



NEWSLETTER

Wednesday 14th May 2014

IMPORTANT DATES

Wednesday 14th May
School Council & P & C meetings

Wednesday 21st May
GMTT 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

cooking demonstration, streamed over the internet. To help make this fun and healthy initiative successful, we will need **LOTS** of parental assistance. If you can spare a couple of hours and help our kids, please contact Cathy Giltrap on cathygiltrap@gmail.com or 0260409651 as soon as possible. For further information about the food revolution day, take a look at: <http://www.foodrevolutionday.com>

GMTT Multicultural Day

Students and staff of Gerogery, Mullengandra and Table Top will combine next Wednesday for a Multicultural Day. Children will be placed in multi-age groups where they will undertake a series of fun and engaging rotational activities, including art, literacy, cooking and sports, with each activity focussing on different multicultural perspectives. During the afternoon, visiting performers will hold African Drumming workshops for students.

Successful Mother's Day Stall

I trust that all of our mums had a wonderful day last Sunday and were waited on hand-and-foot on their special day! The children had a wonderful experience purchasing gifts at the SRC Mother's Day Stall. Special thanks goes to Kathy Leonow for providing lucky-dips and wrapping paper, and to Morgane and Della from the CSU SpICE program for their assistance. The stall raised \$174.50 for the SRC.

FROM THE PRINCIPAL

Jamie Oliver Food Revolution Day

We are all very excited about taking part in the world-wide Jamie Oliver Food Revolution Day this Friday. Between recess and lunch (at staggered times), all of our students will be making healthy wraps for their lunch. Famous celebrity chef, Jamie Oliver, will present a

Peer Support

Our Year 6 Student Leaders and their Year 5 support people successfully began their "Being Positive" Peer Support lessons with their groups last week. Student-led Peer Support lessons based around the theme of being positive will take place each week for the next eight weeks.

Partial Absence - Late Arrivals, Early Departure

In order to keep our absence records up to date, it is requested that parents please come up to the office and sign their children in or out if arriving late or leaving early.

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. The juniors will run 2000 metres, while the seniors run 3000 metres. We are doing some training at school, but serious competitors should be doing additional training at home.

Into the Woods

Well done to the students and staff of James Fallon HS for their fantastic production, Into the Woods. The 4/5/6 class, Mullengandra students, Mrs Livermore and myself thoroughly enjoyed the show! It really was a reflection of Public Education at its best!

Public Education Day

Public school communities across Australia recognise Public Education Day next Thursday, 22nd May. Public Education Day gives us the opportunity to celebrate the outstanding achievements of public education and its contribution toward building our Australian society. Public schools are proud of their contribution to our modern Australian society. In public schools across this nation our young

people are building on skills and acquiring knowledge that will allow them to be contributing members of our society - both for their own personal benefit and that of our Nation. It is also a day where we look towards the future of public education. It is public education that continues to uphold every child's right to an education and has done so since its conception at the beginning of this century.

In the words of Sir Henry Parkes, public education is:

...splendid in throwing open the doors of our schools to all children of all sects, making no distinction of faith, asking no question where the child has been born, what may be their condition in life, or what the position of their parents, but inviting all to sit side by side in receiving that primary instruction which must be the foundation of all education...

NAPLAN

The National Assessment Program - Literacy and Numeracy (NAPLAN) for all students in Years 3 & 5 is in full swing, with the students completing the Language Convention test (Spelling, Punctuation and Grammar) and Writing test yesterday, the Reading test today and the Numeracy test (Number, Algebra, function and pattern; Chance and data; Measurement and space) tomorrow. A make-up day is scheduled on Friday for those students who missed any section of the test or were absent on a testing day.

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 4/5/6.

School Facebook and Twitter Accounts

Facebook:

<https://www.facebook.com/TableTopPublicSchool>

Twitter: @TabletopPS

School Council/P&C

The School Council (6pm) and P&C (7pm) meeting will be held tonight in the school staffroom.

Reforms to NSW P&C Federation

The NSW Parliament has introduced legislation to reform the NSW Federation of Parent and Citizens Associations, which has suspended operation pending Supreme Court action. While these reforms will not affect the day-to-day operation of individual school P&Cs, they will introduce a new executive structure which will ensure the Federation operates as a modern and representative body on behalf of school P&C Associations.

Each school's P&C Association will be asked to vote for councillors and delegates who will represent their electorate at the Federation's Annual General Meeting and councillors who will serve on the Federation's Board of Management. More information will be available on the Department's website at

<http://www.schools.nsw.edu.au/gotoschool/az/involvement.php>

Andrew McEachern - Principal

It's time to take action!

We need every child to understand where food comes from, how to cook it, and how it affects their body. This is about setting kids up with the knowledge they need to make better food choices for life.

Food Revolution Day is on this Friday and we're using this as our Healthy Harvest day for the term. We have been given a \$150 voucher from

Woolworths to help with ingredients as well as using eggs from the school chooks and produce like beetroot and herbs from the school garden.

The menu is delic - Rainbow Salad Wraps, Banana Bread as well as Fruit with Date Dip - so there should be something yummy for everyone - and we think the kids will taste it all because THEY are the ones making it!

Because every kid in the school is going to be involved, it is a big undertaking and we will need some parents to help out - any help will be appreciated but the main need is with helping the kids prepare their wraps so if I could have people meet me at school at 10.30 am we will be able to have everything ready so they eat lunch at 1pm. If you can't come for the whole time, pop along when you can.

The recipe link is here

<http://www.foodrevolutionday.com/rainbow-salad-wrap/>. The kids are making this themselves while watching Jamie Oliver give them a cooking lesson - so it should be fun!

Please give Cathy a call/text on 0403 166 589 if you can come along and help - even if it is for kid-wrangling of little siblings!

KINDER SOUND

The Kinder sound for this week is 'z' for Zebra.



LOST PROPERTY

We have a large volume of lost property at school and none of these items are labelled.

Can you please make sure that your child's clothing is clearly labelled with their name.

Parents are asked to look through the lost property box when at school to see if you recognise any of the items.

Also some children are taking home items that belong to other children. Can you please check your child's clothing

HOW2Learn

Parent Pressure

Children under six benefit most from structured play, in which adults act as coaches and guides. Too much focus on formal learning too early can be a turn-off. Boys are particularly at risk, as they tend not to enjoy more structured work in the very early years and do better later on.

Young children also need the chance to develop social skills, as this helps them to make friends later on. Give your child opportunities to experiment on their own sometimes, as long as you're there in the background.

Pause for thought: Being honest!

Think of an occasion when you were keen to show off your child's abilities that was more about you looking good as a parent than your child being a good learner. Make a note to try not to do it again!

STUDENT ACHIEVEMENT

Congratulations to Ellie who recently competed in the Australian Professional Rodeo Association National Finals at Caboolture. Ellie finished 2nd in the Pro Tour and Runner Up for the Under 18 Title.

Well done Ellie!

SCHOOL ASSEMBLY

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

Student of the Week



Special Encouragement Award:



Teacher Merit Cards (Green cards)

K/1

Hope, Clifton, Sheya, Darcy, Stefan

2-3

Jessica, Thomas, Elizabeth, Darcy

4-6

Grant, Minna, Alicia, Emma, Bethany, Louis

SRC Kindness Award: Mia M

COMMUNITY NEWS

Jindera Playgroup

Expression of Interest Morning Tea

Are you interested in joining a play group?
Come along and find out more information at our morning tea

Where: Jindera Public School
When: Wednesday, 28th May
Time: 10.30am-11.30am

Contact Jindera Public School for more information
Phone: 02 6026 3280

COMMUNITY NEWS (Cont)

BORDER MUSIC CAMP SPONSORSHIP

Thurgoona and District Lions Club are very pleased to advise that we are sponsoring one child from the Thurgoona/Table Top area to attend the Border Music Camp as a Short-Day student, to the value of \$410. The Camp is to be held from 29 June to 5 July 2014.

There are, of course, selection criteria for acceptance to the Camp, and we encourage anyone interested in attending to go to the following link for all Camp information and application forms. Applications close on 6 June 2014.

<http://www.bordermusiccamp.org.au/>

The organisers of the Music Camp will select the successful applicant to receive Thurgoona and District Lions Club sponsorship from those received from the Table Top/Thurgoona area.

Hard Sudoku for 14-5-2014

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

Sudoku provided by Sudoku.com.au

Jackson Pollock Painting



Reading with Friends



Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Healthy ways for kids manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

What training did you get from your parents in recognising or regulating your feelings – in other words, in managing your emotions? If you are like me, you didn't get much really constructive help at all.

"Don't worry! It will all turn out right!" was about the extent of the emotional management in my house, and I suspect in most other houses at that time.

I guess that's why many people automatically default to ineffective ways of dealing with their feelings – such as avoidance, denial and straight-up worrying – when difficult emotions emerge.

Those ineffective strategies are then passed on their children. Little wonder that anxiety, anger and apathy are commonplace among today's children and young people, even though we live in affluent times.

Sometimes, despite what we were taught, it's better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

1 Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

2 Find a favourite relaxation exercise

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3 Use a positive reappraisal

Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut

their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4 Use positive, REALISTIC self-talk

Ever talked yourself out of doing something exciting, new or challenging before you've even started? Maybe you've said something like: "I'll never be able to do that" or "This will stress me out big time" or "I'm no good at...."? I know I have.

Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like "I've done it in the past and I survived. So I should be able to do it again." Repeat this a few times and your emotional state will shift to a better one.

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... healthy ways
for kids manage
their emotions ...

2

deal with negative feelings

5 Exercise

Exercise releases endorphins, nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising when that's exactly what we really need. Don't let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself

A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worriers! It's amazing how much better a situation will seem after giving your mind a short break from it..

7 Have constructive habits and hobbies

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up. The same, of course, holds for kids. All work and no play makes ... well, it's hard to hold it together if you are feeling stressed all the time.

It's important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that'll we'll feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from "15 right ways to manage emotions", a special report available at Parentingideasclub.com.au

Michael Grose



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AFRICAN DRUMMING PERFORMANCE AND WORKSHOPS

The students from Table Top, Gerogery and Mullengandra will be taking part in an African Drumming performance and workshops on Wednesday 21st May as part of our Multicultural Day.

African Drumming Workshop Format

We kick off with a short energised performance to get everyone excited by the music. Once we have the students' attention, we introduce ourselves and the instruments. Everyone gets their own drums and shakers to play. The idea is to replicate the way the drum and dance are intertwined in African culture; where you have drumming you have dance and singing!

We focus on making the workshops as inclusive as possible, allowing the students to freely express themselves and have lots of fun! To wrap it up, we talk about the history and culture of the music, and allow for question time too.

Students Learn:

Basic drumming techniques, simple rhythms and traditional songs.
Simple dance steps. elements of history, global community and multicultural awareness



African Drumming Parent Consent Form

I give consent for my child/children _____
to participate in the African Drumming workshops' on Wednesday 21st May, 2014.
I understand the cost for this performance is \$7.50 per child or \$21 for families
with 3 or more students enrolled and I enclose \$_____

Parents Signature

Date