

TABLE TOP PUBLIC SCHOOL NEWSLETTER

Term 2 Week 5

Wednesday 20th 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?

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



Principal's Report

Food Revolution Day

The Jamie Oliver Food Revolution Day was so much fun! With the assistance of parent volunteers, teachers and an online video with Jamie Oliver, the children made a healthy and delicious Squash It Sandwich. The squashing it bit proved to be very popular, if somewhat noisy! The Food Revolution initiative is a global concept developed and promoted by celebrity chef, Jamie Oliver, to help inspire children right across the world to make healthy food a part of their everyday diet.



School Stream – School Communication for Smart Phones

Table Top PS is using the School Stream mobile app for schools, which will help to deliver school information in real time, directly to parents on their mobile devices. Please see the attached information sheet on how to install this free app onto your device. There is no cost for parents to use this app.



Swag of Tales

Next Monday, our friends from Mullengandra and Gerogery Public Schools will be joining us for a performance of "A Swag of Tales". A Swag of Tales leads the children through a zany yet informative history lesson that starts in England with a convict court case and covers the voyage to Australia, early Settlement, the Gold Rush, the Bushrangers, Squatters and the age of the Swagman.

A copy of the permission notes is attached and will need to be returned with money by this Friday.



SRPSSA Athletics Carnival

The SRPSSA Athletics Carnival will be held at Alexandra Park in Albury on Thursday 4th June. Good luck to the students who have qualified to compete at this carnival.

African Drumming

The African Drumming experience was full of noise, colour, movement and good times. Students not only played the drums, practising to keep in rhythm, but learned a little about the lives of children in Ghana, the home country of the performer.



2/3 Cultural Excursion

The 2/3 class experienced the Yindymarra Sculpture Walk and Wonga Wetlands for 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. While at Wonga Wetlands the children learned a little about wetland environments.

Peer Support

In this week's Peer Support session the children will be looking at rights, how we as

individuals have rights and so do other people. Activities will also remind the children that although they may find themselves in difficult or awkward positions, they still need to remember to do the right thing.

Discuss with your child a situation you were in that was potentially difficult or awkward and explain the decision you made and why it was the right thing to do.

During Peer Support next week, the children will be discussing and developing ways to be responsible. The activities will reinforce the concept that being responsible is doing what we say we will do and to the best of our ability. This week help develop with your child 2-3 things they can do around the home to show they are responsible ie: feed the dog each night, set the table at 6.30pm each day.

PSSA Friday Sport

PSSA sport will begin on Friday 5th June. Students from Years 3 – 6 will be selected to play netball (girls only) or soccer (mixed), combining with Gerogery and Mullengandra students. Students from the K/1 class will participate in gymnastics at Flyaway Gym, while the Year 2 students will learn specialised sporting skills at school with Miss Twitt, principal of Mullengandra PS.

ICAS Tests

The Digital Technologies ICAS test was held at school yesterday for those students who had registered to participate. The Science ICAS test will be held on the 3rd of June.

NAPLAN

The National Assessment Program – Literacy and Numeracy (NAPLAN) tests for all students in Years 3 & 5 were conducted last week. Well done to the children, who over three days sat a Language Convention test (Spelling, Punctuation and Grammar), a Writing test, a Reading test and a Numeracy test (Number, Algebra, function and pattern; Chance and data; Measurement and space). Results will be made available to parents and the school later in the year.

Andrew McEachern

Kinder Sounds

The Kinder sound for this week is 'v' for violin



The kinder class will be doing revision of their sounds in week 6

How2Learn

You can PDQ it!

Learning happens naturally through play. You can support your child once you realize that most learning involves three stages. This is true whether you are just playing or involved in more structured learning.

The three stages are:

1. getting yourself ready to learn
 2. the learning itself
 3. checking that you have got it all worked out.
- We call this **PDQ**.

Plan for it, Do it, Quiz yourself about it

PDQ Activity: shopping with a young child

Plan for it

1. Talk to your child: 'We're going shopping today. What do we need?
2. Make a list. Make sure you write clearly so that your child can read any words they know and count the items with you.
3. Leave the big list at home to check things off when you get home, and write out a small list to take with you.

Do it

4. Set your child tasks at the supermarket: ask them to remember some things on the list; ask them to find specific items on the shelves.

Quiz yourselves about it

5. Talk to your child as you unpack the shopping
6. Count out how many things you've bought and check them off against the big list you left at home.
7. Organise items into groups, ready to put away: things for the freezer, things for the fridge, tins and packets for the cupboard, and things for cleaning and the bathroom.

Coaching your child

Coaching involves helping your child to find out how they are doing and what they can do to improve. Every parent can learn to be a coach, giving their child feedback as a natural

part of daily life. Coaching will help to develop your child's self-esteem.

Focus on one issue at a time. For example, don't just say, 'Try to make your writing neater'; explain what you mean by 'neater' – such as, write on the lines, start at the left margin.

Focus on what your child is doing and don't start criticizing their personality. Try to avoid saying, 'That's typical of you, Rachael, to be doing...'. Instead say, 'Please put that down and let me show you how to...'.

Timing is all important. If your child is distressed, it is better to calm them down before attempting to give any advice.

Try to concentrate on one issue at a time, using the RESPECT method outlined below.

- **Reassuring:** 'I know you thought this would be a good way of doing this and...'.
- **Enthusiastic:** 'I really liked the way you...'.
- **Steady:** 'That's okay. I'll wait while you pick them all up again.
- **Practical:** 'Let's see what happens when we try this again. You stand over there and I'll ...'.
- **Engaging:** 'I'll do it first and then you try.'
- **Clear:** 'When you move your hand more slowly, you will stop smudging your writing.'
- **Truthful:** 'You're not as good at kicking with your left foot as your right, so we should practice...'.

Asking the right questions and being a good listener are important in coaching. When your child has a problem or has difficulty with learning something, careful questions can help you both get to the heart of the matter and understand what the problem is.

School Assembly

Congratulations to the following award winners from week's 3 and 4 of Term 2's School Assemblies:

Students of the Week



(Week 3)



(Week 4)

Special Encouragement Awards: Week 3 & 4



Teacher Merit Cards (Green cards)

K/1

Week 3: Callie B, Aimee, Aiden H, Abigail S, Eliah

Week 4: Jyden, Dante, Ethan B, Chelsea, Jett, Lizzie

2-3

Week 3: Gibb, Zoe, Boyd, Darcy E

Week 4: Jake, Mia M, Anthea, Audrey

4-6

Week 3: Thomas H, Ethan S, Natalie, Charlie, Ellie, Paris

Week 4: Courtney, Isabella, Caleb, Elizabeth

Class Awards

Library – K/1 for consistent borrowing by all students.

Next week we will be looking for the class with the most students who remember library bags.

Assembly – 4/5/6

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*

Tutoring

Do you feel that your child needs a little extra help with their reading?

Lisa is well known to our school and is now available for one on one tutoring with your child.




Lisa will be focusing on students in Year 1 through to Year 4 to assist your child with basic literacy needs to support your child's learning.

Cost will be \$20 per session.

If you would like more information, please contact our school to speak to Lisa.


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


Nutrition Snippet

The simplest way

...to eat well and prevent disease.

Did you know that eating the right amount of fruit and veg can lower your risk of cancer by 5-12 percent? Yet most adults don't eat enough of either, particularly veg.




Try to add fruit and veg to every meal:

- Add chopped bananas or strawberries to your brekky cereal
- Add some sliced tomato on your toast
- Munch on some carrot or cucumber sticks at morning tea
- Add legumes like kidney beans or chickpeas to your salad at lunch

Remember! Aim for two serves of fruit, and five serves of vegetables – every day!

For more information visit
www.eatittobeatit.com.au
 or join us at facebook.com/eatittobeatit





GAME ON! SCHOOL HOLIDAY SPORTS PROGRAM

Spend a day (or five) at Borambola Sport and Recreation Centre and try different sports and activities during the winter school holidays!

Play Rugby League & Tennis Hotshots | Monday 29 June

- Sports/activities: Rugby League, Tennis, BMX and Slider Hockey
- Program number: 0072794

Wicked Wheelchair and Footy Fun | Tuesday 30 June

- Sports/activities: Wheelchair sports, AFL, Volleyball and Low Ropes
- Program number: 0072796

Boxercise Bonanza | Wednesday 1 July

- Sports/activities: Boxercise, CQ tag and Indoor Rock Climbing
- Program number: 0072799

NetSetGo Netball | Thursday 2 July

- Sports/activities: Netball, Traditional Indigenous Games, Boomerangs and Outdoor Rock Climbing
- Program number: 0072800

Ultimate Flying Friday | Friday 3 July

- Sports/activities: Ultimate Frisbee, Archery, Flying Fox and Orienteering
- Program number: 0072801

MORE DETAILS

Who: Girls and boys, aged 7 to 13 years

Location: Borambola Sport and Recreation Centre, 1840 Stuart Highway, BORAMBOLA NSW 2650

Cost (includes activities, lunch and healthy snacks): \$65 per day OR \$500 for all 5 days

Transport (included): Bus leaves Botton Park Car Park in Wagga Wagga at 8.30am sharp, and returns at 5.15pm.

WHAT TO WEAR & BRING

Participants should:

- Come dressed in comfortable clothing for playing sport
- Wear enclosed shoes
- Bring a hat and drink bottle.





Places are limited. To book, call 13 63 63 or go to dsr.nsw.gov.au/active/whats-on.asp?region=nterreg





Table Top Public School
556 Burma Road
TABLE TOP NSW 2640
Phone: 02 60262220 Fax: 02 60262402
Email: tabletop-p.school@det.nsw.edu.au
Principal: Andrew McEachern

A Swag of Tales

Transportation, Gold Rush, Bushrangers and Swaggies



On Monday 25th May the students will attend the performance of A Swag of Tales. A Swag of Tales leads the children through a zany yet informative history lesson that starts in England with a convict court case and covers the voyage to Australia, early Settlement, the Gold Rush, the Bushrangers, Squatters and the age of the Swagman.

This performance will take place at 10 am and the cost will be \$4.50 per student. Please complete the permission note below and return to school with your payment by Thursday 21st May.



A Swag of Tales – Permission note

I give permission for my child/children _____
to attend the performance A Swag of Tales on Monday 25th May. I understand
the cost is \$4.50 per student and I enclose \$_____

Parent signature

Date

Creative Playground Designs

Dear Families,

The P&C are currently working on improving the playground for the students of Table Top PS and one of our first initiatives is to create an imaginative area in between the library and admin classroom block. The focus will be a place to sit, read, imagine and play. The area could also be used for an outside learning space.

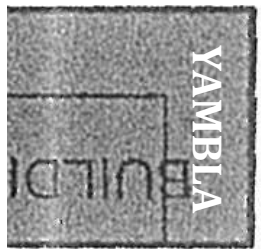
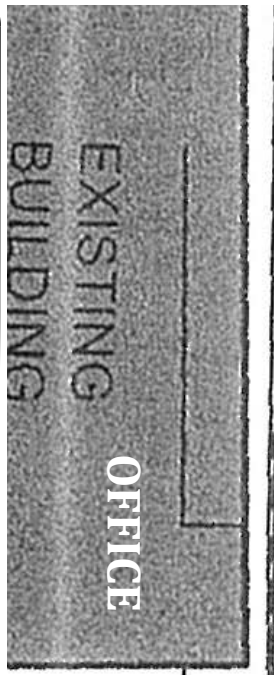
We are going to create mosaicked chairs/couches and include a sensory garden in the area. I would like to get your ideas and compile them for the finished design. A map of the space we are working in is attached and I would like to invite your family to contribute with sketches and ideas. Your input will make this space one that belongs to your children and is unique to our school.

Could you please return the design page to school by Friday 26th May 2015. Looking forward to your creative responses.

Thanks

Sharon McEachern





CONCRETE PATH

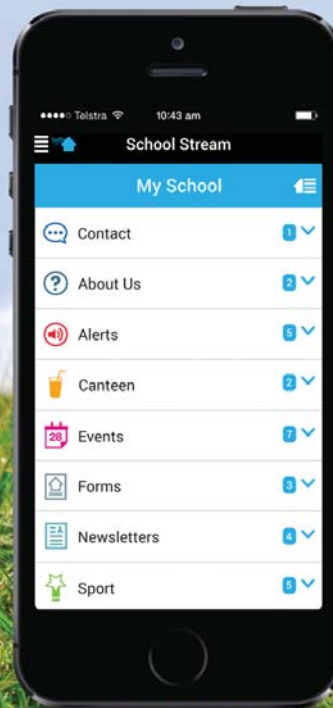
PLAYGROUND



PAVING
GARDEN
PAVING

Your school now has a free app delivering school information, instantly and directly to your smartphone.

Download
your free
app now



How to download your Free app

1. From your mobile device go to the **App Store (iPhone/iPad)** OR **Google Play (Android)**, search for **School Stream** and download the app to your phone
2. Make sure you agree to **push notifications**
3. Once School Stream has finished installing, open the app, type your school name into the search **THEN** select your school.

For more detailed instructions go to schoolstream.com.au/download

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Don't yell, move closer

As a busy parent it's easy to give your voice a work out when you don't get the cooperation you want from your children.

You know how it goes.

You want your son or daughter to give you some help and they don't respond.

Perhaps, you want a child to stop annoying his or her sibling.

Or you simply want your kids to QUIETEN DOWN inside.

When your request for cooperation is ignored.

So you do what over 90% of parents do. That is, you repeat yourself. Then if that's still ignored you RAISE the volume.

'I'll yell at them. That should work!'

Hmm, I'm not so sure. Usually yelling only succeeds in producing parent-deaf kids.

If yelling, shouting or raising your voice is a habit you've developed to get cooperation then here's a great strategy to use instead.

Next time your kids ignore a reasonable request move close to them and quietly repeat your request once.

No aggression, just expectation.

It means you may need to stop what you are doing. So be it.

Proximity is a powerful influencer. Great teachers know this. That's why they move around in class so much: to teach and also to manage.

So save your voice for conversation, encouragement and affection.

Use your body effectively to manage kids.

The key, of course, is to do it.

My challenge for you is to bite your tongue when you want to yell. Take a deep breath (as the Mood Meter teaches you) and move into your child's proximity. Don't stare him down. Just be close to him or her.

Keep doing it and the cooperation levels you get from your kids will increase astronomically over time.

But you've got to do it.

In future don't yell, move closer.

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

© 2015 Michael Grose