



09 June 2022– Term 2

## Acting Deputy Principal News

Dear Parents and Carers,

It is now coming to the end of our school term, and I just wanted to congratulate all the students on their hard work and dedication with their learning. It has been my pleasure to come into classroom and work in the Reading Café with our amazing students in Theodore Primary School.



### Preschool

#### Come and Try Day

What a great success this day was for the Theodore Preschool and families that attended. Our incoming preschool students were able to experience what learning opportunities preschool has to offer. Our lovely staff that attended the day were able to discuss all the wonderful programs that we offer at the school, such as our Youth Support Program, the Arts and Sustainability within our Environment Centre.

Along with our teachers, some students from our Ukulele band, Environmental Ministry and Youth Support Program shared with parents and students what its like to be a student at Theodore Primary School.

A huge thank you goes out to our preschool teachers and preschool support staff for organising the day.



### Athletics Carnival

Unfortunately, the athletics carnival had to be cancelled due to bad weather conditions, but Mrs Kennedy is working very hard to see if it can be rescheduled. Fingers crossed!

Have a great long weekend,

Acting Deputy Principal  
Melonie Lloyd

## Contact Us

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[theodoreps@ed.act.edu.au](mailto:theodoreps@ed.act.edu.au)



(02) 614 23100



[www.theops.act.edu.au](http://www.theops.act.edu.au)



Lawrence Wackett Crescent, THEODORE ACT 2905



[www.facebook.com/](http://www.facebook.com/)

Theodore Primary School (Official Site)

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Theodore Primary School  
*"A great place to grow up"*

## Dates to Remember

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### Term 2 Calendar

#### JUN

- 13** Queen's Birthday Public Holiday
- 17** Yr3/4 Assembly
- 21** Indigenous Students Walk on Country Excursion
- 21** Rostrum Quarter Finals—Theodore Hosting
- 22** Preschool Declan the Music Man Incursion
- 22** Preschool Walkathon

### Notes sent home

### Notes due back

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Preschool	Declan the Music Man	Friday 17 June
Preschool	Walkathon	Tuesday 21 June
Yr 5/6	Walk on Country (Indigenous students)	Friday 17 June
Yr 5/6	Parliament House Excursion	Monday 18 July



# Term 2 | Week 8 @ Theodore



## Clubs at Breaks

Monday	Tuesday	Wednesday	Thursday	Friday
K-6 Bikes Mr Muir Bike Track	Lego Club Mrs Sheehan Library	Colouring Club Aimee Library	Book Club Ms Lloyd Library Courtyard	K-6 Bikes Mr Muir Bike Track
		5/6 Culture Club Lachie Shade Shelter	Just Dance Ms Cilliers Library	Handball Shade Shelter Mrs Castledine
	K-6 Bikes Mr Muir Bike Track			
Craft Club Mrs Sheehan Library	Colouring Club Aimee Library	Art Club Mrs Hunt Art Room	Play Dough Club Mrs Barbaro Library	Karaoke Club Shade Shelter Miss Birse
Senior Sports Senior Grass Miss B	Earth Savers Mrs Menzies Environment Centre	3/4 Culture Club Lachie Shade Shelter	Handball Shade Shelter Mrs Castledine	

**MONDAY 13/6- QUEEN'S BIRTHDAY PUBLIC HOLIDAY**

**TUESDAY 14/6-  
Bilbies Preschool Day**

**WEDNESDAY 15/6- 5/6 Band** 🎵

**THURSDAY 16/6-  
Koalas Preschool Day**

**FRIDAY 17/6- 3/4 Assembly  
Koalas Preschool Day**

## PBL Awards

**Congratulations to the students who will be awarded**

### PBL Awards



	<b>Silver Award</b>	
<b>Yr 3/4</b>	Ellie R Xander S	Ruby M Griffin C



*We are Safe,  
Respectful  
Learners*

## Important Reminders

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### Special Group Photos Order Form

Year 6 Band, Year 5 Band & Leadership Team Photos

All orders must be sent to MSP Photography by mail, email or phone.

**Please do not send your order to the school office.**

Orders must be received by

**Friday 24 June 2022**



## P&C News

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Our next P&C meeting

**Thursday 16<sup>th</sup> June at 6:30pm**

at Theodore Primary School

All are welcome to come along, listen, raise concerns and find out more about what is happening in our school (we promise you won't be locked into anything!).

Theodore Primary School P&C Association

## Theodore Primary School Board

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Our next School Board Meeting

**Tuesday 14th June @ 3:30pm**



## 5/6 News

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We have had a busy term of learning in Mereki! All classes have been publishing our final expositions and are moving onto information reports. In maths, we are starting our unit on fractions, decimals, and percentages, as well as finalising assessments for end of semester reporting. In science, we are continuing to look at Earth and what it is made of, and in HASS we are learning about Australia's government and how laws are made. We have also been learning a lot about Australia's Indigenous history throughout Reconciliation Week- starting with Sorry Day and culminating with Mabo Day. When we presented assembly last week we shared some of this learning with the rest of the school. Ask your child about it and see how much they know!

### Parliament Update

Our Parliament have been busy drafting bills and organising clubs across the school.

The first bills to be passed were from the Environment and Arts Ministries. The Environment Ministry will be organising more bins for our school to reduce littering. The Arts Ministry are organising a fund raiser to paint the wall at the Preschool that is near the bike racks. You will have also seen our community library (organised by our Education Ministry) go up out the front of the school- make sure to check it out!



The Ministry for Indigenous affairs has worked with their teachers and outside providers to organise a Walk on Country as well as a Cultural Weaving workshop. In the future, the Ministry for Indigenous Affairs will reteach what they have learnt through these opportunities to students throughout the school, as we look at embedding Aboriginal and Torres Strait Islander perspectives across our school

The Environment Ministry is also collecting empty bread bags. Make sure you save your empty bread bags and bring them into school! This will allow give us the opportunity to win equipment for our playground, all just by recycling!



It has been wonderful to see our kids' leadership skills grow through this process, and we look forward to seeing what else they come up with this year!

### Kulture Break

Some of the 5/6 students have been participating in Kulture Break throughout semester one- the dance is really starting to come together now! The final performance is on Thursday week 10. Tickets to the show (called *Dance Nation*) are on sale now. If you have any questions, please do not hesitate to contact Savannah Burge or Vicki Hunt.



## Wellbeing Wednesday

### What builds resilience? Focus on managing emotions

#### Use open-ended questions with your child

When talking with your child try to use open ended questions, for example “What’s the best thing that happened today?”. This helps children learn to acknowledge and articulate their feelings, and opens opportunities to help children develop coping and problem-solving skills.

#### Encourage your child to talk about feelings

Encourage children to talk about how they are feeling. If your child finds it difficult to talk about their feelings, try to remember times when they did talk about how they felt – what was it about that particular situation or environment that helped your child open up? Can you use that strategy again?



#### Acknowledge when your child is distressed

When your child is distressed, acknowledge their experiences and feelings in the moment. For example, “I can see you’re sad”, and “It’s OK to cry”. It’s important for children of all ages to learn how to identify their emotions and reactions to different situations.

#### Help your child regulate emotions



##### **Pre-school aged kids (1–5 year old's)**

Help your child put words to how they’re feeling. For example, for children who are developing language say, “You’re smiling – you must be happy!”

Help your child put words to how others are feeling as well – this will help them develop empathy, and understand those feelings in themselves.

##### **Primary school aged kids (6–12 year old's)**

Help your child to recognise and regulate their emotions by developing healthy thinking habits\*. Help your child respond to, and manage their emotions, such as through positive self-talk, self-compassion, a sense of optimism and a positive attitude. If your child’s self-talk is negative – for example, “I’m going to die of embarrassment speaking in front of my class”, help them reframe their self-talk to something like, “Public speaking isn’t my favourite thing, but I’ll be able to cope”.

**Talk to your child about preparing for events**

**Pre-school aged kids (1-5 year old's)**

Children may feel nervous or anxious about certain events, to help them prepare for these events you should have open conversations. For example, if a child is worried about getting lost in a supermarket, talk to them about what they can do in that situation. Remind them about those strategies at a later point: “Remember those ideas you came up with for if you get lost? Shall we go through them again together?”

**Primary school aged kids (6–12 year old's)**

In addition to talking you may help your child put strategies in place to prepare for events they are nervous or anxious about. For example, if your child is worried about doing a presentation at school, encourage them to do a practise run with you or at home with their family.

It can be helpful to expose children to experiences of failure rather than protect them from it. When they do fail at something, help them put the failure into perspective.

**Help your child to realise that difficult times are a part of life**

**Primary school aged kids (6–12 year old's)**

Help your child to realise that difficult times are a part of life, that they’ll pass, and that things will get better. You might be able to help your child with this by talking about how you, people you know, or even famous people have gone through difficult times. Perhaps use role-plays and have discussions to practice how to handle difficult situations.

*Information from Beyond Blue healthy families*

**Fresh Food Friday**

How to talk to kids about fruit and veg

**Instead of saying**

Carrots will turn you into a bunny



**Try saying**

Orange foods help you see in the dark

This food is good for you



Yellow foods help your body heal from cuts

Salad is healthy



Salad can help your body fight off sicknesses



## 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.



**PRO PERFORMANCE CRICKET**

### CANBERRA WINTER CRICKET CAMP — AGES 5-16

Times: 9am - 3pm each day  
(8.30am early drop off, pick-up no later than 3.15pm please).

<b>CAMP 1</b> 4 <sup>th</sup> - 8 <sup>th</sup> July 2022	<b>CAMP 2</b> 11 <sup>th</sup> - 15 <sup>th</sup> July 2022
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📍 ALL Camps will be held at Watson Oval, Knox Street, Watson

**Our Philosophy**  
We are passionate about helping each and every player achieve their goals and reach their potential through expert coaching in a fun, challenging, positive and professional environment. Through the game of cricket we ultimately aim to help our players learn, grow and develop into becoming better people.

**\$450 for 5 Days**  
**\$375 for 4 Days**  
**\$295 for 3 Days**  
**\$110 per Day**



Catering for ages 5-16 we offer intensive individual and group skill development for all ages and stages across all facets of the game. With an excellent coach to player ratio and incorporating current and former first class cricketers it's the perfect environment for the kids to have heaps of fun, make new friends and take their game to a new level.

Our camps include T20 games and high-quality coaching with specialists in batting, bowling, fielding & wicketkeeping focusing on the specific technical, tactical, psychological & physical skills required in each discipline.

Players will be exposed to a variety of games and drills designed to improve confidence, self belief, concentration, team work and leadership skills all while having a ball with their friends.

**David Dawson** Head Coach  
mobile: 0434 210 082  
admin@properformancecricket.com  
Follow us on   
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Canberra Health Services

## Children's Asthma Education Service

Helping children with asthma breathe easier

Community Health Intake  
Ph: 5124 9977

[health.act.gov.au/asthma](http://health.act.gov.au/asthma)

### What does the Children's Asthma Education Service do?

We provide children, young people and their families with initial and continuing support to manage their asthma. We help:

- children, young people and families understand asthma, asthma first aid, how asthma medications work and when to use them
- families manage wheezing in the first years of life
- primary school aged children with symptom recognition and increasing independence
- teenagers self-manage their asthma and provide support and device options.

The service is free for people up to 18 years old.

### What happens at my appointment?

Appointments are provided one on one by Nurse Asthma Educators in Community Health Centres around the ACT. The session is specific to you or your child's needs.

### How do I make an appointment?

Call the Community Health Intake on 02 5124 9977 between 8am and 5pm, Monday to Friday and 8am to 3.30pm on Wednesday. Please bring any asthma medications or devices you use to your appointment, as well as your Asthma Action Plan if you have one.

### Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit:  
[www.health.act.gov.au/accessibility](http://www.health.act.gov.au/accessibility)

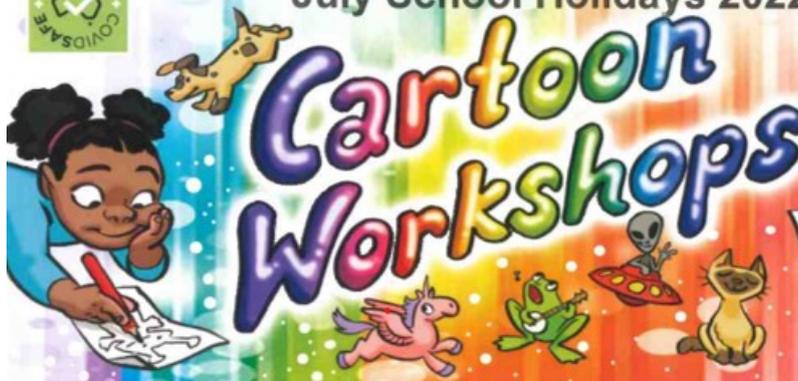


[www.health.act.gov.au](http://www.health.act.gov.au) | Phone: 132281  
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## Greater ACT (Canberra) & Surrounds July School Holidays 2022



Monday July 4<sup>th</sup> - Friday July 8<sup>th</sup> 2022

**\$35 per class**

**Classes: 9am - 1pm / 1pm - 5pm**

**Thursday night: 6pm - 9pm**

**Early drop off: 8am - 9am (Free)**

**Late pick up: 5pm - 6pm (Free)**

**EARLY BIRD**

Book before 5<sup>pm</sup> Monday June 20<sup>th</sup> 2022 for the Early Bird Special.



Book all 11 classes & we will give your child a set of 4 Cartooning Books valued at \$48. Books will be given out at the program.

Greater ACT & Surrounds (Canberra)

**Yarralumla Woolshed**

208 Cotter Road, Weston (Yarralumla)

Monday July 4<sup>th</sup> - Friday July 8<sup>th</sup>

