



NEWSLETTER

Tuesday 6th November, 2012

IMPORTANT DATES

**Monday 5th Nov to Friday 16th
School Swimming Scheme**

**Thursday 8th November
Kinder Orientation
9.30 – 11.30 am**

**Friday 23rd November
Fabulous Food Friday**

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

**Wednesday 5th December
School Council 6 pm
P & C Meeting 7 pm**

**Thursday 6th December
Kinder Orientation
Teddy Bears Picnic
1.00pm**

**Thursday 13th December
Presentation Evening**

**Monday 17th December
Year Six Farewell**

**Tuesday 18th December
School Disco
Community Hall**

**Wednesday 19th December
Mufti Day
Last Day of Term 4**

**Tuesday 29th January 2013
Staff Development Day**

**Wednesday 30th January 2013
Students Years 1 to 6 return**

**Thursday 31st January 2013
Kinder students commence**

Welcome to all of the children and their parents who are coming along to the second of our Kinder orientation visits this Thursday. The children will spend the morning with Miss Kirk and time getting acquainted with their student buddies. Our Year 5 students, the student leaders of 2013, took part in the Better Buddy training with Miss Kirk this morning to help prepare them for their very important role.

Thanks to everyone who assisted with the P&C working bee on Saturday morning. New soft-fall, donated by Norske Skog and delivered by Darby Cartwright, was spread under the play equipment. And a special thank you to Shannon Edwards for coming along with his front end loader. It certainly made the job of moving the bark chip that much easier - I'm sure we would still be moving barrow loads today had he not lent his assistance! Students now have a softer and safer place to land when playing on the equipment.

Swimming lessons for all classes began yesterday at the Gould Swimming Academy. These high quality lessons will continue each day for two weeks.

Table Top PS has recently purchased the online Mathletics program, Australia's most used educational website to support student learning of Mathematics. Mathletics helps students enjoy Maths and achieve great results. It is a web-based learning program which integrates home and school learning via the internet. Mathletics covers all years of schooling and is currently used in over 2500 Australian schools and many more

internationally. Over 200,000 students access Mathletics every day. Your child has 24 hour access to Mathletics by using a unique user name and password.

We recommend that you spend time looking at the program so that you can gain a greater understanding of how Mathletics will benefit your child. Highlights of the program: Live Mathletics - students compete live against students from around the world in mental arithmetic; full Kinder - Yr 12 curriculum coverage - revise for exams, cover gaps in learning, extend bright students; Support Centre step by step animated support for every question; 24/7 access - learn anytime, anywhere.

To view Mathletics: Visit www.mathletics.com.au
Normally \$99 per child, our school has managed to purchase the program at a heavily reduced discount. The school and P&C have combined to buy the program, but we will ask families to contribute a small amount in 2013.

I have received very positive feedback about the Michael Grose Insights articles attached to our newsletters. The articles are easy to read, offer useful advice and give parents a starting point for discussion on the challenges of raising children. Parents can look forward to new articles each week. Parents can also access the online Parenting Ideas Magazine which has great tips and advice to help you raise happy children.

<http://www.parentingideas.com.au/Parents/Parenting-Magazine> Many thanks to the P&C for funding our Parenting Ideas school membership.

Parents who can help with the Table Top P&C BBQ at the Albury Christmas Family Fun Day at QE2 Square on Saturday 8th December, should contact the school. This is a wonderful fund-raising opportunity and a fun way to promote our great school to the wider community.

It is a little over two weeks until the Year 4/5/6 students leave for their Narrabeen

excursion (25th to 30th November). Thanks to everyone who has returned their permission notes and excursion fees. The excursion is a fabulous opportunity for our students to visit Australia's largest city, experience train travel and participate in enjoyable sports and recreational activities.

Thanks to those Year 4 & 5 families who have agreed to take part in the CSU 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 were sent out late last week. Students will complete their survey at school on Tuesday 13th November.

A reminder that 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 school has a number of old wooden railway sleepers available for sale. The sleepers are \$10 each, vary in quality, and are to be collected by the purchaser. Please contact the office to register your interest.

Important DEC information websites. Local Schools Local Decisions:

www.schools.nsw.edu.au/news/lsls Every

Student Every School:

www.det.nsw.edu.au/every-student-every-school

Andrew McEachern
Principal

FABULOUS FOOD FRIDAY - 23rd NOV

Please note change of date due to swimming schedule



There will be another Fabulous Food Day on Friday 23rd 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. All of this for \$3 per child.

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 or call 6040 9651 or 0403 166 589

REMEMBRANCE DAY POPPIES



November 11th is Remembrance Day. By wearing a red poppy, we salute the memory of those who sacrificed their lives for us. Each November the RSL runs an Australia wide appeal to raise funds to support its voluntary services that are available to ex-service members and their dependants.

Poppies can be purchased from the office at school for 50c each.

SCHOOL ASSEMBLY

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

K/1 AWARDS

Thomas H ~ for great Spelling
Levi M ~ for excellent Spelling
Darcy E ~ for great work in 'Sounds'

2-3 AWARDS

Ellie G ~ for a super effort in Craft
Asha S ~ for super effort in Spelling and Homework

4-6 AWARDS

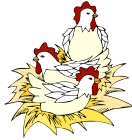
Jaxon R ~ for trying really hard in all areas
Claire M ~ for her positive enthusiasm
Arielle J ~ for a positive effort with her learning

STUDENTS OF THE WEEK



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.



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.

Hands on Healing

Massage & Essential oils
Specialising in Roindrop technique
Using therapeutic grade, organic essential oils
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0400339722

Samantha Thomas

handsonhealing@internode.on.net



INSIGHTS

by Michael Grose – No. 1 parenting educator



Attention is the currency of relationships

Being in the moment when parents are with their children boosts their confidence and resilience

Article contributed by Justin Coulson

There is one thing that shows our children we love them more than anything else in the world. It is taking the time to be emotionally available for them. In my book I refer to it as 'being where your feet are'.

This idea seems so simple that it might be easy to nod your head in agreement, shrug your shoulders, and move on. But to do so may mean you miss the valuable insight that practicing emotional availability provides for your family. Parents who are emotionally available will find that their children are among those most likely to grow up secure, confident and resilient.

Being emotionally available requires us to pay attention – close attention – to the emotional world of our children, and to respond compassionately. In fact,

Just as dollars are the currency of our economy, attention is the currency of our relationships.

Being emotionally available

My eight year old daughter drove this point home to my wife and I during a recent conversation. We were conducting a parenting performance appraisal (which you can read more about on my blog). My wife asked Ella,

"Do Mummy and Daddy make you feel important?"

Her response:

"When you are busy you don't listen to me properly. Like when Dad's on the computer or you [Mum] are doing craft you're not available to me. It feels like those things are more important than me."

Ouch. Those were her words, not mine. Our kids notice when we are not available.

A father told me he was having daily battles with his teenage daughter. I suggested he go for regular walks with her each morning or evening and be emotionally available. The first few walks were awkward. She felt like he had an agenda, and she refused to talk. But within a week they were looking forward to their time together and talking more freely and pleasantly than they had for months. He complained to me (in jest) that he was thinking of making the walks less regular just so she would stop chewing his ear off!

Invite Your Children Into Your Space

Whether your child is two or twenty two, being emotionally available will improve your relationships with your children. Here's how to do it:



Go out, turn off your phone, and simply be together – and listen.

It may be in a park, at the beach or on a mountain trail. It might simply be wandering around your neighbourhood. Just make sure there are no distractions (so that means no movies – you can't talk). Then ask questions, listen carefully and suspend judgement.

Your children will love being in your space and will feel special. Invite them to allow you into their space. It may take more than one date. But if you put your attention into your relationships, they'll become enriching sources of happiness and meaning for you.

Mums and dads who make themselves available for their children have happier families and better functioning children. Kids do best with both parents being there emotionally, regardless of your family structure. Having happy kids and strong family relationships ... it's about time.

Hints for being emotionally available to your children:

- ▶ Minimise distractions by turning off TV, radio, the internet and iPods.
- ▶ Ensure every child gets some one-on-one time with just you.
- ▶ Ask questions, listen, suspend judgement.
- ▶ When one of your children says something to you, stop what you're doing and really take in their words.
- ▶ Try to look past the things they say to see their heart and the intent behind their words.
- ▶ Recognise that challenging behaviour may be your child using her limited communication skills to send a signal that she needs you.

Dr Justin Coulson is a parenting expert and the author of *What Your Child Needs From You: Creating a Connected Family*. He blogs at happyfamilies.com.au and offers parenting coaching and workshops.