

TABLE TOP PUBLIC SCHOOL

NEWSLETTER

Term 3 Week 9

Wednesday 9th September 2015

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CALENDAR – What's on?

Wednesday 9th September

Library Museum Visit
Years 4/5/6

Monday 14th September

2-3 Beechworth Excursion

Friday 18th September

P & C Pizza Day
Last Day of Term

Monday 5th October

Labour Day Holiday

Tuesday 6th October

School resumes

Monday 26th October to

Friday 6th November

School Swimming & Water Safety Program

Thursday 29th October

Second Kinder Orientation Day
9.00 – 11.30 am

This year's theme was 'School Administrative & Support Staff: Vital to Education.' Every day of the school year, SAS staff face new challenges in the running of our public schools and the provision of the quality education. They are constantly adapting to change so that our children can have the best education possible. SAS staff are a dedicated group of professional workers who are often overlooked in the school setting. Recognition Week gives the whole school the opportunity to demonstrate to SAS staff that they are valued members of the school community. If you have not done so already, please individually take the time to thank them for the high level of dedication they give to their work. Our dedicated SAS staff are: School Administration Manager (SAM) – Gayle Scott and Karin Mackay, School Administration Officer (SAO) – Alison Hamilton, General Assistant (GA) – Ian Elworthy, School Learning Support Officers (SLSOs) – Sally Livermore, Janene Jacob, Lisa Condon, Rebecca Livermore and Emma Crisp.

Principal's Report

Staff Long Service Leave

We wish Mrs Cambey and Miss Kirk a well-deserved and restful extended holiday as they enjoy their Long Service Leave entitlement over the next two weeks. Mrs Gaukroger will teach the 2/3 class and Mrs Scott will teach the K/1 class.

SASS Recognition Week

Last week students, parent and staff in NSW schools acknowledged the hard work done by School Administrative and Support Staff (SAS Staff) as part of National Recognition Week.

K/1 Canberra Excursion

The K/1 students, their parents, Miss Kirk and Ms Jacob, returned from their fabulous overnight excursion to Canberra full of exciting news about their experiences. Highlights from their excursion included a visit to the Australian War Memorial, the National Museum of Australia, the Australian National Botanic Gardens, the Embassy of the Republic of Korea, a special impromptu sing-a-long with Sara and a chance to have a sleep-over with their friends and family. Thank you to Miss Kirk for organizing this amazing

opportunity for her class and to the many parents and grandparents who joined in on the trip. Miss Kirk has made a slide show of the excursion, which she has made available for interested parents. Please contact the office if you would like a copy.

PSSA Riverina Athletics Carnival

Congratulations to Natalie (100m, 200m long jump, discus), Courtney (100m, 200m) and members of the Senior Girls Relay Team, Natalie, Courtney, Tilly and Isabella, for their efforts representing the Southern Riverina PSSA team at the Riverina Regional Athletics Carnival last week. The students all performed at their best. Special congratulations to Natalie, who qualified for the State Carnival for the third year in a row, this time in the 100m event. This is an outstanding achievement.

Whole School Drumming Program

There was a tremendous noise and sound of enjoyment and rhythmical drumming coming from the library during the morning last Thursday as the Murray Conservatorium of Music began the first week of the whole school 10-week drumming program with our students. Students in each class are learning the skills of drumming and developing an understanding of musical rhythmical concepts. Each class will perform an exciting item on our presentation night using these skills. **This is a whole school program and we would like every child to participate.** The 10-week program is at the very reasonable cost of \$33 per participant. If you do not want your child to participate or would like to request financial assistance, please contact the school.

Spelling Bee Final

All the very best of luck to Ned D, Callie G, Charlie and Ned T who will represent our school at the Premier's Spelling Bee, to be held at Corowa Public School tomorrow. We hope they have an exciting time.

4/5/6 School Fete

Students in the 4/5/6 class have been working on a series of personal projects as a means to extend their learning in a meaningful and relevant way. Congratulations to Charlie Cartwright who organised the fantastic 4/5/6 School Fete last week as a fund-raiser for the upcoming 4/5/6 Borambola Excursion. The day was a wonderful social success, with lots of happy smiles on the faces of students and teachers alike and a terrific financial success with the fete raising \$416, which will come off the total cost of the excursion.

Spirit of ANZAC Excursion

Congratulations to the students in Years 3, 4, 5 & 6 on their outstanding behaviour during their visit to the Spirit of Anzac Centenary experience in Wodonga yesterday. The Spirit of Anzac Centenary Experience is Australia's flagship community event of the Anzac centenary and is well worth a visit, either here in Wodonga or in one of the other the 23 locations around Australia over the next two years. The Experience brings to life an infant Australia still finding its feet on the eve of war. It follows in the footsteps of our soldiers, sailors, airmen and nurses throughout the campaign, including a commemoration of Australia's century of service. Driven by artefacts from the Australian War Memorial, the Experience also integrates interactive environments, special effects and more to tell Australia's story in new and engaging ways. The Spirit of Anzac Centenary Experience also presents students with an invaluable learning opportunity, with direct links to the Australian curriculum. For more information, visit: <http://www.spiritofanzac.gov.au/>

Write Around the Murray

This week, students in Year 4/5/6 will engage in a series of educational experiences with published authors as part of the annual Write Around the Murray festival. The students will work with the following authors: Holly Harper in a workshop entitled 'A and Action'; and

Robert Hoge in a workshop called 'The Art of Being Ugly'. Further information can be found at: <http://www.writearoundthemurray.org.au/>

2/3 Beechworth Excursion

Students in the 2/3 class are off to Beechworth next Monday, 14th September for an excursion to the Beechworth Bakery, where they will make some baked goods and learn about the baking process and to the Beechworth Honey shop to learn about honey and honey processing. Thank you to Mrs Gaukroger for organising this excursion. A permission note was sent home on Monday.

Borambola Excursion

The major 4/5/6 excursion to the Borambola Sports and Recreation Camp is booked from Monday 12th – Thursday 15th October. The excursion will involve rail travel to and from Wagga, and a series of fun and challenging outdoor activities. Mrs Gaukroger is organising this major excursion for our senior class.

PSSA Hotdog Thursdays

Students can order hotdogs for lunch on Thursdays (\$2.50 each). This is a fundraiser to purchase new soccer, netball & hockey uniforms and related equipment for Friday PSSA Sport. Please write your child's name and their hotdog order on an envelope, enclosing the correct money and drop it into the office.

Earn and Learn Stickers

As you know, our school has been participating in the Woolworths Earn & Learn program. The program has now finished for this year, so a big thanks to everyone who supported our school. We're now at the important stage of the program where the Sticker Sheets are collected and lodged as our Earn & Learn claim. We will then be able to get new educational equipment for our school. The more we collect, the more we can redeem. So this week, please send in your Woolworths Earn & Learn Sticker Sheets and any loose Earn & Learn stickers you may

have. Remember to check your handbag, the car glove box or they may be stuck on the fridge. Every little bit helps. Thanks again for all your support!

JFHS Orientation Day

Students enrolling at James Fallon High School in Year 7 in 2016 are invited to their transition day next Thursday 17th September. A permission note has been given to the students attending JFHS in 2016.

School Facebook and Twitter Accounts

Facebook:

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

Twitter: @TabletopPS

A Message from the P&C

P&C WHOLE SCHOOL WORKING BEE
SUNDAY OCT 18th 9am - 12pm.

Kick off the school term and join in our quarterly working bee to maintain and build our beautiful school grounds. We need as many hands to help as possible and the more help we get the better the school grounds are for your children.

We will be:

- dismantling the old fort playground
- taking down the old shade sails over the Lizard garden
- creating the long jump & shot put area
- pruning and weeding of established garden beds
- finalising design and location of future garden plans

Finish the work with a sociable shared lunch together - bring something to share.

Andrew McEachern

Relay for Life



The staff at Table Top PS have a team participating in the 'Relay for Life' on October 24th at Alexandra Park. This is a 24 hour relay and we will have team members walking for the entire time. If you would like to donate towards this great cause you can log onto www.relayforlife.org.au and search for our team 'Table Top Public School' and donate via

the website or you could send your donation to school and our team captain, Gayle Scott, will arrange for a receipt to be sent to you. We would love to see you there on the day to cheer our team on!

Kinder Sounds

The Kinder sound for this week is 'y' for Yak.



The kinder sound for next week is 'x' as in Fox



How2Learn

Holiday time
School holidays and travel are wonderful opportunities for learning new things. Here are some ideas for making holidays fun for all the family.

Tips for getting ready for journeys

- Have a family brainstorm of things you could do in a car, train or plane.
- Get children to make up travel bags with favourite games and toys.
- Take lots of story tapes. Give children personal stereos and headphones if you want some periods of peace and quiet.

Travel games

• Look out! Take turns to choose something you spot as you travel. Every time you pass one, shout 'Look out!'. Others have to guess what it is. (Might be best not to play this one in the car!)

• Play *I spy with my little eye*, which is a great game for all ages. For very young children, spy things 'the colour of ...' rather than 'beginning with the letter ...'.

• Take turns to choose a car numberplate and make one or more words from the letters. Score a point for every letter you use. Give younger children an 'e' or an 'a' that they can use whenever they want.

• Spot car makes. Score points on a scale of 1-5, giving most points for the less common makes. For example, 5 for a Porsche, 1 for a Ford.

• Tell a story. Take turns to build up a story, sentence by sentence.

• Spot the number. First to spot the number on a numberplate wins.

• Take turns to be a DJ and introduce a favourite track from a CD or tape.

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Holiday time - Fun at Home

- Make a family flag. Use an old, preferably plain pillowcase and draw lines on one side to divide it into four panels. In each panel, paint or sew pictures that show what you like doing and what is important to you as a family. You might like to make up a family motto to go along the bottom.

- Create a photo collage for the kitchen wall. Stick your favourite holiday photos onto a large piece of paper. Think about what anyone in them might have been saying and add speech bubbles with felt tipped pens. You might also like to add drawings and diary notes of your memories.

School Assembly

Congratulations to the following award winners from week's 7 and 8 of Term 3's School Assemblies:

Students of the Week



Special Encouragement Awards:



Teacher Merit Cards (Green cards)

K/1

Week 7: Nil

Week 8: Alex , Aiden H, Harry O, Mia , Billie , Jamie , Elish , Esher

2-3

Week 7: T.J. , Annabel , Darcy B, Ned

Week 8: Anthea , Matilda , Mia Mc, Sheya

4-6

Week 7: Toby , Tilly , Paris , Destiny , Dylan

Week 8: All students in 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.

P & C Fundraising Contributions

The fund raising voluntary contribution for 2015 is \$50 per family. This can be paid in full or by instalments.

*Cheques should be made payable to
TTPS P & C*

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



Cricketers wanted to play for North Albury Junior Cricket Club. All are welcome, boys and girls, for Milo – Under 8s, T20 Blast – Under 10s and Under 12, 14 and 16s. Great coaching! with a family friendly club. If you are

interested in joining us please contact Craig Jackson 0417 282 793, Rob Williams 0408 625 674 or Rod Barton 0417 287 793 for further information.

Alternatively visit our webpage

northalburycricketclub.com.au

Flyaway Gymnastics School Holiday Program

Looking for something fun to book your children into these school holidays? Flyaway Gymnastics is offering school holiday programs at both our Albury and Wodonga venues, running both weeks of the holidays. We have our regular holiday feature which is a structured two hour program for Primary school children aged 5-12 years. Children learn to balance, roll, flip and twist. We are also offering trampoline and dance gym workshops which give children aged 5-16 years something a little different. Bookings are essential. For more information on prices and times please call (02) 60411127 Albury or (02) 60241129 Wodonga or visit www.flyawaygymnastics.com.au
Special offer for school students who have participated in a Flyaway Gymnastics school gymnastics program. Book in a friend and receive your session at 1/2 price. Please quote "school Gym Offer" and your school when booking in for this discounted price. Conditions apply.

Can you swim 25 meters?

If the answer is **YES!**

You can play water polo

JOIN TODAY!



Northside Stingrays

is a family oriented club
looking for players
aged between 10-15 who
are interested in trying the
sport of water polo

Keep cool on those hot days
and keep fit at the same time
And parents it doesn't take up
your whole day!

**For more information
or to register**

Contact Tony Remington: 0417 483 283



#NorthsideStingrays

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Exploring the New Frontier in Parenting

So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids' emotions.

It's official!

Emotions are now part of the parenting and educational mainstream!

For some time they've been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie *Inside Out* gives life to emotions in a fun, accessible way. It's a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, "Educating the mind without educating the heart is no education at all."

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, "Emotions matter as they drive learning, decision-making, creativity, relationships, and health."

This is not to say that we ignore children's poor behaviour, neglect to set limits or not ask anything of them when they've experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. "What do you mean you're sad? We're off to watch a movie. It's a happy time!" Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it's hard to figure out just what they are doing.

It's a wonder parents haven't smartened up to emotions earlier because 'good parenting' is hard emotional labour. When your three-year old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child!) you're doing hard emotional labour.

When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out "I hate you!" because you've denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That's one of the reasons its so draining.


Accepting kids' emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We've built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial 'To smack or not to smack' question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.

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Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



... Exploring the New Frontier in Parenting ...



The limits of many parents' emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children's emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area.

Ask yourself, "Who taught you how to recognise, manage and regulate your emotions?" If you answered your parents then lucky you. They've given you the tools you need to have successful relationships, to maximise your earning potential (I kid you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn't identify anyone, so your emotional intelligence (if you've read this far you have the emotional smarts needed for focus, self control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

Here are five ideas to help you explore the alien landscape of kids' emotions, the new frontier of parenting:

1 Listen first

When your child fusses and fumes about some wrong-doing or hurt they've experienced clear your mind and listen.

Avoid trying to fix the situation just show understanding and compassion. There is no better feeling than being understood.

2 Contain rather than manage (let your kids do the managing)

Children's behaviour can become tangled up in upsets and disappointments. It's hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don't have to do that for them.

3 Know that emotions can be pleasant and unpleasant

We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4 Build a vocabulary around emotions

Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5 Help your kids recognise, then regulate emotions

Ever told a child to calm down only to

see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that's not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don't always get it right. Learning to recognise your feelings is a continuous process that's best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family's culture, or way of doing things. When it becomes part of your family's DNA then emotional intelligence will be passed down from generation to generation. You'll know it's had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You'll be so glad you did! When you subscribe you'll also get my fantastic Kid's Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.

Michael Grose



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Table Top Happenings!

Come along! Be active! Keep informed!

Be an involved community member!

TABLE TOP FOOD & BOOK SWAP

This Thursday September 10th

6pm -7pm TABLE TOP COMMUNITY HALL

Come and grab the last of winters vegetables and fruit. Discuss how you are going to stop Fruit Fly this summer.

Our gardening guru Lou Bull will be there to answer any questions.

You can still come along and buy, it is not necessary to bring produce along. There was a request made at the Community Forum for information on fruit fly netting and the link for information sheets.

The following netting sizes and costs are a guide from Lou Newman who is the local rep for Netpro

2.8X5 mt \$11

10X6 mt \$35

20X6 mt \$60

Lou Newman ph: 0408709960

Fruit Fly Info Sheet [link here](#)

[Click here for more details.](#)

You can now find us on Facebook! To go to our new community page, use this address. <https://www.facebook.com/tabletopcommunity?pnref=story>

In conjunction with the Food Swap we are continuing the Book Swap.

Any queries please contact: Lou Bull 60262772 or Marion Taylor 60262222.

TABLE TOP TENNIS CLUB ARE LOOKING FOR NEW PLAYERS FOR THE SUMMER COMPETITION

Phone: Lea O'Neill 0437 796728

COMMUNITY XMAS PARTY DECEMBER 2ND *SAVE THE DATE*

Come along and enjoy a free sausage sizzle and a chat with your neighbours. Santa will be there with lollies for the kids.

More details in the next Newsletter.

A REMINDER:

The Table Top Community Hall is available for hire @\$75 for locals. The tables, trestles and chairs are also available to hire. Ph: 0413048147



The Commercial Club Convoy for Kids

4th October 2015 - 11am to 5pm
Albury Showgrounds
Admission \$5.00 (Under 16years FREE)

**Commercial Club
Albury**

- Entertainment for the whole family!
- Live music by Korey Livy, Kayla Lovell & Midnight Alibi
- Attractions by Truck Pulling Derek Boyer, Border Axemen's Associations & Helifly
- Truck & car shows, games, market stands & more!



 Convoy for kids | Phone: (02) 6025 6880



BARNAWARTHA



NSW



bike week

Proudly supported by Transport for NSW

Cycling events around Albury

Jump on your bike and join us for some fun-filled rides around Albury.

These rides will explore the beautiful local scenery and are suitable for the whole family.

Noreuil park (near Riverdeck Cafe)

Sunday 13 September, 10.00am

Join us for a bike ride along our beautiful Wagirra Trail. This trail extends from the union Bridge in South Albury, all the way out to Wonga Wetlands in West Albury.

The ride will be approximately 14km return. The trail is 2.5 metres wide and is sealed making it accessible to users of all skill levels.

You will need to bring your own bike, Australian approved helmet and a drink bottle. Please wear light or bright coloured clothing if possible.

Please register online - alburycity.nsw.gov.au/bikeweek2015

Murray Gardens Community Ride

Wednesday 16 September 2015, 10.45am

This is a leisurely 90 minute cycle down to the Albury Railway Station. The ride will start and finish at the Murray Gardens Retirement Village, and will use shared paths and some roads.

On return to Murray Gardens, there will be soup, sandwiches, coffee and slice for \$6.00.

You will need to bring your own bike, Australian approved helmet and a drink bottle. Please wear light or bright coloured clothing if possible. And motorised scooters are more than welcome!

Please RSVP with Murray Gardens on 02 6023 3822 for this ride.

Murray Gardens
RETIREMENT VILLAGE
Exactly right for you

For details on this event, and other NSW Bike Week events in the Albury area, call the AlburyCity Road Safety Officer on 02 6023 8111 or visit alburycity.nsw.gov.au/bikeweek2015