



# NEWSLETTER

Tuesday 4<sup>th</sup> June 2013

## IMPORTANT DATES

**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

**Monday 15<sup>th</sup> July**  
Staff Development Day

**Tuesday 16<sup>th</sup> July**  
Students return

**Monday 29<sup>th</sup> July – Friday 2<sup>nd</sup> August**  
Education Week

**Wednesday 31<sup>st</sup> July**  
Centro Lavington Performance  
School Council Meeting 6 pm  
P & C Meeting 7 pm

**Thursday 1<sup>st</sup> August**  
OPEN DAY

**Thursday 8<sup>th</sup> August**  
Southern Riverina PSSA Athletics  
(selected students only)

**Friday 30<sup>th</sup> August**  
Riverina PSSA Athletics  
(Selected students only)

## FROM THE PRINCIPAL

### DEC Executive Structure

The restructure of the Department of Education and Communities moved to the next phase last week with the appointment of four new Executive Directors, Public Schools NSW, replacing the current Regional model. The Riverina Region will be phased out during 2013 with the new model to take its place in 2014.

Dail McGilchrist will lead the Directors, Public Schools NSW with responsibility for the following principals' networks: Albury, Bathurst, Cootamundra, Deniliquin, Far South Coast, Far West, Griffith, Lachlan, Macquarie, Orange, Queanbeyan, South Coast, Southern Tablelands, Wagga Wagga, Western Plains, Wollongong and Wollongong North.

### Farewell Colin

Staff, students and the Table Top PS community wish Mr Colin Parker, Regional Director of the Riverina Region, all the best as he enters his retirement. Mr Parker's career in the public education system has spanned 38 years, with the last 10 as Regional Director of the Riverina Region, where he supported and vigorously promoted the many and varied teaching and learning programs within our great region.

### Southern Riverina Cross Country

Good luck to Emma and Ellie who will race for the Southern Riverina team at the Riverina Regional Cross Country carnival in Deniliquin next Tuesday.

### **Peer Support**

With PSSA sport beginning this Friday, for the remainder of the term, the Peer Support sessions will be from 11.30am - 12.00pm. During Peer Support this week the children will be looking at how to play in a friendly way in order to maintain friends and build positive relationships. Through various activities children will discover the importance of taking turns and having consistent rules throughout a game. This week help your child practise these skills by encouraging them to play games with siblings, family or friends.

### **School Assembly**

From this week, our whole school assembly will be held from 12.00pm each Friday over the winter period due to our involvement in PSSA sport.

### **ICAS Competitions**

The ICAS competitions continued with the Science test this week. In Week 8 we will conduct the Writing and Spelling tests. The English and Maths tests take place in Term 3. Earlier in the year parents were given the opportunity to enter their children into any or all of the ICAS competitions.

### **Multicultural Speech Competition**

Students in Years 3, 4, 5 and 6 have the opportunity to enter the Multicultural Perspectives Public Speaking Competition this week. 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.

### **Nude Food Days**

Don't forget Nude Food Wednesdays 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 tomorrow and encourage them to participate in our Nude Food days, helping to contribute to a healthier, more environmentally friendly world!

### **Woolworths Points**

The Woolworths Earn & Learn program ends on Sunday 9 June, so keep on collecting Woolworths Earn & Learn Points to help our school. The more we collect, the more our school will benefit. This year we are aiming to redeem our Earn & Learn Points for educational supplies to support our student learning programs. Drop them into school or pop them into the Table Top PS boxes located at the Thurgoona, Lavington and Albury Woolworths stores. Thank you for your support.

*Andrew McEachern*  
*Principal*

### **Lunchtime Music Classes**

We have had a good response for the Kodaly Music Classes run by the Murray Conservatorium but we still have two more places to fill before we can go ahead. If you are interested, please let Gayle know and give her permission to pass on contact details (preferably an email address) to me or email me direct at [cathygiltrap@gmail.com](mailto:cathygiltrap@gmail.com)

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! 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*

### **NORTHERN SPIRIT LEARNING COMMUNITY - James Fallon High School**

#### **Report**

#### **YEAR 5 HIGH SCHOOL EXPERIENCE DAY**

On Thursday, 30th May, a large group of Year 5 students visited James Fallon High School, in order to experience what a high school is like. The Year 5 students were enthusiastic, eager to try high school classes, and were very well behaved as a group. On a wet and cold day, they attempted a range of tabloid sports, toured the school, enjoyed Science and Technology classes, and, most importantly, mixed with the students of their learning community. By the end of the day, the Year 5 students had mastered part of the Rock Eisteddfod performance, knew the subjects they would study in Year 7, knew how to "win as much as you can", tried the school canteen, and met many teachers and students. It was a very busy day, and each student made the most of their opportunities. We at James Fallon hope that each student had a positive experience.

**Mrs Parrett - JFHS**

#### **KINDER SOUND**

The Kindergarten sound for this week is 'v' for Vet.



#### **SCHOOL PHOTOS**



Photo day is Thursday 13<sup>th</sup> June.

Please have all envelopes returned by this date

### **SCHOOL ASSEMBLY**

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

#### **K/1 AWARDS**

Boyd ~ for excellent ideas in class

Jayne ~ for great work in Numbers

Emmy ~ for great ideas for getting along with others

#### **2-3 AWARDS**

Dominic ~ for great effort in reading

Matilda ~ for excellent work habits

#### **4-6 AWARDS**

Louis ~ for outstanding work and a great role model

Charlie ~ for outstanding work in Literacy

Kelsey ~ for great work in all subjects

### **STUDENTS OF THE WEEK**



## Gardening Report – Week 5

Hello this week it's been great in the garden. We have been harvesting parsley and planting some more plants. Our new composting's going great and it's been raining a lot so the compost is getting wet.

By Charlie and Jake :-)

## GIVE ME 5 FOR KIDS PJ DAY

Last Friday the students and staff wore their PJ's to raise money for the local children's hospital wards for much needed equipment. The total raised was \$105. Well done everyone!

### **NOTICE OF MEETING - Table Top Community Forum**

**Wednesday 5<sup>th</sup> June– 7.30pm**  
**Table Top Hall**

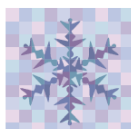
The Table Top Community Forum **Winter** Meeting will be held at the Table Top Community Centre at 7.30pm on **Wednesday 5<sup>th</sup> June**. These meetings provide Table Top residents with an effective means of communicating local issues and concerns to the relevant authorities such as Albury City Council, the RMA and other Government departments. They also aim to foster community spirit in the area by meeting your neighbours, as well promoting social and sporting events. All residents are encouraged to come along to these meetings to raise important issues.

Our main speaker is the new General Manager of Albury City Council, Mr Frank Zaknich who is going to give a presentation on the Albury City Budget.

**For further information about the Forum contact:**

**Marion Taylor on 6026 2222 or Lou Bull 60262772**

*Delicious supper will be provided by Talented Table Top cook!*



**SUPPORT CRAIG MANNAGH MONSTER AUCTION**

With the blessing of the family, a few friends with the help of the associated sporting clubs Craig has helped over the years are planning to host a Monster Auction

**Saturday June 22, 7pm Start**  
**Cost:** \$10 per head and children under 16 free  
**Venue:** The Lavington Panthers Sports Club  
All funds raised go directly to the Mannagh Family

For more info visit  
[www.supportcraig.net](http://www.supportcraig.net)

**WAW** Smart Banking  
The Border Mail  
a new world every day

Learn to manage difficult behaviour in children 2-12 years old.

## **1-2-3 Magic® & Emotion Coaching**

A program for parents and carer's of 2-12 year olds;

**Tuesday 18th June**

**10:00am – 4:00pm**

**Mission Australia**  
**Unit 2/432 Townsend St, Albury**



• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

Learn:

- How to discipline without arguing, yelling or smacking
- How to sort behaviour
- How to handle challenging and testing behaviours
- Choosing your strategy, the three choices
- Using emotion coaching to encourage good behaviour
- 7 tactics for encouraging good behaviour

Parents will receive:

A 1-2-3 Magic & Emotion Coaching Parent Workbook

**Bookings are essential so please contact Stacey at Mission Australia on 6942 8001 or [ParentingRiverina@missionaustralia.com.au](mailto:ParentingRiverina@missionaustralia.com.au)**

A light lunch will be provided

This course is being run by a Parentshop® licensed practitioner. [www.parentshop.com.au](http://www.parentshop.com.au)



**Mission Australia**

# INSIGHTS

by Michael Grose – No. 1 parenting educator



## Resiliency Robbers

*All parents have the best of intentions when raising kids. Wanting what is best for kids can cause parents to make decisions that are not always in their (children's) long-term best interests*

If you buy the line that the promotion of resilience is in the best interests of kids then check out the following common parenting mistakes that reduce children's resilience.

### Robber # 1:

#### Fight all their battles for them

Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

- ▶ **Resilience notion # 1:** Give kids the opportunity to develop their own resourcefulness.

### Robber # 2:

#### Make their problem, your problem

Sometimes parents can take too much responsibility for issues that are really up to children to work out or decide. Here's a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold!

- ▶ **Resilience notion # 2:** Make their problem, their problem.

### Robber # 3:

#### Give kids too much voice

In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

- ▶ **Resilience notion # 3:** Make decisions for kids and expect them to adjust and cope.

### Robber # 4:

#### Put unrealistic or relentless pressure on kids to perform

Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

- ▶ **Resilience notion # 4:** Keep expectations in line with children's abilities and don't put excessive pressure on them.

### Robber # 5:

#### Let kids give in too easily

Resilient learners link success with effort. They don't give up because they don't like a teacher or when confronted with multi-step or more complex activities. Similarly they don't bail out of a sporting term half way through the season because the team is not winning or they are not enjoying it.

- ▶ **Resilience notion # 5:** Encourage kids to complete what they have started even if the results aren't perfect.



### Robber # 6:

#### Neglect to develop independence

Don't wait until they are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

- ▶ **Resilience notion # 6:** Don't routinely do for kids what they can do for themselves.

### Robber # 7:

#### Rescue kids from challenging or stretch situations

There are many times kids are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at the school concert or going on school camp may be challenges for some kids. They are all situations that kids usually cope with so show your confidence in them and skill them up rather than opt for avoidance.

- ▶ **Resilience notion # 7:** Overcoming challenges enables kids to grow and improve.

Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are fabulous learning opportunities.

They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life's curve balls.

And that is a huge lesson to learn at any age.