



NEWSLETTER

Wednesday 5th March 2014

IMPORTANT DATES

Thursday 6th March
Year 6 High School Experience Day
James Fallon High School

Wednesday 12th March
Pre-School Open Day
10:00 am - 11:30 am

Wednesday 19th March
School Council Meeting - 6 pm
P & C Meeting - 7pm

Friday 28th March
Albury Gold Cup Half Day Holiday
School closes at 12 pm

Monday 7th April
Life Education Van
K-6

Wednesday 9th April
Small Schools Athletics Carnival
Alexandria Park, Albury
Whole School

Friday 11th April
Last day of Term 1

Monday 28th April
Staff Development Day
(Pupil free)

Tuesday 29th April
First day of Term 2

FROM THE PRINCIPAL

Pre-School Open Day Invitation

Spread the word about our Pre-School Open Day, next Wednesday 12th March. From 10 - 11.30am, Miss Kirk will open up her 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! Notice of the Open Day has been delivered to our surrounding pre-schools and has also been posted on our school Facebook page. Please feel free to share this with your friends.

Table Top Public School

To Excel



Pre School Open Day

Wednesday
12th March 2014
10 am - 11.30 am

Parents of pre-schoolers and their children are invited to take the short drive out to Table Top PS for our Pre School Open Day.

Come in and see for yourself what our small school can offer your children.

Kindergarten places for 2015 are still available.

556 Burma Road, Table Top
Turn right at the Table Top turn-off from the north-bound lane of the Hume Freeway.

Call Mr Andrew McEachern, Principal on 6026 2220 to find out about the quality education offered at Table Top Public School.

James Fallon HS Visit

Our Year 6 students will visit James Fallon High School tomorrow for the Northern Spirit Learning Community High School Experience Day. Regardless of which high school they intend to enrol, all Year 6 students from across the Northern Spirit network, which includes students from Table Top PS, Thurgoona PS, Glenroy PS, Hume PS, Albury North PS and Mullengandra PS will attend JFHS to experience a day in a high school setting.

Racing into Leadership

The excitement is building amongst our Year Six leadership group as they prepare to attend the first day of the Melbourne Formula One Grand Prix next 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.



Riverina Swimming Carnival

Good luck to Harry who will represent the Southern Riverina PSSA at the Riverina Regional Swimming Carnival at the Albury Pool on Monday. Harry will swim for a place on the Riverina team for the NSW State Carnival in his 50m freestyle age division.

Scripture

Scripture classes will begin for all classes this Friday at the following times: K/1 - 9.30am;

4/5/6 - 10.00am; 2/3 - 10.30am. The sessions run for 30 minutes, with separate Catholic and Non-Denominational classes. Families who do not want their children to attend Scripture must send in a signed note with this request.

Garden Sculptures Easter Raffle

One of the important student focused art projects we hope to undertake this year is the creation of mosaic sculptures for the entrance way to our school. To help cover the cost of materials needed, we will have an Easter raffle this term. For this to be successful, much like our Christmas raffle, we ask each family to donate an Easter item, such as an egg or two, to help fill a shopping basket for the prize. We will send tickets home for families to sell to their friends and will also call for volunteers who could sell tickets at a local shopping centre. Easter will fall in the middle of our Autumn holiday this year, so the prize will be drawn in the last week of term. Thanks for your support!



Albury Gold Cup

A half-day holiday has been gazetted for the Albury Gold Cup, Friday March 28th. School will finish at 12 noon on this day. Martins Bus Lines have advised that our school bus will run at 12 noon for the Table Top bus run and will leave the school at approximately 12.20 for the Thurgoona bus run. They have asked that parents are aware of the early drop off times and that parents are waiting at the bus stop for their child/children.

Impetigo - School Sores

We have had a couple of recent cases of impetigo (school sores), so the following is included for your information.

Symptoms

Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.

School or home?

Keep home from school until antibiotic treatment starts. Sores should be covered with watertight dressings.

How can I help prevent spread?

Parents of children who may have had contact with impetigo should look for signs of infection and seek treatment if symptoms develop.

Careful hand washing: especially after changing dressings. Avoid sharing toilet articles, towels, clothing or bed linen. Consider using anti-bacterial soap for bathing for two to three weeks. Avoid scratching or touching the lesions to prevent spread to other parts of the body. Completing the recommended antibiotic course is very important.

For a list of other common childhood infectious diseases and conditions, please visit the following web site:

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/too-sick-to-go-to-school>

Gardening Report

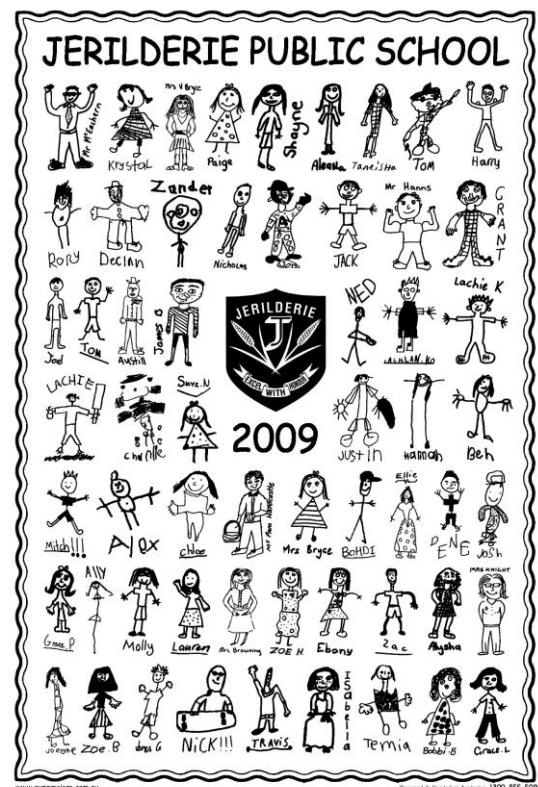
The dill and sunflowers are growing and getting bigger. The chooks are laying well and gave us 12 eggs this week so far. We are learning about the different types of soil for growing plants. This week the 4/5/6 class started a gardening blog.

By Jacinta & Paris



P&C Tea Towel Fundraiser

The P&C are organising a school tea towel for sale which will include a self-portrait drawing of all of our students and staff. What a great memento for our families! The tea towels are yet to be designed, but will be available for sale later in the year. Let's hope that every family can order a few each - one for home, one for the keep-sake box and a couple as gifts for grandparents!



Andrew McEachern - Principal

KINDER SOUND

The Kinders will be doing revision of their sounds this week

HOW2Learn

Coaching your child

Coaching involves helping your child to find out how they are doing and what they can do to improve. Every parent can learn to be a coach, giving their child feedback as a natural part of daily life. Coaching will help to develop your child's self-esteem.

Focus on one issue at a time. For example, don't just say, 'Try to make your writing neater'; explain what you mean by 'neater' - such as, write on the lines, start at the left margin.

Focus on what your child is doing and don't start criticizing their personality. Try to avoid saying, 'That's typical of you, Rachael, to be doing...'. Instead say, 'Please put that down and let me show you how to...'.

Timing is all important. If your child is distressed, it is better to calm them down before attempting to give any advice.

Try to concentrate on one issue at a time, using the RESPECT method outlined below.

- **Reassuring:** 'I know you thought this would be a good way of doing this and...'.
- **Enthusiastic:** 'I really liked the way you...'.
- **Steady:** 'That's okay. I'll wait while you pick them all up again.
- **Practical:** 'Let's see what happens when we try this again. You stand over there and I'll ...'.
- **Engaging:** 'I'll do it first and then you try.'
- **Clear:** 'When you move your hand more slowly, you will stop smudging your writing.'
- **Truthful:** 'You're not as good at kicking with your left foot as your right, so we should practice...'.

Asking the right questions and being a good listener are important in coaching. When your child has a problem or has difficulty with

learning something, careful questions can help you both get to the heart of the matter and understand what the problem is.

SCHOOL ASSEMBLY

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

Student of the Week



Teacher Merit Cards (Green cards)

K/1

Zoe, Hope, Aimee, Boyd, Esher, Ava

2-3

Ned, Gibb, TJ, Sienna

4-6

Jaxon, Rupert, Tilly, Louis, Bridie, Grant, Emily, Bethany and King

SRC Kindness Award: Ava

Class Awards:

Library - 4/5/6 for responsible behavior

Classroom - K-1 for a colourful classroom

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*

Community News

NOTICE OF MEETING - Table Top Community Forum

Wednesday 5th March – 7.30pm

Table Top Hall

The Table Top Community Forum **Autumn** Meeting will be held at the Table Top Community Centre at 7.30pm

on **Wednesday 5th March**. These meetings provide Table Top residents with an effective means of communicating local issues and concerns to the relevant authorities such as Albury City Council, the RMA and other Government departments. They also aim to foster community spirit in the area by meeting your neighbours, as well promoting social and sporting events. All residents are encouraged to come along to these meetings to raise important issues.

We have a variety of short speakers including Andrew McEachern, Principal of the Table Top Public School and other local identities who will update you all the news from the Table Top Food Swap, the Tennis Club, and the Fire Brigade.

For further information about the Forum contact:

Marion Taylor on 6026 2222 or Lou Bull 60262772

***Delicious supper will be provided by Talented
Table Top cook!***



**Do you have a child
in year 4, 5 or 6?**

**Have you
missed out
on thousands
of dollars?**

In 2001 the Government introduced the 'First Child Tax Offset' and surprisingly many Australians did not know about it and have NOT claimed any benefits.

If you have **ANY** child that was born between **1 July 2001 and 30 June 2004** you may be eligible to receive up to \$12,500 of entitlements.

The government has a 30 June 2014 deadline on this entitlement so please email childoffset@twelve.com.au today to receive more information.

**ACT NOW!
DEADLINE
JUNE 2014**

Twelve Chartered Accountants ABN 61 712 659 747
www.twelve.com.au Principal: Derek Nolan CA



Your Family Tax Specialist

INSIGHTS

by Michael Grose – No. 1 parenting educator



Reduce our national sleep debt

Many parents underestimate the importance of sleep for children's learning and well-being. As a community we lack a great deal of knowledge about what's required to get a good night's sleep.

Recently I spoke at an overseas conference and sleep, or rather lack of sleep, was high on the agenda.

Professor Harlene Hayne, head of the Psychology Department at the University of Otago, revealed that increasing the amount of sleep children receive is one of the most powerful strategies for improving their mental health and well-being.

The links between sleep debt and poor mental health, including anxiety and depression, are indisputable. Anxiety goes down and confidence and well-being improves when kids get enough sleep.

Many kids today are sleep deprived. Teenagers, in particular, don't get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Not getting enough sleep leads to sleep deprivation, which is akin to jet lag, where kids don't function at their optimum. *Lack of sleep leads to irritability, decreased creativity and memory lapses. It also has strong links to anxiety and depression.*

Sleep maximises the brain growth which occurs with toddlers and teens. Sleep also consolidates learning: sleep research has shown that the brain practises what it has learned during the day when a child or young person is asleep. So sufficient sleep consolidates past learning as well as keeping kids fresh to maximise their future learning.

Sleep experts stress that while adults may not have control over biology we can assist children and teens to establish good sleep patterns. Children usually carry good sleep habits into adolescence. If you struggle to get young children to sleep or constantly battle kids who want to stay up longer, some knowledge of good sleep habits may be useful.

Good sleep habits include:

- 1. Regular bedtimes.** Kids may fight this, but make sure kids keep regular bedtimes during the week and allow them to stay up a little later on weekends. Children need between 10 and 12 hours of sleep each day, while teens need a minimum of nine hours.
- 2. A 45 minute wind-down time before bed.** This includes: removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that sleeping-time is near.
- 3. A bedtime routine:** Have a bedtime routine, such as story-reading and teeth-cleaning, that signals psychologically that it is time for sleep. A set routine means that kids can predict. It also means that some children will fight bedtime so you need some good strategies in place to get kids to bed and make sure they stay there.
- 4. Keeping bedrooms for sleep.** Bedrooms that resemble caves are recommended. It gets tricky with mobile phones and other information technology, but it's smart to keep mobiles and laptops out of bedrooms at sleep-time. This goes for parents too. I've noticed most parents sleep in technology-free bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms.
- 5. Maximise the three sleep cues.** These include: darkness (maintaining a cave-like bedroom); lowering body temperature (baths can be good for this); and melatonin (work within their cycle).

With mental health being on the agenda for all Australians and New Zealanders there is no better start than attending to good sleep habits. If your kids get less sleep than they should, check out the five habits above and work out which of these you can adjust to move things in favour of them getting more sleep.

