Dear Families

Public Education Awards
It was a real honour to attend the ACT Education Directorate Public Education Awards presentation ceremony a couple of weeks ago. The Awards acknowledge principals, teachers, Aboriginal and Torres Strait Islander education leadership, support staff, partnerships and volunteers. Newly appointed Minister for Education and Early Childhood Development, Ms Yvette Berry MLA congratulated all winners and presented the awards. Our amazing nominee, Nicole, was not the winner of the support staff category but she is certainly deserving of our nomination and she is definitely a winner in our eyes! Congratulations to everyone acknowledged on the night.

Planning classes for 2017
Thank you to those families who shared their thoughts about class placement for their child in 2017. Over the next couple of weeks the children returning to Southern Cross in 2017 will complete their sociogram for their class placement for next year. This is where they get to nominate five good working partners that they would like to be in their class next year. You may like to talk to your child about the difference between good working partners and friends as sometimes our friends are not the best people who help us to learn.
Meet your Teacher Afternoon
Families are reminded that we have organised an afternoon event on Thursday 8 December 2016 so that our children in Kindergarten to Year 2 next year can find out who their teacher will be in 2017. This was a successful way last year to inform children and families who their teacher will be for the following year. This event will only be able to proceed if we think our classes will stay stable for the start of the year.

Kindergarten information sessions
On Tuesday (9:10 – 9:40 am 15 November 2016) and Thursday (9:10 – 9:40 am 17 November 2016) this week we have the Kindergarten classroom visits. This is an opportunity for our preschool parents and carers to see a Kindergarten literacy block in action so that if you have any questions you can ask them either at one of the classroom visits or at the Kindergarten Information session next week. The Kindergarten Information session (5:15 – 6:00 pm 24 November 2016) will support families to set their child up for a successful transition to Kindergarten and we will also give you some tips to continue to develop independence, build social skills, and easy things that you can do at home to promote literacy and numeracy. Please RSVP at Reception for both the classroom visits and the Information session.

Kind regards
Lyndall Read

From Southern Cross

Grandparent’s Day
Southern Cross Early Childhood School recognised some very important members of our community when we hosted Grandparent’s Day on 31 October. The children were so excited to show their families around the indoor and outdoor learning spaces and it was lovely to see everyone playing, reading and chatting together.

Afterwards, our visitors were invited to the Community Room for a special morning tea. With such a great turn out and the bright, sunshiny weather, many took their refreshments outside under our big shade trees. It was a gathering of generations that highlighted the sense of pride and connection that exists between the school, our children and families.

A big ‘thank you’ to everyone who helped with the organisation of this event.

Nicole Harvey and Karen Novak
Waste Free Day – Tuesday 29 November 2016

Our last Waste Free Day promoted a lot of healthy discussion about the importance of reducing waste at our school. Ainslie (Year 1) took out the ‘Green Recycling Truck’ trophy by having the least amount of waste on the day and it is now time to see who will be the winner of this term’s Waste Free Day to be held on Tuesday 29 November 2016.

On Waste Free Day, children are again encouraged to bring their recess and lunch in reusable food and drink containers. You can still order food through the Bright Star Café, but we ask you to provide a named reusable food container. Each class will collect and tally their recycling and landfill packaging after lunch and have it weighed.

We thank all families for their support in working towards keeping our school environment healthy and waste free.

Professor Waste-Less (Jason) and Professor Count- A -Lot (Gavin)

Community Hub

Great Grocery and Gift Train Appeal – Salvation Army

Southern Cross Early Childhood School is organising the Great Grocery and Gift Train Appeal in collaboration with the Salvation Army – Belconnen Corp. Families and the broader community are invited to make donations of non-perishable food items, new toys or children’s clothes. Donations can be placed in one of the train carriages situated near the school’s front entrance from Monday 21 November 2016. The Salvation Army will distribute all donations to families within our community in time for Christmas. This is a wonderful way of supporting others and giving back to our local community.

Parent Resource Library

We have a number of books available for borrowing in our Parent Resource Library. There are books on parenting, literacy, mindfulness, food, business, school, relationships, pregnancy, mental health and much more. Please ask Nicole at the front desk if you wish to borrow any resources.

Tuning in to Kids – Parenting Program

Tuning in to Kids is a parenting program that helps children learn to understand and regulate their emotions. Previous research has found that parenting styles can influence a child’s emotional intelligence. Emotional intelligence is the ability to understand and control your emotions, as well as being able to communicate to others about how you feel. Children with good emotional intelligence often have better emotional, social and physical functioning, as well as fewer behavioural difficulties.

This program aims to give you helpful ways of teaching your child the skills of emotional intelligence. It enables parents to help their children develop good emotional skills. It teaches parents:

- awareness and regulation of their own emotions
- awareness of their children’s emotions
- to use children’s emotional experiences as an opportunity for closeness and teaching
- skills in assisting children to verbally label and manage their emotions
- skills in assisting children in problem solving
- to guide children’s behaviour with appropriate limits


The school plans to run the Tuning in to Kids program in Term 1 2017. Please contact Jason via email: jason.thornton@ed.act.edu.au or by calling 6142 0020 if you are interested in finding out more about the program.
KidsMatter

From the P&C

Southern Cross P&C Tea Towel Fundraiser

Your child’s 2016 self-portrait on a SCECS tea towel

ORDER NOW!

Dear Parents and Carers,

It’s time to order your 2016 commemorative tea towel, so that they’re ready to give to friends and family for Christmas.

The unique tea towel design is made up of self-portraits by our children, which are screen printed in orange onto high quality white tea towels.

There are TWO designs to choose from – one has got ONLY the school children from SCECS, the other has the SCECS kids AND the Anglicare kids.

Leave your order in an envelope marked “TEA TOWEL ORDER” in the P&C mailbox in the kitchenette near the library.

Final orders are due by: Friday 25 November 2016

Order forms can be found at http://www.scecs.act.edu.au/our_school/notes

If you have any queries please contact Jolene Laverty 0404 513 040 or by email: jolene.a.laverty@gmail.com
## December/January School Holiday Program

### Week One 2016

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>Monday 19 December</td>
<td>Christmas Bake Off&lt;br&gt;Come and join us for lots of Christmas baking.</td>
</tr>
<tr>
<td>Tuesday 20 December</td>
<td>Water Day! Don’t forget your swimmers, rashie and towel for a day of water fun!</td>
</tr>
<tr>
<td>Wednesday 21 December</td>
<td>Christmas Movie &amp; Milkshakes&lt;br&gt;Movie day &amp; milkshakes with our Franklin and Googong friends.</td>
</tr>
<tr>
<td>Thursday 22 December</td>
<td>Christmas around the world&lt;br&gt;How do others celebrate the holiday season?</td>
</tr>
<tr>
<td>Friday 23 December</td>
<td>Cleaning Bee &amp; Bike Wash Day! Wear old clothes and bring your bikes.</td>
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</tbody>
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### Week Two 2017

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Monday 9 January</td>
<td>Australian New Year Celebration&lt;br&gt;Join us to celebrate the New Year... we will be creating Firework Crafts.</td>
</tr>
<tr>
<td>Tuesday 10 January</td>
<td>Kambah Adventure Park Excursion with Franklin and Googong&lt;br&gt;Bus will pick us up at 9.45. Please remember hats and sensible shoes.</td>
</tr>
<tr>
<td>Wednesday 11 January</td>
<td>African Culture Exploration Day</td>
</tr>
<tr>
<td>Thursday 12 January</td>
<td>Cooking Day</td>
</tr>
<tr>
<td>Friday 13 January</td>
<td>Technology Day&lt;br&gt;Bring your Game Boys etc. These must be clearly labelled as we take no responsibility for them. A basket will be provided for these to go in. There will be specific times for playing them.</td>
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### Week Three 2017

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<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Monday 16 January</td>
<td>Leisure Day&lt;br&gt;Franklin &amp; Googong will join us for a day of fun. Bring your bikes and we will finish the day with a movie.</td>
</tr>
<tr>
<td>Tuesday 17 January</td>
<td>Summer Craft Day</td>
</tr>
<tr>
<td>Wednesday 18 January</td>
<td>Windmills, Kites and Spinners</td>
</tr>
<tr>
<td>Thursday 19 January</td>
<td>Mexican Culture Exploration Day</td>
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<tr>
<td>Friday 20 January</td>
<td>Bunnings Incursion</td>
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</tbody>
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### Week Four 2017

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>Monday 23 January</td>
<td>Larry Brandy – Indigenous Storyteller incursion&lt;br&gt;Larry will share some traditional indigenous stories along with other activities.</td>
</tr>
<tr>
<td>Tuesday 24 January</td>
<td>Cooking &amp; Teddy Bear’s Picnic&lt;br&gt;Bring your teddies and cook up a picnic lunch.</td>
</tr>
<tr>
<td>Wednesday 25 January</td>
<td>Egyptian Culture Exploration Day</td>
</tr>
<tr>
<td>Thursday 26 January</td>
<td>Public Holiday</td>
</tr>
<tr>
<td>Friday 27 January</td>
<td>Australia Day at Franklin Early Childhood School&lt;br&gt;Drop your children at Franklin for a day of fun at the park and school</td>
</tr>
</tbody>
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### Week Five 2017

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Monday 30 January</td>
<td>Lunar New Year Celebration</td>
</tr>
<tr>
<td>Tuesday 31 January</td>
<td>2017 school year starts</td>
</tr>
</tbody>
</table>
Community Information

More than a poor taste
The weather is finally starting to warm up and now is a great time to chat about food safety. Why? Because the warmer weather brings with it the perfect climate for germs and little nasties to grow and party in our food. A party for germs is not a celebration for us. Did you know that over 4.1 million Australians were victims of food poisoning last year?

Keeping food safe is everyone’s responsibility from the growers to the manufacturers, the supermarkets, restaurants and finally you. Taking the time to familiarise yourself with some basic food safety tips makes sense – you want to be the one partying, NOT the germs.

Food from supermarket to home
- Take a cooler bag with an ice brick for frozen and cold items.
- Stop at the cold sections last to help with keeping food at consistent temperatures (the cold and frozen items do not need a supermarket tour but the other items love a good lap around).
- Try to separate out your shopping – cold items together, frozen items together, household chemicals together, meats together.

Storing food
- Always cover foods appropriately.
- Store cold items in the fridge straight away.
- Avoid overcrowding your fridge – allow air to circulate around the food.
- Keep raw and cooked foods separate.
- Store raw meats at the bottom of the fridge to ensure that raw juices do not drip onto other foods.
- Always check the ‘use by’ and ‘best before’ dates.
- Cool hot food quickly – once steam has stopped rising, place immediately in the fridge or freezer in a covered shallow container.

Preparing food
- Wash your hands before handling food.
- Use separate chopping boards and knives for raw meats and vegetables.
- Thaw frozen foods in the fridge overnight or in the microwave – never thaw foods on the bench.

Cooking food
- Ensure meats are cooked right through to destroy bacteria.
- Keep hot foods hot and cold foods cold.
- Thawed foods should be cooked right away.

Leftovers
Leftovers are great for taking the hassle out of preparing another meal but keeping leftovers safe enough to eat takes some planning.

- Freeze leftovers into meal size portions for easier reheating and to minimise waste.
- Reheating leftovers – ensure reheated to 75°C and only reheated ONCE after cooking. Discard any uneaten portions.
- Do not refreeze defrosted foods – once thawed, reheat immediately and eat.

What are the high risk foods?
Meat, poultry, seafood, pasta and rice. Rice is a great breeding ground for bacteria. Watch your leftover rice – ensure that leftover rice is placed in the fridge quickly (less than 1 hour after cooking is ideal), eat cooked rice within 24 hours and ensure that you reheat it adequately. Throw away any uneaten portion.

-ACT Nutrition Service
Dad’s Advice Website

Beyondblue has launched a new four-part web series to help new dads. Dadvice features 12 brand new fathers sharing the joys and sleep-deprived disasters of their babies’ first weeks of life in a series of dad video diaries hosted by comedian Ben Lomas. The series shows how new dads can better deal with:

- Sleep deprivation and the effect on your working life and general health;
- Pressure on your relationship with your partner;
- Falling out of touch with your mates;
- Routines and time to yourself being turned upside down.

Dadvice.org.au