



NEWSLETTER

Wednesday 4th June 2014

IMPORTANT DATES

Thursday 5th June

Walbundrie PSSA Athletics Carnival
(Selected students only)
JFHS Year 5 Experience Day

Friday 6th June

PSSA Sports commence
Assembly - 12 noon

Monday 9th June

Queen's Birthday Holiday

Tuesday 10th June

Riverina PSSA Cross Country
(Selected students only)

Saturday 14th June

Book Sale - QE11 Square

Wednesday 18th June

School Council & P & C Meetings

23rd - 26th June

Parent/Teacher Interviews

Wednesday 25th June

Wirraminna Environmental Centre
4/5/6 Excursion

Friday 27th June

Last day of Term

Monday 14th July

Staff Development Day
(No students)

Tuesday 15th July

Students return for Term 3

FROM THE PRINCIPAL

Cross Country

After the original SRPSSA carnival had to be cancelled due to the threat of lightning and there being no appropriate back-up date, as advised by the conveners on the day, we ran timed races on our accurately GPS measured school track last Friday. It was a fantastic event where everyone put in a huge effort. The juniors (8/9 & 10yrs) ran 2000 metres, while the seniors (11, 12/13yrs) ran 3000 metres.

Congratulations to the following students who ran first and second at school:

8/9 Boys 2000m: Lochie & Gibb

8/9 Girls 2000m: Paris & Elizabeth

10 Yr Boys 2000m: Grant

10 Yr Girls 2000m: Tilly & Natalie

11yr Boys 3000m: Louis & Dylan

11yr Girls 3000m: Ellie & Destiny

12/13 yr Boys 3000m: Jaxon & Robert

12/13 yr Girls 3000m: Emma & Claire

In news just to hand, unfortunately we did not have any of our students qualify for the regional carnival to be held in Deniliquin next Tuesday.

SRPSSA Athletics Carnival

The SRPSSA Athletics Carnival will be held at Alexandra Park in Albury tomorrow, weather permitting. Qualifying students were given a time schedule yesterday which gives a rough estimate of the event times. Students who have not yet paid the \$2.50 levy into the office are asked to do so as soon as possible. The levy helps cover the cost of hiring Alexandra Park. We wish all of our competitors the very best of luck!

Due to an unfortunate clash of dates, the carnival is held on the same day as the James Fallon HS Year 5 Experience Day. The carnival takes precedence over the JFHS Day and qualifying Year 5 students will compete at the carnival.

PSSA Friday Sport

PSSA sport begins this Friday. Students from Years 2 - 6 will play netball (girls only) or soccer (mixed), combining with Gerogery and Mullengandra students. We need everyone to participate so that we can field both junior and senior teams in each event. Mrs. Livermore has started regular training with the netball girls at lunchtimes, while Mrs. Gaukroger took the soccer players out onto the oval for a run today. Students from the K/1 class will do gymnastics at Flyaway Gym. Permission notes (and any payments) need to be returned as soon as possible. Supervising teachers: Netball - Mrs. Livermore and Mrs. Cambey; Soccer - Mr. Broomfield; Gymnastics - Miss Kirk; Students remaining at school - Mr. McEachern.

In order to get to the various venues on time, lunchtime will be moved on Fridays to 12.30pm. Miss Kirk plans to have her class eat lunch at recess and then have a snack at 12.30 to give her kids 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.

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

Peer Support

Session 5 of the Peer Support lessons will be held at 11.30am this Friday. Students will practice working cooperatively in their groups and practice persevering as a group.

Public School Cinema Advertising

Well done to school captains, Louis and Claire, who spent the day filming the Public Schools Cinema Centre advertisement at various venues around Albury yesterday. The ad will be screened regularly at the Cinema Centre over the next several months.

School Counsellor Visits

Our School Counsellor, Michele Dupe, will next visit our school on the 11th June. 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 4/5/6.

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 18th June in the school staffroom.

Andrew McEachern - Principal

KINDER SOUND

The Kinder sound this week is "V" for vegetable.



WE WANT YOUR BOOKS!

Just a reminder that Table Top PS is holding a book sale on Saturday 14th June in QEII Square and we are collecting donations of pre-loved books. The book sale will be an opportunity to promote the school and our community, while raising funds for resources for our students. Please send in any book donations to the school office.

We need volunteers to help run the stall, between 9am and 2pm. If you are able to assist, please place your name and contact number in the time frame(s) you are available, on the chart later in the newsletter. A roster will be sent home with names and times, and you will be notified if the event is cancelled due to weather.

HOW2Learn

Switching your child's mind on to learning

Children's minds are wired up to learn. However, being wired up is not the same thing as being switched on. To encourage your child to learn, help them to make connections between learning and what they'll be able to do as a result. Try saying things like: "When you get your pen licence, you can always write in pen."

Appeal to your child's self-interest and you'll be more likely to motivate them. Computer games work like this, getting players to complete each level in order to move onto the next, more interesting one. Collecting cards works in the same way: children who don't like maths in the

classroom become experts in the playground, learning the strengths or points of each card.

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

Stefan, Hope, Aimee, Brideh

2-3

Jayne, Denzel

4-6

Dylan, Jaxon, Robert, Ethan, Bridie

COMMUNITY NEWS

Feeling snowed under and need some tips to help things get under control, or you could just do with some handy tips?

If you have answered **YES** this one day short program is for you, covering all areas listed below and more:



Budgeting tips? Tips to assist in better organizing your \$\$\$ and keep track of where things are at with your \$\$\$



House cleaning tips? Tips on easy ways to keep things under control



Gardening tips? Tips around weeding, basic plant care and much more



Tips on cooking on a budget? Tips to help spread your \$\$\$ further, cook book to be given to participants



Tenancy Tips?

"The HUB" 562 Macaulay Street Albury - Wednesday 4th June 2014 - 9:30am - 2:45pm

Cost: Nil. Certificate issued upon completion.

Morning tea, lunch and afternoon tea will be provided, please advise when registering of any dietary requirements. **Register By:** Wednesday 28/05 by calling Albury Supported Accommodation on (02) 60216366 or 1800 885 355. Register ASAP due to limited spots available.

This program is an initiative of Albury Supported Accommodation Service; professionals will be delivering presentations covering the topics listed above.



TABLE TOP COMMUNITY

Winter Gathering



June 4th 7:30pm



TABLE TOP COMMUNITY HALL

An opportunity for Table Top families, new and old to meet up and discuss local news and information. Albury City Council staff will be there to hear any of your concerns. If you have new neighbours or old neighbours you don't know, please ask them along.

Delicious biscuits and cake will be provided by renowned Table Top cook!

FOOD SWAP June 12TH

6pm - 7pm TABLE TOP COMMUNITY HALL

Bring all your wonderful garden goodness to swap, share trade and donate... The kettle will be on to share news and ideas for the season ahead and just gone. [Click here for more details.](#)

BOOK SWAP also June 12th

6pm - 7pm TABLE TOP COMMUNITY HALL

In conjunction with the Food Swap we are initiating a Book Swap. Bring a couple of novels you would like to swap for something new to read as the weather cools down. Perhaps you might like to right a short review about the book on a sticky note and attach to the front?



RSVP gathering & further information
Marian Taylor 60 262 222 marian.taylor7@bigpond.com
Lou Bull 60262 777 loubull.equile@gmail.com



Brad Ferris will be attending the Winter Gathering tonight, to discuss the Albury City 2014-2015 Operational Plan and Four Year Delivery Program. Brad will provide a general overview of the budget process and focus on projects within the Table Top area providing residents with the opportunity to ask questions.

If there is time there will be a brief presentation on the Table Top Collection which is held at the Library Museum and Table Top History books will be available for purchase at \$10 each.

Please note the Food Swap is on Thursday night **June 12th** and this month we are including a book swap as well!

Exercise classes and yoga classes are continuing at the Hall in June.

Parenting *ideas* INSIGHTS



Building parent-school partnerships

WORDS Jenny Brockis

Why praise can be a double-edged sword

The way we praise our children, even from a very early age, can have a lasting impact. When done effectively, it can really promote resilience.

It seemed to come out of nowhere. One day we had a happy, confident, thriving daughter who was doing really well at school and the next she was alternating between a quiet sullenness and loud arguments, telling us, "I just don't care".

The problem appeared to lie with her maths. She had previously found maths quite easy, and had got good enough marks to be put up into the higher level with the 'smart' kids. The result: a very unhappy daughter and a significant slump (aka tailspin) in her performance.

Putting on our best parental hats, we tried to work out what was going on. Our daughter's response to our gentle probing was "I should never have been put into the smart kids' class because I'm dumb" and "My teacher just thinks I'm not 'trying'".

Kids (and adults!) learn best when feeling confident and motivated to do well, even when the work is hard. The trouble is that in many instances our education system is set up to reward cleverness or smartness before effort. Those who excel in learning and passing exams often enjoy an elevated status and are held up as the example for others to emulate. There is much less recognition for effort alone.

The problem with this is that it potentially damages the confidence and self-belief of some children around their abilities.

As parents it is natural to want to see our children do well. When we see our kids reaching those first milestones, we marvel and celebrate their brilliance. It turns out those words we use in praising our kids at the age of one to three years will determine the mindset and desire for challenge that shows itself five years later, when they start school. This can even affect the way we think about ourselves right into adulthood.

When we praise intelligence – "You are so smart", "Aren't you clever!" – we are using language that suggests that these are the traits that we value the most, and that make our children different from others.

In contrast, when we praise effort – "I can see you tried hard with that", "Well done for doing all that work" – we are rewarding progress and intrinsic motivation. That promotes a 'growth' or 'possibility' mindset.

Unfortunately for our daughter, somewhere along the line she had come to believe that she was only doing well if she consistently got 'A'. Being put in a class designed to stretch her capability resulted in the opposite occurring as she was no longer achieving those high scores. She now felt a failure and, not liking to be made to feel stupid, had decided it wasn't worth giving the harder work a try.

What she needed was more of a growth mindset. Helping our children to develop a 'growth' versus 'fixed' mindset is what makes the biggest difference in determining our their level of self-confidence, resilience and motivation. Professor Carol Dweck, in her book *Mindset*, describes how by choosing to develop a growth mindset we can start to learn from our mistakes, and feel we are succeeding when we master a new skill or piece of learning that has been challenging or difficult.

Our mindset is not something we are born with, it is formed and shaped through experience, and who we hang out with. We used to think that intelligence was innate, a 'fixed' quality, and we now know that is simply not true.

Tips for encouraging a growth mindset:

- 1 Look at learning as a way to stretch and grow the brain. Learning new things is great exercise for seeing new possibilities or ways of doing things. It encourages imagination and creative thinking.
- 2 When congratulating your child, use words that praise the outcome that has resulted from their putting in the work and effort.

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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.



Parenting*ideas*

INSIGHTS

... why praise can be a double-edged sword ...

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Building parent-school partnerships

- 3 When things go wrong, ask, "What could you do differently next time to get a better result?" Failure and making mistakes is normal. Learning to deal with them effectively helps build resilience.
- 4 Use the power of "Yet". If your child tells you, "I'm no good at..." or "I can't do that", your response could be, "You're just not there ... yet". This implies that it is work in progress and success may come through perseverance. It's not about false hope, but encouragement.

Other research is now uncovering additional benefits from adopting a growth mindset. It can:

- encourage a student to want to stay at school longer
- facilitate transition to university
- diminish bullying or aggressive behaviour
- develop resilience in the face of adversity
- help see challenge as opportunity
- develop tenacity in persevering to overcome obstacles
- help see effort as the route to mastery
- build the ability to use criticism as something to learn from
- promote inspiration and new learning from sharing in the success of others.

We all want our children to do well and one of the best ways we can help is to promote a growth mindset so they become more positive in their outlook as to their own capabilities, broaden their perspective of the world and elevate their resourcefulness.

Dr. Jenny Brockis is a brain health specialist. Her focus is on promoting optimal health and function for all brains. She is also an author and speaker, and mum to two young adults. www.drjennybrockis.com

Jenny Brockis



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parentingideas.com.au

TABLE TOP BOOK SALE – SATURDAY 14TH JUNE

VOLUNTEER ROSTER

Time	Name	Contact Number
9-10am		
10-11am		
11am-12pm		
12-1pm		
1-2pm		

If you are able to assist, please detach and return to the school office at the earliest opportunity.

Thanking you, *Rachel Gaukroger – Teacher /Librarian & Della and Morgane – CSU Students*