



NEWSLETTER

Wednesday 7th May 2014

IMPORTANT DATES

May 13 - 16

Naplan Testing Years 3 & 5

Wednesday 14th May

School Council & P & C meetings

Wednesday 21st May

GM TT Multicultural Day

Tuesday 27th May

SRPSSA Cross Country Trials

Students 8 yrs +

Thursday 5th June

JFHS Year 5 Experience Day

Friday 6th June

PSSA Sports commence

Monday 9th June

Queen's Birthday Holiday

Wednesday 18th June

School Council & P & C Meetings

23rd - 26th June

Parent/Teacher Interviews

Friday 27th June

Last day of Term

contact Cathy on cathygiltrap@gmail.com or 0260 409 651 to let me know if you can.

The children will be making their own food and Woolworths is providing the food. Thank you to Mrs Gaukroger for organizing so quickly.

<http://www.foodrevolutionday.com/>

FROM THE PRINCIPAL

Mother's Day Stall

The SRC will be holding a special stall this coming Friday recess, where students will be given the opportunity to purchase a little present for their mum! So that there is something for the kids to buy, we are hoping that each family can donate one or two small items from home to add to our present table! Soap, hankies, tea/coffee cups, trinkets, photo frames and the like would all be welcome! Please drop the donated goods into school tomorrow morning (or Friday morning at the latest). The SRC will sell the presents for one or two dollars each. Our students will love to opportunity to buy something special for their mum!

Athletics Carnival

Congratulations to everyone who competed at the athletics carnival on Monday. It was a coolish kind of day, but at least the rain stayed away. Burrumbuttock and Walbundrie schools were the joint winners this year, but we didn't go away empty handed. Well done to Natalie who was named Junior Girl Champion. Natalie also broke four records. Well done also to Emma who also broke a record. Thanks to all of the mums and dads who came along to

FOOD REVOLUTION DAY

Table Top PS is taking part in Food Revolution Day on Friday 16th May. This will be our healthy lunch for this term. The kids will be doing most of the work (!!) **but we do need people to help out, please**



help and cheer on our school. Students who qualified for the SRPSSA Athletics carnival, to be held on the 5th of June, will be given a permission note in the near future.

P&C Fundraising

What a fantastic result for the P&C wood raffle (\$985.25) and Yalandra meat orders (\$800+)! A huge thanks to the Edwards family for organising and donating the wood raffle and to Cathy Giltrap for organising the meat orders. Congratulations also to the Cartwright family, who were the lucky winners of the wood raffle - no chopping wood for you!

NAPLAN

The National Assessment Program - Literacy and Numeracy (NAPLAN) for all students in Years 3 & 5 will take place next week. Tuesday May 13 - Language Convention test (Spelling, Punctuation and Grammar) and a separate Writing test; Wednesday May 14 - Reading test; Thursday May 15 - Numeracy test (Number, Algebra, function and pattern; Chance and data; Measurement and space). A make-up day is scheduled on Friday May 16 for those students who missed any section of the test or were absent on a testing day.

Jamie Oliver Food Revolution Day

All classes are looking forward to taking part in the Jamie Oliver Food Revolution Day next Friday. With the assistance of parent volunteers, the children will be making healthy wraps in class for their lunch. If you can help out with this fun and healthy initiative, please contact Cathy Giltrap on cathygiltrap@gmail.com or 0260409651. <http://www.foodrevolutionday.com>

Jackson Pollock Art

Year 4/5/6 will finally get their chance to add their creative touch to the Jackson Pollock

school masterpiece tomorrow morning (weather permitting). These students will need to bring old clothes to wear. With the help of Mrs McEachern, the students will finish the 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.

School Photos

Professional photographer, Gary Boss, from Boss Photography, was at school this morning for our annual school photos.

Cross Country Carnival

SRPSSA Cross Country carnival will be held in Jindera on the 27th of May. We are allowed to enter five girls and five boys from each age group - 8/9, 10, 11, 12/13, but I think we may be able to sneak a few more kids in if we're very quiet about it! The juniors will run 2000 metres, while the seniors run 3000 metres. Training will take place at school in the lead up to the carnival.

Into the Woods

The 4/5/6 class will take a trip to the Cube in Wodonga on Friday for the James Fallon HS production, Into the Woods. The permission note, which was sent home yesterday, needs to be returned to school as soon as possible.

Garden Rock Donation

Thank you to the Reichel family who organised the donation of a huge pile of garden rocks which will be used in our school gardens. We thank AP Delaney & Co for their generous donation.

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.

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 Council/P&C

The next School Council and P&C meeting will be held next Wednesday, 14th May.

Andrew McEachern - Principal

KINDER SOUND

The Kinder sound for this week is 'g' for Gloves



SCHOOL JACKETS

We would like to advise that Lowes will have our school jackets in stock by the end of this week or early next week. These retail at approx. \$65 each.

ACTIVE AFTER SCHOOL

This program started yesterday with a basketball session conducted by a member of the Hume Bandits basketball team.

Please make sure that the office is advised if there are any changes to your child's attendance at these sessions.

LIBRARY NEWS

Just a reminder about library days. K-1 and 2-3 on Tuesdays and 4/5/6 on Thursdays. Students need a library bag to borrow. A plastic bag will be fine.

Please remind your child to check for library books at home. We have a few students with overdue loans.

Thank you, Mrs G

HOW2Learn

Anxiety and stress

One of the main obstacles to learning is too much anxiety, which leads to stress. Your child will have the best chance to develop and grow if you can provide challenge together with support. But take care not to tip them into a situation where they feel vulnerable or threatened.

As far as the brain is concerned, there is no difference in the way it responds to a real threat and an imagined one. We deal with threats or difficulties in four different ways: Fight, Flight, Freeze, Flock. How did you answer the first four quiz questions about your child's way of dealing with difficulties from last weeks quiz?

The telltale signs of stress

Fight behaviour

- Resists any change
- Prefers what is safe and feels familiar
- Unlikely to take any sort of risk

Flight behaviour

- May avoid something by doing something else, even something that is disliked
- May pretend to be ill or tired
- Avoids eye contact with adults
- May do safe things again and again
- May stay on the edge of groups

Freeze behavior

- Unable to speak or do anything when put on the spot in some way

- Goes blank when asked a question to which the answer is known

Flock behavior

- Wants to be with friends
- Wants to be like friends, not stand out in the crowd
- Can lead to dumbing down: it's not cool to be keen'.

Pause for thought: Helping your child with stress

What makes your child stressed? Write a list of the situations. Now draw a chart using the headings above that matches your child's response to it. Think about what you could do to help them in each situation. Use the following tips to help you.

Tips for reducing your child's stress

- Find out where the threat, real or imagined, is coming from and help your child take steps to deal with it.
- Try to avoid showing your own anxieties. If you get agitated, your child may pick up on it. For example, if parents scream at spiders, their children often do too. But if they deal calmly with spiders, so do children.
- Encourage your child to make their own decisions, within limits that you set. This will help them to be confident in new situations. Talk through the pros and cons and the consequences of any choices.
- Try not to pressure your child to get it right every time. If you do, they may not want to take the risk of disappointing you. If you want to accelerate your child's learning, encourage trial and error, and experiment with alternatives.
- Avoid over-protecting your child! Children learn coping strategies and 'stickability' when things are going badly, not when they are going well.

Complete Learning Initiative - Huge savings on EdAlive software bundles

EdAlive has announced the new Complete Learning Initiative (CLI) to give families the opportunity to use

the same software at home that we have licences for use at school.

- 46 titles up to 95% off
- Incredible value bundles from \$19.95
- Complete, consolidate or update your collection
- Fun learning for your child
- Free 3 month ZooWhiz Premium subscription for each child
- **The leaflets have been handed out with this newsletter. . Please return your orders to the school by 16/05/14**

SCHOOL ASSEMBLY

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

Student of the Week



Special Encouragement Award:

(collecting five Green cards)

Louis

Teacher Merit Cards (Green cards)

K/1

Mia R, Jett, Eliah, Aimee, Angus, Bridah, Dante

2-3

Jessica, Sienna, Jayne, Zenith, Denzel

4-6

James, Destiny, Emily, Caleb, Rupert, Dylan, Toby, Isabella, Bridie, Natalie, Jacinta, Louis

SRC Kindness Award: Zoe Reichel

Class Awards:

Classroom Award: 4/5/6

Assembly Award: 2/3

COMMUNITY NEWS

MONTHLY REMINDER FOR THE EXCITING THINGS HAPPENING IN TABLE TOP!



Our fifth **Food Swap** for the year will be held this Thursday the 8th of May from 6pm to 7pm at the Table Top Hall. Come along and enjoy a free coffee and a chat.

The summer season is coming to an end - Autumn veg and fruits will be ready for swapping. Come and share your summer successes and your winter hopes.

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.

<http://www.ecoport.net.au/event/table-top-food-swap-0>

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.

Hume Ladies Luncheon...

Inspiring guest speaker, Melissa Doyle

Hume Building Society invites you to a very special luncheon with popular media personality, journalist, author and news presenter Melissa Doyle.

Join Mel as she speaks about some of the women who have influenced her life and what it's like to juggle a high profile TV career with the full time job of being a mum. Mel will also share some of her favourite memories from her relationship with Kocie to red carpet exclusives.

All profits from the luncheon will be donated to Betty's Place, a local organisation which provides a range of support services for women and children who experience violence in their lives across the Albury and Wodonga region. Every year, Betty's Place receives over 3,000 referrals for support and relies heavily on donations to provide the resources required to relocate women and their children.

A Special Invitation

Friday 16th May 2014

11.45am for 12.00pm

Gypsy Gardens Reception Centre
Wright Rd, Lincoln Causeway, Gateway Is, Wodonga

2 Course Lunch (drinks at bar prices)

RSVP Friday 9th May 2014 including payment
method to marketing@humebuild.com.au

Tickets

\$100pp

Table of 10 by reservation only

Payment details: Hume Building Society
BSB 640 000 Account 111043561
(state your name as the reference e.g. A Smith)

Payments can also be made at any Hume
branch or by cheque made payable to
Hume Building Society.

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*"Australia's much loved
TV personality"*
Melissa Doyle



Hume Building Society

Celtic Weekend With Retreat leader & Celtic Harpist Cath Connelly

St Matthews Anglican Church Albury

21st - 22nd June

Celtic Spirituality Workshop - conducted by Cath

Saturday 21st June: 10am - 3pm \$25 pp including lunch
Bookings Essential 02) 6021 3022 between 8.30am - 1pm

Drawing on connections to nature, a passion for learning, prayer, soul friends, music, art, poetry and pilgrimage, Celtic spirituality offers a deeply engaging way of relating to God. Spiritual director, retreat leader and professional Celtic harpist, Cath Connelly is well qualified to lead us through a day of exploring the major themes of this form of spirituality. The day will be reflective, experiential and informative. It will include harp music, meditation, input sessions and time for personal reflection.



COCKTAIL PARTY/CONCERT - Saturday 21st June from 6pm

Performances from Ireland, Scotland & Wales
Singers: Dianne Robinson, Shanul Sharma, Dancers: Highland—Karen Mann with piper Declan Dempster, Irish—Cathies Celtic Dance, Recitation—Jan Skinner, Harpist—Mary Buckley, Pipes & drums—Albury Wodonga Pipe Band
\$35 pp includes finger food & 2 glasses of wine.

CELTIC MASS 9am - Sunday 22nd June

PLEASANT SUNDAY AFTERNOON - CELTIC HARP PERFORMANCE with Cath Connelly

22nd June 1pm - 3pm \$15 pp

You are in for a treat as Cath Connelly this popular performer returns to Albury to delight you with storytelling and the lyrical sounds of the Celtic harp. Cath's performance will include a selection of tunes from Ireland, Scotland and Wales as well as some original compositions. Relax and enjoy a wonderful weekend with Cath!

Bookings: Church Office: 02 6021 3022 Phone between 8.30 am - 1 pm
<http://www.cathy.com.au/homepage>

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Karen Fontaine

A mother like no other

Seventeen years ago, Cheryl Koenig was a typical young Sydney mum celebrating Mother's Day with her husband Robert and their two sons, Jonathan, 12, and Chris, 10. One week later, Jonathan was involved in a car accident that left him with a severe traumatic brain injury. Since that day, Cheryl has worked tirelessly to help not only Jonathan but also other sufferers of brain injury. Here, New South Wales' 'Woman Of The Year' for 2009 – and the recipient this year of a Medal of the Order of Australia for service to people with disabilities, their families and carers – shares her extraordinary story.

I grew up as one of five kids in a close-knit family, and from an early age I wanted nothing more than to be a stay-at-home mum. I'd met Robert when I was almost 16 and, after nine years together, starting a family seemed as natural as night following day.

I gave birth to Jonathan two days before Christmas in 1984. He was an adorable baby and as a toddler he was boisterous and creative. I enjoyed every minute of those years at home with him and Chris.

Becoming a mother defined me. How can you not change when suddenly there exists something that is more precious than your own life? I discovered new things about, and deeper levels within, myself – because I held so much more in my arms. Of course the boys took my time, my space, even my patience – but they gave it all back with a smile.

Now that my boys are men, it's not the fancy holidays or big events that are my most golden memories. It's the ordinary, everyday things. Bedtime stories were a special time because they opened up their imaginations. Music: playing their favourite songs and dancing crazily with them. Dinner times: every night, without fail, we ate at the dining table together – the same meal for everyone, too. This was, and is, an important

ritual in the milieu of our family life. It's where we partake in each other's day, share thoughts and exchange memories. I often call the dinner table 'my altar table' – it's like a religious conviction, I guess, where I get to nurture and nourish my family.

On Sunday, May 18, 1997, I was cooking one such dinner for us when everything changed. Jonathan was 12 and I was 37. He'd been playing outside with the boy from next door and I was making nachos. Just after 5 pm I called Jon inside, and minutes later I heard a huge bang.

Jonathan didn't see the car coming. The car took him out and sent him flying for 20 metres. I found Jonathan lying on the street, his leg all twisted, with a horrible amount of dark-red blood coming out of his mouth and nose. There were two voices in my head – one telling me to scream hysterically and the other telling me to stay calm because my baby needed me calm. That was the voice I chose to listen to.

At the hospital I didn't cry; I just felt numb. A doctor told us a CT scan indicated a brain injury; that Jonathan's clinical signs weren't good, and he couldn't tell us if he'd make it. I thought, 'You don't know Jonathan'.

Jonathan was in an induced coma for the first month and for four more months I didn't leave his

side. Some deep reserve of energy kicked in and I knew I was making a difference to his recovery. All day long I told him how much we loved him; that he was going to be all right. But Jonathan got worse before he got better and each day felt like a ghastly repeat of the one before.

Jonathan was in intensive care for three weeks and then his eyes started to open. From early on, I knew he knew me. I'd lie on his bed and cuddle him and tell him about his life and read him stories. I was completely driven in my mission to restore what little semblance was left of my family. I saw signs of positivity everywhere.

Around the two-month mark I knew I had something to work with. I wheeled Jonathan to a piano in the hospital music room. He had no neck control, he was still dribbling and not talking, but he was just starting movement in his right arm. He'd begun to reach up and touch my face and take my rings off and do little things he'd done as a toddler. At the piano he reached out and started playing 'Chariots Of Fire', which he'd been learning at the time of the accident.

more on page 2 >>

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... a mother like no other ...

2

Our kids learn through watching us



There were no doctors around but the teachers saw it and everyone was crying – me hardest of all. That's his theme song now, and he played it at the launch of my book.

Jono had post-traumatic amnesia for about 10 months, which indicates the worst kind of brain injury and the unlikeliness that memory will be regained. But we didn't listen to the doctors. I see his memory improving all the time and that's because he has a full and active life.

It's been a long, hard journey. At three months he started making moaning sounds. I saw that as positive – he was trying to communicate. And then he started making 'mmmm' sounds. I literally pulled apart his lips to get his mouth moving but I closed the curtains around us because people thought I was crazy. But then one day he looked at me and said 'Mum'. I can't describe the joy I felt.

The first day I left him, to go to the hairdresser because I was a mess, my sister stayed with him and gave him a drink of grape juice that hadn't been diluted. He gagged and blurted out: 'I want my Mum!' I'd cried all the way through getting my hair done but I walked back into his room and he was talking! We called Robert and I said 'Someone here wants to speak to you'. Without any prompting, Jonathan said in the softest voice: 'Hi...Dad...I...Love...You...Dad'. We were all in floods of tears.

Jono's accident not only changed who I was, it also changed the complete dynamic of our family. I had to wear so many different hats in my new role as mother to Jono. I was – and, to varying degrees, still am – his carer, his rehabilitation case manager, speech therapist, occupational therapist, physiotherapist, tutor, social secretary, counsellor for depression, and by and large his navigator through life.

My mothering of Chris did a complete 360, too. Chris was only 10 at the time of Jonathan's accident and I had to neglect him and his needs for the best part of five to 10 years because my entire energy was driven towards getting Jonathan better. To this day, I feel an enormous amount of 'mother-guilt' about not being there throughout probably the most crucial years of a boy's life: adolescence.

I was also guilty of being overprotective because I was terrified something bad would happen to Chris too. But I learnt, with time, to let him find his own way and I'm so glad I did, because he has become the most extraordinary young man, with the right blend of compassion and empathy, integrity and humility. He's a civil engineer and he married his girlfriend Danielle last year, with Jono as his best man. It was an incredibly happy day for our family. Jono made a five-minute speech he'd memorised, jokes and all, which brought the house down.

I'm enormously proud of both of my boys although Chris is probably my proudest achievement, because he's done it all by himself. But our kids learn through watching us, in ways we don't even realise at the time.



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.

