

TABLE TOP PUBLIC SCHOOL

NEWSLETTER

Term 2 Week 7

Wednesday 3rd June 2015

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CALENDAR – What's On?

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)

Sunday 14th June
P & C Working Bee
10 am
BBQ Lunch

Friday 26th June
Last Day of Term

children, and to support the school in its implementation.

School Stream – School Communication for Smart Phones

Table Top PS is using the School Stream mobile app to help deliver important school information in real time, directly to parents on their mobile devices. In the app you can look up information about coming school events, sign consent forms, fill out absence notes, read the newsletter and so much more. Please search your device's app store and install this free app onto your device. There is no cost for parents to use this app.



SRPSSA Athletics Carnival

The SRPSSA Athletics Carnival will be held at Alexandra Park in Albury tomorrow, Thursday 4th June. Good luck to the students who have qualified to compete at this carnival. Mrs Gaukroger will be the Small School Team Manager.

PSSA Friday Sport

PSSA sport begins this Friday, 5th June. Students from Years 3 – 6 will play either 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

Principal's Report

Department of Education Behaviour Code for Students

This week's newsletter includes the NSW Public School Behaviour Code for Students, developed by the Department of Education, which articulates the behaviour expectations of children enrolled in NSW Public Schools. I encourage all families to become familiar with this important document, discuss each element of the behaviour code with their

sporting skills at school with Miss Twitt, principal of Mullengandra PS. If you have not already done so, please sign and return the permission notes (or sign the consent form using the School Stream app) as soon as possible.

Friday Assembly

While we take part in PSSA Friday Sport, our regular school assembly will be held in the school library at 12.00pm. Parents are encouraged to attend each week.

Swag of Tales

Table Top students, along with our friends from Mullengandra and Gerogery Public Schools were taken on a zany, yet informative, Australian history lesson when Swag of Tales recently visited our school. Visiting performers give our school the opportunity to extend the learning of our students in entertaining and differing ways.



Andrew McEachern

Kinder Sounds

The Kinder sound for this week is 'd' for Dog



The kinder sound for next week is 'm' for Monkey



How2Learn

The five secrets

Things you can do to help your family learn more effectively are common sense. But they

are rarely talked about, so we call them the five secrets.

1.Be positive and supportive

Your child will learn best when they feel able to take risks. Your expectations may make them anxious, so remember that being preoccupied with being the best and getting results may come at the expense of real learning.

Tips for creating a positive learning environment

- Avoid comparisons with other children
- Avoid threats.
- Break learning up into small manageable chunks. Recognise each one as an achievement.

2.Encourage planning and goal-setting

Start with the big picture. Before diving into any activity – a maths problem or finding out about something in history, for example – take time to get the overview. With young children, show how this helps by, for example, looking at the lid of a jigsaw puzzle or the instructions that go with a game.

Tips for looking ahead and setting goals

- Encourage your child to close their eyes and picture the task in their head.
- Ask questions that encourage looking ahead, such as: 'How long do you think this will take you?'
- Make a simple chart with your child that shows when they will do their homework and put it on their bedroom wall.

3.Make connections with what your child already knows

We all find it easier to learn something new when we can connect it to something we already know. We need maps, lists and guides to help us make connections between things

and then to see if there are any patterns to help us organise our thinking.

Tips for helping your child to make connections

- Encourage connections between words by asking your child questions like, 'What does this word sound like?', 'What other words like this one do we know?'
- Encourage your child to explain connections, both to themselves as they work and to others.

4.Help your child learn by seeing, hearing and doing

We continually get information through our senses. We store it, make connections and categorise it, and respond to it. Help your child learn through the senses and you will dramatically improve their chances of success.

Tips for learning by seeing, hearing and doing

- Encourage your child to put up posters around their room summarizing what they need to know. Give them bright coloured pens and large sheets of paper.
- Encourage them to listen to different types of music, and give them the option to have background music while they work.
- Give them lots of opportunities to dance and sing at an early age.

5.Use reviewing to help your child remember things

Regular review helps us to remember things. Encourage your child to pause frequently in what they are doing and take time to explain to themselves what they have just learned. Time spent reviewing is time well spent.

Tips to help your child review what they have learned

- Encourage your child to test themselves regularly. Little and often is the key.
- Help them to practice talking themselves through an activity aloud, looking at each step and saying what is involved. They will be using the language they need, so will be more likely to remember it.
- Draw a poster or a mind map to help them remember something.

Gardening News

Making a scarecrow!

By Tilly and Elizabeth!

Yay! We get to make a scarecrow what fun! We started off with rope and old clothes and an old hat. Then we put the pants on stakes and stuffed them with straw and tied them up. Then we put a stake on top of another stake and put an old shirt on it. Then we tied the waist and stuffed it with straw and put the gloves on. The next thing we did was to stuff a sack with straw and then tie it to the body and then we tied some colourful scarves on the neck. Then we shoved a hat on and tied it on then we drew a face on. So now we're done. It was great fun also thank you to Lou Bull for doing this fun activity with us.

By Tilly and Liz😊😊



Before

After

School Assembly

Congratulations to the following award winners from week's 5 and 6 of Term 2's School Assemblies:

Students of the Week



(Week 5)



(Week 6)

Special Encouragement Awards:



Teacher Merit Cards (Green cards)

K/1

Week 5: Jyden, Angus, Aimee

Week 6: Aidan L, Dante, Mia R, Jett, Callie B

2-3

Week 5: Clifton, Darcy B, Anthea, Darcy E, Lochie

Week 6: Sheya, Annabel, Ned D, Darcy B, Lochie, Zoe, Audrey, Boyd, Clifton, Hope, Mia M, Gibb, Anthea

4-6

Week 5: Thomas G, Toby, Jessica, Destiny

Week 6: Toby, Charlie, Callie G

Class Awards

Library – K/1 – 4/5/6

Classroom - K/1

Assembly – 2/3

P & C Uniforms

In case you didn't know we have a lot of second hand uniforms for sale. Most sizes available.

Red Short & Long Sleeve Tops

With Logo \$2

Without \$1

Green Jumpers

With Logo \$8-\$10

Without \$2

School Jackets

1 of each Size – 70cm, 80cm, 90cm & 100cm
All \$25

Girls Winter Uniforms

Size	Pants	Pinafore
4	1	1
5	0	1
6	2	0
8	2	1
10	2	0
12	1	0
14	1	0

Price – Pants \$10

Pinafore \$10-\$15

Majority are in good condition, except the pants, 1x size 6, both size 8 have holes in the knees (have spare material if you know a good sewing person), these ones free.

Red Jumpers

We have lots & lots of Red Jumpers which used to be the school uniform. They are free for anyone wanting a great "round the house" jumper. We have both with & without the school logo.

Obviously all the above prices are subject the condition of each item.

There are also lots of Tracksuit pants, grey pants & shorts, however I'm yet to sort through them for sizes and condition.

If you want to see what we have please contact the school otherwise contact Sally Reichel on 0428 362820 and I can help to organise them for you.

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*

Community News

Albury Apex is holding a trivia night fundraiser on July 10th.

We are raising funds for our project in Cambodia this September. We are working to improve the facilities at the Battambang Ophthalmic Care (BOC) hospital in Battambang province, and to help repair and improve the 'Dump School' in Phnom Penh and the 'Floating School' in Battambang Province.



Trivia Night!
HOSTED BY ALBURY APEX
10th JULY
7:30PM START
561 Kiewa Street
CWA Hall
\$10 per head
TEAMS of 10
BAR available
NO B.Y.O.
PRIZES on night
ApeX AUSTRALIA
ALBURY, NSW, Club 4

Teams can be formed on the night or to pre-book a table call 0409 156 716.
Cheap drinks will be available for purchase on the night.



YOUR LOCAL PCYC PRESENTS
BLUE LIGHT DISCO
FRI 19th JUNE 2015
TIME 6PM - 8.00 PM
GEROGERY HALL MAIN STREET
COST: \$5.00
JUNIOR DISCO (school age children)
*****PRIZES TO WIN*****
HOT FOOD & CANTEEN AVAILABLE
BROUGHT TO YOU BY URANA BLUE LIGHT
NO ALCOHOL | NO DRUGS | NO PASSOUTS
All Blue Light events are drug and alcohol free and supervised by Police Officers
www.pcycnsw.org.au

Pre-school aged children must be supervised throughout the entire evening, school aged children can be dropped off and can only be picked up by a parent/adult.

Gerogery PS P & C will be providing food/drinks to purchase and supper will be provided as well.



Education &
Communities

Public Schools NSW

BEHAVIOUR CODE FOR STUDENTS

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

In NSW public schools students are expected to:

- ☐ Respect other students, their teachers and school staff and community members
- ☐ Follow school and class rules and follow the directions of their teachers
- ☐ Strive for the highest standards in learning
- ☐ Respect all members of the school community and show courtesy to all students, teachers and community members
- ☐ Resolve conflict respectfully, calmly and fairly
- ☐ Comply with the school's uniform policy or dress code
- ☐ Attend school every day (unless legally excused)
- ☐ Respect all property
- ☐ Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- ☐ Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

Behaviour Code for Students: Actions

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education and Communities.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

Respect

- ☐ Treat one another with dignity
- ☐ Speak and behave courteously
- ☐ Cooperate with others
- ☐ Develop positive and respectful relationships and think about the effect on relationships before acting
- ☐ Value the interests, ability and culture of others
- ☐ Dress appropriately by complying with the school uniform or dress code
- ☐ Take care with property

Safety

- ☐ Model and follow departmental, school and/or class codes of behaviour and conduct
- ☐ Negotiate and resolve conflict with empathy
- ☐ Take personal responsibility for behaviour and actions
- ☐ Care for self and others
- ☐ Avoid dangerous behavior and encourage others to avoid dangerous behaviour

Engagement

- ☐ Attend school every day (unless legally excused)
- ☐ Arrive at school and class on time
- ☐ Be prepared for every lesson
- ☐ Actively participate in learning
- ☐ Aspire and strive to achieve the highest standards of learning

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education and Communities will back the authority and judgment of principals and school staff at the local level.

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

15 healthy ways to manage emotions

Here are 15 healthy ways to manage your emotions that you can pass on to your children.

What training did you get from your parents in managing emotions?

If you are like me, you didn't get much really constructive help in recognising or regulating feelings.

"Don't worry! It will all turn out right!" was about the extent of the emotional management in my house.

I guess that's why many people automatically default to ineffective ways to manage difficult emotions as adults.

Ineffective ways such as:

- 1 **Avoidance** "I'm okay, really!"
- 2 **Denial** "Nothing wrong with me!"
- 3 **Wishful thinking** "She'll be right!"
- 4 **Worry** "What if...."
- 5 **Self-denigration**
"What do you expect? I'm a loser!"
- 6 **Blaming others**
"She makes me feel so mad!"
- 7 **Acting out (also abusing alcohol and other drugs)** "Come here you! I'll show you"

And they pass those same ineffective methods on to their children. Anxiety (a legitimate feeling), anger (also legitimate) and apathy (not a recommended state) are now at epidemic proportions among children and young people, even though we live in affluent times.

Here are 15 healthy ways to manage your emotions that you can pass on to your children:

1 Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

2 Find a favourite relaxation exercise

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax. Choose one or two and use them.

3 Use a positive reappraisal

Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance

to strut your stuff (so they feel excited), while someone else may see it as a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4 Use positive, REALISTIC self-talk

Ever talked yourself out of doing something exciting, new or challenging before you've even started? Maybe you've said something like: "I'll never be able to do that." "This will stress me out big time." "I'm no good at..." "I know I have. I talk myself into feeling stressed out.

Next time you catch yourself talking yourself or something down replace the negative with something realistic but more positive. Something like "I've done it in the past and I survived. So I should be able to do it again."

Repeat this a few times and your emotional state will shift to a better one. You may not exactly be jumping over the moon with confidence but you will feel less stressed. That's what emotional management is about.

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.





Building parent-school partnerships

5 Exercise

Exercise releases endorphins; nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising, when we really need it. Let's face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself

A healthy distraction such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worriers! It's amazing how much better a situation will seem after a short break.

Longer term strategies

7 Have constructive habits and hobbies

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up, making life enjoyable. Single-tracked lives— all work and no play — are recipes for emotional disasters. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up.

8 Make physical activity a habit

How much do you move during the day? 10,000 steps a day is related to good physical and mental health. This was relatively easy to do before modern transport made walking largely redundant as a mode of transport. Now we have to purposefully exercise if we are going to getting anywhere near to close to the amount we need for optimum mental and physical health. Daily walks, regular swims, playing team and individual sports are all great mood shifters we need to incorporate into our lives.

9 Meditate to stop those thoughts

If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of

huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. Parentingideas recommends meditation as a life skill that will help you balance to your emotional state.

10 Let me entertain you!

Fun is an antidote to poor mental health. People who have no fun in their lives have no mechanism for pushing their moods into a positive direction. Music, television, and video games are all great forms of entertainment that help change moods. It's unhealthy though to use entertainment as a permanent escape from the situation that caused unpleasant feelings in the first place.

11 Find spirituality or something bigger than you

It's no coincidence that most sustainable cultures have an aspect of spirituality present—that is, there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we've become insular as individuals. If religion whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

12 Modify the situation

Ever lay in bed stewing over a problem or situation and worked your self into a real knot. Suddenly you feel overwhelmed. I've done this often. The best solution for me is to get to work on the problem, rather than stew over it. Plan that talk, make that difficult phone call, have that difficult conversation. Action is a great antidote to worry.

13 Change your goal

Sometimes our emotional state is giving us a message— that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts

is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then it maybe time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

14 Get support from others

Asking for help takes many forms. It may be simply having someone at work you can offload your worries to when needed through to joining a specific support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or anxiousness you maybe experiencing.

15 Seek professional counselling

We all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can help us take the steps needed to become 'unstuck'. A well-known song by US singer Kenny Rogers went, "You've got to know when to hold 'em, know when to fold 'em and know when to walk away." I'd like to add another line— "You've got to know when to get some help." Seeking help is something we are getting better at as a community, but we still have a long way to go until it accepted and normalised.

Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren't aware that they are emotional management techniques.

What would you like your kids to say?

There are plenty of healthy ways to regulate our emotional states, but often we simply default to unhealthy, unhelpful ways out of habit or because we know no other ways.

If someone asked your children in thirty years time to articulate the lessons they learned from you, hopefully they'll be able to recount some of the right ways outlined above rather than pull out strategies from the 7 wrong ways list.



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