

TABLE TOP PUBLIC SCHOOL

NEWSLETTER

Term 4 Week 7

Wednesday 18th November 2015

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CALENDAR – What's on?

Monday 23rd November
P & C Meeting 7 pm

Thursday 26th November
Kinder Orientation Teddy Bears Picnic
12.15 – 2.00 pm

Monday 14th December
Presentation Evening
6:30 pm in School COLA

Tuesday 15th December
Year 6 Farewell Dinner

Wednesday 16th December
Last Day of Term for students

2016 Dates

Wednesday 27th January
Staff Development Day

Thursday 28th January
Students in Year 1 to 6 commence

Monday 1st February
Kindergarten students commence

Monday 8th February
Small Schools Swimming Carnival
Whole School

thank you to Mrs McEachern for volunteering to assist with this project.



P&C Fundraising Success

Well done to the P&C for initiating two very successful fundraising projects over the last couple of weeks. The 200 Draw was a fabulous community event held at the Ettamogah Pub and raised in excess of \$4000. Congratulations to the winners of the major prizes and to those lucky enough to win a mystery prize.



Principal's Report

Year 6 Mosaics

As a parting gift to the school, the Year 6 students started making their creative mosaics today. This year the students are making special signs for the school office, the staff room, the library and the sports shed. A big

Thanks to the following local businesses and individuals who donated prizes for this event: Commercial Club, Peards Wodonga, Woolworths Thurgoona, Terry White Chemist Albury, Skinner & Assoc., Monumental Ice-creamery, Ettamogah Pub, Dan Murphy,

Peards Albury, Hands on Healing (Sam Thomas), Sara Storer & Dave O'Hare, Indian Tandoori Restaurant, Peters & Son Butchery, Kmart Albury, Coles Albury, AT Jones Pty Ltd, Lowes Clothing, SS&A Club, Carol Phegan, Hair by Mia – Mobile Glam Team, Exflo': Hospitality supplies, Kerry & Cameron Jackson, Cobblers Watch, Albury Osteopathic Clinic, Lou Bull and Emily Lescun & Wayne Davies.

The sausage sizzle held at Bunnings Albury last Saturday raised over \$1200. Thanks to everyone who came and helped on the day.



Remembrance Day

Our Year 6 Leaders conducted a special Remembrance Day ceremony at school last Wednesday, which gave our students an opportunity to pay their respects to all service men and women who have fought and died in wars past and present. Tilly from Year 5 also played her guitar adding to the special significance of the occasion. Our School Captains, Natalie and Dylan, also represented our school at the Albury Remembrance Day ceremony at St Matthew's Church, laying a wreath of flowers as a mark of respect. Thank you to the families who donated flowers and especially to Julieanne Edwards for making a beautiful wreath.



School Swimming Scheme

Our annual ten-day intensive swimming program, which was held at the Gould Swimming Academy in North Albury, is over for another year. The students have all come away with improved water confidence, water safety awareness and improved

swimming skills, ready for the upcoming summer holidays. Thanks to the P&C for making this activity affordable for all families.



Wild Pollinator Count Excursion

As an extension to the gardening program with Lou Bull, the 4/5/6 class will be taking part in the Slopes2Summit Bioblitz and Wild Pollinator Count Schools' Day at the Wirraminna Environmental Education Centre at Burrumbuttock tomorrow. During the visit the students will be learning about pollinating insects; tips for telling the difference between bees, flies, and wasps; how scientists study insects; and take part in the Wild Pollinator Count.

Special Coming Events

As the year draws quickly to a close, we are organising some very special activities and functions for our students and community.

- Monday 7th December: school disco for all students – families are most welcome.
- Wednesday 9th December: 2016 Captain speeches and student voting
- Monday 14th December: School Presentation evening
- Tuesday 15th December: Pool Day at the Jindera pool – entry for students paid by the SRC
- Tuesday 15th December: Year 6 Farewell Dinner – Ettamogah Pub

Drumming Program

The drumming program for all classes resumed last week, with all of our efforts leading up to class performances at our school presentation night at the end of the year.

School Assembly

Assemblies will be held each Friday from 2.20pm in the library. Families are encouraged to come along.

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

Next P&C Meeting – Monday 23rd November 7.00pm. **Please note the change of date.**

School Lunches

The Ettamogah Pub Café has offered to supply school lunches in 2016. We would like to know from parents if you would be interested in having this facility.

Orders would be placed in an envelope or paper bag with your child's name, order, and

amount written on it and this would be placed in a crate at the front of the office each day.

At recess, year 6 students would be rostered to take the orders over to the pub. At lunch time the same students would go and collect the lunch orders.

Please see the attached price list and let us know either via sms, email, note or phone call if you are interested in using this service.

How2Learn

The power of peer groups

Peer groups are any group your child spends time with, such as at school, church or clubs. Often, peer groups have more influence on your child than you do. If your child's friends think a fashion, music group or computer game is 'cool', they will want to go for it.

Unfortunately, the pressure to be part of a group can stand in the way of your child's learning if the group doesn't see it as enjoyable. But you can help to influence your child's choice of peers. Do this by commenting positively about certain things: 'I like the fact that Chris always says thank you,' or 'I love Jane's enthusiasm for games; she must be fun to be with.'

Look out for unusual behavior. Perhaps someone at school thought it was cool to be rude or antisocial, and your child is trying it out. Such testing behavior is normal. Explain why you don't like it and suggest alternatives. Try to give them an immediate chance to practise, then praise their behaviour.

Tips for influencing your child's peer group

- Encourage your child to take up a variety of interests so that they mix with different groups.
- Encourage them to develop a sharing attitude to toys and games.
- Hold a party for your child when it is not their birthday and use this to extend their peer group by inviting some different children.

School Assembly

Congratulations to the following award winners from week's 5 and 6 of Term 4's School Assemblies:

Students of the Week



Special Encouragement Awards:



Teacher Merit Cards (Green cards)

K/1

Week 5: Nil due to swimming

Week 6: Eliah, Mia R, Jett, Angus, Ethan B, Arthur, Saphira, Dante, Aimee

2-3

Week 5: Nil due to swimming

Week 6: Tenika, Matilda, Gibb, Anthea, Zoe

4-6

Week 5: Nil due to swimming

Week 6: Natalie, Denzel, Destiny, Paris, Rupert, Toby, Ned T, Dylan, Courtney, Isabella, Charlie, Callie G, Thomas G, Thomas H, Jessica, Ethan T, Elizabeth, Ethan S, Caleb, Tilly

Community News

ORAL HEALTH SERVICES FOR CHILDREN UNDER 18 YEARS

IT'S FREE!

CALL TODAY

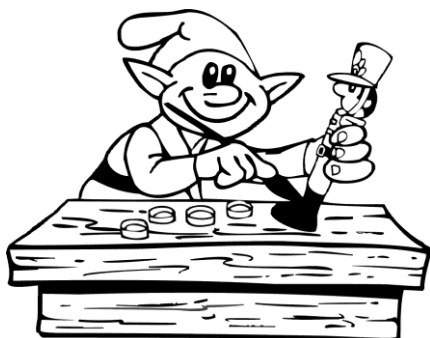
Dental treatment for children under 18 years of age is free at NSW Public Dental Health Clinics.

ORAL HEALTH INTAKE SERVICE

Phone: 1800 450 046

NSW Health Murrumbidgee Local Health District

NSW Health Southern NSW Local Health District



Sport and Recreation's Swim and Survive lessons

Australian summers usually involve plenty of fun in and around the water, but no parent should forget how important it is to make sure children stay safe.

Sport and Recreation's Swim and Survive classes for preschoolers and school-aged children help youngsters learn important ways to be safe and enjoy our pools, rivers, beaches and lakes.

The intensive nine-day programs provide wonderful results, and are great fun as well. Plus, family discounts make our program affordable for all the children in the family.

Sport and Recreation runs Swim and Survive classes in pools throughout regional NSW.

Our instructors are nationally qualified and screened for their suitability to work with children.

Prices for nine lessons are \$69 for school-aged children and \$49 for preschoolers (prices exclude pool entry fee).

For more information or to make a booking, visit sportandrecreation.nsw.gov.au/swimandsurvive or phone 13 13 02



Table Top Public School EXTENDED UNTIL DECEMBER 31ST 2015

The Ultimate Learning System that Automatically Adapts for Your Child!

**Great Fun
Holiday
Activity**



Online maths, word skills and reading for kids aged 4-15

Normally \$89.95
Special Price

\$29.95
Save \$60
Additional children only \$29.95 each



12 Month Online Home Access Subscription

A whole new way of learning

- Full personal support for every child to learn at their own pace
- Automatically highlights areas of weakness and provides targeted practice
- Interactive learning activities that engage and motivate
- Progress reports and feedback
- Available 24/7
- No travel, no waiting, no cost
- Available for all ages and abilities
- No need for expensive software or hardware
- No need for expensive software or hardware
- No need for expensive software or hardware

Actively advances every child at their own pace

- Zoowhiz Learning automatically adapts to your child's learning level and then provides personalized learning pathways for all levels. So every child can learn at their own pace and progress at their own rate.
- You can help track their learning progress, so know the confidence level for the individual system.
- The Zoowhiz Learning system is designed to be used at home or in school.
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To claim your \$60 discount per child either:

Use your existing card

We have extended the expiry date until 31st Dec

Follow the steps below

We have given your school a special voucher code for all course



or

RSXQ-XQFV-ZYBD

These are the steps to claim the discount:

1. Visit www.zoowhiz.com/learn

2. Enter the code: **RSXQ-XQFV-ZYBD**

3. Enter the code: **RSXQ-XQFV-ZYBD**

4. Enter the code: **RSXQ-XQFV-ZYBD**

5. Enter the code: **RSXQ-XQFV-ZYBD**

Please visit www.zoowhiz.com or call 02 6776 0200 if you have any questions!





Building parent-school partnerships

WORDS Vanessa Hamilton

Talking to children about sex: when & how?

Many of us can struggle with these conversations. Here are practical tips by age range for when, how and what to say when talking to children about sex.

- ▶ Young children's questions, comments and behaviors related to sexuality are not sexual.
- ▶ Children do not experience sexual desire or intent.
- ▶ Avoid letting your adult thoughts, experiences and views of the world get in the way of important simplified conversations you must have with your children.
- ▶ It is never too early or too late to start incorporating these conversations into your usual family discussions.
- ▶ Before starting school, children have learned about sexuality at home and in social surroundings such as the media.
- ▶ School will provide another platform for receiving messages about sexuality – both in the classroom and the playground.

We teach our kids every aspect of health and wellbeing. For example: healthy eating, road safety, water play and safety, enjoying nature and outdoors, good hygiene, oral care etc. But when it comes to human sexuality and preparing our kids for their sexual journey throughout life, many of us struggle. Some of us wish it wasn't, but it is our role to ensure children have enough accurate information about Human Sexuality.

What age should parents start talking with children about sexuality?

Sexuality starts at birth, your conversations have actually already started!

FROM 0 - 3 YEARS

Children have learned (hopefully) the correct names for body parts; they have an awareness of their own gender and some idea of the gender 'roles' that are shaped in our society. They have a natural curiosity about their own and others' bodies. They enjoy nudity, touch and cuddles as a pleasurable experience. They are taking notice of relationships around them and

how people speak to each other and speak to them. This is an important time for parents to encourage and develop positive messages about touch with no sense of shame.

Key early developmental factors in childhood sexuality include children's sense of self and ownership over their bodies. Respect and privacy discussions should start at this age.

Kids playing 'mummies and daddies' and 'I'll show you mine you show me yours' are usually just displaying normal body curiosity and role-playing their observations. They are exploring sexuality and developing social skills through play. Don't let your adult thoughts and perceptions of sexuality get in the way of the simple talks you must have with your kids.

If you have concerns about children's sexual behaviour, this is an excellent app: www.true.org.au/resources/resources-overview/traffic-lights-app

more on page 2 >>



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. You'll be so glad you did.



... Talking to children about sex: when and how? ...

SCHOOL AGE

'Most children are interested in how babies are made even if they have never spoken to you about it. They want to know where they came from. It is a perfect time to start discussions about how the egg and sperm get together, pregnancy and birth. Many children will be aware of some connection between sex, pleasure, secrecy and privacy. They will have overheard stories, talked about it in the playground and many will have received sexuality messages from advertising and TV. Your child should have a healthy understanding of conception & pregnancy by age 9 (at the latest!). Some more tips on how to have these discussions can be found here:

www.talkingthetalksexed.com.au/advice-and-tips

8 YEARS ONWARDS

Children need to know about the changes ahead for them as they transform from child to adult. Sex is not for children, so discussions around changing to an adult can eventually include when and how adults might engage in intimate experiences. These discussions are a good time to discuss the role of intimate connections, i.e. sexual intercourse, respect, consent, decision-making and pleasure are all important themes you should cover during some of your conversations.

TIPS FOR PARENTS FOR SEXUALITY CONVERSATIONS WITH CHILDREN

- Take time to think about your vision for your child's sexual journey throughout

their adult life, what role will you play in guiding this outcome? Hopefully words like these come to mind: fun, safe, happy, joyful, healthy, resilient, empowered, fulfilling, respectful, informed, able to experience shared intimacy and pleasure.

- Don't avoid the topic, look for and use teachable moments:
 - "Oh seeing that pregnant woman reminds me that I want to talk to you about the amazing way that babies are made, what do you know about this already?"
 - "They just mentioned rape on the news – do you know what that means? Rape is about power over another person, forcing some one to do something sexual, it is illegal..."

Think PRAISE when put on the spot with difficult questions:

Positive: always try to respond positively. Buy yourself some time: "That's a great question. I'm glad you asked me about it... Where did you hear about that?"

Respectful Relationships: Speak with respect about human sexuality and encourage respect within relationships. Encourage respectful conversations about sexual orientation, practices and lifestyles.

Accurate: The information you give needs to be age-appropriate and accurate. Use the correct anatomical terms for body parts (penis, vulva, vagina). Teach parts of the body, behaviours, and privacy without shame or negativity.

Information: We know from research that young people who grow up informed about sex have better sexual outcomes such as: first sexual intercourse at a later age, less teen pregnancies, and less STIs. Also add in extra information that is relevant to your family's beliefs and values if needed.

Simple: Shape answers to the age group and don't over-complicate things. Answer only what is asked, and allow the child to ask for more information. The same question might pop up again over time, and you can give further information as they mature.

Empowerment: Empower them with strategies to avoid negative situations and provide alternative behaviour options. Explain that there are many things on the Internet that are not for children. Sometimes you can accidentally see something that gives you a yucky feeling in your tummy, or is scary. Teach them how to press the 'back' key, close the laptop or turn over the tablet, immediately, before coming to tell mum or dad, who will not be angry. Technology safety has never been more important.

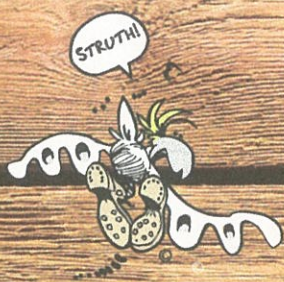
Vanessa Hamilton

Vanessa Hamilton has worked as a Sexual and Reproductive Health Nurse for more than 20 years, provided Sexual Health Education to a variety of groups and individuals for 15 years, and is also mother of 3 children. Vanessa is passionate about empowering the current generation of children with essential information for safe and positive relationship experiences over their lifetime. www.talkingthetalksexed.com.au



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. You'll be so glad you did.





The LETTAMOGAN PUB Café



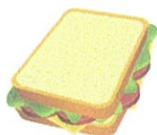
CANTEEN PRICE LIST 2015

Ph: 02 6026 2070

SANDWICH* FILLINGS

Available Meat – Chicken/Ham/Tuna

	*rolls extra	\$0.50
Buttered Roll		\$0.80
Vegemite or Jam		\$1.50
Cheese		\$2.00
Tomato, Cheese & Lettuce		\$2.50
Egg		\$2.40
Egg & Lettuce		\$2.50
Ham, Cheese & Tomato		\$3.50
Chicken, Lettuce & Mayo		\$3.50
Salad		\$3.50
- Lettuce, Tomato, Carrot & Cheese		
(Beetroot, Egg or Avocado - 20c extra)		



Meat & Salad (Egg on request)	\$4.00
Meat & Salad Wrap	\$4.50
Cold Boiled Eggs	\$0.80
Chicken Strip Wrap	\$5.00
- Chicken, Lettuce, Cheese, Tomato & Mayo	
(toasted optional)	

Cold Meat & Salad Lunch Packs	\$5.00
In a plastic container with fork	
Salad as above & Pasta Salad	

TOASTED SANDWICHES

Toasted Cheese	\$2.20
Toasted Ham & Cheese	\$3.50
Toasted Ham, Cheese & Tomato	\$3.70
Toasted Spagetti & Cheese	\$2.50

DRINKS

Apple Juice 100% 200ml	\$2.00
Apple & Blackcurrent Juice 100% 200ml	\$2.00
Orange Juice %100 200ml	\$2.00
Large Apple Juice 500ml	\$3.00
Large Orange Juice 500ml	\$3.00
Up & Go - Choc Ice	\$1.50
Plain Milk 300ml	\$1.20
Flavoured Milk 300ml	\$2.00
(Chocolate, Vanilla & Strawberry)	

HOT FOODS

Tomato Sauce is an EXTRA 20c



Chicken Nuggets	\$0.50
Chicken Strips (crumbed chicken tenders)	\$1.50
Cocktail Frankfurts (3 per serve)	\$1.20
Hash Browns (Gluten Free)	\$0.70
Hot Cup of Noodles - Beef or Chicken	\$2.50
Party Pies (Lite)	\$1.00
Party Sausage Rolls	\$1.00
Pies - Beef (Lite)	\$3.00
- Potato Topped	\$3.50

BURGERS

Chicken Burger	\$4.00
- Chicken, Cheese, Lettuce & Mayo	
Beef Burger	\$4.00
- Beef, Cheese & Sauce	



**extra salad items may be added for \$0.50

HOT DOGS

Hot Dog with Sauce	\$3.00
Hot Dog & Fruit	\$3.50
1/2 Hot Dog with Sauce	\$2.00
1/2 Hot Dog with Fruit	\$2.50

