



# NEWSLETTER

Wednesday 16<sup>th</sup> July 2014

## IMPORTANT DATES

**Friday 18<sup>th</sup> July**

Assembly - 12 noon - Item - 4/5/6

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

Bunnings BBQ - helpers needed

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

Education Week

**Wednesday 30<sup>th</sup> July**

Centro Lavington - singing  
P & C & School Council meetings

**Thursday 31<sup>st</sup> July**

Open Day and Book Fair



## FROM THE PRINCIPAL

### Welcome Back

Term Three is shaping up as a wonderful term of positive learning and creative opportunity at Table Top PS. We will prepare for our whole school play which will be performed early next term; we will learn and perform songs at Lavington Square during Education Week; and we will create beautiful painted murals and colourful mosaic totem poles which will be installed around our school for all to enjoy!



### P&C Bunnings BBQ

Our P&C will host the Albury Bunnings BBQ this Sunday. Thank you to parents and members of our school community who have indicated that they can assist throughout the day, but we still require helpers to fill in the empty slots to run the stall on this major fundraising activity. If

you are able to assist, please inform Karin in the office. 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.

### **Education Week**

In Week Three of this term Public Schools across NSW will celebrate Education Week. On Wednesday 30<sup>th</sup> July we will combine with students from Gerogery and Mullengandra Public Schools to sing a few songs at Lavington Square (where student artworks will also be displayed) and on Thursday 31<sup>st</sup> July we will host an Open Day, the details of which will be included in next week's newsletter. We hope to see lots of our Table Top school community at both of these events!

### **PSSA Friday Sport**

Unless it is raining, PSSA netball and soccer will continue this Friday. No matter the weather, Gymnastics for the K/1 students will go ahead. Students not engaged in PSSA activities will play school-based sports.

### **Thanks!**

I would like to thank Mrs. Karin Mackay for the fabulous job she has done in the office over the last several weeks while Mrs. Scott has been on leave. Mrs. Mackay will continue her important role each Friday at TTPS.

### **School Photos**

Our beautiful school photos have been sent home today. I must say that once again, I am very happy with the quality of the photos. The whole school photo which includes all of our students and staff is on display in the office foyer.

### **Wood Splitting**

Thank you to members of the Thomas and Brock families who came into school over the holidays to split and stack the wood from the damaged tree that was felled in the last week of term. It was a huge job and is very much appreciated. We now have the important start for future P&C wood raffles!



### **CSU Student**

We extend a warm Table Top welcome to Charles Sturt University student, Mr. Dylan Seifert, who will complete his final teaching practicum with the K/1 class over the next five weeks. The 4/5/6 class will benefit from their final year CSU practicum student, Miss Rebecca Bensted, in Weeks 6-10.

### **School Counsellor**

The school counsellor, Michele Dupe was at our school today. She will continue to deliver her service to our school on the following dates this term: 30<sup>th</sup> July and 27<sup>th</sup> August.

### **School Assembly**

The whole school assembly will be held in the library this Friday at 12.00pm. The class presenting the item this week is 4/5/6.

### **P&C Open Garden Cake Stall**

Our P&C will be holding a cake stall at the Willinck's property on the weekend of 16/17 August as they open their garden to the public as part of the Open Garden Scheme. The P&C



will require donations of food and time for this excellent fund-raising opportunity.

### **Kindergarten Orientation**

The next of our exciting Kindergarten Orientation Days will be held on 28<sup>th</sup> of August. Please get the word out around the local community about this important opportunity to introduce new people to our wonderful school.

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

Facebook:

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

Twitter: @TabletopPS

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

Wednesday 30<sup>th</sup> July - 6pm School Council and 7pm P&C.

*Andrew McEachern - Principal*

### **KINDER SOUND**

The Kinder sound this week is "A" for Alpaca.



If you would like to pay any accounts by direct debit

#### **School bank details:**

Account Name: Table Top Public School

Account Number: 157014

BSB: 032-001

Reference: *Surname and item/s being paid*

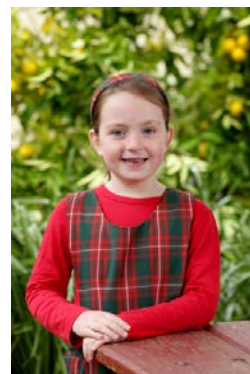
### **SCHOOL ASSEMBLY**

Congratulations to the following award winners from Week 9 School Assembly:

### **Student of the Week**



### **Special Encouragement Awards:**



### **Teacher Merit Cards** (Green cards)

#### **K/1**

All of K/1

#### **2-3**

Jake, Callie, Ethan, Jessica, Elizabeth.

#### **4-6**

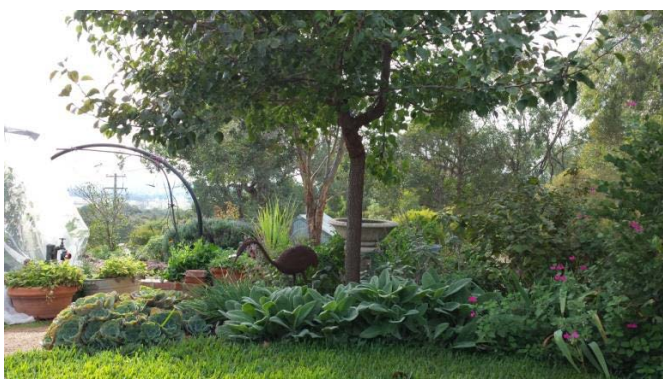
Rupert, Tilly, Charlie, Billy, Ellie, Minna.

## OPEN GARDEN

*On the weekend of August 16/17th Emmo Willinck and Lou Bull and kids will be opening their garden as part of the Australian Open Garden Scheme.*

*The P&C plan to provide tea and coffee and cakes over this weekend as a fundraising activity. Some of the proceeds from the entry fees will also be donated to fund garden projects for the school. It is hoped that school families can donate to the cake stall and help out on the day as well. Further details will come in the next couple of weeks.*

*Please feel free to encourage family and friends to come along and share the garden and the school's participation in this local event.*



## COMMUNITY NEWS

It can be difficult to stay active in the winter months, so make it enjoyable with YOGA!

**Where:** Table Top Community Hall

**Tuesdays @ 6.30pm (beginning 22nd July to 26th August)**

**Treat yourself and commit to the 6 weeks for \$70 or \$15 weekly.**

For more details contact **Maree 0419 014 70** or [mareepetrow@hotmail.com](mailto:mareepetrow@hotmail.com)

### WOULD YOU LIKE TO HOST AN OVERSEAS STUDENT?

Experience another culture, make new friends and improve your language studies at home

Hosting – An Experience for Life

Student Exchange is looking for host families across Australia to welcome overseas students into their home



student exchange  
AUSTRALIA NEW ZEALAND

[www.studentexchange.org.au](http://www.studentexchange.org.au)  
1300 136 331 (cost of local call)

## BUNNINGS BBQ – ROSTER

Volunteers needed at following times:

9.00am – 10.00am – 1 helper

10.00am – 11.00am - 1 helper

11.00am – 1.00am - 1 helper

If you can assist, please contact Karin in the office. Thanks



# Australian Open Garden Scheme August 16/17<sup>th</sup> 2014

## AQUILA GARDEN

“Aquila” (named after the Wedge Tailed Eagles that circle our hill) is situated just north of Albury on the NSW & Victorian border and is nestled into a magnificent setting with views to Table Top Mountain. It is home for Emmo, Lou, Bella, Tilly and Gibb.

Our gardening energy and focus is on growing food for our plates, plants to support local biodiversity and a garden with low water needs. It's our sanctuary and our creative space. We love it!



Relax and enjoy our garden too.



Initial plantings on our 6 hectare block were done by Emmo's parents starting in the late 1980s. These plantings have provided the fabulous foundation around which we built our home and garden. Our house was built and then moved into in December 2005 – in the midst of a drought. The garden was slowly established. Plantings include mostly local natives in the main body of the garden; fruit trees and vegetable beds in the productive zones; plus patches and groupings of other plants for attracting pollinators and wildlife. Reflecting on our early years we would say that it took probably five years of dedicated hard work to get to the point we could say the establishment phase was done. Now we create, improve and enhance this early work and enjoy the garden maturing and growing.

We eat extensively from the produce that comes from the garden and share the excess. We are now building beautiful structures for ourselves and others to enjoy. We are changing elements of the garden to offer less vulnerability to fire. We love the wildlife that comes to our space (birds such as the White-browed Babblers, Spinebills, Shrub Wrens, Shrike Tits and critters such as the Squirrel Gliders, Echidna's and Kangaroos) and time spent with family and friends when they visit.



Every garden has it's own story and personality. There is no magic recipe except the one created by those that live in their garden.



# Parenting *ideas* INSIGHTS

*Building parent-school partnerships*

WORDS Michael Grose

## RAISING space cadets

Learning to stop and think before reacting is one of the most valuable life skills a child can develop.

**Know someone with a hair trigger? The smallest thing sets them off. That 'thing' maybe a cutting comment from someone, a nasty look or a thoughtless remark. Whatever it is, not a moment is taken to think, consider or weigh up options. They simply explode.**

**Anger exudes from every pore.**

I know some adults like this. They are awful to live with. Their family walks on eggshells, not wanting to upset them. The trouble is, they've been like that since childhood.

I also know some kids like this. I wonder if their hair trigger will remain into adulthood. Such kids, who are usually highly strung, need to learn to put a space between an event (that leads to a reaction) and their response. They need to become space cadets, learning how to stop, think and act – all in a split second.

When a space cadet hears someone say something sarcastic he'll pause for a

split second while he thinks of different responses (ranging from doing nothing through to engaging in a bit of humorous banter) and only then choose the best of those responses. Some space cadets I know, who have been taught this skill, will call on their BEST SELF and choose the best response based on one that represents their values for that occasion.

Space cadets generally have healthier relationships as they are predictable, more considerate and better able to match their responses to their own BEST self.

Anyone who has ever regretted a remark they made to a friend, loved one or workmate under duress will know what I mean. You felt that the remark 'let yourself down'. Space cadets experience less of this guilt as they are more likely to make the right remark in the first place.

**Space cadets have high emotional awareness** which not only leads to better responses, but it also leads to better regulation of emotions and behaviour. That's why the development of self-awareness in kids is probably more important to long-term wellbeing, success and happiness than the development of self-esteem. If not, it's on a par because it's such a valuable skill to possess.

WHEN SOMETHING EVOKES AN UNPLEASANT EMOTION (ANGER, FRUSTRATION OR ANXIETY), ENCOURAGE KIDS TO:

**STOP**

**AVOID**  
reacting impulsively. Take some deep breaths. Be calm.

**THINK**

**WHAT**  
happened? How are you feeling? What are you thinking?

**ACT**

**HOW**  
can you best respond?



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