



NEWSLETTER

Wednesday 19th February 2014

IMPORTANT DATES

Friday 21st February

- Southern Riverina PSSA Swimming Carnival (Selected students only)
 - K-1 Paediatric Ward Excursion
1.30 - 3.00 pm

Thursday 27th February

James Fallon HS Interest Day
Years 4 - 6

Wednesday 5th March

Responsible Pet Ownership Education
K - 6

Thursday 6th March

Northern Spirit Learning Community
Year 6 High School Experience Day
James Fallon High School

Wednesday 19th March

School Council Meeting - 6 pm
P & C Meeting - 7pm

Monday 7th April

Life Education Van
K-6

Friday 28th March

Albury Gold Cup Half Day Holiday

Wednesday 9th April

Small Schools Athletics Carnival
Alexandria Park, Albury
Whole School

Friday 11th April

Last day of Term 1

FROM THE PRINCIPAL

School Swimming Carnival

Thank you everyone who came along to our fabulous school swimming carnival last Friday. It was a wonderful day, full of healthy competition with our friends from Mullengandra and Gerogery. Congratulations to the Table Top team who combined to help us retain the Kevin Whelan Swimming Trophy for the second year in a row! The following students qualified to represent the Small Schools at the Southern Riverina Swimming Carnival to be held at the Lavington Swim Centre this Friday February 21st: Mickaela, Harry, Jessica, Tilly, Toby, Emily, Ryley, Bethany, Claire, Jaxon, Elizabeth, Louis, Isabella, James, Thomas and Zenith. These swimmers are competing for a spot in the Southern Riverina team for the Riverina Carnival to be held in a couple of weeks' time. We wish them the best of luck!





Anthea, Zoe, Lochie, Jayne, Callie, Denzel, Caleb, Minna, Dylan, Isabella, Ryley, Mickaela, Louis and Claire, were presented with their badges at a special whole school assembly this afternoon. These fine students have taken on the added responsibility of assisting the school and their fellow students.

Pre-School Open Day Invitation

Please spread the word about our Pre-School Open Day, which Miss Kirk will host on Wednesday 12th March from 10 - 11.30am. We are opening up our K/1 classroom to parents of pre-schoolers, and their children, to see and experience some of the magic of Table Top Public School. Parents of Kinder and Year One students who would like to come along and assist are more than welcome!

James Fallon HS Visits

Our 4/5/6 class has been invited to James Fallon High School next Thursday, 27th February for a small schools interest day. Students will experience a high school activity and a tour from 1:00-pm-2.45pm. A permission note is attached to the newsletter. All Year 6 students will follow up the following Thursday, 6th March, with the Northern Spirit Learning Community High School Experience Day at James Fallon High School. Regardless of which high school they intend to enrol, all Year 6 students from across the Northern Spirit network will attend JFHS to experience a day in a high school setting.

Working With Children Requirements

Thank you to all of our fantastic parents and community members who regularly volunteer to assist our students and school by helping with classes, training our students in areas such as



Parent Meetings and Welcome BBQ

We had a great turn out at our class information sessions and BBQ last night. It was a wonderful way for our school community to come together and for parents to get an insight into class structures, routines and student learning expectations.

Student Leadership Assembly

Our school captains, Louis and Claire, Year 6 student leaders, Alicia, Bethany, Billy, Emily, Emma, Jacinta, Jaxon, Mickaela, Robert and Ryley, along with the newly elected class SRC representatives, Mia, Eliah,

sport, going on excursions and transporting students to and from events (just to name a few). The NSW Government has recently changed the way people who volunteer in a school obtain their Working With Children Check approval number. It's easy and free. Go online to <http://www.kids.nsw.gov.au/Working-with-children/New-Working-with-Children-Check> - click "Start Here" and follow the steps to apply as a volunteer in education. Once approval has been granted, print it off, take it into the RTA to get it stamped, then bring it into school so you can be added to our register of volunteers. Your approval to work with children is valid for five years. Table Top PS volunteers who do not have access to the internet are more than welcome to complete the online form at school.

Racing into Leadership

The Year Six leadership group are heading off to the first day of the Melbourne Formula One Grand Prix on Thursday 13th March. This fantastic leadership excursion will give the students the opportunity to cement the bond they have as leaders and give an insight into their potential as student and future leaders in the wider community. Students and staff from Mullengandra and Gerogery PS will also join us on the excursion. A permission note will follow in the next couple of days.

Mathletics

Parents are reminded to contribute \$10 per child to help cover the annual user fee for Mathletics use in our school. This is a fantastic price, as the usual fee is \$99 per child.

School Fridge

Don't forget to encourage your children to use the school fridge located in the corridor outside Miss Kirk's room. It has been provided

by the P&C to help keep our students' lunches cool on these hot days.

Andrew McEachern - Principal

KINDER SOUND

The Kinder sound for this week is 's' for Surfer



HOW2Learn

Identity

Your child is an individual. Allow them to follow their own interests and not just to copy yours. By learning about their own strengths and weaknesses, and what is important to them, your child is developing a sense of identity. Children with a strong sense of who they are, are often resilient and have more confidence. They learn and achieve more.

Tips for developing your child's identity

- Encourage your child to talk about feelings. This is particularly important for boys, who tend not to express themselves so freely.
- Share your own interests and enthusiasms. Take an interest in your child's, avoiding comparisons with others in the family unless you can do this in a positive way.

RESPONSIBLE PET OWNERSHIP PROGRAM

This program is run by trained Pet Educators and is designed to educate children how to recognize warning signs given by dogs and what to do if approached by an aggressive dog.

There is no cost for this program and further information and permission note are attached to this newsletter.

MURRAY CONSERVATORIUM MUSIC

Once again we are offering music lessons run by the Murray Conservatorium - these are all tailored to be part of the NSW curriculum and they are a great opportunity for our students.

The conservatorium covers the cost of the teachers transport and the school helps out with the GST which means we can offer these very economically. Last year we had Kodaly, which is an excellent foundation in music, but to spice things up this year we are going to go with drums!

Drumbeat has up to 8 students. This is based on social and emotional learning and is a very positive program. Please have a look at the details attached to the newsletter if you are interested. Students that get priority will be those that have participated in the music program before. If there is sufficient interest we can run two classes as we don't want anyone to miss out! The class runs for one term and will be \$9 per lesson. Once we have locked in dates we will need payment up front. This is more expensive than last term as there are less places available. Once this has finished we will offer another, different program that is around the \$5 mark that looks loud, noisy and FUN!

Please note that part of this is run in lunchtime and part of it does cut into class time. We have done this so that we can get the music teacher we want and so that the children do have the opportunity for half an hour of lunch and playtime so they don't feel like they are 'missing out'.

Anyone who is interested needs to email me at cathygiltrap@gmail.com by next Tuesday so I can lock everything into place and we can get music happening within the fortnight. Please feel free to ask any questions, offer comments/suggestions etc.

DRUMBEAT

DRUMBEAT is a music therapy drumming program delivered by one Murray Conservatorium teacher to groups of 8 students and one school staff member over ten weeks

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|----------------------|---|
| Age: | All ages |
| Duration: | One Term |
| Performance Outcome: | no |
| Equipment Required: | Provided by the Conservatorium |
| Class Size: | Up to 8 students plus one school staff member |

Originally developed as a music therapy program to engage young Aboriginal males DRUMBEAT is now practiced in a variety of fields including mental health services, school education and corporate team building. Based on the core principles of social and emotional learning, the program uses djembe drums to engage students

DRUMBEAT helps students develop:

- Teamwork and respect for others
- Rhythms and games as a basis to learn about a range of values
- Recognising and regulating emotions
- Developing empathy for and understanding of others
- Establishing positive relationships
- Making responsible decisions
- Handling challenging situations constructively.

P & C NEWS

CAMP OUT

Coming up again this year is the Family camp out night, which is a great night of family camping at the school with BBQ dinner and Breakfast and many other activities. It's a great way for families to get to know each other in a relaxed and fun for everyone environment.

If you are interested in helping out with anything for our camp out from camp ovens to set up, to activities or anything else you can think of that will make this night great please contact Leanne on Leanne.wicks@bigpond.com

PIANO LESSONS/MUSIC

At present there are piano lessons available from the conservatorium which can be held during school times. For further information regarding piano or if you would like to register interest for other instruments please contact Leanne on Leanne.wicks@bigpond.com

SKILLS SEARCH

Are you skilled in a particular area that could help our youngsters? Perhaps you are great at high jump, or long jump, or discus or even Frisbee! Well later in this term is the athletics carnival and if there is an area that you could help the children with then the school would love to hear from you.

ROBI COMB

The Robi comb pro is an electronic head lice comb that can eliminate head lice issues quickly and without harsh chemicals. Currently we have the opportunity to purchase the Robi comb at a discounted price for those who may be interested. The cost will be \$47 including delivery to school which is a saving of up to \$18 compared to some pharmacies. Further information on the comb is attached. If you are interested please contact Jayne Brock on 0466 550 364.

NUDE FOOD WEDNESDAYS

We are encouraging 'Nude Food' again this year to eliminate the amount of packaging that goes into landfill. Parents can pack healthy lunches in reusable containers.

Here is an idea on some yummy food for lunchboxes for nude-food Wednesday. This is a good way of incorporating a 'treat' food that has no sugar and no nasties. Easy, cheap and quick! I trialled it on the kids that were around yesterday for the new families welcome and information night and all the kids liked them so they are worth a go.

'Shapes' Biscuits

210g plain flour

- 1 tsp baking powder
- 25g grated parmesan cheese
- 1 tsp onion powder
- 1 tsp celery salt
- 1 tbs dried oregano
- 1 tsp dried basil
- $\frac{1}{2}$ tsp paprika
- $\frac{1}{2}$ tsp garlic powder
- 1 egg
- 40g water
- 50g olive oil

*Note - I am a bit slack with adding lots of ingredients so just added 2 tsp mixed herbs and 3 tsp of a garlic herb blend mix instead of all the individual ones and it worked out just fine! If you are dairy free, leave out the cheese and add

nutritional yeast instead. Wholemeal flour will work fine in these too.

- Preheat oven to 160deg and line a tray with baking paper.
- Grate cheese.
- Add dry ingredients and mix in a food processor.
- Add wet ingredients and mix until a dough forms. You may need to add a touch more water.
- Roll out thinly and cut into preferred shapes.
- Bake for 10 minutes.

(If you have a Thermomix, grate the cheese on S9 for a few secs, add the dry ingredients S5, 5 secs then the wet S4 10 secs)

VOLUNTARY CONTRIBUTIONS

Contributions for 2014 are \$45 per child. This fee covers the cost of textbooks and other consumables for each child. If paying by cheque, please make payable to Table Top Public School.

MATHLETICS CONTRIBUTION

Parents are asked to contribute \$10 per child to help cover the annual user fee for Mathletics in our school. This is a fantastic price, as the usual fee is \$99 per child. Thanks to the P&C who have already committed funds to support Mathletics for our children.

P & C FUNDRAISING CONTRIBUTION

The fund raising voluntary contribution for 2014 is \$50 per family. This can be paid in full or by instalments over the next three terms as follows:

- Term 1 \$20
- Term 2 \$20
- Term 3 \$10.

*Cheques should be made payable to
TTPS P & C*

If you would like to pay 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*



The power of a sincere compliment

It's amazing the impact a sincere compliment can have on the confidence and self-esteem of a child or young person.

I overheard a friend tell her eight-year-old daughter last week:

"You did such a good job helping your brother yesterday. You are such lovely big sister!"

My friend's face lit up with a smile as she said it. She gently put her hand on her daughter's shoulder at the same time.

The little girl beamed, then she went off to play.

It was a simple parenting moment among many that my friend would have initiated that day.

I couldn't help thinking that it doesn't take much to **grow kids' self esteem** and **create good feelings** at home.

A sincerely given compliment has an enormous impact on the person who receives it. We all grow a little taller, at least inside, when we are given a compliment.

We also feel **closer** to the person who complimented us.

Compliments satisfy the deep craving we all have to be appreciated.

There is one problem. **While compliments are easy to give, they are also easy not to give.**

We forget.

We underestimate their impact.

We haven't developed the habit of giving compliments.

Amplify the impact

There were two things my friend did that amplified the impact of her compliment.

1. She smiled as she gave the compliment.

2. She touched her daughter as well.

Touch will always amplify a compliment. It makes it **personal**.

Her mother's smile told her daughter what her mum really felt. In fact, the touch and smile said it all. *The words reinforced the smile and touch.*

The compliment was given and received through three senses – visually, kinaesthetically and auditorily.

That's how kids receive all our messages – **they see, they feel, they hear** – though we often focus on the words and forget the visual and kinaesthetic.

Next time your child does something worthwhile take the time to give a compliment.

Smile (tell your face you are happy) and add a little touch to really let them know how you feel. Watch your child's reaction. It'll have a significant impact.

It doesn't take much.



ROBI COMB PRO - ELECTRIC LICE COMB



ROBI COMB PRO is an **electric lice comb** which detects and eliminates Head Lice. With this **electric lice comb**, you can eliminate Head Lice safely and gently without having to put your child in the bathtub!

Robi Comb Pro detects, prevents, and kills head lice electronically – with the ease of combing your hair. Thanks to its unique design and patented technology of this **electric lice comb**, the Robi Comb Pro reliably kills head lice safely, even if they have become immune to chemical treatments. With over **10 years** of proven success Robi Comb Pro is safe for use by adults and children from age 3 and up. This **electric lice comb** operates on a single AA battery (not included).

The SAFE Lice Killer **Non-Toxic and Pesticide Free** **Detect and Destroy Lice**

Detects Lice - Just comb through dry hair

Destroys Lice on Contact

- **No Chemicals / Non-Toxic**
- **No Mess, No Gels, No Oils**
- **No Odor or Fragrance**
- **Use Anywhere and Anytime on Dry Hair**
- **Reusable and Economical**



Safe and Effective

Many people are wary of using dangerous chemical gels and toxic shampoos that claim to get rid of lice by killing them in seconds, because they all use powerful pesticides! More and more parents and care givers are treating lice using this safe **electric lice comb** -Robi Comb way instead.

Robi Comb detects and destroys lice on contact simply by combing it through dry hair. When the electronic Robi Comb touches lice, they get zapped, die and are combed out of the hair.

In addition, while lice have been reported to be building up a resistance to pesticides used in other lice treatments, lice cannot become resistant to the Robi Comb treatment.

Save Money

The Robi Comb also happens to be a **very economical** way to kill lice fast. Harsh chemical treatments and toxic shampoos cost between \$9 - \$15 a treatment. Most shampoos suggest between 2-4 treatments per out-break per person. Compare that to 1 multi-use Robi Comb that can be used over and over, as often as you like. The Robi Comb can be stored and used repeatedly by the entire family!

Medical Studies

In addition to millions of satisfied customers, scientific studies have reported that the Robi Comb is:

"An effective method for the detection of head louse infestations and will eliminate an infestation without the need for chemical insecticides."

Medical Entomology Centre University of Cambridge

In addition, studies show Robi Comb to be especially effective against lice who show a resistance to other treatments.

Journal of the American Academy of Dermatology