



03 February 2022– Term 1

From the Principal



Welcome back to school everyone. We are thrilled to be starting the year face to face! Let's hope this will continue for the rest of the year. Seeing all the happy faces of our new students on Monday and then continuing students on Tuesday made the staff very, very happy!

Covid-19 safe practices

There are a number of Covid-19 safe practices in place. We have emailed these in recent days and thank everyone for supporting us to make sure we all have a safe start to the year. The main things to remember are wearing of masks on school premises, changes to drop offs and pick ups as well as staggered break times and keeping cohorts separated. School events such as assemblies, camps, sports carnivals have all been postponed for the moment or moved to online platforms as appropriate. If you require assistance from the front office, please call them from the car park rather than come in and they will be happy to help you. Thank you all for your patience in helping us keep everyone safe at Theodore.

Pick-up and drop-off changes

Our Kindergarten and Preschool students are being picked up at 2:45pm each day because their parents are unable to come to the classrooms because of Covid restrictions. We ask that the drive through pick-up area at the front of the school is used for **Kinder pick-ups only between 2:45 and 2:55pm** to allow teachers to assist Kinder students safely into cars. Older siblings of Kinder and Preschool students can leave class earlier to meet at the front of the school so that families can be picked up together.

If you are walking to school to drop off or pick up your child/ren please stay outside the black gate. Kinder teachers are waiting at the front of the school from 8.45am each morning to walk the Kinder students from the gate to the classroom in groups. They will also stay with the Kinder students at the front of the school in the afternoon from 2.45-3pm.

RAT tests and positive results

Thank you to all the families who collected RAT tests from the school on Monday. Instructions for next week's pick-up arrangements will be communicated soon. If your child tests positive, please inform the school and register the positive result with ACT Health. If a household member tests positive, everyone in that household is required to isolate at home for seven days, even if they do not test positive. Please also inform the school if this happens. We know that Covid cases will happen and we are working closely with the ACT Education Directorate and ACT Health to manage and support our community.

Carpet and Toilet Updates

We are working as quickly as we can to fix the issue of the carpet in Chipala, Yackatoon, Mereki and the art room. Rose has worked tirelessly to ensure that carpets were removed as quickly and safely as possible and also sourcing new carpet to be laid ASAP. The students and staff have been amazing in dealing with this very unusual and unexpected curveball. The senior toilet upgrade is also well underway and will be ready shortly. The senior students are using portaloos and the two toilets in the hall in the meantime and they are coping extremely well with the new arrangements. Our school is going to look fantastic when the new toilets are finished, and the new carpets are laid!

Principal Pepper (Thursdays and Fridays)

This year I will be taking some time off work on Fridays to look after my grandson (and granddaughter from Term 2) on Fridays. I trialled this for a term last year and loved it! I am also working in the Education Support Office on Thursdays this term as part of the Principal Induction and Mentoring program as well as taking four weeks Long Service Leave at the end of this term. This will mean that Nathan Pepper will be acting principal for the last 4 weeks of term as well as on Thursdays and Fridays. Nathan is highly respected by staff, families and students and I know he will do a brilliant job as principal of Theodore Primary School.

Contact Us



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Theodore Primary School (Official Site)

Theodore Primary School
"A great place to grow up"

Dates to Remember

Term 1 Calendar See Attached

FEB

15

School Board Meeting

25

Online Assembly—Yr 5/6

Notes sent home

Yr 3 Google App Permission

Student Access Permissions

Student Contact Details

Yr 5/6 Camp Cooba

Yr 6 Leadership at Theodore

Notes due back

11 Feb

11 Feb (Only if Changed)

11 Feb (Only if Changed)

08 April

Important Reminders

COVID

Please locate a QR code and check in.

You can also check in with the app using the unique six-digit code for our school, which is **959473**.



Term 1 | Week 1 @ Theodore



What's On This Week
MONDAY 31/1- Welcome Preschool & Kindergarten! 🙌
R.A.T Collection (see email for details)
Bilbies Preschool Day
TUESDAY 1/2- Welcome Back Years 1-6! 😊
Bilbies Preschool Day
WEDNESDAY 2/2
Bilbies & Koalas Preschool Day
THURSDAY 3/2- Newsletter Emailed Home
Koalas Preschool Day
FRIDAY 4/2
Koalas Preschool Day

Term 1 | Week 2 @ Theodore



What's On This Week
MONDAY 7/2- Year 5 Band Assessment 🎵
Bilbies Preschool Day
TUESDAY 8/2-
Bilbies Preschool Day
WEDNESDAY 9/2-
THURSDAY 10/2- Parliament Executive Election 🗳️
Koalas Preschool Day
FRIDAY 11/2- House Captain Elections 🟠🟡🟢
Koalas Preschool Day



Theo's Thursday PBL Update



Resilience

Over the next semester we will explore resilience, what it is, how it develops and ways to build it. To start Wellbeing Wednesdays this year we will look at what resilience is.

What is Resilience?

Resilience is **the ability to ‘bounce back’** during or after difficult times. It is also the ability to adapt to difficult circumstances that you can’t change and keep on thriving. Resilience is something we work on for our whole lives and it can go up and down at different times depending on the difficulties we face.



Fresh Food Friday

To start the new year, Theodore Primary will participate in Healthy Lunchbox Week, which is next week, February 7-11. Healthy Lunchbox Week is an initiative organised by Nutrition Australia that aims to inspire families to create healthy and enjoyable lunchboxes.

To celebrate this wonderful initiative, information will be shared each fortnight in the newsletter including healthy lunchbox ideas and recipes, core food groups and lunchbox hygiene and safety.



AUSTRALIA'S HEALTHIEST LUNCHBOX COMPETITION

To celebrate healthy lunch box week Harold and his friends are on the search for Australia's Healthiest Lunchbox. Upload a photo of your child's healthy and delicious lunchbox creation for a chance to **WIN** one of six prizes. **EACH** winning lunchbox will receive a **\$250** Woolworths e-gift card and their school will receive a **\$500** Life Ed voucher and **\$250** Woolworths e-gift card

TO ENTER

Upload a photo of your child's healthy lunchbox creation

Tell us in 30 words or less why your creation is Australia's healthiest lunchbox

HINT

Pick foods from each food group

Make it an everyday lunchbox – practical and affordable to prepare each day

Choose delicious foods that kids love

ENTRIES CLOSE SATURDAY FEBRUARY 12

CLICK HERE TO ENTER <https://www.lifeed.org.au/forms/australias-healthiest-lunchbox-2022/>

Fuel their day

A nourishing diet is essential to a child's physical health, mental wellbeing, growth and development. Children eat around a third of their daily intake at school, which means the lunchbox is very important for overall health.

Fuel their body

Filling their lunchbox with nourishing foods can help give children the energy and nutrients they need to **GO**, **GROW** and **GLOW** throughout the day.

GO

These foods contain carbohydrates that kids use for energy to run, jump, think and play. **GO** foods include grainy breads and wraps, pasta, rice, oats or quinoa to fuel body movement and brain power.

GROW

Grow foods contain important nutrients for building strong muscles, bones and teeth. Include some **GROW** foods such as lean meats, eggs, legumes, dairy (milk, yoghurt, cheese) and calcium-containing dairy alternatives to help their bodies

GLOW

Grow foods contain important nutrients for building strong muscles, bones and teeth. Include some **GLOW** foods such as lean meats, eggs, legumes, dairy (milk, yoghurt, cheese) and calcium-containing dairy alternatives to help their bodies

Fuel their curious minds

Children need the right food to allow them to concentrate, learn and maintain good brain health and mental wellbeing.

Hydration

Dehydration can make it hard to concentrate and think clearly. Pack some fluids, preferably water or milk into their lunchbox.

Limit highly processed foods

Highly processed foods often have excessive salt, sugar and/or fat content which can lead to poor health and displace healthier options.

