

TABLE TOP PUBLIC SCHOOL

NEWSLETTER

Term 2 Week 5

Wednesday 25th May 2016

CALENDAR – What's on?

Friday 27th May

SRP Crazy Hair Day

Thursday 9th June

SRPSSA Athletics Carnival
(Selected students only)

Friday 3rd June

PSSA Sports/Gymnastics commence

Monday 13th June

Queen's Birthday Holiday

Monday 27th June

Life Education Van

Thursday 30th June

4/5/6 HotHouse Theatre
Performance

Friday 1st July

Last Day of Term

Monday 18th July

Staff Development Day

Tuesday 19th July

Students commence Term 3



STEM - Lego Robotics

The five-week STEM Lego Robotics program continued this week with every child joining in on an engaging hour-long creative session with Joanne from Bricks4Kidz. K/1 and 2/3: Motorised Technic Program; 4/5: Junior Robotics Program; and Year 6: EV3 Mindstorm Robotics Program.



Positive Friendships

In Peer Support this week, the children will focus on friendships. Students will explore what encourages them to form friendships with different people. They will identify that their friends can fall into the categories of 'best friends', 'friends', and 'people we know'. Children will also discuss the fact that friendships can change over time for various reasons. The Peer Support program runs each Friday this term.



Building Better Resilience

The Bounce Back program, which is being implemented by our school chaplain, Susan Barnes, commenced last week with the Year 4/5/6 class and this week with the K/1 class. The focus of the program is to build personal resilience strategies. Please see the attached poster which summaries the concepts of the program.

SRC Crazy Hair Day

Children are encouraged to join in on the fun this Friday, 27th May, for the SRC Crazy Hair Day! Colourful, messy, beehived, frizzed – what crazy hairstyles can your child come up with? For a gold coin donation to the SRC, children can also come to school out of uniform.

PSSA Sport and Gymnastics

Soccer and netball for the Year 3, 4, 5 and 6 students and gymnastics for the K/1 class begins next Friday, 3rd June. Please ensure permission notes and money is returned to school by Thursday, 2nd June.

SRPSSA Athletics Carnival

Information and permission notes were sent home this week to the children who have qualified to represent the Table Top Small schools at the Southern Riverina PSSA Athletics Carnival, scheduled to take place on Thursday, 9th June.

Take a Look, Leave a Book

In an effort to raise the awareness of the importance of literacy and reading to the Table Top community, our resident Charles Sturt University SpiCE program speech pathology students have been busily sorting books for the soon to be launched Little Free Library. When opened, members of the Table Top community will be able to take and exchange books.

Any book donations for the library can be dropped off to the school.

Electricity Outage

Due to electrical works in the Table Top area, we have been informed that the school will be without electricity on Thursday, June 2nd, from 7am – 2:30pm. As such, there will be no lighting, and more importantly, no heating, until after lunch. Please ensure your child is adequately rugged up for this day.

Help needed

We have some furniture to collect in Albury and would like to know if anyone has a trailer that you could lend us so that Mr Elworthy can pick it up. Contact the school to make arrangements if you can help.

New Transport NSW bus application procedures

Please find attached a brochure outlining the new online application process for the Transport NSW free travel for students to and from school.

Friday Assembly

From next week, due to PSSA sport, the Friday assemblies will be a shortened affair, from 12.00pm to 12.30pm.

Home-time Arrangements

To assist with our end of day organisation, please phone through changes to bus arrangements as early as possible.

P&C News

Wood Raffle

At this time of year there is nothing nicer than a fire to keep you and your home warm. So wouldn't it be great to kick-start your winter wood supply by winning a truck load of split Redgum firewood? Our

P&C are having a wood raffle to raise money for new playground equipment. Tickets are \$2 each. Please return all tickets, sold or unsold, by Friday 1st July. The winning ticket will be drawn on polling day, 2nd July.

Wood Raffle tickets were sent home with children this week. Thanks to the Edwards family for organising this fund-raiser.

Kinder Sounds

The Kinder's will be doing revision of their sounds for week 5

The Kinder sound for week 6 is 'v' for Violin



How2Learn

Switching your child's mind on to learning

Children's minds are wired up to learn. However, being wired up is not the same thing as being switched on. To encourage your child to learn, help them to make connections between learning and what they'll be able to do as a result. Try saying things like: 'When you get your pen licence, you can always write in pen.'

Train Lucky properly and he might pass obedience school.

You can win at a computer game if you practise enough.

Appeal to your child's self-interest and you'll be more likely to motivate them. Computer games work like this, getting players to complete each level in order to move onto the next, more interesting one. Collecting cards works in the same way: children who don't like maths in the classroom become experts in the playground, learning the strengths or points of each card.

Collect all the stickers and you can complete your poster.

If you practise your cartwheels you might win the Gym Cup.

Join the Brownies and enjoy collecting all the badges.

A collection of four cartoon illustrations. Top right: A girl with pigtails sits at a desk with a computer monitor displaying 'WELL DONE! YOU HAVE WON'. Top left: A boy in a red shirt holds a large dog wearing a red ribbon with the number '1'. Bottom left: A girl with curly hair holds a stack of colorful stickers. Bottom right: A girl in a blue leotard performs a cartwheel, while a boy in a yellow shirt holds a badge.

School Assemblies:

Student of the Week



Achievement Award Banners:



Special Encouragement Awards:

Nil

Teacher Merit Cards (Green cards)

K/1

Memphis, Lyla, Billie, Ebony, Jamie, Lizzie, Saphira, Harry M, Olivia, Ryan H, Danny

2-3

Ryan S, Stefan, Makenzie, Hope, Boyd, Anthea, Dante, Sheya, Esher, Oliver

4-6

Ned, Darcy E, Callie, Elizabeth, Ethan T
Caleb, Denzel, Ethan S, Bill, Rupert, Charlie

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 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: 603984\$15

Reference: Family Name



Bounce Back! Poster

When things go wrong for you, or you get “knocked down” by what happens in your life, remember that you can decide to BOUNCE BACK! and be yourself again.

Bad times don't last. Things always get better. Stay optimistic.

Other people can help if you talk to them. Get a reality check.

Unhelpful thinking makes you feel more upset. Think again.

Nobody is perfect – not you and not others.

Concentrate on the positives (no matter how small) and use laughter.

Everybody experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.

Blame fairly. How much of what happened was due to you, others and to bad luck or circumstances?

Accept what can't be changed (but try to change what you can first).

Catastrophising exaggerates your worries. Don't believe the worst possible picture.

Keep things in perspective. It's only part of your life.



Building parent-school partnerships

WORDS Michael Grose

How to move your child from worrier to warrior

As a parent of a worrier, and also a natural born worrier myself, I'm a collector of ideas and strategies to better manage anxieties and worries. Fortunately, as a child my young worrier didn't allow her anxieties to prevent her from participating in sporting, learning, social or leisure activities inside or outside school.

She did, however, spend a lot of time worrying about how little everyday things would pan out, almost to the point of being sick at times. She was a micro-manager who always made sure she had every angle covered in an unfamiliar or new situation. For instance, if she was to be picked up from a friend's birthday party she'd always have a back-up plan in case a parent wouldn't arrive in time to take her home! 'Being prepared for every contingency' was one of her main strategies to help alleviate her worries.

Many children worry about seemingly little things that they have no control over. Whether it's worrying about the house catching on fire; monsters or spiders lurking under their beds; or even worrying that their parents will go to work in the

morning and won't return home can seem irrational to all-knowing adults but make perfect sense to them.

If you are a Type A worrier yourself then you probably fully comprehend your child's anxieties and worries. You know that being told not to overthink things or to stop worrying just won't cut it. If you are the 'It'll be right. Don't overthink it' type then you may be scratching your head wondering what all the fuss is about. There's no doubt that worriers need careful, sensitive handling by families and teachers alike. Your concern and understanding is one thing but they also need some practical tools and ideas to help them cope now and build strength so they can minimise the impact of worries in the future.

Here's a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

From writers such as Jeanene Ecob author of *Everyday Jitters*, Mary Sheedy Kurcinka author of *Raising Your Spirited Child*, Tamar Chanksy author of *Freeing*

Your Child from Anxiety, and Washington Post columnist Suzanne Nelson I learned these ideas:

Give the worry a name

Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers *There's a Hippopotamus on our Roof* by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you're a child.

Put your worries in a jar

Wouldn't it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself browsing for hours online. Children need something a little more practical. They can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It's good to know that their worries can't get out because they are locked up tight.

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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.





... How to move your child from worrier to warrior ...

Limit talking time

Kids have a need to verbalise their worries but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

Normalise rather than lionise their anxiety

Anxious kids are very sensitive to their parents' concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by "I've already talked to you about that." Continually going over old ground can allow worries to linger longer than necessary.

Worry about the things worth worrying about

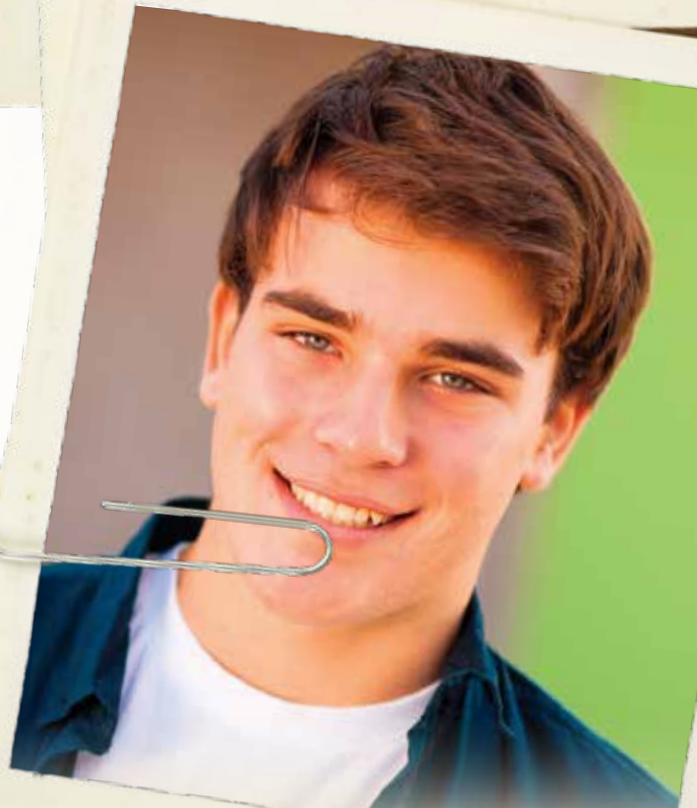
Worrying is energy sapping and can take up too much of anyone's time. As your child gets older it helps him or her to distinguish between what's worth worrying about and what's not. Helping them prioritise their worries makes them feel like they are in control.

Give them the tools to relax

My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. My daughter and I need a bigger set of tools including mindfulness and exercise to help us neutralise our worries. I know when my daughter is physically tired she's less likely to get herself worried or worked up.

It's not that worriers can't function well. They generally over-function as they come to grips with their anxieties. Not only can worrywart children be hard for parents to live with, but also they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to give natural born worriers some tools and strategies to make life more tolerable now and, importantly, in the future.

Michael Grose



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