



# NEWSLETTER

Wednesday 11<sup>th</sup> June 2014

## IMPORTANT DATES

**Saturday 14<sup>th</sup> June**  
Book Sale - QE11 Square

**Wednesday 18<sup>th</sup> June**  
School Council & P & C Meetings

**23<sup>rd</sup> - 26<sup>th</sup> June**  
Parent/Teacher Interviews

**Wednesday 25<sup>th</sup> June**  
Wirraminna Environmental Centre  
4/5/6 Excursion

**Friday 27<sup>th</sup> June**  
Last day of Term

**Monday 14<sup>th</sup> July**  
**Staff Development Day**  
(No students)

**Tuesday 15<sup>th</sup> July**  
Students return for Term 3

**Sunday 20<sup>th</sup> July**  
Bunnings BBQ

**28<sup>th</sup> July to 1<sup>st</sup> August**  
Education Week

**Wednesday 30<sup>th</sup> July**  
Open Day and Book Fair

**Thursday 31<sup>st</sup> July**  
Centro Lavington - Singing

## FROM THE PRINCIPAL

### QE2 Book Sale

The Table Top PS Book Sale will be held in Albury's QE2 Square this Saturday from 9am - 1pm. We are in desperate need for volunteers to assist on the day - to sell books and help with the pack-up. This is a fabulous way to promote our school in the wider community and to raise much needed funds for our library. If you can lend an hour or so to help, it would be much appreciated. Please put your name down in the office. The Table Top PS Book Sale is an outcome of the CSU SPiCE Program and was initiated by TTPS teacher, Mrs Gaukroger and CSU Speech Pathology students, Della and Morgane.

### Bunnings BBQ

Our school has secured a weekend slot at the Albury Bunnings BBQ as a P&C fund-raiser. Please keep Sunday 20<sup>th</sup> July free, as we will be calling on parents to help on the day. This is another terrific way to promote our school and raise funds for our school. Funds raised by the P&C are used to purchase important equipment, materials and provide subsidies to support your children's learning at school.

### Car park Tree Planting

Have you noticed the change to our car park recently? The Reichel family has once again given their time, energy and materials to plant out the fence-line of the car park with native bushes and shrubs. In time these will grow to add to the beauty of our school. On behalf of the school community I would like to thank them for their ongoing generosity.

### SRPSSA Athletics Carnival

Congratulations to all of our students who competed at the SRPSSA Athletics Carnival at

Alexandra Park last week. Our students all performed very well, especially Natalie Brown (1st long-jump, discus, high-jump and 100m and 2nd shot-put and 200m) and the junior girls relay team (Tilly Willinck, Paris Devlin, Natalie Brown and Elizabeth Stanton) who placed third. Natalie will have qualified to compete at the Regional Carnival to be held on Monday 23<sup>rd</sup> June.

### **PSSA Friday Sport**

PSSA began last Friday and will continue this week. Students compete in PSSA netball (girls only) or PSSA soccer (mixed), combining with Gerogery and Mullengandra students. The weekly draw is attached to this newsletter. Mrs. Livermore has started regular training with the netball girls at lunchtimes, while Mrs. Gaukroger has taken on giving the soccer players a run on Thursday lunchtimes. Students from the K/1 class do gymnastics at Flyaway Gym.

In order to get to the various venues on time, lunchtime will be moved on Fridays to 12.30pm. The K/1 class eats lunch at recess and then has a snack at 12.30 to give them more time to eat. All teams and groups (soccer, netball and gymnastics) will depart school a little before 1pm. Soccer kids are reminded to bring \$3 to cover the hire of the bus, unless they are travelling by car with a parent.

If you plan to pick your child up from their sporting venue, please inform Mrs. Mackay in the office so she can let the supervising teachers know. Students will return to school after their games and our school bus will operate as normal.

### **Soccer Boots needed**

We have located a box of soccer shirts and shin guards hidden deep in the recesses of Mr. Elworthy's shed, but are now in need of second-hand soccer boots that students could borrow. Please drop off any unneeded soccer boots that are still in good condition to the office before Friday. They can be donated to the school or if you wish returned to you at the end of the PSSA soccer season.

### **4/5/6 Wirraminna Excursion**

Year 4/5/6 will travel to the Wirraminna Environmental Centre with Mrs. Gaukroger and Mrs. Livermore on the last Wednesday of term. While on the environment they will learn about our Australian environment. A permission note will go home soon.

### **Peer Support**

Session 6 of the Peer Support lessons will be held at 12.20pm this Thursday: Being Resilient. Students will learn how to be resilient and practice skills to help them feel better.

### **Active After School Sport**

Active After School Sport concludes next week. Thanks to the Border Bandits for providing Basketball lessons on Tuesdays and to Christine Brown for organizing activities on Thursdays. As part of the AASC, four children will be selected to participate in an inter-school basketball competition to be held within school hours next Thursday 19<sup>th</sup> June. A permission note for these children will be sent home soon.

### **School Counsellor Visits**

Our School Counsellor, Michele Dupe, was at our school today and will next be at our school in early Term 3. If you would like your child to see Michele, or would like to speak to her yourself, please make an appointment in the office.

### **School Assembly**

With the season of PSSA sport upon us, the whole school assembly will be held in the library every Friday at 12.00pm. Please note the changed time for this week's assembly. The class presenting the item this week is K/1. Year 4/5/6 will also sing the song they missed out on last week.

School Facebook and Twitter Accounts

Facebook:

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

Twitter: @TabletopPS

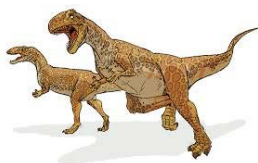
### **School Council/P&C**

The next School Council (6pm) and P&C (7pm) meeting will be held on Wednesday 18<sup>th</sup> June in the school staffroom.

*Andrew McEachern - Principal*

## KINDER SOUND

The Kinder sound this week is "D" for dinosaur.



## HOW2Learn



"A reminder from the last four weeks."

- ✓ Think about what you can do to reduce your child's anxiety.
- ✓ Learn how to deal with your child's moods.
- ✓ Don't put your child under too much pressure.
- ✓ Ensure your child has friends who are positive.
- ✓ Know how to motivate your child to learn.

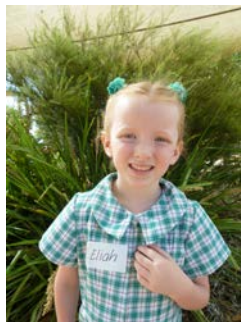
## SCHOOL ASSEMBLY

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

### Student of the Week



### Special Encouragement Awards:



### Teacher Merit Cards (Green cards)

#### K/1

Clifton, Brideh, Dante, Ava, Eliah,

#### 2-3

No awards this week

#### 4-6

Claire, Emma, Grant, Ryley, Caleb, Mickaela, Rupert, Isabella, Destiny, Natalie, Louis.

## COMMUNITY NEWS



### **After School Care Program for Primary School children**

PCYC Albury wants to commence an After School Care Program for Primary school aged children servicing local schools in the area.

We have great educators that will transport your children from their school to our wonderful facilities at PCYC Albury. Care runs from 3pm until 6pm with afternoon tea included. There is also the added benefit of children attending our many activity classes including (Hume Dance School, Karate, Judo, Boxing for Fitness and Basketball) fees applicable. Please don't hesitate to call and ask us any questions you may have.

**Cost is \$15 per child per day (CCB applicable)**

**Contact Jane or Luke at Albury PCYC on: 02 60217437**

Cnr Keene & Andrews Streets, Albury NSW 2640  
albury@pcycnsw.org.au



# Parenting *ideas* INSIGHTS

## *Building parent-school partnerships*

WORDS Michael Grose

## Helping kids leapfrog their difficulties with these 5 ideas



A parent's attitude to their child's difficulties will determine how successfully they meet and overcome many of the obstacles and hurdles they meet.

**Whether it's going to school for the first time, making new friends or even going to school camp, children often experience difficulties that they need to overcome.**

When children overcome problems and deal with unpleasant situations they learn they are capable, which is the basis of self-esteem and confidence.

Children's resilience is fostered when they overcome problems and manage unpleasant social situations such as teasing or going into new situations. Protecting kids from challenging experiences robs them of chances to learn, develop and grow.

Resilient kids look back and draw on skills and understandings they have developed in the past to help them deal with present challenges. For instance, a sixteen year old girl recently revealed how her time spent on a twelve-day adventure camp helped her overcome the homesickness she experienced on a six-month student exchange.

She remembered how on the first day of her school camp she didn't think she could make it – but she did. She experienced those same doubts early in her exchange but she knew that just as she had coped before she would do so again, but this time in more difficult circumstances. She was drawing on the same resources.

**Here are five great parenting ideas to help your kids leapfrog their difficulties:**

### **1 Frame the problem as a challenge:**

Frame the difficulty as a challenge rather than a problem. Kids take their cues from their parents so the frame of 'challenge' gives kids something to rise to rather than be overwhelmed by.

### **2 Coach kids to do well:**

Talk kids through their challenges, give them ideas to cope and manage. Consider rehearsing some skills or language that they may need.

### **3 Show confidence they will succeed:**

Children generally meet their parents' expectations so make sure your expectations are realistic, positive and supportive of their feelings.

### **4 Give kids a chance:**

Allow kids to approach challenges in their own way without constantly checking on them. Your nervousness is definitely catching.

### **5 Celebrate their success:**

Even if they were partially successful, such as they went to school camp for two out of the three days, then praise their efforts. They've got a great building block for next time.

**The attitude and approach of parents and teachers will determine how successfully children and young people meet and overcome many of the hurdles they encounter. That attitude needs to be courageous, sensitive and hopeful that your child will meet, and overcome with assistance, all the challenges they encounter.**



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](http://parentingideasclub.com.au). You'll be so glad you did.



[parentingideas.com.au](http://parentingideas.com.au)



### **Junior and Senior PSSA Soccer - 2014**

<b>Week</b>	<b>Date</b>	<b>Venue</b>	<b>Playing</b>
T2W7	13/6/14	Glen Park	Nth Albury
T2W8	20/6/14	Bye	Bye
T2W9	27/6/14	Waites Park	Albury West
T3W1	18/7/14	Alexander Park – Ian Barker	Albury Blue
T3W2	25/7/14	Jelbart Park – United	Hume
T3W3	1/8/14	Jelbart Park – United	LEPS
T3W4	8/8/14	Melrose Park	Nth Albury
T3W5	15/8/14	Melrose Park	Lavington
T3W6	22/8/14	Waites Park	Albury West
T3W7	29/8/14	Waites Park	St Pats Gold
T3W8	5/9/14	Jelbart Park – United	Trinity White

### **Junior PSSA Netball – 2014 – 1.30pm Start Time**

<b>Week</b>	<b>Date</b>	<b>Venue</b>	<b>Court</b>	<b>Playing</b>
T2W7	13/6/14	JC King Park	7	Trinity
T2W8	20/6/14	JC King Park	Bye	Bye
T2W9	27/6/14	JC King Park	9	LPS Brown
T3W1	18/7/14	JC King Park	Bye	Bye
T3W2	25/7/14	JC King Park	11	LPS Brown
T3W3	1/8/14	JC King Park	9	St Pat's Gold
T3W4	8/8/14	JC King Park	7	St Anne's
T3W5	15/8/14	JC King Park	8	AWPS
T3W6	22/8/14	JC King Park	Bye	Bye
T3W7	29/8/14	JC King Park	10	GPS
T3W8	5/9/14	JC King Park	12	AWPS

### **Senior PSSA Netball – 2014 – 2.05pm Start Time**

<b>Week</b>	<b>Date</b>	<b>Venue</b>	<b>Court</b>	<b>Playing</b>
T2W7	13/6/14	JC King Park	7	Trinity
T2W8	20/6/14	JC King Park	Bye	Bye
T2W9	27/6/14	JC King Park	5	LPS Brown
T3W1	18/7/14	JC King Park	4	St John's
T3W2	25/7/14	JC King Park	3	GPS
T3W3	1/8/14	JC King Park	6	LEPS
T3W4	8/8/14	JC King Park	2	Jindera Gold
T3W5	15/8/14	JC King Park	1	Scots
T3W6	22/8/14	JC King Park	1	ANPS
T3W7	29/8/14	JC King Park	2	Thurgoona
T3W8	5/9/14	JC King Park	3	APS