

TABLE TOP PUBLIC SCHOOL

NEWSLETTER

Term 4 Week 3

Wednesday 26th October 2016

CALENDAR – What's on?

Wednesday 26th October

School Banking commences

Wednesday 26th – Thursday 27th

2-3 Hanericka Farm Excursion

Monday 14th – Friday 18th November

School Swimming Scheme

Wednesday 23rd – Friday 25th November

Canberra Excursion 4/5/6 class

Wednesday 30th November

Kinder Orientation

Teddy Bear Picnic

12:15 – 2:00

Monday 12th December

School Disco

Whole School

Tuesday 13th December

Year 6 Farewell

Years 5 & 6

And parents of Year 6

Wednesday 14th December

Pool Party – Jindera

Whole School

Thursday 15th December

Presentation Evening

Friday 16th December

Last day of term for students

P&C Bonfire

Come along to the Table Top P&C Bonfire this Friday evening, which will be held in the school car park. Dinner is sorted with sausage sandwiches available for \$2.50 each. The fire will be lit as the sky darkens. Tickets for two TTPS meat tray raffles will be on sale throughout the night, for \$1 per ticket. Please BYO chairs, marshmallows and drinks (no alcohol please). Looking forward to seeing TTPS family and friends at this fun P&C event.

2/3 Hanericka Farm Excursion

There were many excited students from the 2/3 class at school bright and early this morning as they boarded their bus to Hanericka Farm for their first overnight excursion. We are all looking forward to hearing about their farm-stay experience when they return tomorrow afternoon.

Big Budgie Hill Walk

On Monday the 4/5/6 class spent the afternoon walking up Big Budgie Hill as part of their gardening class. The students ate their lunch at the picnic tables at the base of the hill, on Mitchell Road, before climbing up to the summit. Thank you to Lou Bull, Mark Denton, Lisa Condon and Mrs Scott who helped transport the class to and from Big Budgie. A special thank you to Lou for suggesting this excursion and for pointing out the many interesting plants and birds along the way.



- changes in relationships
- puberty
- transitioning to high school
- mental health self care
- and the different responsibilities that can come with these issues

A note is attached to this newsletter for the Year 5 and 6 children with further details.

Hat Lotto

Wear a Hat! Table Top Public School is a Sun Safe School, where we actively encourage sun safe practices amongst students, staff and visitors. Students are required to wear their broad brimmed school hat while in the playground before school, at recess, lunch and after school. Children without their appropriate school hat will be asked to play in the shade of the COLA or alternatively, sit on the seats. It is a good idea to pack sunscreen in your child's bag so they can reapply during the day.

To encourage students to wear their hat, each day we will be drawing two names for the Hat Lotto. If the students drawn have their hats at school, they will win a free icy pole, which will be given out each Friday lunchtime.

Staff News

Miss Kirk is taking her well-deserved long service leave this term from Tuesday 25th October until Thursday 10th November. Mrs Christensen will fill in for Miss Kirk in Week 3 and 4 and Mrs Scott will cover her classes in Week 5.

Mr McEachern will be taking some Long Service Leave for two weeks from Monday 7th November until Friday 18th November. Mrs Christensen will be covering his class in his absence.

Other Upcoming Excursions

K-6 Swimming Scheme (14th – 18th November)

4/5/6 Canberra (23rd, 24th and 26th November)

Personal Development Session

Next Friday, 4th November, Mrs Gaukroger will be leading a session with the Year 5 and 6 students, to discuss the pre-teen years and the issues surrounding them. We will be looking at:

Meat Raffles

Friday night is Locals Night at the Ettamogah Pub. Each Friday there will be Meat Tray Raffles, with the proceeds going towards our P&C's school play equipment redevelopment project. Thanks to the Ettamogah Pub and the Cartwright family for organising the raffles to support our school.

Friday Assembly

Whole school assemblies will resume for this term each Friday from 2.20pm.

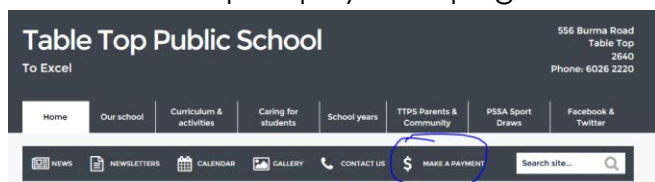
School Swimming Scheme

Our annual intensive swimming program for all students will begin on Monday 14th November and conclude on Friday 18th November ((wk. 6). The program, will be conducted by the trained and experienced instructors at the Gould Swimming Academy

in North Albury. Thanks to our P&C, the total cost for the 5 day program is only \$20 per student (or \$50 for a family of 3 or more children). A permission/information note is attached to this newsletter and is also available on our School Stream phone app.

Parent Online Payments (POP)

Parents can now access the school's website via computer, mobile phone or tablet to make online payments through a secure Westpac payment page.



The payment process is intuitive and follows the format of many other online payments that are used every day.

Direct Deposits to school Account



Parents are asked to no longer direct deposit into the school bank account. Please use the Parent Online Payment facility through the schools website, cash or cheque made out to TTPS.

www.tabletop-p.school.nsw.edu.au

How2Learn

Learning the Benefits of being Positive

The first P: Positivity

What you say to your child has a huge impact on them. To be a good learner, your child needs to have positive views about learning and about their chances of success in learning. These views come from you! As chapter 1 showed, your child's attitudes and assumptions mirror your own.



Did you know that children's abilities in Math's and English are more closely linked to their parents' views of their ability than to their results in these subjects, even when the results dramatically contradict the views of the parents?

Three ways to help you child be positive

1. Listen to what you say

Take time at the end of the day to reflect on how you talked to your child. Think about whether you have given out positive or negative messages. Negative messages might include putting your child down, unfavourable comparisons, expressing annoyance at their behavior, or threats. Positive messages and describing what you want – rather than what you don't want – are most likely to help you get what you want.

2. Catch your child being successful

When your child does something well, or improves on a previous effort, notice it and praise it. If it's something they can repeat, ask them to show you again. Catch and celebrate success in all sorts, not just academic success.

3. See life through the positive window

Help your child take a positive approach every time! When they say, 'I'm no good at ...' remind them how much better they have become and how much better they can be. Help them to replace 'I got a low score' with 'I'll get a better score next time', or 'I can't do this' with 'what will it be like when I can'.

The second P: Persistence

Persistence is the ability to stick at something. When faced with difficulty or uncertainty, many of us retreat back into our 'comfort zone' – familiar territory where we feel safe. If we grow up feeling we need the safe alternative, we stop taking risks. And learning is a risk. Real learning takes place when we are at the edge of our comfort zone.

If your child knows from experience that they can cope with difficulties, they'll look for challenges and overcome new problems. But if you make things too easy for them, they won't learn to persist. Children with low persistence give up too easily and do less well in life.

Three ways to help your child develop persistence.

1. Focus on what you want your child to achieve

For your child to succeed at something, they need to have the end in mind. For example, knowing what a house might look like will help them build one from plastic bricks. It's also important to talk to them about what it will feel like when they can do something. If they have thought about what it will feel like to do a forward roll, they've more likely to keep going until they have done one.

2. Practise practising

Practise involves checking, adjusting, experimenting and moving on. We learn when we see something isn't right, then make an adjustment and do it better, rather than when we simply

repeat the same thing. Practising can be frustrating. But it's vital that your child experiences frustration so they learn to work through it. When you practise reading together, for example, encourage them to experiment with new words. Gradually, they'll do this for themselves and not get frustrated when they can't immediately read a word.

We deal with frustration in different ways. How does your child try to cope? Do they persist or give up? If they persist, do they...*Talk themselves through it? ...Slow down and try step-by-step?...Stand back*

and think of another way? ...Go off and do something else then come back to it?

If they come to you for help, or need you to encourage or cajole them, they're not developing their own coping strategies. Stand back! It's better for them to practise and develop ways of coping now

3. Explore alternative solutions

Giving up is easy. We are encouraged to give up by the belief that there is only one answer or one correct way to do something. Too many school tests reinforce the idea that there is only one answer.

Encourage your child to think about alternatives. Try it in your daily life! With a preschool child, take different routes to the shops, experiment with different furniture layouts in their bedroom or try different breakfast cereals.

School Assemblies:

Due to events being held over the last two Fridays there have been no assemblies.

Voluntary/Mathletics Contributions

Contributions for 2016 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 Parent Online Payment via the school website.

P & C Fundraising Contributions

The fund raising voluntary contribution for 2016 is \$50 per family. This can be paid in full or by instalments.

Cheques should be made payable to TTPS P & C

Relay for Life




Thank you to the all that attended the 2016 Relay for Life as part of the Table Top Team. We had a fantastic time and most importantly raised \$2403.92 for Cancer research.

We would like to thank Toby who read the Pledge at the Closing Ceremony on Sunday morning, well done Toby!

And also Mrs Hamilton who did an amazing 126 laps which equates to 52.16 kms. Super effort Alison!




Community News




JUNIOR HOTSHOTS PROGRAM

Venue: St Patricks Tennis Club, Andrews Street East Albury
When: Monday- Thursday from 4pm
Duration: 10 weeks
Ages: 4-12 years
Cost: \$11.50 per lesson

Hotshot's provides children with a great introduction into tennis, allowing them to develop their skills whilst having fun. For further information and to book a lesson please contact Emma Aldrich
Phone: 0459 311 777



"The best is yet to come"

www.mctennis.com.au  Facebook



Find the differences!





Building parent-school partnerships

WORDS Michael Grose

Parenting the family underdog

Raising talented kids is relatively easy, but parenting children and young people who struggle can be a significant parenting challenge.

One of the unwritten laws of family life is that talent and ability are unevenly distributed between siblings.

In most families there is one child who seems to have more than his or her fair share of ability. Everything this kid turns their hands to – whether schoolwork, sport or socialising – is done successfully and effortlessly.

If you have such a child then there is a fair bet that another of your children struggles in the same areas. For these children, achieving success takes more effort and concentration than it does for their sibling.

Just as it is easy for parents to marvel at the talented child, it's frustrating and, at times, heart-breaking to watch another child struggle to attain even mediocre levels of success at school, sport or leisure activities.

It's harder still when you know that no matter how hard this child tries they just can't be as successful as their sibling, who continues to get all the glory and accolades from relatives and friends.

As a parent it's important to be realistic about what each child can achieve. Keep your expectations in line with their ability and maturity, and avoid making comparisons between siblings.

Here are some ideas to keep in mind if you are parenting a child for whom success at school, sport and other common childhood activities just doesn't come naturally.

1 Be your child's cheerleader

Kids who have to work really hard to achieve need someone in their lives who is able to boost their self-confidence, particularly when they are struggling. Make a fuss over small successes so they can puff up their chests every now and then.

2 Focus your comments on contribution, improvement and effort

It's difficult praising kids when the results aren't there but you can always focus your comments on their contribution to the team. Focus on things improvements shown in reading or the effort they are making at art.

3 Remember that persistence pays

Children who persist learn an important life lesson – that is, success in most endeavours takes effort. Those kids who sail through their childhoods without raising a sweat can struggle when eventually they do have to work long and hard to succeed.

4 Help kids identify their strengths

Kids are like niche marketers – they define themselves by their strengths.

"I am a good reader" or "I'm sporty" or "I'm really good at art" are some of the labels kids will use. As they move into adolescence the number of options for success opens up, so help them find one or two areas that they enjoy and can easily achieve success in.

5 Don't put kids on pedestals

It is difficult living in the shadow of a superstar so avoid making a huge fuss over the achievements of a particular child – it makes life difficult for those who follow. Recognise results but balance that by focusing equally on the efforts of the others as well.

Raising kids who find life a breeze is easy. However, parenting the underdog who takes longer to mature or who must put in 110% effort to achieve is challenging for any parent. It requires parents to focus on kids' strengths, be liberal with encouragement and have realistic but positive expectations for success.

Michael Grose



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.



**TTPS
P&C**



BONFIRE

Friday, 28th October, from 6.30pm
@ Table Top Public School Carpark

BYO Chair

BYO Drinks (no alcohol)

Sausage Sizzle (\$2.50 each)

**TTPS family and friends
all welcome!**



SCHOOL SWIMMING SCHEME

MESSAGE TO PARENTS/CAREGIVERS

The students of Table Top Public School will again be involved in this valuable program in 2016. The dates for this program are Monday 14th November to Friday 18th November, 2016

The Department of Education and Training School Swimming Scheme is an intensive learn to swim program, which develops water confidence and provides students with basic skills in water safety and survival.

All students K-6 are to participate in the scheme.
Session times: 12 – 12.45 pm - Years 3/4/5/6
1.45 – 2.30 pm - K/1/2

Instruction will take place at Gould Swim Centre under the instruction of qualified teachers. The Scheme will continue **daily for 5 days** from Monday 14th November until Friday 18th November. **The total cost for the 5 day scheme is \$20 per child or \$50 per family with 3 or more children. This program is partly funded by the NSW Government and the P & C.**

The children will travel to and from Albury each day by bus.

Each child should bring a swimming costume and a towel and goggles if they have them.

Please complete and sign the form below and return it to school.

***RETURN THIS SECTION AND MONEY TO THE SCHOOL BY
THURSDAY 10th NOVEMBER 2016***

SCHOOL SWIMMING SCHEME CONSENT FORM

I hereby consent to the attendance of my child/children _____ at the School Swimming Scheme classes to be held Gould Swim Centre from Monday November 14th to Friday November 18th inclusive. Travel will by bus. **Total cost for the 5 day program is \$20.00 per child or \$50 per family with 3 or more children.**

Please find enclosed \$ _____.

In the event of injury or illness, I also authorise the seeking of such medical assistance on my behalf that my child may require. Special needs of my child of which you should be aware are: (eg. Allergies, sensory impairment etc):

Signed _____ Date _____

Parent/caregiver

Privacy Notice

The personal information provided on this permission note, will be used by the Department of Education and Training for general administration and communication and other matters of welfare relating to your child at this event. While the provision of this information is voluntary, it is strongly recommended that all details are completed. Failure to do so, may impede the resolution of welfare issues should you not be able to be contacted. This information will be stored securely.

Please be aware that the media exposure at this event may result in your child's name, school details and/or photograph appearing in a Newspaper, on Television or on the School Sport Unit: Website