



TABLE TOP PUBLIC SCHOOL NEWSLETTER

Term 1 Week 7

Wednesday 11th March 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?

Friday 13th March

Student Leaders F1 Grand Prix Excursion

Wednesday 25th March

P & C Planning Meeting 7pm

Friday 27th March

Albury Gold Cup ½ Day Holiday

Saturday 28th March

State Election P&C BBQ, Cake Stall & Car
Boot sale

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

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



Principal's Report

Student Leadership Assembly

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

The first SRC meeting was held yesterday where the executive positions were filled. President: Natalie; Vice President: Courtney; Secretary: Charlie; Treasurer: Tilly; Executive Member: Dylan; and Publicity Officers:

Elizabeth and Rupert. The next SRC meeting will be held next Tuesday.

SRPSSA and Riverina PSSA Swimming Carnivals

Well done to our small band of competitors who represented the Table Top Small Schools team at the Southern Riverina PSSA swimming carnival on Friday 27th of February. It was a great day of healthy competition. I was so impressed with the enthusiasm and effort given by all of our Table Top kids. Thanks to all of the many parents who assisted with time keeping or managing our team throughout the day.



Congratulations to Zoe who won her 50m age group freestyle event and went on to represent the SRPSSA at the Riverina carnival on Monday. By all accounts, she had a great swim!



Racing into Leadership

The Year Six leadership group are heading off to the Melbourne Formula One Grand Prix bright and early this Friday morning. Joining their friends from Gerogery and Mullengandra

Public Schools, 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.



National Young Leaders Day

Our School Captains, Natalie and Dylan will travel to Sydney with me on Monday 23 March 2015, to attend the National Young Leaders Day Conference, hosted by the Halogen Foundation. Thousands of primary school student leaders from across NSW will converge at the Sydney Entertainment Centre for this exciting event. This excursion has been planned to give Natalie and Dylan the opportunity to develop their potential as student and future leaders in the wider community and to enhance their understanding of what it means to be a Captain at Table Top Public School.



Easter Raffle Donations

We are calling for donations for our annual Easter Raffle. Each family is asked to donate something to go towards the raffle – including Easter eggs, chocolate, books, textas, pencils,

stationary, toys, bunny ears or anything else that could fill the baskets! Last year we had two very full baskets thanks to the generosity of our families; let's hope we can repeat this! The money raised this year will go towards the purchase and construction of a pottery kiln shed so our school can offer ceramics as part of our Visual Arts learning program.



Murray Conservatorium Lunchtime Concert

Murray Conservatorium piano teacher, Deiter, who travels out to our school each week to offer piano lessons, has organised a free lunch time concert for our school next Thursday 19th March. Along with a few fellow music teachers from the Conservatorium, Deiter will entertain the students from the Yambla verandah as the kids and staff eat their lunch under the nearby shady trees.

Peace Flame Donation and Sculpture

The beautiful Ribbons of Peace Sculpture arrived at our school last week and is currently on display in the library. It was designed and created by prominent local artist, Ken Raff, and was adorned with ribbons with messages of peace written on them by local students.

We would also like to thank Mr Bob Smith from Jindera who generously donated the Peace Flame, which is a symbol of our school community's belief in world peace. Mr Smith will attend our 20th March assembly where he will be formally thanked for his generosity.



Responsible Pet Ownership

Students from Kindergarten to Year Three participated in the Responsible Pet Ownership session at school today and learned how to behave safely around pets, particularly dogs.

SRC Friday Icycoles

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

Friday Assembly T1W7

Year 5 students will lead the Friday Assembly this week from 2.20pm in the school library.

TTPS Social Media

Have you joined our school's Facebook page or followed our 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

A special Playground Planning meeting of the P&C has been called for Wednesday 25th March from 7pm. All welcome.

Andrew McEachern

Kinder Sounds

The Kinder sound for this week is 'c' for Cat



The sound for next week is 'k' for Kite



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.

How2Learn

Providing the BASICS

How children feel about themselves affects their approach to life. It influences their willingness to 'have a go' and take risks. It's difficult to say 'I don't know' or 'I need help' if you believe you're not good enough. It's more difficult to be successful if you don't think well of yourself.

Here are the elements of what we call the BASICS. They are key to effective family learning and developing your child's self-esteem.

Belonging

Everyone needs to feel they belong. Children need to feel valued and loved, both at home and at school. Make time to be with your child and listen to them. But there is more to it than just showing you care. If you establish routines for times like meals, baths, reading and bed, your child will know how you expect them to behave. This will help them to feel a sense of security and belonging.

Children with a strong sense of belonging are more likely to make friends who have similar clear guidance from their families. They will be more trusting in making friendships and less likely to be shy.

Tips for developing a sense of belonging

- Show your child what you want them to do, rather than criticizing them.
- Remind your child that they are loved for who they are and not what they do.
- Keep a family photograph album. Look at it sometimes and talk about the people it shows.

SRC

ICY POLE FRIDAY

EVERY FRIDAY LUNCHTIME

50c – ICY POLE

80c - SMOOZE

School Assembly

Congratulations to the following award winners from weeks 5 and 6 of Term 1's School Assemblies:

Students of the Week



Nil
(Week 5)



(Week 6)

Special Encouragement Awards: Week 5



Special Encouragement Awards: Week 6

Nil

Teacher Merit Cards (Green cards)

K/1

Week 5: Abigail S, Stefan, Mia R, Chelsea, Olivia, Lizzie

Week 6: Jyden, Angus, Arthur, Aiden H, Callie B, Abigail S, Aidan L, Olivia

2-3

Week 5: Jake, Mia M, Hope

Week 6: Zoe, Jake, Annabel, Anthea, Hope

4-6

Week 5: Rupert, Natalie, Tilly, Caleb

Week 6: Ned, Charlie, Ethan, Rupert, Callie, Ethan.

P & C News

P & C Voluntary Fundraising Contributions – why are we asked to contribute???

This question has been raised by a few families from school – so to help in everyone's understanding on what the P&C do and why we ask for this contribution.

This voluntary contribution provides the P&C with a huge kick start to our fundraising for the year.

Yes we will continue to arrange other fundraising activities but we have a set amount each year that is locked in as an expense that benefits the whole school.

- Contribute money towards the Library
- Athletics
- School Swimming Program
- Offset costs for excursions etc.

P & C Fundraising

If you don't wish to attend meetings but are happy to help out in any other way, the P & C would love to hear from you.

The P & C are aiming to fundraise enough money to re-vamp & update the current play equipment and have put together some fundraising ideas for the coming year.

One of those events will be a Goods and Services Auction near the end of year, if you have or know someone that could donate goods/services we would love to hear from you. Alternatively, if you would like to join our

sub-committee and help organise this event, please contact Sally Reichel on 0428 362820.



Election Day 28th March 2015 - Fundraiser

The P&C are holding a fundraiser here at the school on the upcoming NSW Election day. We will be running a Sausage Sizzle, Cake Stall, Car Boot Sale, Easter and Wood raffles.

We are asking for volunteers to help run these events and to donate Homemade Cakes, Preserves and Produce to sell at the stall.

Could families please complete the attached slip and return to the school by next Fri 20th March or contact Cathy Scarlett on 0427908479.

Community News

GIRL GUIDES
Come and Try
Any Tuesday
4.30 pm to 6.30 pm
Junior Guides – 6 to 10 year old
Come and join in the fun,
make new friends and learn skills for life!



WHERE: North Albury Guide Hall,
Corner Swan & Kestrel Sts.
North Albury

For enquiries, please contact:
Marion Henry
ph: 02 6025 1131 or
email: marionhenry@bigpond.com

For more information about Girl Guiding visit:
www.girlguides-nswact.org.au



Bunnings Albury Easter Family Night. Thursday 26th March 6pm – 8pm. Come along for FREE face painting, jumping castle, animal nursery, balloons, Easter craft, egg hunt and biscuit decorating and more! Dinner and

drinks are also provided. Bookings are essential, ph: 0260 423 400.



GO VOTE

@ TABLE TOP
PUBLIC SCHOOL
(Bowna Rd, opposite the Ettamogah Pub)


28th MARCH 2015
NSW ELECTION DAY

- ★ Sausage Sizzle
- ★ Cold Drinks
and Icy Poles
- ★ Find some bargains
at the Car Boot Sale
- ★ Homemade Cakes,
Preserves, & Produce Stall

VOTING BOOTHS IN THE LIBRARY
FROM 8am until 6pm

**TURN YOUR
UNWANTED ITEMS
INTO CASH BY
BOOKING A SPOT IN
THE CAR BOOT SALE –
\$10 per spot**

*Contact Rachel
at Table Top Public School
on 6026 2220
during school hours
or email enquiries to
rachel.gaukroger@det.nsw.edu.au*



28th MARCH 2015

Table Top Public School Volunteer Roster: Election Day 28th March 2015

Please indicate time and preferred activity and return slip to school by next Fri 20th March or contact Cathy Scarlett on 0427908479

Name: _____ Contact Details _____

Time	BBQ	BBQ	Cake	Cake	Floater & Boot Sale	Floater & Easter/Wood Raffles
08:00 – 10:00			Sarah. J		Rachel.G	Cathy. S
10:00 – 12:00			Sarah. J		Rachel.G	Cathy.S
12:00 – 2:00					Rachel.G	Cathy.S
2:00 – 4:00					Rachel.G	Cathy.S

I can provide _____ For the stall

and will deliver it to the school on

☐ Friday 27th Morning or

☐ Saturday at _____

(please list all ingredients in donated products)

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Helping kids deal with rejection

A bit of rejection and disappointment is good for kids, as long as they learn how to cope with it...

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Paradoxically, children's experience of rejection and disappointment at school is good for them, as long as it's balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don't last forever.

And they learn that sadness and disappointment can be managed too, which is an important lesson to learn to take into adolescence and beyond, when life is full of ups and downs.

Helping them move on

Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally, blaming themselves. As a parent it is useful to challenge children's unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may

happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties. The challenge for parents is to build and maintain children's confidence levels to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through problems or difficulties, recognising and accepting their feelings. Talk about various scenarios, discussing possible outcomes. The age of your child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn't understand.

Your attitude as a parent can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child, in all likelihood, will pick up your upbeat view and deal with disappointments easily. After all, confidence is catching!

To help children handle rejection and disappointment try the following four strategies:

- 1 **Model** optimism. Watch how you present the world to children, as they will pick up your view.
- 2 **Tell** children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.
- 3 **Help** children recognise times in the past when they bounced back from disappointment. Help them recognise those same strategies can be used again.
- 4 **Laugh** together. Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind the stronger the trees is the notion here. Supporting kids to handle life's hurdles helps them to develop a lasting sense of resilience, which is essential for good mental and emotional health.

Michael Grose 



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

