

Issue 15

THEODORE PRIMARY SCHOOL

Principal

Kerri Clark

Term 2



Deputy Principal

30 May 2018

Tracey Stewart

'A great place to grow up'

NEWSLETTER

Dear parents and carers,

Last week students were treated to an in-school excursion or incursion highlighting a variety of cultural aspects of our Indigenous Australians. Feedback from staff and students was extremely positive and insightful. This week we acknowledge Reconciliation Week as we learn more about Aboriginal and Torres Strait Islander cultures and histories. This year's theme is "Don't Keep History a Mystery: Learn. Share. Grow" encourages us to reflect and learn more about the Australian story. In a reading provided by our Education Directorate, *Uluru From The Heart*, (https://www.referendumcouncil.org.au/sites/default/files/2017-05/Uluru_Statement_From_The_Heart_0.PDF) I read about the sovereignty of the Aboriginal and Torres Strait Islander tribes over the Australian continent being a spiritual notion between Country and People. The concept of Makarrata as a process of conflict resolution, peacemaking and justice, and the coming together after a struggle is strongly encouraged to create a nation strengthened by respectful relationships. This is also relevant in a school context, not just through our processes of mediation, the restoration of relationships and peace after a dispute, but as we come together as a community with respect, compassion and integrity through personal best.



Congratulations to all who participated in the ACT Cross country at Stromlo Park yesterday. Thirty three students from Theodore took part in the course, demonstrating the admirable qualities of determination, persistence and resilience to strive for their personal best. As ambassadors of Theodore they did our school proud; we acknowledge their achievement and congratulate them on their efforts. Thank you to Brooke Woods for your organisation and support of students throughout this event.

Today we heard the vibrant strumming of combined Ukelele bands from Theodore, Calwell and Richardson Primary School. Students were treated to a wonderful array of songs, ranging from the Beatles to Bruno Mars. These are always a treat to listen to, and each time we see the growth of our students in their playing! If you can make it along to hear them play please take the opportunity!

Last week I met with spokesmen from both the Education Directorate's Infrastructure and Capital Works and ACT Government's Transport Canberra and City Services Directorate in regards to the traffic concerns both in our carpark and surrounding streets at the peak 3pm time of the school day. Much discussion has been had on improvement plans for carpark access, flow and safety, and we continue to progress the discussion to achieve an outcome. Even with an improved car park plan, there will be the need to park on the streets in close proximity to our school; we acknowledge the challenge of collecting students when you cannot park within easy access. However what matters most until then is the safety of our students. Children are more at risk because they are smaller and less visible to drivers. Please drive slowly in the car park (10km per hour) and be alert for children at all times.

Illegal parking reduces visibility of children and creates a potential risk. The school has been advised that Parking Operations are looking to monitor the areas around the school and will be patrolling these to increase the safety for our children. As they utilise Licence Plate Recognition vehicles, you may not know whether you have been booked until you receive an infringement notice in the mail five to seven days later. Please park safely to avoid incurring fines. Be aware that you may be issued with an infringement notice if you park on nature strips and footpaths, verges, in a No Stopping, No Parking or Bus Zone zone or on or near the pedestrian crossing.

Kind regards,

Kerri Clark

Principal

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Dates to Remember

- 30 May** Hats off Day
30 May Cupcake Day
31 May Photo Day Whole School
1 June Yr3 Assembly 12:20pm
1 June Preschool Music Man
22 June Christian Education @ Theodore Primary
27 June Yr 3/4 Canberra Theatre Excursion
27 June Pizza & Problems
29 June Year 6 Assembly
2 July Athletics Carnival

Notes sent home with this issue

- 30 May** Canberra Theatre Excursion 'Georges Marvellous Medicine Years 3 & 4

School Photos



Koalas & Kindy to Yr 6 – Thursday 31st

Playground Tickets

Congratulations to the following students who have received playground tickets this week;

Lilly R 2G, Levi 2L, Coen K, Sophie 2G, Savannah 2G, Emily Davidson 2G.

P&C Preschool News

Entertainment Books

Entertainment books can be purchased online by following the link www.entbook.com.au/2t4019 you can either receiving an electronic copy of the book or a hard copy (picked up from the Preschool).

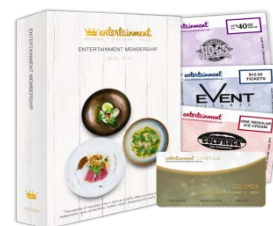
If you wish to receive a hardcopy of the book and pay with cash please contact Jemima on 0422064597.

Theodore Preschool

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THANK YOU FOR YOUR SUPPORT!

Walkathon Winners

Winners of walkathon prizes notified next week. Watch this space.

Cupcake Fundraising

A big thank you to all of our cupcake makers and purchasers for supporting our LSU's cupcake fundraiser. Your contributions and efforts has helped us to raised \$326 towards new circuit equipment for our Learning Support Program !!



Understanding and Responding to Feelings and Behaviours UR FaB

Program in Schools

Child and Adolescent Mental Health Services

Hello from the UR FaB Team,

In order for children to learn to manage strong emotions they first need to develop the ability to name and understand their emotions. The ability to identify and understand your own emotions and then to use your emotional awareness to guide your problem solving is known as emotional intelligence. The UR FaB program is based on the research that having good emotional intelligence is associated with greater life satisfaction, better relationships, and lower rates of psychological difficulty.

Emotional intelligence is fostered by **emotion coaching** (drawn primarily from the work of John Gottman); and is a style of parenting which research has shown supports the development of children's emotional intelligence.

Emotion coaching is helping children understand the different emotions they experience, why they occur, and how to handle them. In the simplest terms, you can coach your child about emotions by comforting them; listening and understanding their thoughts and feelings, and helping them understand themselves. As you do this, your child will feel loved, supported, respected, and valued. With this emotionally supportive foundation, you will be much more successful at setting limits and problem solving.

Here are some questions and statements that will help you get started:

Are you feeling.....? (Then give 2 choices, sad or mad? Afraid or sad?)

What is making you.....mad? sad? happy?

What kind of day are you having? A happy day? A sad day?

Did somebody hurt your feelings? What happened?

Emotion coaching teaches children that we respect how they feel and while all emotions are okay, not all behaviours are okay!

Next time we'll look at setting limits and teaching children to problem solve.

The UR FaB Team

For more information on emotion coaching:

Gottman, J.M., & DeClair, J. (1997). *The Heart of Parenting: Raising an Emotionally Intelligent Child*. New York: Simon and Schuster.

Tuning in to Kids' – Authors Sophie Havinghurst & Ann Harley, University of Melbourne