



03 June 2021 – Term 2

From the Deputy Principal

As Term two has continued I have been immensely impressed with the learning I have seen from all students. As I have visited classes I have enjoyed speaking with students about their learning, particularly their writing, and hearing about how they are going in achieving their goals. Students are spending time with their teachers each week to conference their writing. During these sessions, students reflect on how they are going with their writing and identify elements of writing in which they can improve. I wonder if your child can share their writing goal with you at home?



Athletics carnival

Last week we were fortunate enough to have beautiful weather for our whole school Athletics Carnival. After missing out on this event in 2020 due to COVID, it was great to get out to Phillip Oval. The staff and I were very impressed with how all students represented our school with pride and demonstrated our values of being **safe, respectful learners**. Whether students are aiming to be the next Usain Bolt or are just having fun, we are very proud of all students for having a go and doing their best. Thank you, Mrs Kennedy, and Mr Muir, for organising a great day.

*We are Safe,
Respectful
Learners*

Rostrum Speeches

Last week the senior school were treated to listening to the Rostrum Speech finalists from years 3 to 6. Students spoke on a range of topics, including sustainable living and their personal experiences. All speakers did an excellent job of presenting to large audience by using clear speaking voices, eye contact and gestures. All finalists included well-researched information along with clever humour to engage the audience. Congratulations Edward B who placed first on the day and will represent Theodore Primary School at the next level. A special mention goes to Sophia D and Amelia L for placing as runners up.

Reports

Teachers have now completed Semester One Academic Reports and the executive team are working through the proofing process. This year, reports will be emailed home to families on Wednesday 23 June (week 10). Next Thursday 10 June we will be sending test emails home. This exercise allows us to ensure that the emailing system is working correctly so that families receive their child/ren's reports. If you have had a change in contact details, please ensure these are updated with the Front Office. We would also appreciate that if you do not receive the test email next Thursday that you notify the Front Office.

Happy holidays!

This week we wish Mrs Martens a very safe and happy Long Service Leave as she travels across Australia. We will miss her but are looking forward to hearing about her trip when she returns in term 3. I would like to thank Ms Lloyd for stepping into the Deputy Principal role whilst Mrs Martens is away as well as Ms Connell who will lead our 1/2 team during this time.

Nathan Pepper
Deputy Principal



Dates to Remember

JUNE

04

School Photos Koalas
CEIS – Christian Education

11

Kulture Break Performance

14

Queens Birthday Public Holiday

16

Arboretum Excursion Yr 3/4

21/22

Music Man Incursion Pre-school

23

School Reports – emailed home

24

Music Man Incursion Preschool

23

School Reports – emailed home

24

Music Man Incursion Preschool

JULY

12

Term 3



Notes sent home

Kulture Break

Yr 3/4 National Arboretum

Pre School Declan Music Man

Yr 5/6 Parliament House Excursion

Pre – Yr 6 Voluntary Contribution

Notes due back

09 June

09 June

16 June

26 July

Week Ahead @ Theo

Term 2 | Week 8 @ Theodore



Breaktime Clubs

- Monday Break 1-** Handball 🏐 (Shade Shelter)
Artsy Fun Club 🎨 (Art Room)
- Monday Break 2-** Environment Club 🌍 (E.C)
Tech Time 🖥️ (Library)
- Tuesday Break 2-** Senior Soccer ⚽ (Grass)
Handball 🏐 (Shade Shelter)
Drawing 🖍️ (Library)
- Wednesday Break 1-** Cultural Integrity Club
SUPA Club (Chipala)
- Wednesday Break 2-** Tech Time 🖥️ (Library)
- Thursday Break 2-** K-4 Bikes 🚲 (Court)
Handball 🏐 (Shade Shelter)
Origami 🗒️ (Library)
- Friday Break 1-** Handball 🏐 (Shade Shelter)
Friday Break 2- Junior Soccer ⚽ (Grass)
5/6 Bikes 🚲 (Court)

What's On This Week

- MONDAY 7/6-** Lacrosse Clinics (3-6) 🏑
- Bilbies and Possums Preschool Day**
- TUESDAY 8/6-** T-Ball Clinics (K-2) ⚾️
- Preschool Walkathon**
- Bilbies and Possums Preschool Day**
- WEDNESDAY 9/6-**
- Koalas Preschool Day**
- THURSDAY 10/6-** Preschool Walkathon
- House Connection Session** 🟠 🟡 🟢
- Koalas Preschool Day**
- FRIDAY 11/6-** KultureBreak Dance Nation Showcase
- Koalas Preschool Day**



Theodore Primary School
(Official Site)



Theo's Thursday PBL Update

This fortnight I have been looking for people being safe, respectful learners in the shade shelter and the senior playground. I noticed students playing fairly and by the agreed rules in the shade shelter. I also noticed students keeping their hands and feet to themselves in the senior playground.

Keep up the good work!



PBL Awards



Congratulations to the students who will be awarded PBL Awards.

Bronze Awards	SAFE		RESPECTFUL		LEARNERS	
Yr 1/2	Sophie M Logan G	Eamon F	Lucas S	Charley H	Alaric J Joshua P	Jax D
Yr 3/4	Ellie R		Declan T Bonnie L Charlie T Logan B	Izzy D Saith K Jacob S	Ellie R	
Yr 5/6	Marcus P		Ayanna M		James G	

Silver Awards	SAFE	RESPECTFUL	LEARNERS
Yr 1/2		Xander S	



Mingari

Mingari students have had a busy term 2. We have been using our measuring and pouring skills in cooking and making delicious pancakes and cookies! We have been practicing the rearranging and counting-on strategies during Maths games.

We had a wonderful time at the Athletics carnival last Friday. We tried discus, shotput, long jump and running. It was a lovely, sunny day and we all enjoyed dressing in our house colours, scoring points and cheering for our houses.

Well done, everybody!!





Year 1/2 – We have had an action-packed Term 2!



We've been learning all about the seasons, as part of our inquiry we presented an item at our week 2 assembly that showed lots of things we knew about Summer, Autumn, Winter and Spring. We also explored the weather patterns in Canberra and other Indigenous nations around Australia. We used this information to create Information Reports.

We have just finished our first ever T-Ball clinics which have helped us with our coordination and aim. We really enjoyed playing as part of a team and taking turns in the different roles.

We had visitors from St Johns Ambulance who demonstrated what we do in an emergency.

Do you know the number to call in an emergency?

We Do!

We learnt how to wrap a bandage, apply first aid to a person with a snake bite, and received a certificate for recognising hazards and dangers.

In mathematics, we have been discovering different skip counting patterns as well as looking into time.

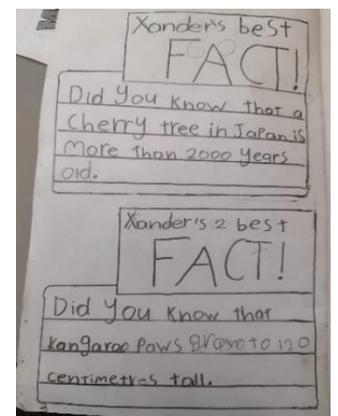
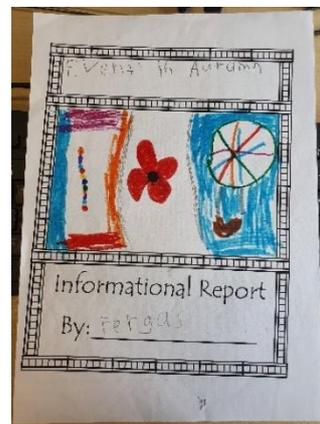
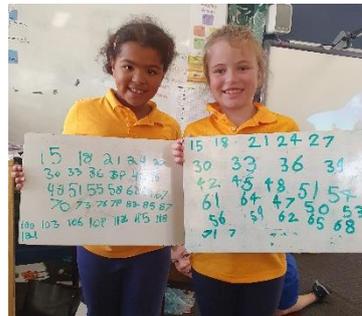
Did you know that you can use your skip count knowledge to tell the time?

We Do!

We have looked at analogue and digital clocks and know which hand tells us the minute and which one tells us the hour.

Our focus for writing this term is on recounts. Each 1/2 class chose a special topic that is significant to them for example 'The Best Day of My Life'. We explored the 4 W's (when, who, where, what) and are working on including this in our writing.

Week 7 is continuing Reconciliation Week. Each 1/2 class has participated in different learning activities to discuss and understand the importance of this week. Some of these activities included writing an acknowledgement of country that was significant to each individual class, reading texts by Indigenous authors, and creating artworks.





Wellbeing – Aimee Shires

Mental Health Monday



The internet can have a major influence on the mental health of children and adults, so this fortnight we look at internet safety tips for children aged 9-11. Children at this age may start to become more independent with their use of the internet but below are some tips to help protect them from internet safety risks.

- Create a [family media plan](#). It's best to create your plan with your child and ask them for suggestions. Your plan could cover things like screen-free areas in your house and what online behaviour is OK. If you follow the family media rules too, you'll be role-modelling good online behaviour.
- Talk with your child about ways to restrict the content they can see, like using safe search settings on browsers. You might need to show your child how to do this.
- Check that games, websites and TV programs are appropriate for your child. You can do this by looking at reviews on [Common Sense Media](#).
- If you use TV streaming services, set up profiles for different household members. This can make it less likely that your child will come across inappropriate programs.
- Encourage your child to use child-friendly messaging apps like Messenger Kids.
- Ask your child to 'friend' you on social media. Friending your child means you can follow what they're interested in and who they're connected to online.
- Find out how to [make complaints about offensive or illegal online content](#).

For more tips and information please visit [Internet safety for pre-teens | Raising Children Network](#) or email me at aimee.shires@ed.act.edu.au

Fresh Food Friday



PART 2: Healthier recipe ideas your kids can make

Kids love to show off their cooking skills and making healthy desserts is a great way to engage kids in the kitchen! Here is a really easy dessert recipe that the kids can make, and the best part is leftovers can also go into the lunch box!



Apple Power Balls (makes around 12 balls)

Ingredients

- 2 ¼ cup rolled oats
- ¼ tsp cinnamon
- ½ cup melted margarine
- ¼ cup honey
- 1 tsp vanilla extract
- 1 cup grated green apple

Method

- Combine all the ingredients into a bowl and mix well.
- Roll 2-3 tsp of mixture into balls and place in the fridge to set.

Watch how it's done! You're sure to have a giggle watching some of Canberra's little experts make the power balls. Visit the 'Parents' section of the Fresh Tastes website www.act.gov.au/freshtastes



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Community News



Canberra Health
Services



Understanding and Responding to Feelings and Behaviours

UR FaB Program in Schools

Child and Adolescent Mental Health Services

Hello from the UR FaB Team,

In order for children to learn to manage strong emotions they first need to develop the ability to name and understand their emotions. The ability to identify and understand your own emotions and then to use your emotional awareness to guide your problem solving is known as emotional intelligence. The UR FaB program is based on the research that having good emotional intelligence is associated with greater life satisfaction, better relationships, and lower rates of psychological difficulty.

Emotional intelligence is fostered by **emotion coaching** (drawn primarily from the work of John Gottman); and is a style of parenting which research has shown supports the development of children's emotional intelligence.

Emotion coaching is helping children understand the different emotions they experience, why they occur, and how to handle them. In the simplest terms, you can coach your child about emotions by comforting them; listening and understanding their thoughts and feelings and helping them understand themselves. As you do this, your child will feel loved, supported, respected, and valued. With this emotionally supportive foundation, you will be much more successful at setting limits and problem solving.

Here are some questions and statements that will help you get started:

Are you feeling.....? (Then give 2 choices, sad or mad? Afraid or sad?)

What is making you.....mad? sad? happy?

What kind of day are you having? A happy day? A sad day?

Did somebody hurt your feelings? What happened?

Emotion coaching teaches children that we respect how they feel and while all emotions are okay, not all behaviours are okay!

Next time we'll look at setting limits and teaching children to problem solve.

The UR FaB Team

For more information on emotion coaching:

Gottman, J.M., & DeClair, J. (1997). *The Heart of Parenting: Raising an Emotionally Intelligent Child*. New York: Simon and Schuster.
Tuning in to Kids' – Authors Sophie Havinghurst & Ann Harley, University of Melbourne



COVID-19 Reminder

A reminder that the COVID-19 pandemic is still with us and while many restrictions have been eased since last year, some restrictions are still in place in our school.

It is important that students stay home and get tested if they are unwell.

Visitors to our school, including parents and carers, should sign in using established processes, meet density requirements of one person per two square metres, and maintain physical distancing of 1.5m from other adults. Students and visitors also need to practice good hand and respiratory hygiene. You can find more information on COVID-19 and ACT public schools on the Education Directorate website.



AUSTRALIAN GIRLS CHOIR



Is this your daughter?

Look no further than the Australian Girls Choir because we encourage, challenge and inspire girls as they learn to sing, dance and perform.

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SUNDAY JUNE 20



AUSTRALIAN SCHOOL OF PERFORMING ARTS

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AUSTRALIAN GIRLS CHOIR



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Over 200 girls recently shared the stage with Hugh Jackman in *The Man, The Music, The Show: Arena Tour* to sold-out audiences around the country. We're proud to have represented Qantas in the 'I Still Call Australia Home' advertisements and at live events for the past 20 years.

Now accepting Semester 2 enrolments for our rehearsal venue in Deakin.



Join us at our free OPEN DAY on Sunday June 20

Register now at ausgirlschoir.com.au/joinagc or phone 1800 338 142



AUSTRALIAN SCHOOL OF PERFORMING ARTS



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