



21 July 2022– Term 3

Acting Principal News



Welcome back to school for term 3!

I hope everyone has had a fun and relaxing break and that you and your family are keeping healthy. I am very excited for the new term and the opportunities it brings for families and the school to work in partnership to support your child/ren to achieve great things.

Welcome to our new families

I would like to extend a very warm welcome to the four new families who join Theodore Primary School in term 3. We hope you and your families settle in quickly to the Theodore community. This term we have eight new students joining the school from preschool to year 6!

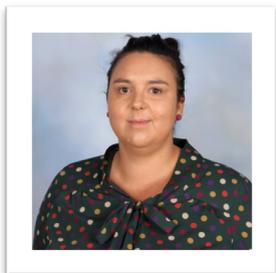
Community events in term 3

I am pleased to let you know that this term we have two major community events. The first of which will take place on **Wednesday 24 August (Week 6: Book Week)** and will be focused on reading! Families will have the opportunity to visit various stations that are designed to support families to help their child/ren with their reading at home. Following this, families will then be invited to enjoy a hot chocolate and read together. The second community event this term will be held on **Wednesday 21 September (Week 10)** and will be focused on maths and the Learning Journey. Families will have the opportunity to visit classrooms and share in the learning your child has done throughout term 3. Following this session, families will be invited to learn fun maths games which support students' development of number strategies. Further details about these events will be shared during the term.

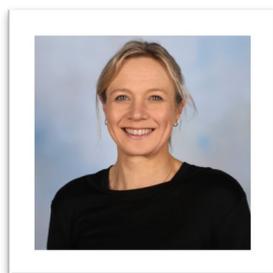
Staffing changes

This term we welcome Mrs Cate Whelband back to Theodore Primary School from maternity leave. Mrs Whelband will be working on class 3/4ES Monday- Wednesday and supporting across the school on Thursdays and Fridays. In week 2 we also welcome Mr Charlie Foran back to Theodore Primary. Charlie will be working across the school P-6 in supporting students.

Starting this term there are some changes to the school's leadership team. To assist you in knowing who the best person to discuss your child's learning, aside from their class teacher, I have included team leader's names and photos below.



Mel Lloyd
Deputy Principal



Susan Hough
Preschool & Kinder Leader



Emma Smith
Yr 1/2 & LSU Leader



Jess Crilly
Yr 3-6 Leader

Kind regards

Nathan Pepper
Acting 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)

Theodore Primary School
"A great place to grow up"

Dates to Remember

Term 3 Calendar

JULY

- 21** Kindergarten The Twits Excursion
- 25** Yr 5/6 Parliament House Excursion
- 28** Preschool Koalas Kenny Koala

AUGUST

- 02** Oztag Gala Day
- 03** K-Yr6 Athletics Carnival
- 05** Planning Day/Student Fee Day

Notes sent home

- K—Yr 6 Revised Athletics Carnival
- K—Yr 6 Athletics Carnival Lunch Order
- P—Yr 6 Scholastic
- Koalas Kenny Koala Visit

Notes due back

- Wednesday 27 July
- Friday 29 July
- Friday 05 August
- Information Only



Term 3 | Week 2 @ 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 Cilliers 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 Barbaro 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 25/7-

5/6 Parliament House Excursion AU

Bilbies Preschool Day

TUESDAY 26/7-

Bilbies Preschool Day

WEDNESDAY 27/7- 5/6 Band 🎵

THURSDAY 28/7- Preschool Kenny Koala 🦘 🚗

Koalas Preschool Day

FRIDAY 29/7-

Koalas Preschool Day

PBL Awards

Congratulations to the students who will be awarded

PBL Awards



Bronze Award	
Yr 1/2	Peyton L
Yr 3/4	Luke E William J William P Brendan B
Yr 5/6	Karma T Kody F
Silver Awards	
Yr 3/4	Evie V
Yr 5/6	Ayanna M

Important Reminders

Student Pupil Free Day

The ACT Government is supporting all ACT public schools to hold two staff planning days during term 2 to reduce teacher workload due to staff shortages. These days will provide public school teachers with time to complete student reporting and curriculum planning.

Our school will hold our second staff planning day on:

- **Friday 05th August 2022**

Where possible, we ask that students do not attend school on these days. Students who can't stay at home will be able to attend school and be supervised while undertaking general learning activities.

Please confirm via phone on (02) 61423100 or email theodoreps@ed.act.edu.au if your child will be attending school on this day.

If you have any further questions about our staff planning days, please reach out to our front office.

Coffee Van

We are trying to secure a coffee van at the school every Friday morning from 8-10 am. If this is something, you would be interested in can you please fill out this one question survey. I need to provide the coffee van owners with this information which will determine if they are able to provide the school with their services so, please fill in the survey if this is something you would like to see at our school.



Link: https://docs.google.com/forms/d/e/1FAIpQLSfPfrJajfTjp5QcM4tAiJQZ4IK6WqPoCMMcwc0VMnltxuMepA/viewform?usp=sf_link

Thank you

Aimee Shires

P&C News



The P&C are running a canteen at the Theodore Primary School Athletics Carnival

**at Woden Park
on Wednesday 3 August**

We would love your help!

Please join us by clicking on the below link and create an account or log in, then sign up for a timeslot.

<https://signup.com/go/zFWWiDe>

We will be serving a full list of items, full list attached, and have available lunch packs on pre-order. Lunch pack note is attached and will also come home with your child this week.

We look forward to meeting new faces and bringing together our little Theodore Community.

Theodore Primary School P&C

Wellbeing Wednesday

What builds resilience?

Create opportunities for personal challenge



Teach your child to ‘have a go’

Teach your child to adopt a healthy attitude of ‘having a go’ early in life. Kids learn through trial and error, and they need to learn how to tolerate failure when it occurs. Not learning to tolerate failure can leave children vulnerable to anxiety, and it can make them give up trying.

Allow your child to experience everyday adversity

Pre-school aged kids (1–5-year-olds)

Give your child opportunities to experience ‘everyday’ adversity. This might involve going for a walk in the bush, even when there’s a chance of rain. Coping with the rain will help your child learn how to manage obstacles.

Primary school aged kids (6–12-year-olds)

This might include being involved in sporting activities such as Little Athletics where there is the likelihood of losing. Learning how to deal with the disappointment of losing will help your child learn how to manage obstacles and other setbacks.

Encourage your child to engage in free play

Pre-school aged kids (1–5-year-olds)

Encourage your child to do free play activities (i.e. open ended and improvised activities). For example, give your child a box containing a range of different items, or a blank sheet of paper. Allow your child to determine what they will do with the items. Free play provides children with the opportunity to explore and helps build resilience.

Primary school aged kids (6–12-year-olds)

For example, give your child a box of raw materials such as recycling items and allow your child to determine what they will do them. Free play provides children with the opportunity to explore and helps build resilience.

Encourage your child to build independence

Pre-school aged kids (1–5-year-olds)

Encourage your child to build their independence by gradually increasing the difficulty of things they can do at home. For example, young children can help you to prepare the evening meal by setting the table or by assisting with food preparation such as washing the lettuce or buttering the bread. Slowly increase the difficulty of the tasks as their skills develop.



Primary school aged kids (6–12-year-olds)

Encourage your child to take ‘healthy risks’. For example, this might involve walking to or home from school, alone or with a sibling. You may start by driving or walking your child halfway to school and allowing them to walk the remainder of the distance alone, or with a sibling.

Talk to your child about self-talk
Primary school aged kids (6–12-year-olds)

Talk with your child about self-talk and how you can shift the focus of self-talk in situations that aren't going so well. Help your child practice reframing their self-talk. For example, a child might interpret being left out of a group as, 'They don't like me. I'm not worth liking. I'm not a nice person'. You can help them to shift their thinking by reminding them of times they've played happily with others, so they have good memories to call on.

Help your child deal with difficult situations
Primary school aged kids (6–12-year-olds)

Help your child develop strategies to deal with difficult situations and encourage them to come up with their own solutions.



Explore the benefits of community-based organisation

Explore the benefits of community-based organisations that provide opportunities for healthy risk-taking and developmental growth through activities such as orienteering, camping, leadership, physical activity, volunteering, and the arts (e.g., drama, theatre groups, dance classes).

WASTE FREE Wednesday

Waste Free Wednesdays are continuing in Term 3. Please see the details below for how to participate.

What is waste free Wednesday?

Waste free Wednesday is a day each week where all students aim to produce little to no lunchbox waste. Lunchboxes will contain items that can be eaten, composted, recycled, or reused.

Why are we doing Waste Free Wednesday?

To help teach students how we can reduce waste and the positive impact this has on the environment.

Why you should get involved

Apart from the positive impact waste reduction has on the environment, we will be picking two winners each week to win a reusable lunch item.

How to pack a waste free lunch

Reusable containers make it easy to pack a waste free lunch and to buy food in bulk instead of single serve packages.

Here are some examples of reusable containers:



How to win

A student from each class who participates in waste free Wednesday will be nominated and will enter the draw to win a weekly prize. A junior and senior student will win a prize each week.

Current prizes to be won

reusable sandwich bags



beeswax wraps



lunchbox containers



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



CANBERRA YOUTH THEATRE

For curious, creative and passionate students that would be interested in exploring their love of theatre through weekly Ensembles Workshops.

Canberra Youth Theatre offers weekly after-school workshops in line with school terms for School Years 1-3, 4-6, 7-9, and 10-12, in Braddon, Belconnen, Gungahlin and Queanbeyan.

Our workshops provide an inclusive space for young people to discover and express their creative selves. We create opportunities for young people to collaborate, develop their artistic skills and create pathways to the professional arts sector.

Enrolments will be open for the first three weeks of term, so we would be very grateful if you can spread the word among your students. Attached below is some further information and an image that could be circulated among students and parents, or put up on a class noticeboard. More information and enrolment is available via canberrayouththeatre.com.au/ensembles

chris@canberrayouththeatre.com.au | 02 6248 5057

Gorman Arts Centre - H Block, Batman Street, Braddon ACT 2612

canberrayouththeatre.com.au



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

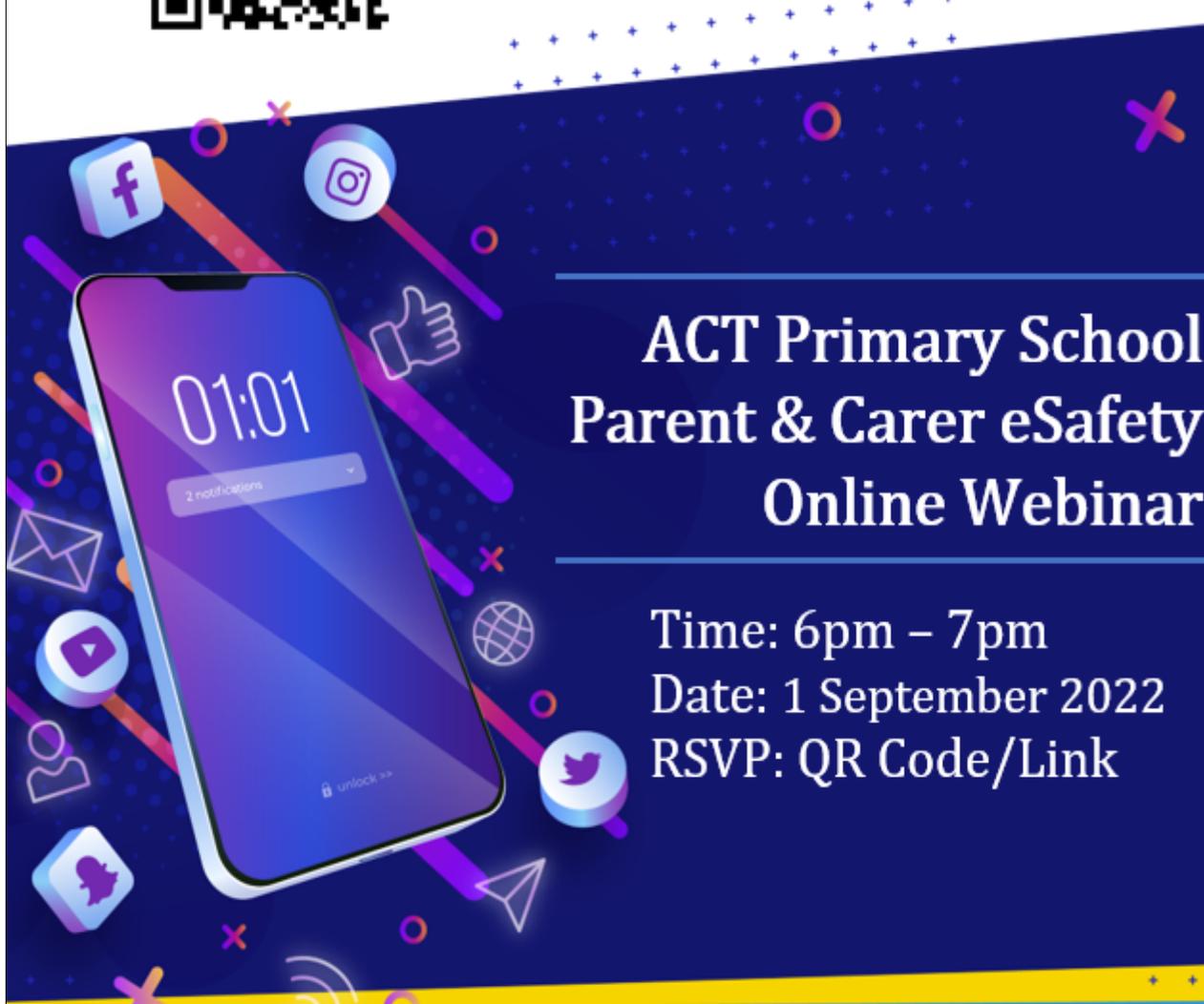
To ensure we are following the covid safety measures, I ask that parents and children stay home if they feel unwell, wear a mask if they are unable to physically distance and clean their hands regularly with soap and water or sanitiser.





RSVP using the QR Code or Link:

bit.ly/3nIdMIP



ACT Primary School Parent & Carer eSafety Online Webinar

Time: 6pm – 7pm

Date: 1 September 2022

RSVP: QR Code/Link

Topics:

- Understanding eSafety issues impacting young people
- Hard to have conversations with your child
- Where to go and how to report when things go wrong
- Current Trends and Updates

