feeling (and self-esteem) killers. Eradicate comments such as: *"Typical boy!"* *"If I've told you once I've told you a thousand times, don't..."* *"What a stupid thing to say to your brother/sister!"* Bite your tongue rather than say what you may be thinking.

**3. Make** kids aware of their language and the potential harm to self-esteem, not to mention family harmony, that constant criticism can cause. Use "I" statements to let kids know the impact of their negative talk on you. *"When you talk so aggressively I feel quite scared about what you are going to do next."* It's impossible for kids to disagree with "I" statements.

**4. Develop** the habit of following up a negative with a positive. When I was teaching I always tried to follow up the disciplining of a student with a compliment or some positive feedback so that we could maintain a good relationship. Do the same in your family. Follow up discipline, a rebuke or a negative comment with a positive act or comment. **TEACH YOUR KIDS TO DO THE SAME!**

**5. Let** the bad feelings out. Sometimes there can be such a build-up of ill-will between siblings that you need to let the bad feelings out. One way to do this is let a child vent to you about their sibling. You may not like what you hear but a clearing of the air can work wonders in terms of improving the family atmosphere.

All these suggestions start with you.

Like everything in family life, whatever you want from your kids, you must do first. So to increase good feelings in your home aim to keep to the compliment to criticism ratio at five to one or more!