



20 May 2021 – Term 2

From the Principal

Happy week 5 everyone!

It seems winter has arrived a little early this year. Please ensure your child/ren have warm clothes for playing outside. Remember to **clearly label** coats, hats and jumpers with your child's name. After every break, Laurie does an amazing job of collecting all the lost property from the playgrounds. It never fails to surprise me how much he collects every day. Named items are much easier to return to their owners than unnamed items.

NAPLAN

Last week our Year 3 and 5 students participated in NAPLAN. The teachers were impressed at the positive attitude of our students and their willingness to have a go. Some students did catch-up tests this week and so it is all over for another year. NAPLAN is one form of assessment that is a snapshot of student achievement at a particular point in time. While this is useful as a long-term indication of growth compared to other students in Australia, we use a multiple of sources to assess student progress daily in our school. The school-based assessments help us to understand where our students are, and what learning they need to make continual individual progress.

Reports

This week our teachers have been very busy writing reports. The process starts this week and then teachers read each other's before submitting reports to their team leaders. After the team leaders have read the reports they come to Nathan and I so we can read them all before they go home at the end of term. This year we are continuing with the new system and emailing reports home. If you would like a paper copy or have changed your email address recently, please let us know so we can make sure everyone receives their child/ren's reports.

Cultural Integrity

It has been a pleasure having Zuzette Fahey work in our school to guide us in embedding cultural integrity at Theodore PS. The teachers have been working with Zuzette and the Cultural Integrity team from the Directorate. We are learning about a process called Engoori which is based on yarning circle discussions to create a vision for our school in the form of a strength tree. The roots of the tree are the values we share, the trunk of the tree are the regular practices we demonstrate to uphold the values and the leaves are the evidence and results we see in our school. Here is a photo of the teachers hard at work creating their Engoori trees.



Athletics Carnival

Next Friday we will be holding our school Athletics Carnival. Thanks to Tracey Kennedy for organising a great day of events and fun. Thanks also to our wonderful P & C who will be serving lunches and snacks at the canteen. Lunches are provided by Subway and must be pre-ordered. Notes for ordering have been sent out and instructions for ordering are in this newsletter.

Debbie Martens
Principal



*We are Safe,
Respectful
Learners*



Dates to Remember

MAY

- 20** Careers Expo Yr 6
- 27** School Rostrum Finals Yr 3-6
- 28** Athletics Carnival Yr K – 6 @ Woden Park, Phillip
- 31** Reconciliation Day Public Holiday



JUNE

- 02** School Photos Yr K – 6, Bilbies & Possums
- 04** School Photos Koalas
CEIS – Christian Education
- 11** Kulture Break Performance
- 14** Queens Birthday Public Holiday
- 16** Arboretum Excursion Yr 3/4
- 17** Careers Expo Yr 6
- 21/22** Music Man Incursion Pre-school
- 23** School Reports – emailed home
- 24** Music Man Incursion Preschool

Notes Home

- Athletics Carnival
- Athletics Carnival Subway Lunch order
- Pre School Walkathon
- Yr 3/4 National Arboretum
- Pre School Declan Music Man

Notes Due

- 14 May
- 26 May
- 31 May
- 09 June
- 16 June



Week Ahead @ Theo

Term 2 | Week 6 @ 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 (Chipata)
- 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 24/5– Lacrosse Clinics (3-6)** 🏑
- Bilbies and Possums Preschool Day
- TUESDAY 25/5– T-Ball Clinics (K-2)** ⚾
- Bilbies and Possums Preschool Day
- WEDNESDAY 26/5–**
- Koalas Preschool Day
- THURSDAY 27/5– School Rostrum Finals (3-6)** 📣
- Koalas Preschool Day
- FRIDAY 28/5– Athletics Carnival (K-6) @ Woden**
- Koalas Preschool Day



Theodore Primary School
(Official Site)

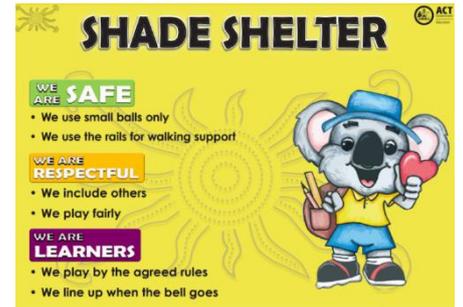


Theo's Thursday PBL Update



This fortnight I have been looking out for students and teachers who are being safe, respectful learners on the senior playground and under the shade shelter. It has been wonderful to see students demonstrating safety by taking turns going down the slide and keeping their hands and feet to themselves.

Amazing work Theodore Students and Staff!
Theo



PBL Awards



Congratulations to the students who will be awarded Bronze PBL Awards.

| Bronze Awards | SAFE | RESPECTFUL | LEARNERS |
|---------------|----------------------------------|---|---|
| Yr 1/2 | Finlay F Reece D Matthew B | Caleb B Imogen A | Elsie L Naomi C Emily S Penelope C Charley H Anna-Liza G |
| Yr 3/4 | | Ava S Presley D Zoe M Rayyan N Toby C | Nathan C Clyde L Lucas X Lily-Rose T Tanner D |
| Yr 5/6 | | Deyarmi G | Adelaide L |



Preschool

Wow! What an amazing start to term 2 we have had! It is hard to believe we are already in week 5 of term 2.

The children have all settled back into the routine of learning at preschool and are engaged throughout the day. We have had so much fun learning about new letters, numbers and shapes and colours. Outside we have been learning about overarm throwing, rolling a ball and catching a ball as well as all of the gross motor skills required to complete our obstacle course. On Wednesday mornings the children have been participating in gross motor groups. If you have some spare time, we would love some more helpers to assist these groups run smoothly, the sign in sheets are outside the classrooms. Thank you so much to the wonderful people who have already helped.

In Week 3, we had our Open Mother's Day Morning. It was wonderful to see so many Mums, Grandmothers, Aunties, Dads and Grandfather's and other special people attend our morning. Thank you for attending. We hope you enjoyed the morning and making the gifts with the children.

In Week 7 Wednesday 2nd June (Bilbies, Possums) and Friday 4th June (Koalas) we have school photos. Please remember to bring in your child's photo envelope.

In Week 8 we are having the Preschool Walkathon. We would love as many helpers as possible on the day. Don't forget to collect sponsorship money. This is a great event to raise money for our preschool to buy some more amazing equipment for our preschool.

In Week 10, we have Declan the Music Man's performance for all preschool groups. In his highly entertaining and educational show he uses a variety of instruments from many cultures to introduce basic musical concepts to the children. Declan's shows are approximately one hour in duration and involve the children participating in singing, dancing, clapping and playing some of the simpler instruments.

Reminders:

- To bring a named warm jacket or coat EVERYDAY as we will investigate the outdoor environment unless it is really bad weather.
- To put at least 1 set of spare clothes in your child's bag including socks and undies to use for messy play or toileting accidents.
- Healthy food and water bottles.
- Fruit or vegetables for 'fruito'
- Please ensure that names are on EVERYTHING and regularly check the lost property box.

Dates to Remember:

| | |
|--|----------------------|
| Wednesday 2 nd June (Bilbies and Possums) | School Photos |
| Friday 4 th June (Koalas) | School Photos |
| Tuesday 8 th June (Bilbies and Possums) | Walkathon |
| Thursday 10 th June (Koalas) | Walkathon |
| Monday 21 st June (Possums) | Declan the music man |
| Tuesday 22 nd June (Bilbies) | Declan the music man |
| Thursday 24 th June (Koalas) | Declan the music man |





Kindergarten

It has been a busy start to term 2 for Kindergarten.

In Kindergarten we have been learning about the power of yet. The power of yet is believing that just because we can't do something yet, we should never give up and always keep trying. We talked about all the things we can't do yet and then discussed strategies we could use to achieve these goals.



We have been having lots of fun learning new things and participating in school events such as the cross country.



In Science we have been investigating properties and behaviour of materials. Kindergarten students are in the process of designing and creating a wind resistant home using data collected from inquiry to inform their designs.





Cultural Integrity Club Update!

During our Cultural Integrity Club meetings this year, our members have explored a variety of different aspects of Aboriginal and Torres Strait Islander culture! The club happens at Break 1 every Wednesday and all students are welcome to attend. We have had fun playing and learning a variety of different *yulunga* games. The term 'yulunga', means playing in the language of the Kamilaroi people of northern-western New South Wales. These games are suitable for children of all ages, where we always explore the interesting background and histories of the games, before we participate.

The students have loved playing a game called barambah gimbe (pronounced "bar-ram-bah gim-be"). In this game, students throw a ball or object high into the air and attempt to catch it. The student that catches it becomes the next thrower. Now for the fun part...if no one catches the ball, it turns into a game of all out tips! Lots of laughs and smiles have been shared during these games, and we all can't wait to play more. We always comment on how similar the yulunga games are, to the lunch-time games that we play at school. Showing a great example of the influence Indigenous culture has, in the life of the school (even if we don't always recognise it!).

We have also been lucky to have Zuzette Fahey, a Cultural Integrity Coordinator, work with us and take us through the history of Indigenous stone grinding, and the significant role it plays in community. Students have had the opportunity to grind ochre, with stones from a variety of different Aboriginal communities. In particular, the students loved grinding ochre from a beautiful white stone, coming from the Wiradjuri nation in Peak Hill. We are all so excited to see where Cultural Club will take us from here, throughout the rest of the school year.

Lachlan Eveston
Youth Support Worker,
and proud Kamilaroi man



Reconciliation Week

Reconciliation Week is the week between several important anniversaries. 26th May is Sorry Day, 27th May is the Referendum



Anniversary and 3rd June is the Mabo Anniversary. We would like the whole school to understand why Reconciliation Week is important. Teachers will be conducting lessons for students to learn more about Reconciliation, the 1967 Referendum and the Mabo decision, in their own classes. This will include a mini assembly on Tuesday 1st June (after the public holiday) at 9.00am in the hall.

We would love families, especially our Indigenous families, to join us to acknowledge this important learning week. We have also commenced planning the creation of a Reconciliation mural in the school. The mural will be created by students and teachers together and will be designed to represent the values that are important to us and make our school a great place to work and learn.

John Muir

FREE EVENT

Mon 31 May 2021

Reconciliation Day

National Arboretum Canberra
10am -2pm

More than a word.
Reconciliation takes action.

PRODUCED BY ACT GOVERNMENT

events.canberra.com.au/reconciliation-day



Theodore Primary School
(Official Site)



P&C News

ATHLETICS CARNIVAL 28 MAY CANTEEN AND LUNCH ORDER ARRANGEMENTS

At this year's carnival, the P&C have organised with Subway Phillip to provide a selection of lunch packs for students, teachers, volunteers, parents and carers.

STUDENT Lunch packs are available in three sizes - 4, 6 inch or foot long subs - and include a small drink (juice or water) and choc chip cookie. Student orders need to be placed and paid on-line at <https://subwayphillip.snapforms.com.au/form/sports-carnival-lunch-order>.

STAFF, PARENTS, VOLUNTEERS can order from a wider range of menu options. Orders need to be placed and paid on-line at <https://subwayphillip.snapforms.com.au/form/sports-carnival-adult-lunch-order>

A Gluten-free wrap option is also available in all menu options.

All orders need to be submitted and paid by
4pm Wednesday 26 May

Please see further instructions on placing and paying for orders. The Office won't be able to take orders or accept cash payments for lunch orders.

Also, the P&C will also be running a canteen across the day and have available some yummy snacks and drinks available for purchase.

If you can spare an hour or two to help out in the Canteen, we'd love to hear from you. Please email the P&C at TheodorePSpandc@gmail.com with your name and preferred contact number and we'll be in touch.

Regards

Theodore Primary P&C Association

Each lunch is simply ordered and paid for online and will be brought straight to Woden Park.

THINGS YOU NEED TO KNOW

STUDENT Lunch packs are available in three sizes (4-inch, 6-inch and footlong) and include a drink and a cookie.
Use **Student** link to order.

STAFF, PARENTS, VOLUNTEERS can order from a wider range of menu options. Use **Adult** link to order.
\$1 from every order donated directly to the schools fundraising efforts
Orders need to be placed and paid for online by
4pm Wednesday 26 May

To place an order:

- 1. Student order**
Visit <https://subwayphillip.snapforms.com.au/form/sports-carnival-lunch-order> and complete the order form.
ORDER NAME: please enter your child's name
CLASS NAME: please enter your child's class and house colour

Adult Order
Visit <https://subwayphillip.snapforms.com.au/form/sports-carnival-adult-lunch-order> and complete the order form.
ORDER NAME: please enter your name
HOUSE COLOUR/YEAR: PARENTS - please enter your child's class and house colour. *Staff/Volunteers, please enter whichever ever title applies (ie Staff or Volunteer)*
- 2. Submit payment at the bottom of the form.**
- 3. Ensure you click the SUBMIT ORDER button after payment is complete.**
- 4. When you see the confirmation message, your order has been received.**
- 5. Student orders will be delivered to their class groups. Staff/Parent/Volunteer orders will be available for collection from the canteen.**



Wellbeing – Aimee Shires

Mental Health Monday

This fortnight we are looking at some tips to help your child get a better sleep.



Tips

1. Set up a bedtime routine

A regular bedtime routine starting around the same time each night encourages good sleep patterns. A bedtime routine of bath, story and bed can help younger children feel ready for sleep. For older children, the routine might include a quiet chat with you about the day then some time alone relaxing before lights out.

2. Relax before bedtime

Encourage your child to relax before bedtime. Older children might like to wind down by reading a book, listening to gentle music or practising breathing for relaxation. If your child takes longer than 30 minutes to fall asleep, your child might need a longer wind-down time before turning the lights out to go to sleep.

3. Keep regular sleep and wake times

Keep your child's bedtimes and wake-up times within 1-2 hours of each other each day. This helps to keep your child's body clock in a regular pattern. It's a good idea for weekends and holidays, as well as school days.

4. Keep older children's naps early and short

Most children stop napping at 3-5 years of age. If your child over five years is still napping during the day, try to keep the nap to no longer than 20 minutes and no later than early afternoon. Longer and later naps can make it harder for children to get to sleep at night.

5. Make sure your child feels safe at night

If your child feels scared about going to bed or being in the dark, you can praise and reward your child whenever they're brave. Avoiding scary TV shows, movies and computer games can help too. Some children with bedtime fears feel better when they have a night light.

6. Check noise and light in your child's bedroom

Check whether your child's bedroom is too light or noisy for sleep. Blue light from televisions, computer screens, phones and tablets suppresses melatonin levels and delays sleepiness. Bright light in the hour before bedtime can have the same effect on young children.

It helps to:

- turn off devices at least one hour before bedtime
- keep screens out of your child's room at night
- dim the lights an hour before bed for children of preschool age and younger.

If your child uses a night-light, choose a dim, warm-coloured globe, rather than a bright, white, cool-coloured globe.

7. Avoid the clock

If your child is checking the time often, encourage your child to move the clock or watch to a spot where they can't see it from bed.

8. Eat the right amount at the right time

Make sure your child has a satisfying evening meal at a reasonable time. Feeling hungry or too full before bed can make your child more alert or uncomfortable. This can make it harder for your child to get to sleep. In the morning, a healthy breakfast helps to kick-start your child's body clock at the right time.

9. Get plenty of natural light in the day

Encourage your child to get as much natural light as possible during the day, especially in the morning. Bright light suppresses melatonin. This helps your child feel awake and alert during the day and sleepy towards bedtime.

10. Avoid caffeine

Caffeine is in energy drinks, coffee, tea, chocolate and cola. Encourage your child to avoid these things in the late afternoon and evening, and don't offer them at these times.

For more information you can visit [How to sleep better: 10 tips for children | Raising Children Network](#) or contact me on Aimee.shires@ed.act.edu.au



Fresh Food Friday



PART 3: Healthier recipe ideas your kids can make

Creating healthy eating habits with your kids is a lifelong skill that one day they will thank you for! Part of this process is learning to choose whole fresh foods, as opposed to processed foods that can be high in energy (calories/kilojoules), fat and sugar and offer little in the way of vitamins and minerals.

Here's a simple recipe to try. It's something even young kids can get involved in creating.



No Bake Apple Crumble (serves 2)

Recipe reproduced with permission from Nutrition Australia ACT Inc

Ingredients:

- ½ x 410g can pie apple
- ½ teaspoon cinnamon
- 1 tablespoon sultanas
- 100g reduced fat custard
- 100g reduced fat natural yogurt
- ¼ cup crunchy granola cereal

Method:

- In a mixing bowl, mix the pie apple with cinnamon and sultanas.
- In a separate bowl whisk together custard and yoghurt, using a fork or a whisk.
- Using ramekins or short drinking glasses, layer the yoghurt mixture and apples, alternating as you go. Finish the top layer with yoghurt and add a sprinkling of granola.

Tip: Try swapping the apples with other stewed fruits such as peaches, apricots or rhubarb. You can also swap the sultanas with raspberries or blueberries. Replace granola with natural untoasted muesli for a lower energy option.



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 our last newsletter, we talked about “Together Time” and how this helps to develop a strong relationship with your child. This happens when children feel that their parents are interested in them and in what they are doing and spend time with them. Today we are going to look at descriptive commenting and specific praise, as ways of communication which continues to build and strengthen your relationship with your child.

Descriptive commenting is a way you can show interest in your child’s play by simply describing what they are doing and by providing supportive comments. As adults we have a tendency to ask children questions while they are playing: What animal is that? What are you making? This often stops children from playing and prevents them from exploring their ideas. Descriptive commenting is a running commentary of your child’s play. For example: “You’re putting the bed in the dollhouse. Now baby is going to bed.”

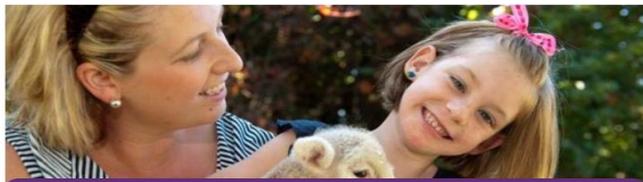
Praise is another way to build your relationship with your child and share a deeper intimacy. It is also a way to encourage the behaviour we want our children to do more of. Most parents use general praise such as, “well done, good girl, clever boy, marvellous, fantastic, super, brilliant, ace or cool”. This type of praise is called evaluative praise. Most adults will have received this kind of praise themselves as children and it is familiar to us so it is not surprising that we should use it with our own children. Research shows that descriptive praise helps children know what exactly is liked and is more encouraging for children.

Specific or descriptive praise is a different kind of praise. It is about noticing and mentioning exactly what the child has done well or what you liked about what they did. Descriptive praise improves the general atmosphere of the home. It is very effective in getting children to be more co-operative. When we point out what they’re doing right it motivates our children to do more of it. Describe the positive behaviours you see, “You remembered to bring home your reading book,” “You looked at Miss March when she was talking to you then –that was polite.” “You got on your bike again even though you fell off just now –you’re being brave.” Praise effort and improvement: “You’ve remembered to underline the title and put the date on the page.” “You kept on trying with these sums even though you didn’t find it easy.”

Specific or descriptive praise can feel hard to do. It does take time and practice. Don’t give up!



Community News



Chat and Connect

EACH ECEI in the Community

EACH, the NDIS Early Childhood Early Intervention Partner will be outreaching to the following Playgroups at Theodore Primary School in Term 2, 2021.

Come "Chat and Connect" with a member of the EACH team. We can respond to questions you may have relating to NDIS access, an existing plan, reviews, linking with providers, just to list a few.

Friday 28th May 2021, 9:00AM – 10:30AM

Friday 25th June 2021, 9:00AM – 10:30AM

Playgroups are located at Theodore Primary, 80 Lawrence Wackett Crescent, Theodore, 2905.

For further information contact EACH's Community Engagement and Capacity Building Lead, Stephanie Johnston, on **0428 791 859** or Gilmore Primary School's Family and Community Engagement Coordinator, Aimee Shires, on **0435 512 102**.

We look forward to meeting you in the community soon.

ndis.gov.au



Census

19,791 jobs available

2021 Census Field Officer

\$24.80 per hour (incl 25% loading) + super
(Contract/Temporary)

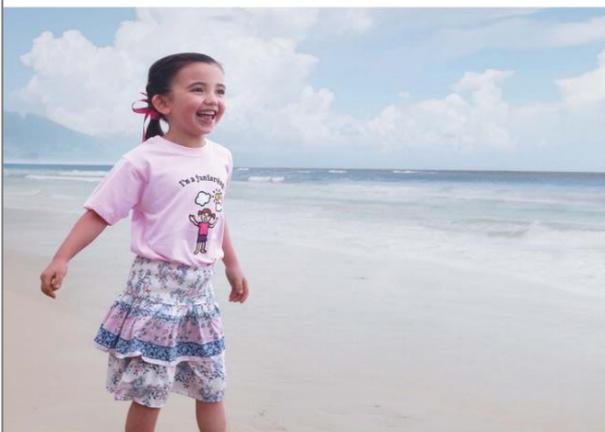
Roles start from July 2021

Earn extra income

Apply now: censusjobs.adecco.com.au



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.

JOIN US AT OPEN DAY

SUNDAY JUNE 20



AUSTRALIAN SCHOOL OF PERFORMING ARTS

aspagroup.com.au



AUSTRALIAN GIRLS CHOIR



An experience that goes far beyond the stage!

We believe in growing girls through the hidden elements of our curriculum; your daughter will develop confidence, public speaking and presentation skills, resilience and friendships that will last a lifetime.

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



Like us on Facebook

Theodore Primary School
(Official Site)



LEAGUESTARS.COM

**BE
YOUR
OWN
HERO**



PLAY
**LEAGUE
STARS**

The League Stars program appeals to the true nature of kids, in all their messy, high energy, love of fun and play. Each week, your child will participate in specially designed games that get them smiling and sweating.

League Stars kids have loads of fun with their friends, old and new, but the program delivers so much more. Each week they'll unlock more of their unique strengths, building physical, cognitive, social and emotional skills that will help them take on challenges big and small, now and in the future.

REGISTER FOR LEAGUE STARS
LEAGUESTARS.COM

WHEN: 20/5/2021 - 24/6/2021
TIME: Thursday 3.30 pm - 4.30 pm
LENGTH: 6 weeks
AGE: 5-12 Years
COST: \$79

WHERE:
Theodore Primary School
Lawrence Wackett Crescent
Theodore
ACT 2905

YOUR LEAGUE STARS COACH IS:

Aaron Peat
apeal@nrfl.com.au
0411159305



Items may differ from ones shown

