

TABLE TOP PUBLIC SCHOOL NEWSLETTER

Term 4 Week 3

Wednesday 23rd October

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CALENDAR – What's On?

Thursday 30th October

Kinder Orientation Day 9.15 – 11.30

Friday 31st October

Grandparents Day 1 pm – 3.15 pm

Saturday 1st November

P & C Camp Out

Monday 3rd to Friday 14th November

School Swimming Scheme
(Not including Monday 10th)

Monday 10th November

Ribbons for Peace Walk
Gateway Island (Whole school)

Tuesday 11th November

Remembrance Day Ceremony 11am

Tuesday 18th – Thursday 20th November

Years 4/5/6 Ballarat Excursion

Tuesday 25th November

Gerobery Sports Day

Wednesday 26th November

School Council Meeting 6pm
P & C Meeting 7 pm

Thursday 27th November

Kinder Orientation Teddy Bears Picnic
12.15 – 2 pm

Thursday 11th December

Presentation Night and School Performance
6.30 pm

Monday 15th December

Year 6 Farewell

Tuesday 16th December

School Disco

Principal's Report

Sporting News

Congratulations to Natalie, who placed sixth overall in the long jump event at the NSW PSSA State Athletics Carnival last week. She jumped an amazing 4.0 metres! We are all very proud of her achievement.



2015-2017 School Planning Consultation

Our school is currently planning for the 2015-2017 school years. Consultation with our school and broader community is part of this planning process, and we are keen to receive feedback about what the school is doing well, and what could be done or included to make our school even better. To facilitate this feedback, we will discuss future planning at the School Council and P&C meetings tonight and also email an online parent survey to all families later in the week. We hope every

family will be able to contribute to our 2015-2017 school planning process.

World Peace Flame Presentation

Our School Captains, Louis and Claire, accepted the beautiful World Peace Flame on behalf of our school at a special ceremony last Thursday. The World Peace Flame will be displayed in our school foyer as a representation of our school community's belief in peace and harmony. For more information, please visit the following website: (<http://www.worldpeaceflame.org>)



2015 Class Transition Day

As a part of our transition program, all students will jump up a grade level tomorrow morning, giving each student an introduction to their 2015 school year. Also during the morning, Year 5 students will work with Miss Kirk preparing themselves in their new role as Kindergarten Buddies and Year Six students

will spend time with Mrs Gaukroger and a few returning Year 7 students, to discuss what to expect when they enter high school next year.

Our 2015 Kindergarten intake will visit our school for their next transition morning on Thursday, 30th October, where they will be introduced to their buddy.

Grandparents Day

Grandparents are invited to come along to our school next Friday, 31st October, from 1pm, for our Grandparent Day. Come along and share a BBQ lunch with the kids before heading into our open classrooms and then enjoy our whole school assembly. All grandparents are most welcome to attend!

P&C School Camp-out

Keep Saturday 1st November free for your family's attendance at the 2014 Table Top PS P&C's Camp-Out. With tents, caravans and camper-trailers set-up on the school grounds, it will be a fantastic evening, with camp-fire cooking, a BBQ dinner and breakfast, an outdoor screening of a kids movie and a celebration of school community. Come along and join in the fun!

School Swimming Scheme

Swimming lessons for all classes will begin on Monday 3rd November. The lessons, conducted at Gould Swimming Academy will take place for 9 days over a two week period. The cost is \$35 in total per student, or \$90 for a family of 3 or more children. The cost of the bus is generously being subsidised by our P&C. Please return the attached permission note and money to the office by Friday of next week.

Ribbons for Peace Walk

To link with the schools on both sides of the Border who are the custodians of a World peace Flame, TTPS students will travel to the Gateway Village on Monday 10th November for the first ever Ribbons for Peace Walk. Students from across the Border will write messages of peace on small pieces of ribbon,

which they will then tie onto a sculpture created for the day. The sculpture will be passed on to each of the schools involved over 2015 for display. A permission note will be sent home soon. There is no cost for this excursion.

School Musical

The school musical rehearsals are coming along really well. The rehearsal schedule is whole school singing on Monday and Wednesday afternoons and small group movement rehearsals with Ebony and Narelle on Tuesday and Thursday afternoons. We will perform the show on Presentation Night at the end of term.

Garden Totem Poles

The Mosaic Totem Poles are nearing completion and look fantastic! The final pole was designed and mosaicked by the students yesterday. An official opening of the totem poles and painted weather-shed murals will be held later in the term.

Ballarat Excursion

The Year 4/5/6 students leave for their Ballarat excursion on the 18th of November. The permission note with final costings will be sent home tomorrow. The excursion is a fabulous opportunity for our students to visit central Victoria and its many sites of historic and cultural significance.

4/5/6 Excursion Fundraising Raffle

Congratulations to the Cartwright family who were the lucky winners of the raffle, which was drawn last Friday. Thank you to everyone who donated prizes and bought tickets. \$450 was raised to help reduce the cost of the Ballarat excursion for our 4/5/6 families.

Super 8s Cricket

Well done to the students who represented Table Top PS and Gerogery PS at the Super 8s Cricket in Culcairn. It was a fantastic day where the students supported each other within a competitive and friendly environment. Thank you to Mrs Gaukroger and Mr Broomfield who organised the day for our schools.

School Assembly

Whole school assemblies are held at 2.20 pm every Friday in Term 4. Parents, families and friends are always most welcome to attend.

Newsletter Changes

Our newsletter is published fortnightly and sent home via email, published on our school website (www.tabletop-p.schools.nsw.edu.au), posted on our school Facebook page and also on our Twitter account. As is the normal practice, special notices will be sent home as they are needed.

School Council/P&C Meeting

The next meeting of our parent groups will be held tonight, with the School Council at 6pm followed by the P&C at 7pm.

Andrew McEachern – Principal

HOW2Learn

Learning the Benefits of being Positive

The first P: Positivity

What you say to your child has a huge impact on them. To be a good learner, your child needs to have positive views about learning and about their chances of success in learning. These views come from you! As chapter 1 showed, your child's attitudes and assumptions mirror your own.



Did you know that children's abilities in Maths and English are more closely linked to their parents' views of their ability than to their results in these subjects, even when the results dramatically contradict the views of the parents?

Three ways to help you child be positive

1. Listen to what you say

Take time at the end of the day to reflect on how you talked to your child. Think about whether you have given out positive or negative messages. Negative messages might include putting your child down, unfavourable comparisons, expressing annoyance at their behavior, or threats. Positive messages and describing what you

want – rather than what you don't want – are most likely to help you get what you want.

2. Catch your child being successful

When your child does something well, or improves on a previous effort, notice it and praise it. If it's something they can repeat, ask them to show you again. Catch and celebrate success in all sorts, not just academic success.

3. See life through the positive window

Help your child take a positive approach every time! When they say, 'I'm no good at ...' remind them how much better they have become and how much better they can be. Help them to replace 'I got a low score' with 'I'll get a better score next time', or 'I can't do this' with 'what will it be like when I can'.

The second P: Persistence

Persistence is the ability to stick at something. When faced with difficulty or uncertainty, many of us retreat back into our 'comfort zone' – familiar territory where we feel safe. If we grow up feeling we need the safe alternative, we stop taking risks. And learning is a risk. Real learning takes place when we are at the edge of our comfort zone.

If your child knows from experience that they can cope with difficulties, they'll look for challenges and overcome new problems. But if you make things too easy for them, they won't learn to persist. Children with low persistence give up too easily and do less well in life.

Three ways to help your child develop persistence.

1. Focus on what you want your child to achieve

For your child to succeed at something, they need to have the end in mind. For example, knowing what a house might look like will help them build one from plastic bricks. It's also important to talk to them about what it will feel like when they can do something. If they have thought about what it will feel like to do a forward roll, they've more likely to keep going until they have done one.

2. Practise practising

Practice involves checking, adjusting, experimenting and moving on. We learn when we see something isn't right, then make an adjustment and do it better, rather than when we simply repeat the same thing. Practising can be frustrating. But it's vital that your child experiences frustration so they learn to work through it. When you practise reading together, for example, encourage them to experiment with new words. Gradually, they'll do this for themselves and not get frustrated when they can't immediately read a word.

We deal with frustration in different ways. How does your child try to cope? Do they persist or give up? If they persist, do they... *Talk themselves through it? ...Slow down and try step-by-step? ...Stand back*

and think of another way? ...Go off and do something else then come back to it?

If they come to you for help, or need you to encourage or cajole them, they're not developing their own coping strategies. Stand back! It's better for them to practise and develop ways of coping now

3. Explore alternative solutions

Giving up is easy. We are encouraged to give up by the belief that there is only one answer or one correct way to do something. Too many school tests reinforce the idea that there is only one answer.

Encourage your child to think about alternatives. Try it in your daily life! With a preschool child, take different routes to the shops, experiment with different furniture layouts in their bedroom or try different breakfast cereals.

NO HAT, NO PLAY

During Terms 1 and 4 our 'Sunsafe Policy' is in place. All children **must** wear a school hat when in the playground. NO CAPS. Hats are available from the office for \$10 each or from Lowes with school emblem.

SCHOOL ASSEMBLY

Congratulations to the following award winners from weeks 2 and 3 of Term 4's School Assemblies:

Students of the Week



(Week 1)



(Week 2)

Special Encouragement Awards:



Teacher Merit Cards (Green cards)

K/1

Week 1: Jett, Dante, Aimee, Stefan, Brideh, Ava, Mia R, Eliah, Esher, Hope, Angus, Abi, Clifton

Week 2: Sheya, Audrey, Zoe

2-3

Week 1: TJ, Jake, Callie, Gibb, Ned, Thomas

Week 2: Callie, Thomas, Jessica, Elizabeth, TJ

4-6

Week 1: Ethan, Grant, Paris, Ellie, Bridie, Emily, Emma, Alicia, Jaxon, Mickaela

Week 2: Jacinta, Tilly, Charlie, Rupert, Billy, Emma, Emily, Alicia, Jaxon, Bridie

SRC Kindness Award: T J

Class Awards:

Library – K/1

Classroom-

Assembly –

If you would like to pay any accounts by direct debit

School bank details:

Account Name: Table Top Public School

Account Number: 157014

BSB: 032-001

Reference: *Surname and item/s being paid*

Albury Wodonga Sustainable Living Week (Sunday 26 October- Saturday 1 November)

Join us for a week full of educational and interactive community activities all for free! Some of the events include learning how to compost, spotting nightlife at Wonga Wetlands to energy savings for business. The Green Market will be on Saturday November 1 at Hovell Tree Park between 8am- 1pm with special guest from Gardening Australia- Costa Georgiadis! For information regarding the events visit

www.humebank.com.au/sustainablelivingweek



Sport and Recreation's Swim and Survive starting soon

Australian summers usually involve plenty of fun in and around the water, but no parent can forget how important it is to make sure children stay safe.

Sport and Recreation's Swim and Survive classes for preschoolers and school-aged children help youngsters learn important ways to be safe and enjoy our pools, rivers, beaches and lakes.

The intensive nine-day programs give wonderful results, and are great fun as well! Plus, family discounts make our program affordable for all the children in the family.

Sport and Recreation runs Swim and Survive classes in pools throughout regional NSW, including somewhere near you.

Our instructors are nationally qualified and screened for their suitability to work with children.

Prices for nine lessons are \$67 for school-aged children and \$48 for preschoolers (prices exclude pool entry fee).

For more information or to make a booking, visit www.dsr.nsw.gov.au/swimandsurvive or phone 13 13 02

 **Office of Sport & Recreation**



Camp Quality esCARpade is coming to Albury

If you are in Dean St Albury at around 3pm on Saturday October 25th you'll see a parade of 70 amazing cars arriving into Albury. EsCarpade this year starts on Broken Hill and finishes in ALBURY.

There are many themed cars including Mario and Luigi, The Princesses, Turtles, Madagascar, Scooby Doo, Bananas in pyjamas, Fireman Sam, local team Sleeping Beauty and many more. You'll hear them coming before you see them. The teams have been raising money all year for Camp Quality to help kids living with cancer. So come along and enjoy the parade, the noise and the fun that is EsCARpade.

Date: October 25th

Time: 3pm ish

Where Dean St Albury

Presented by the
City of Wodonga

A free fun-filled event
for the whole family



**Wodonga
Children's
Fair 2014**

Every child's favourite event is back!

Sunday, October 26, 10am to 3pm
Wodonga Racecourse, Hamilton Smith Drive, Wodonga

'Games of Yesteryear'

For more information and program highlights, please
phone (02) 6022 9300 or visit wodonga.vic.gov.au/childrens-fair

Follow us on: [f/wodongacouncil](https://www.facebook.com/wodongacouncil) [i/wodongacouncil](https://www.instagram.com/wodongacouncil)



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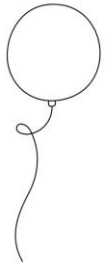
Victoria Department of Education and
Early Childhood Development

Family fun day!



**Springdale Heights
Pre-School**

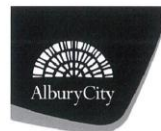
Celebrating 35 years



SATURDAY 8TH NOVEMBER 10AM - 2PM

Springdale Heights Pre-School, 8 Canara Place, Lavington

ANIMAL NURSERY * FACE PAINTING * JUMPING CASTLE * CAKE STALL
LAVINGTON RURAL FIRE BRIGADE * SAUSAGE SIZZLE * MEMORABILIA AND MORE



8:30am to 5pm
02 6023 8111
After Hours
1300 133 391

[Home](#) > [What's On](#) > [Parks and playgrounds](#) > [Picnic in the Gardens 'Return to Neverland'](#)

Picnic in the Gardens 'Return to Neverland'

When: 10.00am to 2.00pm Sunday 9 November 2014

Where: Albury Botanic Gardens, Wodonga Place, Albury

Price: Free

Return to Neverland at AlburyCity's annual Picnic in the Gardens...

Fly around the tree tops and play in the magical garden of 'Neverland' where children never grow up and adults become big kids.

Explore the mystery island where giant butterflies roam, snapping crocodiles linger and lost boys and girls play and seek adventure.

Picnic in the Gardens 'Return to Neverland' on Sunday 9 November from 10.00am to 2.00pm.

Mark your calendars, more details coming early October.






Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

The secret to raising happy, confident kids

Despite what you may think, the fundamental job of the parent has not changed since the dawn of time. And it's never too early to start.



The first habit from Stephen Covey's wonderful book *The 7 habits of highly effective people* states that we should start every project or undertaking with the end in mind.

This principle holds true for any activity whether it's planting a vegie patch, renovating a house or raising children. When you know what you are trying to achieve then choosing the right strategies becomes easy.

The end game or goal for parents is redundancy. Yep, you read it right. Your job is to make yourself redundant as a parent from your child's earliest possible age. It always has been and always should be.

When redundancy is your aim most of your time, effort and energy will go into promoting independence. You'll stop doing things for kids and start giving them opportunities to do things themselves. You'll spend most of your active parenting time teaching, explaining and prodding your child toward independence.

INDEPENDENCE LEADS TO THE 4 CS

When independence becomes your priority, suddenly will reveal a pathway to the development of other positive qualities and traits in your children. These include the key four: confidence, competence, creativity and character. Here's how:

Confidence comes from facing your fears and doing things for yourself.

Competence comes from the opportunity to develop self-mastery that independence offers.

Creativity is developed when kids solve problems themselves as opposed to someone solving them on their behalf or, worse, sheltering them from any risk of harm.

It's amazing how resourceful kids can be when they are given the chance to resolve their own problems.

Character, which is essential for success, is forged under hardship and is needed if kids are to live a sturdy life. Kids need to be exposed to disappointment, failure and conflict if character strengths such as grit and perseverance are to be forged.

INDEPENDENCE TAKES MANY FORMS

Independence has many guises and can be developed in many ways, though in the end it is adults who are the gatekeepers for their children's independence.

On a basic level developing independence is about developing children's **autonomy**. Without realising it, many parents make choices on their children's behalf. Kids build self-confidence when they do things for themselves, and make their own decisions.

Independence is built when children spend time in **unpredictable circumstances** and environments such as the bush, and also have the opportunity to navigate their neighbourhoods on their own. There may be some risk involved but that is where the learning lies. Eliminate the risk and you eliminate the learning.

Allowing kids to **follow their own impulses** even if they are different to your own is the key to gaining independence. This may mean that your children choose healthy interests and pursuits that you are unfamiliar with, or even swim against the tide of your wishes.

Allowing kids to take **responsibility** and own their own problems builds confidence and competence. Start by expecting kids to help at home. Look for ways to develop self-help skills and don't take their problems on as your problems.

MANAGE VISUALLY

When your end game is redundancy and your priority is independence building then managing your kids in a visual way becomes your most obvious strategy. Management by mouth, in contrast, is a dependency strategy. So talk less, use signs, lists and rosters backed up by consequences to develop independence and responsibility in your children.

CREATE JUNIOR VERSIONS OF INDEPENDENCE

It can be scary and also difficult developing independence in one big step. So smart parents intuitively develop junior versions of independence by breaking up big activities into digestible bits. Want your three-year-old to make the bed? Then start by arranging the teddies and the pillows (a junior version of making the bed) and let them work their way up from there. Similarly, if you want your five-year-old to walk to school on his own but it's currently beyond him, then accompany him most of the way and let him walk the last 200 metres on his own. That's a junior version of walking to school.

In all the noise and commotion about raising kids today it's easy to forget that the job description for parents hasn't changed since the dawn of time. Love them, bond with them, teach them and spend time with them. But also work like mad to develop their real independence so they become capable of handling what life will throw their way.

Then you'll know your job as a parent is done! It doesn't mean you won't stop worrying about them ... that's a story for another time. But it does mean you've finished the main task of parenting, that is, to make yourself redundant at the earliest possible age.

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



parentingideas.com.au

