

THEODORE STATE SCHOOL *and community* NEWSLETTER

Principal's Piece

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No: 11 -Week 2 Term 3

Wednesday 21st July 2021

Welcome to Term Three.

This term has really started with a rush and our school has been involved in some great things. The first week of term saw a team travel to Brisbane to participate in the Creative Generation performance. Five hundred schools were represented at this event. Thank you to Mrs Dale and parents Janelle Church, Beau Surawski and Adrian Dale who also went along and helped supervise, support, iron outfits and transport students. You all did a mighty job. Thank you to all of the sponsors who made it possible for our students to participate in this event.



Student Council

Thank you to teachers Ms Watson and Miss Gray who have been busy organising and running 'Coffee Shop' for events such as local football and the Fun Day this weekend. Student Council also make coffees for sale Tuesday mornings before parade.

Year Ten Students visit CQU

Year Ten students spent two days and one night at the Central Queensland University and TAFE campuses in Rockhampton. Students were able to spend time in different faculties enabling them to reflect on a range of career choices. The connection with CQU has grown with a careers officer regularly visiting our school. This support is beneficial for our students as they enter the next phase of their educational journey. Thank you to Central Queensland University for the partnership between our school and the university.

Callide Dawson Cluster Moderation

Today our school hosted cluster moderation. Schools across the cluster regularly engage in moderation. This process assists to embed shared and accurate knowledge of the Australian Curriculum. It is always a pleasure to host these days and have other educators visit our school.

School Opinion Survey

The annual suite of *School Opinion Surveys* will be conducted in Term 3 and will close on **30 July 2021**. All families, school staff and students in target year levels (5, 6, 8 and 11) will be invited to participate. We encourage you to take this opportunity to have your say about what our school does well, and how we can improve. An invitation to complete the *Parent/Caregiver Survey* will be emailed to one parent/caregiver per family in the week beginning 5 July. The invitation will be sent from the Department of Education, not the school, and it will have the subject line *School Opinion Survey for parents and caregivers, 2021*. Check your junk email folders if you can't find it. The survey can be completed as soon as the invitation is received and will take approximately 5 minutes using a computer, tablet or smart phone. Parents/caregivers who do not have access to the internet at home are welcome to complete their survey online at the school. School computers/tablets will be available.



Preparing Children for Learning

How do we help children prepare for the demands of the classroom?

The 2018 Australian Early Development Census (AEDC) found that 20% of Australian children entering school are developmentally vulnerable in at least one of the five early childhood development domains – physical health, social competence, emotional maturity, language and cognitive skills, or communication and general knowledge skills.

In addition, AEDC scores collected at age 5 predict later literacy and numeracy scores at ages 8, 10 and 12 (Years 3, 5 and 7) as measured by the National Assessment Program Literacy And Numeracy (NAPLAN) – thus reinforcing the importance of having all children entering school with the skills and developmental capacity to take advantage of schooling – i.e. school-ready.

This presents an ongoing challenge for parents and teachers. Developmental vulnerabilities may present in the classroom in a number of ways: poor concentration, immature speech, poor sensory motor development, difficulty sitting still and falling off chairs, rolling around on the floor, difficulty listening and following directions, socialisation problems and experiencing fears and anxieties at a level that makes it difficult for them to learn.

Why are we seeing so many children with developmental vulnerabilities?

We learn by doing. Our brain doubles in size during the first year of life. Play is the infant and young child's main way of growing their brain and learning in the early years. Opportunities for movement on the tummy, especially in the first 6 months of life, builds platforms that underpin later, more complex skills. Young children must gain control over their bodies to free up their brain to learn.

Many of the behavioural challenges and learning difficulties identified in the AEDC report can originate from children's early movement experiences and the quality of their environment. In the past 30 to 40 years there have been enormous changes in our world and in the way that we live and nurture our children. In particular, greater demands on parents' time has affected both the amount of one-to-one time spent in conversation and the amount of physical exercise children experience – and a resort to the use of convenience foods, equipment and forms of entertainment, acting as surrogates for direct interactive parenting. The quality of relationships with parents and other care-givers and the child's physical and social/cultural environment have a significant impact on the child's development.

Some common environmental factors impacting children's development include:

Sitting in containers

Sitting in containers robs young children of developmental opportunities. Bumbos, rockers and being restrained by clothing and/or equipment for extended periods of time robs the infant of opportunities to "get moving".

Less free time

Children don't have as much time for free play or to muck around. Unstructured mucking around time is more valuable than structured activities.

Sedentary lifestyle

According to the Australian Institute of Health and Welfare (AIHW) *Australia's Children* Report, in 2011–12, less than one-quarter (23%) of children aged 5–14 undertook the recommended 60 minutes of physical activity every day.

Diet

The AIHW report found that most children (96%) aged 5–14 do not eat enough vegetables, with the proportion meeting the guidelines for vegetable consumption only increasing slightly between 2014–15 (2.9%) and 2017–18 (4.4%).

A 2017 study found that more frequent consumption of vegetables with the evening meal was associated with higher NAPLAN test scores for spelling and writing. More frequent consumption of sugar-sweetened beverages was associated with lower test scores in reading, writing, grammar, punctuation and numeracy.

Screens

Small amounts of screen time enable children to connect, cultivate empathy, develop skills and interests and be creative. For younger children in particular however, screens are often displacing key developmental activity such as exercise, play, reading aloud and social interactions

The *Australia's Children* Report found that 5–14 year-olds spent, on average, more than 2 hours each day sitting or lying down for screen-based activities, and 2–4 year-olds an average 83 minutes per day.

The Active Healthy Kids Australia Report Card found that *"In a house where television was on two hours a day or screens for the same amount of time, the occupants will speak 6,000 words combined to each other in a day. In a house where screens were on whenever anyone was home, the occupants would speak 500 words combined"*.

What to do about it?

Get them moving!

Vestibular activities are a good place to start.

The vestibular system in the inner ear provides our sense of balance and spatial awareness. It is the first sensory system to fully develop and is considered to have the most important influence on the other sensory systems and on the ability to function in everyday life. Directly or indirectly, the vestibular system influences nearly everything we do.

Many of the behaviours we see in our early learning centres are indicators of children's sensory and vestibular needs. Children who can't sit still in a chair, wriggle, and move excessively are seeking the vestibular stimulation they need. They feel more grounded on the floor (because they know where they are). Sitting still and upright in a chair and being "good" may be taking all of their energy. The end result can be seen in behavioural outbursts, listening and concentration challenges, and difficulty following directions.

Here are some suggestions for vestibular stimulation activities –

- Swinging on fixed apparatus, swing, ropes
- Spinning or pivoting on toes
- On a swing or a rope, wind up and then let go
- Spinning around on a scooter board or skate-board
- Bouncing on inflated inner tubes, a rebounder or on a trampoline
- Bouncing or jumping on an old mattress
- Rocking, on a rocking horse, in a rocking chair, or being rocked by two adults holding a blanket
- Inflatable toys to bounce on
- Try to skip with a rope, on an old mattress
- Steering a scooter-board through a maze
- Twisting trunk in one direction, then the other, with your feet remaining still.

Auditory enrichment

Hearing does not equal listening. To train listening we must vary the auditory environment. Listening skills don't just happen, we need to train listening through enriching the child's auditory environment. Screens don't provide listening opportunities. We watch screens. We don't generally actively listen to them.

An auditory enriched environment should encompass:

- Opportunities for listening. Hearing is the passive reception of sound. Listening is the active part of the auditory process,
- Short periods of silence frequently throughout the day,
- Use of different cues (clapping patterns, music but not language to gain children's attention and provide directions – link a specific cue/music to an activity). These non-verbal cues encourage active listening,
- Whispering opportunities,
- Audio books (no pictures, children need to make their own pictures in their heads),
- Nursery rhymes,
- Daily singing, and
- Retelling simple events.

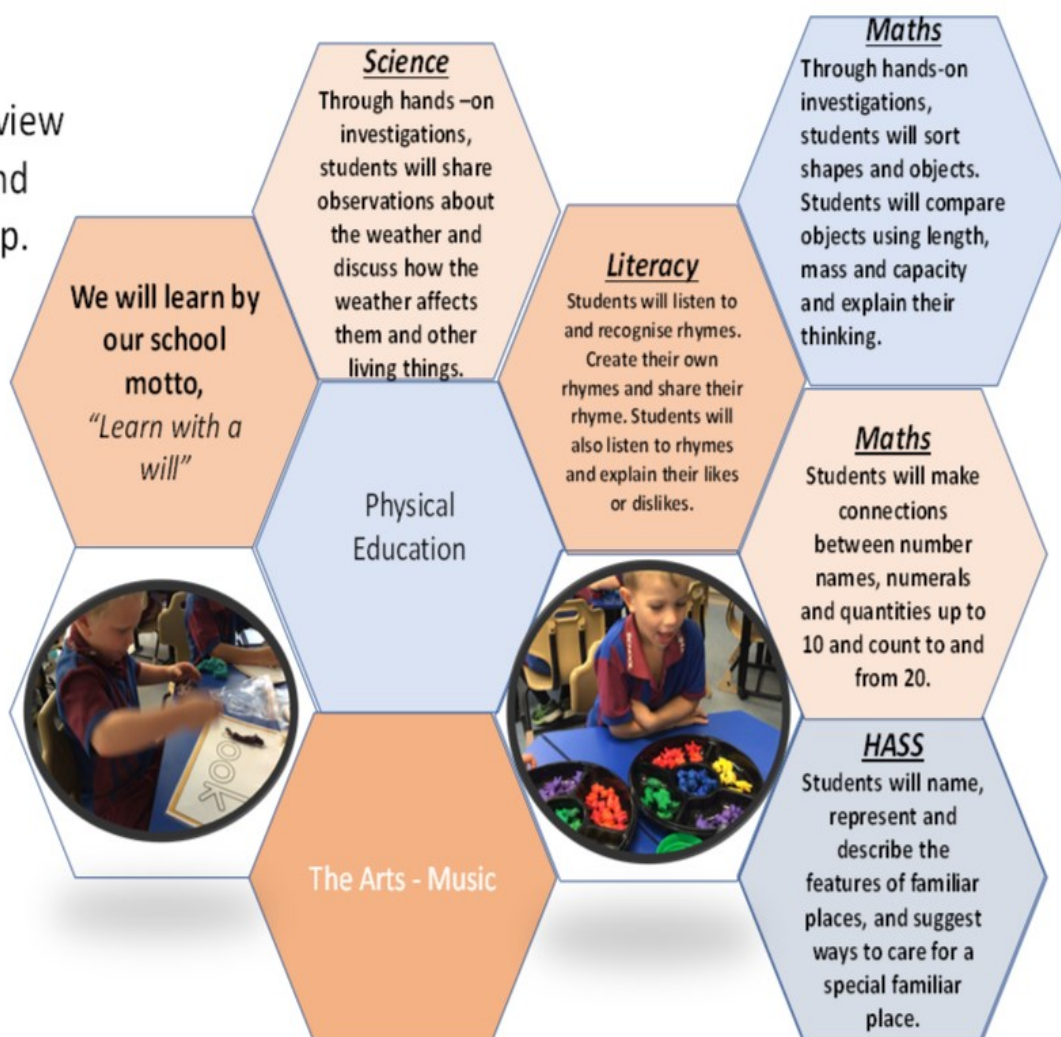
Children's development is being affected by increasing exposure to screens and reduced opportunities for movement and play. Children need a stimulating environment in order to learn. Vestibular stimulation and auditory enrichment are good starting points.

Regards

Sue Cannon - Principal

Prep – Term 3

This is a unit overview
for the learning and
assessment in Prep.



Download our school app for free!



Why download the app?



Receive instant notifications for important news.



Easily register absentees and excursions.



Keep up to date with events and set reminders.



Download on the
App Store



GET IT ON
Google Play

Download instructions:

1. Go to the App Store and download "School Stream" to your phone.

2. Open the app and type the school's name into the search bar to load the school's profile.

3. Make sure you agree to Push Notifications when prompted.



schoolstream



facebook.com/SchoolStream
twitter.com/SchoolStreamApp

TUCKSHOP

Friday 23rd July: Hot Dog Meal Deal

Friday 30th July: Beef/Pork/Chicken Gravy Rolls

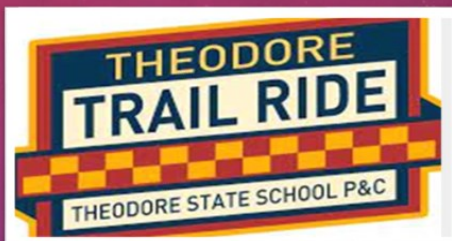


YEAR 6 ADVERTISING UNIT

During English this term Year 6 have completed an Advertising Unit with their focus being on the Theodore Trail Ride. Over the next month, leading up to the trail ride, their completed advertisements are being published in the school newsletter as well as being displayed around Theodore.

Want a fun-filled challenge? If you do would you be up for a try on the motorcycle track? Then your chance is at the Theodore Trail Ride. Grab your motorbike and make a jump start! And get ready for a challenge, challenge your friends, challenge your family be apart of the friendly community because you can be yourself and have a fun-filled challenge. You can make your motorcycle jump! Make it do stuff you've never done before and when you go your always going to always come back for more, get away from boredom get your motorbike cause you will never want to leave the Theodore Trail Ride. And when you come back bring a tent and have a camp out! But if you want to come you must come!

THEODORE TRAIL RIDE



Designed by Izzy



FROM THE TRACK TO THE DIRT TRACK



Designed by Annie

THEODORE TRAIL RIDE

Do you want to have freedom on your motorbike? Come along to the Theodore trail ride at Coorada. It's honestly the best place to be on your bike.

Travel for freedom on your bike, Coorada is west of Theodore just follow the signs that say Theodore trail ride. There are 3 tracks to choose from: The novice track is if you're an experienced rider, preteen kids and older kids to explore, but if you're an adult and you want to cruse or its you're your first time riding this is were you want to be. If you're more hard core, desperate you will want to try the open track. But if you're a beginner and not as confident lets go with the peewee track. If you're lucky you might win a Honda CRF 250 or you might just win little things. We are one of the only trail rides that camp so bring your trailer and have a sleep. Wake up to bikes roaring across the track if you don't want to than wake up early. Come along to the coffee shop and get a hot beverage in the morning. There are dirt, sand and grass tracks to challenge also there are clean showers and toilets.

Once you leave you will want to come back!!!!!!

Peewee:20\$
Novice:50\$
Open:70\$



Australian
Motorcyclist
Association

THEODORE





FREE CAMPING
COST \$20-\$70
August 14-15



Australian
Motorcyclist
Association

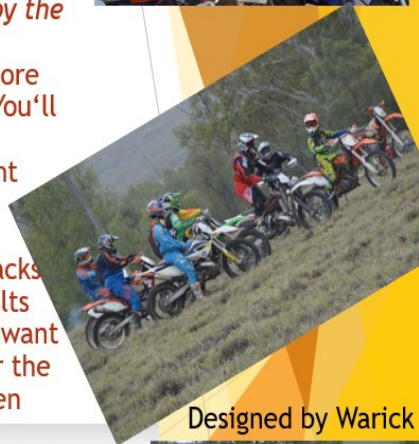


From The Crack To The Dirt Track

- Free camping
- Pets aren't allowed
- Family fun event!!
- Enjoy the great outdoors - in a beautiful setting

You up for a ride? Well pack your bags and come enjoy the action packed weekend at the Theodore Trail Ride.

The Theodore Trail Ride is set in the middle of Theodore and Taroona, (the property is in beautiful lush bush). You'll love the great community, enjoy the family friendly coffee shop and the home and garden cafe. You might also like to go exploring at the Isla gorge. When you arrive, unload your motorbikes and set up your camp. Then you must go out and enjoy the terrific tracks. Youngsters must stay on the peewee track where adults will supervise them. Older children and adults might want to try a challenge and cruise on the novice track. For the experienced rider, there is the long rocky terrific Open Track !!



Designed by Warick



Win a CRF 250



After a long day of riding, relax by a camp fire and adults can crack open a cold beer!!!



SEXUAL HEALTH NIGHT



DINNER & SNACKS PROVIDED | THEODORE YOUTH CENTRE | WEAR COMFY CLOTHES, BRING A PILLOW!



5:30—7:00 PM FOR 10-12 YEARS

7:00—8:30 PM FOR 13 PLUS

The Theodore Medical Centre will be hosting Boys and Girls Health Nights on the 22nd and 23rd of July respectively for students aged 10 years and over. The evening will be split into two sessions, directed at the different age groups as above. Please return permission slips to the school office.



22nd JULY 2021 BOYS HEALTH NIGHT

Hosted by Connor Augustson (Medical Student) and accompanied by Dr Shaq Rizvi

23rd JULY 2021 GIRLS HEALTH NIGHT

Hosted by Kate Sherwood (Medical Student) and accompanied by Dr Elizabeth Clarkson

If you have any questions please feel free to email k.sherwood@uqconnect.edu.au or c.augustson@uqconnect.edu.au

Permission forms are available from the school office

Awards - Week 1

T3 TUESDAY



Back Row: Lily, Phoebe, Lochlan, Liam
Front Row: Claire, William



Pippa, Phoebe, Hayden, Aaron, Addison, Artie

Awards - Week 1

PRINCIPAL'S COMMENDATIONS



Mac and Archer

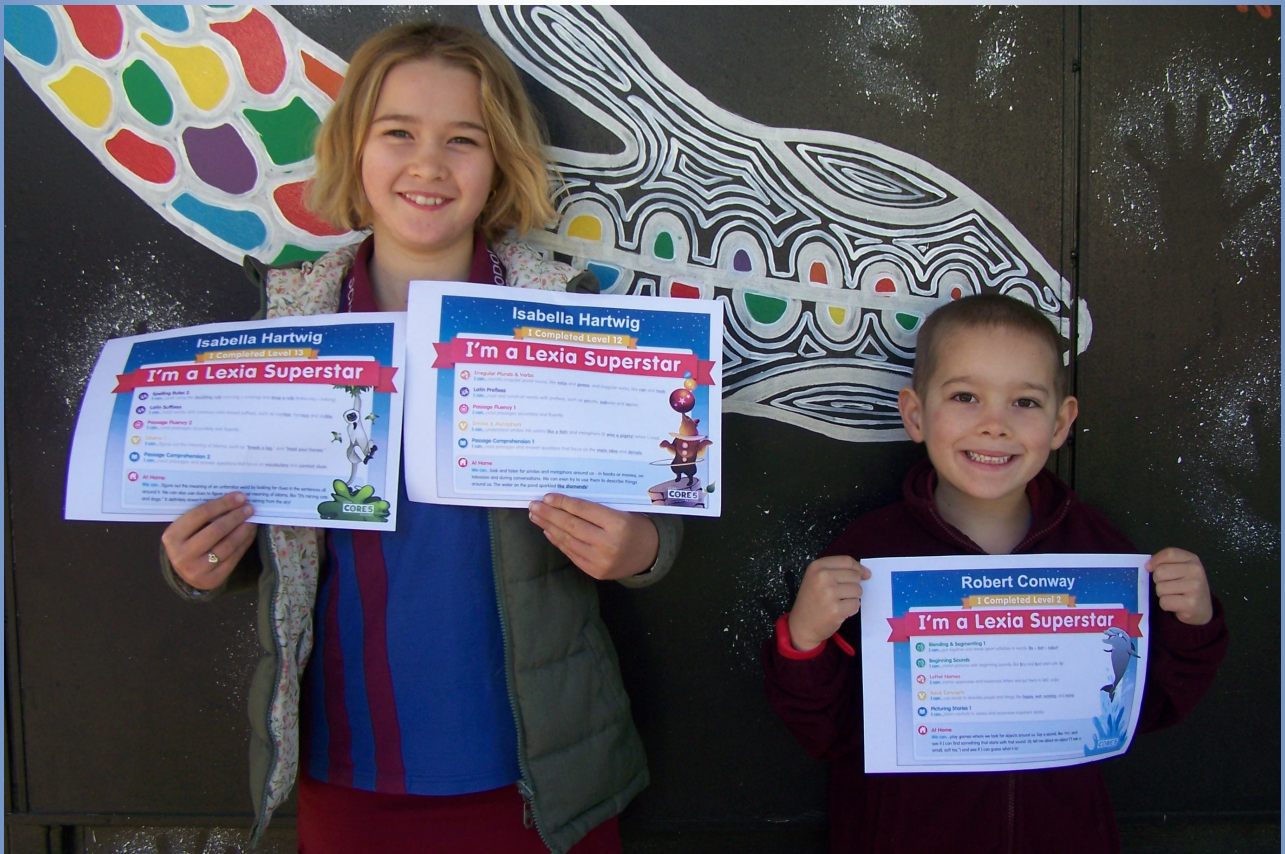


Back Row: Isabella, Riley , Zane, Cindy, Loani
Front Row: Payton, Archer

LEXIA



Back Row: Sophia, Phoebe, Lochlan, Addison, Isabella, Ayla
Front Row: Sarah, Maverick, Pippa, Royce



Isabella and Robert

YEAR LEVEL ATTENDANCE AWARD TERM 3 WEEK 1

Primary - Year 6



Secondary - Year 9



IMPORTANT DATES

July

26-27 Rockhampton District Athletics Trials

28 Parent Teacher Interviews

30 AFL - Baralaba

August

6 AFL - Woorabinda

5 Prep Vision Screening

13 AFL - Moura

14-15 Theodore SS P&C Trail Ride

16-18 Secondary Camp

20 AFL - Theodore

September

3 Student Free Day

14 Under 8's Day

16 NAIDOC Activities

17 Ball Games

17 Last Day Term 3

October

4 Public Holiday

5 Term 4 Starts

15 School Dental Van Arrives

November

26 Last Day Year 10

PBL News

Positive Behaviour For Learning

Our Week 2 PBL focus is:

Responsible: At all times - Follow instructions first time, every time.



Theodore State School Behaviour Matrix



I am....	At all times	Learning Areas	Transitions	Eating/Playtime	Toilets	Off Campus activities (Bus Stop)
Respectful	<ul style="list-style-type: none"> Be polite Respect differences Wear school uniform with pride Take turns 	<ul style="list-style-type: none"> Use respectful voice and gestures Respect my own and others' belongings 	<ul style="list-style-type: none"> Walk quietly and quickly Line up in designated areas 	<ul style="list-style-type: none"> Put rubbish in bins Ask permission to leave eating area Respect the environment Share equipment and space Include others 	<ul style="list-style-type: none"> Respect others' privacy Leave the toilets tidy 	<ul style="list-style-type: none"> Display good sportsmanship Respect all equipment and the environment Respect the public Sit quietly while waiting
Responsible	<ul style="list-style-type: none"> Follow instructions first time, every time Use self control Report any problems Move around the school in appropriate ways 	<ul style="list-style-type: none"> Care for all school equipment Move around rooms safely Only be in the classroom with an adult 	<ul style="list-style-type: none"> Wait patiently Walk bikes/scooters in school grounds 	<ul style="list-style-type: none"> Return equipment Participate in school approved games Stay in approved area Report issues to duty teacher Wear my hat Eat my own food (or take it home) 	<ul style="list-style-type: none"> Wash hands Use toilet paper appropriately Use the toilet for its purpose 	<ul style="list-style-type: none"> Be organised Wear appropriate clothing Use buddy system Follow all bus rules
A Learner	<ul style="list-style-type: none"> Be organised and ready to learn Be safe and sensible Keep trying 	<ul style="list-style-type: none"> Allow others to learn Participate in all activities Follow bookwork policy 	<ul style="list-style-type: none"> Walk directly to destination Keep to the left 	<ul style="list-style-type: none"> Display good sportsmanship 	<ul style="list-style-type: none"> Use toilets during break times 	<ul style="list-style-type: none"> Represent my school with pride Follow road rules Be a role model Care for others

THEODORE Community NEWS

Theodore State School acknowledges the continued community support received, which embodies the spirit of Theodore.

THEODORE
SHOW SOCIETY
PRESENTS A

FAMILY Fun Day

24 JULY 2021

**FREE
ADMISSION**

**FREE
LASER
TAG**

FREE ENTERTAINMENT & RIDES
LASER TAG - RIDES - SLUMBER PARTY
GIANT LAWN GAMES - HORSE EVENTS

AND MORE

FIND US ON FB TO STAY UP TO DATE

THEODORE Community NEWS

Theodore State School acknowledges the continued community support received, which embodies the spirit of Theodore.

CBCA BOOK WEEK

OLD WORLDS, NEW WORLDS, OTHER WORLDS

21-27 AUGUST 2021



ARTWORK BY SHAUN TAN | © 2021 THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA

#CBCA2021

Book Week 2021 runs from **21-27 August** and this year asks your children to embrace the theme "Old Worlds, New Worlds, Other Worlds". This exciting invitation opens a world full of possibilities when it comes to kids book week theme ideas. This is an opportunity to escape into another world where your child can be anything they want to be!

School will advise closer to the date, when our dress up day will be.

THEODORE NEWS Community

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JUNIOR TOUCH COMPETITION

**SATURDAY MORNING GAMES,
THEODORE FOOTBALL GROUNDS
STARTING SATURDAY 9TH OCTOBER**

**PLEASE EMAIL
THEODORETOUCH@GMAIL.COM
WITH INTERESTED CHILDREN'S NAME
AND DATE OF BIRTH**

**SCHOOL AGED PARTICIPANTS ONLY.
FURTHER INFORMATION AVAILABLE ONCE PARTICIPATION NUMBERS
ARE DETERMINED.**