



TABLE TOP PUBLIC SCHOOL NEWSLETTER

Term 1 Week 5

Wednesday 25th February 2015

556 Burma Road, Table Top NSW 2640 T 0260 262220 F 0260 262402 E tabletop-p.school@det.nsw.edu.au W www.tabletop-p.school.nsw.edu.au

CALENDAR – What's On?

Wednesday 4th March

School Photos
School Leaders & SRC Special Assembly

Wednesday 11th March

Responsible Pet Ownership K-2

Friday 27th March

Albury Gold Cup ½ Day Holiday

Saturday 28th March

State Election P&C BBQ & Cake Stall

Monday 30th March

Small School Athletics Carnival
Alexander Park
K – 6

Wednesday 1st April

Whole School Singing at UPA
Retirement Village

Thursday 2nd April

Last Day of Term 1
Mufti Day

Term 2 Dates

Monday 20th April

Staff Development Day

Tuesday 21st April

Students resume

the newly elected class SRC representatives, Alex, Abigail, Angus, Abi E, Audrey, Darcy B, Annabel, Gibb, Thomas G, Elizabeth S, Rupert, Tilly, Charlie and Courtney, will be presented with their badges at a special whole school assembly next Wednesday afternoon. These outstanding students have taken on the added responsibility of assisting the school and their fellow students.

James Fallon HS Visit

Our 4/5/6 class will visit James Fallon High School tomorrow for a small schools interest day. Students will experience a high school activity and a tour from 1:00-pm-2.30pm. A permission note was sent home earlier this week. This will be a great opportunity for our students to experience a taste of high school life!

School Photos

Our school photos will be taken next Wednesday morning. Students will need to wear their summer uniform on this important day. If you have not already done so, please return the photo envelope before Wednesday to ensure you can order a life-long memento.

Parents Guide to the NSW Primary Syllabuses

Included with today's newsletter is a copy of the Board of Studies Parents Guide to the NSW Syllabuses.

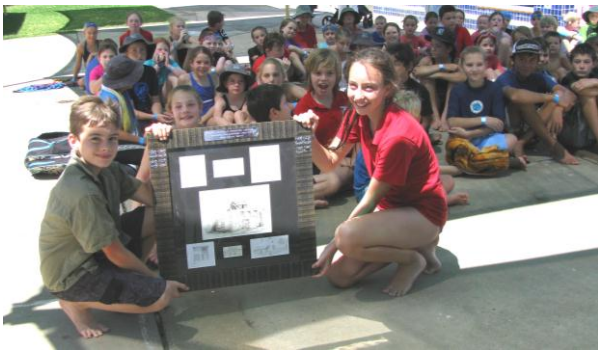
Principal's Report

Student Leadership Assembly

Our school captains, Natalie and Dylan, Year 6 student leaders, Charlie, Isabella, Ellie, Courtney, Bridie, Destiny and Ned T, along with

Swimming Carnival

A big congratulations to everyone who participated in our school swimming carnival last week. It was a wonderful day full of healthy competition and good times. To top it all off, once again Table Top PS won the Kevin Whelan swimming trophy, which is proudly displayed in our foyer. Several students have qualified to swim at the Southern Riverina PSSA Swimming Carnival this Friday. We wish those lucky competitors all the best of luck!



Responsible Pet Ownership

Students from Kindergarten to Year Two will participate in a Responsible Pet Ownership session at school on Wednesday 11th March to learn how to behave safely around pets, particularly dogs. There is no cost for this activity.

CSU Placement

This Friday the K/1 class will welcome a final year CSU student who will be working with the students for the next five weeks.

SRC Friday Icypoles

Icypoles will be sold by the SRC at lunch time every Friday. There are two types of icypoles available. The supermarket flavoured water varieties (50c each) and the Smooze fruit juice varieties (80c each). If you would your child to purchase either one of the icypoles, please ensure they have the correct change each Friday.

Racing into Leadership

The Year Six leadership group are heading off to the Melbourne Formula One Grand Prix on Friday 13th March. This fantastic leadership excursion will give the students the opportunity to cement the bond they have as leaders and give an insight into their potential as student and future leaders in the wider community. Students and staff from Mullengandra and Gerogery PS will also join us on the excursion. A permission note was sent home earlier this week.



TTPS Social Media

Are you aware that our school has a Facebook page and a Twitter account? They have been set up for parents and supporters of our school to find out what is happening at Table Top PS. To find us on Facebook, do a Facebook search on 'Table Top Public School' and like our page. To follow us on Twitter, search for @TabletopPS.

P&C Meeting Notice

The next general meeting of the P&C has been brought forward to Wednesday 4th March. The meeting will commence at 7pm and will be held in the staffroom. Please contact Jayne Brock or Sarah Johnston if you would like to have an item added to the agenda.

Andrew McEachern

Kinder Sounds

The Kinder sound for this week is 't' for tiger



The Kinders' will be doing revision in week 6

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.

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*

Bus travel

Please advise the office of any changes to regular bus travel. New parents should advise the office when their child/children will be traveling on the bus.

School Assembly

Congratulations to the following award winners from weeks 3 and 4 of Term 1's School Assemblies:

Students of the Week



(Week 3)



(Week 4)

Special Encouragement Awards: Week 3



Special Encouragement Awards: Week 4

Nil

Teacher Merit Cards (Green cards)

K/1

Week 3: Jett, Lizzie G, Aiden H, Callie B, Brideh M

Week 4: Abi E, Stefan , Mia R, Chelsea, Olivia, Lizzie G

2-3

Week 3: Audrey, Clifton, Anthea

Week 4: Jake, Mia M, Hope

4-6

Week 3: Ned T, Toby, Denzel, Tilly, Ethan S

Week 4: Rupert, Natalie, Tilly, Caleb

Class Awards:

Library – K-1 (Wk3)

Classroom – 4/5/6 (Wk3)

Assembly – K-1 (Wk3)

SRC

ICY POLE FRIDAY

EVERY FRIDAY LUNCHTIME

50c – ICY POLE

80c - SMOOZE

Community News



Cycle Station Nail Can Hill Youth MTB Series.

A new and free MTB race series will run in 2015. With the generous support of the Albury Wodonga Mountain Bikers Club, this series for youths aged up to 16 years of age will be run for free. Seven races from March 28th to October 31st

will be run over a course at Range Road on Nail Can hill Reserve. Each event will begin at 2:00pm on a Saturday and will finish at approximately 3:00pm. To participate each rider must hold a current MTBA Competition membership, which provides 24/7 cover on the bike, including personal accident and public liability. So go to <http://www.mtba.asn.au/membership> to join.

Medium Sudoku for 25-2-2015

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

Sudoku provided by Sudoku.com.au

Australian Word Search Puzzle

M	D	N	C	U	F	U	P	L	A	T	Y	P	U	S
U	I	B	L	J	G	R	G	D	L	K	N	F	Y	O
D	A	T	A	D	G	G	B	Z	A	G	C	O	O	K
T	I	A	R	R	U	B	A	K	O	O	K	Z	O	Q
E	L	B	P	E	B	O	F	L	K	A	J	H	R	E
K	A	M	E	A	L	E	F	L	N	A	C	M	A	Q
C	R	O	O	M	H	I	Q	D	Q	A	O	F	G	V
I	T	W	O	T	X	Z	I	U	E	V	O	I	N	S
R	S	U	D	I	T	H	X	B	E	J	K	R	A	N
C	U	R	E	M	C	Q	H	J	B	J	Q	E	K	B
I	A	L	R	E	D	L	Q	I	D	M	Q	W	X	K
B	F	U	E	O	K	C	A	B	T	U	O	O	U	F
E	N	I	G	I	R	O	B	A	H	Q	D	R	T	D
N	T	I	I	Y	F	Y	B	R	T	R	G	K	O	E
O	O	O	D	B	S	B	L	B	Z	B	D	S	O	Z

Can you find all the words in the puzzle? Find and circle the words hidden in the puzzle above. The words can go across, down, backwards or diagonal.



AUSTRALIA
BEACH
KOALA
DIGERIDOO
ABORIGINE
DREAMTIME
COOK
KANGAROO

WOMBAT
PLATYPUS
KOOKABURRA
ECHIDNA
OUTBACK
BARBEQUE
FIREWORKS
CRICKET



ORAL HEALTH SERVICES FOR CHILDREN UNDER 18 YEARS

IT'S FREE!

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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

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

10 golden rules for parenting success in 2015

As the requirements for effective parenting shift and there seems even less time to juggle family life, here are 10 golden rules to guide you on your parenting journey.

The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. Australian parents are now older than ever (30-34 is now the peak child-bearing age group). Families are smaller than ever (over 50% have two children or less). And as children as a percentage of the population shrink (1 in 6 of our population is under 15, compared to 1 in 3 in developing countries), we are less knowledgeable about children than ever.

If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 10 golden rules to guide you along your parenting journey in 2015:

1 Talk more

With families shrinking, kids getting busier and tech devices rapidly multiplying the opportunities for family members to engage in face-to-face talk is under serious attack. Regardless of their age, the best way to

influence your children is talk to them. The kitchen table is one place to do this, but there are plenty of other places where you can talk. If talk becomes difficult, try driving with a child or young person in the car with the radio off. They are bound to break sooner or later.

2 Lean on others

A recent Australian survey found that 50% of parents are seriously struggling with their parenting, yet only 10% of this group would ask for help. I suspect there are many reasons for this including fear of being judged a poor parent; that parenting is expected to be hard; and lack of trustworthy support networks. Author Steve Biddulph once said that parents don't parent well in isolation. He's right. It's incredibly important to build your support networks and get 'sparents' into your child's life. Start by working closely with your child's teacher; a natural ally!

3 Build confidence

With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children's confidence. It would also seem that we have somehow forgotten how

to absorb children's fears, insecurities and anxieties, and instill a sense of confidence that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

4 Aim for redundancy

The great irony of modern parenting is that as families have shrunk parents actually do more, rather than less, for their kids. There are many reasons for this including lack of time to teach; it's simply easier to do a job ourselves, and the new expectation that 'good' parents do everything for their kids. The new 'strict parent' is someone who expects their kids to wash their own clothes, cook a meal, and read a book to a younger sibling. The impertinence! Here's a six-word slogan to help you remember: "When kids can, let them do!"

more on page 2 >>



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



... 10 golden rules for parenting success in 2015 ...

5 Lead the gang

Parenting is now an individual endeavour. There is a place for parenting the individual child, but there is also a place for parenting the whole gang (even if you and your child make up the gang). Your ability to pull your family together and get them singing off the same song sheet will impact on your family's harmonious relationships; your children's sense of other (empathy) and their general resilience and coping mechanisms. There is nothing so magical to witness as a family pulling together when the chips are down. This doesn't just happen. It takes real leadership by parents to make a family act like a family!

6 Build developmental knowledge

Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don't read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine year old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple's second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

7 Practice problem-ownership

Please, please, please allow children to own their own problems. Children of all ages can be creative when they have problems to solve. Everything is a potential problem to kids and they need opportunities to resolve them themselves. By all means, coach, guide, give hints but give them a chance to sort out relationship issues; challenges with teachers and academic challenges themselves.

8 Swim against the tide

Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you'll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say "This is the way we do it in our family."

9 Be brave

Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It's relatively easy to develop children's independence at home as the stakes aren't as high. If they can't cook a meal then you just have to do it for

them. However, developing children's independence outside the home is a different story. Many parents feel decidedly wary about granting children and young people more freedom. There is the perception that the world is a dangerous place. Granting kids freedom has an element of risk; that's why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won't stop you worrying, but that's part of the game.

10 Add emotional intelligence to your parenting mix

With kids experiencing mental health challenges at a depressingly high rate it's time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it's important that parents develop a deep understanding of how emotions work: how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don't overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.

Michael Grose



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