

THEODORE STATE SCHOOL & COMMUNITY NEWSLETTER

Term 1 Week 4

Wednesday 18th February 2026

PRINCIPAL'S PIECE

It was so nice to see the rain and everything looking green again. I ask the community to please keep a close watch on the school and report any unusual activity. We have experienced trespass and vandalism. This is very disappointing and I am afraid that individuals don't value the resources that are available. Please let us work as a community and together prevent this from happening again.

BREAKFAST CLUB

We look forward to having breakfast club up and running again in the near future. It is important that students have breakfast to sustain their ability to learn in class. Thank you to all staff and volunteers who make this program work for the students.

Supporting your child's wellbeing and learning

When children have a strong sense of wellbeing, they experience greater success in learning.

Our school is strongly committed to enhancing the wellbeing of our students which is why we have a range of activities and supports across our school that help students feel and function the best they can. This is part of a Queensland-wide recognition of the importance of wellbeing and is supported by a series of webisodes delivered by respected psychologist Dr Michael Carr-Gregg. The short video presentations are available at:

<http://deta.qld.gov.au/initiatives/learningandwellbeing/resources.html>

8 SECRETS TO HAPPY YOUNG CHILDREN

As parents, we all want our kids to be happy, fulfilled, and at peace in their lives. And while we can't promise them sunshine and rainbows all of the time, some major keys can help us to ensure they are feeling their best.

If you've ever seen a parent who had a child that seemed effortlessly happy, and at peace in their lives and their environment, I assure you that wasn't by accident. Even if the parent isn't aware of how their techniques are working, there are habits and techniques at play that are helping them to be strong in their parenting game. If you are trying to up your parenting skills and help your kids to become happy and well-adapted, there are most definitely a handful of tips that will help you to get there.

1. They have a routine.

Life is already confusing, chaotic, and unstable enough when you are a child. Every day is a new development stage and because they lack control over their environments and lives, they are often left feeling powerless, which is sure to put them on edge. Only making things that much harder is when they feel no uncertainty or stability in their lives because there is no routine. Imagine being a small child and never knowing what was coming next. It can make it hard for them to learn what is expected of them because everything is up in the air. When you give them a routine they can count on, it's much easier for your child to acclimate to it.

For parents looking to establish effective routines, **“The Power of Habit: Why We Do What We Do in Life and Business” by Charles Duhigg** offers insightful strategies on creating and maintaining beneficial habits for both parents and children.

2. They don't get everything they want.

It might sound counterproductive, but when you give your child everything they ask for, they grow to become entitled. They will never appreciate what you do for them, but instead, will only expect to get what they want. When your child doesn't get everything they want, they will be far happier with what they do have.

3. They are given a level of independence.

It might be tempting to stand over your child, working to prevent them from feeling discomfort or being harmed. However, when you do so, they never get any time to play on their own or to establish themselves as a presence in the world. While it may be tough, try to let them do some age-appropriate things on their own. Give them chores. Let them take the steps without you. Let them engage in free play.

To encourage healthy independence in children, **“Raising an Emotionally Intelligent Child” by John Gottman** is an excellent resource, offering guidance on how to support emotional growth and autonomy in kids.

4. They have happy parents.

While you cannot be happy all the time (who is) you can strive to work on your mental health and growth. The happier and more secure you are in the world, the easier it is for your child to do the same. Your kids pick up on your mood – so if you are always stressed and depressed, your kids will be too.

For parents focusing on their happiness and mental health, **“The Happiness Project” by Gretchen Rubin** is a great read, providing practical tips on finding joy in everyday life, which in turn positively impacts children.

5. They get quality time with their parents.

Make quality time a priority with your kids. They need this time for socializing, for their development, and because they crave connection with you. They won't remember the toys you bought them when they get older, what they will remember is whether or not you were present for them.

6. They are allowed to be themselves.

Instead of trying to make your child conform to what you want them to be, embrace their weirdness. If they like to dress fun and be different, let them. If they talk to imaginary friends, let them. While you may believe that they will be just like you, they might likely be extremely the opposite. It might be tempting to make them more like you, but remember this isn't about you. They are their person.

7. Their parents teach them gratitude.

Instil gratitude in your child by asking them what they are grateful for. You can even develop a gratitude practice in which you name things each day you are both grateful for. This will push their perspective to a more positive place.

To help inculcate gratitude in children, **“The Gratitude Diaries: How a Year Looking on the Bright Side Can Transform Your Life” by Janice Kaplan** can be a useful guide for parents to foster an attitude of gratitude in the family.

8. Their parents allow them to fail.

Yet again, it might sound counterproductive, but hear me out: let your child fail sometimes. I know it sounds odd, but when you allow them to fail, they can learn how to adapt to failure and when things do not go their way. It will make them more resilient and pitfalls won't make them fall apart.

PLAYGROUP

Theodore State School hosts playground fortnightly on a Wednesday. Come along, make new friends and be part of our school community. Look forward to seeing you there.

Have a great week

Mrs Sue Cannon
Principal

Curriculum

INFORMATION AND TIPS TO
SUPPORT PARENTS AND
STUDENTS

Reflections



Hello families,

We are already nearly four weeks into the school year, and it has certainly flown by! Last week (Week 3) our school from Prep to Year 10 felt settled, calm and confident — the most confident it has been so far this year — while still continuing to learn, practise and strengthen routines.

Teachers have been deliberately focused on establishing clear systems and routines so students know what is happening, in what order, and how to go about their learning with confidence and independence. This strong foundation is making a real difference across classrooms.

Each morning across Prep to Year 6, students are engaged in our Literacy Block. This dedicated two-hour learning time focuses on reading, spelling, word and morphemic work, rich text discussions and English unit learning. Teachers are investing in their students, ensuring they receive the explicit instruction and support needed to continue progressing.

In the upper primary years, classes are now entering their first English unit checkpoint. Teachers are already reporting improved student confidence, high engagement and enjoyment, along with clear improvements in skills and knowledge. This is a fantastic sign so early in the year.

A huge thank you to our teachers and students for the commitment, effort and positive learning culture they are building each day. This great work is truly setting our students up for success.

AWARDS

Principal Commendations



Back Row: Aiyana, Maddie, Stella-May, Lucy, Rob, Alan, Amelia

Front row: Mila, Brentley, Georgia, Freya, Matilda

IMPORTANT DATES

February

March

- 19 Year 7 & 10 Vaccinations
- 27 Theodore SS Cross Country
- 30 Noosa Film Academy - Year 7/8

April

- 2 Last Day Term 1
- 20 Term 2 Commences
- 24 DV Cross Country (TBC)

May

- 4 Public Holiday
- 12 Theodore Show Holiday
- 6 Rockhampton District Cross Country Trials
- 26 Capricornia Cross Country

June

- 4-5 Theodore SS Athletics Carnival
- 19 Dawson Valley Athletics
- 20-21 Theodore SS P&C Trail Ride
- 26 Last Day Term 2

July

12-18 Creative Generation

13 Term 3 Commences

28-30 Rockhampton District Athletics

August

12 Theodore SS Tennis Competition

17-18 Capricornia Athletics

September

2 Dawson Valley Cricket Gala Day

4 Student Free Day

18 Last Day Term 3

October

5 Public Holiday

6 Term 4 Commences

November

6 Theodore SS Swimming Carnival

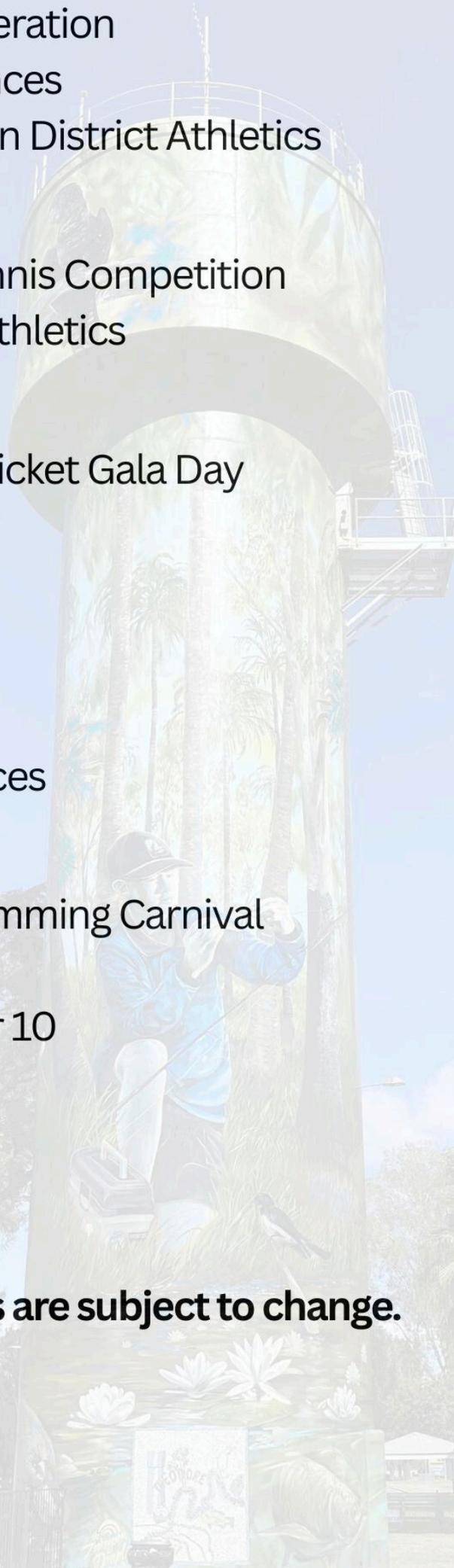
26 Awards Night

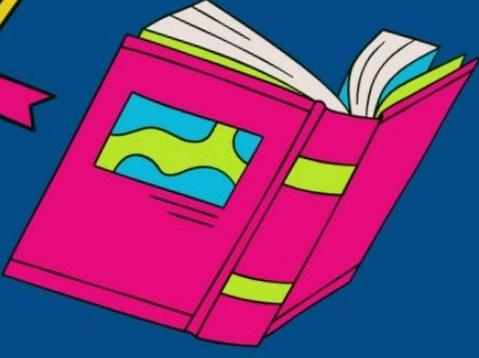
27 Last Day for Year 10

December

11 Last Day Term 4

Please Note: Dates are subject to change.





Book Fair

Tuesday 24th February to Thursday 5th March



Event Place: Resource Centre

Times: 8.30am - 9:15am
2:30pm - 3:15pm

Availability

Tuesday 24th February - Friday 27th February

Tuesday 2nd March - Thursday 5th March





IMMUNISATION FORMS

Year 7&10 immunisation forms have been handed out to students.

Please return forms to school office by Tuesday 17th March.

Vaccination date is Thursday 19th March at 9am in the Resource Centre.



PLEASE notify the school office if you have changed your phone or mobile numbers, residential or postal address or email address, or emergency contacts, by phoning 4990 3333 or email to ***admin@theodoress.eq.edu.au*** as soon as possible so that we can keep our records up to date. It is very important in an emergency that we are able to contact parents and guardians.



STUDENT ABSENCES

If your child is sick or absent for a particular reason, it is important that you contact the school on one of the following.

School Phone: 4990 3333

Text Message: 0438 169 248

School Stream App

Email: admin@theoress.eq.edu.au



LATE ARRIVALS AND EARLY DEPARTURES

If you arrive after 9am to school please make sure that you sign in at the office.

If you leave early from school make sure you sign out at the office.



COMMUNITY NEWS

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

BANANA SHIRE REGIONAL
ART GALLERY

2026

Exhibitions Guide for Schools



The Banana Shire Regional Art Gallery exists to supply our community with high quality arts experiences. We offer free school tours and short workshops related to our exhibition schedule. These are tailored to suit your students' needs and curriculum-based learning outcomes. Contact us to plan a visit.

 BananaShireRegionalArtGallery

 enquiries@banana.qld.gov.au

 07 4992 9500

 Banana Shire Regional Art Gallery, 62 Valentine Plains Rd, Biloela

 [Click to visit website](#)



TERM 1: 30 JAN - 27 MAR

INITIATION BRENDEN KOCSIS

Initiation combines collage, mixed media and sculpture to create artworks rich with symbolism. Kocsis explores shared philosophical and mythological heritage.

Brenden Kocsis, *We've left a helluva lot behind*, 2025. Sculpture (wood, paint, cardboard, salt, and acrylic), 4cm x 20cm x 1.0cm.



TERM 1: 30 JAN - 27 MAR

COLLECTION FOCUS ELLIE NEILSEN, AUDA MACLEAN & HAZEL MANN

This exhibition honours the legacy of three significant artists from the Banana Shire Council collection. It spans printmaking, collage, mixed media and pastel drawing.

Ellie Neilsen, *Ships and Shops and Sealing Wax and Cabbages and Kings*, 2014. Mixed media on canvas, 100 x 120 cm, Donation of Ellie Neilsen 2014.



TERM 2: 17 APR - 12 JUN

THE BROTHERS GRUCHY TIM AND MIC GRUCHY

Nine key artworks by acclaimed digital artists Tim and Mic Gruchy, focus on the intersections of technological innovations with biological forms, human perception, artificial intelligence, and synaesthesia.

Mic Gruchy, *Time & Tide* (still), 2017. Synchronised three-channel video, colour and soundscape by Tim Gruchy, 00:21:37, displayed at Griffith University Art Museum, QLD. Courtesy of the artists and Griffith University Art Museum.



TERM 3: 3 JUL - 4 SEP

SKELETONS JUDY WATSON

Open the closet doors to Australia's skeletons and an alternative national narrative in this exhibition by Waanyi artist Judy Watson.

Judy Watson, *bones* (detail), 2021. Courtesy the artist and Milani Gallery, Brisbane.



TERM 4: 6 OCT - 11 DEC

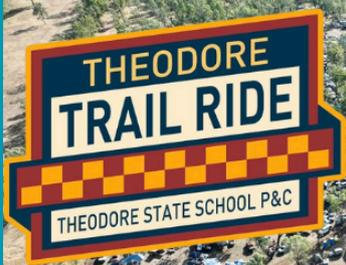
BRIGALOW ARTS FESTIVAL 2026

The 30th Anniversary Brigalow Arts Festival features artworks of all mediums and artists from across Central Queensland. The theme 'movement' provides a throughline for the show.

This exhibition includes awards and categories for students from Year 7-12. Entries close for schools and individual artists on 1st September 2026 (Term 3).

Carol Forster, *All About the Banjo*, 2024. Black mid fire clay and underglaze.





JOIN THE THEODORE TRAIL RIDE COMMITTEE

THE CURRENT THEODORE TRAIL RIDE COMMITTEE WILL BE HANGING UP THE BOOTS AFTER THE 2026 EVENT, NOW IS THE PERFECT TIME TO JUMP ON BOARD, LEARN THE ROPES AND HELP SHAPE THE FUTURE OF THIS MUCH LOVED EVENT. WE ARE LOOKING FOR NEW VOLUNTEERS TO JOIN OUR COMMITTEE AS WE PLAN AHEAD AND ENSURE A SMOOTH HANDOVER.

**TRAIL BOSS – ASSIST WITH TRACK PLANNING,
LOGISTICS AND ON-GROUND OPERATIONS**

**SECRETARY – HELP WITH ADMIN, EMAILS, RECORDS
AND COMMITTEE COORDINATION**

PROPERTY OWNERS -

WE'D LOVE TO HEAR FROM YOU!

WE'RE ALSO SCOUTING NEW PROPERTIES FOR FUTURE EVENTS. IF YOU (OR SOMEONE YOU KNOW) HAVE LAND THAT MAY BE SUITABLE AND WOULD LIKE TO BE INVOLVED, WE'D LOVE TO HAVE A CHAT.

SECRETARY - JESSICA WEIMAR - 0400310033
TRAIL BOSSES - ADRIAN ANDERSON - 0407 931 210
GABE CHURCH - 0438 180 583