

TABLE TOP PUBLIC SCHOOL

NEWSLETTER

Term 3 Week 1

Wednesday 15th July 2015

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CALENDAR – What's On?

Monday 20th July

Parent Teacher Interviews
Mrs Cambey 2-3

Tuesday 21st July

Parent Teacher Interviews
Mr McEachern/Mrs G 4/5/6

Wednesday 22nd July

P & C Meeting 7 pm
All Welcome

Student Banking recommences

Monday 27th July

Parent Teacher Interviews
Miss Kirk K-1

Friday 24th July

P&C Hot Dog Day

Monday 27th – Friday 31st Jul Education Week

Wednesday 29th July

Lavington Square Education
Week Performance

Thursday 30th July

Open Day and Book Fair

Monday 10th August

P & C Soup-er Day

Wednesday 12th August

26 Story Tree House Performance
3-6 students only

Monday 31st August

Riverina PSSA Athletics
(Selected students only)

Principal's Report

Welcome Back

I trust everyone enjoyed a wonderful time with their children over the recent school holidays and that the students are refreshed ready for a busy and productive term of learning at Table Top Public school.

Thanks!

I would like to thank the Edwards family, who through their business, Enviro Culture, top-dressed and fertilised the school oval over the holidays. Their work will ensure a level, well-grassed and lush playing surface for our students.

Interviews

Parent/Teacher interviews will be conducted next week for Mrs Cambey (Monday 20th July), Mrs Gaukroger (Tuesday 21st July) and Mr McEachern (Tuesday 21st July). Miss Kirk will conduct her interviews in Week 3 (Monday 27th July). The note with interview times is available for download from the Parents and Community section of our school website: www.tabletop-p.schools.nsw.edu.au, or from our School Stream mobile phone app.

Education Week

In Week Three of this term Public Schools across NSW will celebrate Education Week. On the Wednesday 29th July we will combine with students from Gerogery and Mullengandra Public Schools to sing a few songs at Lavington Square (where student artworks will also be displayed) and on Thursday 30th July we will host an Open Day, including a BBQ lunch, open classrooms and the Book Fair, details of which are included in this newsletter. We hope to see lots of our Table Top school community at both of these important events!

Preschool Open Day

Our Preschool Open Day, for families wanting to know more about our 2016 Kindergarten class will be held on Wednesday 12th of August. Please get the word out around the local community about this important opportunity to introduce new people to our wonderful school. Brochures will also be made available for display at the local preschools.

CSU Student

We extend a warm Table Top welcome to Charles Sturt University student, Miss Laura Fulford, who will complete her pre-teaching practicum with the K/1 class over the next five weeks. The 4/5/6 class will benefit from their final year CSU practicum student, Miss Jessica Gillies, in Weeks 6-10.

PSSA Friday Sport

Unless it is raining, PSSA netball and soccer will continue this Friday. No matter the weather, Gymnastics for the K/1 students will go ahead. Students not engaged in PSSA activities will play school-based sports.

School Counsellor

The school counsellor, Mrs Leah Heanes was at our school today. She will continue to deliver a counselling service to our school this term. Please contact the school if you would like to make an appointment to see her.

School Assembly

The whole school assembly will be held in the library this Friday at 12.00pm. We will be practicing our Lavington Square songs for the item.

Earn and Learn Stickers

Woolworths Supermarkets is once again running with their Earn and Learn promotion, offering learning resources to schools on the collection of special stickers. In the past, this promotion provided our students with art, reading and maths materials. If you shop at Woolies, please collect the special stickers and have your child drop them into the Earn and Learn box in our office foyer. The more we collect, the more resources we can claim. Thurgoona Woolworths has provided a box at the front of their shop as well.

School Stream – School Communication for Smart Phones

The Table Top PS School Stream mobile app is our school's preferred way to deliver important school messages and information in real time, directly to parents on their mobile devices. In one convenient location parents can look up information about upcoming 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. For this method of communication to be effective, we would like all parents to have this app installed on their smartphones.

School Facebook and Twitter Accounts

Facebook:

<https://www.facebook.com/TableTopPublicSchool>

Twitter: @TabletopPS

P&C Meeting Dates

Wednesday 22nd July. 7pm. The School Council meeting will be held at the end of the term.

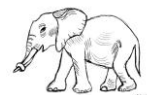
Andrew McEachern

Kinder Sounds

The Kinder sound for this week is 'a' for ant



The kinder sound for week 2 is 'e' for elephant



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*

So let's get our community collecting for our school so that we can redeem resources from a wide range of curriculum based needs.



Starting on Wednesday 15th July, when staff, family and friends shop at Woolworths, they can collect stickers to place on their sticker cards. One sticker for every \$10 they spend. Once the card is completed they can place them in a collection box, at either our school or local Woolies.

How2Learn

Learning is not always easy. You often have to work hard. There are many ways in which you can help your child to stick with it.

HOW DOES YOUR CHILD DEAL WITH DIFFICULTIES?

Do they ...

	Never	Sometimes	Always
1. Get really frustrated and blame someone else?.....			
2. Try to avoid the difficulty by doing something else?.....			
3. Stay rooted to the spot not knowing what to do?.....			
4. Want to be with you or with their friends?.....			
5. Need you to make them try harder?.....			
6. Sulk?.....			
7. Compare themselves with their friends?.....			
8. Try harder?.....			

SOME EXPLANATIONS

- Children often blame themselves or others if something seems too difficult, and this may lead to aggression or confrontation. This is called the 'fight' response.
- 'Running away' is a frequent response to things that are difficult. This is called the 'flight' response.
- The phrase 'getting stuck' says it all. Getting stuck is not a problem, but staying stuck is. Good learners are better at becoming unstuck. This response to anxiety is called the 'freeze' response.
- Being with others who are like us helps us to cope with threat. This is called the 'flock' response.
- Learning needs positive support and interest, but pushing your child too hard puts pressure on them and can be unhelpful.
- We all react differently to situations, and your child's moods will fluctuate and change. When moods get linked to an experience – for example, if doing homework always causes them to sulk – you need to help your child break the pattern.
- Friends or 'peers' can exert a powerful influence. You need to keep watching and listening as peer pressure can be good or bad in learning.
- 'Stickability' is the secret of success. So if 'try harder' means 'stick with it', that's good. But sometimes more of the same won't help – a different approach is needed.

If we could give a child one gift it would be to free them from a fear of failure.

Anxiety and stress

One of the main obstacles to learning is too much anxiety, which leads to stress. Your child will have the best chance to develop and grow if you can provide challenge together with support. But take care not to tip them into a situation where they feel vulnerable or threatened.

As far as the brain is concerned, there is no difference in the way it responds to a real threat and an imagined one. We deal with threats or difficulties in four different ways: Fight, Flight, Freeze, Flock. How did you answer the first four quiz questions about your child's way of dealing with difficulties from last weeks quiz?

The telltale signs of stress

Fight behaviour

- Resists any change
- Prefers what is safe and feels familiar
- Unlikely to take any sort of risk

Flight behaviour

- May avoid something by doing something else, even something that is disliked
- May pretend to be ill or tired
- Avoids eye contact with adults
- May do safe things again and again
- May stay on the edge of groups

Freeze behavior

- Unable to speak or do anything when put on the spot in some way
- Goes blank when asked a question to which the answer is known

Flock behavior

- Wants to be with friends
- Wants to be like friends, not stand out in the crowd
- Can lead to dumbing down: it's not cool to be keen'

Pause for thought: Helping your child with stress

What makes your child stressed? Write a list of the situations. Now draw a chart using the headings above that matches your child's

response to it. Think about what you could do to help them in each situation. Use the following tips to help you.

Tips for reducing your child's stress

- Find out where the threat, real or imagined, is coming from and help your child take steps to deal with it.
- Try to avoid showing your own anxieties. If you get agitated, your child may pick up on it. For example, if parents scream at spiders, their children often do too. But if they deal calmly with spiders, so do children.
- Encourage your child to make their own decisions, within limits that you set. This will help them to be confident in new situations. Talk through the pros and cons and the consequences of any choices.
- Try not to pressure your child to get it right every time. If you do, they may not want to take the risk of disappointing you. If you want to accelerate your child's learning, encourage trial and error, and experiment with alternatives.
- Avoid over-protecting your child! Children learn coping strategies and 'stickability' when things are going badly, not when they are going well.

School Assembly

Congratulations to the following award winners from week's 9 and 10 of Term 2's School Assemblies:

Students of the Week



(Week 9)



(Week 10)

Special Encouragement Awards:



Teacher Merit Cards (Green cards)

K/1

Week 9: Esher, Mia R, Brideh, Lizzy G

Week 10: Abi E, Harry M, Aiden H, Eliah, Harry O

2-3

Week 9: Zoe, Darcy B, Boyd, Tenika

Week 10: Ned D, Clifton, Audrey, Anthea, Gibb

4-6

Week 9: Rupert

Week 10: Ellie, Paris, Callie G

Easy Sudoku for Wednesday 15-7-2015

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

Sudoku provided by Sudoku.com.au

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Michael Grose's top 10 parenting tips for school meetings



Conferences and meetings between parents and professionals offer an opportunity to discover a child's progress; share information or resolve social and learning challenges. They can also be the source of conflict and stress as views can differ so it helps to remember that everyone's goal is to work from the best interests of a child or young person. Here are some tips to help make the meeting or conference more productive and less stressful for everyone involved:

1 Confirm the meeting

If the meeting has been called by someone at the school then confirm that you will be attending. Confirm also if someone such as another parent, family member, friend or professional will be attending the meeting. If in doubt, find out if more than one person will be attending from your child's school, including an outside professional such as a speech therapist or other specialist.

2 Work from a fresh slate

Sometimes meetings can be marred before they start as negative past experiences can carry residual resentment. Every new meeting offers

a fresh opportunity to create better outcomes for your child.

3 Prepare well

Before a meeting or conference, list any questions that you want to raise. Keep the questions short and to the point. Similarly, it may be useful to list some of your child's strengths and areas of improvement that you've seen at home. Writing information down in advance ensures that your point of view is expressed and that critical information is covered. Similarly, make sure you take notes during the meeting so that vital information isn't missed.

4 Listen first

Give the teacher a chance to make an assessment of your child's progress or behaviour. This may sound obvious but some meetings never get off the ground because an enthusiastic parent takes over.

5 Ask specific questions

Clarify the information you don't understand, asking for concrete examples. Drill down to get a clear picture of any issues involving behaviour

or learning. "So he doesn't listen in class. Specifically, when does he seem to tune out?" If your conference is student-led then take your cues from teacher and your child. Be prepared to ask specific questions that show your interest; display your understanding of what your child is showing you and also may help you form a true picture of your child as a learner.

6 Stay solution-focused

If your child's behavioural or learning challenges are discussed it's tempting to be defensive or sceptical. Ask for concrete examples to help you gain a clear understanding from the teacher's perspective. Look over the proof offered such as observational records or testing results using these as the basis for moving towards a solution. Ask the teacher and other professionals what any test results may mean in terms of progress, strengths, needs and further support.

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.





... Michael Grose's top 10 parenting tips for school meetings ...

7 Remain calm

If the meeting doesn't go well, stay calm. Meetings involving your own child can be very emotive because you and your child's teacher are often discussing issues that are outside your direct control. Calmly stating your needs and views is far more effective than general accusations or inflexibly taking a stand. Ask for a break if you need one, even suggesting you meet at another time if your emotions are taking over.

8 Consider there are many ways to be right

Keep in mind that everyone wants the same thing- your child to make progress. Teachers view your child through a different lens than you and their conclusions and solutions can seem at odds with your own views. It maybe at these times that you need to trust the professionalism of your child's teacher who has more than likely experienced these same challenges before.

9 Ask what you can do

Show your commitment to producing better results by asking for exercises that you can do at home to develop skills. It may be a good opportunity to ask for recommendations for outside resources to help you and your child. Often teachers know about camps, activities, organisations or events that can encourage educational and social growth.

10 Consider how to discuss at home

Once a meeting is over consider how you will talk about it with your child. Discuss areas that need work in positive, specific terms. "We talked about your reading and your teacher suggested that we need to..." Involve your child in discussing plans for improvement. Make sure these plans are doable rather than overwhelming him or her with an exhaustive list of suggestions. Small inroads in progress or improved behaviour have been found to have a snowball effect, impacting on broader areas of improvement.

Parent teacher meetings and conferences take many formats including the direct involvement of children. Regardless of the format you will be more effective if you go in with a positive attitude, an approachable demeanour, and a willingness to work collaboratively with you child's teacher to reach the best outcomes possible for your child.



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.



**Table Top Public
School**

**OPEN
DAY**



**Thursday
30th
JULY, 2015**

**All parents, friends
and relatives
welcome**



**OPEN
CLASSROOMS
&
BOOK FAIR
2:00—3:00**

**BBQ
LUNCH**

