



NEWSLETTER

Wednesday 6th August 2014

IMPORTANT DATES

Sat 16th & Sun 17th August

P & C Afternoon Tea
'Aquila' Open Garden

Thursday 28th August

First Kinder Orientation Day
9.30 - 11.30

Wednesday 3rd September

School Council Meeting 6 pm
P & C Meeting 7 pm

Friday 19th September

Last Day of Term 3

Tuesday 7th October

First day of Term 4

FROM THE PRINCIPAL

Public Schools NSW - Celebrating the 60th Education Week

Thank you to everyone who helped Table Top PS celebrate NSW Education Week. The students and staff had a fabulous time last week, singing and dancing at Lavington Square, opening the classrooms up to parents and friends, hosting the outstanding K/1 art exhibition in the Yambla building, and taking part in the Book Fair. Table Top PS is a great place to learn!



Creative Art Projects

The murals are really looking great! The painting of the murals will change to Wednesday next week.



Oak Tree Planting

Three tiny oak trees were planted by students in Lou's 4/5/6 gardening class this week. Although only very small at the moment, in years to come time, these should grow into beautiful and spectacular shade trees.



JFHS Year 7 2015 Year Advisor Visit

James Fallon High School Year 7 Advisor, Mrs Alvey, visited our school this morning to speak with the Year 6 students enrolling at JFHS next year. It was an important opportunity for our students to find out a little about what they can expect when they begin their secondary education.

P&C Open Garden Cake Stall

Don't forget to fill in the attached form indicating when you can help at the P&C Cake Stall at the Willinck's place on the weekend of 16th/17th August. Any cakes, biscuits, slices or coffee plungers can be dropped off to school on Friday 15th August, or taken out to Lou's place on the Saturday or Sunday morning. If we all pull together, this could prove to be an excellent fundraiser for our school.



School Musical Production

Rehearsals will begin tomorrow after lunch for our school production, 'Thank You for the

Music'. 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.



Book Week

Students of Table Top PS will recognize Book Week by dressing up as their favourite book character for a parade on Thursday 21st August at 9.30am (Week 6). It's now time to start thinking about your child's costume!



SRC Friday Fund Raiser

Have you had your guess yet? Students (and parents) are invited to guess the number of stones in the SRC guessing competition. Whoever guesses the correct number of stones will not win the jar of stones, but a fantastic 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.

Riverina Athletics Carnival

Natalie Brown will be packing her bags for the NSW State Athletics Carnival in Sydney after placing first in the Long Jump at the Riverina Regional Athletics Carnival on Monday!! This is a fantastic achievement. Well done, Natalie!

Premier's Spelling Bee

Our school has entered into the NSW Public Schools Premier's Spelling Bee. Over the next few weeks, interested students in Years 3, 4, 5 and 6 will compete for a chance to represent our school at the regional final, which this year will be held at Deniliquin North PS on Thursday 11th September.



School Counsellor

The school counsellor, Michele Dupe will deliver her service to our school on 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 4/5/6.

Kindergarten Orientation

The first of our Kindergarten Orientation Day 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

Our next meeting will be 3rd September - 6pm School Council and 7pm P&C.

Andrew McEachern - Principal

KINDER SOUND

The Kinder sound this week is "o" for Octopus



P & C NEWS

The P & C will be running an afternoon Tea stall at Lou Bull's Open Garden on Saturday 16th & Sunday 17th August. We are asking for volunteers to man the stall and also to supply cakes and slices to be served.

Please see the attached roster and help where you can or supply some yummy goodies to be served with tea or coffee.

Your help is greatly appreciated as this will be an excellent fundraiser for the school.

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

Dante, Abi, Ava, Angus, Esher, Hope, Brideh, Sheya

2-3

Callie, Jake, Lochie, Thomas

4-6

Alicia, Mickaela, Dylan, Tilly, Emma, Natalie, Billy, Jacinta

Premiers Reading Challenge Merit Cards

Mia R, Angus, Stefan, Abi, Zenith

SRC Kindness Award: Emily

<u>Class Awards:</u>	Library	2/3
	Classroom	K-1
	Assembly	4/5/6

Easy Sudoku for Wednesday 6-8-2014

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

Sudoku provided by Sudoku.com.au

COMMUNITY NEWS



Flying Fruit Fly Circus
ordinary kids doing extraordinary things

National & Regional Auditions
Try-out for Australia's only full-time Circus School

In Person:
Albury-Wodonga
7th September, 2014

Post or email:
a video of your work today!

Are you aged between 8 and 18?
Here is your opportunity to try-out for Australia's only full-time circus school.

The Flying Fruit Fly Circus is Australia's most successful cultural community development project and has influenced the development of contemporary circus in this country since 1979.

Based in Albury-Wodonga it is now celebrated as our National Youth Circus and provides a unique program of elite circus training, education and performance.

"The country's next generation of circus performers"
The Australian, 2014

The Flying Fruit Fly Circus is - recognised by the Australian Government as a national centre of arts training excellence and is a member of Arts@ with the National Institute of Circus Arts; Australian Ballet School; National Institute of Dramatic Arts; Australian Film, Television and Radio School; Australian National Academy of Music; Australian Youth Orchestra; National Aboriginal and Islander Skills Association.

WATCH:
Ordinary kids doing extraordinary things

CLICK HERE FOR:
Information & Application form

CLICK HERE FOR: School's Website

CLICK HERE FOR: Circus' Website

"Australian circus is some of the best in the world and a fair share of that talent can be traced back to the Flying Fruit Fly Circus... Fruit Flies, you rock!"
Herald Sun, 2014

Parenting *ideas* INSIGHTS

Building parent-school partnerships

Ten common discipline mistakes

WORDS Michael Grose

Here are 10 common and easily avoided mistakes parents make when disciplining their children. Replace these mistakes with better techniques and you'll be on your way to parenting easy street.

Discipline is easy when children are easy. It can be downright tricky when children are difficult, have interesting personalities or are at one of the challenging developmental stages.

It's with kids in these difficult categories that we need to get our discipline techniques right. Here are 10 common mistakes I see many parents make when trying to get cooperation from their children, keep them safe or teach them to behave well.

Do any of these bloopers ring a bell?

1 Repeating yourself

If you do this, you are training your kids to become 'parent deaf'. Kids learn more from respectful actions than your repeated words, so speak once – twice at most – then DO something.

2 Shouting to be heard

You will get better results by going below the noise baseline to get their attention rather than raising your voice.

3 Setting limits too late

If you set a limit a few weeks after new object or situation is introduced (e.g. a kid gets a new mobile phone, a teen starts going out at night), you will be seen to be taking away a freedom. It's better to set limits first then loosen them up later.

4 Setting no limits

Boundaries, rules, expectations and standards teach kids what's expected. Boys love them. They also like to push against them, so you need a firm backbone.

5 Failing to follow through.

Talk! Threaten! Nag! No way! See No. 1 above.

6 Making consequences too harsh

"You're grounded for a month, Mr 6-year-old" is a tad harsh and will usually bring resentment, not to mention confusion. Stick to the 3 Rs – respectful, reasonable and related to the behaviour – when setting consequences and you can't go too far wrong.

7 Applying consequences when you, or they, are angry

When anger is in the air kids will become mad at you ... if they listen at all. Calmness makes a huge difference to effectiveness at the point of discipline.

8 Mixing discipline with counselling

Never mix the two as it sends mixed messages. If a child misbehaves manage that situation. If you suspect something negative is going on in their life, then deal with that at a separate time.

Keep the two actions separate so they can both be effective.

9 Deferring discipline

Deferring discipline to a child care centre, preschool or school. This is taking the easy way out and teaches kids that you don't have real authority. Have the confidence to be the authority and take a lead.

10 One parent is always the bad guy

This gets wearing. Also it's hard to have fun when you are the tough cop all the time. If you are in a two-parent situation take discipline in turns. If you are parenting solo, bring spares into the act.

We've all made mistakes when disciplining kids. Tiredness, emotion and lack of skill can get in the way of effective discipline. But part of the evolution and growth of you as a parent involves eradicating some of your old ways, and replacing them with new, more effective, more sophisticated ways of managing yourself and your kids.

For better, more sophisticated and more effective discipline techniques visit my online parenting manual – the Parentingideas Club. There are 1,000s of strategies waiting to be used. Take your FREE trial now at parentingideasclub.com.au



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.



parentingideas.com.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, 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.



Australian Open Garden Scheme August 16/17th 2014

AQUILA GARDEN P&C ROSTER FOR AFTERNOON TEA

The P&C will be providing coffee/tea/hot chocolate and cake at Lou and Emmo's Open Garden as a fundraiser for the school. Could you please help us by providing cakes, slices, scones etc to serve with the hot drinks. Please have the cakes cut into pieces ready to serve. Ingredients need to be listed. Lou would appreciate it if there was no cling wrap used so could you please send the cakes etc in containers with your names on and they will be returned to you. Please have the cakes etc at school on **Friday 15th August**.



We also need helpers to set up/pack up and serve on both days. If you have coffee plungers we could borrow that would be great too.

Please fill in the forms below and return to school.

Thank you we appreciate your help.



Yes I can help serve at these times - Saturday 16th August			
11.00 – 12.00	Sharon McEachern	Rachel Gaukroger	Jayne Brock
12.00 – 1.00	Gayle Cambey		
1.00 – 2.00	Leanne Wicks	Elaine Kirk	
2.00 – 3.00			

Yes I can help serve at these times - Sunday 17th August			
10.00 – 11.00	Cathy Giltrap	Sally Reichel	
11.00 – 12.00		Sally Reichel	
12.00 – 1.00	Cathy Scarlett		
1.00 – 2.00	Cathy Scarlett		
2.00 – 3.00			

Yes I can provide <input type="checkbox"/> coffee plungers.

Yes I can help set up: <input type="checkbox"/> Friday afternoon (3:30 – 4:30).
Yes I can help pack up: <input type="checkbox"/> Saturday afternoon. <input type="checkbox"/> Sunday afternoon..