



NEWSLETTER

Tuesday 25th June 2013

IMPORTANT DATES

Wednesday 26th June
Parent/Teacher Interviews
Mrs Cambey

Friday 28th June
Last Day of Term
Mufti Day

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)

Student Leader, made a speech on behalf of the students, where she outlined the history and meaning of the mosaic. The naming plaque was then unveiled by our Boy School Captain, Bair and the red sash was cut by Girl Captain, Bella. The opening was followed by a delicious soup and pie lunch provided by our parents.



FROM THE PRINCIPAL

The Library Mosaic was officially opened last week in front of our students, parents and members of the school community. After my short introduction, official duties were handed over to the students. Kelsey, a Year 6

Student Reports and Interviews

The Semester One Reports went sent home with students last Friday. Teachers will be available for parent interviews this week: Miss Kirk and Mr McEachern today and Mrs Cambey tomorrow.

Parental Leave

There is much excitement in the McEachern family at the moment with the expected birth of our fourth child this week. As a consequence of the impending birth, I will be taking Parental and Long Service Leave for last two days of this week and the first four weeks of Term 3. In my absence, Mr Des Knight, Assistant Principal from Jindera PS will teach the 4/5/6 class and carry out Relieving Principal duties.

Mufti Day

To celebrate the last day of term this Friday, we will have a Mufti Day where for a gold coin donation, students can come to school casually dressed. All money raised will go to the SRC. Please note, students attending PSSA sport will need to pack their sport uniform which they can change into at lunchtime.

Peer Support

In this week's final session of the Peer Support module Keeping Friends the children will be participating in a board game, reinforcing all of the concepts and skills that have been learned over the past 7 weeks. They will be reminded of the qualities of a good friend and the skills needed to maintain friendships and to make new friends. Each Peer Support group will have the opportunity to celebrate what they have learned and the new friendships and connections they have made.

Multicultural Speech Competition

Well done to Isabella, Bethany and Bella who competed at the Regional Final of the Multicultural Perspectives Public Speaking Competition at Thurgoona PS last week. By all reports all three children made a wonderful effort with their prepared and impromptu speeches. 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.

Andrew McEachern - Principal

KINDER SOUND

The Kindergarten sound for this week is 'n' for noodles.



NETBALL NEWS

We had two big wins last Friday in the Junior and Senior Netball, well done girls!

There will be NO netball for the Senior girls this Friday as the other team have forfeited.

MOSAIC OPENING

It all began last year when everyone in 4/5/6 class designed their own ideas of what the mosaic should look like. Then Mrs McEachern took some of our ideas and combined them to make the final design.

After the final design was made we started collecting the tiles that were kindly donated by Simon Plunkett, Beaumont Tiles, Wodonga and some of the families of Table Top Public School. At the start of term 1 this year Mrs McEachern drew the design on the wall of the library. Next we sorted the tiles into each section of the Mosaic, as in the water, the trees, the sun and so on.

We cut the tiles for the water and arranged them into pattern on the concrete in front of the wall. Once we were happy with the pattern we started glueing the tiles (using the Tile Sellers glue) onto the wall.

Once we finished the water we worked up the wall - mud, grass, dirt, wheat, tree trunks, hills, Table Top Mountain, Sky, tree tops and finally the sun which Mrs McEachern did because of

the mirror used in it. While working on the mosaic every person including the staff, got to stick at least one tile on the wall.

After we finished tiling a small group of students began grouting, some of which was donated by Bunnings Albury. After about 3 sessions of grouting we finally finished.

A huge thankyou to Mrs McEachern for coming out to Table Top and coming up with the idea and design, the kind people who donated materials and of course the people who made it.

Kelsey



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>

SCHOOL ASSEMBLY

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

K/1 AWARDS

Darcy ~ for listening to other people's news and asking interesting questions

Wyatt ~ for persevering with his learning and achieving a personal better with letter identification

2-3 AWARDS

Caleb ~ for being absorbed in his learning

Dominic ~ for taking a more active role in his learning

4-6 AWARDS

Charlie ~ for completing all classroom learning

Billy ~ for excellent creative writing on the Bermuda Triangle

Bella ~ for great work during Maths

STUDENTS OF THE WEEK



FUN FOOD DAY

A huge thankyou to everyone who participated in making the food day the success that it was. There were so many people helping out in so many ways that it was easy, simple and just GOOD! There was an amazing array of great food - we used a lot of school and homegrown ingrediants so it was all fresh and seasonal - and the dessert table would have put a CWA meeting to shame - it just went on and on (hence the name change from 'healthy' to 'fun'!!)

Quite a few kids forgot their cups/plates - which I think is possibly because parents are so happy that we have a day off making lunchboxes that we forget we need to pack something. At the end of the lunch a group of kids got together and washed and dried in the washing up bowls provided and had a great get together while they were busy working - it was very pleasant to see. From this, we have decided to get plastic or camping plates/cups/ bowls and some cutlery together so that kids don't have to bring them. If you do any kitchen cleaning out over the holidays, or see some op shop bargains, would you please consider donating them to the school to be used for these days. And some plastic tubs to store them in (and double as a deep washing bowl) would be great too if anyone has them.

Cathy Giltrap



KODALY MUSIC LESSONS

The Kodaly Music lessons have been going very well - I have only heard positive feedback from students so far. In fact we currently have 18 interested students so we will be running two groups. The teacher, Robyn has requested that we separate them by k-2 and 3-6 as it will be easier to tailor the lessons. These will be run on Monday with 3-6 at 1pm and k-2 at 1.30pm. If anyone has any issues with these times, please let me know as we want to make these as accessible to everyone as possible.

If you are interested, it is not too late to put your child's name down - the first lesson will start Monday of Week 2 and we would like numbers locked in by then. There will be a reminder in the Week 1 newsletter.

The cost is very reasonable - it depends on student numbers and is looking like it will be in the \$3.80 - \$4.20 per student per week which is outstanding considering the quality of the Conservatorium teachers. For everyone who is attending, once numbers are locked in, we will send out the confirmed cost for the term and will get parents to send the money in.

If anyone has any questions or feedback please contact me on cathygiltrap@gmail.com

Have a safe and happy holiday



Getting a grip on worry-warts

As parents we often grapple with our own worries but one of the most common questions I get asked by mums and dads is 'what do I do when my child seems overly worried or anxious?' By Maggie Dent

Early anxiety is developmentally normal – in fact, being fearful or anxious is an essential human survival response. However, as parents we need to know how to soothe our children to help them get a handle on their anxiety. Otherwise it may interfere with their wellbeing.

In fact, anxiety is the most significant mental health issue in childhood and yet it frequently goes undetected, untreated and is frequently misdiagnosed as one of the attention disorders.

Anxiety can begin as early as age two but we see a significant rise when children enter the school system. Unless it's addressed many will go on to suffer their whole lives.

Why kids worry

We must remember that children under 6 or 7 see the world through children's eyes. This often means they find plenty to fear as the parts of their brain that rule rational thinking are not fully developed.

Research shows that the number one thing that children fear is feeling separated or unloved by their parents.

This means going to childcare or school, going to sleep, seeing mum or dad walk out the door, sharing mum or dad with a new baby, or not feeling connected to their parents can be huge triggers for anxiety.

While separation anxiety is normal, it's important for parents of sensitive children to really be on the lookout for when it becomes excessive.

Symptoms of separation anxiety disorder include:

- ▶ Worrying about bad things happening to loved ones and being separated as a result
- ▶ Persistent reluctance to go to preschool/school, to be alone, to be without adults or loved ones (e.g. at home or when going to sleep)
- ▶ Repeated nightmares with themes of separation
- ▶ Physical complaints/symptoms when separated or anticipating separation
- ▶ Obvious distress.





What does anxiety look like?

Symptoms of general anxiety can include: stomach aches, headaches, difficulty sleeping, avoiding school, nail biting and physical reactions such as increased heart rate or breathing.

Canadian researcher Dr Lynn Miller has also found that there are many frequently overlooked symptoms of anxiety:

- ▶ Angry outbursts
- ▶ Oppositional and refusal behaviours
- ▶ Temper tantrums
- ▶ Aggression
- ▶ Attention seeking behaviours
- ▶ Hyperactivity and difficulty sitting still
- ▶ Attention and concentration problems
- ▶ Scholastic underachievement or excessive resistance to doing work
- ▶ Frequent visits to school nurse
- ▶ High number of missed school days
- ▶ Difficulties with social or peer group (i.e. worrying obsessively about what others think of you).

How to help an anxious child

Many parents I speak to wonder if they should try to 'toughen up' their sensitive worriers, but I would caution against this approach. Sometimes pushing a fearful child who's not ready can just make the fear even more real.

Rather, I think parents can build their child's capacity by gently walking them through some of the things they need to face with lots of love, lots of reassurance and lots of soothing.

Assess the environment

If a child is experiencing anxiety, or even to prevent anxiety, try to look at their environment through their eyes and ears.

For example, a huge trigger for children is listening to or watching the news. We must be very mindful of not leaving TVs or radios on around children, exposing them to reports and/or images of disaster, death or trauma. Even online, be mindful if your home page is a news page that may sometimes feature horrific images.

To help prevent anxiety becoming an issue we can make childcare choices that suit our children, particularly being mindful of our sensitive children or children under two who are often developmentally unable to manage environments that cause them stress.

These children really need a 'mothering' influence. This can come from mum, dad or someone else. I encourage parents to co-parent around work schedules as much as possible and seek care with trusted relatives, friends or family day care.

Top tips for reducing anxiety:

- ▶ Slow things down, leaving plenty of time for transition between activities.
- ▶ Have good routines particularly around eating and sleeping.
Soothe your child with safe, loving touch and warmth – lots of cuddles, and rubbing the 'tickle point' at the base of their neck.
- ▶ Don't overschedule your children's lives or put too much pressure on them to perform/achieve.
- ▶ Make time for silence and relaxation every day. Research shows 10 minutes has proven benefits for the whole family.
- ▶ For separation anxiety, make an effort to build 'love bridges' with kids: take a small bite out of their sandwich before placing it in the lunchbox; place kisses in their hands to hold onto all day; lay with them at night. Little things are big things to kids.

Maggie Dent is an author, educator and speaker dedicated to quietly changing lives through commonsense wisdom. She is the author of five books. Learn more about Maggie at www.maggiedent.com