



NEWSLETTER

Wednesday 23rd July 2014

IMPORTANT DATES

Tuesday 29th July
Active After School commences

28th July to 1st August
Education Week

Wednesday 30th July
Lavington Square - singing 11 am
P & C & School Council meetings

Thursday 31st July
Open Day and Book Fair
BBQ Lunch at 1pm
Open Classrooms & Book Fair 2 pm

Thursday 28th August
First Kinder Orientation Day
9.30 - 11.30

stall (Penny Boyce, Julianne Edwards, Ian Elworthy, Rachel & David Gaukroger, Cathy Scarlett, Emmo Willinck & Lou Bull, Andrew McEachern & Karin & Neil Mackay). We cooked about 420 sausages for the day. Funds raised by the P&C are used to purchase important equipment, materials and provide subsidies to support your children's learning at school.



FROM THE PRINCIPAL

Welcome Back!

Mrs Scott has returned from her holiday travelling around Northern Queensland looking tanned, fabulous and refreshed. It is great to have her back!

P&C Bunnings BBQ

Well done to everyone involved in the P&C Albury Bunnings BBQ on Sunday. The sun was shining and Bunnings was abuzz with customers, many of whom stopped by our stall. Just over \$1000 was raised during the day. Special thanks to Monica Cartwright for securing a spot on the Bunnings schedule; Karin Mackay for organizing the day; Bakers Delight for donating the bulk of the bread; Jones the Butcher for subsidizing the cost of the sausages; and the parents, children, teachers and friends who manned the

Education Week Lavington Square

Public Schools across NSW will celebrate student learning next week during Education Week. On Wednesday 30th July we will combine with students from Gerogery and Mullengandra Public Schools to sing a few songs at Lavington Square. Our performance time is 11.00am in the Food Court. Miss Innes will conduct the singing. Student artwork will also be on display in the Food Court all week. Come along and share in our fun!

Education Week TTPS Open Day

Table Top PS will hold an Open Day next Thursday during Education Week. Parents, relatives and friends are welcome to share in a BBQ lunch from 1pm (no cost), followed by open classrooms, a Book Fair in the Library and the

K/1 art exhibition in the historic Yambla building. We hope to see you on our special day!

Creative Art Projects

Our special school-yard art projects are underway! Mr Elworthy has installed two of many totem poles in the gardens of the school entrance way, which all students will mosaic with colourful designs, and the painted murals for the weather-shed are also underway. Mrs McEachern will work with the children on these exciting projects most Tuesdays this term. It would be a good idea for students to bring a large shirt or smock from home to help protect their uniforms while participating in the mural and totem pole activities.



School Musical Production

'Thank You for the Music', written by Miss Kirk and her friend Mrs Parker, is the name of the production our students will perform in Week 3 of Term 4. A play looking back at the history of modern music, it promises lots of singing, dancing, acting and good times for all of our students. Rehearsals will begin this Thursday!

SRC Friday Fund Raiser

Students (and parents) are invited to guess the number of stones in the SRC guessing competition. Whoever guesses the correct number of stones will win a child's voucher for the Cinema Centre! It is 50c a guess or three guesses for \$1. Guesses can be made during Friday recess.



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. CSU Student, Mr Seifert, an A-Grade soccer player, will conduct soccer training sessions during Tuesday and Wednesday lunchtimes and also go to the Friday PSSA soccer matches for the next few weeks.

Tree Removal

Thank you to Emmo Willinck and Andrew Reichel who cut down a tree marked for removal over the weekend. It was a huge job and is very much appreciated. Thank you also for the wonderful seat they fashioned from the stump. It is proving to be a very popular playground addition for the students!



ICAS Tests

The English ICAS test will take place for the students enrolled in this assessment next week.

School Counsellor

The school counsellor, Michele Dupe will deliver her service to our school on the following dates this term: 30th July and 27th August. If you would like to make an appointment for yourself or your child please contact the office.

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 K/1.

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 the 28th 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 30th July. 6pm School Council and 7pm P&C.

Andrew McEachern - Principal

KINDER SOUND

The Kinder sound this week is "e" for Echidna



ACTIVE AFTER SCHOOL

The Active After School Program will recommence next Tuesday and Thursday for 7 weeks finishing on Thursday 11th September.

We require new applications for Semester 2 and these forms are attached to your newsletter. If your child is only going to attend on one of the days (either Tuesday or Thursday) please indicate this on your application form.

The activities for Term 3 are Cricket coaching/skills on Tuesday and multi skill activities on Thursday.

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 last week's School Assembly:

Student of the Week



Special Encouragement Awards:



Teacher Merit Cards (Green cards)

K/1

Clifton, Mia M, Anthea, Zoe, Boyd, Sheya, Aimee

2-3

Jessica, Zenith, TJ

4-6

Caleb, Emily, Grant, Bridie, Toby, Claire, Louis

Class Awards:

Library ~ K/1

Classroom ~ 2/3

COMMUNITY NEWS



Get involved
0318444000 or 0318444000
or 0318444000
alburycity@albury.net.au

Australian Open Garden Scheme August 16/17th 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, Belle, 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 Babbler, Spinebills, Shrub Wrens, Shrike Tits and critters such as the Squelch Girdler, Echidna's and Kangaroos) and time spent with family and friends when they visit.



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



EDUCATION WEEK

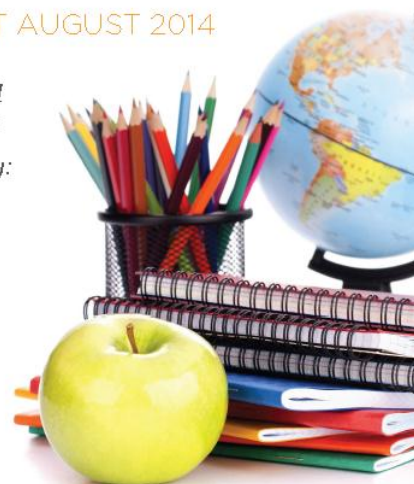
28TH JULY - 1ST AUGUST 2014

Amazing local school
art displays all week

Wednesday 30th July:
Live performances
10am - 2pm

Participating Schools:

Albury North Public School
Hume Public School
Glenroy Public School
Thurgoona Public School
Gerogery Public School
Mullengandra Public School
Table Top Public School
James Fallon High School



SGW Woolworths
LIVINGTONSQUARE.COM.AU

Lavington
Square

Building parent-school partnerships

WORDS Lakshmi Singh

Understanding separation anxiety



Although the average age range for developing an anxiety disorder is between six and 11 years, the typical age of onset varies between different disorders. Parentingideas writer Lakshmi Singh looks at one of the more common disorders that may start at any time: separation anxiety.

A collection of fears and worries about being separated from loved ones can manifest anytime: in a child from as young as a few months old right through to a fully grown adult. It can happen after a traumatic event or seemingly for no apparent reason.

To understand why your child is clingy, appears worried or obsesses with thoughts depicting doom, a lesson in identifying the important factors at play is in order.

THE UNDERLYING FEAR:

"Children with separation anxiety disorder feel constantly worried or fearful about separation," says Rebecca Swinbourne, a child and adolescent psychologist at Sydney South Child Psychology. She describes a chain of thoughts that involves one or more of the following:

- Fear that something terrible will happen to a loved one.
- Worry that an unpredicted event will lead to permanent separation.
- Nightmares about separation.

Cindy Russell, a life skills educator who coaches children and adults to manage their anxiety, suffered from separation anxiety herself while in primary school.

"I used to describe separation anxiety as the most intense fear you can imagine. Like hearing over a loud speaker the world will be ending in 60 seconds," she says.

Over the years, Russell recognised that her fear was brought on by the unconscious mind feeding on irrational thoughts – thoughts that in fact posed no real threat. But her mind would react with severe panic, as if there was a detrimental threat, including symptoms such as a lack of oxygen.

DEVELOPMENTALLY APPROPRIATE

Although only about three to four per cent of children will be diagnosed with separation anxiety, it is not uncommon for a child to feel anxious at the thought of being physically separated from a primary caregiver, says Swinbourne.

"It is developmentally appropriate for 'stranger anxiety' to appear between eight and 10 months of age, and separation anxiety between 14 and 18 months. Usually stranger anxiety tapers off around age two. Separation anxiety tapers off more slowly and may last until the child is five years old."

Though less commonly seen in adolescents, Swinbourne explains that anxiety around separation may be 'carried' into the later years and may manifest as other disorders, particularly if there has been no intervention.

THE TRIGGERS

Like any other type of anxiety, separation anxiety is caused by the interplay of biological, cognitive, genetic, environmental, temperament and behavioural factors, says Swinbourne.

Stressful or traumatic events like a stay in hospital, the death of a loved one or a change in environment could all trigger the condition.

Russell believes that her curious nature and habit of questioning as well as analysing life and death contributed to her developing a "fear of the unknown".

"I would get thoughts about bad things happening to my parents. I felt safe when I was with them," she says.

She also believes that her anxiety played a part in her own daughter displaying signs and symptoms of the condition.

This link is not uncommon, says Swinbourne.

"In fact, it may not necessarily be a disease of the child but a manifestation of parental separation anxiety as well – parent and child can feed each other's anxiety. In addition, the fact that children with separation anxiety often have family members with anxiety or other mental disorders suggests that a vulnerability to the disorder may be inherited."

more on page 2 >>



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.





... understanding separation anxiety ...

2

Building parent-school partnerships

MANAGING IT

It is important for parents to remember that many fears are a normal part of development, says Swinbourne.

"But children and adolescents who develop anxiety disorders do not seem to have the resources and coping mechanisms available to them at the time (internally and externally) to overcome these fears, hence they manifest into disorders," she explains.

Swinbourne advises parents to help their children understand the 'fight or flight' state that their body and brain can go into as a result by offering a two-step management process.

"First parents can help their children to recognise when they begin to feel the physical signs of anxiety and teach them to relax their body and slow their breathing and heart rate down."

"Secondly, once the body is relaxed, it gives the brain the opportunity to rationally assess the situation and challenge their default response (the anxious behaviour)."

For younger children, it is more appropriate to calm them down by holding them, distracting them or engaging in a fun activity and then reassuring them that they are safe in the company of their caregiver, she says.

Lakshmi Singh

» Experts' tips to minimise a child's anxiety «

- Talk to the child about what they are feeling. Bringing awareness to their thoughts will not make it worse.
- Ask the child how they would like to feel in the same situation and if they can think of a time they have felt that way. This gives them an example of where they are already doing this.
- With your child, think up some steps that the child can take to get them one step closer to the way they want to feel when separating from you.
- Talk everyday about how they applied one of these steps, what worked and what didn't.
- Celebrate their successes, no matter how small.
- Be patient and be a role model by showing them how you successfully cope with your own anxieties.
- Do not stop when things are okay: continue to focus on helping the child be clear about what they want and what steps they can take to get it.



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.



**Table Top Public
School**

**OPEN
DAY**



**Thursday
31st JULY,
2014**

**All parents, friends
and relatives
welcome**

**OPEN
CLASSROOMS
&**

BOOK FAIR

2:00—3:00



**BBQ LUNCH
1.00 PM**

