



NEWSLETTER

Tuesday 12th February 2013

IMPORTANT DATES

Wednesday 13th February
School Council Meeting 6pm
P & C AGM 7 pm
All parents welcome

Monday 18th February
Southern Riverina PSSA
Swimming Carnival
(Selected Students only)

Friday 1st March
Scripture lessons commence

Friday 8th March
Riverina PSSA Swimming Carnival
(Selected students only)

Friday 29th March & Monday 1st April
EASTER LONG WEEKEND

Wednesday 10th April
Small Schools Athletics Carnival
Alexandria Park, Albury
Whole School

Friday 12th April
Last day of Term 1

Centre last Friday. Students from Table Top PS, Gerogery PS and Mullengandra PS met for a fun day of competition, friendship and excitement. The younger students (5 - 7 year age group) were involved in water games and races, while the primary aged students (8 - 12 year age groups) competed in timed races for a chance to represent the Small Schools at the Southern Riverina Swimming Carnival which will be held at the Lavington Swim Centre next Monday February 18th. A note and permission slip went home yesterday for those who have qualified. It was wonderful to see so many parents at our Small Schools Carnival. Thanks to everyone who helped out in any way on the day.

Student Leader Induction

Our school captains, Bellu and Bair and Year 6 students, Ellie & Ethan & Kelsey and Zach will be inducted as student leaders at our whole school assembly this Friday, beginning at 2.20pm. At this assembly our new leaders will each make a short acceptance speech, leadership badges will be presented and our leaders and their parents will sign the leadership agreement. Parents are encouraged to attend this important assembly.

FROM THE PRINCIPAL

School Swimming Carnival

Congratulations to our students for winning the beautiful Kevin Whelan Trophy by the very barest of margins at the Small Schools Swimming Carnival held at the Lavington Swim

Mathletics

Improving student knowledge, understanding, application and achievement in the Number Strand of Mathematics is one of our school targets for 2013. One of the ways we hope to achieve this target is by using the online Mathletics program. Mathletics is a computer

maths program giving children a fun and stimulating way to improve their maths skills. Teachers set tasks based on their teaching program and can track student progress. Mathletics can also be used at home to support learning.

We trialled Mathletics at TTPS in 2012 and the feedback from students, teachers and parents was very positive. In order to continue using Mathletics this year, we ask that parents contribute \$10 per child to help cover the annual user fee. 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.

Kindergarten Best Start

Miss Kirk completed her Best Start assessments with the Kindergarten students last week, giving her a clear understanding of where each child is at in their learning. This will allow her to develop relevant and appropriate teaching programs catering to the needs of the children. Miss Kirk will meet with parents to discuss the Best Start results and how the Kinders have settled into school in the near future.

Parent Invitation

Parents of students who have moved into Mrs Cambey's or Mr McEachern's class this year for the first time (Year 2 and 4) are invited to talk with their teacher about their children Thursday afternoon from 3.30pm. Please phone Mrs Scott in the office to make an appointment.

Reports from Others:

Gardening Report - Week 2

In gardening last week we harvested some blue popping corn, borlotti beans, tomatoes, capsicums, 326 potatoes and some eggplant. We also learned about what other families from

around the world eat in one week. We did other activities including weeding and watering. By Claire and Ellie

I think a few parents might know I am big on reducing packaging and fresh food - I have been using a reusable lunch wrapper for over 5 years now (so that means no annoying gladwrap) and thought others might be interested in a similar idea. The link is for a company I recently came across that had quite a number of different options for wrapping your sandwiches up in - plus other containers and boxes.

<http://www.littlegreentable.com.au/>

Lou Bull

Greek Salad Lou Bull

This would be my family's favourite summer salad. It is tasty, refreshing and uses the best home grown products. We have no Greek links what so ever in the family except for this recipe!

4 tomatoes cut into pieces (or use whole cheery toms)

1 telegraph cucumber (or whatever you are growing) chopped roughly the same size as tomatoes

2 green capsicums (if you don't have leave out)

1 red onion (I often don't include this)

16 olives - pips removed

250g feta cheese cut into cubes

2 tablespoons parsley - finely chopped

12 whole mint leaves - finely chopped

125ml olive oil

2 tablespoons lemon juice

1 garlic clove crushed

- Place tomatoes, cucumber, capsicum, onion, olives, feta and herbs into large serving bowl
- Mix olive oil, juice and garlic
- Pour dressing over salad
- Serve
- Lick the bowl when the guests have gone home!!
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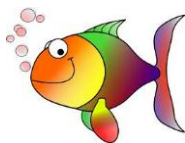
James Fallon HS News

James Fallon High School held its annual swimming carnival on Thursday, 7th February, at the North Albury Swimming Pool. A great day was had by all, and some very strong competitors from Northern Spirit Schools will go on to represent the school at Zone. The warm day meant that there was terrific participation particularly in the 50 metre Freestyle, and the day culminated in the teachers/students race, which the teachers won (legitimately). Our carnival was extremely well supported by our families, who visited for part or all of the day, to watch their children participate. The atmosphere and school spirit was very positive and many of our students had lots of fun.

Andrew McEachern
Principal

KINDER SOUND

The Kinder sound for this week is 'f' for Fish



BEST START PARENT INTERVIEWS

Miss Kirk would like to meet with parents of kindergarten children to talk about Best Start.

Please fill in a time on the attached timetable that is convenient to you on Wednesday 20th February or Thursday 21st February.

VISITORS BOOK

Parents are advised that when visiting the school to help in the classrooms, you **must** sign in and out in the visitors' book located at the front office.

ACTIVE AFTER SCHOOL PROGRAM

This program starts today with Hockey Albury/Wodonga teaching skills to participants

and then multi-skill activities on Thursday with Mrs Livermore.

Please remember to collect your children promptly at 4.45 pm

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.

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 NEWSLETTER VIA EMAIL

If you would like to receive an electronic copy of your newsletter instead of a paper copy please send a note to the office with your name and email address.

SCHOOL JACKET ORDERS

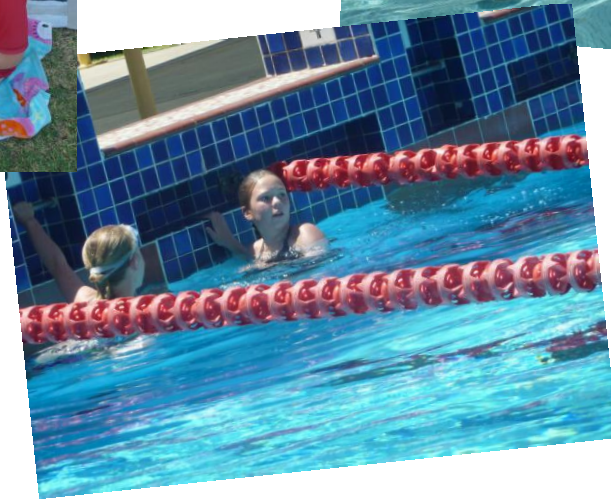
With the cooler weather just around the corner, we are taking orders for our School Jackets. We do not keep these in stock and they must be ordered by parents.

If you would like to order a jacket for your child please complete the order form attached and return it to school with payment (we have two payment options).

The cost for each jacket is \$58.30 (Inc GST) and will take approximately six weeks to supply.

PLEASE RETURN YOUR ORDER BY MONDAY 25TH FEBRUARY

JACKETS MUST BE ORDERED NOW; NO FURTHER ORDERS WILL BE PLACED



INSIGHTS

by Michael Grose – No. 1 parenting educator



Help kids face their fears

Navigating fear is part of growing up. It's important to remember that fear decreases (and sometimes disappears) with positive experiences.



All kids experience fear at some stage.

Many fears are normal and developmental, such as fear of separation, fear of the dark and fear of new situations.

Other fears – such as fear of the dentist, fear of new social situations and fear of dogs – are more individual. They are often learned, or occur due to a bad experience.

Author Gisela Preuschoff, in her book *Raising Girls*, describes a recent longitudinal study that showed how girls are more fearful than boys. The physical signs of fear, including increased heart rate and enlarged pupils, are greater in girls than boys. As androgens (male hormones) have a calming effect, boys show less fear.

Jerome Kagan, Professor of Psychology at Harvard University, believes that excessive fear in girls is related to overprotective but well-intentioned caring they receive from parents and carers.

It's been noted that many parents allow boys to take more physical risks than girls, and have different views of danger for each gender.

Fear is okay

Navigating fear is part of growing up. Fear plays an important role. It makes us cautious and causes us to prepare for a new or risky situation. The preparation may be physical (*"I'll walk on the other side of the street to avoid that mean dog."*) or psychological (*"I'll be brave when I visit the dentist!"*)

Sometimes normal, healthy fears are confused with anxiety. Fear is unhealthy if it overwhelms kids, dominating their thinking and behaviour, or if it paralyses and prevents them from participating in everyday life. Fear is normal if it makes them wary but is not overwhelming.

Fears need to be faced

It's important to remember that fear decreases (and sometimes disappears) with positive experiences. Walk past a scary dog without being bitten often enough and you'll learn that it's not so scary after all! Give enough talks at school and kids will wonder what all the fuss was about.

Scaffolding is one way to help kids beat their fears. That is, if they are fearful of going into a new situation on their own, go with them for a short time, then find an excuse to leave once they have settled. Alternatively, leave them to spend just a short time in an unknown situation at first. Increase the time as kids get used to the situation. Scaffolding beats avoidance and helps overcome fear.

Validate your child's fears but let them know you have faith that they will be able to face them. Point out that they have conquered fear before – when they rode a bike for the first time, gave a talk, slept on their own with the light off for the first time – and they can do so again.

Other ways to help kids be brave and reduce their fears:

- 1. Increase their physical skills.** Increased physical confidence comes when children explore and learn to control their bodies. Gymnastics and martial arts are two activities that give boys and girls greater physical confidence.
- 2. Teach them how...** Parents protect kids best by teaching them how navigate new situations rather than by preventing participation. Teach kids how to hold a knife, how to walk home from the park safely on their own, and how to climb a tree and get down again.
- 3. Teach kids simple relaxation techniques.** Babies learn to self-soothe by sucking their fingers. Older children use other relaxation methods ranging from deep breathing, singing and self-distraction by, say, reading a book or listening to a story.
- 4. Show confidence and hope.** Kids often take their cues from their parents, so if you want your child to be brave then you need to be brave too. I'm not suggesting you be dismissive of real fears, but your confidence and reassurance can really help when kids have to face their fears.