



TABLE TOP PUBLIC SCHOOL NEWSLETTER

Term 2 Week 3

Wednesday 6th May 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 8th May

African Drumming Workshops
12.00 – 1.30

Tuesday 12th May – Thursday 14th May

Naplan testing Years 3 & 5

Monday 25th May

Swag of Tales Performance
10.00 am – 11.30am

Thursday 4th June

SRPSSA Athletics Carnival
Alexandra Park
(Selected students only)

Monday 8th June

Queen's Birthday Holiday

Thursday 11th June

Riverina PSSA Cross Country
Gundagai
(Selected students only)

Friday 26th June

Last Day of Term

saying thanks to those who have gone before us to make our nation what it is today.

African Drumming

Students will enjoy an African Drumming experience this Friday with our friends from Gerogery and Mullengandra. Please ensure the permission note, which was sent out last week, and payment has been returned to the office.

Nepal Earthquake Donation

Our school, along with Gerogery and Mullengandra would like to make a donation to those who have suffered so tragically in the recent Nepal earthquake. All students are asked to make a gold coin donation this Friday when we all come together for the African Drumming experience.

2/3 Cultural Excursion

The students in 2/3 experienced the Yindyamarra Sculpture Walk today on their cultural excursion. Eleven sculptures created by local Aboriginal artists have been installed along the five kilometres of Wagirra trail between Kremur Street and Wonga Wetlands and tell the story of Aboriginal history and the cultural significance of the Murray River.

Food Revolution Day

The Jamie Oliver Food Revolution Day will take place next Friday, 15th May. With the assistance of parent volunteers, the children will be making a healthy Squash It Sandwich in class for their lunch. A permission note is attached to this newsletter. This activity will

Principal's Report

ANZAC Parade

Congratulations to the students and staff of Table Top Public School who braved the weather to march in the Albury ANZAC Day parade, marking the 100th anniversary of the Gallipoli landings. Table Top Public School was proud to stand up and be counted in

cost \$5 per student. If you can help out with this fun and healthy initiative, please contact the office. Further information is available at: www.foodrevolutionday.com

Peer Support - Valuing Each Other

We commenced our Peer Support lessons last Friday. The whole school participates in Peer Support for 30 minutes at 10.40am every Friday. A Year 6 Peer leader and a Year 5 support person facilitates a small group of 8-10 students from Kindergarten to Year 4, who work together through a number of structured activities. Each teacher supervises 2 groups in their classroom. We are working on a module called *Promoting Harmony* helping us define individual and community values, build relationships and improve decision-making skills. The module runs for 8 sessions. Our first session enabled the children to get to know everyone in their group, and agree on how they will work together and interact cooperatively with others. They also began to think about what is a value and something they value in themselves. We recommend you talk to your children about Peer Support every week, as it will help to reinforce the concepts learned in each session.

Cross Country

Well done to the Table Top PS team who competed at the SRPSSA Cross Country carnival on Monday. The juniors (8/9 and 10 year age groups) ran 2000 metres, while the seniors (11 and 12/13 year age groups) ran 3000 metres. Special congratulations to Courtney, who qualified to compete in the Riverina Cross Country in June. Many thanks to Mrs Gaukroger, Miss Jacob and parent (& grandparent) helpers who ensured our day was a great success.

NAPLAN

The National Assessment Program – Literacy and Numeracy (NAPLAN) for all students in Years 3 & 5 will be held next week. If your

child is in Year 3 or 5, please mark the following dates on your calendar: May 12 - Language Convention test (Spelling, Punctuation and Grammar) and a separate Writing test; May 13 - Reading test; May 14 - Numeracy test (Number, Algebra, function and pattern; Chance and data; Measurement and space).

School Council

The next meeting of the School Council, due to be held tonight has been postponed until later in the term.

Andrew McEachern

Australian Early Development Census

Playing our part to build a national picture of child health

In early 2015, our school, along with thousands of others across the country will begin preparations for the third Australian Early Development Census (AEDC).

The AEDC measures five key areas of development in children during their first year of full-time school to build a national picture of health and wellbeing. Since 2009, the census results have helped communities, schools and governments plan services and target support for children and families.

Teachers are trained to assess each child and answer questions. Children don't need to be present so no class time is missed, and parents/carers don't need to supply schools with any new information for the census. Teachers' individual assessments are then analysed by the AEDC and reported as anonymous groups of children in the final report.

In other communities across the country, census results have helped communities plan new playgrounds and parental services; schools are seeing improved student performance through new literacy programmes; and governments are using the results as evidence to develop better policies for children.

Teachers have also noticed practical benefits in the classroom. Some said in previous years that completing the assessments made them more aware of the needs of individual children and the class as a whole.

Participation in the AEDC is voluntary. Parents/carers don't need to take any action unless they choose not to include their children in the census.

To find out more about the census and how communities are using the data to help children and families visit the AEDC website www.aedc.gov.au

If you do not wish your child to be part of the census you must contact the school to opt-out

Kinder Sounds

The Kinder sound for this week is 'z' for Zebra



The sound for next week is 'j' for Jack-in-the-box



Equestrian Interschool Challenge

On Saturday 16th May, Jessica will be competing in the above challenge at the Albury Wodonga Equestrian Centre at Thurgoona. The challenge is made up of Dressage, Showjumping, Novelties and Handymount and Mount and Rider activities. We wish Jessica all the best for this challenge.

Good luck Jessica!

How2Learn

Making time for learning

Spending time with your children is one of the most important gifts you can give them. Try to have some time when you remove all disruptions and concentrate exclusively on your child. You might read a book together, visit a play area or fix a bicycle. This 'together time' is when you can shape attitudes and develop the kind of positive habits that encourage learning.

Making time for learning is difficult. But it gets easier if you can establish patterns that work for you and your family. For example: 'We share meals and no-one watches television while we eat.' Does this sound impossible? The answer is that if you establish the pattern and stick to it, it becomes expected.

Your Child is a learner

How you and your family can become learners

Have you ever wondered ...

- ? what happens when you are learning?
- ? if there is a good way of learning?
- ? whether play helps children to learn?
- ? what you can do to make your home a good place for learning?



HOW GOOD A LEARNER ARE YOU?

DO YOU ...

Yourself		Your partner	
Yes	No	Yes	No

1. Always have to get it right first time?.....
2. Enjoy watching someone and copying them?.....
3. Talk yourself through it?.....
4. Try alternatives in your head?.....
5. Do it again and again until you get better?.....
6. Work out what you will do in detail beforehand?.....
7. Ask lots of questions as you go?.....
8. Give up easily?.....
9. Set yourself a target or targets beforehand?.....
10. Try to work out how it all fits together?.....
11. Need to get up and move around a lot?.....
12. Test yourself on what you have remembered?.....



ANSWERS AND EXPLANATIONS

1. No. It can be helpful to experiment and try alternatives.
2. Yes. Imitating others is a great way to learn, it's how we learn to walk.
3. Yes. Talking aloud helps you to understand and remember.
4. Yes. Rehearsing in your head works!
5. Yes. Practice does make perfect!
6. Yes. Planning is an essential part of most successful learning.
7. Yes. Asking yourself questions is essential.
8. No. Staying positive and persisting is essential.
9. Yes. Setting goals helps you to stay motivated and purposeful.
10. Yes. Your mind loves to make connections and see patterns.
11. We are all different! Moving about may help to give you more energy.
12. Yes. Going over things on a regular basis helps. Little and often is best.

Discuss your answers to the questions and the explanations given alongside them. What might you do differently as a result?

School Assembly

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

Students of the Week



Special Encouragement Awards: Week 2



Teacher Merit Cards (Green cards) **K/1**

Week 2: Saphira, Brideh, Angus, Abi E, Alex

2-3

Week 2: Sheya, Clifton, Darcy B, Annabel

4-6

Week 2: Callie G, Dylan, Tilly, Bridie

Class Awards

Library – K/1

Classroom – 2/3

Assembly –

P & C News

WOOD RAFFLE

Congratulations to the Wicks Family on winning the wood raffle. The P & C made \$741.00 from the raffle. Thank you to all our parents for supporting this raffle.

PSSA Sport

Students have the opportunity to play either netball or soccer on a Friday afternoon commencing in week 6 and continuing until week 5 of Term 3. If your child has turned 8 this year they are eligible to participate.

So that we can organize teams, we would like to get an idea of who is interested in what sport. Please complete the attached form and return it to school.

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*

Medium Sudoku

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

Sudoku provided by Sudoku.com.au

The 2015 Australian Early Development Census

Counting on parents

The Australian Early Development Census (AEDC) is a national census that builds a picture of the health and wellbeing of children as they start their first year of full-time school.

Since 2009, communities, schools and governments across Australia have used results from the AEDC to help provide the right kinds of services, resources and support.

In May 2015, teachers will collect information about children in their first year of full-time school for the census. While individual children's names are recorded, individual children and schools are not identified in the final results.

With the support of parents/carers and schools we can build a more complete picture of childhood development in Australia. Participation in the census is voluntary: parents/carers only have to notify the school if they choose not to have their children included.

To find out more about the census and how communities are using the data to help children and families visit the AEDC website www.aedc.gov.au



Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Helping students get ready for the NAPLAN tests

The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it's best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

During the second week of May Australian children in Years 3, 5, 7 and 9 will take part in the National Assessment Program – Literacy and Numeracy (NAPLAN). The stated purpose of this testing program is to gain an overall picture of educational attainment levels to assist education policy and decision-making.

The program first implemented in 2008 has drawn some criticism from a number of different quarters, particularly in regard to the use of the information gained through the NAPLAN tests. You've probably heard a number of different viewpoints expressed in the media over the last few weeks.

One view commonly put forward is that the NAPLAN tests put undue pressure on children to perform in test situations. If so, then perhaps the best approach for parents and teachers is to help them handle the pressure rather than avoid it. The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it's best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

Children and young people take their cues from their parents about how to handle many situations. American psychologist Martin Seligman discovered more than a decade ago, through his research into children's thinking styles, how closely a child's explanatory style

mimics that of the parent they spend most time around. Optimistic parents beget optimistic kids, just as anxious parents can beget anxious kids. The impact of a parent's explanatory style seems to be magnified somehow in small families where there are fewer voices to be heard.

As a parent it helps your child, if you take a positive view of the NAPLAN tests. It's better to see them as learning opportunities for kids as well as opportunities to overcome any anxieties or nerves that these tests may bring on. It's also worth remembering that many children don't stress over these tests. The vast majority take them in their stride, wondering what all the fuss is about.

Whether your child stresses or takes them in his stride here are some tips to help prepare for the NAPLAN tests:

1 Take your cues from your child:

If your child doesn't worry about them then neither should you. Be careful not to create a problem that doesn't exist by incessantly talking about, or worse, worrying about the test.

2 Focus on doing their best and trying hard:

Choose your words carefully when you speak with your kids. As with all their learning activities place your focus squarely on effort rather than results. The only pressure on kids should be to try hard rather than to do well.

3 Listen to any concerns they have:

If your child confesses to some nerves then validate their feelings, rather than shut them down with a 'get over it' response. "Yes, sometimes tests can be a little scary, but they get easier every time you take them." Use this as an opportunity to develop some emotional smarts, which starts with recognising how kids feel.

4 Give them some relaxation ideas:

Anxious or nervous kids will benefit from some simple relaxation strategies. Taking some deep breaths, changing their thinking and exercising the morning of the test are some simple ways to help kids get some feeling of control.

5 Help them retain their perspective:

One way to help children who become excessively anxious about an event is to ask what's the worst thing that could happen? Okay, they may not do as well as they would like but the sun will still rise tomorrow, regardless of how well they do. Keeping perspective is a life skill that we all need to practise.

A positive, caring parent attitude is one of the best gifts you can give a child when they are apprehensive or nervous about approaching any different situation whether it's going on school camp, joining a new club or sitting a NAPLAN test.

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

© 2015 Michael Grose

TABLE TOP PUBLIC SCHOOL
FRIDAY PSSA WINTER SPORTS

The 2015 winter sports program is currently being arranged. If your child is interested in participating in any of the following sports, please return the note below by the end of the week.

Children not participating in these PSSA activities will follow our usual sports program at school.

This PSSA Friday sports runs from Friday June 5th (Term 2) until Friday August 28th (Term 3)

NETBALL – we are trying to arrange a Senior and Junior Netball team. This can only be done with assistance from parents with transport. Please indicate below if you can assist. Preference will be given to a senior team.

SOCCER – members for a junior team in combination with Mullengandra and Gerogery – transport would be by bus at a cost of \$3 per week.

✂.....

FRIDAY PSSA WINTER SPORT
PERMISSION NOTE

I give permission for my child _____ to participate in the following sport each Friday afternoon.

NETBALL

- ☐ Senior Team – 11 – 12 years old
- ☐ Junior Team – 8 – 10 years old
- ☐ I would like to assist with coaching

I can assist with transport on the following dates (please circle)

5/6 12/6 19/6 26/6 17/7 24/7 31/7 7/8 14/8 21/8 28/8

SOCCER

- ☐ Junior GMTT soccer team – 8,9,10 years old (male or female)
- ☐ Senior GMTT soccer team – 11,12,13 years old (male or female)

I understand travel will be by bus at a cost of \$3 per week.

Parent Signature

Date



JAMIE OLIVER IS...
FIGHTING FOR FOOD EDUCATION
FRIDAY 15 MAY

On Friday 15 May, our school will be taking part in a cooking lesson hosted by Jamie Oliver to celebrate Food Revolution Day. Food Revolution Day is Jamie’s global day of action to fight for food education and get children excited about cooking. It’s about celebrating the importance of cooking good food from scratch and raising awareness of how it impacts our health and happiness.

Since 2005, Jamie Oliver has been the world’s most recognised campaigner for healthy school meals and food education. In 2010, he was awarded the TED prize after he called for a global food revolution to “teach every child about food”. Now the revolution is in full swing, reaching millions of people every year. In 2014, Food Revolution Day saw more than 10,000 events occur across 121 countries, and the message reached over 1 billion people on Twitter alone. Worldwide, more than 250,000 children tuned in to watch and join in with Jamie’s live cooking lesson, during which they made delicious rainbow salad wraps. This year, we’ve signed up to be part of the fun.

We will be making Jamie’s Squash it sandwich. If your child has any specific dietary requirements that you would like to make the school aware of, please let us know by using the slip at the end of this letter. The ingredients are listed below:

- | | |
|--------------------|-----------------------------------|
| - wholegrain rolls | - extra virgin olive oil |
| - radishes | - fresh soft herbs, such as dill, |
| - cucumber | flat-leaf parsley, basil or mint |
| - carrot | - salad cress or sprouting herbs |
| - cauliflower | - podded peas |
| - red pepper | - sunflower seeds |
| - apples | - cottage cheese or cream cheese |
| - balsamic vinegar | - houmous |

In order to purchase the ingredients and utensils required for this activity, there is a cost of \$5 per student. We will also need parent volunteers who are happy to assist throughout the day. We will conduct a 3/4/5/6 session and a K/1/2 session.

I give permission for _____ (children’s name) to take part in Jamie’s cooking lesson for Food Revolution Day on Friday 15 May. The cost is \$5 per student.
My child does/does not have any specific dietary requirements (cross out as appropriate)
My child’s dietary requirements are: _____

Yes / No I can assist on the day

Signed: _____ Date: _____