



**06 May 2021 – Term 2**

## **From the Acting Deputy Principal**

Dear Theo Families,

What a fantastic start to term 2! There is a lot happening for our students and families this term so ensure you have room in your calendars to mark down these important dates. The students have only been back for three weeks and are already engaging in learning with great enthusiasm. This was reflected in the amazing assembly last Friday hosted by the year 1/2 students. We saw students receive awards for their outstanding achievements and the introduction of our new 'Theodore Primary School House Cup'.

### **Mother's Day Stall**

A huge thank you must go out to our P&C for all their time, hard work and dedication to making the Mother's Day stall another wonderful success. The school greatly appreciates all the work you do to support our school and the community.

### **NAPLAN**

The National Assessment Program is an annual assessment for all students across Australia in Years 3, 5, 7 and 9. It will be undertaken by our year 3 and 5 students in week 4 this term. This assessment will test a variety of skills the students have learnt in areas such as reading, writing, spelling, grammar and punctuation, and numeracy. If you have any concerns about NAPLAN please speak to your child's classroom teacher.

### **Calwell High Information Night**

Just a quick reminder that the Calwell High Information Night is on tonight, Thursday 6 May. It starts at 5:30pm and finishes at 7:30pm. This is a great opportunity for you to engage with the high school to see all the wonderful learning opportunities the school can provide for your child.

### **Cross Country**

If you have noticed your children are coming home more tired this week it may be due to all the cross-country practice, they have been participating in. The main event will take place on Friday 7 May on the oval and parents are invited to stay and help if they wish to. Mrs Kennedy has been working very hard to ensure the day runs smoothly and would like all students to arrive at school by 9am as our start time is 9:15am. The students are invited to wear their house colours and need to remember to bring their drink bottles and hats.

**Melonie Lloyd**

**Acting Deputy Principal**



*Theodore  
Primary*

*"A great place  
to grow up"*



## Dates to Remember

### MAY

- 07 Cross Country
- 11/12/13/14 NAPLAN Yr3/5
- 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

- Scholastic Orders
- Athletics Carnival
- Pre School Walkathon
- Scholastic Book Club
- Yr 3/4 National Arboretum
- Dental Oral Health Service

### Note Due

- 07 May
- 14 May
- 31 May
- 07 May
- 09 June
- 21 June



Private Guitar  
Tuition  
@ Theodore PS





## PBL Awards



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

Bronze Awards	SAFE		RESPECTFUL		LEARNERS	
Yr 1/2	Josh P Isabelle H Elena H Dimitri M	Jordan O Jenny D Elsie L Kaya C	Brooklyn P Sienna P Caleb B	Dimitri M Finlay F Darcy B	R Mcappion Jordan O Kody H Eamon F Adam M Ellie A Pheobe L	Fergus C Darcy B Max E Grayson L Peyton L Seren W
Yr 3/4	Tanner D Lucy M Logan B Shalya S Beth W	Evelyn P Naphavanh T Charli T Jacob S	Raksika K Nia W Charlee W Amelia T Beth W	Dominic P Lily R Haylee B Alyssa H Shayla S	Raksika K Amelia J Elirah N Ashleigh N Logan B Saith K Dominic P Elizabeth W McKaylee K	Evelyn P Tanner D Clyde L Naphavanh T Haylee B Amelia T Kaley B Charlee W Hugo T
Yr 5/6	Haajrah S Sophie L	Brydie H Madison G	Deegan P Marcus P Kate R Mackenzie L	Coen K Ruby B Nathan Y Sienna S	Luke C Oliver L	Sienna S



## Week Ahead @ Theo

# Term 2 | Week 4 @ Theodore



### Breaktime Clubs

Monday Break 1- Handball 🏐 (Shade Shelter)  
 Monday Break 2- Environment Club 🌍 (E.C)  
 Tech Time 🖥️ (Library)

Tuesday Break 1- Artsy Fun Club 🎨 (Art Room)  
 Tuesday Break 2- Senior Soccer ⚽ (Grass)  
 Handball 🏐 (Shade Shelter)  
 Drawing 🖍️ (Library)

Wednesday Break 1- Cultural Integrity Club (Library)  
 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 10/5- Lacrosse Clinics (3-6)**  
**Bilbies and Possums Preschool Day**

**TUESDAY 11/5- NAPLAN (Years 3 & 5)** 🖥️  
**T-Ball Clinics (K-2)**  
**Bilbies and Possums Preschool Day**

**WEDNESDAY 12/5- NAPLAN (Years 3 & 5)** 🖥️  
**Year 6 Combined Band @ Theodore** 🎵

**Koalas Preschool Day**

**THURSDAY 13/5- NAPLAN (Years 3 & 5)** 🖥️  
**Koalas Preschool Day**

**FRIDAY 14/5- NAPLAN (Years 3 & 5)** 🖥️  
**Kindergarten Assembly @ 2.15pm- COVID restrictions apply**



**ROSTRUM**  
*find your voice*

Years 3-6 Rostrum  
 Speaking  
 Competition

This term students in years 3-6 will be writing and presenting Rostrum speeches as part of their learning in English. One winner will be chosen from each 3-6 class to present their speech at a school final in Week 6. A winner from that final will be chosen to represent Theodore Primary at the Quarter Finals later in the term. Students will be drafting and practising their speeches at school, however those interested in competing are encouraged to work on and refine these at home as well.

More information is available at the below website. Alternatively, contact your child's teacher if you have any concerns.

<https://www.rostrum.com.au/act-primary-schools-speaking-competition>

Jess Crilly

3-6 Executive Teacher



Theodore Primary School  
 (Official Site)



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## Art News

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### TEACHERS

#### **EVEN THE TEACHERS GET INVOLVED TOO!**

During a recent staff meeting, the teachers and support staff met to discuss what Reconciliation Week might look like across the school this year. As inspiration, everyone became part of a yarning circle as they created an artwork that represented something about themselves. The aim of the yarning circle was to share in each other's making as well as each other's stories; to form closer bonds and friendships and to use the space to talk through ideas. Like I say to the kids.....**everyone is an artist!**



### KINDERGARTEN

#### **LOOK AT HOW MUCH I'VE LEARNED!**

What a whirlwind of exploration we have had over the past few weeks since beginning Kindergarten and WOW it has been such great fun! Through our experimentation with paints and dyes we can now explain what happens when salt is added; we know how to create a textured surface using paint mixed with sand; we can explain the technique of "bleeding" in watercolour paints and the effects that it produces; we understand printmaking and recognise that objects can be used in many ways to produce marks on the page; and we can use our observational skills to draw what we see. **WE ARE AMAZING!**





## YEAR 1 & 2

### WHAT WILL HAPPEN IF.....?

We began our explorations this year with printmaking. *“What parts of my body can I print with and what kinds of different marks can I make?”* After we asked these questions, what ensued was a super messy lesson where so much discovery happened. The conversations throughout the room spoke of ‘manipulations’ and ‘effects’ which was all very exciting to hear! Next, to link in with our unit of Inquiry, we created a picture of both a natural and manmade landscape. We painted a “bleeding” watercolour background before printing our foam house creations over the top. The landscapes demonstrated a strong contrast between the colourful beauty of a sunset and our solid manmade world.



## YEAR 3 & 4

### POSITIVE vs NEGATIVE

Explaining positive vs negative space is now a simple task. Just ask us. We began our discovery by analysing optical illusions and determining the positive and negative space found in famous artworks. Using marbling inks, we created a super funky, negative space to build our artwork on. Copying the intricate and very tricky technique of Japanese Notan art we began cutting and flipping our papers to create a positive image.

We can now say, that on a positive note, our artworks turned out spectacularly... however on a negative note, there was so much cutting involved in these tasks that we have decided to stay away from scissors for a while.





## YEAR 5 & 6

### BOBBLE HEAD SCULPTURES – WE LOVE CLAY!

These sculptures have been a labour of love. After learning the technique of creating a pinch pot and adding wire to act as a skeleton to our structure, we set about designing and making our little bobblehead characters. Being our first-time using clay in such a detailed way, we soon learnt the importance of cross hatching to create a solid join so that we wouldn't be heartbroken when coming in the following week to find our sculpture in pieces. A character ER (emergency hospital/repair) station was established with plaster bandages to fix any little broken limbs and we all became very adept at surgery and repair. We are currently adding the final touches to our characters before our impending mini exhibition so stay tuned for details closer to the event.



## Theo's Thursday PBL Update

This fortnight I have been looking out for students who are being safe, respectful learners in the junior and senior play areas and spotted students being learners as they were lining up when the bell went. These students were also being very respectful as they were using respectful language.

Keep up the good work Theodore students and I look forward to checking in with you all next fortnight.

Theo





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## P.E - Tracey Kennedy

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This term all students participated in the St John Ambulance First Aid in Week 2. The students had fun learning a variety of basic first aid skills such as treating burns, knowing emergency numbers, resuscitation and bandaging.



The Koala preschool group and 3/4MP had fun practising for the cross country. They ran and walked around the oval with their buddy. It was great to see them all working so well in their small groups.



In Week 3 on Wednesday some year 5/6 students will be participating in the Buroinjin Gala Day. On Friday the whole school will be participating in the cross country. Preschool students up to Year 6 will be running 500m up to 3km depending on their age. It will be a fun day of cheering and running!



We are also lucky to have Lacrosse clinics starting in Week 4 for Year 3,4,5 & 6 students. It will be great fun learning how to use the lacrosse stick to carry, pass, catch and shoot the ball!

The junior students will be participating in Teeball clinics also starting in Week 4 for Kindy, Year 1 & 2. They will have fun learning how to hit the ball off the tee using a two-handed strike as well as fielding.



In Week 6 on Friday the whole school will be participating in the Athletics Carnival which will be held at the Phillip Athletic field at Woden Park. The students will be involved in activities such as discus, shotput, long jump, novelty events and running events such as 70m,100m and 200m races.

A big thank you to the families that have linked their rebel membership to Theodore Primary School. When you make a purchase the school benefits and we get to buy more sporting equipment for the students.



Looking forward to a fun and busy term with the students learning different skills and enjoying moving and playing team games and sports.

Thanks

Tracey Kennedy

PE Teacher





## Wellbeing – Aimee Shires



### Mental Health Monday

This week for Mental Health Monday we are looking at a **Positive Thinking Exercise**.

It is easy to spend time thinking about what has gone wrong and although we can learn from our mistakes, it is not helpful to spend lots of time thinking about negative things as this can lead to stress, worry and sadness.

This is where positive thinking comes in, give this exercise a try yourself or with your children.

#### Positive thinking exercise

Try this exercise to get yourself or your children into the habit of thinking more positively about things that have gone well and why.

Each day for the next week, give yourself 10-15 minutes before you go to sleep to write down three things that went well and why. This could be something as simple as 'My son gave me a nice smile this morning'. Or it might be a major event – for example, 'I booked our family holiday'. For your children this might be 'I built a Lego creation', or 'I finished an assignment'.

Underneath each thing that went well, write what you did to make it happen. For example, if you put 'My son gave me a nice smile today', you could write, 'I smiled, and he smiled back'. If your child put 'I built a Lego creation', they could write 'I followed the instructions and asked for help when I needed it'.

It might feel odd to do this at first, but it gets easier with practice. Try to give it a go for a week. Check your notes at the end of the week.

Share this exercise with family and friends.

For more information, please visit [Positive thinking: parents, kids & teens | Raising Children Network](#)

I would love to hear from people that give this exercise ago, please email me.

**Aimee Shires**

**Family & Community Coordinator - [Aimee.shires@ed.act.edu.au](mailto:Aimee.shires@ed.act.edu.au)**

Fresh Food Friday



**fresh TASTES everyday** with *Kate Freeman*

**Jazz up the lunch box with international cuisines!**

They say that variety is the spice of life. Guess what? It's also a key part of healthy eating. Eating a wide variety of foods from the different food groups ensures we get all the nutrients we need.

We're lucky in Australia to live in a multicultural population and one of the great perks of this is all the great foods these nations have brought to our shores.

Why not spice up the lunchbox with some international flavours? It'll offer an opportunity for kids to try new foods and all the good nutrition that comes along with it! Most supermarkets in Canberra sell multicultural ingredients.

You can find these multicultural ideas and recipes online:

- Mexican bento box
- Turkish style pan-fried zucchini fritters
- Vietnamese rice paper rolls
- Chinese noodle soup (in a thermos)
- Sri Lankan dahl curry (in a thermos)
- Filipino lumpia

Here's a recipe you can try:

**Indian carrot rice**

Heat 2 tbsp oil in a pan, add 1 tsp cumin seeds, 1 onion (chopped), and cook until onion becomes soft.

Add 4 cups grated carrot, 2 tsp curry powder, mix well. Add 1 cup cooked rice, mix well and serve.




  
[act.gov.au/freshtastes](http://act.gov.au/freshtastes)

Fresh Food Friday



Theodore Primary School  
(Official Site)



**ACT**  
Government

**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,

Your child's school has volunteered to take part in the UR FaB early intervention program for children in Year 3 to Year 4. The program focuses on children's emotional and social development, and while we are here at Theodore Primary School, the team will be contributing to the school newsletter and providing information and ideas regarding supporting children with their social and emotional development.

Today we are focusing on the importance of 'Together Time'. Children from birth to adolescence need time and attention from their parents. There are a number of benefits to 'Together Time':

- It helps a child to feel important and loved and helps children to feel closer to their parent.
- The parent and child develop a stronger bond as it encourages communication between the child and the parent, and it provides the child with the opportunity to voice their thoughts and feelings.
- The child has an opportunity to model their parent's behaviour, while the parent can observe and learn about their child's strengths and weaknesses, temperament, activity level, and developmental stage, in order to better know them and guide them.
- Children want to be close to their parents and to be the focus of their emotions and this can be a powerful influence on a child's behaviour.

Research suggests that it is the quality of the time spent together not the quantity that is important, and that 10 – 15 minutes per day is enough.

Quality time involves:

- Play that is directed by the child, and a parent having their full attention to their child's world. Use time together, such as mealtimes, to talk and share a laugh
- Focus on your child's strengths not his/ her weaknesses
- Laugh and have fun...make it enjoyable
- Avoid competing with your child
- Don't focus on the "correct" way or specified rules for a game. Don't use it as a teaching moment
- Model cooperation by doing what your child asks you to do
- Praise and encourage your child's self-discovery and creativity; don't criticise
- Engage in pretend and make-believe play with your child
- Curb your desire to give too much help—give just enough support to avoid frustration but not so much you take over your child's exploration
- 'Attention rule' – attend to positive behaviour and ignore negative behaviour (results in increased positive social behaviour in the child). Don't give eye or verbal attention to annoying behaviours
- Use positive communication, avoiding criticism
- Use descriptive commenting and praise

Quality time together gives the child the feeling, "my parent cares about me; my parent is willing to do something with me that I enjoy; and my parent did it with a positive attitude".

The parent child relationship is an important factor in your child's social, cognitive and emotional development. In prioritising time together and strengthening the parent child bond you are helping your child to feel safe and secure.

More on descriptive commenting and praise next time!

**The UR FaB Team**

**Alex Cobb**      **Clinical Psychologist**

**Erinn Stenhouse**      **Social Worker**



## Enrolment



**EVERY ACT  
PUBLIC SCHOOL  
IS A GREAT SCHOOL**

**Enrolments now open - enrol for  
preschool in 2022 if your child turns  
four on or before 30 April 2022.**



**HOW TO ENROL  
YOUR CHILD**

Every four-year-old is guaranteed 15 hours of preschool.

There are four key steps to enrolling your child in an ACT public school:

- 1. Determine your local school** by visiting our website at [www.education.act.gov.au](http://www.education.act.gov.au)
- 2. Find out about your local school** – visit their school website, contact the school, or attend a school information session.
- 3. Apply to enrol** using the online form on our website.
- 4. Wait to receive an offer** from the school you have applied for.

**Apply before 4 June 2021 to get an offer from 26 July 2021.**

**Need more information? Visit [www.education.act.gov.au](http://www.education.act.gov.au) or phone the Enrolments Telephone Service on 02 6205 5429.**



## Community News

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

**YOUR LEAGUE STARS COACH IS:**

**WHERE:**

Theodore Primary School  
Lawrence Wackett Crescent  
Theodore  
ACT 2905

Aaron Peat  
apeat@nrl.com.au  
0411159305






**ACT Together**  
Every child matters

## You can change a child's life.

ACT Together need people to care for and provide a safe and stable home for children in the region.

**We offer:**

- Extensive training
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- 24hr support

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• Australian Childhood Foundation • Oz Child



Contact us today:  
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acttogether.org.au

Initiative of



A Step Up for Our Kids -  
Out of Home Care  
Strategy 2015-2020  
is an ACT Government  
funded initiative.

**LOWES**

**2 DAY VIP EVENT – 6<sup>th</sup> & 7<sup>th</sup> MAY**

**ZERO & REWARDS CARD HOLDERS**

# 20% OFF

## SCHOOLWEAR & EVERYTHING ELSE!




**DON'T HAVE A CARD? APPLY IN-STORE OR ONLINE & START ENJOYING THE BENEFITS**

\*Offer available in-store & Online ends midnight (AEST) 7th May 2021. Must use Zero or Rewards card to receive discount. Excludes Gift Cards and Schoolwear lay-bys. Savings of original prices. Cannot be used in conjunction with any other offer, no rainchecks.