



# NEWSLETTER

Wednesday 13<sup>th</sup> August 2014

## IMPORTANT DATES

**Sat 16<sup>th</sup> & Sun 17<sup>th</sup> August**

P & C Afternoon Tea  
'Aquila' Open Garden

**Thursday 28<sup>th</sup> August**

First Kinder Orientation Day  
9.30 - 11.30

**Wednesday 3<sup>rd</sup> September**

School Council Meeting 6 pm  
P & C Meeting 7 pm

**Friday 19<sup>th</sup> September**

Last Day of Term 3

**Tuesday 7<sup>th</sup> October**

First day of Term 4



## Creative Art Projects

The first of our beautiful murals have been completed thanks to a fantastic effort from our students, especially those that gave up some of their weekend to come into school last Saturday to work on them with Mrs McEachern. Once completed, students will begin the process of designing and applying mosaic tiles to the garden totem poles. In order to finish the murals, Mrs McEachern will again invite students to come into school and help this Saturday, 16<sup>th</sup> August, from 12.30pm until 4pm. Please complete the attached permission form if your children are able to join in on the creative fun!

## FROM THE PRINCIPAL

### P&C Open Garden Cake Stall

Cakes, biscuits, slices, other home baked goods (and coffee plungers) for this weekend's P&C Open Garden Cake Stall can be dropped off at school on Friday, or taken out to Lou's place this Saturday or Sunday morning. Helpers are still needed for different time-slots over the weekend. If we all pull together, this could prove to be an excellent fundraiser for our school. Thank you to Lou and Emmo Willinck for allowing our P&C to hold a coffee stall at their Open Garden and wish them all the best for this event.



## Farewell

This Friday we say farewell to Mr Seifert, who will complete his five week teaching practicum with the K/1 students. We would like to thank him for his time with us, especially his assistance with the PSSA soccer, and wish him all the best for his future career in teaching.

Final year CSU teaching student, Miss Rebecca Bensted, will join our staff next week as she begins her practicum placement with the 4/5/6 class.

## Book Week

Students of Table Top PS will recognize Book Week next Thursday, 21<sup>st</sup> August, by dressing up as their favourite book character for a parade at 9.30am. This is a fabulous way to share our love of books and the importance of reading. 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.

## 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 11<sup>th</sup> September.



## Thanks

Thank you to Cade Johnston who spent a couple of hours mowing the grass around the school over the weekend. The students and staff really appreciate it. 🙌😊

## Scripture Puppet Show

Students who attend Scripture classes each Friday will enjoy a Quizworks Puppet Show next Friday, 22<sup>nd</sup> August instead of their regular Scripture lesson. Non-Scripture students will be supervised by a staff member.

## School Counsellor

The school counsellor, Michele Dupe will be at our school on 27<sup>th</sup> 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.

## Kindergarten Orientation

The first of our Kindergarten Orientation Day will be held on the 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

The P&C will be hosting a BBQ and bonfire night on the evening of Friday 29<sup>th</sup> August where we will farewell winter as a school community. Parents, students, staff and friends are invited to gather together as a school community for this event.

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

*Andrew McEachern - Principal*

## KINDER SOUND

The Kinder sound this week is  
"u" for Umbrella



## K/1 NEWS

In Literacy we are learning about *Information Reports*. So far we've done information reports about fire, frogs, ladybeetles, mossies and tadpoles. In Week Seven (Monday 25<sup>th</sup> August - Friday 29<sup>th</sup> August) I would like the children to take turns to give a spoken information report about a creature's life cycle. This could be about frogs, butterflies, mossies, ladybeetles or another creature your child would like to talk about.

The children can come prepared to give their spoken information report on any day or they can use their News time.

Their information report needs:

An introduction (tell us what creature they are going to talk about) **Three** pieces of information about the creature's life cycle

It can be as simple or as involved as your child is comfortable with. If your child wants to tell us more than three pieces of information that's fine. They may like to use props like pictures etc.

I will send home a planning page that they might like to use. The planning page can have photos,

writing or drawings on it for your child to use as clues.

Please ring me if you have any questions.

Thank you  
Elaine

## K/1 Art Exhibition

Miss Kirk and K/1 would like to thank everyone for their wonderful support of our Art Exhibition.

We raised close to \$150 to spend on art supplies to use to further our artist adventures.

For those of you who have indicated that you would like to purchase a painting please see Gayle in the office.

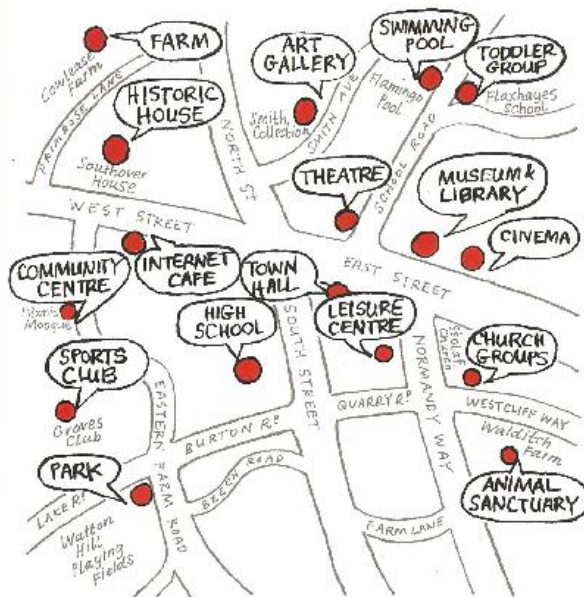
## HOW2Learn

### **Classrooms on your doorstep**

There are lots of great places to visit on your doorstep, wherever you live. Some of them work well on family journeys, too.

#### **Finding out what's available**

Most learning is informal – it results from an interest. For example, planning a holiday abroad, you might go to the library for guide books; or, intrigued by posters for an exhibition in a local art gallery, you might take your family and find that the gallery is running free activities. As long as you know what's available, you can decide whether you're interested!



## 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

Jett, Darcy, Boyd, Zoe R

#### 2-3

Jayne, Elizabeth, Denzel, T.J, Ethan

#### 4-6

Alicia, Minna, Charlie

### SRC Kindness Award: Louis

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

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*

## P & C NEWS

The P & C will be running an afternoon Tea stall at Lou Bull's Open Garden on Saturday 16<sup>th</sup> & Sunday 17<sup>th</sup> 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.

## COMMUNITY NEWS

### TABLE TOP FOOD SWAP

This Thursday Aug 14<sup>TH</sup>

6pm -7pm

### TABLE TOP COMMUNITY HALL

Bring all your wonderful garden goodness to swap, share and trade. Our gardening guru Lou Bull will be there to answer all your questions and help you plan for spring plantings.

[Click here for more details.](#)



In conjunction with the Food Swap we are continuing the Book Swap.

Any queries please contact: Lou Bull 60262772 or Marion Taylor 60262222.

### OTHER TABLE TOP HAPPENINGS INCLUDE:

#### **OPEN GARDENS THIS COMING WEEKEND**

**AUGUST 16-17**

The two fabulous gardens opening are Aquila in Mitchell Rd and Moonya in Riversdale Rd. Table Top Public School have a fund raising cake stall at Aquila on Saturday and Sunday.

Please refer to the attached flyer.

## NBN TOWER MEETING PLANNED FOR THE END OF AUGUST (Possibly Aug 25<sup>th</sup>-to be confirmed)

Concerned Table Top Residents are organising a meeting at the Table Top Hall with NBN Co representatives to discuss the location of a proposed tower at 210 Perryman Lane.

Also note that the date for receipt of written submissions has been changed to September 5<sup>th</sup>.

For more information please email

[NNBNTower@yahoo.com.au](mailto:NNBNTower@yahoo.com.au). If anyone wishes to assist or has land that could be utilised for the tower could you contact the FB page [Table Top NBN Tower Action Group](#) or email.

## EXERCISE CLASSES

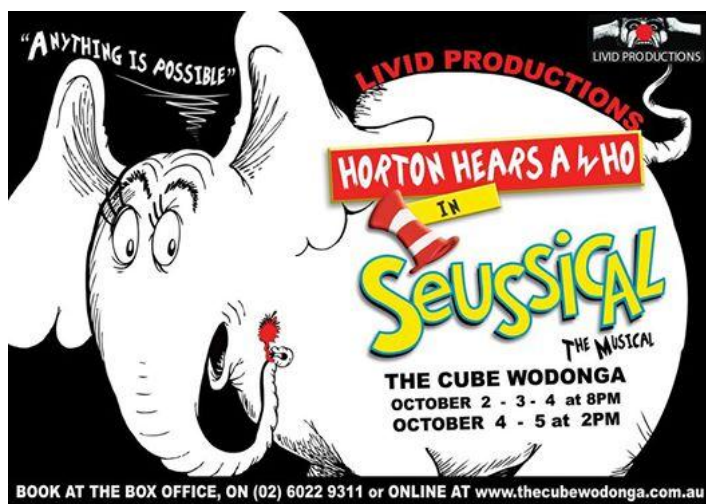
Still on at the Hall on Monday and Wednesday nights 6.30-7.30pm. ph Karen 0423618232

## TABLE TOP RED CROSS ZONE 20 CENTENARY LUNCHEON

Table Top Red Cross would like to invite Members, Volunteers and Friends of the Red Cross to a Celebratory Luncheon on Tuesday 9<sup>th</sup> September. For more information phone: 0488091945 or 0408442891

## REQUEST FROM THE TABLE TOP PUBLIC SCHOOL

For donations of old terracotta pots, coloured tiles, tile grout or tile glue to be used for a new art project/mosaic. Please drop off at the School or call 60262220.



## Easy Sudoku for Wednesday 13-8-2014

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

Sudoku provided by Sudoku.com.au

## Colour by numbers - what will you find?

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 4 | 2 | 2 | 2 | 4 | 4 | 4 | 0 | 0 | 0 | 4 | 4 | 0 | 0 | 0 | 0 | 0 |
| 2 | 2 | 2 | 4 | 4 | 0 | 0 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 0 | 0 |
| 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 |
| 4 | 0 | 0 | 0 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 |
| 4 | 0 | 0 | 0 | 0 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 |
| 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 1 | 4 | 4 | 4 | 4 |
| 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 1 | 4 | 4 | 4 | 4 |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 3 | 3 |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

0=White

1=Brown

2=Yellow

3=Green

4=Blue

Ask Mrs Scott to see if you got it right ☺



# Parenting *ideas* INSIGHTS

## *Building parent-school partnerships*

WORDS Jenny Brockis

# Raising calm kids

With childhood and adolescent anxiety on the rise there's a simple but powerful technique that all kids should practice. Parentingideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

### Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous 'ants in his pants'. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It's thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it's making them feel mad or sad.

**You can teach your kids how to enjoy quiet time. Here's a technique that works well.**

### TIPS FOR QUIET TIME

- 1 Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.
- 2 Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.
- 3 Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.
- 4 They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn't the purpose of the exercise. Get them to gently close their eyes

or look down towards the ground. Now it's time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

- 5 After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.
- 6 The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.
- 7 Continue with the breathing exercise until you reach the end of your allotted time. When it's time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

**Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.**



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)





# Open Gardens - Table Top - 16<sup>th</sup> & 17<sup>th</sup> August

## AQUILA

An opportunity to visit a large family garden that serves as productive yet peaceful retreat.

Decades of regeneration links the garden to the bush and to Lake Hume.

Be inspired by the raised, wicking and market garden style vegetable beds.

Also citrus, stone and pome fruits; fruit fly netting; integrated pest management; careful water management and a focus on biodiversity.

ALSO OPEN THIS WEEKEND:  
MOONYA: 33 RIVERSDALE RD, TABLE TOP



182 MITCHELL RD, TABLE TOP  
Saturday 16 & Sunday 17 August

Open 10am – 4.30pm  
Entry \$8 (U18 free)  
Info [opengarden.org.au](http://opengarden.org.au)



## MOONYA

Take the opportunity to visit an inspiring terraced garden with a diverse collection of plants and wonderful views to Lake Hume and Table Top Mountain.

Established European trees shelter formal and informal rooms featuring hedges, water features and bursts of colour across the seasons.

Stunning crab apple orchard; rare white box gums.

Picnic facilities available



33 Riversdale Rd, TABLE TOP  
Saturday 16 & Sunday 17 August

Open 10am – 4.30pm  
Entry \$8 (U18 free)  
Info [opengarden.org.au](http://opengarden.org.au)





## Australian Open Garden Scheme August 16/17<sup>th</sup> 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 - <b>Saturday 16<sup>th</sup> August</b> |                  |                  |             |
|--|------------------|------------------|-------------|
| 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 - <b>Sunday 17<sup>th</sup> August</b> |                |               |  |
|--|----------------|---------------|--|
| 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.. |



the  
power of  
humanity



100 YEARS  
PEOPLE HELPING PEOPLE  
1914-2014

# RED CROSS ZONE 20 CENTENARY LUNCHEON

AUSTRALIAN RED CROSS 100 YEARS IN AUSTRALIA

Members, Volunteers and Friends of Red Cross

You are invited to a celebratory

## LUNCHEON

Tuesday 9<sup>th</sup> September 2014

11.30am for 12 noon

at the Entertainment Centre, QE11 Square, Albury.

Cost \$39 per head (*drinks at bar prices*).

Please return with remittance (PLEASE PRINT)

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

If you belong to a Branch please book through your Branch.

Branch Name: \_\_\_\_\_

Names of those attending: \_\_\_\_\_

### Bookings

☐ Tables (of 10) No. \$ ☐ Single \$39 No. \$

Total Amount \$

Please make cheques payable to Red Cross Centenary Luncheon

RSVP **21<sup>st</sup> August 2014**

Red Cross Centenary, P.O. Box 1408 Albury N.S.W. 2640

# 100 years

As part of the world's largest humanitarian movement, Red Cross has been part of the fabric of Australian life for 100 years. As a past, current or next generation supporter, you can help shape this great Australian story of people helping people in crisis for the next 100 years.

To find out more about the many ways to support Red Cross, visit [redcross.org.au/centenary](http://redcross.org.au/centenary)

CRISIS | CARE | COMMITMENT

[redcross.org.au](http://redcross.org.au) follow us





**Table Top Public School**  
556 Burma Road  
TABLE TOP NSW 2640  
Phone: 02 60262220 Fax: 02 60262402  
Email: [tabletop-p.school@det.nsw.edu.au](mailto:tabletop-p.school@det.nsw.edu.au)  
Principal: Andrew McEachern

13/8/14

**Saturday Afternoon Mural Painting**

Mrs. McEachern will be holding an art workshop in the 4/5/6 classroom at school this Saturday afternoon, 16<sup>th</sup> August 2014 from 12.30pm until 4 PM, to continue work on the class murals.

This will be a great opportunity to complete them before we move on to the totem mosaics in a couple of weeks' time.

Students will be under the supervision of Mrs McEachern, but parents are most welcome to come along and help out with the painting!

Parents will need to arrange transport to and from school for their child. Children should wear old clothes and pack a drink and a snack.

Complete the permission form and return it to school by **Friday**.

Thank you

Andrew McEachern



**Saturday Afternoon Mural Painting - Permission Note**

I give permission for my child/children \_\_\_\_\_ to attend the Saturday afternoon Mural Workshop in the 4/5/6 classroom at Table Top PS on Saturday 16<sup>th</sup> August 2014 at the times indicated below, under the supervision of Mrs McEachern.

| Drop Off Time  | Pick Up Time                                       |
|--|--|
| Please write drop off time here- no earlier than 12.30pm | Please write pick up time here – no later than 4pm |

I would also like to help during the afternoon: \_\_\_\_\_ (Name)

I understand that travel to and from school is the responsibility of parents.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date