

# TABLE TOP PUBLIC SCHOOL

## NEWSLETTER

Term 4 Week 3

Wednesday 21<sup>st</sup> October 2015

556 Burma Road, Table Top NSW 2640 T 0260 262220 F 0260 262402 E [tabletop-p.school@det.nsw.edu.au](mailto:tabletop-p.school@det.nsw.edu.au) W [www.tabletop-p.school.nsw.edu.au](http://www.tabletop-p.school.nsw.edu.au)

### CALENDAR – What's on?

**Monday 26<sup>th</sup> October to  
Friday 6<sup>th</sup> November**

School Swimming & Water Safety Program

**Thursday 29<sup>th</sup> October**  
Second Kinder Orientation Day  
9.00 – 11.30 am

**Saturday 14<sup>th</sup> November**  
P & C Bunnings BBQ

**Tuesday 24<sup>th</sup> November**  
P & C Meeting 7 pm

**Thursday 26<sup>th</sup> November**  
Kinder Orientation Teddy Bears Picnic  
12.15 – 2.00 pm

**Monday 14<sup>th</sup> December**  
Presentation Evening  
6:30 pm in School COLA

**Tuesday 15<sup>th</sup> December**  
Year 6 Farewell Dinner

**Wednesday 16<sup>th</sup> December**  
Last Day of Term for students

#### 2016 Dates

**Wednesday 27<sup>th</sup> January**  
Staff Development Day

**Thursday 28<sup>th</sup> January**  
Students in Year 1 to 6 commence

**Monday 1<sup>st</sup> February**  
Kindergarten students commence

**Monday 8<sup>th</sup> February**  
Small Schools Swimming Carnival  
Whole School

### Principal's Report

#### School Notices and Events

The Table Top PS **School Stream** mobile app is one of the ways we deliver important school messages and information in real time, directly to parents on their mobile devices. Thank you to the many parents who already use this important school/home communication tool. With School Stream installed on your smartphone, you can always keep up to date with special events and activities affecting your children at our great little school. In one convenient location parents can look up information about upcoming school events, sign consent forms, fill out absence notes, read the newsletter and so much more. Please search your device's app store and install this free app onto your device. There is no cost for parents to use this app. If you own a smartphone, Apple or Android, and would like to keep in the TTPS loop, please consider downloading and using this app.



#### Snake Season

The snake-catcher paid a visit to our school last Friday after another brown snake was spotted in the playground. Unfortunately he didn't manage to catch the snake this time, but it was a timely reminder for all of us to be particularly vigilant at this time of year. Students and staff are now all very alert at school to snakes and what to do if one is spotted: keep still until it passes; back away slowly keeping your eyes on the snake; and alert the teacher who will cordon off the area and ensure the snake-catcher is notified. We

share our space with many native creatures, including snakes.



### **Gerogery Sports Day**

All at Monday's Gerogery Sports Day enjoyed a great day of small school collaboration. It was a fantastic day of healthy competition with our friends from Gerogery and Mullengandra. Thanks to everyone who came out and enjoyed the day with us. Small schools are great schools.



### **4/5/6 Borambola Excursion**

The 4/5/6 students returned weary but eager to share their Borambola excursion experiences last week. The excursion involved rail travel to and from Wagga, and a series of fun and challenging outdoor activities. Thank you to Mrs Gaukroger who organised and

supervised the students on this major excursion.



### **PSSA State Athletics Carnival**

Congratulations to Natalie who placed 10<sup>th</sup> in the final of the 11 year girl 100m event at the state PSSA athletics carnival last week. This is the third year in a row Natalie has competed at the state carnival, which is an outstanding achievement.

### **Super 8s Cricket**

Well done to all of the students who participated in the Super 8s Cricket competition at Culcairn during the first week of this term. The games were exciting and introduced the students to a great team sport. All teams even had a win or two. Thanks to all of the parents who helped with transport and came out to support our fabulous kids.





### **School Swimming Scheme**

Our annual ten-day intensive swimming program for all students begins next, Monday, 26<sup>th</sup> October, and concludes on Friday 6<sup>th</sup> November (T4W4&5). The program is held at the Gould Swimming Academy in North Albury. Thanks to our P&C, the total cost for the entire 10 day program is only \$30 per student (or \$75 for a family of 3 or more children). If you have not already done so, please return the note, which was sent home with the last newsletter, and money asap.

### **School Assembly**

We will have a special assembly this week to thank the sponsors of our school PSSA sports uniforms. **There are no assemblies during Week 4 and 5 due to swimming.**

### **Shipping Container**

A shipping container, which will be used to help store school items, arrived at school this morning and was installed next to the 2/3 room.



### **Drumming Program**

The drumming program for all classes will continue this term, with all of our efforts leading up to class performances at our school presentation night at the end of the year.

### **SRC Icy Poles**

Icy poles will be available for purchase every Friday lunch-time during the term for 50c each. Thanks to the SRC who are providing this wonderful service for our students.

### **Hotdog Thursdays**

Hotdogs orders will continue on Thursdays this term (\$2.50 each). This is a fundraiser to purchase new equipment for Friday PSSA Sport. **Please write your child's name and their hotdog order on an envelope, enclosing the correct money and drop it into the office.**

### **School Facebook, Twitter, School Stream**

Facebook:

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

Twitter: @TabletopPS

School Stream: Download the app for your smartphone from the App Store

### **P&C News**

The P&C working bee last Friday was a huge success. Thanks to everyone who came out to lend a hand. It is much appreciated.



### **200 DRAW REMINDER**

Have you been having trouble selling the tickets? – You can offer people to go in halves etc with other people to make the ticket more affordable. Please help out as it is major fundraiser for the school and upgrade our play equipment.

Please return to the school any sold or unsold tickets.



## COFFEE MORNING

Who doesn't love a good coffee and chat.



We are starting up a Friday Coffee morning over at the Ettamogah Café, after school drop off. It's a social morning to catch up with other parents – you just might meet someone new.

## MONTHLY SOCIAL DINNERS

We have a great school community so the P & C would like to extend an invitation to you all. Add it to your calendar - every 3<sup>rd</sup> Friday of the month. Come along to the Ettamogah Pub for dinner with other School families, starting this Friday 23<sup>rd</sup> October.



Next P&C Meeting – Tuesday 24<sup>th</sup> November 7.00pm

## ZooWhiz Learning Home Access Discount Cards

Our school is participating in the ZooWhiz Learning Community Subscription Plan (CSP).

Through the CSP our school now has FREE access to ZooWhiz Learning ([www.zoowhiz.com](http://www.zoowhiz.com)) during school hours. Parents are able to access ZooWhiz at home at a very special price by using the Home Access Discount Card.

ZooWhiz is the new, intelligent, automated online learning system that enables you to support your child's progress in maths, spelling, word skills and reading.

Please note: The ZooWhiz Learning Home Access Discount Card must be used to activate a subscription by 21/12/2015 as it will expire after this date.

The ZooWhiz Home Access Discount Cards have been distributed to students today. If you are unable to locate yours then please contact the office.

## NO HAT, NO PLAY

During Terms 1 and 4 our 'Sunsafe Policy' is in place. All children **must** wear a school hat when in the playground. NO CAPS. Hats are available from the office for \$10 each or from Lowes with school emblem.

## How2Learn

### **Learning the Benefits of being Positive**

#### **The first P: Positivity**

What you say to your child has a huge impact on them. To be a good learner, your child needs to have positive views about learning and about their chances of success in learning. These views come from you! As chapter 1 showed, your child's attitudes and assumptions mirror your own.



**Did you know** that children's abilities in Math's and English are more closely linked to their parents' views of their ability than to their results in these subjects, even when the results dramatically contradict the views of the parents?

#### **Three ways to help you child be positive**

##### **1. Listen to what you say**

Take time at the end of the day to reflect on how you talked to your child. Think about whether you have given out positive or negative messages. Negative messages might include putting your child down, unfavourable comparisons, expressing annoyance at their behavior, or threats. Positive messages and describing what you want – rather than what you don't want – are most likely to help you get what you want.

##### **2. Catch your child being successful**

When your child does something well, or improves on a previous effort, notice it and praise it. If it's something they can repeat, ask them to show you again. Catch and celebrate success in all sorts, not just academic success.

##### **3. See life through the positive window**

Help your child take a positive approach every time! When they say, 'I'm no good at ...' remind them how much better they have

become and how much better they can be. Help them to replace 'I got a low score' with 'I'll get a better score next time', or 'I can't do this' with 'what will it be like when I can'.

## The second P: Persistence

Persistence is the ability to stick at something. When faced with difficulty or uncertainty, many of us retreat back into our 'comfort zone' – familiar territory where we feel safe. If we grow up feeling we need the safe alternative, we stop taking risks. And learning is a risk. Real learning takes place when we are at the edge of our comfort zone.

If your child knows from experience that they can cope with difficulties, they'll look for challenges and overcome new problems. But if you make things too easy for them, they won't learn to persist. Children with low persistence give up too easily and do less well in life.

## Three ways to help your child develop persistence.

### 1. Focus on what you want your child to achieve

For your child to succeed at something, they need to have the end in mind. For example, knowing what a house might look like will help them build one from plastic bricks. It's also important to talk to them about what it will feel like when they can do something. If they have thought about what it will feel like to do a forward roll, they've more likely to keep going until they have done one.

### 2. Practise practising

Practise involves checking, adjusting, experimenting and moving on. We learn when we see something isn't right, then make an adjustment and do it better, rather than when we simply repeat the same thing. Practising can be frustrating. But it's vital that your child experiences frustration so they learn to work through it. When you practise reading together, for example, encourage them to experiment with new words. Gradually, they'll do this for themselves and not get frustrated when they can't immediately read a word.

We deal with frustration in different ways. How does your child try to cope? Do they persist or give up? If they persist, do they... *Talk themselves through it? ...Slow down and try step-by-step? ...Stand back*

*and think of another way? ...Go off and do something else then come back to it?*

If they come to you for help, or need you to encourage or cajole them, they're not developing their own coping strategies. Stand back! It's better for them to practise and develop ways of coping now

### 3. Explore alternative solutions

Giving up is easy. We are encouraged to give up by the belief that there is only one answer or one correct way to do something. Too many school tests reinforce the idea that there is only one answer.

Encourage your child to think about alternatives. Try it in your daily life! With a preschool child, take different routes to the shops, experiment with different furniture layouts in their bedroom or try different breakfast cereals.

## Relay for Life



The staff at Table Top PS have a team participating in the 'Relay for Life' on October 24<sup>th</sup> at Alexandra Park. This is a 24 hour relay and we will have team members walking for the entire time. If you would like to donate towards this great cause you can log onto [www.relayforlife.org.au](http://www.relayforlife.org.au) and search for our team 'Table Top Public School' and donate via the website. We would love to see you there on the day to cheer our team on!





## School Assembly

Congratulations to the following award winners from week's 1 and 2 of Term 4's School Assemblies:

### Students of the Week



### Special Encouragement Awards:



### Achievement Award



### Teacher Merit Cards (Green cards)

#### K/1

**Week 1:** Dante, Aidan L, Olivia, Abigail S, Angus, Stefan

**Week 2:** Brideh, Abi E, Callie B, Chelsea

## 2-3

**Week 1:** Makenzie, Hope, TJ, Annabel

**Week 2:** Clifton, Zoe, Darcy E, Audrey, Matilda, Tenika

## 4-6

**Week 1:** Nil

**Week 2:** Nil

### Voluntary/Mathletics Contributions

Contributions for 2015 are \$45 per child and \$10 per child for Mathletics. If paying by cheque, please make payable to Table Top Public School. These can be paid at the office or by direct debit.

### P & C Fundraising Contributions

The fund raising voluntary contribution for 2015 is \$50 per family. This can be paid in full or by instalments.

*Cheques should be made payable to TTPS P & C*

If you would like to pay 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*

#### **Medium Sudoku for 21-10-2015**

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

Sudoku provided by [Sudoku.com.au](http://Sudoku.com.au)



## Building parent-school partnerships

WORDS Michael Grose

# What to say when kids become anxious

## 7 practical things to say to kids to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It's hard to know what to say when a child becomes overwhelmed with anxiety, but it's most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they'll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

### When you see anxiousness take hold here are some things that you can say that will help your child cope:

*"You're okay. I'm here and I won't be going anywhere."*

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that's okay; your presence will get the message across.

*"You don't have to do anything right now. Just breathe."*

A big part of the stress of anxiety comes when children don't know what to do. They don't have to fight the feeling of anxiousness, but let it pass. The less children fight

anxiousness, the more likely it is that the feeling will go.

*"Let's go for a walk and see if we can take some big breaths."*

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child's body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they've practised when they aren't anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

*"Take some big, deep breaths. I'll do it with you."*

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn't matter whether the threat is real or not, the brain thinks and acts as if it's true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

*"I'd like to understand what your worry feels like for you. Can you teach me?"*

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to

verbalise what their anxiety feels like. Greater self-awareness increases your child's ability to manage their feelings.

*"What would you say to a friend who was going through what you go through?"*

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

*"Your brain is amazing. Every time you breathe through your anxious feelings you're teaching your brain how to manage your anxiousness."*

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.

Michael Grose 

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.





Join us for

# Picnic in the Gardens

## The Wizard of Oz

Sunday 8 November, 2015 | 10.00am - 2.00pm

Albury Botanic Gardens

- Giant roving flamingos
- Miniature pony rides
- Scarecrow making
- Gem stone fossicking
- Balloon artists
- Farmyard nursery
- Craft activities
- Face painting
- Jazz by the Zoot Suit Trio



*'Toto look alike'* competition  
great prizes to be won!!

Check website  
for details

[alburycity.nsw.gov.au/picnic](http://alburycity.nsw.gov.au/picnic)

