



Executive News

Dear parents and carers,

Today we attended our 2018 swimming carnival at CISAC in Belconnen, and from all accounts, the venue was a huge success. The students excitedly boarded the buses this morning in house colours and cheering voices ready. Once at the pool, all cheered the start of the races before the K-2 students started their rotations, and as the races finished it was the senior students' turn to participate in a range of water and outside activities. The highlight of the day was unanimous: the water slide, but other activities were not too far behind in the popularity stakes. What a wonderful day was had by all! A huge 'thank you' goes to Brooke Woods for her organisation to make this an enjoyable and successful day!

Last Friday our school acknowledged the National Day of Action against Bullying and Violence by participating in activities that highlighted what bullying is and what it isn't. This opens conversations to ensure that we have a very clear understanding of what bullying is and will support us in making Theodore a safe and happy place for all. Having a shared understanding of what bullying is or isn't, is a very important part of finding positive solutions.

Students were asked to imagine a world free from bullying; some of the ideas put forward by students were:

- everyone would be respected no matter who they are
- life would be better, relaxing and calming
- people would believe in themselves
- there was harmony
- everyone would look after each other
- no one would be sad, they would be happy.

These thoughtful ideas fit neatly with our school values of respect, integrity, compassion and personal best. As part of our continued work in this area, you may notice the addition of a wellbeing article in the newsletter. The "Wellbeing matters" section will feature articles that focus on what matters: our students. The next few newsletters will showcase the work that we are doing in the area of bullying. Student wellbeing is important for students to be ready to learn.

A reminder to all that our P&C will be meeting at 6:30pm tomorrow, Thursday evening, with the goal to establish our 2018 P&C committee. Our school works very hard to provide best practice teaching and learning opportunities for the students of Theodore, and cater for the diversity of needs of all – academically, socially and emotionally. We could not do this without the partnership of parents and carers and the support that you provide in and for our school. The P&C committee is one way that you can work closely with us and partner in strengthening opportunity to benefit our students and community. All are welcome.

Kind regards,

Kerri Clark



Dates to Remember

22 Mar	P&C general meeting 6:30pm (Staff room)
22 Mar	Y1 Lanyon Homestead Excursion
23 Mar	Year 3/4 M and 4L Assembly
27 Mar	Preschool Botanic Gardens Excursion
28 Mar	Board & P&C Meeting
29 Mar	Preschool Botanic Gardens Excursion
30 Mar	Good Friday
2 Apr	Easter Monday
6 Apr	Year 5 Assembly
12 Apr	Cross Country
13 Apr	Last Day Term 1
30 Apr	First Day Term 2

Notes sent home with this issue

21 Mar 1/2 G Cooking note

Parking safely & legally around schools

The ACT Government has developed a short video to help communicate with parents about the need to ensure they park correctly around schools.

<https://www.youtube.com/watch?v=H6B6PPgOC8I>

YOUR REMINDER TO PARK SAFELY AND LEGALLY AROUND SCHOOLS

Every day across Canberra, parents are parking illegally in school zones and putting all kids in the area at risk. With school parking patrols increasing in 2018, if you keep doing it, you will get caught and you will be fined. Video – [Parking safely around schools](#)



Wellbeing Matters

The national definition of bullying for schools tells us there are three main features of bullying: 1) It involves a misuse of power in a relationship, 2) It is ongoing and repeated, and 3) It involves behaviours that can cause harm.

What do we mean when we say a ‘misuse of power’?

Power imbalances exist between people and groups all the time. Differences in social status are a common part of our society. But when someone takes advantage of the power imbalance to coerce or mistreat others, this is considered a misuse of power.

Power can come from: a person’s situation, for example, belonging to an exclusive or popular group; having possessions or belongings that the other person or group do not; personal characteristics, such as being older, physically stronger, or good at activities considered important by peers; or being supported by more powerful people.

If there is no power imbalance, we don’t call it bullying. We call it conflict. For example, a fight or disagreement between two people who are equals, such as two friends at school although probably unpleasant and upsetting, is not bullying.

For bullying to occur there must also be a relationship or ongoing contact between the people involved. For example, students in different year levels or classes, or students who catch the bus together. Identifying how and why a misuse of power has occurred in relationships such as these, is the key to finding a positive solution to bullying.

Source: transcript from Bullying no way video :

<https://bullyingnoway.gov.au/resources/videos/pages/videoplayer.aspx?VideoID=86>

School News

Playground Tickets

Congratulations to the following students for receiving playground tickets.

Nathan 1K, Ravneet 1K, Valentina 2L, Logan U 2G

Cheers, Simone Dawson

