



NEWSLETTER

Tuesday 5th March 2013

IMPORTANT DATES

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
School finishes at 12 noon

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

Tuesday 2nd April

Years 2 - 4 Wirraminna Environmental
Education Centre Visit
Burrumbuttock

Wednesday 10th April

Small Schools Athletics Carnival
Alexandria Park, Albury
Whole School

Friday 12th April

Last day of Term 1

Monday 29th & Tuesday 30th April
Staff Development Days

Wednesday 1st May

First Day of Term 2

FROM THE PRINCIPAL

Library Mosaic

The library mosaic is coming together beautifully and so far the majority of students have had some sort of input. But time is quickly slipping away for those who have not had a go yet. For involvement, children must bring old protective clothing (shirt, shorts and covered in shoes). Work on the mosaic will continue with Mrs McEachern for the next two Thursdays and we would hate anyone to miss out.



James Fallon High School Visits

All Year 6 students will spend the day at James Fallon High School on Thursday as part of the Northern Spirit Learning Community High School Experience program. All Year 6 students from across the Northern Spirit network (Table Top PS, Mullengandra PS, Thurgoona PS, Albury North PS, Hume PS and Glenroy PS) will attend JFHS to experience the high school setting.

Our 4/5/6 students had a wonderful introduction to James Fallon HS last Thursday during the small school visit. Spending a couple of hours at the school, the students were split up into smaller groups and either experienced a science, woodwork or dance lesson. There was a lot of excited talk coming from the students on the return bus ride. There was a great article and picture in this morning's Border Mail about the visit.



NSLC Student Leaders Breakfast

All student leaders from across the Northern Spirit Learning Community have been invited to the Leaders Breakfast at the Thurgoona Community Centre next Thursday, 21st March. All of our Year 6 students have been invited. At the breakfast they will listen to speakers about leadership and build their leadership capacity

Responsible Pet Ownership

The whole student body had a lovely time yesterday meeting Milo, a Poodle/Labrador cross, during the Responsible Pet Ownership sessions in the library. At the sessions, students learned about how to care for pets, how to behave around barking dogs and how to approach a pet owner and ask for a pat of their animal.



Gardening Report

There will be no regular gardening lessons this week or next week because Lou will be away. She has, however, left a 4/5/6 roster for students to continue their gardening jobs at recess and lunch time until her return.

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.

Peer Support

Last Friday we had our first peer support lesson. We were focusing on friendship. We all had a great time getting to know the people in our group we got to learn a bit about each other like what is their favourite foods and their favourite games. We all headed to different classrooms where we had three actives to accomplish. One was getting to know the people in our groups, the other was making the rules and another was a ball rolling game. Every group had a co-leader, for an example I had Claire and Ryley who are from year five. We all had a great time and we got to know a bit about different people.

Ellie - Peer Support Leader

Albury Gold Cup Half Day closure

The school has been gazetted a half day holiday on Friday 22nd March for the Albury Gold Cup.

School will finish at 12 noon on this day. Martins have advised that our school bus will run at 12 noon for the western bus run and will leave the school at approximately 12.20 for the eastern bus run.

They have asked that parents are aware of the early drop off times and that parents are waiting at the bus stop for their child/children.

Andrew McEachern
Principal

P&C Fundraiser

We are doing a school fundraiser both to raise money and to supply the school with some knives for the students to use as part of their learning including the community food days. These knives are stainless steel and cut food not fingers! Unlike using a normal butter knife, they won't slip on hard food and bruise fingers either. They are great quality and are good to have at home for the kids to help in the kitchen - and also make a great birthday pressie. If you would like to see them in action, for a video please see <http://www.kiddiefoodkutter.com>.

HELP SUPPORT US
by buying a KiddiKutter knife
Great for kids in the kitchen!



BPA FREE

kiddikutter
CUTS FOOD • NOT FINGERS

Cuts all food, safely • Gives kids independence
Use for meals or food preparation
Left or right handed • Fabulous easy grip handle
Works by sawing • Not sharp stainless steel blade
Suitable for 3 yrs+ • Dishwasher safe

Please share this with friends and family and place your order (including money) by Wed 20th March. They are a great quality product which makes it easier for kids to be involved with cooking and learning new skills - and if you are not satisfied - you have a 100% satisfaction guarantee. They are \$12 each.

Thanks in advance,

P&C

KINDER SOUND

The Kinder sound for this week is 'c' for Cat.



LOST PROPERTY

Our lost property box is overflowing with items.

We would appreciate it if parents could look through the box when at school to see if anything belongs to your children.

The contents will be disposed of at the end of the term.

UPDATING OUR RECORDS

It is very important that the school has up-to-date information. Could parents please check with Mrs Scott to make sure we have the correct information relating to emergency contacts (name & phone number/s) and correct address and home/mobile phone numbers for all parents.



EGGS FOR SALE

We have fresh eggs for sale from our resident hens. If you would like to order a dozen for \$4 please contact the school. We only have two hens so there might be a little bit of a wait, but it is worth it.



Let Mrs Scott know and she will put your name on a carton and when it is full she will contact you for collection.

The link below may interest some parents/families. it is a local community calender that lists events that are coming up. It has a lot of local community groups on it that some may be interested in.



<http://www.ecoportal.net.au/>



Some of our students made a caterpillar in some creative sand play.

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

Audrey ~ for great work in sounds

Jake ~ for working super hard in sounds and letters

Darcy ~ for interesting News items

2-3 AWARDS

Dominic ~ for a fantastic effort in homework

Thomas ~ for doing his best work quietly

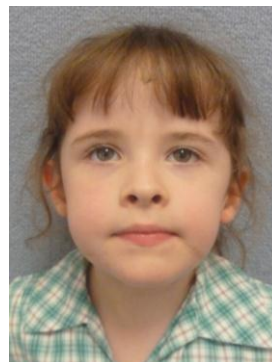
4-6 AWARDS

Emma ~ for great work in Peer Support

Ethan ~ for fantastic leadership in Peer Support

Mia ~ for great commitment to learning

STUDENTS OF THE WEEK



Billabong High School

Gordon Street
GULCAIRN, NSW 2660
Email: billabonghighschool@det.nsw.edu.au
Web Address: www.billabonghighschool.nsw.edu.au

Phone: 02 60298377
Fax: 02 60298833

Principal: Phil Carroll

Deputy Principal: Julie Bowen

Invitation: Year 7 Students 2014

Billabong High School Visit
Thursday 14 March 2013
9.00am – 11.00am

Billabong High School students and staff extend an invitation to you and your child to visit our school on Thursday morning 14 March 2013.

The morning will provide Year 6 students with the opportunity to experience the variety of lessons and activities which take place at Billabong High School everyday. It will also allow students and their parents to familiarise themselves with the school and meet members of the teaching staff prior to enrolling in Year 7 2014.

The morning will begin at 9.00am in the school hall with a short welcome by the School Captains, Year 7 students and the Principal. Year 6 students and their parents will then be invited to tour the school, in small groups, with student guides and visit classrooms. Morning tea will be provided for parents and students prior to departure at 11.00am.

We look forward to welcoming you to Billabong High School. If you are unable to attend on this day please contact me and I will organise a tour at a more suitable time.

Phil Carroll
Principal

NetSetGo - Thurgoona Football/Netball Club

Registration Day - this Saturday 9th March, 9am – 12pm at the club rooms. 11 week program
Saturday's 6th April – 29th June, 8.15am to 9.15am (we know it's early!). 5 – 10 year olds. Learn & improve netball skills with a fun & active group. Parent helpers are required to enable the program to run, so call Tiana on 6043 2529 for more info.

STEWART HOUSE 2013 DONATION DRIVE

Attached to your newsletter is a donation drive envelope. If you would like to donate and have the chance of winning a \$4000 holiday, return the completed envelope with your donation inside to school by Friday 12th April (last day of term)

Easy Sudoku for Tuesday 12-3-2013

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

Sudoku provided by Sudoku.com.au



© 2010 www.PrintActivities.com

Guide the girl through the horse maze to the paddock

INSIGHTS

by Michael Grose – No. 1 parenting educator

parentingideas.com.au

parentingideas.co.uk

parentingideas.co.nz



Is your child too busy?

Many modern kids don't have a chance to get bored. They are always on the go. As they get older their lives become more organised. Now is a good time to take stock of your child's schedules to see if there's time for relaxation, free play and catching up with family.



As the school year cranks up, kids' involvement in after school activities gets under way as well. It seems everyone in the family gets on the activity round-about once school starts back.

Now is a good time to take stock of your child's after-school schedule to make sure that there's time for relaxation, free play and catching up with family.

A recent Australian study found that four and five year olds spend more time in organised, structured activities than in unstructured play. They spend 4.2 hours each day in unstructured play and watching television compared to 5.2 hours visiting others, doing lessons or classes or in child care.

So much for the image of childhood being a time of carefree, child-initiated fun!

As they get older their lives become more organised. The proliferation of organised sport, performance-based and educational type activities available in the burgeoning 'child development and education' industry ensures that kids' lives are heavily scheduled. Many modern kids don't have a chance to get bored. They are always on the go.

But has it gone too far? While high parental involvement to maximize kids' potential in the early years is to be applauded, this flurry of activity can leave parents exhausted too. The idea of having a few spare hours to read a book or laze on the couch is foreign to many parents. They are vague memories of a different life stage when life revolved around them, their partner and friends.

It seems we try to fit so much in our days that there isn't a lot of fun in parenting for many people. Kids too are feeling the strain. The rise in childhood anxiety as reported by educators and health professionals indicates that the push for early success comes at a cost to children's well-being and mental health.

Seek a balance

Most of the evidence suggests that parents should take a balanced approach to child-rearing and make sure that kids have sufficient time to just be kids. Not everything in their lives needs to be tied to learning or needs to have a purpose. One or two organised activities a day maybe okay, but any more, and you may find you are creating a 'stimulus junkie'. When children want to add an organised or adult-lead activity to an already bulging schedule then they should be encouraged to delete an activity, which is a great life skill.

Build regular down-time into family life.

Avoid being a family that's always on the go. Make sure you have some down-time so family members can relax and have the chance to connect. And don't be afraid that your kids may become bored. Boredom gives kids opportunities to keep themselves occupied. This may mean that you need to say no to an afterschool activity. Alternatively, kids can participate but maybe another adult can take them and pick them up.

Some tips for getting the balance of activities right:

1. Make sure kids have a couple of after-school activities that suit their interests, and that they want to do.
2. They should have enough spare time to do homework without feeling stressed.
3. Make sure they have spare time each day for self-initiated activities including watching television, using the Internet (if appropriate age-wise) and socialising.
4. Check that children have opportunities each day to spend time with family members including parents.



Are kids too busy these days? Tell me what you think. Visit [Facebook.com/michaelgroseparenting](https://www.facebook.com/michaelgroseparenting), look for The Busyness Trap on the Discussion page and leave a comment.

Michael Grose Presentations
PO Box 167 Balnarring Vic 3926
p + 61 3 5983 1798
f (03) 5983 1722
e office@parentingideas.com.au

parentingideas.com.au
 parentingideas.co.uk
 parentingideas.co.nz
 [facebook.com/michaelgroseparenting](https://www.facebook.com/michaelgroseparenting)
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Join Michael's community of parents on Facebook. Go to www.facebook.com/michaelgroseparenting and click on the Like button.



Fundraising order form.

Fundraising group name:	
Fundraising Coordinator:	
Delivery & invoice address: (Must be a street address.)	
Phone contact No.	
email address:	
Please complete & return this order form by email: info@kiddiefoodkutter.com Invoice to follow. Goods will be shipped to you following payment of invoice via cheque or direct deposit.	

Minimum order is Fifty knives @ \$6.00 each

Hot Pink	Blue	Green	Purple
QTY			
Total order for your group.			

Payment Methods: (Cheque & direct deposit.)

Our group will pay by:

Cheque ☐ Direct deposit. ☐

+\$15.00 Postage

\$



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