



NEWSLETTER

Tuesday 7th May 2013

IMPORTANT DATES

Tuesday 7th May
Active After School commences

Wednesday 8th May
School Banking recommences

Wednesday 15th May
School Council Meeting 6pm
P & C Meeting

Wednesday 22nd May
Multicultural Day

Friday 24th May
Southern Riverina PSSA Cross Country

Thursday 30th May
Year 5 James Fallon HS
Experience Day

Tuesday 11th June
Riverina PSSA Cross Country
(*selected students only*)

Thursday 13th June
School Photos

Wednesday 19th June
School Council Meeting 6 pm
P&C Meeting 7 pm

Friday 28th June
Last Day of Term

FROM THE PRINCIPAL

CSU Practicum Teacher

Charles Sturt University student Mr Chester Peck began the teaching component of his practicum with the 4/5/6 class this week. Mr Peck, who is in his final year, is well known to the students, having been a regular visitor to the class last term, undertaking observations. Mr Peck will continue teaching in the class for the next four weeks.

Peer Support

Our Year 6 Student Leaders and their Year 5 support people will begin the Keeping Friends Peer Support lessons with their groups this Friday. Last term all students, K-6, were placed in groups for the introductory sessions. The Keeping Friends Peer Support lessons will take place each week for the next eight weeks.

NAPLAN

The National Assessment Program - Literacy and Numeracy (NAPLAN) for all students in Years 3 & 5 will be held next week. Language Convention test (Spelling, Punctuation and Grammar) and a separate Writing test Tuesday May 14th; Reading test Wednesday May 15; Numeracy test (Number, Algebra, function and pattern, Chance and data, Measurement and space) Thursday May 16. A make-up day is scheduled on Friday May 17 for those students who missed any section of the test or were absent on a testing day. All tests will take place during the morning sessions on each of the allotted days.

Halve Waste Presentation

All classes will learn about composting and reducing waste when they take part in the Halve Waste presentations next Tuesday after

lunch. Thank you to our wonderful gardening guru, Lou Bull, for organising these free presentations for our school.

Woolworths Points

We have a special box in the foyer where completed Woolworths Earn and Learn sticker sheets can be placed. Sticker sheets are available on the table at the front of the office. Last year we collected almost 26000 points, which allowed our school to claim art materials to enhance the learning of our students. This year, let's see if we can nudge the 30000 mark!

Border Trust Back to School Program

Border Trust, the Community Foundation for the Albury Wodonga Region, in association with the 2013 Sidney Myer Fund / FRRR Back to School Gift Voucher Program, are providing assistance for any TTPS families in need by offering access to \$50 Target vouchers to help meet some of the costs in keeping their children at school. The Back to School Program is an initiative of the Sydney Myer Fund and the Foundation for Rural and Regional Renewal (FRRR). The \$50 vouchers are to be used to purchase essential school items such as uniforms, clothing, shoes, school bags and school stationary items. Any child whose family may be experiencing financial hardship is eligible to receive a voucher, so a family with more than one child at our school may receive more than one voucher. Families of Table Top PS students who are in need of assistance are asked to make a discreet appointment with the principal.

Andrew McEachern
Principal

KINDER SOUND

The Kindergarten sound for this week is 'g' for GOAT



SCHOOL ASSEMBLY

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

K/1 AWARDS

Gibb ~ for always working well in class
Jake ~ for trying so hard in Spelling
Darcy ~ for spelling and writing words

2-3 AWARDS

Tilly ~ for excellent work in Maths
Jessica ~ for excellent work in Maths

4-6 AWARDS

Bella ~ for her consistent effort in all areas
Jaxon ~ for his dedication to peer tutoring
Dylan ~ for outstanding help with our school mosaic

STUDENTS OF THE WEEK



MANURE NEEDED

Lou Bull would like some manure to make a big compost. If you have any manure you can deliver to the school we would really appreciate it. Please contact Lou on 0458 240 634.

Composting Workshops

On the 14th May a consultant employed by Albury City Council will deliver some workshops on composting at the school. Interested parents would be welcome. The workshops will be K/1/2 from 2 - 2.30 pm and 3/4/5/6 from 2.30 - 3.00 pm.

NAIL CAN HILL HERO'S

Last weekend several students, past students and parents entered the Nail Can Hill run.

Congratulations to Bella and Kelsey on their first year running/walking/talking the annual Nail Can Hill Run. They came in in 1 1/2 hrs and with big smiles - a great effort.

Other Table Top School family members who gave it ago included Letita Harrington, Andrew Shaw and past student Aaron and Maddy Shaw and Lou Bull who did the Iron Man (the Mt Bike and then the run - just to confirm with everyone that she is just a little crazy!!).

Wombats Hockey Club

The hockey season is just getting into gear so if you are interested in playing or learning to play hockey, give us a call We are looking for boys and girls for our Under 9s, Under 12 girls Under 14 girls & boys and Under 16 girls as well as limited seniors and veterans. Give Cayte Campbell a call on 0402 435 433 or Joy Lee a call on 0438 216 085.



Wombats Hockey Club – HAW

Web: www.wombatshockey.com

Facebook:

<https://www.facebook.com/groups/wombatshockeyclub>

Email: committee@wombatshockey.com



Albury Wodonga
Animal Rescue
Hope - Life - Love



Dr Jana's
Veterinary Centre

Adoption Day

Sunday June 2nd
11am - 2pm
at Dr Jana's Veterinary
Centre 323 Wagga Road
Lavington

Dr Jana's Veterinary
Centre and Albury
Wodonga Animal Rescue
are getting together again
for our annual Adoption
Day and Fete!

- Dogs and Puppies for adoption
- Cats and Kittens for adoption
- Talk to our dog trainer Brydie Charlesworth
- Dog safety talk for children, bite prevention
- Petting Zoo for kids
- Talk to a vet at Dr Jana's
- Talk to our Albury City Council ranger
- Face Painting for kids
- Cake stall and Sausage Sizzle!
- Coffee & Tea stall
- Home made Soup
- Raffles and more!

www.alburydogrescue.org.au www.alburycatrescue.org www.janasvetcentre.com.au

Please come and meet our
available pooches and kitties,
support us and join in the fun!

See you there!
More info? 02 6040 9099

Hard Sudoku for 7-5-2013

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

Sudoku provided by Sudoku.com.au

INSIGHTS

by Michael Grose – No. 1 parenting educator



It's called Mother's Day, not Parent's Day

Mothering is different to parenting. Being a mum is emotional, instinctive and a job for life!



There's a massive difference between being a mum (or dad) and being a parent.

'Parenting' is a twentieth century term that suggests that raising kids is a gender neutral activity. It's a managerial, almost scientific term that has given rise to a huge industry. In Western countries, millions of parenting books and magazines are sold each year, parenting columns appear in most newspapers, and new television series appear every year focused on the modern notion of parenting.

The problem is that when we refer to 'parenting' we tend to remove the heart and emotion from the task. We obscure the fact that it is mothers and fathers who are doing the child-rearing, rather than mere parents.

Parenting means different things to different people. For many people the term 'parenting' is code for behaviour management – particularly taming toddlers and their close cousins, teenagers. A broader and more thoughtful definition includes teaching kids positive values and attitudes, developing a range of skills that equips them for adulthood, and ultimately preparing kids to be parents themselves one day.

I often point out to audiences in parenting presentations how being related to our kids can stop us from being great parents. We all know how our neighbour's kids should be raised, but somehow it's harder to raise our own. That's because the hopes and dreams of motherhood (and fatherhood) can somehow get in the way of rational decision-making.

Mothering is emotional and instinctive

And that's the thing. Being a mother is not always rational, as parenting is often made out to be. There is a great deal of emotion attached to the role of mother. This emotion drives you to fight hard to protect your children, work assiduously to right any wrongs on their behalf, and exhaust yourself looking after their physical and psychological well-being.

Being a mother is instinctive. In the information age we need to be careful we don't to deny the intuitive nature that mothers bring to their child-rearing. The nature of mothering infers nurturance, protectiveness and longevity. Mothering is relational rather than rational. You may grow out parenting by making yourself redundant but mothering is something you never grow out of. You are a mum for life.

Kids want their mothers, not their parents

Kids of all ages say, "That's my mum!"

They don't say, "That's my parent!" (They may say that when they are annoyed or embarrassed by you, but that's another story.)

Boys and girls of all ages generally love their mothers unconditionally, whereas they merely put up with their parents, particularly during adolescence. They can live without their parents, or so they think, but deep down they know they can't live without the one person who has a blind spot for them, overlooking all their faults. That person, of course, is their mother.

When kids of all ages get into emotional difficulty or their life becomes too hard, they generally go looking for their mums. They only look for their 'parent' when they want some money, or want someone to get them out of a jam!

Raising kids is about mothering (and fathering) ... rather than parenting. That's why we have Mother's Day (and Father's Day) rather than Parent's Day.

I hope you have a good one!

For ideas to help you be a great mum subscribe to Happy Kids my weekly email guide at Parentingideas.com.au.

About Keeping Friends

This module supports children in developing knowledge, skills and attitudes enabling them to make friends more readily and maintain those friendships.

Keeping Friends provides children with opportunities to discuss different types of friendship, the importance of friendships and how to play well together.

Keeping Friends is underpinned by the premise that resilient children have a broad range of supportive networks as opposed to a single best friend. They are able to move from group to group as the situation arises without relying on the presence of only one other student to influence the quality of their day.

Parents can assist their children by encouraging them to play with many different children, hence strengthening their social capacity and ability to cope. The following is a list of key behaviours parents can encourage in their children to help promote friendship skills:

- ❖ talking with others during play
- ❖ taking a genuine interest in others
- ❖ smiling often
- ❖ providing help to others
- ❖ offering encouragement
- ❖ being willing to share with others
- ❖ learning how to move graciously into or out of a group.

For more information visit Michael Grose's website: Parenting Ideas.
(<http://www.parentingideas.com.au/>)

Why Teach Relationships?

A child's view of their school experience is inextricably tied to the relationships they were able to establish. These include relationships with their teachers and other adults as well as relationships involving older or younger students. However the most profound relationships existing within the school are the friendship groups.

Friends are a critical component in a successful school experience. Strong friendships provide support and permission to have fun. They are a significant contributor to a child's resilience. As children age they become even more reliant on friends as a source of advice and acknowledgment of who they are.

Children are generally willing to make friends readily with others, however not all children have the necessary skills to maintain those friendships in times of tension and conflict. They can be taught to speak and act in ways that draw others towards them, rather than turning them away.

Many children display a competitive nature during play. How they treat others during the game, or after they have won or lost, can influence the way others see them, either for the better or worse.

Students who are easy to get along with, supportive and encouraging of others and fair in their interactions with their peers are more likely to maintain positive friendships.

Students with good relationship skills can move from one group to another, confidently ask to join in with others and are able to cope with occasional rejection.

Benefits for my child

All participating students benefit from the Peer Support Program by

- ❖ identifying qualities of friends
- ❖ broadening their friendship base
- ❖ recognising the importance of friendships
- ❖ becoming more welcoming of others
- ❖ engaging in positive play



Questions & Answers

What is the Peer Support Program?

The Peer Support Program provides a fun and engaging environment for young people to address issues such as bullying, relationships, and self image. Modules are designed to equip young people with skills to deal proactively with life experiences, develop a sense of self worth and belonging, and to encourage taking responsibility for decisions and actions.

How does the Peer Support Program work?

Trained Peer leaders facilitate activities with small groups of younger students. A teacher supervises each group which includes two Peer leaders and multi age groups of 8-10 younger students.

How can I support the Peer Support Program in my child's school?

Discuss with your child the activities, concepts and understandings they are developing each week. This helps to foster a positive connection between school and home.

For more information about your school's Peer Support Program contact the Peer Support Coordinator at your school.



peer support australia

The mission of Peer Support Australia is to provide dynamic peer led programs which foster the physical, mental and social wellbeing of young people and their community

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Keeping Friends

equips students with the
necessary **skills** to
maintain friendships,
become a **better friend**
and **interact** with **others**
in a **positive way.**



peer
support
australia