



NEWSLETTER

Wednesday 26th March 2014

IMPORTANT DATES

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

Wednesday 2nd April
Wear Blue for Autism Day
Gold coin donation

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

Easter Raffle Donations

Our Easter raffle prizes look fantastic! Raffle tickets went home last week and already we have some returned. Additional booklets are available in the office. We will also sell tickets at the Thurgoona Shopping Plaza this Saturday and the following Saturday (9-11 & 11-1 both days). We are looking for volunteers to help sell the tickets - please fill in and return the yellow note sent home on Monday. Funds raised will go towards the creation of mosaic sculptures for the entrance way to our school. 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!

P&C Wood Raffle

Thank you to the Edwards family who have generously donated a huge load of split wood and professionally printed tickets for a P&C wood raffle. A book of tickets will go home to each family. Please return any unsold tickets to school. The tickets will also be on sale at the Thurgoona Plaza in conjunction with our Easter raffle.

Peer Support Training

Our Year 6 and 5 students undertook Peer Support training today 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. Our 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.

Jackson Pollock Art

With the help of Mrs McEachern, the K/1 class completed the first stage in a major Jackson Pollock inspired artwork for our school. Using techniques employed by Pollock, the students had fun splattering, squirting, splashing and squelching paint across a huge piece of canvas. Students in 4/5/6 will take their turn to build up the artwork this Thursday with the 2/3 class completing the project next Thursday.



SRC Wear Blue for Autism Day

Members of the SRC would like students to come to school out of uniform and wear something blue next Wednesday, 2nd April, to support autism. For a gold coin donation, students are encouraged to wear blue. Money raised will be donated to a group that supports people living with autism.

Athletics Carnival Training

The Small School's Athletic Carnival will be held at Alexandra Park in Albury on Wednesday 9th April. All students from Kindergarten to Year 6 are invited to participate. A permission note is attached. 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 to spare!

P&C School Working Bee

Thank you to the hard working parents and their children who helped spread mulch at the P & C working bee on Sunday. It was a fun afternoon and as a bonus, the car park gardens are beginning to come together.



Easter Hat Parade

Let's hope you all have your thinking caps on for our annual Easter Hat Parade! Students will display their home-made creations on the last day of term.

Portraits on Postcards

The students have been busy creating portraits for inclusion in the Albury LibraryMuseum Portraits on Postcards exhibition. This exhibition will coincide with the Archibald Prize Traveling exhibition, which is currently on

display at the library. The school plans to take an excursion to the exhibition in the near future.



School Camp Out

The School Camp-Out 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. Information about this great P&C event is attached to the newsletter.

Life Education Van

The Life Education Van will visit our school on Monday 7th April. Please complete and return the attached note as soon as possible.

Albury Gold Cup

Don't forget the Albury Gold Cup half day holiday this Friday. School will finish at 12 noon on this day, so please arrange to have your child/children collected at this time. Martins Bus Lines have advised that our school bus will run at 12 noon for the Table Top drop off and will leave school at approximately 12.20 for the Thurgoona drop off. They have asked that parents are aware of the early drop off times and that parents are waiting for collection.

P&C Pizza Day

The P&C are organising a pizza day to help finish off the term on the last day of term. Details will follow in an upcoming newsletter.

Video to Digital Converter

The school has a video to digital convertor dongle and video player for loan. It's great for those who have old baby/child videos they want converted to digital. Simply attach the cables to the video player and to the computer, play the video and have it converted to digital onto your computer! After conversion, the vision can be used/viewed on a computer or copied to DVD disk or memory stick. Please contact the school if you would like to borrow this technology.

School Facebook and Twitter Accounts

Are you aware that our school has a Facebook page and a Twitter account? They have been set up for parents and supporters of our school to find out what is happening at Table Top PS. To find us on Facebook, do a Facebook search on 'Table Top Public School' and like our page. To follow us on Twitter, search for @TabletopPS.

Andrew McEachern - Principal

KINDER SOUND

The Kinder sound for this week is 'h' for Horse



ACTIVE AFTER SCHOOL PROGRAM

This is the final week for AAS this term. We would like to thank Mrs Plested and Christine Brown for their enthusiasm in running this program each week. AAS will recommence in week 2 or term 2.

HOW2Learn

You can PDQ it!

Learning happens naturally through play. You can support your child once you realize that most learning involves three stages. This is true whether you are just playing or involved in more structured learning.

The three stages are:

1. getting yourself ready to learn
 2. the learning itself
 3. checking that you have got it all worked out.
- We call this **PDQ**.

Plan for it, Do it, Quiz yourself about it

PDQ Activity: shopping with a young child

Plan for it

1. Talk to your child: 'We're going shopping today. What do we need?
2. Make a list. Make sure you write clearly so that your child can read any words they know and count the items with you.
3. Leave the big list at home to check things off when you get home, and write out a small list to take with you.

Do it

4. Set your child tasks at the supermarket: ask them to remember some things on the list; ask them to find specific items on the shelves.

Quiz yourselves about it

5. Talk to your child as you unpack the shopping
6. Count out how many things you've bought and check them off against the big list you left at home.
7. Organise items into groups, ready to put away: things for the freezer, things for the fridge, tins and packets for the cupboard, and things for cleaning and the bathroom.

P & C MEAT FUNDRAISER

Don't forget to get your orders in to school by Friday 4th April. The form is also available on our Facebook page to fill in and email back to us.

ANZAC Day



As ANZAC day falls in the school holidays this year parents are asked to make their child/children available for the ANZAC DAY March on Friday 25th April, 2014 if possible. All marchers are required to be in full winter school uniform and line up at the corner of Spencer and Dean Streets (about 100m down Spencer Street) at 8.30am, so we can be prepared to march off at 9am. This year, all primary schools will march down the right hand side of Dean Street and high schools on the left side. Parents need to line the right hand side of Dean St (facing the Monument) in order to see their children. The parade will continue down Dean St until it reaches Townsend Street where the march will then disband and children can be collected by their parents.

LIBRARY NEWS

It has been a great start to the year in the library. As well as having normal borrowing times for classes, the library has been open at lunchtimes from Mondays to Thursdays for the students to play board games, as well as a quiet retreat for drawing and reading. The Year 6 students take it in turns, in pairs, to be Library Monitors, and are doing a very responsible job. It's become a popular retreat for quite a few students.



Library lessons are under way and it's been great to see the enthusiasm all the students have for reading. Please remember to help your child/ren pack their library bags for borrowing. It's important they have one to take their books to and from home. A plastic bag will suffice but if you can get a cloth bag or pillow case, that would be great. We have been handing out plastic bags to those students who have forgotten their bags but we expect all

students to have their own bag by term 2. A reminder that the Premier's Reading Challenge for 2014 has begun. A note went home last week with details. If you have any questions, please contact me at the school and I'll be happy to help.

Board Games at Lunch

This term the students have been enjoying playing a variety of board games in the library at lunchtimes. Chess has been quite popular, with a few new games like Tsuru, Zombie Dice and Kids of Carcassonne introducing the students to different game plays.



With the colder months ahead, we are looking to expand our board game collection and are seeking donations - old and new, from our families. These donations may be games you have at home that you no longer play (if you do, please ensure it has all pieces), or new games from places like BigW, Kmart and The 13th Dimension (located in Swift St, near the lights at Swift and Olive Streets). If you would like suggestions, please contact me at the school and we can share ideas.

Thank you.

Rachel Gaukroger Teacher/Librarian

FREE SCANNER

Mr Elworthy has an Epson Scanner to give away. If anyone is interested please contact Ian on 0419 277 765



DENTAL SERVICES AT CSU

Parents can phone CSU directly to book into the CSU Dental Clinic for child dental services. Appointments are available from April. Phone Leanne Beasley on 60581 838.

Alternatively parents can ring 1800 450 046 (Albury Community Health Dental Service) to register their child for dental services and advise that you are happy to go to the CSU and be treated by oral health students.

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

Abi, Darcy, Eliah, Aimee, Mia

2-3

Zenith, Darcy, Lochie, Jayne, Harry

4-6

Jaxon, Paris, Natalie, Bridie, Jacinta, Ryley.

SRC Kindness Award: Esher

Class Awards: Classroom: 2-3

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*

Shell Questacon Science Circus

Public Exhibition



Albury

Saturday 29 March, 11 am–4 pm

Albury Entertainment Centre
Swift Street, Albury

The *Shell Questacon Science Circus* is a great opportunity for parents and children to share, discover and explore science together. You can encourage a fascination and enjoyment of science by exploring hands-on exhibits. Come along and spin like an ice-skater, discover how fast you can throw a ball, freeze your shadow on a wall and test your reflexes.

Spectacular science shows are presented regularly during opening hours. You may see giant smoke rings, bricks being smashed on someone's stomach or a *Science Circus* presenter lighting their hands on fire! Science toys are for sale from our shop.

Admission:

Adult \$6, Students/Concession \$5, Family \$18,
Children under 5 FREE.

Payment is cash only and children under 12 MUST be accompanied by an adult.

For more information:

<http://www.questacon.edu.au/outreach/programs/science-circus>

<http://www.facebook.com/Questacon>

INSIGHTS

by Michael Grose – No. 1 parenting educator



Is your teenager sleep-deprived?

Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.



Many teenagers today are sleep deprived because they 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.

Sleep deprivation is akin to jet lag, where they don't function at their optimum.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children.

Most teens secrete melatonin, which makes them sleepy, around 11.00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this.

Cortisol, the chemical that wakes them up, is secreted at 8.15am for many teens. It seems the teen brain wants to be asleep just when most have woken up.

One US study found that 20% of teens were asleep in class in the morning, which had catastrophic effects on learning. As a result a number of high schools have delayed the start of school time to accommodate the teen sleep-wake cycle. This enables teens not only to get more sleep but to be at their best (or at least awake) when they are at school.

The results were startling and immediate, including better learning, better behaviour, less fights and fewer kids dropping out of school.

Sleep maximises brain growth, which occurs during adolescence.

Sleep also consolidates learning. Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

Good sleep habits include:

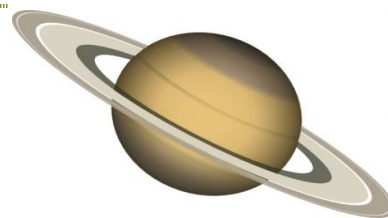
1. **Regular bed-times.** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
2. Have a **wind-down time** of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
3. **An established bed-time routine** that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.
4. Keeping **bedrooms for sleep** and not for TV. Bedrooms that resemble caves seem to be recommended.
5. Maximising **the three sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night's sleep.

Sleep tips for teens

1. Allow them to catch up on lost sleep during the weekends.
2. Help your young person schedule their after school activities to free up more time for rest.
3. Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
4. Afternoon naps are good ways to recharge their batteries.
5. Make sure they go to bed early each Sunday night to prepare for the coming week.

Camping at School



Saturday 5th April, 2014

Saturday night BBQ:

Steak Sandwich \$ 4.00

Sausage Sandwich \$ 2.00

Soft Drinks \$ 2.00

Sunday Breakfast:

Bacon & Egg Toasty \$ 3.00

Porridge large \$1.50 small \$ 1.00

Come and set up from 1pm

BYO Salad, snacks, etc

Interested in a Camp Oven cooking competition. Bring your ingredients to cook up a storm.

Parents MUST be responsible for their children and No pets allowed

We would expect noise to be at a minimum after 11pm



Don't forget your marshmallows and torches

Bring the aerogard and you will have a good weekend !



If it rains, the camp out will be postponed to another weekend to be advised.

SOUTHERN RIVERINA PSSA
SMALL SCHOOLS ATHLETICS CARNIVAL
Wednesday 9th April, 2014

The Small Schools Athletics Carnival will be held at Alexandra Park on Wednesday 9th April. **Children should arrive by 9.00 am.** The schools involved will include Table Top, Mullengandra, Burrumbuttock, Walbundrie, Rand and Gerogery.

All children K – 6 will be involved. The carnival will include a March Past, age races, field events, novelty events, ball games and relays.

The main focus of this carnival is participation and enjoyment. The carnival is also a selection carnival for a team to represent the Small Schools at the Walbundrie P.S.S.A. Carnival at Alexandra Park on Wednesday 10th April 2013.

Infant events are: Age Races (5yrs -50m, 6yr -60m, 7yrs- 70m), 200m, Javelin, Frisbee, Long Jump, Ball Games

Juniors, 11yrs and Senior events are: 800m (Optional) 200m, 100m, Discus, Shot Put, Long Jump & High Jump (one competitor from each school only)

Competitors for the 800m races should arrive by 8.30 am.

There will be full canteen facilities available or the children may take a packed lunch and a container of drink.

In the event of bad weather an announcement will be made on 104.9 FM and B105.7 THE RIVER. If the event is cancelled due to the weather the children will come to school as usual on their normal bus run.

Parents are required to transport their own children to and from the carnival. If you are unable to transport your child/children please indicate on the permission note.

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WALBUNDRIE PSSA
SMALL SCHOOLS ATHLETIC CARNIVAL
WEDNESDAY 9TH APRIL 2014

I give permission for my child/children.....
to attend the Small Schools Athletics Carnival at Alexandra Park on Wednesday 9th April, 2014.

I understand the carnival is an all day event and that transport to and from the carnival is the responsibility of the parents.

Please indicate below if you **need** transport or **can help** with transport.

_____ I will need transport for my child/children.

_____ I can transport _____ extra child/children.

Parent/Guardian Signature:_____



Table Top Public School
Burma Road
TABLE TOP NSW 2640
Phone: 02 60262220 Fax: 02 60262402
Email: tabletop-p.school@det.nsw.edu.au
Principal: Andrew McEachern

LIFE EDUCATION VAN

Life Education Australia provides positive, preventative programs that develop the social skills and knowledge necessary for effective decision-making, communication, negotiation and refusal in drug-related situations.

Life Education encourages respect for the uniqueness of each individual, and teaches the skills to assert confidently that individuality, especially in social settings with friends.

Life Education aims, in partnership with schools and the community, to help eliminate tobacco and illegal drug use among young people; encourage young people to avoid or delay alcohol use; and reduce the harms associated with drug use.

Life Education's programs are based on the latest research, and provide high quality drug education in schools. These programs feature role play; social skills training; correction of common myths; and varied fast-moving and interactive activities facilitated by excellent presenters.

Life Education believes prevention is better than cure.

The Life Education Van will be visiting the school on **Monday 7th April, 2014**. The cost per child will be \$9.00 which includes a work booklet. Please complete the permission note below and return by **Friday 4th April, 2014**.

Andrew McEachern - Principal

LIFE EDUCATION VAN **PERMISSION NOTE**

I give permission for my child/children.....
to attend and participate in the Life Education Van session/s on Monday 7th April
2014

I enclose \$..... (\$9.00 per child)

Parent's signature.....