



NEWSLETTER

Wednesday 19th March 2014

IMPORTANT DATES

Sunday 23rd March

P & C Working Bee
2 - 5 pm

Friday 28th March

Albury Gold Cup Half Day Holiday
School closes at 12 pm

Saturday 5th April

P&C School Camp Out

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

Wednesday 7th May

School Photos

Wednesday 21st May

Combined Small Schools
Multicultural Day

Monday 9th June

Queen's Birthday Holiday

FROM THE PRINCIPAL

School Entrance Garden

Thank you to the Reichel family for the fabulous job they did on our school entrance way garden over the weekend. Their generous donation of plants, a manual watering system, border rocks and time to put everything in place, have beautifully transformed the entrance to our school.



Easter Raffle Donations

The items in our Easter basket are growing, but we need more! If you haven't donated an item to add to our Easter Raffle, could you please do so this week. Funds raised will go towards the creation of mosaic sculptures for the entrance way to our school. We will send tickets home for families to sell to their friends and will also call for volunteers to hopefully 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!

Racing into Leadership - Melbourne Grand Prix

Our Year Six leadership group spent a huge day at the Melbourne Formula One Grand Prix last week. We experienced the sounds, smells, crowds and excitement of this world-class international sporting event. This fantastic leadership excursion gave 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 will share their experiences in movie form at an upcoming assembly. Thank you to Mr Broomfield, Mrs Scott, Mrs Dominguez and our parent helpers from Gerogery and Mullengandra for their support and assistance on the day. We hope to make this an annual excursion for our Year 6 leaders.



Former Teacher Visit

Last week we were treated to a visit by Professor Edward Scott, who taught at Table Top School from 1949 to 1950. Professor Scott had a tour of our school and spoke with Miss Kirk and some of the students about his time at Table Top all those years ago.



Peer Support Training

Our Year 6 and 5 students will take part in a day of Peer Support training next Wednesday with Mr McEachern and Miss Kirk. The Peer Support Program provides students with a supportive learning environment in which to develop the skills, understandings, attitudes and strategies to improve mental wellbeing. The program focuses on developing key skills in resilience, assertiveness, decision making, problem solving and leadership. Once trained, Peer leaders will work with multi age groups of 8-10 younger students, presenting two sessions on making friends this term, and then a ten week series of sessions next term.

Athletics Carnival Training

The Small School's Athletic Carnival will be held at Alexandra Park in Albury on Wednesday 10th April. All students from Kindergarten to Year 6 are invited to participate. On Friday afternoons

from 12pm in the lead-up to this fun day of competition, we will hold rotational athletics activities to give the kids a brush-up on their sporting skills. We already have a couple of parents who have volunteered to help, but welcome any one else with skills and an hour or two to spare!

P&C School Working Bee

The P & C will be conducting a working bee at the school this Sunday between 2 pm and 5 pm. We will be working in the gardens, taking down a fence, clearing some newly discovered school land and erecting new traffic sign posts in the carpark. All parents are welcome to come along to help out. If you can, please bring rakes, shovels, and wheel barrows.

4/5/6 Stick Sculptures

On your next visit to our beautiful school, take a close look in our gardens and up in the trees - you may just find the stick sculptures created by the 4/5/6 students. They are well camouflaged, so look carefully!

Easter Hat Parade

It's time to start thinking about our annual Easter Hat Parade! Students will display their home-made creations on the last day of term.



School Camp Out

Members of the P&C have been busy making plans for this year's School Camp-Out, which will be held on the school grounds on Saturday, April 5th. Please mark this date in your calendar and come along. Last year proved to be a fantastic experience for our families, and this year will be no exception! If you are able to assist in anyway, please contact our P&C President, Leanne Wicks.

Life Education Van

The Life Education Van will visit our school on Monday 7th April.

Murray Conservatorium Music Lessons

If you are interested in private music lessons conducted by staff from the Murray Conservatorium, please contact our P&C President, Leanne Wicks, for information.

Albury Gold Cup

A half-day holiday has been gazetted for the Albury Gold Cup, 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.

School Council/P&C Meetings

The next meeting of our School Council and P&C will be tonight. The School Council will start at 6.30pm (please note later starting time) and P&C 7.00pm.

Andrew McEachern - Principal

KINDER SOUND

The Kinder sound for this week is 'k' for Kite



Gardening Report

On the 17th of March, Lou was away on holidays. We measured the temperature of the compost. One pile was 42C and the other one was 43C. Mickaela and Caleb fed and watered the chooks. There were four eggs. The chooks have been laying one to two eggs a day. We watched a video called The Story of Stuff. It

taught us about consuming fewer products to help our environment.

By Dylan and Ryley

HOW2Learn

Your Child is a learner

How you and your family can become learners

Have you ever wondered ...

- ? what happens when you are learning?
- ? if there is a good way of learning?
- ? whether play helps children to learn?
- ? what you can do to make your home a good place for learning?



HOW GOOD A LEARNER ARE YOU?

DO YOU...

Yourself		Your partner	
Yes	No	Yes	No

1. Always have to get it right first time?.....
2. Enjoy watching someone and copying them?.....
3. Talk yourself through it?.....
4. Try alternatives in your head?.....
5. Do it again and again until you get better?.....
6. Work out what you will do in detail beforehand?.....
7. Ask lots of questions as you go?.....
8. Give up easily?.....
9. Set yourself a target or targets beforehand?.....
10. Try to work out how it all fits together?.....
11. Need to get up and move around a lot?.....
12. Test yourself on what you have remembered?.....



ANSWERS AND EXPLANATIONS

1. No. It can be helpful to experiment and try alternatives.
2. Yes. Imitating others is a great way to learn, it's how we learn to walk.
3. Yes. Talking aloud helps you to understand and remember.
4. Yes. Rehearsing in your head works!
5. Yes. Practice does make perfect!
6. Yes. Planning is an essential part of most successful learning.
7. Yes. Asking yourself questions is essential.
8. No. Staying positive and persisting is essential.
9. Yes. Setting goals helps you to stay motivated and purposeful.
10. Yes. Your mind loves to make connections and see patterns.
11. We are all different! Moving about may help to give you more energy.
12. Yes. Going over things on a regular basis helps. Little and often is best.

Discuss your answers to the questions and the explanations given alongside them. What might you do differently as a result?

P & C MEAT FUNDRAISER

The P & C are running another Yalandra Meat Fundraiser this term. This is a great way for

the P & C to make some funds and for you to get some delicious meat in return.

Please fill in the form and return it to school by Friday 4th April. The form will also be available on our Facebook page to fill in and email back to us.

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

Brideh, Clifton, Eliah

2-3

Callie, Sienna, Denzel, Thomas

4-6

Grant, Bridie, Emma, Jaxon, Mickaela, Ryley, Jacinta, Emily, Alicia, Billy, Louis, Robert.

SRC Kindness Award: Bridie

Class Awards:

Library: 4/5/6 - positive attitude to Library

Classroom: 4/5/6

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*

Easy Sudoku for Wednesday 19-3-2014

1		3		9			5	
	2	9		8	4			
7		5					8	6
4					2	7		
3	5		8		9		2	1
		6	1					3
8	6					4		2
			4	6		5	1	
	7			1		3		9

Sudoku provided by Sudoku.com.au



Nutrition Snippet

The simplest way

to eat more fruit and veg.

Here are a few ideas for how to make eating the recommended 2 serves of fruit and 5 serves of veg easier:

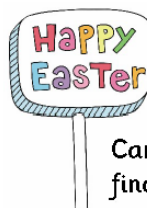


- **Canned and frozen fruit count.** Stay healthy with canned fruit in juice not syrup, and canned veg with no added salt.
- **Legumes are vegetables too.** Try adding dried peas, beans and lentils to meals.
- **Juice only counts once.** 125ml of 100% fruit or vegetable juice is 1 serve, but doesn't contain the fibre of chopped fruit and veg. Water is the ideal drink.
- **Dried fruit only counts once.** A small box of sultanas or 4 dried apricots equals one serve – but don't go overboard on dried fruit.
- **A little and often.** Children may eat more if you offer smaller serves more times a day.

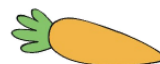
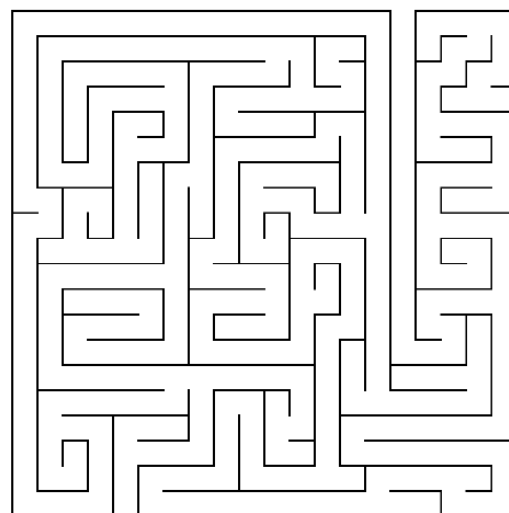
For more information visit

www.eatittobeatit.com.au

or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



Can you help the bunny find the carrot?



Copyright © www.ActivityVillage.co.uk - Keeping Kids Busy

INSIGHTS

by Michael Grose – No. 1 parenting educator



Managing kids who won't take no for answer

Kids can be very strategic at getting you to agree to what they want. But two can play at that game!

Ever had a child who keeps asking for a favour or a treat over and over until they get the response they want?

These kids generally use one of two strategies. They may either nag or hound you until they get an affirmative response or they seek out another adult who will give them the answer they want.

Pester power wears you down!

From a kid's point of view, the first method, which is based on persistence, is generally very effective with tired parents and sole parents who are more vulnerable to this type of behaviour.

"All right have the ice cream. Anything for some peace and quiet," is a response that most people who have spent time around children are familiar with. The same applies to adolescents: "Okay, you can go to the party. Just stop nagging me about it!"

Playing one parent off against the other

The second method is a little more devious but very effective and usually occurs in dual parent families. You know the situation. A child's request for a treat, favour or outing is turned down for good reason ("No Jessica you can't have an ice cream now. Wait until after dinner"). The child then goes to the other parent (without sharing the conversation they've just had with you!) in the hope that he or she may well give them the positive answer they are looking for.

These situations can drive parents crazy and are indicative of two people operating on different parenting planes.

If it happens every now and again then it is no big deal. However, if one parent is always granting a child his or her wishes without consultation or thought about what the other parent thinks, then it's probably time to step back and reflect on how you can both work better together.

One "no" is enough

Be firm with a child or young person who goes to another parent in search of a 'yes' after they have received a knock back.

"Where did you get that ice cream from? I already said no."

"Daddy said I could have it."

"I am sorry but you should not go to Daddy after I said 'No'."

If in doubt, defer

The other technique that you can use when one parent tends



to give in more often is to agree to defer to each other whenever a child or young person asks something tricky.

"Okay Jessica, I'll just check with Dad and get back to you."

This strategy can be wearing and even artificial but it's helpful in bringing the other parent into the picture and it also demonstrates that you are double act.

It's the smartest way to **manage teens** as they have a propensity to corner you into making quick decisions. The principle here is to control the timing of your responses and not be railroaded into snap decisions.

Take it in turns saying "no"

Most dual parents play good cop/bad cop, with one being the disciplinarian or hard-line manager and the other more the play director. That tends to be the way of families. This is wearing on the bad cop so it helps if you can swap roles (or even backbones) occasionally so that the 'bad cop' parent gets a break. Sole parents play both roles, which is draining.

Managing children who won't take no for an answer demands teamwork, a willingness to hold your ground and, most importantly, good communication skills. The aim is to reach a point that when you say "No, not this time" (or however you say it), your kids actually believe what you say.

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.