

TABLE TOP PUBLIC SCHOOL

NEWSLETTER

Term 2 Week 3

Wednesday 11th May 2016

CALENDAR – What's on?

Tues 10th – Thurs 12th May
NAPLAN years 3 & 5

Tuesday 17th May
School Photos

Wednesday 18th May
Responsible Pet Ownership
K-3
STEM Robotics Begins

Thursday 9th June
SRPSSA Athletics Carnival
(Selected students only)

Monday 13th June
Queen's Birthday Holiday

Thursday 16th June
SRPSSA Cross Country
(Selected Students only)

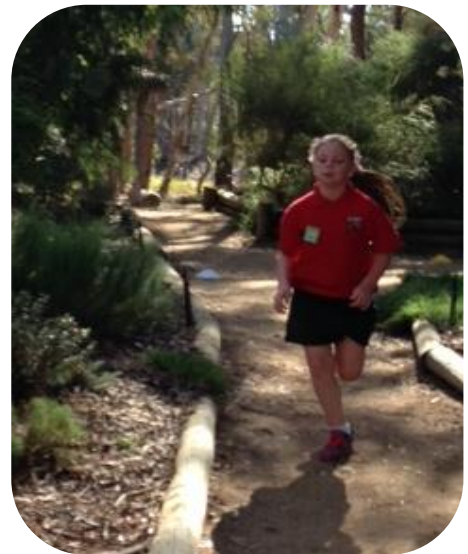
Jumping For Health

Table Top students will get jumping tomorrow, 12th May, when they participate in the Small Schools Jump Rope for Heart day. There is no cost for this healthy and fun activity.

SRPSSA Cross Country

Well done to the students who represented the Table Top Small Schools (Table Top, Gerogery PS, Mullengandra) at the Southern Riverina PSSA Cross Country carnival at Burrumbuttock last Friday. It was a fantastic day of healthy competition.

A big thank you to all the supportive parents who were able to come out on the day to assist and cheer on our team.



Positive, Resilient Kids

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. Our program, which runs for eight weeks, begins this Friday.

STEM - Lego Robotics

The five-week STEM Lego Robotics program kicks off next week. Each student will participate in an hour-long session over five weeks with Joanne from *Bricks4Kidz*.

K/1 and 2/3 – Motorised Technic Program
4/5 Junior Robotics Program
Year 6 EV3 Mindstorm Robotics Program

Please ensure your child has returned their permission note and money by Friday. **K-5 five week program \$20. Year 6 five week program \$30**

Mosaic Workshop

There is one space left in this Saturday's Mosaic Workshop. Grab that spot now! Parents who have indicated that they will help cater for the day can bring in their food on Friday or early Saturday morning.

Murray Conservatorium Group Lessons

Families wanting their children to access quality guitar or keyboard tuition at school by teachers from the Murray Conservatorium, should register their interest with the office this week. **Cost:** \$90 per student per term for 30-minute group lessons. The Conservatorium requires at least four students per group for this activity to go ahead.

NAPLAN

We are in the middle of the National Assessment Program – Literacy and Numeracy (NAPLAN) week. By the end of the week our Year 3 & 5 students will have completed the following assessments: Language Conventions (Spelling, Punctuation and Grammar), Writing, Reading and Numeracy (Number, Algebra, function and pattern; Chance and data; Measurement and space). Parents and the school will receive their results in Term 3.

Updating student/family details

Families are asked to advise the school of any changes to student or family details, eg: Emergency contacts, home or mobile numbers, changes of address, medicare expiry dates, doctors etc.

If there have been any changes made to any of the above please contact the office to advise or to check that details are correct.

Friday Assembly

The first whole school assembly for Term 2 will be held this Friday, 13th May.

Kinder Sounds

The Kinder sound for week 3 is 'z' for Zebra



The Kinder sound for week 4 is 'j' for Juice



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 organize 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.

School Photos

Tuesday 17th May

Gary Boss from Boss Photography will be photographing the students in 2016.

Please return your pre-paid envelopes for each child in your family. These should be returned on or before the day of the photos.

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 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 14th May. 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 some of the participants. If you can provide something please contact Rachel Gaukroger on 0409 005 402. Your help is greatly appreciated.

Working Bee

There is a P&C working bee this Sunday, 15th May. Please come along and lend a hand for a couple of hours from 9.00am.

P & C FUNDRAISING LEVY

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: 603984515

Reference: Family Name

Community News



Fun - Fitness - Friends - Family
Try a new sport

WOMBATS
 hockey club

U9's Hockey Squad
Start your hockey career here.....

Games: Saturday 9:45 - 10:45
 Contact: committee@wombatshockey.com
 or Andrew 0428 618 115

www.wombatshockey.com

Redgum Book Club catalogue now open

Catalogues were sent home last week. Remember, every order earns rewards for our school! All orders include a **free gift** for your child and will be **delivered to the school by 8th June**.

Please send order forms to school by **Monday 16th May** or [order online](#) by **Monday 23rd May**. The [website](#) contains thousands of books from previous catalogues, so please use their search field to browse by author or series. www.redgumbookclub.com.au.

Redgum Book Club now accepts **Paypal!**

If you have any queries or questions about Redgum Book Club orders, please contact Caroline Thomas at primary@redgumbookclub.com.au or call 1800 753 875.

Redgum Book Club supports Australian authors, illustrators and publishers to provide books **specifically relevant to our Southern Hemisphere** and keep our Australian children's book industry strong.

Many thanks

Easy Sudoku for Wednesday 11-5-2016

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

Sudoku provided by Sudoku.com.au



Building parent-school partnerships

WORDS Michael Grose

The trick to being at your parenting best

Parenting is place of great joy, but it's also a place of great struggle.

We struggle with our role as it's constantly evolving and changing.

We struggle with external factors such as the changing face of technology and it's impact on kids' daily lives.

We struggle with factors we can't control such as the messages kids get from the media and their peers that we rather they didn't receive.

But the biggest struggle for most of us happens within the grey matter between our ears. It's the battle that goes on between our lizard brain (*where the fight or flight response occurs*) and our pre-frontal cortex (*where reasoning and calculation*) occurs.

The pre-frontal cortex (*put your hand on your forehead and you're there*) is a cool, calm and rational place. This article is being written from that space. The lizard brain sits way back in the middle of our brain and is programmed to take over from our pre-frontal cortex when we're under threat or stress. If I took a phone call about an imminent bomb threat while writing this article my lizard brain would take over and I'd be out of my office in a heartbeat. Writing would become impossible, not to

say stupid! Thank goodness for our lizard brain. When I'm safe and feeling calm my pre-frontal cortex can do it's rational thing once more. This system has served us well, keeping us safe for an eternity.

Unfortunately our lizard brain, the simple creature that it is, can't differentiate between a significantly stressful situation such as a bomb threat and an everyday stressor such as a noisy sibling fight that occurs right under our nose. Our limbic system responds in exactly the same way – the lizard brain takes over from our pre-frontal cortex so you'll either fight (argue, yell, lash out) or flee (get away fast) regardless of the stress. Both situations would elicit the same type of physical response such as an increase in heartbeat, sweaty palms and shortness of breath. Only the severity and intensity of the response is different.

Just when we need to be at our parenting best

So the great struggle for many parents, and also the great irony, is that when we need to be at our parenting best (when we're responding to poor behaviour or a child's genuine cries for help) our lizard brain often takes over and we're at our parenting worst.

That's why most of us know how we want to respond and communicate with our kids when we're calm but when we are under intense pressure not only can't we find the words we need but we lose our cool as well!

The good news is your lizard brain can be tricked into working for you, not against you. It takes patience and practice. Here's how:

1 Recognise the situations and the symptoms

Self-knowledge is the best knowledge you can have. When you understand the situations that cause you stress and bring you quickly to high emotion then you can prepare yourself in advance for such situations. Also when you understand your typical physiological responses you are well positioned to control your responses. Our physical responses vary: I generally feel nauseous; become physically agitated and my breath gets very high in my chest when I'm under intense stress. Knowing this has been a huge help to me staying calm in situations where I used to over-react.

more on page 2 >>



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.



... The trick to being at your parenting best ...



2 Train yourself to STOP!

The lizard brain wants you to act fast – *to get away, to lash out, to defend yourself* – when you're under threat or stress. So going against this natural urge is a challenge but it can be done. Develop the habit of doing nothing when you find yourself under parenting stress. STOP rather than act impulsively. Don't let the lizard-brain win!

3 Step away and breathe

Deep nasal breathing is the quickest way to bring down your physical symptoms and rein in negative thoughts (*"I'm going to &&*& him!"*) that feed your lizard brain. Step away or turn slightly away from the stressful situation to help you breathe slowly and deeply.

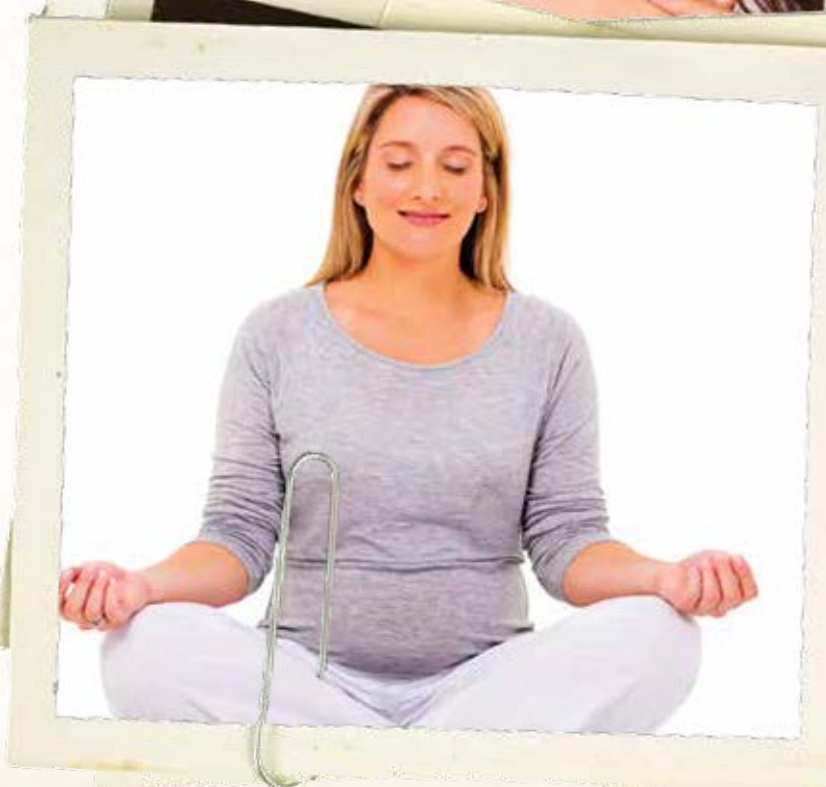
4 Think of your Best parenting self

Inspire your pre-frontal cortex to trump your lizard brain by activating an image of your 'best' or 'ideal' self as a parent. First you need to work out when you're at your parenting best – it maybe when you're patient, caring, loving, calm... *(You can learn this powerful process in my Parenting with the Meta-Moment course available in Parentingideas Club)* Your "Best Parenting Self" is the motivator to help you refrain from making emotional responses that you'll regret later.

5 Now act!

Now that your pre-frontal cortex is winning again it's time to think of the best possible response to a tricky parenting situation: which may be to ignore behaviour; use appropriate language or just listen calmly when your child is in distress.

So how often does your lizard brain win when you experience parenting stress? If it always comes out on top then you'll find it hard to parent as you'd like. You'll be fighting your limbic system as well as your kids. Get it under control and you'll be better placed to respond to your kids as you'd like to in the cool, calm light of day.



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.



Table Top Public School



Ages
5 to 15+

~~\$49.95 RRP~~

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in today's digital world.**



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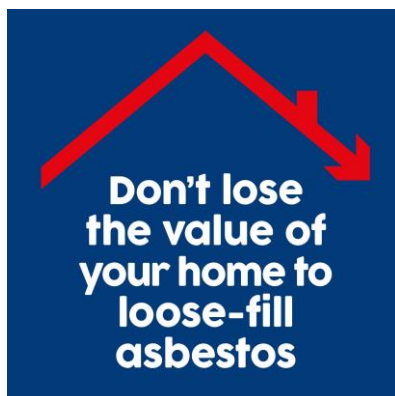
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Loose-fill asbestos in NSW homes – Assistance for homeowners and tenants

Loose-fill asbestos is raw crushed asbestos, which in the 1960s and 70s, was installed as insulation.

It is a problem that cannot be ignored. Over time, exposure pathways open up and airborne asbestos can move into living areas.

What needs to be done?

The NSW Government has determined that demolition, comprehensive site remediation and disposal are the best ways to ensure the health and safety of the NSW community.

How can I find out if I'm affected?

If your home was built before 1980 and you're in an identified local government area, such as Albury City or Greater Hume Shire, you can register for a free sample test.

Even if not in an already-identified area, a homeowner can pay for a licensed asbestos assessor to do a test. If the test result is positive, Fair Trading will reimburse the homeowner. The local government area concerned is then added to the list so that other homeowners become eligible for free sample testing.

What if my home has loose-fill asbestos?

The Voluntary Purchase and Demolition Program provides safety, certainty and support for NSW residents. Financial assistance and support are available for homeowners and tenants of properties affected by loose-fill asbestos.

Owners of properties that test positive for loose-fill asbestos have the option to either sell their land and premises or premises only to the Government at market value, as if the property was not affected by loose-fill asbestos.

What if I do nothing?

Don't ignore this opportunity, because if you find out later that your property contains loose-fill asbestos, you may be responsible for the costly remediation required.

There will soon be a legal requirement for loose-fill asbestos to be disclosed in contracts of sale and on planning certificates. The addresses of affected homes will all appear on a public register. This is to ensure that home buyers are protected from unknowingly purchasing an affected property.

What can I do?

The first step is to register at loosefillasbestos.nsw.gov.au or call Service NSW on **13 77 88** by **1 August 2016**.