



# NEWSLETTER

Wednesday 17th September 2014

## IMPORTANT DATES

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

Mufti Day

Last Day of Term 3

**Monday 6<sup>th</sup> October**

Labour Day Holiday

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

First day of Term 4

**Wednesday 22<sup>nd</sup> October**

School Council Meeting 6 pm

P & C Meeting 7 pm

**Thursday 16<sup>th</sup> November**

Presentation of World Peace Flame

To TTPS

**Monday 3<sup>rd</sup> to Friday 14<sup>th</sup> November**

School Swimming Scheme

## Premier's Spelling Bee

Well done to Callie, Tilly, Emily and Billy who represented our school at the Premier's Spelling Challenge Regional Final in Deniliquin last Thursday. We are all very proud of the way in which they represented our school at this challenging and important regional event.

## Miss Bensted

This Friday we say farewell to Miss Bensted when she completes her five week teaching practicum with the 4/5/6 class. It has been an absolute pleasure to have Miss Bensted join our school over this time and we wish her all the very best of luck in her future career.



## Creative Art Projects

More and more totem poles keep popping up in and around our school gardens and really add to our already beautiful school surroundings. Yesterday students continued their work on them with Mrs McEachern. They will be completed next term.

## FROM THE PRINCIPAL

### Indigenous Literacy Day

Students and staff travelled into town today for the Indigenous Literacy Day. Held at QEII Square and the Albury Library Museum, students participated in storytelling, arts and crafts, face painting, a book sale and other fun learning activities. This special day was part of the Charles Sturt University SpICE program and was held in conjunction with Woomera, AWASH, Koori Kindermanna, HIPPY, Albury Library Museum, TTPS, the Table Top community, and other local community services. Thank you to Mrs Gaukroger for coordinating our involvement in this wonderful learning activity.



### **School Musical**

Our school musical, Thank You for the Music, is coming together really well, thanks to the wonderful efforts of Narelle Parker and Ebony Newton. Originally due to be performed mid Term 4, we have decided to hold it back until our Presentation Night to give it a wider audience! Rehearsals are Tuesday and Thursday afternoons.

### **4/5/6 Excursion Fundraiser Raffle**

Late last week all families were asked to donate an unused item for the 4/5/6 Excursion Raffle, which aims to reduce the cost of the Ballarat excursion for families. Each year the 4/5/6 class undertakes a major excursion, and as with most things, the excursion costs just that little bit more each year. All families in our school community have been asked to contribute to the raffle because eventually, over the coming years, all children will participate in these wonderful excursions. It is envisioned that an excursion fundraising raffle, such as this, will be held annually. Thank you to those who have already donated an item, but we need every family to give something to really make the prize something extra special! So far the raffle prizes include a wheelbarrow, tools, car cleaning products, toys, bed sheets, kitchenware, gift card and work wear. Items can be dropped off to the office this week or the first week of Term 4 at the very latest. Raffle tickets will be issued to each family this week, in time to be sold over the holidays. The major prize will be drawn on Friday 17<sup>th</sup> October.



### **School Assembly**

The whole school assembly is held each Friday at 2.20pm in the library. Parents are encouraged to attend. The class presenting the item this week is 4/5/6.

### **Newsletter Changes**

From Term 4, our newsletter will be published fortnightly rather than weekly. It will be sent home via email, published on our school website ([www.tabletop-p.schools.nsw.edu.au](http://www.tabletop-p.schools.nsw.edu.au)), posted on our school Facebook page and also on our Twitter account. As is the normal practice, special notices will be sent home as they are needed.

### **School Holidays**

Teachers and staff of Table Top Public School hope our students have a wonderful holiday and look forward to seeing you all again for the start of Term 4 on Tuesday 7<sup>th</sup> October.

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

Facebook:

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

Twitter: @TabletopPS

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

Our next meeting will be 22<sup>nd</sup> October (T4W3) - 6pm School Council and 7pm P&C.

*Andrew McEachern - Principal*

### **KINDER SOUND**

The Kinder sound this week is for X as in Fox





## HOW2Learn

### **Holiday time - Fun at Home**

- Make a family flag. Use an old, preferably plain pillowcase and draw lines on one side to divide it into four panels. In each panel, paint or sew pictures that show what you like doing and what is important to you as a family. You might like to make up a family motto to go along the bottom.
- Create a photo collage for the kitchen wall. Stick your favourite holiday photos onto a large piece of paper. Think about what anyone in them might have been saying and add speech bubbles with felt tipped pens. You might also like to add drawings and diary notes of your memories.

### **MUFTI DAY FUNDRAISER**

This Friday Students can donate a gold coin for the option of wearing casual clothes to school to raise funds for the Christmas Party for Special Kids which is held in Albury every year for kids with special needs.

### **SQUIRREL GLIDER BOXES**

As part of science this term, 4/5/6 students have been researching the local Squirrel glider population. We had the pleasure of a visit from Lou Bull and Emmo Willinck, who have a family of squirrel gliders at their home. As well as showing info, they worked with the students to build nesting boxes, choose the best design and pick a tree in our school to set it up. Long term it would be



Table Top PS

great to see gliders here at

## **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**

Hope, Eliah, Mia R, Jett, Stefan

#### **2-3**

TJ, Jessica, Callie

#### **4-6**

Mickaela, Caleb, Robert, Dylan

### **SRC Kindness Award:** Caleb

#### **Class Awards:**

Library - K/1

Classroom- 4/5/6

Assembly - 2/3

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 MEAT FUNDRAISER**

Orders will be available for collection on Friday afternoon between 3:00 and 3:30 pm for those who chose to have their order delivered to school.

**STUDENT ACHIEVEMENTS**

Congratulations to U12 Girls Falcons Hockey team, with special mention to Tilly, Claire, Alicia and Emily. They were runners-up to United in their grand final last Saturday. It was a tight game, going into extra time. The girls played such a great game and had the support of a very vocal cheer squad. Well done to all involved.



**COMMUNITY NEWS**



**Albury Little Athletics 2014/15 Registration**

It's not all about winning at Albury Little Athletics - it's about having fun, making new friends and getting involved in healthy activities.

Its about personal development and participation!

\*\*\* 2 WEEK 'COME & TRY' for FREE! \*\*\*

Go to [www.alburylittleathletics.org.au](http://www.alburylittleathletics.org.au) for more info

Season starts early October 2014 - Find us on Facebook.

**Bunnings Albury**

Over the school holidays here at Bunnings we have some fantastic free activities for the kiddies to do. Could you please insert a small excerpt into your schools newsletter to let your students and their families know about some activities to keep them amused during the holidays.

Tuesday 23rd September at 12pm- Build a timber train

Thursday 25th September at 12pm- Make a hairy pot person

Tuesday 30th September at 12pm- Make and decorate a kite

Thursday 2nd September at 12pm- Build a timber money box

As well as these school holidays workshops we also have 2 major events coming up.

Thursday 25th September from 6pm - 8pm we will be holding our annual ladies night. This year we will be focusing on everything gardening. Mums and dads alike can come in and learn some gardening techniques and we also have a local bonsai club in store, who will be showing and teaching about the art of bonsai. We have some children's entertainment provided to keep the kids amused such as a jumping castle, face painting and craft.

Wednesday 1st October

7am - 10am - Tradies and Kids breakfast. Tradies can come in store this morning with their kids for some free breakfast, kids activities, colouring in competition and giveaways.

10am- 12pm- Grandparents and kids workshops- Grandparents or friends can bring their kids along today between 10 and 2 to decorate terracotta pots and plant some seeds.

12pm- Reptile Encounters Show- If you haven't seen this show before come in store and check it out- it's truly amazing!

Bookings are essential for all of the above activities.

Please feel free to contact myself if you have any questions.

**Rachel Curtis** - Activities Organiser

**Bunnings Group Limited**

Albury Warehouse

# Parenting *ideas* INSIGHTS

## *Building parent-school partnerships*

WORDS Lakshmi Singh

# Beyond their years



As TVs, tablets, smart phones and other digital devices become more commonplace, so do the myriad types of content available on them. Lakshmi Singh looks at the important role parents need to play in monitoring and controlling the exposure of early-primary school children to content beyond their years.

The TV left on the latest hit crime drama while you're cooking.

The family iPad unlocked with access to Game of Thrones.

The gaming device on which Dad has been spotted playing Grand Theft Auto.

The drive to school with the radio playing songs full of sexual promise and expletives.

These are just some ways in which young children might interact with content that is beyond their comprehension.

As the saying goes, 'children are not mini-adults' and seven to eight-year-olds in particular do not have the worldly knowledge or mental capacity to set apart events happening a world away from them, nor the maturity to rationally process content beyond their years.

More than just putting parental locks and passwords on devices, experts say it is imperative that parents take a more firsthand approach in guiding their seven to eight-year-olds through the M-rated content maze.

### **Fiction vs. reality**

Although most kids between seven and eight years of age know the difference between fiction and reality, the 'type' of reality portrayed in reality TV shows may not be something that

they easily grasp, says Lynne Jenkins, author and clinical psychologist.

"If what they are watching is scripted to be more dramatic, then that is how it is for them, unless an adult lets them know otherwise," she says.

The strung-out tensions between contestant teams, fabricated cat-fights and prolonged focus on habits that annoy each other could all come across as normal, unless kids are told otherwise, she says.

"Of course in real life kids will come across bitchiness and things like that, but I don't think shows like these are necessary to teach those lessons," says Nathalie Brown, child behaviourist at Melbourne based consultancy Easy Peasy Kids.

She cites The Bachelor as such a show that has settings which are very far from reality.

"It's a reality show but not a real concept. One man and twenty women ... it's not going to happen in real life."

The dramatic statements made on the show can also create false impressions and wrongly influence young minds, she says.

"Do we want little girls thinking that this is the be-all and end-all if you don't have a man in your life?"

### **Concepts beyond their understanding**

While children of this age may be exposed at school to some adult concepts like the dangers of smoking, they don't necessarily understand in great detail the information presented in health programs, for example says Jenkins.

"They will need a sensible adult to explain what they are seeing in a way that won't cause them to take on too much information that they aren't really ready for, or don't really need to know about yet. For example, at seven or eight children don't really need to know about drugs leading to death and disease. That can be something to be discussed at least in senior primary."

In a similar vein, rite-of-passage concepts are better passed down from parent to child, says Brown.

"I believe it is okay for children to have knowledge on puberty but that initial talk should be from their parents, not from a movie. It depends on emotional maturity; if it comes up in a movie it may just go right over their heads or scare the living daylights out of them."

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[parentingideas.com.au](http://parentingideas.com.au)





## Building parent-school partnerships

# ... beyond their years ...



The same concept also applies to games and apps, she says. "Children believe what they see. Parents have to communicate that a movie or game is not real life," she says.

Even if exposure is inadvertent, the impact can be very obvious, she says.

"If a child is constantly playing or watching violence their understanding in handling their own emotions can become aggressive. What a child sees repeatedly is what they learn. It becomes acceptable to be aggressive and they can become desensitised to violence."

### Conflicting values of shows/themes

Certain themes like revenge may not be ideal to teach your seven to eight-year-old, but they do get portrayed in movies. The important point is that labels need to be given to shows and games that deal with such plots and an explanation given as to what the characters are doing.

"Revenge does occur, this is how the movie plot is dealing with it, it is something the parents have to discuss with their child," says Brown.

Sometimes culture and religious beliefs mean parents limit or screen what their children can watch. Here, an honest explanation as to why parents believe their children shouldn't be viewing or interacting with such programs may be in order, especially if there is a risk that they may go behind your back and source it, says Jenkins.

"If [the reason given] is something like: 'Just because' or 'Because I said so' a child with a certain personality might go looking for it

themselves to find out why they can't watch it. If, however, a parent acknowledges that their child would like to watch the show and explains that the reasons have to do with their family values or culture for instance, it might be better received," she says.

### More harm than good?

The brain of a child who's seven or eight does not have the necessary processes in place to exercise the judgement necessary to make sense of M-rated games, says Brown.

"Again it depends on the emotional maturity of the child and how much the parents have explained to them. I find that a lot of the parents aren't even aware that the ratings are there for a reason."

At this age, looking for big banks to loot and zombie monsters to kill will not be something a child can do with the strategic mindset or understanding demanded by these games, she says.

However, they might have a more poignant influence psychologically and result in the child having nightmares.

"These graphics at the moment are so realistic, bloody and gory," she laments.

Regular exposure to M-rated content where the language might be peppered with profanities and disrespect may also impact an impressionable seven or eight-year-old's speech, says Jenkins.

"If they are exposed to expletives regularly, whether on a show or in their house, they will absorb them as 'normal'. This 'sponge-like' phenomenon applies more to younger children, but if a seven or eight-year-old has

been exposed to such things for most of their life, they will become normal for them. And if they start watching this material at age seven or eight and the adults in their life don't say that they can't watch it, or don't turn it off, or at least don't comment that it is wrong, then the kids won't have the understanding that using expletives is not okay."

### Words of wisdom from the experts

- 1 Set boundaries from early on in children's lives. Instil the message that we only watch G or PG material in our family.
- 2 Watch news programs when kids have gone to bed. This is especially important if a child (of any age) is anxious or has a predisposition to anxiety or worry. If they do come across tragic events, reassure them that even though these events have happened in real life, the child, their family and friends are safe.
- 3 Be prepared to keep pace with children as they grow older. Assess whether an M-rated show might be appropriate for a particular child's personality, intelligence and maturity by watching it first. Be available for explanations and fast-forward any questionable parts.
- 4 Always encourage open discussion about content your children interact with, allowing them the confidence to ask questions when confused.
- 5 Don't allow TVs and other devices in kids' bedrooms.
- 6 Use parental locks and passwords but try to invest more in gaining their trust.



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.

