

Southern Cross Early Childhood School



Newsletter 7 | Monday, 15 June 2020

Dear families

Health Requirements

Thank you to our families for continuing to keep children home with signs of illness. We know that it can be tricky for families and children to manage these requirements, but we are so thankful for your efforts to keep our community safe.

Update to drop off and pick up arrangements

From next week, starting Monday 22 June 2020 we are anticipating some easing of drop off and pick up arrangements at Southern Cross. We will have a slightly different arrangement for Preschool and Kindergarten to Year 2. The following applies across the school

- One parent/carer drop off where possible
- Social distancing rules continue to apply
- If you need to talk to your child's teacher please send an email or call reception to make a time

Preschool specific arrangements

- Preschool families to use the main school corridor using hand sanitiser
- Drop off commences in preschool rooms from 8:55am
- Pick-up commences in preschool rooms from 2:55pm
- We ask that parents/carers leave the room as soon as possible

Kindergarten to Year 2 specific arrangements

- We ask that families with children in Kindergarten to Year 2 continue to drop off and pick up using the Outside Learning Environment (OLE)
- Supervision commences at 8:45am in the OLE
- Morning muster from 8:55am (teachers are available on the Blacktop for quick connections)
- 9am school starts
- Pick-up commences on the black top from 2:55pm
- Children (including siblings) and families are welcome in the OLE as long as adults continue to socially distance

DATES TO REMEMBER

Tuesday 16 June
Wear Your Favourite Colour Day

Wednesday 17 June | 7pm
P&C Meeting
Sue's Kitchen, Scullin

Thursday 18 June
Wear Your Favourite Colour Day –
Bunduluk & Dnnawan

Tuesday 23 June
WASTE FREE DAY – Guginya & Wamburrang

Thursday 25 June
WASTE FREE DAY

Tuesday 30 June
Semester One reports go home –
Guginya & Wamburrang

Friday 3 July
Semester One reports go home



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Southern Cross Early Childhood School acknowledges that our children learn on Ngunnawal Land.

School Reports

Southern Cross Early Childhood School Semester 1 School Reports for children in Kindergarten to Year 2 will be sent out via email through our School Administration System. We will be sending a test email this week to confirm that the right email is connected to your child's report. Instructions for what to do should there be an error will be provided as part of the test email. The actual report will be sent out to the designated email in Week 10. Family and Educator meetings will occur in Weeks 1 and 2 of Term 3.

Kind regards,
Lyndall

From Southern Cross

Good Vibes - Whole School Investigations Afternoon

Good Vibes is an event that occurs each term that involves children from preschool to year 2. The children are given the opportunity to develop new connections and friendships across all year levels. Our Good Vibes event this term is a 'Whole School Investigations Afternoon' which will be held on Tuesday 16 June 2020. Bunduluk and Dnnawan preschool classes will have their event on Thursday 18 June 2020. Investigation activities have been chosen from a list of suggestions provided by the children.

Wear Your Favourite Colour Day

To coincide with Good Vibes this week, we are asking the children and staff to wear their favourite colour this Tuesday and Bunduluk and Dnnawan classes on Thursday. Here are some photos of our year 2 leaders creating 'Wear Your Favourite Colour Day' posters.



Year 2 Leadership – WIRES donation

The Year 2 children collected **\$217.30** for WIRES at our community breakfast in term 1. It was wonderful to receive this Certificate of Appreciation from WIRES for all their hard work. Well done Year 2 and thank you to our supportive school community.



CERTIFICATE OF APPRECIATION

Southern Cross Early Childhood School

Thank you so much for your incredible donation to WIRES! Your support will enable us to help more animals and save more lives. It is because of you we can make a real difference for wildlife.

wires.org.au

Dyurra Garden Report

Did you know Dyurra have their very own garden?! We are growing lettuce, Asian greens and broccoli. The children have been excited to see the seedlings sprout and begin to grow. We are already planning all the delicious meals we could make with them. It turns out we are not the only ones who think they look good enough to eat! It seems someone or something has been munching and crunching on our broccoli! If you look very closely, you might see one of the culprits in these photos.





Waste Free Day

Waste Free Day



Term 2

Whole School
Thursday 25 June 2020
Wamburrang and Guginya
Tuesday 23 June 2020

Say **NO** to general waste by packing your child's lunch in a re-usable container.

What class will have the least amount of waste on the day and receive the highly coveted 'Green Recycling Truck'?

Linking Families to Learning

Helpful Hints for Home

Writing

Families often ask us about how they can support their child to write at home. Writing is a complex process and some children find it hard or are reluctant to put pen to paper. This is because there are so many things a child must think about when they go to write. They have to start by having an idea, think of what the sentence or sentences will be, then keep that thought in their head while working out what sounds/letter patterns are required to spell the words they need and then forming the letters to make the words, all the while not forgetting the sentence/idea they had at the start. For some children this is a hard process to do and can be stressful or scary, as they do not like to get things wrong.

We encourage any writing at home to be fun, age appropriate and something they are interested in.

Here are some fun play ideas to help support writing at home-

- Writing in shaving cream, sand or with spaghetti



- Using paint brushes and water to write on the walls or ground outside
- Using a whiteboard or chalkboard (this is less threatening for children to have a go because it can be wiped off easily)
- Writing letters or words with playdough, sticks or rocks

Ideas to practice writing in an authentic way at home-

- Create a family journal for everyone to be able to have a turn at writing something you all did together one afternoon or on the weekend. This is where your child will see you writing because in today's technology world how often do our children see us write?
- Start a pen pal with a cousin, friend or grandparent. Writing and receiving letters brings so much joy and excitement to want to write.
- Get your child to help write the shopping list or have a shopping list to add to over the week for them to write on as well.
- Having a weekly board of all the activities you have on as a family and get your child to help write up the week's happenings.



Be You

Be You Action Team

Be You is led by Beyond Blue and aims to promote mental health and wellbeing in schools. Be You provides educators and families with online professional learning and resources to gain knowledge and develop valuable mental health skills. The Be You Action Team at school consists of educators, parents, carers and community members. If you are interested in finding out more about mental health prevention and promotion please visit the Be You website on <https://beyou.edu.au/> and if you would like to join the Southern Cross Be You Action Team contact Jason Thornton by email jason.thornton@ed.act.edu.au or call 6142 0020.

Anglicare

Family Photos

Anglicare have partnered up with Lasso studios to coordinate family portraits for you!

We are really excited to announce this, as it provides an easily accessible means for you to have your family photos updated, in a more affordable manner than having studio photos. A small percentage of the proceeds will come directly to us here at Anglicare, to help purchase resources for the children in our programs.

Photographer from Lasso Studios, Keiran, will be on site at Southern Cross to capture the perfect family moment, in which you can treasure forever. We are holding the photos at the school, with the option of either an indoor or outdoor shoot for you to choose from. Both can be accommodated. An indoor session will be taken with a white professional background.

A sample of Keiran's work can be found on the website at <https://www.lasso-studios.com/>

Please find flyers next to the sign in and out tablets for you to be able to book your family photos through Lasso's online booking system. See Erin or Rosie if you are interested in this offer for prices of packages. Spots are limited, we encourage you to book in sooner rather than later.

Date of photo shoot: Sunday 2 August 2020

Time: To be confirmed online via booking system

Where: At Southern Cross Early Childhood School.

Please let me know if you have any further questions!



TIME FOR A FAMILY PORTRAIT

Families Photographed on location
Additional poses & digital file available
Fantastic savings

**Southern Cross Early Childhood School Fundraiser
Sunday 2nd August 2020
Book Online at - <https://www.trybooking.com/BJPRT>**

**Any questions please contact - Erin Uphill - 02 61420020
or erin.uphill@anglicare.com.au**

LASSO STUDIOS
lassostudios.enquiry@gmail.com

Pantry Appeal

Thank you for your donations to our Anglicare Pantry Appeal. We have had a constant stream of goodies come in. The appeal will continue until the end of term and we thank you for your support in providing food for families who are in need.



School Holiday Program

The School Holiday Program will be in operation from Monday 5 July – Friday 17 July 2020. Due to current COVID-19 restrictions, we will not be engaging in any incursions or excursions to reduce the financial impact on families, as well as keeping in line with government guidelines. Book early to avoid disappointment.



Winter School Holiday Program 2020

Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
<p><u>Expecto Patronum</u> It's Harry Potter day! Come dressed as your favourite Harry Potter character, don't forget your magic wand! Let's cast some spells!</p>	<p><u>Winter Baking</u> Burr! It's so cold, what could warm us up this winter and fill our bellies? Grab your mugs and cookie cutters we are making hot chocolates and snowflake biscuits</p>	<p><u>Cardboard City</u> We've always dreamt of a day where we had heaps of cardboard boxes... human sized. Join us as we create cars, ships, and a cardboard house city</p>	<p><u>Lava Lamps</u> Get out your lab coats and clear goggles because it's science day! We will be conducting an experiment on how to make our very own lava lamps</p>	<p><u>African Safari Time</u> Today will be a day on the African Savannah! Bring your stuffed toy animal from home, and we'll make a habitat for them to dwell</p>
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<p><u>Disco, disco!</u> We hope you have your favourite dancing shoes on, let's move and groove together to a whole day full of dance competitions and singing!</p>	<p><u>Snowball Day</u> Let's make our own snowballs and simply have a fight! Also on this day: Target practice!</p>	<p><u>SCECS Athletics Challenge!</u> Ken will be running HIIT circuits, obstacle courses, training sessions and competitions to test your fitness. <u>Bring your bicycles!</u></p>	<p><u>Anglicare Scouts Camping Class</u> Today we will be making damper, building a tent and roasting marshmallows over the campfire! Bring wet weather gear in case camping gets rough!</p>	<p><u>PJ Day</u> Are you tired of getting up every morning and getting dressed every day? Don't worry me too, stay in your PJ's and come watch your fave movies and play games all day</p>

Program runs from 7:30am – 6:00pm. Please bring your child's bike/scooter and helmet each day if they wish to go to the bike track.

Various activities are offered as an alternative for all programmed days. These include craft, construction, reading, musical experiences, group games and outdoor activities.

All meals are included. Please pack a hat, water bottle, spare clothes and dress in appropriate winter clothing.

From the P&C

P&C Meeting

The next P&C meeting will be held at Sue's Kitchen at Scullin Shops at 7pm this Wednesday 17 June 2020. If you've ever been curious about what the P&C do behind the scenes, we'd be thrilled to see you there.

Fundraising

Given that we are unable to organise our usual events we decided to get creative and collaborate with two local businesses for our Pie + Pasta + Pastry Drive. We are thrilled that Hudsons Catering and Sweet Bones agreed to help us with this endeavour.

2020 has been a hard decade so why not take a night off from cooking and let the pros do it. Grab some tasty treats and know that you are supporting the P&C and Anglicare Early Childhood Education. To place your order, go to-

<https://www.sustainableschoolshop.com.au/southern-cross-early-childhood-school/custom-store/scecspiedrive>



Community Information

Holiday Happenings

Holiday Happenings are moving to a digital format. You are able to access a free online booklet or download the mobile app.

www.holidayhappenings.com.au



ACT Nutrition Support Service

Curb the Covid kilos

Be it stress, boredom, low motivation or comfort eating, the past couple of months of disorder in our lives has no doubt had an effect on many waistlines. Sound familiar? You are not alone, we are speaking from experience here!



5 tips to get your healthy eating habits back on track

1. First of all don't be hard on yourself. Accept that you might have gained a few kilos and then move on to work out some strategies to lose them. The sooner you acknowledge your changed eating patterns, the sooner you can get them back in control.
2. Keep a food diary to reflect on what you have eaten each day and capture your triggers of non-hungry eating. What's more, the thought of having to write down what you eat is sometimes enough to prevent reaching out for that snack.
3. Surround yourself with healthy food options at home and work. Keep the fruit bowl plentiful and have a steady supply of vegetable snacks front and centre in the fridge.
4. Tap into your feelings of hunger. Remember that feeling? Constant snacking and grazing can cause us to lose our primal feelings of appetite and create an endless cycle of non-hungry eating.
5. Get some meal structure back into your day. This can include setting up a meal plan, using a shopping with a list, or having a simple rule to only eat at the table.



Stem Stress Eating

During times of chronic stress, it is normal to crave energy dense foods and our desire to eat healthy foods plummets. Helloooo chocolate!

Whilst these high energy foods do give us some short term enjoyment and comfort, the long term adverse effects of excess consumption will eventually take its toll.

By managing stress in the first place, you will be less likely to reach out for junk foods. Here are some ways to help manage stress without the involvement of food:

- keep active - even a 10 minute walk can make a difference
- connect with nature - Canberra's bushland is calling for you!
- talk to friends
- enjoy quality time with your pets
- try some relaxation or mindfulness activities such as deep breathing or yoga.



Check out our [Eat to Beat Stress fact sheet](#) for more tips and ideas.