



# NEWSLETTER

Tuesday 14<sup>th</sup> May 2013

## IMPORTANT DATES

**Wednesday 15<sup>th</sup> May**

School Council Meeting 6pm  
P & C Meeting

**Wednesday 22<sup>nd</sup> May**

Multicultural Day

**Friday 24<sup>th</sup> May**

Southern Riverina PSSA Cross Country

**Thursday 30<sup>th</sup> May**

Year 5 James Fallon HS  
Experience Day

**Tuesday 11<sup>th</sup> June**

Riverina PSSA Cross Country  
(selected students only)

**Thursday 13<sup>th</sup> June**

School Photos

**Wednesday 19<sup>th</sup> June**

School Council Meeting 6 pm  
P&C Meeting 7 pm

**Friday 28<sup>th</sup> June**

Last Day of Term

## NAPLAN

The National Assessment Program - Literacy and Numeracy (NAPLAN) for all students in Years 3 & 5 began today with the Language Convention test (Spelling, Punctuation and Grammar) and a separate Writing test. Students will sit the Reading test tomorrow and the Numeracy test (Number, Algebra, function and pattern, Chance and data, Measurement and space) on Thursday. A make-up day is scheduled on Friday for those students who missed any section of the test or were absent on a testing day. All assessments will take place during the morning sessions on each of the test days.

## Halve Waste Presentation

Unfortunately the Halve Waste workshops that were scheduled for today had to be postponed. The workshops will go ahead on Thursday afternoon. Students will learn about composting and reducing waste during the Halve Waste presentations. Thinking about how we productively dispose of our food scraps and garden waste can drastically reduce the amount of rubbish that enters our landfills.

## Nude Food Days

As part of our school's commitment to halving our waste, we intend to implement a Nude Food day each Wednesday. Nude Food Day encourages everyone to make their lunch a healthy, nutritious and environmentally friendly meal by filling it with fresh food and eliminating all unnecessary wrapping!

## GMTT Multicultural Day

Students and staff of Gerogery, Mullengandra and Table Top will combine next Wednesday 22<sup>nd</sup> May for a Multicultural Day. Children will be placed in multi-age groups where they will undertake a series of fun and engaging

## FROM THE PRINCIPAL

### Peer Support

Our Year 6 Student Leaders and their Year 5 support people conducted their first Peer Support lessons with their groups last week. Lessons will be held for the next seven weeks with the focus on Keeping Friends.

activities throughout the day that focus on different multicultural perspectives.

### **School Mobile Phone**

The school has acquired a new mobile phone and

we will use this from time to time to contact parents via SMS with messages regarding activities or changes to routine when necessary.

The number for the school mobile is 0420 919 026. Please add us to your contact list.

### **Southern Riverina Cross Country**

Students in the 4/5/6 class have been training most mornings for the Southern Riverina Cross Country with Mr Peck which takes place on Friday 24<sup>th</sup> May. A note is attached to this newsletter for those children who are attending.

### **Year 5 High School Experience Day**

Year 5 students will visit James Fallon HS on Thursday 30<sup>th</sup> May as a fun way to introduce them to high school. Although high school is still more than a year away for them, this is an important first step in their transition to secondary school. The day is planned for all Year 5 students, not just those planning on enrolling at James Fallon.

### **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. There are still a few vouchers remaining which we would like to distribute in the next couple of weeks.

*Andrew McEachern*  
*Principal*

### **KINDER SOUND**

The Kindergarten sound for this week is 'z' for Zebra



### **ICE CREAM CONTAINERS WANTED**

We would like parents to send in any 2 litre ice cream containers that you may have lying around to store our mosaic tiles in. If you could send these to school that would be greatly appreciated.

### **STUDENT ACHIEVEMENT**

On the 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup> April Emma was selected to play for NSW in the Under 12 competition at the Australian Polo Cross Junior Classic which was held at the Thurgoona Equestrian Centre. Emma and her team were extremely successful going through the competition undefeated and Emma was awarded one of the major prizes for 'Best Number 2' player for the competition. Well done Emma!



## SCHOOL ASSEMBLY

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

### K/1 AWARDS

T.J. ~ for working well in his 'Sounds' book  
Harry ~ for great work in class  
Anthea ~ for excellent work in guided reading

### 2-3 AWARDS

Caleb ~ for excellent effort in Maths and Writing  
Jai ~ for wonderful story writing

### 4-6 AWARDS

Isabella ~ for a good effort in Maths  
Alicia ~ for great work in Literacy  
Ellie ~ for Leadership

### STUDENTS OF THE WEEK





## **Complete Learning Initiative - Huge savings on EdAlive software bundles**


EdAlive has announced the new Complete Learning Initiative (CLI) to give families the opportunity to use the same software at home that we have licences for use at school.

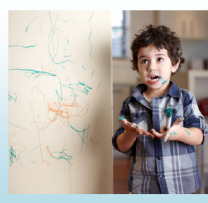
- 46 titles up to 95% off
- Incredible value bundles from \$19.95
- Complete, consolidate or update your collection
- Fun learning for your child
- Free 3 month ZooWhiz Premium subscription for each child

**Please return your orders to the school by 31/05/13**  
**The leaflets are attached to this newsletter.**



Woomera Aboriginal Corporation Albury - PaCE

**Parents & Carers**   
*are invited to a 6 week session*



**Positive Parenting Program**

**The Program includes:**

- Understanding why children behave as they do.
- Developing a better relationship with your child.
- Teaching new skills and behaviours.
- Helping your child understand their emotions.

**When:** Thursday 16<sup>th</sup> May - start  
Thursday 20<sup>th</sup> June - finish

**Where:** Woomera Community Hub

**Time:** 10 am – 1.00 pm  
Child care and lunch included

To RSVP and to arrange child care & transport  
Contact: Marg or Felicity on:  
**6057 7405 or 0487 922214**

## **Healthy kid friendly recipes**

The Healthy Kids website has a range of nutritious, tasty and easy to prepare recipes for young chefs. The website is packed with information and resources and ideas on physical activity and healthy eating for children and young people.

Go to:

<http://www.healthykids.nsw.gov.au/recipes.aspx?category=kidfriendlyrecipes>



# INSIGHTS

by Michael Grose – No. 1 parenting educator



## A Girl's Way

*Girls are more inclined to want people to like them and have a greater desire to be accepted. It's important to open up conversations around values and beliefs.*

Article contributed by Catherine Gerhardt

Raising teen girls was never meant to be easy. With two pre-teen daughters myself I am keenly aware of the challenges that lie ahead. Already there are circumstances with friends, and there will be situations with boyfriends, work and online relationships, then add into that mix possible issues with body image and self esteem. Whew! That sounds like a potential mine field.



Girls can tend to be too trusting when it comes to relationships and may not pay enough attention to their instincts, that intuition that helps keep them safe. In general girls are more inclined to want people to like them and have a greater desire to be accepted. It is important that we open up conversations around values and beliefs.

Important safety discussions for girls:

### Friends vs. Cliques

Friends are those people that we share a lot in common with. We enjoy hanging out with them and supporting each other. Friendship groups share values and beliefs and welcome new friends.

Cliques are more restrictive. They have rules that set out who can be 'in' and how they should behave. There can be a lot of pressure to conform to a clique and it's usually controlled by a leader.

Have discussions with your daughter about knowing what they want and what they believe in, and emphasise the importance of keeping true to themselves. Are they being true to themselves in their friendships and activities when in a peer group? One of the messages we use in our home is 'Who is the boss of you?' Does your daughter have the skills to be the boss of herself or will she easily allow someone to take that position?

### Peer Pressure

Almost everyone finds themselves in a peer pressure situation at some point. Help your daughter understand that when something makes her feel uncomfortable, this means the situation is wrong for her.

Encourage her to know who she is and keep to her values. Take some time out this week to sit down with her and write some down and have them posted as discussion points for when you need them. Is she living in a way that respects her core values?

It is also worthwhile to have a plan and build discussions around potential peer pressure situations, like alcohol, drugs or sex? Think ahead and discuss what she can do and even have her practise what she can do or say. A lot of families have a code phrase that teens can use if they are feeling pressure and want to get out of a situation. One family I know uses 'mother' as their alert word; if they hear that word or have it written in a text that is their cue to mobilise.

### No means no

Believe it or not, NO is a word I want to hear my daughters using a lot as they navigate their way through their teenage years. The word NO is a powerful word. NO is a complete sentence. It is the most important word they can use to keep themselves safe. If someone does not listen to their NO, then that person is trying to take control of them or the situation. Help your daughter to understand that if they let someone talk them out of their NO, they are letting them take control. No means no – you do not need to say anything else. Let's say, for example, someone approached your daughter and asked to help carry her school bag and she says, 'No, thank you. I can do it myself. I don't have far to go'. This tells the person that she may be open to conversation and may be able to be convinced. NO means no negotiation.

The need to be noticed can be strong enough to lead girls into risky behaviours or behaviours that do not fit in with their core values. As parents, we need to support our girls to find and know their core beliefs and values and empower them to be true to these ideas and standards.

If the way your daughter wants to be remembered does not match the way she thinks others will remember her, then it is time to make some changes. If your daughter finds herself questioning what she is doing, get her to reflect on her list of core beliefs and values. The choices they make now will help build the foundation for the woman they are going to become.

### Catherine Gerhardt, Kidproof Melbourne

Kidproof provides proactive and preventative child and family education programs.

► [www.kidproofsafety.com.au](http://www.kidproofsafety.com.au)