



NEWSLETTER

Tuesday 26th February 2013

IMPORTANT DATES

Thursday 28th February

Family BBQ
5.00 - 7.30 PM

Thursday 7th March

James Fallon HS Interest Day
Years 4 - 6

Monday 11th March

Responsible Pet Ownership Program
11.30 am (*Whole School*)

Friday 8th March

Riverina PSSA Swimming Carnival
(*Selected students only*)

Thursday 14th March

Northern Spirit Learning Community
Year 6 High School Experience Day
James Fallon High School

Thursday 21st March

Student Leaders Breakfast
7.30 am - 11.00 am

Friday 22nd March

Albury Gold Cup Half Day Holiday

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

FROM THE PRINCIPAL

TTPS Family BBQ

All families are invited to attend the Table Top Public School Family BBQ at the school this Thursday afternoon from 5.00-7.30pm. New parents are especially asked to come along and meet with other members of the Table Top Public School family. Please BYO salads and drinks (no alcohol). The school will provide a free sausage sizzle.

SRC Badge Presentation

Congratulations to Darcy, Audrey, Emmy, Zenith Trebley, Matilda, Jai, Charlie, Natalie, Emma, Billy, Kelsey and Ellie who were all presented with their SRC badges at last week's assembly after their successful election by their classmates to the Student Representative Council. As part of their responsibilities, School Captains Bella and Bair are also on the SRC.

Peer Support Leader Training

Our Year 6 and 5 students will take part in a day of Peer Support training this Friday with Mr McEachern and Miss Kirk. The Peer Support Program provides students with a supportive learning environment in which to develop the skills, understandings, attitudes and strategies to improve mental wellbeing. The program focuses on developing key skills in resilience, assertiveness, decision making, problem solving and leadership. Once trained, Peer leaders will work with multi age groups of 8-10 younger students, presenting two sessions on making

friends this term, and then a ten week series of sessions next term.

James Fallon High School Visits

Students from the small schools who traditionally feed into James Fallon High School have been invited to the High School on Thursday, 7th March for their small schools and parents interest day. Our 4/5/6 students along with those from Mullengandra PS (and interested parents) will experience a high school activity and a tour from 1:00-pm-2.45pm. A permission note will go home later this week.

All Year 6 students will follow up on Thursday, 14th March, 2013 with the Northern Spirit Learning Community High School Experience Day at James Fallon High School. All Year 6 students from across the Northern Spirit network will attend JFHS to experience a day in a high school setting.

Mathletics Contribution

Parents are reminded to contribute \$10 per child to help cover the annual user fee for Mathletics use 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.

Gardening Report - Week 4

The Harvest Group picked one rockmelon-1kg and 300g of Cherry and Zebra tomatoes. The Garden Maintenance group watered the lizard garden, and the Chinese Oak Tree. They also pruned the Lavender and Cosmos. The Compost Group took the clippings from the Lizard Garden and put them on the Compost Pile.

The Hen Group have collected 8 eggs since last Thursday.

Written By Ellie G & Kelsey.

Library Mosaic

Tiles for the mosaic will start to be applied onto the library wall this Thursday under the expert guidance of Mrs McEachern. The design is a culmination of the designs that students in Years 4, 5 & 6 created at the end of last year.

It is a stylized representation of the local landscape. Students will work on the mosaic in groups of five on Thursdays, starting this week. It is envisaged that every student in the school will have a turn over a 4-5 week period. As the tile cement is long lasting, especially on clothes, parents are asked to pack a very old t-shirt and shorts in their child's/children's bag so they can change when it is their turn to work on the mosaic. The students must also wear covered shoes. The school will supply disposable gloves so if your child is allergic to latex please supply an alternative. No student without protective clothing or covered shoes will be allowed to work on the mosaic.

Compliments and Complaints

Open communication is the key to successful school and home partnerships. If you have a compliment, complaint or suggestion about any aspect of our school services we're keen to hear from you. If you are unhappy about any aspect of the school it is best to discuss your concerns with your child's teacher first. Make an appropriate time to meet with them or phone the school and ask for an appointment with the teacher. If you are not happy with the result, or if you do not feel it is appropriate to talk to them, phone and make an appointment to discuss your concerns with the principal. You may bring a friend or relative to be your support. If you need an interpreter, we can arrange that - just ask beforehand. The Compliments and Complaints form may also be used. Complete the form and send it to the principal.

<http://www.schools.nsw.edu.au/media/downloads/language-support/complaints-compliments/form/english.pdf>

Andrew McEachern
Principal

KINDER SOUND

The Kinder sound for this week is 't' for Tiger



ABSENCE NOTES

It is a requirement of the Department of Education and Communities that all absences be explained in full. Regulations require an explanation of illness (eg cold, flu, earache etc) not just sick or ill.

To make this easier for parents we have attached several sheets of notes for use when required.

You must send a note, or contact the school to explain all absences.

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 ASSEMBLY

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

K/1 AWARDS

Clifton ~ Excellent work in Numbers

Levi ~ Writing lots of great words

Ella ~ working hard on sounds and phrases

2-3 AWARDS

Elizabeth ~ trying really hard in Spelling

Toby ~ trying really hard in Spelling

4-6 AWARDS

Isabella ~ always trying to do her best

Billy ~ commitment to learning

Ellie /Bair ~ outstanding help around the school

STUDENTS OF THE WEEK





SRC Members 2013

Easy Sudoku for Tuesday 26-2-2013

		6	3		2			9
7		4		1	8			
9					4	1		3
	8		4	7			1	
3	2						7	4
	7	1		8	3		5	
1		3	6					8
	9		5	4		6		7
5			8		9	4		

Sudoku provided by Sudoku.com.au

Wombats Hockey Club

Interested in playing hockey or learning to play hockey? We are looking for boys and girls for all our teams, that is Under 9s, Under 12's Under 14's and Under 16's right through to seniors and veterans. You can give Cayte Campbell a call on 0402 435 433 or Joy Lee a call on 0438 216 085

Cayte Campbell

Secretary

Wombats Hockey Club

INTERESTED IN A FREE COURSE TO GET LIFE AND WORK SKILLS?

This is an opportunity for women or men who would like to gain confidence or skills to make the transition back to work or study.

TAFE NSW Riverina Institute is offering ***Certificate II in Skills for Work and Training*** in first and second semester at the Albury Campus. The course is fee exempt and runs from February to June and also from July to November full time during the day in hours to suit parents (three days a week 9.30 am to 3 pm). Part time study is also possible.

For further details, please contact Barbara Heron on (02) 6058 2893. You can also email Barbara.Heron@det.nsw.edu.au .

FALCONS HOCKEY CLUB.

Registrations now open:

New players always welcome.

Email falconshockey@hotmail.com.au

Website: www.falconshockeyalbury.com.au

New u9 teams in 2013

We need more boys and girls in all age groups

**Junior Training (U9 to U16) 5:30 pm – 6:30 pm
Thursdays (starts Feb 28th)**

**Senior Training 6:00 pm to 8pm Thursdays
(started 7th Feb)**

Learn an Instrument



**Murray Conservatorium teaches
all Instruments, Voice
and Rock Music**

Ensembles and Musicianship

Taught by qualified professionals

**Phone Murray Conservatorium
(02) 6041 4249**

INSIGHTS

by Michael Grose – No. 1 parenting educator



Wielding 'soft power' at home

Your parenting authority works well with easy, compliant children but teenagers and demanding kids require some pretty nifty communication skills if you are going to win their co-operation.

Many people ask me: "How do I get my kids to cooperate with me?" This question reflects a frustration that many parents have with their ability to influence their children. It's also indicative of the changing times in which we live where kids don't necessarily blindly obey their parents, as they did until a few generations ago.

As a parent you have two sorts of power: positional power and soft power.

Positional power is better known as your authority as a parent. Parenting has a huge vocabulary built around 'positional power' with terms such as discipline, punishment, child management and behaviour management to name a few.

When I began as a parenting educator 20 years ago the term 'parenting' was code for behaviour management. It was mostly about helping parents exert their 'positional power'.

The second type of power is **soft power** and is mostly about effective communication. It's about influencing rather than simply exerting your authority over kids. Interestingly, your authority works well with easy, compliant kids but teenagers and demanding kids require some pretty nifty communication skills if you are going to win their cooperation.

Don't get me wrong. It's okay to use your positional power. Kids need to know that someone is in charge. They need parents who feel comfortable in their role.

But relying solely on positional power is hard work. A statement directed at you by a child along these lines: "You can't make me do anything I don't want to do!" is a challenge to your position as parent.

When positional power fails, which it inevitably will, you can only rely on soft power to influence your kids. Here's the rub: there is nothing soft about it because it carries significant weight when all else fails!



Here are five ideas to make you less reliant on using **positional power** and help build your **soft power** skills:

1. **Get** your head around the fact that discipline (there's that positional power thing again) is not about winning and losing, but about teaching kids how to behave and be responsible for their behaviour. The key to successful discipline with adolescents is to speak to them in ways that don't threaten their need to feel like they are in control.
2. **Choose** a role model who wields soft power well and start to copy their way of speaking and acting with kids.
3. **Talk** about the difference between positional power and soft power with your partner or a friend to help you clarify the differences, as well as find an ally to support you.
4. **Make** soft power your priority for a week and see how it feels to influence rather than brow beat; to mediate rather than negotiate; to use consequences rather than yell when kids don't cooperate with your way of thinking.
5. **Practice** one skill at a time. Read books, blogs and other resources to help you understand more about soft power, then gradually practice and experiment with new ways of communicating with kids.

Next time you speak to your kids in a potentially tricky or challenging situation check to see if you are using positional power to win the situation or soft power to win the kids over to your way of thinking.

Hopefully, its soft power that you are using to win the day!

Great ways to develop your soft power skills with Michael Grose:

1. **Subscribe to Happy Kids** – Michael's free weekly email guide.
2. **Download our free Parentingideas Skills Guide:** 10 BEST tips to get cooperation from kids without tears, fears or putdowns.

These great resources are waiting for you at Parentingideas.com.au/Parentingideas-Newsletter

parentingideas.com.au parentingideas.co.uk parentingideas.co.nz

Michael Grose Presentations

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