



# NEWSLETTER

Tuesday 8<sup>th</sup> April 2014

## IMPORTANT DATES

**Wednesday 9<sup>th</sup> April**  
Small Schools Athletics Carnival  
Alexandria Park, Albury  
*Whole School*

**Friday 11<sup>th</sup> April**  
Last day of Term 1

**Monday 28<sup>th</sup> April**  
Staff Development Day  
(Pupil free)

**Tuesday 29<sup>th</sup> April**  
First day of Term 2

**Wednesday 7<sup>th</sup> May**  
School Photos

**Wednesday 21<sup>st</sup> May**  
Combined Small Schools  
Multicultural Day

**Monday 9<sup>th</sup> June**  
Queen's Birthday Holiday

## FROM THE PRINCIPAL

### School Holidays

I wish everyone a safe and happy holiday and that the Easter bunny will find each and every one of you, no matter where you may be. Term Two will begin for students on Tuesday 29<sup>th</sup> April.

### Life Education Van

The Life Education Van was at our school yesterday.

Students learned about keeping healthy and safe. Students from Mullengandra PS joined us for this important educational activity.

### Easter and Wood Raffles

Thank you to everyone who donated items for our Easter raffle and for those who returned raffle ticket stubs and money. Thanks also to Lou Bull and her family, Mrs Gaukroger and Mrs McEachern who gave up some of their weekend to sell raffle tickets at the Thurgoona Plaza on Saturday. In total, \$682.35 was raised to help fund mosaic sculptures which the students will create and install at the school entrance.

There were two draws, each for a huge basket of Easter goodies which were drawn earlier today! Congratulations to the winners, Ethan & Caleb and Mrs Sue Gugger.



Don't forget the P&C wood raffle tickets. This great prize will be drawn on Friday 2<sup>nd</sup> May (the first Friday after the holidays).

### **Small School's Athletics Carnival**

The Small School's Athletic Carnival will be held at Alexandra Park in Albury tomorrow. All students from Kindergarten to Year 6 are invited to participate. Students need to be at Alexandra Park ready for the school march past which will commence at 10.00am. The carnival will then begin. Competitors (8yr age group and older) of the 800m events, however, will need to be at the ground ready to begin their event at 9am. It should prove to be a fun day of healthy competition. Please remember to pack sunscreen, a hat, a drink bottle and a big smile!

**Please note: the school will be closed as all staff are attending the carnival and there will be no bus run.**

### **Jackson Pollock Art**

Fingers crossed the rain will hold off this week and the 2/3 class can have their turn at the Jackson Pollock art activity on Thursday morning. These students will need to bring old clothes as they might get a bit painty! With the help of Mrs McEachern, the students are creating a major Jackson Pollock inspired artwork for our school. Using techniques employed by Pollock, the students are splattering, squirting, splashing and squelching paint across a huge piece of canvas. The 4/5/6 class will have their turn early next term.

### **Halve Waste Program**

This Thursday afternoon, students in the 4/5/6 class will participate in a specialised drama workshop conducted by the Halve Waste Program, which will explore waste and solutions to halving waste. There is no cost for this activity.

### **Easter Hat Parade**

We are all looking forward to another fantastic display of creative home-made Easter hats this

Friday at our Easter hat parade. We will hold the parade in the lead-up to lunch from 12.30pm.

### **P&C Pizza Lunch**

I hope your order is in for the P&C pizza lunch for this Friday. What a great way to finish off the term. If you are yet to put in your child's order, I suggest you do it pronto!

### **ICAS Tests - Last Chance to Enter**

Time is running out to enter your child/ren in the University of NSW ICAS Tests. Students can enter the following assessments: Computer (\$8), English (\$8), Maths (\$8), Science (\$8), Spelling (\$11) and Writing (\$17). Entries close this Thursday.

### **School Facebook and Twitter Accounts**

Looking for up-to-date information about things happening at our school? Take a look at our school Facebook page and Twitter account. They have been set up for parents and supporters of our school for just that purpose. 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 and then click follow.

### **School Camp Out**

After the very wet conditions last week, which lead to a muddy and sodden camping area, the P&C Camp-Out committee made the tough decision to postpone this event on Saturday. The Camp-Out will now be held over a weekend in Spring.

### **School Assembly**

You are invited to attend our weekly whole school assembly this Friday at 2.30pm. The class presenting the item this week is 2/3.

*Andrew McEachern - Principal*

## KINDER SOUND

The Kinder class will be doing Revision of their sounds this week.

## SCHOOL PHOTOS

Boss Photography will be returning this year to take our school photos. Their staff, pride themselves with the ability to relax with your child which in turn achieves a magical result of priceless photos of their school year.

Please return the School Photo pre-payment envelope from Boss Photography for your child/children. Please make your selection and return the envelope/s to school with the correct money enclosed by photo day. *If you have any questions or have difficulty with payment, please contact boss photography direct and they can make alternative arrangements.*

**Photo day is Wednesday 7<sup>th</sup> May.**

## HOW2Learn

### Overcoming barriers to learning

Have you ever wondered...

- ? what effect stress has on learning?
- ? why your child avoids doing certain things?
- ? how much pressure to put your child under?
- ? how to deal with your child's moods?
- ? about how friends can influence your children?
- ? what you can do to motivate your child?

We will be looking at these questions in Term 2.

## 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

Aimee, Abi, Clifton, Esher, Ava, Angus

#### 2-3

TJ, Ned, Callie, Jake

#### 4-6

Emma, Bethany, Charlie, Jacinta, Isabella, Louis, Tilly, Rupert.

**SRC Kindness Award:** Esher & Abi

### Class Awards:

**Library:** 2-3

**Classroom:** K-1

## P & C MEAT FUNDRAISER

**Don't forget to get your orders in to school by Friday 11<sup>th</sup> April.** The form is also available on our Facebook page to fill in and email back to us. If you have lost your form you can email Cathy Giltrap direct at [cathygiltrap@gmail.com](mailto:cathygiltrap@gmail.com)

## 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.

### Albury LibraryMuseum Holiday Activities

#### Mini Me

Using your imagination, a mirror and craft materials, create a puppet version of yourself.

**When** Monday 14 April

**Time** 11.00am – 12 noon

**Where** LibraryMuseum

#### Sew-it-all

Be inspired by the Stitch in Time exhibition and come along to a sewing session that includes making cute key rings, book marks and mobiles from felt.

**When** Tuesday 15 April

**Time** 2.30pm – 3.30pm

**Where** Lavington Library

#### Kids on a Trail

Be lead on a trail through the amazing Archibald Prize 2013 exhibition and discover interesting facts about the artworks and then make some art of your own!

**When** Thursday 17 April and Thursday 24 April

**Time** 1.00pm – 2.00pm

**Where** LibraryMuseum

#### Do You See What I See?

Draw your own portrait. Is your face round or oval, what shape is your nose? You'll amaze yourself with some new drawing skills!

**When** Tuesday 22 April

**Time** 2.30pm – 3.30pm

**Where** Lavington Library

**Archibald Prize 2013 exhibition is on at the Albury LibraryMuseum throughout the school holidays.**

Exhibition Tours for Kids

Be led on these free specially designed discovery trails.

Kids aged 5 - 11 years: Thursday 17 and 24 April  
11.15am - 12 noon

**Bookings for all Programs are essential**  
**LibraryMuseum 02 6023 8333**  
**Lavington Library 02 60435645**

### Little Bit of Shhh FOR KIDS and all the family

**When:** Sunday 13 April, 10.00am

**Where:** LibraryMuseum, Corner of Kiewa and Swift Streets, Albury

**Price:** \$17.50 per person

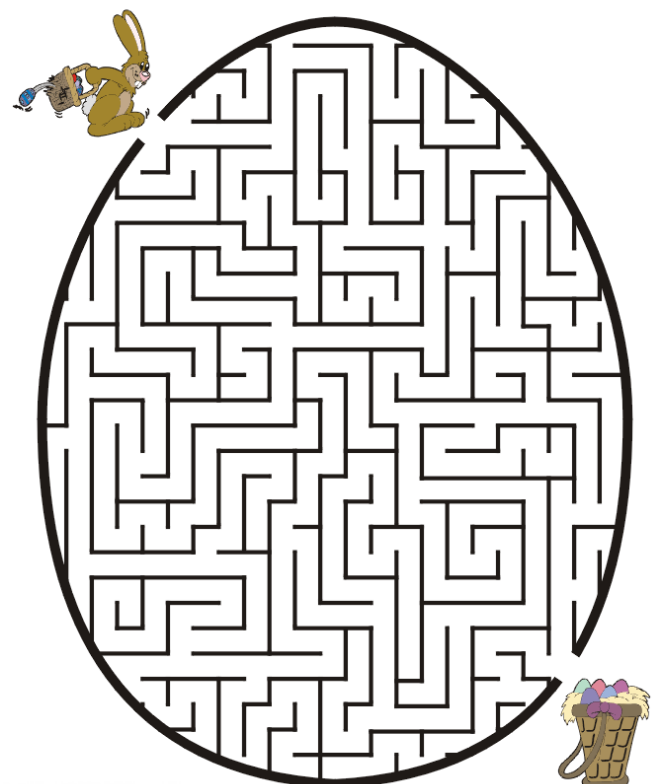
Little Bit of Shhh FOR KIDS is back!!! and is bringing to Albury the best of the best in circus, comedy and performance, wrapped up in a bundle just for Kids.

Once again the Library/Museum will be turned around and become an exciting Mini top featuring Acrobatics, Clowning and Aerial Circus, featuring local and international artists.

Book tickets early as there is a limited number.

[Purchase Tickets](#) or go to [www.trybooking.com/EGPS](http://www.trybooking.com/EGPS)

**Help the bunny through the egg maze to find a new basket for delivering his eggs**



# INSIGHTS

by Michael Grose - Australia's leading parenting educator

## Helping kids unwind

***Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind.***

**Modern kids are busy kids. Regardless of age, their days are filled with activities.**

Under fives do a range of adult-initiated learning activities designed to give them the best start to their learning lives.

School-aged kids have a huge range of leisure and after-school activities to choose from. It is not uncommon for kids to have four and five extra-curricular activities a week.

Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind.

Relaxation is a key to good mental health and well-being. It is an important life skill for kids to learn.

### ***Balance busyness with boredom***

One way to ensure busy kids unwind is to make sure kids get bored every so often.

There is a temptation to fill kids' days with activities so that no time is wasted.

"I'm bored!" is the last thing most parents want to hear their kids say. Many parents feel compelled to do something to alleviate a child's boredom.

**There is nothing wrong with a little boredom now and then.** Boredom can be good for kids' mental health and well-being, giving them the chance to muck around and take it easy for a time.

**Here are 5 ideas to help you unwind your kids:**

#### **1. Let your kids regularly stare into the 'fire.'**

Ever sat around a camp-fire and stared at the flames? If so, you will know how calming it is. No exertion! No need to think! No need to talk to anyone! Just a chance to chill-out and relax. The TV is the modern version of the camp-fire. Yep, TV used in this way is good for kids' mental health.

#### **2. Let kids exercise without rules.**

Kids are the kings and queens of play. Always have been. Until lately that is, when their lives have become highly organised and scheduled. Free, child-initiated play is the ultimate in relaxation. Fun games, games with few rules and games that kids control help them to unwind.

#### **3. Let kids experience flow.**

Flow is a state we get into when we are so engrossed in an activity that time disappears. It is the ultimate unwind. We get flow when

we pursue our passions so encourage teens to find activities that they truly love and get lost in. Free play generally takes young children to flow very quickly so opportunities for unstructured play are essential.

#### **4. Help kids calm down around bedtime.**

Have a bedtime routine that calms kids down rather than winds them up. You can become part of this routine by reading books, telling nursery rhymes, providing soothing back rubs and other ways.

#### **5. Unwind with your kids.**

When I was young the best times I had with my dad were spent in the backyard playing cricket. Sounds like a cliché I know. It was fun because it was never a chore for him. He loved it as it was a chance for him to unwind after work. **Find ways you can unwind and rejuvenate with your kids.**

We want our kids to be busy and involved rather than inactive and apathetic. However, activity needs to be balanced with unscheduled time so that perspective as well as everyone's sanity is maintained.



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**For more ideas, support and advice for all your parenting challenges visit: [www.parentingideas.com.au](http://www.parentingideas.com.au)**

**While you are there subscribe to Happy Kids, Michael's hugely popular email newsletter.**





**MONTHLY REMINDER FOR THE EXCITING THINGS HAPPENING IN TABLE TOP!**



I would like to remind you of the exciting things that are underway or planned in Table Top for April.

To start with our fourth **Food Swap** for the year will be held this Thursday the 10<sup>th</sup> of April from 6pm to 7pm at the Table Top Hall. Come along and enjoy a free coffee and a chat.

We have been getting an excellent selection of produce, you will not be disappointed.

You can bring your excess home grown or home made goodies and swap. If you don't have something to swap come anyway and make a donation in exchange for some produce.

It is a lovely opportunity to chat about gardening and share a cuppa, some advice, some stories and make some new friends in Table Top.

We are also planning a book swap in the next few months in collaboration with the School.

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Emily Lescun is currently holding Yoga classes at the Hall on Tuesday mornings from 6am to 7.30am.

There are still vacancies in this class and it is possible to come along on a casual basis.

If anyone is interested, please contact her on 0451943010 or via email [eclescun@hotmail.com](mailto:eclescun@hotmail.com).

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Karen Plested is now holding exercise classes/circuit training at the Hall on Monday and Wednesday evenings. The classes are for men and women and suit a wide age group and fitness level, so no excuses!!

**For more information call [Karen Plested](tel:0423618232) on 0423618232 or via email [karen@kp-personaltraining.co.uk](mailto:karen@kp-personaltraining.co.uk)**