

# TABLE TOP PUBLIC SCHOOL

## NEWSLETTER

Term 1 Week 10

Wednesday 30<sup>th</sup> March 2016

556 Burma Road, Table Top NSW 2640 T 0260 262220 F 0260 262402 E [tabletop-p.school@det.nsw.edu.au](mailto:tabletop-p.school@det.nsw.edu.au) W [www.tabletop-p.school.nsw.edu.au](http://www.tabletop-p.school.nsw.edu.au)

### CALENDAR – What's on?

#### **Friday 8<sup>th</sup> April**

Last Day of Term  
Mufti Day

#### **Monday 25<sup>th</sup> April**

ANZAC Day Holiday  
ANZAC Parade

#### **Tuesday 26<sup>th</sup> April**

Staff Development Day  
No students

#### **Wednesday 27<sup>th</sup> April**

Student resume for Term 2

#### **Friday 29<sup>th</sup> April**

Small Schools Cross Country  
Trials - Burrumbuttock

#### **Friday 6<sup>th</sup> May**

Southern Riverina PSSA  
Cross Country Trials  
(Selected Students only)

#### **Tues 10<sup>th</sup> – Thurs 12<sup>th</sup> May**

NAPLAN years 3 & 5

#### **Tuesday 17<sup>th</sup> May**

School Photos

#### **Wednesday 18<sup>th</sup> May**

Responsible Pet Ownership  
K-3  
Junior Robotics Begins

#### **Thursday 9<sup>th</sup> June**

SRPSSA Athletics Carnival  
(Selected students only)

### Principal's Report

#### End of Term

The school holidays will soon be upon us and this is the last newsletter for this term. The last day of term is Friday, 8<sup>th</sup> April. Students return after their holiday on Wednesday, 27<sup>th</sup> April. We do request that all students march with the school on ANZAC Day, 25<sup>th</sup> April (details below).

#### Peer Support Training

Our Year 6 and 5 students will participate in a day of Peer Support training this Friday with Mr McEachern and Miss Kirk. The Peer Support Program provides students with a supportive learning environment in which to develop the skills, understandings, attitudes and strategies to improve mental wellbeing. The program focuses on developing key skills in resilience, assertiveness, decision-making, problem solving and leadership. The newly trained Peer Support leaders will then conduct Peer Support lessons with multi age groups of 8-10 younger students each week next term.

#### Friday Assembly

Due to the Peer Support training, there will be no whole school assembly this week. The last assembly for the term will be held next Friday, 8<sup>th</sup> April, from 2.20pm.

#### School Chaplain Program

Our new School Chaplain, Mrs Susan Barnes, was welcomed to Table Top PS yesterday. Susan will be working three days per week (Mon-Wed) at our school this year, beginning this week, to support the well-being of

students, families and staff of our school. We welcome Susan to our school community. The Chaplain Program is a well-being and pastoral program and not a religious program. Further information on the Chaplain Program can be found at

<http://www.schools.nsw.edu.au/studentsupport/studentwellbeing/chaplaincy-programme/index.php>

### **Mosaic Workshop**

The P&C Mosaic Workshop will be held at school this Saturday, 2nd April. All places in the workshop have been filled. Thank you to the many parents who have indicated they will bring in food to cater for morning tea and lunch. Food can be dropped off at school on Friday or Saturday morning.

### **Mufti Day and Sushi Lunch**

The SRC have decided to raise funds for the Special Kids Christmas Party charity when they host the end of term Mufti Day on Friday 8th April. Students are invited to come to school out of uniform for a gold coin donation. The P&C are also organising a special sushi lunch for the last day of school. An order form will be sent home in the next few days.

### **ANZAC March**

Students and staff of Table Top Public School will march in the Albury ANZAC Day parade on Monday 25th April, marking the 101st anniversary of the Gallipoli landings. Students are required to be in clean full winter school uniform. Parents can drop off their children on the northern side of Macauley Street at 8.30am, so we can be prepared to march off at 9am. Parents can then collect their children in Townsend Street at the completion of the parade. The Table Top Public School community is proud to be represented at this very important annual commemoration.

### **Small Schools Cross Country**

Table Top Small Schools (Table Top, Gerogery PS, Mullengandra) will join with the

Walbundrie Network of Small Schools (Burrumbuttock, Brocklesby, Walla Walla, Walbundrie & Rand) for the small schools cross country carnival at the Burrumbuttock Recreational Reserve on Friday 29th April, the first Friday of Term 2. We have booked a bus to transport our students - a permission note is attached to this newsletter. The day will start with a course walk for K-6. Competitors will run: **1km** - 5/6/7 year olds; **2km** - 8/9/10 year olds; **3km** - 11/12 year olds. The younger students (5, 6 and 7 year age group) will run first. After their race they will go to Burrumbuttock PS for activities. The older students will stay at the course (Burrum Rec Ground) for the rest of the races to participate and cheer. At this carnival, students in the 8/9, 10, 11 and 12 year age groups will seek qualification into the Table Top Small Schools team for the SRPSSA cross country carnival due to be held on May 6th.

### **Easter Raffle and Book Sale**

Thanks to the many families who supported our recent Easter Raffle and Book Sale. The lucky winners of the two Easter baskets were Mrs Livermore and Ethan Scarlett. The Easter Raffle raised \$287, while the Book Sale raised \$150.

### **Friday Icy poles**

Icy poles will be sold by the SRC and student leaders each Friday lunchtime for 50c each. If you would your child to purchase either one of the icy poles, please ensure they have the correct change each Friday.

### **School Communication**

**School Stream:** Table Top PS is uses the School Stream mobile app to help deliver important school information in real time, directly to parents on their mobile devices, IOS & Android. In the app you can look up information about coming school events, sign consent forms, fill out absence notes, read the newsletter and have school information alerts pop up on your screen in real time. 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.

**Facebook:**

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

**Twitter:** @TabletopPS

Andrew McEachern

**Kinder Sound**

The Kinder sound for this week is 'b' for bike



The Kinder class will be doing revision of sounds in week 11

**K/1 News**

In Literacy we are learning about *Information Reports*. So far we've done information reports about frogs, ladybeetles, mealworms and tadpoles. In Weeks 10 and 11 (Tuesday 29<sup>th</sup> March – Thursday 7<sup>th</sup> April) I would like the children to take turns to give a spoken information report about a creature's life cycle. This could be about frogs, butterflies, ladybeetles or another creature your child would like to talk about.

The children can come prepared to give their spoken information report on any day or they can use their News time.

Their information report needs:

- An introduction (tell us what creature they are going to talk about)
- **Three** pieces of information about the creature's life cycle
- 

It can be as simple or as involved as your child is comfortable with. If your child wants to tell us more than three pieces of information that's fine. They may like to use props like pictures etc.

I will send home a planning page that they might like to use. The planning page can have

photos, writing or drawings on it for your child to use as clues.

Please ring me if you have any questions.

Thank you, Elaine

**How2Learn**

**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.

### **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*

### **P & C News**

#### **P & C Catering**

The P & C are catering for the Mosaic Workshop being run by Sharon McEachern on Saturday 2<sup>nd</sup> April. We would like to request families donate a plate of food for either morning tea or lunch.

We need some Gluten Free food to cater for 3 of the 16 participants. If you can provide something please contact Rachel Gaukroger on 0409 005 402. Your help is greatly appreciated.

#### **P & C FUNDRAISING CONTRIBUTION**

The fund raising voluntary contribution for 2016 is \$50 per family. This can be paid in full or by instalments over the next three terms as follows:

- Term 1           \$20
- Term 2           \$20
- Term 3           \$10.

*Cheques should be made payable to TTPS P & C or Direct Debit:*

Account Name: Table Top Public School  
P & C

BSB: 640-000

Account Number: 603984S15

Reference: Family Name

### **Community News**

Members of the Table Top Tennis Club, Section 6b, were all smiles after coming in as runners up in last Saturdays Grand Final of the Hume Country Tennis Association comp held at Jindera. Many in the team are current or ex Table Top PS students who have spent an hour or so of their Thursday afternoons down at the Table Top courts learning to play.

Lessons finish soon and start again in term 4. For more info phone John O'Neil - 0439890907.



### **Table Top's New Family Medical Clinic**

#### **Opening Saturday April 2<sup>nd</sup>**

Dr Emmanuel Ajagbe GP and his wife Lola will be open 6 days a week, 9 am to 6 pm for a range of medical services and in house pathology in the Ettamogah Village Medical Centre.

For appointments call 0260 262 611 or email [evmc@internode.com.au](mailto:evmc@internode.com.au)





## Building parent-school partnerships

WORDS Michael Grose

# Easing children's anxiety

Anxiety is normal and part of everyday life. There's no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. "Come on, get on with it," seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can't stop their 'bad thoughts and feelings'. They can't silence the voice of fear that whispers to them continually.

### Staying calm

Anxiety is a normal part of life and can be managed, but it takes time. It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

**CALM** is created through your words, voice and facial expression. When children become anxious, help them recognise what's happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

**ACCEPT** your child's anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It's hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn't want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

**CHALLENGE** the validity of your child's fears and anxiety, using logic and rational thinking. Don't allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

### Making a plan

**ENCOURAGE** your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended

parties with her daughter so she wouldn't miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she'd cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn't leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

**Anxiety is normal** and part of everyday life. However, it can be debilitating unless it's managed. Anxiety management takes time for kids to learn, but it's one of those valuable life skills that parents can teach their kids.



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](http://parentingideas.com.au). You'll be so glad you did.

