



NEWSLETTER

Wednesday 30th October 2013

IMPORTANT DATES

Monday 4th to Friday 15th November
School Swimming Scheme

Thursday 14th November
Kinder Orientation Day
9.30 - 11.30

Wednesday 27th November
School Council 6 pm
P & C 7 pm

Thursday 5th December
Kinder Orientation Teddy Bears Picnic
12.30 - 1.30

Thursday 12th December
Presentation Evening 7 pm

Monday 16th December
Year 6 Farewell (Yrs 5 & 6)

Tuesday 17th December
Whole School Disco

Wednesday 18th December
Last Day of Term
Mufti Day

2014 Dates

Tuesday 28th January
Staff Development Day

Wednesday 29th January
Students Years 1 to 6 return

Thursday 30th January
Kindergarten students start

FROM THE PRINCIPAL

School Bank Details

For those families that would like to pay their school contributions, Athletics or the School Swimming Scheme by EFT, here are our school bank details:

Account Name: Table Top Public School

Account Number: 157014

BSB: 032-001

Reference: Family name followed by item being paid (eg Swimming, athletics, etc)

Gerogery Sports Day

Well done to all of the students who participated in the Small Schools Sports Carnival held in Gerogery yesterday. We were the overall winners on the day! 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.



Canberra Excursion

The Canberra excursion was a fantastic experience for the Year 4/5/6 students. Our itinerary was jammed packed with activities,

visiting sites of national significance including Parliament House, the Australian War Memorial, the National Portrait Gallery, and the science centre, Questacon. Thank you to Billy's mum, Cheryl, who assisted with supervision. Sharing the excursion with Gerogery Public School allowed for great friendships to be nurtured between the students, staff and parents of the two schools. Thank you also to Gerogery PS principal, Mr Broomfield and Gerogery parent, Carol, for sharing in this great excursion with us.



RFS Fire Safety Visit

Members of the Rural Fire Service will visit our school tomorrow presenting fire awareness sessions to all classes. With the summer months fast approaching, it is very important to know what to do when faced with a dangerous fire situation.

School Swimming Lessons

Swimming lessons for all classes will begin next Monday. The lessons, conducted at Gould Swimming Academy will take place every day for two weeks. 3/4/5/6 will leave school at 11.30am and return to school by 1.15pm. K/1/2 will leave school at 1.30pm and return to school by 3.00pm. Students who are not doing swimming lessons will stay at school with the remaining classes.

Please return the consent form and payment to school by Friday 1st November.

Selective High School Application for 2015

Selective High Schools applications for Year 7 placement in 2015 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 should submit an online application. Online application is available until Monday 18 November 2013.

www.schools.nsw.edu.au/shsplacement

Andrew McEachern

GARDENING NEWS

This week in gardening, Lou and 4/5/6 have been talking about garlic and its growing cycle. Garlic bought in supermarkets is usually grown in China; once the garlic has grown it is transported by both planes and ships. Once the garlic has been transported, Australian workers spray the garlic with a chemical to get rid of any germs on the garlic because the soil in China can have some diseases and can become stuck to the garlic. After the garlic has been sprayed, Australian workers soak the garlic in chlorine and put them in bags ready for sale.

The animal managers collected 18 eggs in 1 month, they collected 5 this morning. The new worm farm is going great thanks to Emily's kind donation of the worm farm freezer. Natalie, Isla, Leila and Dylan were scrubbing the garlic and watered the fruit trees.

Kelsey and Bella spotted 1 blue banded bee, a honey eater, 3 Willie wag tails, 3 cockatoos, lots of hover flyers and a baby magpie.

Bethany and her group watered the garden and weeded the fence then removed the African daisies near Yambla.

Isabella's group planted the basil seeds and weeded the soil.

It's been a great week learning about garlic.

Each week we will be learning about the different ingredients in pesto because at the end of the year, 4/5/6 will be making their very own pesto.

By Alicia and Claire. 28/10/2013

P & C NEWS

P & C Needs your help!!

As most of you may be aware the P & C contribute to many needs and resources in and around the school. These include library resources, athletics, school fridge, swimming bus and most recently, the P & C have provided the funds for the car park to be upgraded over summer. This has left P & C funds depleted which is where we need help. If you have any fundraising ideas or are happy to make a donation it would be greatly appreciated. For fundraising ideas please email me at jaynemb@outlook.com or phone 0466550364. Donations need to be marked P & C and can be handed into the office. We thank you for your support.



Nutrition Snippet

The simplest way

to improve the health of your family and save money.

Want to know how to get your family to eat all the fruit & veg they need to stay healthy?

Think fruit & veg cost too much?

Over the coming weeks we'll give you tips and ideas that will help you:

- Make healthy meals the whole family will love
- Pack healthy lunch boxes that will get eaten
- Save money by eating more fruit and veg
- Encourage fussy eaters with fun food ideas
- Grow your own fruit & veg without fuss

Got an idea to help us? Get in touch!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



HOW2Learn

Your Child is a learner

How you and your family can become learners

Have you ever wondered ...

- ? what happens when you are learning?
- ? if there is a good way of learning?
- ? whether play helps children to learn?
- ? what you can do to make your home a good place for learning?



HOW GOOD A LEARNER ARE YOU?

DO YOU ...

Yourself Your partner
Yes No Yes No

1. Always have to get it right first time?.....
2. Enjoy watching someone and copying them?.....
3. Talk yourself through it?.....
4. Try alternatives in your head?.....
5. Do it again and again until you get better?.....
6. Work out what you will do in detail beforehand?.....
7. Ask lots of questions as you go?.....
8. Give up easily?.....
9. Set yourself a target or targets beforehand?.....
10. Try to work out how it all fits together?.....
11. Need to get up and move around a lot?.....
12. Test yourself on what you have remembered?.....



ANSWERS AND EXPLANATIONS

1. No. It can be helpful to experiment and try alternatives.
2. Yes. Imitating others is a great way to learn, it's how we learn to walk.
3. Yes. Talking aloud helps you to understand and remember.
4. Yes. Rehearsing in your head works!
5. Yes. Practice does make perfect!
6. Yes. Planning is an essential part of most successful learning.
7. Yes. Asking yourself questions is essential.
8. No. Staying positive and persisting is essential.
9. Yes. Setting goals helps you to stay motivated and purposeful.
10. Yes. Your mind loves to make connections and see patterns.
11. We are all different! Moving about may help to give you more energy.
12. Yes. Going over things on a regular basis helps. Little and often is best.

Discuss your answers to the questions and the explanations given alongside them. What might you do differently as a result?

HOST FAMILIES NEEDED!

Southern Cross Cultural Exchange is looking for host families in the local area. If you are interested go to www.scce.com.au for more information.

SCHOOL ASSEMBLY

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

K/1 AWARDS

Zenith ~ for being engaged with her learning
Clifton ~ for being attentive to his learning
Destiny ~ for being a fantastic helper for K/1

2-3 AWARDS

Paris ~ for consistent effort with her work
Thomas ~ for his efforts with his storywriting

4-6 AWARDS

Zach ~ for enthusiasm during the Canberra Excursion
Jacinta ~ for a great effort on the Canberra Excursion
Charlie ~ for great participation on the Canberra Excursion

STUDENTS OF THE WEEK



VOLUNTARY CONTRIBUTIONS

Contributions for 2013 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.

MATHLETICS CONTRIBUTION

Parents are asked to contribute \$10 per child to help cover the annual user fee for Mathletics in our school. This is a fantastic price, as the usual fee is \$99 per child. Thanks to the P&C who have already committed funds to support Mathletics for our children.

P & C FUNDRAISING CONTRIBUTION

The fund raising voluntary contribution for 2013 is \$50 per family. This can be paid in full or by instalments over the next three terms as follows:

Term 1	\$20
Term 2	\$20
Term 3	\$10.

Cheques should be made payable to TTPS P & C

school bank details:

Account Name: Table Top Public School

Account Number: 157014

BSB: 032-001

Reference: *Surname and item/s being paid*

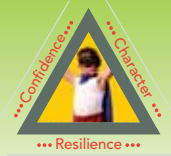


INSIGHTS

by Michael Grose - No. 1 parenting educator



Sorting out sibling squabbles



"Healthy families know how to fight well. When parents take an active approach to helping their children resolve their fights, they are teaching them a valuable life skill as well as reducing the incidence of fighting over the long term."

If your kids constantly fight with each other, then don't despair. All that emotional energy isn't going to waste.

According to a recent study sibling fights teach kids important conflict resolution skills. In fact, parents who stop their children from arguing may well be depriving them of important learning opportunities.

Researcher Laurie Kramer from the University of Illinois in the US found that kids who learned how to argue with their siblings had more advanced emotional development.

Anecdotally, it seems that sibling fighting is one of the biggest impediments to parents enjoying family life. Many parents tell me that if their children stopped bickering their lives would improve dramatically.

Many parents also worry that their children who fight with each other will not get along as adults. The evidence doesn't support this view. The test for strong families is more about the willingness for kids to pull together when the chips are down, than the frequency of the squabbling.

Healthy families know how to fight well. When parents take an active approach to helping their children resolve their fights, they are teaching them a valuable life skill as well as reducing the incidence of fighting over the long term. Here are some ideas;

- ✓ **Model good conflict resolution skills.** Kids wear L plates when it comes to solving disputes. Some kids will yell, get abusive or even get physical when they are settling disputes. Show them better ways of sorting out problems by talking things through with your partner, compromising and apologising when you've said something upsetting to your partner or your children.
- ✓ **Focus on emotions.** When kids come to you for help, say something like: "Yep, it would make me mad too if someone said that to me." Usually someone's feelings get hurt when siblings argue so make sure you recognise their emotions without taking sides. This focus on feelings helps kids develop emotional literacy and promotes empathy
- ✓ **Explain why siblings may have behaved the way they do.** Ask questions like, "What do you think she meant by that?" Kids are faulty observers and only see one side during disputes. It's the job of parents to round out the picture, and help kids see that there are two sides to any dispute.
- ✓ **Coach them on sorting out disputes.** Kids need the chance to sort their conflict out themselves, but sometimes they need a little coaching. Don't waste time trying to sort out who started an argument. Instead make some suggestions such as taking turns, giving way, bargaining and swapping.

- ✓ **Encourage them to restore their relationships.** Kids often get over disputes far quicker than adults. They can be squabbling one minute and cuddling up the next, so it gets tricky intervening sometimes. However, there are times when you need to encourage a child to mend bridges with an aggrieved sibling. This can mean kids have to swallow their pride, admit that they may be wrong, make an apology or make some sort of restitution such as doing a special favour. This type of restoration means kids must take responsibility for their behaviours and is a sign of growing maturity.

Children without siblings can learn conflict resolution skills by spending time with other peers and friends, and having parents who are willing to argue with them without coming on too strong or laying down the law.

Conflict and siblings tend to go together like bread and butter. While sibling squabbles can be annoying, they also offer parents great opportunities to help kids to handle conflict effectively, which is a great life skill.



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