



NEWSLETTER

Tuesday 28th May 2013

IMPORTANT DATES

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

Monday 15th July
Staff Development Day

Tuesday 16th July
Students return

Monday 29th July - Friday 2nd August
Education Week

Wednesday 31st July
Centro Lavington Performance
School Council Meeting 6 pm
P & C Meeting 7 pm

Thursday 1st August
OPEN DAY

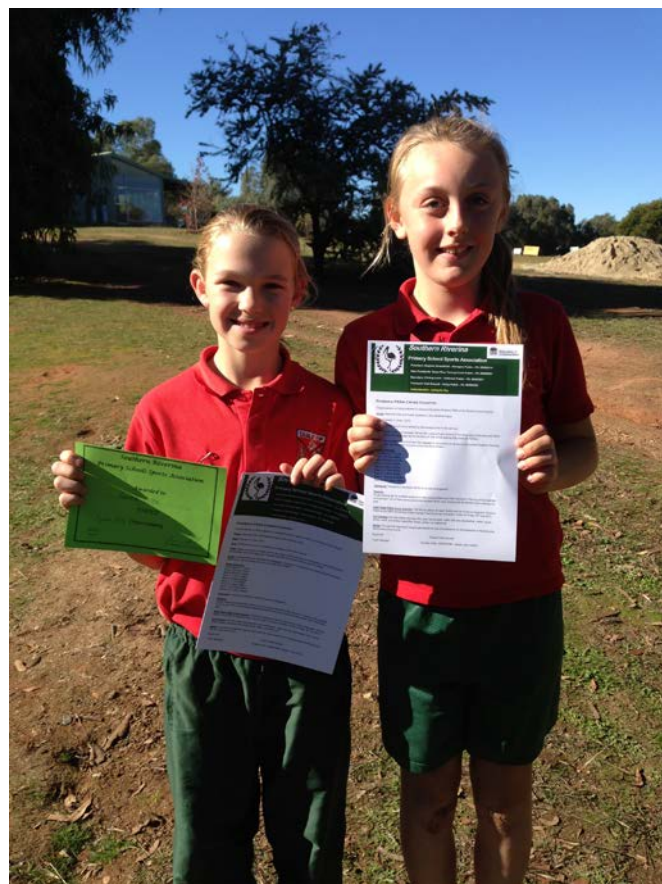
Thursday 8th August
Southern Riverina PSSA Athletics
(selected students only)

Friday 30th August
Riverina PSSA Athletics
(Selected students only)

FROM THE PRINCIPAL

Southern Riverina Cross Country

Well done to our students who ran at the Southern Riverina Cross Country Carnival in Jindera. It was an exciting day filled with healthy competition. Congratulations to Emma and Ellie who ran 3rd and 4th respectively in the 11 year girls' race, qualifying into the Southern Riverina team to compete at the Riverina Regional Cross Country in Week 7.



SRC Pyjama Day

Students at Table Top PS are encouraged to come to school in their Pyjamas this Friday for the SRC's Pyjama Day (gold coin donation). This term the SRC has decided to support the Pyjama Foundation to raise money for children living in out of home care. There are around

36,000 children in care throughout Australia who are often subject to a cycle of disadvantage that can lead to long term unemployment, homelessness and involvement in the justice system. The Pyjama Foundation is a charity that supports children in foster care.

Peer Support

This week in the Peer Support session, children will be focusing on the importance of support networks and the role that friends play in each other's lives. Children will construct a visual representation of this during the session. Encourage your child to identify friends they have who can provide support to them if the need arises.

Nude Food Days

Our school will hold a Nude Food Day each Wednesday where we encourage everyone to make their lunch a healthy, nutritious and environmentally friendly meal by filling it with fresh food and eliminating all unnecessary wrapping! So pack your child's food in a Tupperware or some other reusable container and encourage them to participate in our Nude Food days, helping to contribute to a healthier, more environmentally friendly world!

Year 5 High School Experience Day

Year 5 students will visit James Fallon HS this Thursday 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.

Multicultural Speech Competition

Students in Years 3, 4, 5 and 6 will have the opportunity to enter the Multicultural Perspectives Public Speaking Competition this term. The competition aims to heighten the awareness of multicultural issues among NSW primary school students while developing their interest in public speaking and improving their confidence and speech-writing skills. We will hold an in-school competition to select two Yr 3/4 and two Yr 5/6 representatives who will

compete at the regional final at Thurgoona PS in Week 8.

Woolworths Points

Don't forget to ask for the Woolworth's Earn and Learn stickers each time you shop at Woolies. Drop them into school or pop them into the Table Top PS boxes located at the Thurgoona, Lavington and Albury Woolworth stores.

Andrew McEachern
Principal

KINDER SOUND

The Kindergarten class will be doing REVISION of their sounds this week.

SCHOOL PHOTOS

Photo day is Thursday 13th June.

Please have all envelopes returned by this date

EDALIVE

Complete Learning Initiative order forms are due back soon!

Don't miss your chance to order software from the Complete Learning Initiative.

- 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

The CLI leaflets were distributed to the school community the other week. **The closing date for orders is 31/05/13.** Please return your orders to the front office or your classroom teacher so that we can send them off. **Late orders must be lodged directly with EdAlive and will incur extra postage and handling charges.*

Lunchtime Music Classes

Some parents have requested general music classes so P&C have discussed this with Murray Conservatorium who offer Kodaly (pron Ko-Dye) classes and are happy to come out to school at lunchtimes to teach these to our students. Kodaly is an excellent foundation for later instrumental or vocal studies and is a developmental, sequential, cumulative and continuous general music education.

These classes are group classes and help kids develop:

- basic singing skills
- basic musical elements presented sequentially
- creative development for the ear and the eye
- understanding of beat and rhythm
- singing in tune through movement, dance and games
- listening skills
- social skills

It is designed for primary school students for a group of 6-30 kids. The cost is \$90.90 for the group per hour so the more that do it, the cheaper it is! If you are interested, please let Gayle know and give her permission to pass on contact details (preferably an email address) to me. Once we have enough kids we will get started - the lessons will be held in the old school building or the library - whichever is preferred by the participants and will be held at lunchtimes (your children will be given some time to eat first and will miss out on the first 20 mins or so of class after lunch that day). The conservatorium provides all the instruments for use in the session.

- *Cathy Giltrap*



INSIGHTS

by Michael Grose – No. 1 parenting educator



Sleeping beauties

Helping kids get the right amount of quality sleep will reap manifold rewards when it comes to their development and general wellbeing, writes Karen Fontaine.

Article contributed by Karen Fontaine

Whoever coined the term 'sleeping like a baby' had obviously never lived with one. Infants' sleep patterns are notoriously erratic, and as they grow up the story remains much the same. Preschoolers kick up about napping during the day, school-aged children want to stay up late at night and teenagers refuse to get out of bed in the morning.

One thing remains the same: sleep is critically important for children, but Australians are getting about half an hour less sleep per night than they did 30 years ago, according to a study by the University of South Australia's Centre for Sleep Research.

Kids are going to bed later because it's now the norm for both parents to work full-time, meaning that evenings are often the only opportunity for family time. In addition, the intrusion into bedrooms of digital media such as mobile phones, laptops and iPods means children are getting less shut-eye – with far-reaching consequences.

"With disturbed sleep, you pretty well see changes in everything, from the cardiovascular system through to the skin," says Dr Kurt Lushington, head of the University of South Australia's Centre for Sleep Research. "You can go without food for a week or so but you cannot go without sleep."

As Dr Lushington says, sleep is important for memory, "so if you want to remember things and to forget things – which is equally important – you have to sleep".

"We also know from animal studies that sleep state seems to be incredibly important for the optimal wiring up of the brain," he says. "In infants and kids, sleep plays an important role in the optimal development of the brain. Sleep is also important for growth, and for those who don't get enough there is a failure to thrive. Sleep plays an important role in the immune system and it also anchors the circadian body clock system."

Most parents realise the importance of sleep, Dr Lushington says. However, "what many don't appreciate is how important structure, namely a routine, really is".

"Our research shows that in terms of kids being able to cope with school and life and not having any problematic behaviours, it's not so much how long they sleep – what's important is a regular schedule," he says.

"Kids who go to bed at different times and wake up at different times with big swings on weekdays compared to weekends – those are the kids who tend to get into trouble. Sober habits are very important."

There is no such thing as a sleep bank – meaning that even if a child had 12 hours sleep last night, they won't get away with just eight hours tonight. Parents need to stick to a routine, make evenings as predictable as possible, and enforce hard-and-fast rules, particularly for teenagers, about digital media in the bedroom.

"The teen years are a period of life where it's to be expected that you will hand over control to them; learning their own limits is part of the journey," says Dr Lushington. "And, being young and healthy, they can sometimes stay up all night and be fine the next day. What you can do is help them see the connection between how they're sleeping – and how they feel during the day."



How much is enough?

To ensure your child gets the optimum amount of sleep, use the following as a guideline, says Dr Kurt Lushington, head of the University of South Australia's Centre for Sleep Research:

Children aged 2-5	11-12 hours per night
Children aged 6-12	9-11 hours per night
Teenagers	8-10 hours per night

And adhere to these rules, advises Dr Lushington:

- ▶ "On the weekends, don't let kids stay up more than an hour or two later than they normally do, and don't let them sleep in more than an hour or two later than normal."
- ▶ "Give them time to unwind before they turn out the lights and don't let them fall asleep in front of the TV. There has to be a routine for falling asleep – otherwise what happens is that unless the light or the TV is on, kids can't fall asleep – which is crazy."
- ▶ "Exercise, big meals and hot baths are not a good idea directly before they go to bed."
- ▶ "Keep track of how they are during the day. If they look like they're not coping or if they're irritable, it might be that they need more sleep."