



Executive News

This week marks the halfway point of term 3, 2020. We have very much enjoyed having a largely undisrupted term to date, given the current circumstances surrounding COVID-19. This has allowed us to really focus on great personalised learning experiences across the school. Over the past few weeks, students have had the opportunity to go on excursions, participate in athletics clinics and contribute to Tree Planting Day. A number of other great events are coming up, including Bullying No Way! Day, Book Week and Learning Journey, later in the term.

Positive Acknowledgements

This term I have been incredibly impressed by the consistent display of our school's PBL expectations by students. Teachers have been flat out awarding students with 'Theos' on the playground and in the classroom. To give you an idea of the high frequency of students being 'caught doing something great', in the past two weeks the following Theos have been awarded: Safe= 852, Respectful= 847 and Learners= 978. This equals a grand total of 2677 Theos! Students are really motivated to be displaying our school's expectations. There are also a number of fun challenges across the school where classes and units are working towards prizes. Well done, everyone. Let's keep up the fantastic work.



Kinder 'Meat' and Greet

On Wednesday this week we welcomed our wonderful 2021 kindergarten students to the school. This was a great opportunity for students and their families to have the opportunity to check out the Chipala classrooms, tour the school and enjoy a sausage sandwich. I would like to say a big thank you to the kindergarten team for organising the afternoon, teaching staff for helping cook the BBQ and our year 6 students for leading the school tours. We are looking forward to continuing to see our 2021 students as they have more transition visits as the year continues.

Book Week

Despite official Book Week celebrations being postponed to term 4, here at Theodore Primary School we are still pressing ahead to celebrate our love of reading next week! Next Friday, students are welcome to come to school dressed as their favourite book character. I have already got my costume organised and cannot wait to dress up. Keep your eyes peeled for a few surprises throughout the week...

School Climate and Satisfaction Survey

Thank you everyone who has already completed the School Climate and Satisfaction Survey. The staff here at Theodore Primary School are committed to the continuous improvement of our great school. The data we collect through this survey provides us with valuable feedback to ensure that we continue to reflect and improve.

Have a lovely weekend!

Nathan Pepper
Deputy Principal



School News

Dates to Remember

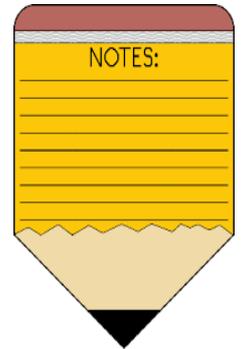
- 19 Aug** Meat & Greet Kindergarten 2021 BBQ
- 21 Aug** Bullying No Way!
- 28 Aug** Book Week Dress Up Day

Notes sent out

- 4 Aug** 'Meat & Greet' Kindergarten 2021 Preschool Students – Preschool students only
- 13 Aug** National Zoo & Aquarium Kindergarten – Kindergarten only
- 20 Aug** Waste free lunchbox day – Oldest students only
- 20 Aug** 101 Days of Kindergarten – Kindergarten students only
- 20 Aug** Book Week Dress Up

Notes to be returned

- 7 Sep** National Zoo & Aquarium Kindergarten – Note & Money



Disability Car Parking

Please reserve the disability car park on the left-hand side closest to the footpath for students who use a wheelchair.



2020 School Satisfaction & Climate Survey



Want to help improve our school?

A number of parents and carers have already completed the *2020 School Satisfaction & Climate Survey* but, for the results to reflect the opinions of our whole school community, we need as many of you as possible to complete the survey before 31 August.

If you cannot locate the unique survey link sent to you on Monday 10 August (your child's name and school will be in the first line of the email) or did not receive one, please use this link to take the survey: <https://tinyurl.com/y6y8owmj>. You will need to have your child's Student ID handy. To complete the survey for a second child, simply click on the link again. Thanks to all our families who have completed the survey; your feedback is appreciated.

Book Week

Theodore Primary School will be having their Book Week dress up day on Friday 28th August week 6 (due to COVID restrictions the CBCA Book Week will be held from 17 to 23 October).

The theme for 2020 is 'Curious Creatures, Wild Minds'.

To participate in the Book Week dress up, your child needs to dress up as a character from any book. Please make sure that your child's outfit is appropriate and refrain from bringing in any weapons as part of their costume to keep our students safe.

In previous years, Theodore Primary school hosted a book week parade. Due to COVID restrictions we will **not** be having a whole school parade but a staggered/allocated time for parents to come watch for each year level unit. More details to come closer to the date.

If you have some spare time, pop into the Library to have a look at the Book Week Colouring In Competition entries on display.

If you have any questions - please ask your child's teacher and keep a look out for updates on our Theodore Primary Facebook page!



Theodore Primary School
(Official Site)



Preschool News

Another term is flying past as we rapidly approach Week 6. We have a few very busy weeks coming up. For the last couple of weeks, we have started learning about space, planets and astronauts as well as what happens in a veterinary clinic. The children have enjoyed looking after our sick animals as well as dressing up in their spacesuits and helmets with their power packs and pretending they are astronauts or aliens.



During the year it has been fantastic to see such a HUGE improvement in the children's climbing ability due to our ongoing obstacle course. Throughout the year we have also been working on different fundamental motor skills. For the first few weeks of this term we were working on our throwing and catching skills. For the last couple of weeks, we have been working on leaping. It is amazing to see the improvement in the children's fundamental motor skills with explicit teaching.

In **Week 2**, as one of our Dramatic play areas was an Italian restaurant, the children made healthy pizza. The children thoroughly enjoyed making and eating real pizzas. We even had some children ask for seconds. The children used their fine motor skills to use knives to cut their pizza base, veges/meat and spread the sauce and cheese.

Since **Week 3**, the children have been very fortunate to have duck eggs and an incubator supplied by the Barnes family so they could experience an 'egg hatching program'. It is a wonderful experience for the children. They are learning about the lifecycle of ducks and other animals that come out of eggs and, hopefully, will get to nurse and see real ducks in a couple more weeks.

This week (**Week 5**) we are celebrating Science Week with a range of science related activities and many different science experiments. We are undertaking activities such as floating and sinking, magic painting, mixing of different ingredients, car races on incline boards, sounds with vibrations, magnets, glitter bottles, mixing colours etc.

In **Week 6**, we will celebrate Book Week by dressing up in our favourite Book Week outfits. The Possums and the Koalas will celebrate Book Week together and parade around the Preschool in their Book Week dress-ups on Wednesday 26 August at 9.15 am.

In **Week 8**, Wednesday 9 September, the Possums and Koalas are participating in our Preschool Walkathon. The children will be walking around our local area to raise funds for some new equipment. Please support the Preschool by sponsoring your child.

In **Week 9**, Wednesday 16 September, Peter from Reptile Inc. is visiting our Preschool to share his reptiles with us. It is an exciting opportunity for the children to experience, observe, investigate and touch non-venomous reptiles. Thanks again to our fantastic P & C Committee, to everyone for all your support and donations.



Susie, Tori, Jayne and Janene





Dates to Remember:

Monday 17 August – Friday 21 August	Science Week	
Wednesday 19 August	Explore Kindergarten Unit	8.00 am - 9.00 am
Wednesday 19 August	Kindergarten 'Meat and Greet' – BBQ provided	3.00 pm – 4.00 pm
Wednesday 26 August	Book Week Dress-up and Parade	9.15 am
Wednesday 9 September	Walkathon	9.15 am – 10.15 am
Wednesday 16 September	Reptile Inc Incursion	9.30 am – 10.30 am (Koalas) 10.30 am – 11.30 am (Possums)

Things to Remember

- When your child is away from Preschool for any reason, please let us know through email, phone call or send a message through Seesaw.
 - Please re-write your child's name on EVERYTHING.
 - Please pack a spare pair of clothes, e.g. undies, socks, pants, top.
 - Please remember a named container of fruit or veges for 'fruito' as well as some fruit for snack. It is important to pack healthy food for your child. Healthy food means a healthy body☺
- Keep encouraging your child to follow lines while using scissors and to write their name using upper and lower case letters.





PBL News - Positive Behaviour for Learning

We are officially halfway through term 3 and our PBL THEOS have flooded the playgrounds and classrooms for those students who are being **SAFE, RESPECTFUL LEARNERS**. So far, our students have received **852 safe, 847 respectful and 978 learner** theos in the last fortnight and still counting! This is great news and we are pleased to see high engagement and effort from the whole school to make this happen. Well done Theodore!!!

Another step in our PBL journey is to begin having a whole school PBL focus on particular areas of the school. The PBL focus for the next fortnight is the **junior and senior playground**. We will be explicitly teaching and monitoring the PBL expectations in these areas on duties to minimise issues and incidents. Here are the expectations for each area:

**JUNIOR
PLAYGROUND**

WE ARE SAFE
We go down the slide

WE ARE RESPECTFUL
We include others
We wait our turn

WE ARE LEARNERS
We play by the agreed rules
We line up when the bell goes

WATCH THIS SPACE
**MASCOT
COMING!**

ACT

**SENIOR
PLAYGROUND**

WE ARE SAFE
We go down the slide
We are SunSmart

WE ARE RESPECTFUL
We include others
We wait our turn

WE ARE LEARNERS
We play by the agreed rules
We line up when the bell goes

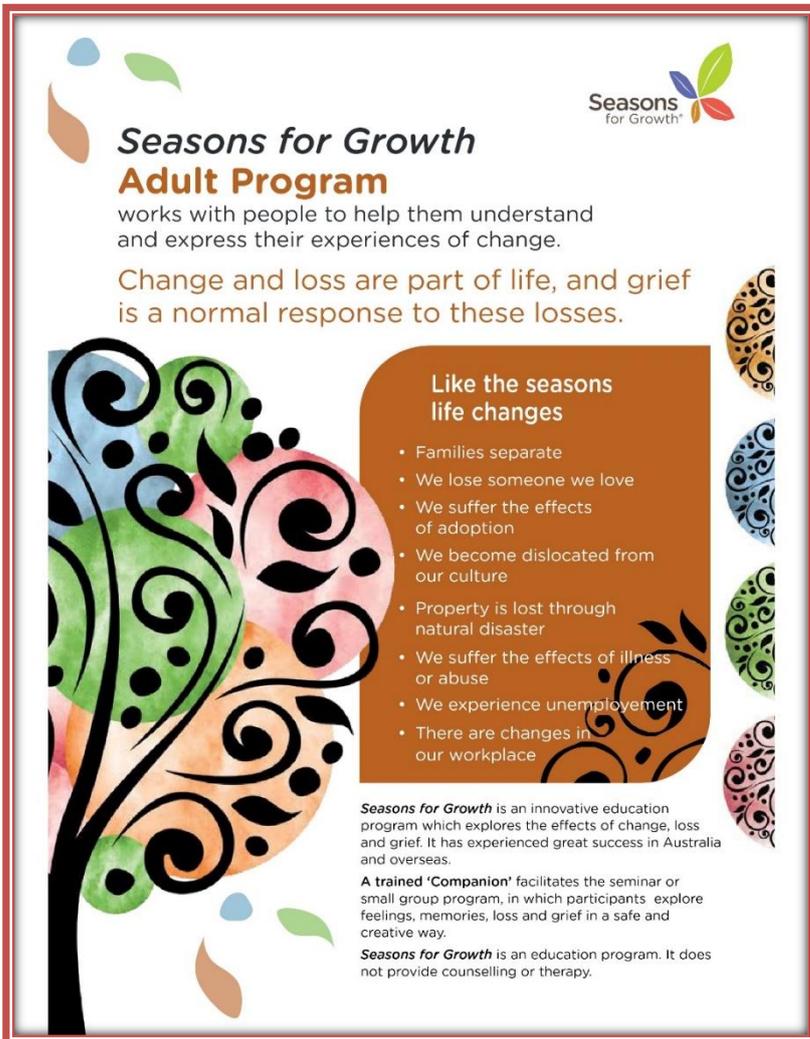
WATCH THIS SPACE
**MASCOT
COMING!**

ACT

Keep a lookout on our Facebook page to see how this is going!



Family & Community News



Seasons for Growth Adult Program
works with people to help them understand and express their experiences of change.

Change and loss are part of life, and grief is a normal response to these losses.

Like the seasons life changes

- Families separate
- We lose someone we love
- We suffer the effects of adoption
- We become dislocated from our culture
- Property is lost through natural disaster
- We suffer the effects of illness or abuse
- We experience unemployment
- There are changes in our workplace

Seasons for Growth is an innovative education program which explores the effects of change, loss and grief. It has experienced great success in Australia and overseas.

A trained 'Companion' facilitates the seminar or small group program, in which participants explore feelings, memories, loss and grief in a safe and creative way.

Seasons for Growth is an education program. It does not provide counselling or therapy.

Seasons for Growth Adult Program

Lyndal at the Gordon Community Centre is facilitating the seasons for growth program for **adults**. This is a great program to attend if you would like to understand, explore and express your experiences of grief, loss and change.

This program will run over four, 2 hour sessions.

Dates: Monday 31 Aug, 7 Sep, 14 Sep and 21 Sep

Time: 12.30 pm – 2.45 pm

Location: Gordon Community Centre, 110 Lewis Luxton Ave (opposite IGA)

Cost: \$40, includes personal journal

If you are interested in attending please email, call or text me.

Aimee Shires

Family & Community Coordinator

P: (02) 61423100 M: 0435 512 102

E: aimee.shires@ed.act.edu.au



fresh TASTES everyday with *Kate Freeman*

PART 1: How to create a healthy snack

Kids seem to have pretty large appetites! It's a great thing because then we can focus on helping them create snacks that fuel their activity plus offer their bodies lots of nutrients like vitamins, minerals and fibre.

Here are the 3 steps to creating a healthy snack:

Step 1 - Choose something with fibre. Fibre is a hard-to-digest carbohydrate that helps keep us regular (always a good thing!).

Step 2 - Choose something with protein. Protein helps to keep you fuller for longer and is an important building block for nearly all different parts of the body.

Step 3 - Choose something with healthy fat. Fat helps our bodies to digest fat soluble vitamins (e.g. vitamins A, D, E & K) and is an important part of many body functions and brain health. It also helps us feel full and satisfied.

Tip: Don't forget to include 2-3 food groups in your snacks to help meet daily recommendations for five food groups.

Fibre rich foods	Protein rich foods	Healthy fat rich foods
A piece of fruit: banana, apple, orange, pear, berries	Tinned fish: tuna, salmon, sardines	Avocado: mashed with lemon juice, sliced or cubed
A vegetable: carrot, celery, capsicum, snow peas, green beans	An egg: boiled, scrambled, poached, fried	Oil or yoghurt based dip: hummus, tzatziki
A wholegrain: grainy crackers, grainy bread, brown rice, rolled oats	Yoghurt: low-fat natural varieties are the best choice	Nuts or nut spread: peanuts, cashews, almonds, walnuts*
A legume: baked beans, chick peas, lentils	Milk: plain reduced fat is the best choice	Seeds: chia, pumpkin (pepita), sunflower

*Please note most schools are nut free so offer nuts at home



Initiative of **ACT GOVERNMENT** | **fresh TASTES**
act.gov.au/freshtastes



Theodore Primary School
(Official Site)



Dear Parents,

We are participating in the Redgum Book Club virtual catalogue this term. Every order will earn resources and books for our school. To view the current catalogue open link [Redgum Term 3 Catalogue](#)

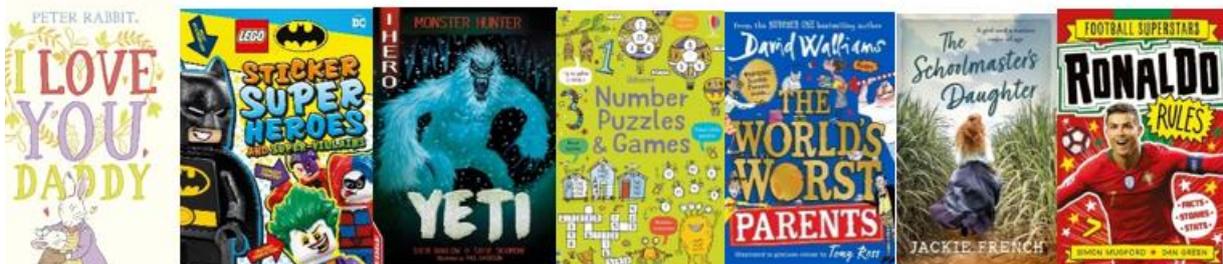
New release titles in the current catalogue include:

- ***Peter Rabbit I Love You Daddy*** – This heart-warming book is the perfect way to tell Daddy “I love you” on Father’s Day, or any other day of the year. [Peter Rabbit I Love You Daddy](#)
- ***Lego Batman Sticker Super Heroes and Super Villains*** - Who is the coolest Super hero? Who is the craziest Super Villain? With this book you decide! [Lego Batman](#)
- ***Edge: I HERO: Monster Hunter: Yeti*** – Exciting, monster based, choose your own destiny adventure story, in which you are the hero! [Monster Hunter: Yeti](#)
- ***Number Puzzles & Games*** - Test your number skills with this fun-filled book. Contains counting challenges, sudoku, number mazes and so much more! [Number Puzzles & Games](#)
- ***Ronaldo Rules*** – This book is full of everything a young fan wants to know about Cristiano Ronaldo. Includes lots of quizzes and facts. [Ronaldo Rules](#)
- ***The World’s Worst Parents*** – These tales of the most spectacularly silly mums and deliriously daft dads will leave you rocking with laughter. [The World's Worst Parents](#)
- ***The Schoolmaster’s Daughter*** – A story from Jackie French about education in colonial Australia and how women once had to fight for their right to it. [The Schoolmaster's Daughter](#)
- ***The Impossible Boy*** – Believe in the impossible...A magical adventure that celebrates friendship, the power of imagination and ice cream! [The Impossible Boy](#)
- ***IQ XOXO Smart Games*** – Award winning Smart Games is the leader in multi-level games. Featuring 120 challenges for endless, brain-teasing fun! [IQ XOXO Smart Games](#)

Free shipping on all orders over \$40. A small delivery fee applies for orders under \$40.

All books in the current catalogue will arrive in the Redgum warehouse the week commencing Monday 10th August.

If you have any questions, email Lesley on schools@redgumbookclub.com.au





A message from the Minister for Education and Early Childhood Development



In the ACT there are 88 public schools, over 49,000 public school students and around 3,800 educators. But of course, I understand that for each of us as parents, the most important school is the school our children go to. That's why I want to make sure that every public school is a great school.

The ACT Government is upgrading and expanding public schools to make sure that learning environments are accessible and sustainable.

The government is committed to ensuring that every public school has the infrastructure to support high-quality education and that's why the government has been investing more than \$115 million to upgrade public schools right across the Territory.

Here at Theodore Primary School the government has provided:

- upgrades to the school carpark with new line markings to manage traffic flow, and an accessible car parking space in the pick-up and set-down area;
- new handrails to improve accessibility around the school;
- accessibility upgrades to the girls' toilets;
- a renovated, safe, calming and withdrawal space for student wellbeing;
- a major upgrade to improve the preschool outdoor area with new shade sails, decking and artificial grass;
- an upgrade to the school administration area;
- new flooring and a new concrete path to improve accessibility in the preschool;
- additional flagpoles to display the Australian, Aboriginal and Torres Strait Islander flags, to recognise and respect Australia's first people, and demonstrate our commitment to reconciliation and an inclusive and welcoming community; and
- a new space for small group learning along with a new outdoor courtyard to provide quality learning facilities that support student needs.

In addition, works will soon begin on the small group learning space by upgrading the outdoor courtyard and providing a new quiet space and accessible toilet.

As part of the ACT Government's \$35 million fast track stimulus program, two new sumps were installed at the front of the school to improve the schools plumbing were delivered

Every child and family have a place in ACT public schools regardless of their background or life circumstances. That's why this investment into public school infrastructure goes beyond just the basic things that allow learning and teaching to take place. The ACT Government invests in public schools to make sure that every student has what they need to be included, and to learn and develop their interests, passions and life skills.

The ACT Government has upgraded heating and cooling systems, reducing polluting emissions and making temperatures comfortable and conducive to learning in over 40 older public schools across Canberra.

The government also provided 4,000 Chromebooks to schools at the beginning of this school year and a further 3,000 Chromebooks and 500 iPads were purchased for use during the COVID-19 pandemic to assist with remote learning.

Schools have seen upgraded classrooms, toilets, libraries, canteens and bike shelters, as well as gardens, landscaping and playground areas in schools to make sure that these spaces are positive and accommodating.

As Canberra grows, the government is making sure that schools grow with it. Every child has the right to access education and the ACT Government is making sure that this right is equally ensured for every young person.

Yvette Berry MLA



Theodore Primary School
(Official Site)

SUPPORT SERVICES FOR THE COMMUNITY: CONNECT IN CANBERRA WEBSITE

Connect in Canberra brings together information from across Government and the community in a range of areas including:

- > Community Services and Support;
- > Supporting our Neighbours and Communities;
- > Online safety and help getting connected;
- > Health and Wellbeing;
- > Activities Hub;
- > Kids' Corner;
- > What's On; and
- > Community Activity Packs.

Visit act.gov.au/ConnectinCanberra to see everything there is to offer.

FREE WELLBEING CALLS

Wellbeing Calls are available to anyone who is feeling lonely or isolated. A friendly chat with an Australian Red Cross Volunteer is just a phone call away.

You can register to receive 'check in calls' either at act.gov.au/ConnectinCanberra or call **(02) 6234 7630** between **8am and 4pm Monday - Friday**.

ESSENTIAL FOOD AND SUPPLIES

If you have been impacted by COVID-19 and need help accessing essential food and supplies, the Canberra Relief Network may be able to assist.

You can sign up at act.gov.au/ConnectinCanberra or by calling **1800 43 11 33** between **9:30am and 2:30pm Monday to Friday**.

KNOW YOUR NEIGHBOUR

The Know Your Neighbour program encourages the community to build better relationships with the people who live around us. The Know Your Neighbour Card is designed to be filled in and placed in neighbours' letter boxes offering support and connection.

The cards are available for download at act.gov.au/ConnectinCanberra as well as being distributed in the Canberra Weekly, into letterboxes by Neighbourhood Watch volunteers, through government shopfronts and libraries.

COMMUNITY ACTIVITY PACKS

Community Activity Packs are a way of assisting people in the community to commemorate and celebrate special days when physical distancing restrictions are in place.

Packs are available at local supermarkets, libraries and Access Canberra shopfronts as well as being available for download at act.gov.au/ConnectinCanberra

QUESTIONS ABOUT COVID-19?

The ACT Government has established a **helpline** to assist the community through the challenges of COVID-19.

The **helpline** operates on **(02) 6207 7244** between **8am and 8pm daily**.

