



# TABLE TOP PUBLIC SCHOOL NEWSLETTER

Term 4 Week 5

Wednesday 5<sup>th</sup> November 2014

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## CALENDAR – What's On?

### Monday 3<sup>rd</sup> to Friday 14<sup>th</sup> November

School Swimming Scheme  
(Not including Monday 10<sup>th</sup>)

### Monday 10<sup>th</sup> November

Ribbons for Peace Walk  
Gateway Island (Whole school)  
11 am – 1 pm

### Wednesday 12<sup>th</sup> November

Special Meeting of the P & C  
7 pm

### Tuesday 11<sup>th</sup> November

Remembrance Day Ceremony 10.50 am

### Tuesday 18<sup>th</sup> – Thursday 20<sup>th</sup> November

Years 4/5/6 Ballarat Excursion

### Tuesday 25<sup>th</sup> November

Gerogery Sports Day

### Wednesday 26<sup>th</sup> November

School Council Meeting 6pm  
P & C Meeting 7 pm

### Thursday 27<sup>th</sup> November

Kinder Orientation Teddy Bears Picnic  
12.15 – 2 pm

### Thursday 11<sup>th</sup> December

Presentation Night and School Performance  
6.30 pm

### Monday 15<sup>th</sup> December

Year 6 Farewell

### Tuesday 16<sup>th</sup> December

School Disco

### Wednesday 17<sup>th</sup> December

Last Day of Term for students  
Mufti Day

## Principal's Report

### Condolences

We extend our sympathies and thoughts to the Brown family on the passing of husband, father and friend, Lionel Brown. He will be missed and remembered fondly by staff, students, families and community.

### Kinder Transition Day

It was wonderful to see our 2015 Kindergarten students at our school last Thursday. They met and got to know their buddies, had a ride on the school bus and were welcomed by our teachers and student body. The final transition day will be the Teddy Bears Picnic on Thursday 27<sup>th</sup> November.

### Grandparents Day

Thank you to the many special visitors who came to our Grandparent Day last week. It was a terrific family afternoon and the students and staff loved sharing our wonderful school with you all.

### P&C School Camp-out

It was a wonderful night of school community on Saturday with the P&C School Camp-Out. It proved to be a very successful evening with many of our families either camping the night, or coming out for the BBQ and movie. Thank you to everyone involved in organising this fantastic event.

### School Swimming Scheme

Swimming lessons got off to a fabulous start earlier this week with all students assessed and sorted into groups. The lessons, conducted at Gould Swimming Academy will

take place every day for the next two weeks (except next Monday).

### **Ribbons for Peace Walk**

All of the schools in the Albury/Wodonga region who are custodians of a World Peace Flame, will meet at the Gateway Village next Monday, 10<sup>th</sup> 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 then be passed on to each of the schools involved over 2015 for display. A permission note for this excursion is attached to this newsletter. There is no cost for this excursion.

### **Remembrance Day**

Our Year 6 Leaders will conduct a special Remembrance Day ceremony, next Tuesday 11<sup>th</sup> November beginning at 10.50am, allowing our students an opportunity to pay their respects to all soldiers who have fought and died in wars past and present. Our School Captains, Louis and Claire, will also represent our school at the Albury Remembrance Day ceremony in town, laying a wreath of flowers as a mark of respect. Families who are able to donate flowers and foliage to be used in a wreath are asked to drop them off to school on Tuesday morning.

### **Parent Survey**

Thank you to the many parents who have already filled out their online Parent Survey which was emailed home last week. It is not too late to have your say about our school – the survey remains open until November 11. Paper copies of the survey are available in the office.

### **School Musical**

For the next two weeks while we are involved in the intensive swimming program, whole school rehearsals for the musical will be held with Ebony and Narelle on Tuesday and Thursday mornings from 10.20 to 11.00am.

### **Mural and Totem Poles Opening**

Thanks to the hard work of family volunteers on Sunday, grout was applied to the last of the mosaic Totem Poles! The kids will now give

them a final polish in time for the official opening of these and the fabulous weather-shed murals on Friday, 21<sup>st</sup> November. The opening will take place after a special morning tea from 11.10am – 12.00pm on the 21<sup>st</sup>.

### **Art Tuition**

The Creative and Interested after school art tuition program with our artist in residence, kicks off tomorrow afternoon from 3.30pm. The children who have registered for this program will receive expert individual painting and/or drawing tuition from Mrs McEachern who is a practising professional artist and high school art head teacher.

### **Ballarat Excursion**

The Year 4/5/6 students leave for their Ballarat excursion on the 18<sup>th</sup> of November. The excursion is a fabulous opportunity for our students to visit central Victoria and its many sites of historic and cultural significance.

### **Gerogery Sports Day**

We will be joining our Mullengandra and Gerogery friends on Tuesday 25<sup>th</sup> November at Gerogery PS for the annual GMTT Gerogery Sports Day. It should prove to be a fun day of healthy competition in a beautiful small school setting. The sports day is for all students.

### **School Assembly**

There will be no assembly for the next two weeks due to our intensive swimming program. Our next whole school assembly will be held in the library on Friday 21<sup>st</sup> November beginning at 2.20pm.

### **P&C Meeting**

The P&C Executive members have called a special meeting of the P&C next Wednesday, 12<sup>th</sup> November, at 7pm in the staffroom. All parents are welcome to attend.

The last scheduled general meeting of the School Council and P&C for the year will be held from 6pm on Wednesday, 26<sup>th</sup> November.

*Andrew McEachern – Principal*

## **HOW2Learn**

### **Learning the benefits of being Positive**

#### **The Third P: Problem-solving**

Problem-solving is an essential life skill. To help your child become a problem-solver, encourage curiosity. Asking lots of questions is as useful in learning as finding answers.

Encourage your child to seek explanations and discover things for themselves. Don't always give them neat answers to questions. Enjoy exploring open-ended questions, which have no simple answers.

*Three way to help your child become a problem-solver*

#### **1. Tune to their curiosity channel**

Young children are naturally curious!

#### **2. Think up good questions**

A key learning skill is being able to ask good questions – ones that may have several answers. Children learn from questions and not just from answers.

Use these key words to help your child think up good questions:

**How? Who? What? Where? Why?  
When?**

#### **3. Make connections**

Learning occurs when we make connections between something new and things we already know or have experienced. Encourage your child to make comparisons. Ask, 'What's this like?', 'When did we see it before?' and 'What does this remind you of?'

Mind maps are a great way of organizing information so that you can see connections between things.

## **REMEMBRANCE DAY**

Remembrance Day is on Tuesday 11<sup>th</sup> November and we will be holding a service at school run by the Student Leaders.



We would like to ask if anyone could send in some flowers or greenery on Tuesday morning so that we can make our own wreaths. These will be used for our ceremony at school and also for the School Captains to take to Albury for the Remembrance Day Ceremony at QEII Square.

### **P & C HELPERS NEEDED**

This Sunday, 9<sup>th</sup> November, the P & C are conducting a Hot Dog Stall at the Ettamogah Pub Market Day and they need some helpers to run the stall during the day.

Please see the attached roster and help where you can. This is an excellent opportunity to raise some funds for the P & C.

### **SCHOOL ASSEMBLY**

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

#### **Students of the Week**



(Week 3)



(Week 4)

### **Special Encouragement Awards:**





### **Teacher Merit Cards** (Green cards)

#### **K/1**

**Week 3:** Stefan, Hope, Dante, Esher  
**Week 4:**

#### **2-3**

**Week 3:** T J, Zenith, Jayne, Darcy  
**Week 4:** T J, Ned, Lochie, Gibb

#### **4-6**

**Week 3:** Caleb, Natalie, Ryley, Louis, Toby, Isabella

**Week 4:** Ryley, Billy, Destiny, Bridie, Dylan, Ellie, Isabella, Charlie, Emily

**SRC Kindness Award:** Week 3: Charlie  
 Week 4: Alicia

**Class Awards:**      **Library** – 4/5/6,  
                                  **Classroom** - 2/3  
                                  **Assembly** – K/1

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*

## **Community News**

**MyGolf**

**Kids only CLUBHOUSE**

MyGolf is Australia's national junior golf program for kids between the ages of 5-12. A fun, healthy and safe way to start learning the basics of the game, MyGolf is a 10 week program with three levels depending on your age and skill level.

ALL PARTICIPANTS WILL RECEIVE A FANTASTIC MYGOLF GIVEAWAY PACK

- Drawstring bag
- PVC golf ball
- MyGolf cap
- Your own golf club

REGISTER AT **MYGOLF.ORG.AU**

Jindera Golf Club    Sunday 9<sup>th</sup> November 9.30am BBQ and giveaways  
 \$10 for 10weeks    Phone: Jaye 0416441280

## **Blue Illusion Fashion Parade for Camp Quality**

**When:** November 15<sup>th</sup> from 12noon till 3pm

**Where:** Blue Illusion 3/495 Dean St Albury

**RSVP** please to Di at Blue illusion Albury 60416080

Come in, relax and enjoy a glass of wine & nibbles, whilst viewing Blue Illusion's latest Spring Summer Fashion Parade of 2014

Entry, wine and nibbles are free

You'll also receive a \$25 Voucher to be used on the day  
 20% of sales at the event will be donated to  
**CAMP QUALITY**

# Parenting *ideas* INSIGHTS

## *Building parent-school partnerships*

WORDS Catherine Gerhardt

# When does fun flip into addiction?

Gaming has come a long way since Space Invaders. Unfortunately with that growth has come an addiction to gaming in some young people. Catherine Gerhardt describes how to spot the signs and what to do about it.

Gaming addiction is a relatively new phenomenon. When I was growing up, video game addiction didn't really exist. Kids played video games when they went to the arcade, and were limited to their pocket money. Then came the invention of home video game systems, and today millions of homes around the globe are equipped with both game consoles and personal computers. Remember Pac-Man and Tetris? My how gaming has changed.

### **When does fun flip into addiction?**

Gaming gets into our deepest motivational drivers. As human beings we have a great need to be social. Games allow us to connect with others and give us the feeling of control over our own social environment. This can be a key motivator for youth who feel like they have very little control over their daily lives; teachers, parents and others always seem to be controlling them.

We are all driven towards pleasure, and the pleasure component in gaming is about intermittent rewards. The rewards are random, they are not predictable and they keep us waiting and therefore playing. Intermittent rewards are the same

foundation that gambling is based on, and researchers are currently looking deeper into a potential correlation between gaming and gambling.

In massive multiplayer games there is often punishment for logging off. Fear and pain are, again, major motivational drivers. Some games, like World of Warcraft, penalise players through loss of progress if they are turned off before a goal or the next level is reached. Now it is the game controlling the player and not the other way around. Once players become involved in a guild then there is the added responsibility to that online community, and when they log off they may be letting other players down.

### **Signs that your child may be developing a gaming addiction include:**

- the inability to control the use of games
- finding it difficult to stop playing even if they want to
- experiencing withdrawal symptoms – physical and mood related changes such as bad temper, poor focus, or feeling empty, frustrated or angry

- exhibiting defensive behaviour when questioned about use
- making social and recreational sacrifices such as cutting off real life friends and only having online friends
- secrecy and solitude – playing alone and even in secret, sneaking it in when they can
- lying about use – they tell you they spent one hour playing when really it was two.

### **What does this mean for parents?**

Have you had yelling matches with your child over the amount of time they spend gaming? Have you threatened to take their access away? If you think there might be a problem, then there probably already is.

Many parents feel alone in regards to their child's problematic internet use, but be assured you are not alone. Parenting experts and parents are beginning to find ways to help with this serious behaviour problem.

more on page 2 >>



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](http://parentingideasclub.com.au). You'll be so glad you did.





### ... When does fun flip into addiction? ...

#### **You can start to help your child by implementing some simple steps:**

**Set time limits** – Only allow a certain number of minutes (not hours) per day. Consider requiring that your child earns game time through responsibilities. Once you set the limits, you must enforce them.

**Limit content** – Ratings are there for a reason. Exposure to elements such as violence and gambling are a risk if you allow your child access to age inappropriate or adult content. Read reviews or test the game yourself before you give it to your child. Although they may say “everyone else is playing it”, we know that is not the case.

**Keep gaming out of the bedroom** – This follows the basic rule of no media in the bedroom. Monitoring content and usage becomes very difficult behind a closed door. We want kids where they can interact with other people to help limit the solitude and secrecy that can occur. Interaction with other family members, even whilst gaming, is a protective factor.

**Gaming is a privilege, not a right** – Other activities such as homework and chores must be done first. Having dinner with the family, doing some exercise or doing music practice takes priority over games.

Families have found it useful to use behavioural charts to clarify what needs to be done before gaming is permitted, and how much gaming is allowed. Gaming is about balance, and there is room for some negotiation. They want to earn more gaming? Perhaps consider an extra 15 minutes for every extra hour of physical activity they do.

**Video games are not a babysitter** – Too many parents are relying on technology to keep their children quiet and occupied. Children and youth must learn to socialise and find the ‘grit’ required to get through social situations. There are other things kids can do to keep themselves busy besides relying on technology.

**Search for a therapist** – If your child’s gaming has already become too far out of control, then you may want to search for a professional therapist or a treatment program that specialises in adolescent addictions. Recovery from video game addiction is possible.

There isn’t anything wrong with gaming itself – it’s a great way to have fun, to connect with others and to learn. However, when gaming becomes the priority over other areas of life, then an addiction may be brewing. According

to [www.video-game-addiction.org](http://www.video-game-addiction.org), “kids who are easily bored, have poor relationships with family members, feel like outcasts at school, or tend towards sensation seeking are more easily drawn into video game addiction because it fills a void and satisfies needs that aren’t met elsewhere”.

There is some debate as to whether gaming addiction is a diagnosable disorder, however the behaviour undeniably exists. The combination of intentional programming by designers and the predisposition some teens have to addictive behaviour means this is a real issue that parents, teachers, and friends should be aware of and may need to take action towards.

*Catherine Gerhardt*

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**WHERE:** 1 BURMA ROAD, TABLE TOP (AT THE PUB)

**WHEN:** 2ND AND 5TH SUNDAY OF THE MONTH

**TIME:** 8:30 AM INTO THE AFTERNOON

**NEXT MARKET DAY: SUNDAY 9TH NOVEMBER**

**STALLS INCLUDE:**

CANDLES • CRAFT • FRAMES • PLANTS • CLOTHING • WOODWORK  
JEWELLERY • PET TREATS • LOLLIES • BBQ • PUB MERCHANDISE  
CAKES • ACCESSORIES • NATURAL LOTIONS • GIFTWARE  
& MUCH MUCH MORE

**FOR THE KIDS..**

FACE PAINTING AND BALLOON SCULPTING

*Come and Enjoy a cold one, Relax and have a great day.*

 THE ETTAMOGAH PUB ALBURY

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FOR MORE INFORMATION PLEASE CONTACT DEANNA

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