

Executive News

What a fantastic start to 2021 we have had at Theodore Primary School!

Goal Setting Interviews (week 4)

The beginning of the school year is an exciting time where students are getting to know their new teachers, adjusting to the expectations of their new year level and making new friends. The beginning of the school year also provides us with the opportunity to work in partnership with families to set learning goals for students. At our school we value the diversity of our students and recognise that each child has their own individual interests, strengths and areas for development that they bring to school. We are committed to providing personalised learning experiences for all students which are designed to meet their individual needs.

Next week (week 4) we will be holding our parent- teacher goal setting interviews. This is a great opportunity to meet your child's teacher and discuss their learning goals for the year. Research tells us that goal setting and, specifically a students' involvement in the goal setting process, yields a higher impact on student achievement than instances where goals are not set at all.

Interviews are booked online. Please do not hesitate to contact the school if you need any support with booking a time.

Zones of Regulation

Around the school you may have noticed student self-check-in stations using the colours red, yellow, green, and blue. This tool is called the *Zones of Regulation* and is part of our school's approach to teaching emotional regulation. You will see in the image to the right that the colours refer to the following emotions and cues:

Blue: Low states of alertness and down feelings. This may look like sadness, tiredness or feeling sick.

Green: Calm states of alertness. This may look like feeling happy, focused, and ready to learn.

Yellow: Heightened state of alertness and elevated emotions. This may look like frustration, anxiety and excitement.

Red: Extremely heightened states of alertness and intense emotions. This may look like anger, rage and devastation.

This may be a great conversation starter to have with your child/ren at home when discussing how they are feeling and supporting them in identifying strategies to self-manage in each of these zones. We know that developmentally, children of a primary school age are developing their understanding of what each of these emotions mean and what their personal warning signs are to help them identify how they are feeling. Please touch base with your child's teacher if you would like to discuss this further or receive more information.

Nathan Pepper

Deputy Principal

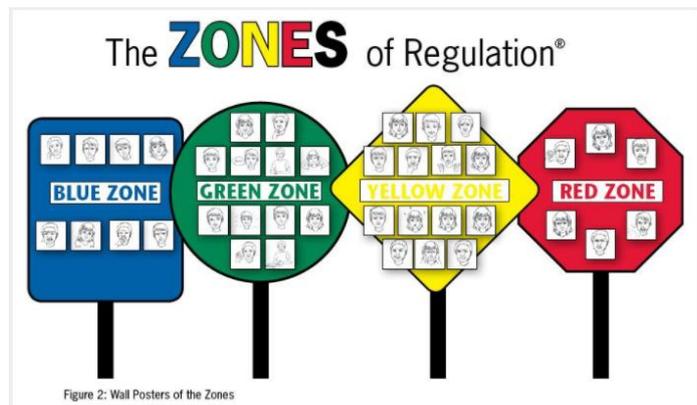


Figure 2: Wall Posters of the Zones



Dates to Remember 2021

18 Feb	BASE Assessments	Kindergarten
18 Feb	School Board Meeting	3.30pm to 4.30pm
22 Feb	BASE Assessments	Kindergarten
22 to 26 Feb	Parent Get to Know You & Goal setting Interviews	Kindergarten to Year 6 Late night Wed 24 Feb from 3.30pm to 7.00pm
23 Feb	Oz tag Clinics	Kindergarten to Year 6
24 Feb	Mungga-iri Jingee Centre	Years 5/6JM & 5/6SC
26 Feb	Year 5/6 Assembly	Time: 2.00pm to 3.00pm Where: School Hall
1 March	Canberra Raiders Comm Blitz	Years 3 to 6
2 March	Netball Clinics	Years 5 to 6
3 March	Basketball Clinics	Years Kindy to Year 6
4 March	Legends Shield Rugby Carnival	Years 3/4 & 5/6
12 March	Swimming Carnival CISAC	Kindy to Year 6

Notes sent home

4 Feb	Scholastic Book Club
4 Feb	Reading Eggs & Mathletics online Learning subscription
11 Feb	Swimming Carnival (CISAC 12 March Week 6)
11 Feb	Year 3/4 & 5/6 Legends Shield Rugby Carnival
11 Feb	Year 6 Uniform Polo & Hoodie
11 Feb	Kindergarten Health Checks
16 Feb	Parent Teacher Interview online guide
18 Feb	Christian Education in Schools (CEIS) Kindergarten only
18 Feb	Mungga-iri Jingee Centre Excursion Years 5/6JM & 5/6SC
18 Feb	Borambola Camp 2021 Years 5/6

[Term 1 Calendar](#) Parent Term 1 Calendar

Notes due back

22 Feb	Order via LOOP
18 Feb	Note Only
26 Feb	Notes & Money
19 March	Note only
5 March	Note & Money
23 Feb	Health Check
16 to 19 Feb	Bookings Open
19 March	Note Only
22 Feb	Note Only
04 March	Note & Money



Theodore Primary School needs your help!

Would you like to find out how to help the school through being a part of the P & C?

How can you help?

Fundraise to provide the school with resources like:

- Bike maintenance to keep our popular bike program running
- Softfall for the senior playground
- Books for the library and to give to students when they receive awards
- New PE equipment
- STEM equipment like more robots!

Or you can let us know what you would like to see in the school

Find out more by meeting with Deb Martens (Principal)

Where: In the library

When: 3:00 to 3:30pm Wednesday 24th Feb

OR drop in any time that evening as it's the same day as the parent teacher interviews

Afternoon Tea supplied

Term 1 | Week 4 @ Theodore

Breaktime Clubs

Monday Break 1	Handball 🏐 (Shade Shelter)
Monday Break 2	Environment Club 🌍 (E.C)
	Tech Time 🖥️ (Library)
Tuesday Break 1	Artsy Fun Club 🎨 (Art Room)
	Handball 🏐 (Shade Shelter)
Tuesday Break 2	Senior Soccer ⚽ (Grass)
	Drawing 🖍️ (Library)
Wednesday Break 1	Cultural Integrity (Library)
Wednesday Break 2	Tech Time 🖥️ (Library)
Thursday Break 2	K-4 Bikes 🚲 (Court)
	Handball 🏐 (Shade Shelter)
	Origami 🎒 (Library)
Friday Break 1	Handball 🏐 (Shade Shelter)
Friday Break 2	Junior Soccer ⚽ (Grass)
	5/6 Bikes 🚲 (Court)

What's On This Week



MONDAY 22/2 Bilbies and Possums Preschool Day

TUESDAY 23/2 OzTag Clinics (K-6)

Bilbies and Possums Preschool Day

WEDNESDAY 24/2 5/6JM & 5/6SC Excursion to STEM Centre

Koalas Preschool Day

THURSDAY 25/2 Koalas Preschool Day

FRIDAY 26/2 5/6 Assembly @ 2.15pm (COVID restrictions apply)
Koalas Preschool Day



Cultural Integrity News

Hello Everyone,

My name is Zuzette Fahey and I am a Cultural Integrity Coordinator with the Education Directorate and I am currently based at Theodore Primary School this semester. My mob are Djadjawurrung which is in central Victoria. I will be working with all the staff at Theodore for the first semester this year to assist in building their Cultural Integrity capability and practices. This will include being part of the Cultural Integrity team that the staff have developed. Through collaboration with staff members (executive, teaching and administration) from across the school, we will explore where the school currently is with their Cultural Integrity and then implement actions to move their journey forward.

I would like to take this opportunity to reflect on the Anniversary of the National Apology to the Stolen Generations that was given by then prime Minister, Kevin Rudd on February 13th, 2008. I have included a link and a QR code (use whichever is best) to a song of the Apology by Nomads, two Worlds in collaboration with Will-i-am. Please take a few minutes to watch, hear, reflect and enjoy the presentation.

Zuzette Fahey

[Apology \(It's Time\)](#)



Image 'Anniversary of National Apology' courtesy of Law Courts, Victoria



Environment Centre News

Welcome to 2021 at the Environment Centre. The year has kicked off to a great start with plenty of rain although this had brought some work with plenty of weeds. With the collaboration of all the classes we have regained our garden to begin planting new plants and seedlings. Students were happy to find potatoes, tomatoes, cabbage, and celery still growing after the holidays. We will be cooking with potatoes this week.



We will be continuing with the Fresh Tastes program as well as the Stephanie Alexander Kitchen Garden program behind the activities and sustainability lessons students will undertake with me this year. We will build on the learning from last year, focusing on fresh food is best, reducing packaged foods which are often high in sugar and high in salt. Waste free Wednesday, fresh food cooking and examples of lunch box ideas will be a focus this term.

An increase in recycling will also be a focus for the school. We will be continuing our 10 cent Return it program, collecting soft plastics for recycling at Woolworth's. The Earth Savers group of student representatives will be active in organising, promoting and monitoring the reduction of landfill going into our waste systems.

We are always looking for donations of ingredients for cooking, surplus tools and materials, plants, pots and anything else that you may think might be useful at the Environment Centre.

Looking forward to a great year of sustainability!

Brita Menzies

Environment Centre Teacher

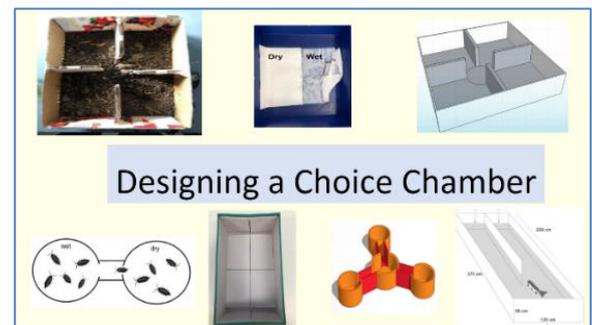
Science Technology Engineering Mathematics (STEM)

Students in years one to six are participating in STEM (Science, Technology, Engineering and Maths) lessons this year.

This term years five and six are investigating Microorganisms, years one and two are investigating the concept of living and non-living and years three and four are researching how environments meet the needs of living things. Mrs Taylor, a scientist and teacher from the Mungga-iri Jingee Centre, has visited Theodore and presented lessons using a variety of scientific equipment. The lessons have inspired student's curiosity, and this has encouraged students to become scientists.

In week four students in 5/6JM and 5/6CS will be going on an excursion to the Mungga-iri Jingee Centre where they will investigate micro-organisms using microscopes and other specialised equipment. 5/6CE and 5/6AC will be doing this excursion later in the term.

Kathy Barry





Music Art Dance News

The art room is already buzzing with creativity and we're only one-week in. The Kindy's have enjoyed their first ever Art lesson and are excited to come back for more. They've thrown themselves whole heartedly into the creative process and have proven that EVERY CHILD IS AN ARTIST! The look on a child's face as they delve deep into their creative zone is priceless and I've tried really hard to capture some of these looks. Aren't they fabulous?



Last week, each year group across the school created a face to add to a whole school mural within the art room. Table groups were given a box full of items that were all the same colour. Using different ink and paints, types of papers, feathers, gems, wool and matchsticks they each created a collage of a face to place on the wall. Some faces were all yellow, some blue and others red, purple, orange or even green. Now that all of the faces are up on the wall, they show how colours can blend from one to the next almost seamlessly. It's a beautiful display and no two faces are the same. It's amazing how many shades of each colour we found.



Stay tuned for a great year ahead!
It's going to be an exciting one in the art room!



Theodore Primary School
(Official Site)



Health and Physical Education News

This term in PE we will be participating in a variety of clinics. The whole school will be trying their skills at Oztag and Year 3-6 will be having a go at Hockey. Year 5 and Year 6 students will be learning netball skills over a 4-week period and Kindergarten to Year 4 will be participating in basketball clinics for 4 weeks. Some Raiders players will be coming to the school to talk to Year 3,4,5 & 6 students for the 2021 Community Blitz.

In Week 4 Year 3 to Year 6 students will have the opportunity to participate in the Legends Shield gala day at the Phillip District playing fields.

In Week 6 we will be having our whole school swimming carnival. The students will be meeting in house groups over the coming weeks to practice house chants and talk about the program for the day.

It will be a busy and fun term!

Tracey Kennedy

P.E Teacher



Hockey clinics LSU, Year 5 & 6





School News

Goal Setting Interviews

Parent/Teacher/Student goal setting interviews for Kindergarten to Year 6 will be held in week 4 term 1 2021.

Interview Opportunities

Monday 22 Feb 2021 to Friday 26 February 2021

Late night Wednesday 24 February 2021

Time 3.30pm to 7.00pm

Interviews are strictly 15 minutes. If you require more time with a particular teacher, please arrange a separate meeting by telephoning the school on 61423100.

Interview bookings **OPENED** Tues 16 February 2021 at 9.00am and will **CLOSE** Friday 19 February 2021 at 5.00pm.

Make a Booking

- www.schoolinterviews.com.au
- enter the code **5zmea**

Follow the direct link:

<https://www.schoolinterviews.com.au/code?code=5zmea>



Enter your details



Select the teachers you wish to see



Select the appointment times that suit your family best

Student Safety

Dropping or picking your kids up from school?

Parents and carers – please keep our kids safe by parking safely and legally around schools especially at school drop offs and pickups.

It's illegal and not OK to double park or park across pedestrian crossings, corners, or nature strips as this reduces pedestrian visibility and blocks the ability for kids to see the road clearly. The consequences can be fatal.

You can also expect to be fined for parking in no stopping zones, bus zones, or in front of driveways.

For drop offs in the morning, why not park a little further away from the school and walk with your kids the rest of the way?

For pickups at the end of the school day, have a pre-determined meeting spot that's nearby. This helps if you're running late so your kids know where to wait and you don't need to rush.

Walking part of the way to school is also a simple way to reduce congestion and increase safety around schools. Part way points help make the school drop off and collection run easier and faster for parents and reduces congestion at the school gate. For more options on getting your kids to and from school visit

<https://www.transport.act.gov.au/about-us/schools/active-travel-toolkit>

Access Canberra inspectors including License Plate Recognition vans will be on patrol, so let's work together to keep our kids safe.

For more safety tips visit:

<https://youtu.be/AsIMVXpA9Zc>

www.act.gov.au/safeparking



ACT
Government

**Canberra Health
Services**



Understanding and Responding to Feelings and Behaviours

UR FaB Program in Schools

Hello from the UR FaB team,

Your child's school is taking part in the UR FaB mental health early intervention program for children in Year 3 and Year 4. UR FaB is a partnership between the ACT Child and Adolescent Mental Health Service (CAMHS) and the Education and Training Directorate (ETD). The program is staffed by health professionals from the CAMHS Childhood Early Intervention Program who specialise in early emotional and social development, together with the family and community engagement coordinator, and a class teacher from Theodore Primary School.

The program aims to support children who are struggling to manage their strong emotions and behaviours. Previous research has shown that helping families and schools work together in the early years can have positive results for children both in their classroom and the wider world. The program specifically focuses on developing children's understanding about their emotions and behaviours and how to manage them, as well as to improve social skills and friendship skills.

UR FaB will be in your school setting up this term, with a small group program being run in Term 2 for some families and children. Families involved in the program will take part in a 2 hour weekly intensive small group. The program involves both a child group and parent group, followed by an hour with parents and children together. Activities of the program are fun for children and provide an opportunity to practice and rehearse the skills learnt. You may also find us running fun classroom based activities in some classes.

We look forward to running our program at Theodore Primary School. Further information for children in Year 3 and Year 4 has been sent home. This information pack contains more detailed information about the program, a questionnaire for you to complete as well as instructions for opting out if you do not wish your child to participate.

From the UR FaB team



Community News

\$1000 Return to Work Grant



The ACT Women's Return to Work (RTW) Grants Program is an ACT Government initiative which supports women who have been out of the workforce for an extended period onto pathways to meaningful and stable employment. Successful applicants can access a \$1,000 grant which can be used for a range of activities and resources including: education and training fees, educational expenses such as textbooks, computers/software and transport to courses/study, or work-related expenses such as clothing, uniforms and equipment and childcare. The RTW Program includes wrap-around support and mentoring delivered by a community partner for eligible participants.

Enquiries about the RTW Program can be made at the below contact details:

Phone or text the Grants Coordinator

0466 856 760 or email CSDRTW@act.gov.au

Online application and more information about the Return to Work Grant is available at communityservices.act.gov.au/women/return-to-work-grants-program

THE GREAT GORDON COMMUNITY DAY

13th March 2021
10am - 1pm

@ Gordon Community Centre,
110 Lewis Luxton Avenue, Gordon

Little Luxton Coffee, Pop-Up op Shop, Books, Bake Sale, Sausage Sizzle, Kids Activities and more!
(BRING your Bottles and Cans for Recycling)

This event will help raise funds for our Centre which has new opening hours! Tuesday, Wednesday and Friday 10am-3pm
gordon@anglicare.com.au | (02) 6284 7003

Anyone can PLAY!

- ✓ JUNIORS UNDER 5 – 18
- ✓ OPEN AND GIRLS ONLY ACADEMY
- ✓ PREMIER LEAGUE
- ✓ SENIOR LEAGUES
- ✓ MASTERS

ALL ABILITIES WELCOME

www.bbfc.org.au

Attention Kindergarten Parents!



Kindergarten Health Checks are happening this year!

All kindergarten students in the ACT are eligible to receive a **FREE** health check



VISION CHECK



HEARING CHECK



HEIGHT, WEIGHT AND
BODY MASS INDEX (BMI)



If you have not returned your child's Kindergarten Health Check Consent and Questionnaire



FIND — Information packs will be sent home early in Term 1



SIGN — Complete the Kindergarten Health Check Consent and Questionnaire



RETURN — To your school by 19 February 2021

Your school can provide you with the date of the health check.