



31 March 2022 – Term 1

Acting Deputy Principal News

As Term one comes to an end, I just wanted to congratulate all the students for all their hard work. I have been lucky enough to spend time in classrooms across the school speaking with students and teacher about the learning that is taking place. Students in every classroom have been spending time learning about 'How to be inquiry learners' with a specific focus on new learning skills. These skills will not only support the students learning in the classroom but will be skills they can use moving forward into the workforce later in life.



Sporting Clinics

Mrs Kennedy organised Hockey and Basketball clinics for our senior students to take part in during this term. I was fortunate enough to see some of the year 5/6 classes participating in the hockey clinics and it was wonderful to see the students getting out and being active. Students in the junior school will have an opportunity to participate in upcoming sporting clinics and cannot wait.

NAPLAN

Early next term students in Years 3 and 5 will participate in the annual National Assessment Program – Literacy and Numeracy (NAPLAN) tests in reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy.

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum. All government and non-government education authorities have contributed to the development of NAPLAN materials. Students are assessed on the same literacy and numeracy curriculum content, regardless of whether they complete the tests online or on paper.

On its own, NAPLAN is not a test that can be studied for, and students are not expected to do so. You can support your child by reassuring them that NAPLAN is just one part of their school program, and by reminding them on the day to simply do their best.

The assessment provides parents and schools with an understanding of how individual students are performing at the time of the tests. NAPLAN is just one aspect of a school's assessment and reporting process – it does not replace ongoing assessments made by teachers about student performance.

Good luck to all the participating students we know you will all do your best!

Happy Holidays!

We can't wait to hear all about Mrs Martens adventures when she returns from Long Service Leave in term 2. It has been a wonderful experience stepping into the Deputy Role while Mrs Martens was away as it has allowed me to spend more time in classrooms across the school seeing all the amazing learning that is happening.

Have a wonderful and safe holiday break!

Melonie Lloyd
Acting Deputy

Contact Us



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[www.facebook.com/](https://www.facebook.com/theodoreps)
Theodore Primary School (Official Site)

Theodore Primary School
"A great place to grow up"

Dates to Remember

Term 1 Calendar

APR

- 07 P&C Meeting
- 08 Last Day of Term 1
- 25 Anzac Day Public Holiday
- 26 First Day of Term 2



Notes sent home

Notes due back

Yr5/6	Bike Excursion	04 April
Yr5/6	Camp Cooba	08 April
Yr3/4	Term 2 Bad Guys Movie	26 April
K to Yr6	Mother's Day Fundraiser	29 April

Important Reminders

Mask rules remain in schools

The mask rules for ACT schools and early childhood settings have not changed. Face masks must continue to be worn by staff and visitors in all indoor spaces at school and early childhood education and care settings.



Students in years 7 to 12 are also required to wear a face mask while in an indoor space at school.

The wearing of masks for primary school students is at the discretion of the student and their parents/carers but is not recommended for children in ECECs, or preschool to year 2.

The measures we have in place, including mask-wearing, are helping to limit the impact of COVID-19 and ensure continuity of learning for our students.

Term 1 | Week 10 @ Theodore



What's On This Week

MONDAY 4/4– 5/6 Band 🎵

Bilbies Preschool Day

TUESDAY 5/4–

Bilbies Preschool Day

WEDNESDAY 6/4– 5/6 Band 🎵

THURSDAY 7/4–

Koalas Preschool Day

FRIDAY 8/4– LAST DAY OF TERM!!

Koalas Preschool Day

National Ride2School Day

CONGRATULATIONS

Thank you to everyone who participated in active travel on Friday and a
BIG CONGRATULATIONS to

Ollie in Kindergarten and Ayanna in 5/6

who won the Trek bike vouchers.



For those who entered the Ride2school competition the results are in:

Ride, scoot or skate: 46 students

Walk: 67 students

Car: 134 students

Bus: 1 student



*We are Safe,
Respectful
Learners*

P&C Fundraiser — Hot Cross Buns

Don't Forget to get your Orders in by Today!



Welcome from your newly formed P&C committee for 2022

We would like to introduce ourselves and hope that you can approach us if there is anything you would like raised, clarified or questioned within our school. We are working together to build a connected community for all at Theodore Primary School and are passionate about making this happen in 2022. We wish to thank the outgoing committee for all their efforts and hope that we can keep their great work going.

Our committee is -

President: Megan Lennard

Vice President: Laura Henry

Secretary: Megan Agland

Treasurer: Amy Blyton

Fundraising: Silvana McCarthy & Rhonda Ball

Executive members: Liz Creemers, Michelle Bruce & Rhonda Ball

Together we have children in Kindergarten, Year 1, year 2, year 4, year 5 and year 6 at Theodore Primary School. Please don't hesitate to reach out to any of us you know or recognise at the school gate during drop off or pickup to say hello.

We hope that you all took advantage of the Hot Cross Bun fundraiser we have just run, and please keep your eyes out for the Mother's Day fundraiser that will be sent home shortly.

We would love to see more of you at our next meeting at -

The Calwell Club on Thursday the 7th of April from 6.30pm

Please come along if you are curious to hear about what is happening in the school from a teacher's perspective (Mel Lloyd gave us an exciting and passionate overview of enquiry based learning at our last meeting) or even if you would like to know, or have ideas about what the P&C is planning for the remainder of the year.

[P&C Committee](#)

3/4 have had a fun-filled term with lots of interesting learning happening.

SCIENCE

In Science, students have looked at weathering and erosion, and their causes. Students conducted different experiments to enhance their understanding and recorded their observations. They particularly enjoyed acting as forces e.g., wind and water, to see their impact on erosion.



BASKETBALL

Basketball clinics have been a hit with our 3/4 students this term! They have been practising their dribbling, passing, and shooting skills and have demonstrated some great improvement in their offence and defence ability when playing different games during the sessions. Students showed enthusiasm and sportsmanship during these sessions whilst challenging one another to build their skills.



GROSS MOTOR

At the end of the week, our 3/4 cohort students engage in Gross Motor where they work in small groups, moving through different stations to build their fundamental movement skills (running, jumping, throwing) and hand-eye coordination. Look at us go!



INDIGENOUS GARDEN

3/4 are excited about taking on the task of designing and creating our new Indigenous Garden space in the school. We are well underway with planning a space that incorporates our shared ideas of an area filled with mindfulness opportunities, shade, and plants that we can enjoy growing (and eating!) We are also very excited to work with Aaron from Dreamtime Connections next term to help us to bring our ideas to life!



What builds resilience?

Positive relationships with adults and peers

Last week we looked at ways you can help your child build and strengthen relationships with adults and peers. This week we will explore those four areas in more detail.

Spend quality time with your child

Connect with your child

Connect with your child by doing things together that you both enjoy – for example, playing outdoors or watching movies together. Use this quality time to talk with your child and stay connected with the things that are important to them and any concerns they have.

Talk with your child

Pre-school aged kids (1–5 year old's)

Talk with your child about things that interest them. Ask them open questions such as, “Tell me about all the things you like and dislike about going to the park”. By asking open questions, you’ll get a unique insight into your child’s world and what they value.

Primary school aged kids (6–12 year olds)

Talk often with your child about things that are happening in their life – interests, sports, friends, teachers, school etc. Use open questions to talk with them about these things, such as “tell me all about school”. If you ask closed questions like, “Did you enjoy school today?”, you’ll most likely get short responses and have little understanding about your child’s day.

Do activities that extend your child’s development

Pre-school aged kids (1–5 year old's)

Activities that extend a child’s development at this age may include, building blocks which supports fine motor development. As this is a developing skill, your child may find it difficult to master. Encourage your child in a positive and supportive way. You could say, “I can see this is difficult and it’s so good that you are trying!”

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

Listen carefully if your child expresses any worries and try to understand their point of view. Avoid making assumptions on your child’s behalf. Listen to your child’s description of the challenge they’re experiencing and find out what they value. For example, ask questions like, “Tell me about what’s difficult for you”.

Teach your child about emotions

Pre-school aged kids (1–5 year old's)

Young children are learning about their emotions. You can help your child to learn about how they feel, by labelling emotions in themselves.



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

When your child is having a hard time, ask them how you can best support them. This will give them a sense of control and choice in handling the situation.

Show warmth and affection

Pre-school aged kids (1–5 year old's)

Warmth and affection is important for your child’s development. Touch is particularly important in the first few years of life for creating a strong attachment between adult and child. Learn how your child likes to be shown affection – for example, a hug or a kiss – and show your child regular affection. It will help to establish a parent-child relationship of trust.

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

Use your quality time together to show affection and acceptance while respecting their individual comfort level (these may vary in public places such as at school). Talk with your child about who they are, what they value, what they like and don’t like – be accepting of differences that exist between you and your child.

Support your child to build relationships with other adults

Help your child connect with family history

Help your child connect to the people and history in your family including aunts, uncles, grandparents and cousins, as well as other important adults who may not be related. Tell stories about family members, look through old photographs and share memories. Encourage and organise for your child to spend time with family and friends. Older children could also keep in contact by phone, Messenger or Skype.



Involve your child in local community activities

Pre-school aged kids (1–5 year old's)

Encourage your child’s sense of belonging by involving them in the local community from an early age. There are many great, low cost things to do in local communities – such as groups at local libraries and community playgroups, which allow them (and you) to connect with others in the local community.

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

Encourage your child to connect with different types of people in your community – by attending local community events. This will expose your child to different types of people and give them a greater sense of purpose and belonging outside of your immediate family.

Help your child develop social skills and friendships

Encourage your child to socialise

Pre-school aged kids (1–5 year old's)

There are many social skills that your child will develop early in life that will support them to form friendships as they grow up. Include learning to share, taking turns, following rules, compromising and self-control. You can role model these skills at home. Give your child a head start by taking turns when playing board games or compromising when family members have different preferences.

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

Your child's opportunities to make friends expand once they go to school, as does their autonomy in making friends. Encourage your child to participate in activities that allow them to meet new people, for example, through extra-curricular activities such as sport, arts and music.

Encourage your child to play with friends

Pre-school aged kids (1–5 year old's)

Children under the age of four tend to play alongside each other rather than 'playing with' other children, though this usually changes around the time they reach pre-school. Take your child to places where there will be other children to play with. Monitor their play so that you can intervene if things start to go wrong, such as if your child wants the same toy as another child. Take the time to reinforce sharing and taking turns when these situations arise.

Primary school aged kids (6–12 year olds)

Encourage your child to invite other children over to play. If your child is new to having friends over, or has had difficulty in the past, talk with them about: suitable activities for when their friend visits; how your child will know when it's time to change games; and how your child will know if their friend is having a good time.



Help your child to support others

Help your child to think about ways they can support their friends when they're going through a challenging time. Come up with a list of ideas and put all the ideas together in a folder at home and refer to them regularly. Use the opportunity to talk with your child about how they would like to be supported in a similar situation.

Help your child to develop empathy.

Role model positive relationships

Provide your child with opportunities to practice being empathetic. Your child will learn how to be empathetic by observing you and other adults in their lives. Try to role model positive relationships and interact with others in a kind and caring way.

Read age appropriate books

Pre-school aged kids (1–5 year old's) - Read books with your young child about feelings.

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

Read age appropriate books with your child about a character who is having a difficult time. Ask your child to reflect on the emotional experience of the character and imagine how they would feel in the same circumstance. Ask your child how they would like others to respond to them if that happened.



Empathise with your child

Pre-school aged kids (1–5 year old's)

Empathise with your child. For example in a thunder storm you could say "the thunder is really loud. Are you scared of the thunder? You can stay close to me until the thunder passes."

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

Talk with your child about other children they know who may be having a tough time. Ask your child how they would feel in that situation, and what they can do to support the child.

Talk with your child about others' feelings

Pre-school aged kids (1–5 year old's)

Talk with your child about others' feelings. For example, "Raimy is feeling sad because you took his toy truck. Please give Raimy back his truck. You choose another one to play with."

You can also use pretend play to talk about feelings as you play with your child.

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

Talk with your child about ways to show empathy such as: listening; opening-up and sharing with others; using physical affection (if appropriate); noticing the feelings, expressions and actions of others; not making judgements; and offering help to others

Encourage empathy and role model being curious

Pre-school aged kids (1–5 year old's)

Show your child how they can show empathy. For example, "Let's get Bob some ice for his sore leg."

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

Role model being curious. Invite your child to be curious about others. Notice the feelings, expressions and actions of others.

Validate your child's difficult emotions

Validate your child's difficult emotions. Sometimes when children are sad, angry or disappointed, we try to fix the problem and protect our child from any pain. However, these feelings are part of everyday life and our children need to learn how to cope with them. Labelling and validating difficult emotions helps children learn to handle them.

Pre-school aged kids (1–5 year old's)

For example, "I can see you're angry that I've taken away your iPad. I understand that and I know you like using your iPad. It's OK if you're angry. When you're finished feeling upset, would you like to come outside and help me dig in the garden or shall we make some muffins in the kitchen?"

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

For example, "I can see that you are sad because you were not invited to Joseph's party. It's normal to feel that way but it's important to remember that you have many friends who enjoy spending time with you."

Interact with a diverse range of people

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

Look for opportunities to volunteer with your child. This will help your child to understand the needs of others and allow them to interact with a diverse range of people.

Information from Beyond Blue healthy families

Fresh Food Friday

Waste free Wednesday

This term we held clean up schools' day, which was a huge success, to continue cleaning up and eliminating rubbish in our school environment we are going to start Waste Free Wednesdays every Wednesday starting in term two.

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 fortnight 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:

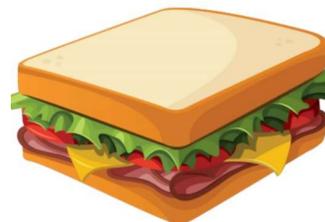


Buying items in bulk such as juice, crackers, chips, biscuits, yogurt and cheese rather than in individual servings, will help reduce waste.

Recyclable or reusable packaging reduces the pollution caused by waste



WASTE FREE WEDNESDAY



Remember to pack a waste free lunch every Wednesday!

Walking or riding to school

Walking, riding a bike, scooter or skateboard, catching public transport, or even a combination of each are fun, safe and healthy ways for children to travel to and from school.

Walking or riding to school is one of the easiest and most time efficient ways to ensure children receive the recommended 60 minutes of physical activity every day. It also helps to reduce congestion and increase safety around the school, with less cars on the road.

If walking or riding the entire way is too far, consider using part way drop off or collection points around the school, like a carpark at a local sportsground. Supporting resources are available on the [Transport Canberra](https://www.transport.act.gov.au/) website.



Insurance and Ambulance Transport

The ACT Education Directorate does not provide any insurance cover for injury, disease or illness to students resulting from school activities or school-organised excursions. Claims for compensation are met where there is a legal liability to do so. Liability is not automatic and depends on the circumstances in which any injury, disease or illness was sustained.

As there is no automatic insurance cover for personal injury if your child is injured at school or during a school organised activity/excursion you should therefore consider whether taking out personal insurance cover for your child is warranted.

This insurance might cover contingencies including medical/hospital expenses, ambulance transport outside the ACT, and cancellation of transport/accommodation or loss of/damage to luggage.

The ACT Ambulance Service provides free ambulance transport for students who are injured or suddenly become ill at school or during an approved school organised activity **within the ACT**.

School Accidents/Incidents

Theodore Primary collects information about injuries and incidents which occur at school or on school-organised activities, on behalf of the ACT Education Directorate. Some of the information may be personal information as defined in the *Information Privacy Act 2014* and the *Health Records (Privacy and Access) Act 1997*. The information is usually included in a Student Accident/Incident Report or Notification of a Critical Incident together with any accompanying witness statements.

The purposes for which the information is collected include notifying the Territory's insurers and legal advisers of injuries and incidents and ensuring that the school itself has accurate and complete records.

The Directorate usually provides the form and any other information relevant to the accident/incident to the ACT Insurance Authority and the ACT Government Solicitor. Information may also be provided to WorkSafe ACT in accordance with the *ACT Work Health and Safety Act 2011*.

Schools have a duty of care to keep students safe. Where an injury or incident occurs schools have an obligation to determine what has happened and therefore may question students. Schools may also ask students to make statements in writing and to sign these statements.



-- Do not pick or eat wild mushrooms --

Advice about Death Cap mushrooms

Death cap mushrooms grow in the ACT. They can grow anywhere in our region, at any time.

It is hard to distinguish a death cap mushroom from an edible mushroom, even for experienced collectors.

Do not touch or eat wild mushrooms, and keep children and pets away from them.

All parts of the death cap mushroom are poisonous. Cooking, soaking, freezing, peeling or drying does not make them safe. Eating even a small amount of a death cap mushroom can kill you.

If you think you may have eaten a death cap mushroom, urgently seek medical attention at a hospital emergency department. Do not wait for symptoms to occur. The chances of survival increase where treatment is started early.

Take any remaining mushroom to the hospital for identification.

If you think a death cap mushroom may be growing in a public area, report it to Access Canberra on 13 22 81.

If you are concerned about wild mushrooms growing at your home, remove them using gloves or a tool and dispose of them with your household rubbish.

Find more information on death cap mushrooms (including some translated resources) at

<https://health.act.gov.au/about-our-health-sy.../.../fact-sheets>.



APRIL 15TH, 10AM
POINT HUT POND
DISTRICT PARK
McGilvray Close, Gordon

Good Friday Service;
Activites; Hot Cross Buns;
Tea & Coffee; ALL FREE.

GOOD
FRIDAY
FESTIVAL

 **lanyonvalley**
ANGELICAN CHURCH
welovelanyon.com



Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card **AND** an eligible Centrelink payment*
- ✓ Be studying yourself **OR** have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)*
- ✓ Be 18+ years old

*Many types of income and Centrelink payments are eligible

Here are some of the school costs the \$500 can be used for:



For more information, please contact your local Saver Plus coordinator:

Kathleen Watson

CanberraSP@thesmithfamily.com.au

0448 730 305

DELIVERED BY



everyone's family

Find out more at saverplus.org.au

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.

FREE HOLIDAY ENTERTAINMENT @ LIBRARIES ACT

April 2022

FOR THE KIDS

- Special Story Times
- Holiday Giggle & Wiggles
- Popcorn, PJs & movies
- Space & science fun
- Paper pilots & bus stop makers
- Native animals pick up pack

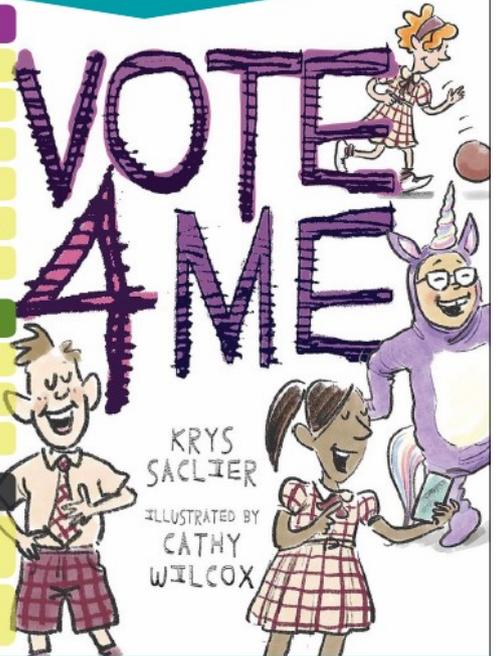
FOR PARENTS & CARERS

- Seated Yoga
- Using & Assessing First Readers
- Look Who's Talking workshop

WHAT ELSE IS ON?

Woden Library Open Day
20 April / Woden

Mamie Story Walk
3 April - 8 May / Haig Park, Braddon



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