



15 September 2022 – Term 3

Principal News

Dear Theodore families,

It is with great pride that I write to you this week as the newly appointed principal of Theodore Primary School. I am extremely excited to be able to continue to lead the talented and dedicated staff of our school in continuing to improve the learning and wellbeing outcomes for your children. Moving forward we will continue our focus on providing a positive learning environment for all stakeholders through our focus on inquiry learning, PBL and community engagement as well as our unwavering focus on improving student learning outcomes, with the specific focus on reading, writing and maths.



Learning Journey

Next week we are excited to invite families into the school to share their child/ren's learning. This is a great opportunity to visit your child/ren's classroom, see the learning they have achieved throughout 2022 and celebrate the successes they have experienced.

Below are the details:

Date: Wednesday 21 September

Time: 2:30pm- 4:00pm

Where: Your child's classroom

P&C Meeting tonight!

Tonight, our P&C will be holding their meeting and there will be a particular focus on the school's approach to student wellbeing. The following staff members will be sharing:

- Bryce Chivers (School Psychologist)
- Aimee Shires (Family & Community Coordinator)
- Charisse Enriquez & Ashlea Anderson (PBL)
- Ruby Christensen (Youth Support Worker)

The meeting starts at 6:30pm and will be held in the library. The P&C will also be providing pizza!

Bike track Working Bee

Many students of all ages are loving having the opportunity to ride on our school bike track. We are loving seeing their confidence grow and their skills develop!

Early next term we are planning a 'Working Bee' to carry out some maintenance on the track and maybe even the bikes themselves. The work would only take an hour or two and we will finish up with a BBQ lunch. Below are the details:

Date: Saturday 22 October 2022

Time: 11am

Please let myself or the front office know if you are interested in helping out.

Kind regards

Nathan Pepper
Principal

Contact Us



theodoreps@ed.act.edu.au



(02) 614 23100



www.theops.act.edu.au



Lawrence Wackett Crescent, THEODORE ACT 2905



[www.facebook.com/
Theodore Primary School \(Official Site\)](http://www.facebook.com/Theodore Primary School (Official Site))

Theodore Primary School
"A great place to grow up"

Dates to Remember

Term 3 Calendar

SEPTEMBER

- 15 P&C Meeting
- 20 K-Yr6 Walk On Country (selected students)
- 20 Bilbies Learning Journey
- 21 K-Yr6 Learning Journey/Maths Expo
- 21 Calwell High School Transition Visit
- 22 National Day of Mourning (Public Holiday)
- 23 Koalas Learning Journey
- 23 Last Day of Term 3



Notes sent home

- K—Yr 6 Walk on Country
- Yr 3-6 Oztag Gala Day
- Yr 3/4 Camp

Notes due back

- Monday 19 September
- Wednesday 21 September
- Friday 23 September



Term 3 | Week 10 @ Theodore

Clubs at Breaks

Monday	Tuesday	Wednesday	Thursday	Friday
K-6 Bikes Mr Muir Bike Track	Lego Club Mrs Sheehan Library	Culture Club Ruby Shade Shelter	Book Club Ms Lloyd Library Courtyard	K-6 Bikes Mr Muir Bike Track
Craft Club Mrs Sheehan Library		K-6 Bikes Mr Muir Bike Track	Just Dance Ms Gillies Library	Handball Shade Shelter Mrs Castledine
Art Club Mrs Hunt Art Room	Colouring Club Aimee Library	Art Club Mrs Hunt Art Room	Play Dough Club Mrs Barboro Library	Karaoke Club Shade Shelter Miss Birse
Senior Sports Senior Grass Miss B	Earth Savers Mrs Menzies Environment Centre	Culture Club Ruby Shade Shelter	Handball Shade Shelter Mrs Castledine	

MONDAY 19/9– 5/6 Band 🎵
Bilbies Preschool Day

TUESDAY 20/9– Walk on Country Excursion
Bilbies Preschool Day

WEDNESDAY 21/9– 5/6 Band 🎵
Learning Journey

THURSDAY 22/9–
Koalas Preschool Day

FRIDAY 23/9–
Koalas Preschool Day

Important Reminders

Student Academic Reports - Semester 2 2022

ACT public schools have commenced preparing student reports for Semester 2 2022. The Education Directorate has again made the decision that student academic reports will be provided with an overall A-E grade, and an assessment of achievement standard statements on a 5-point scale. Reports will not include detailed teacher comments.

This strategy supports schools to prioritise teaching and learning as we continue to manage workload pressures due to COVID-19 and other illness.

Our teachers will continue communicating directly with families about student learning and you are encouraged to speak with your child's teacher if you have any questions about their progress.

Safe School Environments

Creating a safe environment around our school requires a collaborative approach from everyone, including parents, teachers, children, and the broader community. Please drive slowly around the school and be courteous to other drivers and teachers.

A great way to improve safety around the school is to decrease the number of cars on the road, particularly during the peak times. Encouraging children to walk or ride to school has many great benefits, including less congestion, increased safety, and healthier and happier children.

Alternatively, consider dropping off and collecting students from streets a little distance from the school to reduce traffic in the school carpark, which will help to increase safety. If you need to drive your children to school, please obey the road rules and always be on the lookout for pedestrians and other motorists.



Public Holiday 22nd September

National Day of Mourning

A National Day of Mourning for Queen Elizabeth II, on 22nd September 2022, will be a public holiday and schools will be closed.

PBL Awards



Congratulations to the students who will be awarded PBL Awards

	Bronze Award
Kindy	Thomas W William H
Yr 5/6	Toby C
	Silver Awards
Kindy	Tayvavanh T Danica M Noah S Cornelia T Georgia-Mae H Ollie L Josie M Reggie S Billy N Toby H
Yr 1/2	Kira D Jacob T
Yr 3/4	Johanne S
Yr 5/6	Eli O Maddock UR Declan S Ayat S
	Gold Awards
Yr 3/4	Lucas S Leila S
Yr 5/6	Sophia M Marcus P Raksika K Emily D Aneesha CR

P&C News

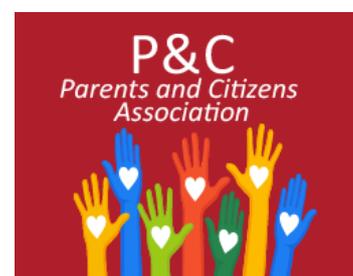
What is the P&C

The P&C is a group of eight current parents from the primary school (with children in years Kindy-6) who meet with the principal and other school staff twice per term. We also have a sub committee of Preschool parents who also meet separately with the preschool teachers twice per term.

P&C stands for Parents and Citizens Association - As a P&C our aim is to have open communication channels between staff and parents/carers of the school community, and our meetings are a forum for any topics to be raised and discussed. The opinion of the P&C is frequently sought by Board members/the school before new policies are formulated or current policies amended.

Fundraising and social activities. The P&C acts as an agent for fundraising and social activities for example Mother's day/Father's day stalls, BBQ's, fetes, discos, Christmas concert markets etc. Money raised at these events is used to purchase equipment and materials for the school not able to be purchased from government funding (examples of recent purchases are the artificial turf landscaping in the preschool, new washing machines and dryers and a brand new BBQ).

Our next meeting which is on the Thursday 15th September at 6:30pm has a wellbeing focus and will have guest speakers from the school coming to discuss the wellbeing supports in place in Theodore Primary. This meeting will be held in the school library and we will be providing pizza for dinner - if you would like to come along please RSVP using this link <https://forms.gle/rfaULTLq2VAHfPSP7> (so that we buy enough pizza!). We want everyone to be part of the school community, have a say and know what is going on in your child's school by having firsthand contact with VIPs of the school. With participation brings better knowledge, understanding and pizza!



3/4 News

Term 3 has been a very busy time for 3/4! From an excursion to the Grinding Stones in week two to finishing off with a celebration during Learning Journeys- which we are very excited about!

HASS

We started our HASS unit of work with an excursion to the Grinding Stones in Theodore. We drew a sketch of the local area and participated in discussions around the importance of the stones to the Ngunnawal and Ngambri people. We are starting our Dioramas this week to represent a significant site in Canberra and what it was like in the past compared to how it is today.

SCIENCE

We've had so much fun experimenting with different materials during our science unit on HEAT. Have you ever watched food colouring drop into a glass of cold and hot water? We held cold/heat packs in our hands and slowly felt the change in temperature. Did you know that it's our hands that warm up the ice pack and not the ice pack that freezes our hands? Finally, we compared materials to find good insulators and conductors of heat with a 'spoons in water' investigation.



WRITING

Our focus for writing this term is information reports. We've compared facts and opinions such as...

Metal is a good conductor of heat- Fact

A gecko makes the perfect pet- Opinion

Miss Birse is a fabulous singer- Fact (oh the kids say I'm wrong, opinion)

We delved deeper into the Inquiry framework by linking our HASS topic with our information reports to present facts about Canberra in the past and present to support our dioramas. Did you know the name Canberra derived from a local Aboriginal word for 'meeting place'.

MATHS

During Maths this term we've looked into fractions and decimals, money and angles. We explored what angles we see in everyday life and used our own bodies to create turns. 3/4EB also learned how to use a protractor to measure acute, obtuse, and right angles all over their desk! It was messy but a lot of fun.



SEL

Our focus during Social and emotional learning has been on developing and strengthening friendships. We've discussed what makes a good friend compared to a cool friend and used 'R U OK?' Day to delve deeper into what qualities we look for in a friend.

1/2 BUDDIES

3/4ES have been helping our junior students in 1/2HS with the new chrome books they've received. They supported them with logging on and navigating websites safely.



Wellbeing Wednesday

Resilience building challenge/activity



Feather breathing

Use real feathers or cotton wool for this activity or use your imagination. Sit comfortably on a chair and imagine that there is a feather or ball of cotton wool in front of you. If you have a feather or cotton wool place this in one hand and hold your hand out in front of you. Breathe in through your nose and breathe out slowly through your mouth, in order to make the object float. Repeat this a few times.



Finger counting

Sit or stand in a comfortable position and hold one of hand out. Breathe in for five counts, and place each finger into your palm until your hand has made a fist. Breathe out for five counts, and uncurl each finger.



Slimy hands

Imagine that you have a ball of slime in the palm of each hand. You are going to squeeze the slime as hard as you can as you breathe in. Then breathe out and open your hands, imagining that the slime has spread across your hands. Repeat this a few times.

Rise and fall

Sit in a comfortable position, preferably with your back straight. Imagine you are rising and falling with each breath. As you breathe in for four counts, slowly come to a standing position and stretch your arms into the sky. As you breathe out for four counts, slowly come to a seated position with your arms relaxed by your side.

Relaxing muscles

Lie down if you feel comfortable to do so. If not, you can sit in a comfortable position. You can close your eyes if you want to. Follow this muscle relaxation activity, starting with one through to 10.

Tense face muscles including forehead, cheeks, mouth, upper neck. Release.

Gently roll head from side to side, with awareness of the tightening muscles. Release.

Tighten shoulders. Release.

Tense right arm, from shoulders to fingers without making a fist or lifting arm off of floor. Tense left arm. Release.

Gently tense chest muscles and abdomen, without holding the breath. Release.

Tense right hip and buttock. Release.

Tense left hip and buttock. Release.

Tense right leg down through feet and toes. Release.

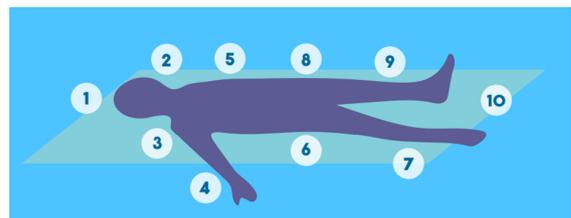
Tense left leg down through feet and toes. Release.

While no longer tensing any muscles, allow attention to drift back up through legs, abdomen, chest, arms and back to the face.

Aimee Shires

Family & Community coordinator

Aimee.shires@ed.act.edu.au



Fresh Food Friday

Waste Free Wednesday Winners

Congratulations to our waste free Wednesday winners from the last fortnight





PLAY GROUP

Come and join our playgroup for children aged under 5, a great opportunity for little ones to socialize and play and for parents and carers to connect with others in their community.

When: Fridays Starting June 3, 9.10 am - 10.30am
(during the school term only)

Where: Theodore Preschool (Theodore Primary)

RSVP: Please RSVP each week to Aimee
Text 0435 512 102

To ensure we are following the covid safety measures, I ask that parents and children stay home if they feel unwell, wear a mask if they are unable to physically distance and clean their hands regularly with soap and water or sanitiser.



Stay and Play

Every **Thursday** afternoon from **3-3.30 pm** we invite all families to stay and play at the junior playground area.

Play on the playground

Bring bikes and scooters

Meet other families

Share stories/information

Bring afternoon tea



HOLIDAY HAPPENINGS™



The next Holiday Happenings edition is now available online.

To see the *Programs, Activities & Events* happening these holidays go to:

www.holidayhappenings.com.au/online-booklet



WESTON INDOOR SPORTS 2022-23 SUMMER REBOUND SOCCER

Boys, girls and mixed teams

For players of all skill levels

Girls divisions for 9 years and older

Register as an individual or as a team
we'll find you a team for you and your friends

Season: 5-15 years and all girls teams

Sat 22 Oct 2022 to Late March 2023

Season: 16-20 years (Youth)

Sun 30 Oct 2022 to late March 2023

Break over school holidays and long weekends

Not affected by weather—we're indoor

Come and join the most fun indoor soccer competition, the non-stop game where the ball doesn't go out. We have 20 years of experience in running sports for children and with over 115 teams playing Summer Rebound Soccer we can offer games to enjoy for players of all ages and skills.

FOR PLAYERS AGED 5 YEARS TO 20 YEARS



WHAT IS REBOUND SOCCER?

- * five-a-side game
- * played with a futsal ball
- * played on indoor courts with nets

APPROX AGE GROUPS & KICK-OFF TIMES

Rooball	5 to 8 years	1:00pm – 4:00pm
Juniors	9 to 15 years	8:00am – 12:30pm
Girls	8 to 18 years	10am – 1:30pm
Youth	16 to 20 years	Sun 4pm – 7:00pm

Season Fees: \$195. \$10 discount per person if two or more from the same family register.

Teams are placed in divisions based on suitability (age, size, skill level and intensity of play). Game start time can vary depending on the number of teams within each group. If you have a time you can't play, let us know and we will do our best to work around it.

REGISTER AT: <https://westonis.com.au/kids-rebound-soccer/>

For Further Information – Contact Weston Indoor Sports
Phone: 6288 0444 Email: soccer@westonis.com.au Website: westonis.com.au

Now available at Weston Indoor Sports **NERF WARS** Parties

LET'S GET PLAYING!

LESSONS AVAILABLE AT YOUR SCHOOL

lessons@mojoguitarteachers.com
0431 550 005

We Are Little Athletics

Calwell District Playing Fields
Were Street, Calwell

Starting Saturday 8th October
Tiny Tots to U17

www.athleticsintheact.com.au



Community News

Kids into Sport is about every young person in Tuggeranong having the chance to play sport. This community project by the Rotary Club of Tuggeranong and Vikings Group ensures that cost is no barrier to playing sport in our region. It delivers funding for sports fees, uniforms, and equipment to those who most need it.

If you are interested in the kids into sport program, please contact Aimee on 6142 3100 or aimee.shires@ed.act.edu.au.



Kids into Sport is about every young person in Tuggeranong having the chance to play sport.

A community project by:





SPRING HOLIDAY CRICKET CAMP

3 - 5 OCTOBER 2022

9:00am - 3:00pm
after-hours care available*

Reid Oval
Cnr Euree St & Limestone Ave

Suitable for ages 6-16
(groups within the program to be age appropriate)

What's included?

- A structured & enjoyable program with a wide variety of cricket drills, activities and games
- A fun, team-based learning environment
- Coaching that covers all aspects of the game including batting, fast and slow bowling, fielding, running between wickets, and wicketkeeping
- Technical, tactical & game sense tuition
- Qualified & experienced coaches

For more info, please contact Holly Halford-Smith on 0400125342 or activeallsports@outlook.com


SCAN ME

proudly supported by



communities **at work**

SCHOOL HOLIDAY PROGRAMS

ARE NOW ENROLLING





BOOK NOW

commsatwork.org/schoolholidayprograms



FREE TENNIS OPEN DAY

BLUE STAGE
3-5

RED STAGE
5-8

ORANGE STAGE
8-10

GREEN STAGE
10+

SATURDAY 17TH SEPTEMBER 2022
1:00 - 3:00 PM

THE PINES TENNIS CLUB
CNR GOLDSTEIN CRES & NORRIS ST, CHISHOLM

ALL NEW JUNIOR STUDENTS RECEIVE A FREE RACQUET AND DRINK BOTTLE

FREE ADULT AND JUNIOR CLINICS

SUITS ALL KIDS AGED 3+

TRY THE LATEST TENNIS AUSTRALIA PROGRAMS INCLUDING HOT SHOTS FOR KIDS AND CARDIO TENNIS FOR ADULTS

ALL NEW JUNIOR STUDENTS WHO ENROL IN TERM 4 2022 WILL RECEIVE A FREE RACQUET & T-SHIRT

To book a free trial session
Email robert@csot.com.au
Call 0432 118 204
Tennis Australia Qualified Coaches

With over 30 years of coaching experience ... Tennis, the game for life



For more info please see www.csot.com.au

