



'A great place to grow up'

NEWSLETTER

Executive News

Dear Parents/ Carers

During the week you will have received information outlining the actions the school and Education Directorate are taking to limit the potential spread of COVID-19. These include ensuring hygiene practices such as hand washing are maintained as well as the cancellation of school events in order to minimise person to person contact. Some of these include the K-6 Swimming Carnival and Goal Setting Interviews that were scheduled for week 7. Whilst we are disappointed these can't go ahead as planned; we are hopeful they will be rescheduled at a later date.

Goal Setting Interviews

So that we can still connect with you and set goals for your child/ren's learning in 2020, classroom teachers will be making phone calls home over the next few weeks. Teachers have been working hard to identify goals for students and are looking forward to sharing these with you. Students with Individual Learning Plans (ILPs) will have these sent home for you to read over, sign and return to school. If you have any suggestions for changes to ILPs please let your child's teacher know.

Home Learning

If you choose to self-isolate your child/ren from school, there are a number of options for home learning. This may include your child accessing their class' Google Classroom. This is an online platform where students in years 3-6 often complete classroom learning. Other options also include your child accessing Reading Eggs and Mathletics which is a fun and engaging way for them to practise the skills they have been learning at school. If your child has not yet received their username and passwords for these apps, please contact their classroom teacher.

Communication

We will continue to use email and the school's Facebook page as the main forms of communication. If you have had a change of contact details or are unsure if your details are up to date at the school, please contact us. Another form of communication we are introducing in 2020 is the Seesaw communication app. This is a great way to stay connected with the school and share your child's achievements during the day. If you have not yet returned this permission note, please do so in order to have this invaluable access.

If you have any further questions or concerns, please do not hesitate to contact the school.

Kind regards

Nathan Pepper

Deputy Principal



COVID19

Please see attached (at the end of the newsletter) advice from ACT Education Directorate about COVID19.

For Theodore Primary School this means:

- Parent-teacher interviews scheduled for Tuesday 17 March this week will be postponed until further notice
- The school swimming carnival scheduled for Friday this week will be postponed until further notice
- All school assemblies and excursions will be cancelled until we are advised otherwise.

If you have any concerns or questions, please contact the school 6142 3100 theodoreps@ed.act.edu.au or info@theops.act.edu.au

Fresh Tastes Program

We are excited to announce that Theodore Primary has signed up to the Fresh Tastes program. Fresh Tastes is a free ACT Government service that supports ACT schools to make healthy food and drinks a bigger part of everyday life for Canberra's kids. This is very important because children who eat healthy are more likely to participate and achieve success at school and teaching children healthy eating habits early in life sets them up for lifelong health benefits.



The Fresh Tastes curriculum teaches students the importance of nutrition and healthy eating, supports the school community in making healthy choices for lunchboxes by sending home resources and recipes, helps the school make healthy food and drink options a stronger feature of everyday school life and helps provide an opportunity for students to learn how to grow veggies in the school garden.

If you would like to know anymore information please visit <https://www.health.act.gov.au/about-our-health-system/healthy-living/fresh-tastes>

Playgroup

Following advice from the ACT Education Directorate about COVID19, playgroup will unfortunately be cancelled for the rest of the term. I am hoping playgroup will be up and running again by next term, but I will keep the community updated.



NAPLAN Online will occur in our school between 12 and 22 May 2020

NAPLAN Online is a more engaging assessment that adjusts questions to each student's achievement level. It also delivers more precise results to schools and parents more quickly.

NAPLAN provides valuable information to schools and parents about literacy and numeracy achievement. It supports school improvement processes by enabling teachers to monitor student progress over time and to identify areas of strength and development.



All eligible students are encouraged and supported to participate in NAPLAN testing. Visit www.nap.edu.au to see interactive versions of the test and for more information.



Theodore Primary School
(Official Site)



Yackatoon News



What a start to the year it has been! Yackatoon students have been very busy, not only with learning in the classrooms, but with all the extra sporting opportunities. Mrs Kennedy organised Hockey and OzTag clinics for all students to participate in. We had so much fun!

In Week 3, our Yackatoon unit was transformed into a devastation zone. There was rubbish all over the place covering all the plants and animals. As we looked closer we saw images of endangered and extinct species. We got the opportunity to explore these surroundings and record our wonderings.

Yackatoon were hosts of our Whole School Assembly in Week 6 this term and did an amazing job at showcasing their learning.

1/2 MP, 1/2 SB and 1/2 EB shared their wonderful recount writing with us about their holidays and weekends and have been learning how to improve their writing with WOW words and descriptive detailed events. 1/2 LH created a class book called "Where are the Sharks?" based on the story "Where is the Green Sheep?" written by Mem Fox. The assembly was capped off with a song called 'We are the World' to celebrate the start of our new Sustainability unit of work.

Year 1/2 Team





Family & Community News

NATIONAL RIDE2SCHOOL DAY

Thank you to everyone who participated in the Ride2School Day last Friday!

269 students attended school on Friday 13 and 130 students participated in active travel to school – that is ALMOST HALF of the students at Theodore Primary walked, rode or scooted to school – which is an outstanding number. We look forward too many more days, activities and clubs which encourage students to be physically active.

And lastly what everyone has been waiting for the winner of the colouring in competition is Malakai.

Congratulations!





Today we joined the nationwide movement with schools across Australia to Take Action Together against bullying. Together we can make a change, and everyone has a role to play in supporting young people in dealing with bullying and helping to energise positive discussions about the issue. For the rest of term 1 and into term 2 each newsletter will provide information to parents about bullying and what they can do. This week we look at what you can do if your child is bullied.

If your child is being bullied

It can be distressing to learn that your child is being bullied. You need to consider what you know about your child and the details of the situation to make the best decision for your child. **Different approaches and strategies may be necessary for various situations and individual children.**

Let your child know that you take the bullying seriously and you can help them report it to the school.

The following steps are a helpful guide for parents if their child is being bullied:

- Stay calm and positive
- Discuss and practice strategies for face to face bullying
- Do not advise your child to fight with the other child
- Discuss strategies for online bullying
- Report the bullying to the school
- Seek help for your child to learn about dealing with bullying

Stay calm and positive

Focus on identifying a solution with your child. Your attitude will influence your child. A confident, positive and resilient attitude can help to stop bullying from continuing.

Children can be reluctant to tell someone else about bullying. Sometimes children don't want their parents to become involved and are afraid of the consequences if they tell you - the person who is doing the bullying finds out. **Encourage your child to talk about what happened. Tell your child that reporting the bullying is okay. Assure your child that it is NOT their fault.**

It can be upsetting for you to find out your child is being bullied or that your child has been reluctant to tell you. Draw on your own networks to get support for yourself while you are helping your child.



Give your child the Kids Helpline telephone number and web address if they ask to talk to someone other than the school, or you don't feel able to support them.

Discuss and practice strategies for face to face bullying

Discuss strategies with your child and set a short period of time to see if they can resolve the situation. Many students want to try to deal with the bullying themselves if they get useful tips about what to do.

If the bullying continues or increases, contact the school.

The below strategies are useful for some types of bullying. Use your judgement about their suitability for your child's situation.

For younger children, encourage them to try these strategies (if they feel safe to do so):

- ignoring the person doing the bullying
- telling them to stop, and then walking away
- pretending you don't care; act unimpressed or not bothered
- go somewhere safe
- distracting the other person or calming the situation (e.g. agreeing in an offhand way with the bullying when they say offensive or negative things—known as 'fogging').

Discuss how your child could behave around the other child. Explain that bullying is sometimes done just to get a reaction.

Practise with your child at home so they can use the strategies in situations they find difficult. Give feedback on whether they are getting their message across assertively and coach them until they are happy with their skills in:

- saying 'No' firmly but calmly
- standing and walking in a way that appears more confident
- deflecting the bullying with imaginary 'armour'
- giving a quick reply to surprise or disarm the other child
- using a casual response (e.g. okay, whatever) that implies that the child is not bothered.

Practising at home can help your child feel more confident about trying the strategies at school.



Do not advise your child to fight with the other child

Fighting with the other child (as distinct from defending themselves from a physical attack) can escalate the situation, and your child may be reprimanded for their part in a fight.

Discuss strategies for online bullying

The strategies mentioned above for responding to bullying also apply if the bullying is online. As well, you can teach your child how to be safe online, as well as supervising or limiting access to technology as appropriate to the child's age.

If your child is being bullied via electronic communication, encourage your child:

- not to respond to the message or image
- to save the evidence
- to block or delete the sender
- to report the situation to the Internet Service Provider or phone service provider; they can help you block messages or calls
- to tell other people—teachers and police if necessary.

Report the bullying to the school

Encourage your child to talk to the teacher or other staff.

Let them know that you will also report it to the school if the bullying doesn't stop after your child tries the strategies (or immediately if you think it is necessary for your child's safety).

Seek help for you child to learn about dealing with bullying

Discuss with the school ways to help your child (and other students) to learn about problem solving, conflict resolution, social skills, developing resilience, dealing with strong emotions, handling difficult situations and people.

A child who has been bullied can be at greater risk than others of being bullied again, even when the bullying has been dealt with.

Knowing how to deal with bullying and difficult people at school, at work and throughout life in social situations is an essential life skill.

TAKE A STAND TOGETHER

BULLYING. NO WAY!

www.bullyingnoway.gov.au



The ACT is in a very good place to respond to COVID-19 and the Directorate has developed plans for ACT schools to respond to the potential spread of the virus in school communities. The Education Directorate continues to work closely with ACT Health.

To assist parents, carers and the broader school community, the following answers have been compiled to frequently asked questions around how ACT public schools are managing their response to COVID-19.

Are schools boosting their cleaning or hygiene practices in response to the threat of COVID-19?

We are focusing our cleaning on maintaining the best possible hygiene standards to staff and students. All ACT public schools have been asked to ensure school-wide hygiene practices such as hand washing are in place, encouraged and maintained and that signage is displayed around good hand hygiene, preventing the spread of germs, coughing and sneezing

Currently, the ACT Government is not advising additional cleaning or disinfecting procedures to be implemented in schools, public transport, shopping centres and other public places.

How will the school respond if there is a confirmed case of COVID-19 at a school?

- Planning has been underway to assist our schools in the event of the spread of the virus in our school communities. When and if there is a case of COVID-19 in an ACT school, these plans will be scaled in proportion to the spread of the virus. Our response will be based on ACT Health advice and learnings from other jurisdictions.

Is it possible that schools will close?

- If a student or staff member were to test positive to the virus, the impacted school may close for a short period while ACT Health investigates the incident. Those students and staff identified as close contacts of a case will need to self-quarantine at home for 14 days.
- Parents will be notified by their school if it is to close via their normal communication channels which include email and SMS.

What about my child's learning? (will there be provision of online resources?)

- All ACT public schools have access to the Google platform which they use daily with their students. We are working ensure that flexible learning options are available for all students.

For college students, how will workload and BSSS requirements be met?

- The ACT Education Directorate is working with BSSS to ensure college students will still be able to meet learning requirements if their school needs to close for a short period.

Advice for parents on sending children to school

If your child develops any symptoms such as a fever, cough, sore throat or shortness of breath:



- Call your GP in the first instance. By calling your GP before arriving they can take appropriate infection control measures.
- Call your school to let them know.

As always, please do not send your child to school if they are showing any symptoms of sickness. Once your child is well again, they can return to school.

My child has COVID-19, do I need to notify the school and how long should they be excluded from school?

- Yes, you need to notify your child's school as soon as possible if your child has received a positive diagnosis for COVID-19. Your school will work with you and ACT Health to follow up close contacts and take appropriate public health action in line with national guidelines and well-established processes.
- The ACT Education Directorate will also receive direct advice from ACT Health, if a public school student or staff member returns a positive diagnosis for COVID-19.

What happens if my child has had close contact with another student who has a confirmed case of COVID-19?

- Students and staff identified as close contacts of a case of COVID-19 will need to self-quarantine at home for 14 days.
- Being quarantined at home means that you, or your children, need to stay at home, except if you are unwell and need medical attention. You cannot go to work, school, or public areas (such as shops or cafes/restaurants) and should not use public transport, ride share or taxis. You also need to tell people not to visit you while you are in self-quarantine.

Someone in our household has coronavirus, can my child go to school?

- If you are concerned your child may have been exposed to or have symptoms of novel coronavirus (COVID-19), it's important you limit exposure to other people to reduce the risk of transmission.
- Students identified as close contacts of a case of COVID-19 will need to self-quarantine at home for 14 days.
- Being quarantined at home means that you, or your children, need to stay at home, except if you are unwell and need medical attention. You cannot go to work, school, or public areas (such as shops or cafes/restaurants) and should not use public transport, ride share or taxis. You also need to tell people not to visit you while you are in self-quarantine.

What should I do if I think my child may have COVID-19?

- You or your child should get tested if:
 - you've travelled overseas recently, and you develop symptoms of COVID-19 within 14 days of leaving an overseas country.



- you're concerned you may have come into contact with someone who has COVID-19 and you develop symptoms of the disease within 14 days of contact with the sick person.
- If you think you might have COVID-19:
 - Limit your exposure to other people by isolating yourself at home.
 - Call your GP and let them know you are worried you may have COVID-19. Testing will be arranged by your GP or medical practitioner if they determine it is necessary. It usually takes about 24 - 48 hours for the test results to be returned, but in some cases may take longer. Further information for someone who is being tested is available [here](#).
 - If you can't see your GP, the preferred Walk-in Centre (WiC) for assessment is Weston Creek WiC. If you are attending a WiC, please ensure you use a mask and hand sanitiser available at the front door.
 - You do not need to visit the Emergency Department unless you have severe symptoms, such as shortness of breath, chest pain or high fever.
- If you or your child have recently travelled internationally or been in contact with someone who has COVID-19, and have symptoms of COVID-19 (such as fever, cough or sore throat), it is important that you take certain steps to reduce the risk of transmission.

Are students and their families who have travelled to certain countries excluded from my school?

- New quarantine requirements are in place for anyone arriving in Australia from overseas from midnight on 15 March 2020.
 - Anyone returning from any overseas country, should isolate themselves for 14 days.
- The ACT Health Directorate continues to work closely with the Australian Government and other health authorities across the country to monitor and respond to the evolving global situation. As the situation evolves advice will be updated, as necessary.

Are events going to be cancelled at my school?

The Australian Government has announced that all organised, non-essential mass gatherings attended by more than 500 people must be cancelled from Monday 16 March 2020.

This announcement does not recommend school closures however, it does apply to a range of school events and events organised by school communities.

From Monday 16 March, the following events will be cancelled in ACT public schools:

- upcoming school or regional/ACT swimming, athletics and other sporting events, large band or other music concerts where there would be large gatherings of students
- school assemblies
- parent/teacher nights



- school open days/nights.

Are school excursions still going ahead?

Local and interstate school excursions, including camps will be cancelled - effective from Monday 16 March.

All camps scheduled to commence from Monday 16 March will be postponed and rescheduled, or, if there is no other option, cancelled.

Parent/Carers Workshop

Literacy Accessibility Tool

Boost reading and writing confidence

Read & Write for Google Chrome (RW4G)

Read & Write for Google Chrome (RW4G) offers support for Google Docs and the web and is especially beneficial for students with diverse literacy needs. It offers a range of powerful support tools to assist students to gain confidence with reading, writing, studying and research e.g. text to speech, speech to text, word prediction.

RW4G is available free for all students and teachers in ACT Public Schools. It can be used by students at home, using school log-in details.

Workshop details and registration

Two workshop session options are available. If you are interested in attending please register for **one** of the workshop dates by emailing Michelle: michelle.vanpuyvelde@act.gov.au.

Option 1

Term 2 2020, wk.2	Date:	Thursday 7th May
	Time:	4.00pm – 5.30pm
	Venue:	Centre for Teaching & Learning Hedley Beare 51 Fremantle Drive Stirling ACT
	Room:	Mezzanine

Option 2

Term 3 2020, wk.6	Date:	Tuesday 25th August
	Time:	4.00pm – 5.30pm
	Venue:	Mount Stromlo High School 220 Badimara St, Waramanga ACT
	Room:	Library

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