



NEWSLETTER

Tuesday 13th November, 2012

IMPORTANT DATES

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

**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**

It was fantastic to see the happy faces of the 2013 Kindergarten students during our Kinder orientation day last Thursday. The children spent the morning with Miss Kirk getting

acquainted with their student buddies. Our Year 5 students, the student leaders of 2013, really stepped up to the challenge and gave the new Kindies a wonderful first introduction to school life. The final orientation visit will be the Teddy Bear's Picnic on the 6th of December.

Welcome to CSU student teacher Mr Jonathan Schmidt who is undertaking a three week practicum with Miss Kirk and the K/1 class. I am sure he will have a wonderful experience at Table Top PS.

Students have started using the Mathletics program at school. While we are still in the initial implementation phase, the general response from everyone is great excitement. Mathletics is a web-based learning program which integrates home and school learning via the internet. 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. To view Mathletics: visit www.mathletics.com.au Normally \$99 per child, our school has purchased 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. The staff will undergo training in the Mathletics program on Thursday 22nd November.

Mobile phones are very expensive and easy to lose. Students do not need to have mobile phones with them at school, nor use mobile phones during school hours. If parents would like their child to bring a mobile phone to school, please inform the Principal.

In this case, the mobile phone is to be left with the front office staff who will maintain its security until the end of the day. Emergency calls for students should be directed through the school office.

When sending in absentee notes, it is important for parents or carers to provide a valid reason for the absence. If your child has to miss school, please provide brief details, *eg sick with chickenpox*. Attendance at school is very important and parents should aim to have their children at school every day.

Table Top PS is a school where the majority of students catch a bus. In the interests of safety parents or carers should be at the bus stop at the nominated time for the previous stop and on the correct side of the road. Please do not wait on the opposite side of the road to the bus stop. If students do need to cross the road, they should do so from the back of the bus, never from the front.

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.

The Year 4/5/6 Narrabeen excursion is nearly upon us (25th to 30th November). Thanks to everyone who have 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.

We are hoping to create a tiled mosaic on the library wall and are looking for donations of ceramic tiles - especially colourful tiles. Old broken tiles would be fine. Any donations can be brought into school.

Year 4 & 5 students of families who agreed to take part in the CSU PhD research project on Cross-Generational Physical Activity completed their survey at school today. 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>

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/lslld Every

Student Every School:

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

Andrew McEachern
Principal

4/5/6 SYDNEY EXCURSION REMINDER

All permission notes and full payment must be received by Thursday 22nd November. Information on requirements will be sent home this week.

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 is Poppy month. 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

No School Assemblies will be held during the two weeks of swimming

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.

GARDENING REPORT

Hello to newsletter readers, here is this week's report on last week's Garden Class with Lou.

At the moment growing in the garden is: Mint, Carrots, Sunflower, Strawberries, eggplant, capsicum, onions, Tomato's, leeks, cosmos, celery, lettuce, beans, silver beet, WEEDS, LOTS OF THEM and the broccoli is flowering and turning to seed.

On Thursday we harvested some strawberries and weeded. The chickens are chirpy, hungry and also active. The chickens are also very mischievous and are finding different ways of trying to get into the vegetable patch.

Thanks and that's all for this week.

Abbey and Nastarsia

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.

P & C FUNDRAISING LEVY

Thank you to the families that have sent in their levy, for those families who may have forgotten we have attached an envelope for your convenience

INSIGHTS

by Michael Grose – No. 1 parenting educator



An attitude of gratitude

Cultivating gratefulness in our children enhances family life and will reap long-term emotional rewards for them throughout their lives, writes Karen Fontaine

Article contributed by Karen Fontaine

In the materialistic age in which our children are growing up, it's common for them to expect plasma TVs, overseas holidays and marshmallow-strewn babykins as gifts.

But rising levels of affluence seem to have had an inverse effect on our kids' levels of gratefulness. For example – when was the last time any child you know wrote a thank-you note for a gift, or said (without prompting) a heart-felt 'thank you' for dropping them at the train station when it was raining?

As adults age, our feelings of gratitude – for health, for family, for good food and even something as simple as a sunny day – generally tend to increase. Gratitude allows us to celebrate the present. It magnifies positive emotions.

But for kids, whose sense of entitlement can be epic, the power of gratitude is not only in magnifying the positive but in also blocking the toxic and negative emotions such as envy, resentment and regret.

"We know that grateful kids are happier [and] more satisfied with their lives," says Jeffrey Froh, an assistant professor of psychology at Hofstra University near New York who focuses on the topic.

"They report better relationships with friends and family, better academic achievements, less materialism, less envy and less depression, along with a desire to connect to their community and to want to give back."

The good news is, it is possible to teach gratitude. One of Froh's studies found that early adolescents who simply counted their blessings in a journal every day for a fortnight were more appreciative than those who didn't, as well as more optimistic and more satisfied with their lives.

Froh and his co-authors also found that schoolchildren exposed to a specific "gratitude curriculum" reported more appreciation and happiness than those who didn't get the lessons, even up to five months later. They were also much more likely to act on their feelings, writing 80 per cent more thank-you notes for a school event than the control group.

Froh acknowledges that gratitude comes more naturally to some kids than others, although he's not suggesting there's a "gratitude gene".

"But I do think environment can play a major role," he said. "I always point out to my kids, James, six, and Julianne, two and a half, instances when they could – and should! – be grateful. The other day, James said to me, 'Daddy, today was such a great day. We went to the beach in the morning, then we went to a park in the afternoon, then we went to the beach again at night, and for dinner you made my favorite chocolate chip waffles. I'm the luckiest boy in the world'. For a five-year-old to understand how 'lucky' – that is, grateful – they are is something very special. Had my wife and I not encouraged gratitude in him, I wonder if he would have drawn the same conclusion. Maybe, maybe not. But I'd like to think we played some role."

At our dinner table, everyone takes turn in answering the question 'What made you happy today?'. The responses, from 'having a wrestle with Dad' to 'the picnic lunch we had in the backyard', are great ways that our three children – aged 12, five and three – inadvertently verbalise their appreciation of something simple.

And so, with our eldest on the cusp of turning into a teenager – an age when gratefulness generally comes as naturally as a rambling conversation style – I ask Froh: is it expecting too much for teens to show gratitude at a time when they are expressing a fundamental desire to individuate from their family? Is pushing parents away, and exhibiting total ignorance of all you've done for them, all behaviours that conjure independence?

"I know people say this, but I disagree," he says. "Yes, teens want independence. But who said they can't acknowledge, let's say, how much their efforts played into getting them into their dream school while simultaneously acknowledging the efforts of the many others who helped get them there? Sure, it's a balancing act. But it can be done."



Jeffrey Froh shares his top five tips on how parents can help cultivate in children an attitude of gratitude.

1. "Learn to limit kid's commercial consumption and commercial activity and to maintain experiential activities that engage them in topics that they are curious about or interested in."
2. "Encourage children and teens to write simple yet effective thank you notes or letters that acknowledge the efforts of teachers and coaches in their lives. Or adults could also remind teens to text 'thank you's' to friends who have been there for them, stood up for them, or helped them in important ways. This strategy shows how we can promote gratitude as a life skill in teens, too."
3. "Some general but necessary habits that adults can practice and which are especially helpful early on (say with children as young as three) is to model gratitude and thankfulness regularly as well as encouraging and reinforcing such behaviours in children."
4. "Help kids to process benefits with 'grateful lenses'. That is, help them understand the importance of intent, cost, and benefit when someone does something kind for them. For example, our eight-year-old cousin, Olivia, helped James with his homework. To help increase his gratitude for this, I said, 'How nice was it that Olivia went out of her to help you with your homework (intent)? She even gave up going on the trampoline to do so, and we know how much she loves that (cost)! And because she did, you were able to finish your homework before it got dark so you had more time to play outside (benefit)'."
5. "Tune into your child's interests and strengths. Nurturing this in them will give them even more to be grateful for."

Karen Fontaine is a Sydney-based journalist.



TABLE TOP
TENNIS CLUB

Goods & Service Auction

Friday 30th November

7.00 pm

Kinross Woolshed

Drinks available at bar prices



Bookings and queries to

Jenny Butterfield 0438 260 533 or Paul Payne 0419 491 449