

# TABLE TOP PUBLIC SCHOOL NEWSLETTER

Term 4 Week 7

Wednesday 19<sup>th</sup> November

556 Burma Road, Table Top NSW 2640 T 0260 262220 F 0260 262402 E [tabletop-p.school@det.nsw.edu.au](mailto:tabletop-p.school@det.nsw.edu.au) W [www.tabletop-p.school.nsw.edu.au](http://www.tabletop-p.school.nsw.edu.au)

## CALENDAR – What's On?

**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

**Thursday 18<sup>th</sup> & Friday 19<sup>th</sup> December**  
Staff Development Days

## 2015 DATES

**Tuesday 27<sup>th</sup> January**  
Staff Development Day

**Wednesday 28<sup>th</sup> January**  
Students Years 1 to 6 resume

**Thursday 29<sup>th</sup> January**  
Kindergarten students start

## Principal's Report

### Mural and Mosaic Totem Pole Opening

Our beautiful Weather-shed Mural and Mosaic Totem Poles will be officially opened this Friday, 21<sup>st</sup> November, beginning with a special morning tea at 11.10am, followed by the opening at 11.45am and closing with a student drumming performance at 12.00pm. Our staff and students put a lot of time and effort into these magnificent pieces of public art with Mrs McEachern over the course of this year. Students, parents, family members and friends of Table Top Public School are invited to come along and share in this special event.

Families are requested to bring in a plate of morning tea to share.



### **Sushi Roll Lunch Day**

To coincide with our Mural and Totem Pole opening this Friday, students will be able to order yummy sushi rolls and a piece of fruit for lunch! Please fill out the order form that was sent home on Monday and make sure it is returned to school no later than tomorrow morning. We will also need a couple of parent volunteers to help hand out the lunches. Let Gayle know if you can assist.

### **Drumming Demonstration**

Students who are members of the Murray Conservatorium drumming class will be giving a special demonstration of their amazing drumming skills following the Mural and Totem Pole opening this Friday, beginning at around 12.00pm. You are most welcome to stay and enjoy their performance.

### **Ballarat Excursion**

The Year 4/5/6 students left for their Ballarat excursion early yesterday morning and have already visited the Central Deborah Gold Mine in Bendigo and enjoyed the visually spectacular Blood on the Southern Cross show in Ballarat. Today they spent the day at Sovereign Hill. This excursion is a fabulous opportunity for our students to visit central Victoria and its many sites of historic and cultural significance. We are expecting their return to Table Top PS tomorrow afternoon at around 5.30pm.



### **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. A permission note was sent home earlier this week.

### **Kinder Teddy Bears Picnic**

We are all very excited to see our new Kindergarten students at school next Thursday, 27<sup>th</sup> November, for the Teddy Bears Picnic.

### **Buy One, Get One Free Book Fair**

We will be hosting a Scholastic Buy One, Get One Free Book Fair in the school library from 1-2pm next Thursday 27<sup>th</sup> November. Every child really needs a book or two for Christmas!

### **Ribbons for Peace Walk**

It was a unifying experience to join with students from across the Albury/Wodonga region for the World Peace Flame, Ribbons of Peace walk last Monday. Messages of peace were attached to a specially made sculpture created for the day. The sculpture will be passed on to each of the schools involved over 2015 for display.







### **Remembrance Day**

Year 6 Leaders conducted a very special Remembrance Day ceremony last Tuesday, allowing our students an opportunity to pay their respects to all soldiers who have fought and died in wars past and present. School Captains, Louis and Claire, also represented our school at the Albury Remembrance Day ceremony in town, laying a wreath of flowers as a mark of respect. Thank you to the many families who donated flowers, foliage and wreaths.



### **Art Tuition**

Students have been creating amazing pieces of art in the Creative and Interested after school art tuition program with our artist in residence, Mrs McEachern. Students registered in this program are receiving expert individual painting and/or drawing tuition from Mrs McEachern who is a practising professional artist and high school art head teacher.



### **CSU Practicum Student**

We welcome Miss Sam Brown to the K/1 class for the next three weeks as she completes her 3<sup>rd</sup> Year practicum.

### **Parent Survey**

Thank you to the many parents who completed their online Parent Survey. Results will be collated and used to help formulate our 2015-17 School Plan.

### **School Musical**

Whole school rehearsals for the musical will be held with Ebony and Narelle on Tuesday and Thursday mornings from 10.10 to 11.10am for the remainder of the term.

### **School Assembly**

Our whole school assemblies resume in the library this Friday 21<sup>st</sup> November at 2.20pm. The class item this week is presented by 2/3 and next week's item will be by 4/5/6.

### **P&C Meeting**

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*

### **VOLUNTARY CONTRIBUTIONS**

If your family has not already paid your voluntary contributions of \$45 per student for 2014 we would appreciate it if these could be paid before November 30<sup>th</sup> (our end of financial year). If

you are unsure please contact Mrs Scott or Mrs Mackay in the office.

## **HOW2Learn**

### **Learning to control anger**

Children may get angry because they feel they are constantly failing or getting stuck, or can't solve a problem while others have the answer.

Here's a way to teach your child how to control their temper. Point out the pause button on a video recorder which stops a video immediately. Help them develop the ability to press this button when required, using the tips below.

#### ***Tips for controlling anger***

- Count to 10 or have a secret phrase that you repeat in your head whenever you're about to lose your temper.
- Use 'traffic lights': when someone does or says something that is annoying, imagine the light is on red, and wait. Visualise it changing to orange, and get ready to walk away. When it turns green, walk away.
- Imagine that the person making you angry is a giant green frog. Imagine them looking like a frog, sounding like a frog, hopping about like a frog, but say nothing! Having a laugh helps to make anger go away.

## **HOW2Learn**

### **Fun and games with language**

Action rhymes are great for young children – actions help them to remember words, and rhythm, rhyme and repetition all encourage joining in. Why not look out for music and rhyme sessions in your neighbourhood? Many games help develop reading skills, too.

#### ***Tips for encouraging reading***

##### ***For toddlers***

- Read with your child every day.
- Take time to look at and talk about the pictures.
- Encourage them to turn the pages.
- Encourage them to join in with repeating phrases.

- Use your finger to follow the print occasionally.
- Make sure they see you reading for pleasure.

##### ***For preschool children***

- Read a variety, including poems, comics, magazines.
- Get your child to look at pictures and predict what will happen in a story.
- Make sure your child sees you reading (recipes, newspapers, food packaging instructions etc.) and writing (shopping lists, messages etc.) Remember to read aloud when your child is around!
- Look at street names, shop signs, road signs and car number plates.

##### ***For school-aged children***

- Read to your child, then let them read to you.
- Allow time for self-correction if they make a mistake.
- Encourage them to talk about what they have read, and to retell stories.
- Buy them games with instructions to read and follow.
- Make birthday cards, invitations, lists and messages together and encourage them to write letters and postcards.

## **SCHOOL ASSEMBLY**

No assemblies were held over the last 2 weeks.

## **ACTIVE AFTER SCHOOL**

There will be NO Active After School on Tuesday 25<sup>th</sup> November (Gerogery Sports Day). The last golf coaching clinic will be held on Tuesday 2<sup>nd</sup> December at the Thurgoona Golf Club.

The last Thursday for Active After School will be November 27<sup>th</sup>.

## **LIBRARY STOCKTAKE**

Our annual stocktake will take place in Week 9 on Thursday 4<sup>th</sup> December. We would appreciate it if parents/students could make sure all library books are returned by that date.

# Parenting *ideas* INSIGHTS

## *Building parent-school partnerships*

WORDS Michael Grose

## 10 research-backed tips for raising happy kids

I have just returned from a research trip to the Yale Center for Emotional Intelligence near New York. The Yale Center is home of the **RULER Program**, the world's best emotional intelligence program for children and families. I visited the Center in preparation for the introduction of the **RULER Program** tools to all Parentingideas Club members. We'll be doing that soon – and I can't wait!

The thing that I love about the **RULER Program** is that it's totally evidence-based. Its effectiveness is backed by mountains of scientific evidence, so credibility is assured. But that's all I can tell you about the program now – you'll just have to wait.

In the meantime, there are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

### 1 Birth order matters

Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases pressure rather than placing extra pressure on them.

### 2 Positive peers matter

Your child's friends impact heavily on their wellbeing and frame of mind. When peer relationships are smooth, children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors were at play.

### 3 Parent mental health matters

If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

### 4 Sibling relationships matter

Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds

empathy. Help them mend relationships that have broken down. Start this with siblings first. With only-children, make sure you build these skills through plenty of interactions with peers.

### 5 Developmental matching matters

A number of studies have shown that much of what is considered 'poor parenting' has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

### 6 Good parenting matters

Permissive, laissez faire, autocratic or authoritative parenting? These are parenting styles most parents use at some point.

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.







## Building parent-school partnerships

... The right time to start a relationship ...

If you want your child to be happy and succeed over the long term, then extensive British research shows the way. The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children's happiness and wellbeing are well drawn.

### 7 Family dinners matter

Yes, you've got to eat. But you need to eat together. Significant research links family strength and children's wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

### 8 Fun matters

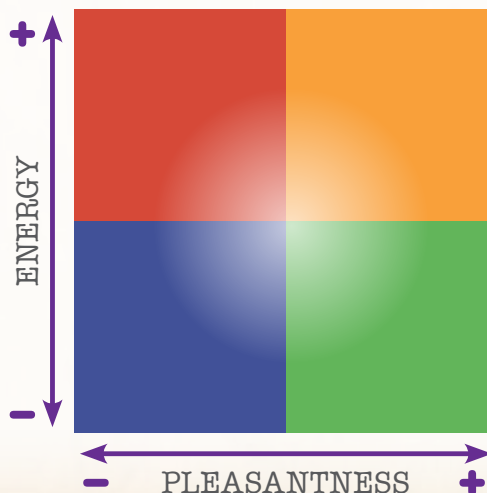
Many kids get too little unstructured time these days. Play that is not initiated by adults is more than just mucking around: kids learn and grow through such play. Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids' cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

### 9 Helping others matters

The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual's wellbeing. Helping others makes you happy over the long term. The same applies with kids. Just don't let their grumpiness put you off when you expect them to help.

### 10 Emotional intelligence matters

Emotional intelligence is a skill, not an inborn trait. Believing that your kids will just naturally come to understand their emotions (let alone those of others) doesn't set them up for success or happiness. Kids learn best when they have concrete tools to assist their learning, whether learning to read (books come in handy), playing sport (a ball and some goalposts helps) or learning to dance (some suitable music helps). The wonderful tools in the RULER Program toolkit make learning emotional intelligence accessible for kids.



## So let's recap - to raise happy, successful kids:

- 1 Birth order matters
- 2 Positive peers matter
- 3 Parent mental health matters
- 4 Sibling relationships matter
- 5 Developmental matching matters
- 6 Good parenting matters
- 7 Family dinners matter
- 8 Fun matters
- 9 Helping others matters
- 10 Emotional intelligence matters



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