

Southern Cross Early Childhood School



Newsletter 16 | Monday, 21 October 2019

DATES TO REMEMBER

Tuesday October 22 | 10.00-2.00

Preschool Jamboree

Thursday 24 October | 10.00-2.00

Preschool Jamboree

Sunday 27 October | 3.00-5.30

**Bike & Kite Day
+ 10th Anniversary Celebrations**

Tuesday 29 October | 12.30-3.00

Funky Chicken Author visit

Wednesday 30 October | 10.30-11.30

Grandparents and Special Friends Day

Wednesday 30 October | 7.00-8.30

P&C Meeting

Tuesday 5 November | 5.15-6.00

Kindergarten 2020 Information Evening

Wednesday 6 November | 12.00-1.00

**Belconnen High School Children's Theatre
Performance**

Thursday 7 November

Outdoor Classroom Day

Monday 11 November | 10.30-11.30

**National Portrait Gallery Excursion -
Preschool**

Wednesday 13 November | 9.15-10.00

Whole School Gathering - Kindergarten

Friday 15 November | 12.30-1.30

**National Portrait Gallery Excursion -
Preschool**

Dear Families

Welcome back to Term 4

What a great week the children had last week. It was so wonderful to see them back after the break full of energy and enthusiasm! We have quite a busy term ahead so please keep your eyes out for calendar updates and events.

Children's Week

This week is Children's Week which is a national celebration of children's rights, talents and citizenship. Each year the theme of Children's Week highlights a particular children's right. The Theme for 2019 is Article 24 of the UN Convention on the Rights of the Child – 'Children have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help them stay well.' You can find out more information about the Convention here

www.humanrights.gov.au/our-work/childrens-rights/about-childrens-rights

At Southern Cross, our Be You Committee is really interested about what further support we need in our community as we know that children's health starts with healthy communities. We can all help to build a great foundation for healthy children by making sure our communities have quality health care; clean water, air and green spaces; nutritious food options; support for parents; and safe places to play and socialise. One area where we can continue to work is in the area of mental health. Megan Mitchell, our National Children's



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

Commissioner has also highlighted the importance of children's right to good mental health. *"During my term as National Children's Commissioner, children have told me just what an important issue this is for them. Providing children with the services and support they need to enjoy good mental health needs to become a top priority for Australian governments."* Please keep your eye out for the survey.

Bike and Kite Day – THIS SUNDAY!

As our celebration of Children's Week 2019 we hope to see you at **Bike and Kite Day** on **Sunday 27 October 2019** **from 3:00 to 5:30pm**. Bring along your bikes and kites and you can also enjoy some face painting, Lego building and jumping castles. Or you might want to have a play in our amazing treehouse or the newly opened Oasis! We will also be celebrating 10 years of being Southern Cross Early Childhood School so please join us to sing Happy Birthday at around 4pm. Bring a blanket and a (nut and alcohol free) picnic afternoon tea for this special Southern Cross community event. See you there!!!

Planning classes for 2020

Thank you to those families who have advised their plans for their child in 2020. For those families returning to Southern Cross in 2020, please follow this link to provide feedback about class placement.

<https://forms.gle/qP3ViTnALidKm9EZ7>

We will also seek your child's views about who they feel are good working partners for them as they move forward with their learning. Over the next few weeks your child will complete a sociogram where they get to nominate five good working partners who 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. Please note that there are many aspects that need to be considered when forming classes, so whilst all feedback is gratefully received sometimes all preferences are not able to be accommodated. At this stage we are likely to have four Preschool classes, three Kindergarten classes and four Year 1/2 classes for 2020.

Kind regards,
Lyndall

From Southern Cross

OUTDOOR CLASSROOM DAY!

A day on Country

SAVE THE DATE: Thursday 7 November 2019

Please join us on Thursday 7 November 2019 for a whole day learning outside connecting to Country. Children will have the opportunity to explore, learn and play in the Southern Cross Outdoor Learning environment. Parents with siblings are welcome to join us. Beginning of the week Preschool families are welcome to come along and join in with parent supervision. If you would love to volunteer at one of the Learning Workshops, please come and let Jackie or Candice know.



Grandparents and Special Friends Day 2019

To celebrate the important role grandparents and other special people play in young children's lives, Southern Cross Early Childhood School would like to invite you to an Open Classroom and Morning Tea.

Date: Wednesday 30 October 2019

Time: 10.30-11.30am

Come along to be shown through the classroom, meet the teacher and spend time together at school.

Morning Tea will be provided. RSVP's required: ☎6142 0020

✉nicole.emerton@ed.act.edu.au



BIKE & KITE DAY



@Southern Cross Early Childhood School

BYO Picnic rug and afternoon tea (nut free).



CELEBRATE 10
AMAZING YEARS
AS AN
EARLY CHILDHOOD
SCHOOL!

ENJOY A SPRING
AFTERNOON IN
CANBERRA

A FUN DAY OUT
WITH FAMILY &
FRIENDS

FACE PAINTING +
JUMPING CASTLE

DON'T FORGET
YOUR BIKES AND
KITES!

**Sunday
27 October
2019**

3.00-5.30pm

SMS Absence Notifications

An important part of our transition into the new School Administration System (SAS) will be sending an SMS to inform of student absences. You will receive an SMS to let you know your child has been recorded as absent on the morning of their absence. We will endeavour to send this message by 10.30am every day. This will reassure you of your child's arrival at school and make it easier for you to keep your child's attendance record up to date when they are absent.

You simply reply via SMS, with your child's name and the reason for your child's absence, your reply will be saved directly onto your child's attendance record. If you do not reply, your child's absence will be recorded as 'unexplained'.

For **unexpected absences**, responding to the SMS will streamline our processes.

For **planned absences**, we would still appreciate advance notice of your child's absence.

After School Care

In the interest of keeping all children safe we ask that you inform your child's teacher of any **After School Care** bookings (and any changes) for your child. This will help ease the transition to the After School Care program at 3.00pm. Children can find it distressing when they are unsure of arrangements.

Below are teacher's emails for your convenience.

Class Groups		
Guginya	Candice Scott	candice.scott@ed.act.edu.au
Wamburrang	Nicole Harvey	nicole.harvey@ed.act.edu.au
Bunduluk	Kellie Rogers	kellie.rogers@ed.act.edu.au
Dnnawan	Nicole Harvey	nicole.harvey@ed.act.edu.au
Winyu	Sophie Jarvis	sophie.jarvis@ed.act.edu.au
Dyurra	Sarah Barry	Sarah.barry@ed.act.edu.au
Kabbadang	Karen Novak	karen.novak@ed.act.edu.au
Gudamang	Hayley Gray	hayley.gray@ed.act.edu.au
Dyirrigurat	Lisa Ryan	lisa.ryan@ed.act.edu.au
Ghaddi	Shane Newman	shane.newman@ed.act.edu.au
Wirria	Emily Tanner	emily.tanner@ed.act.edu.au

Can and Bottle Collection

The can collection came to a close last term. **However**, if you'd like to continue to make a contribution to the school, you can visit any of your local [collection points](https://actcds.com.au/return-points/) (<https://actcds.com.au/return-points/>) and use the code **E014971**.

Another big thank you to the families, friends and P&C members who contributed over 1100 cans and bottles. The Waste Free Warriors elected to spend the current funds on tree plantings. This will be a nice legacy for our departing Year 2 students to leave behind for the following Waste Free Warrior generations.



Lunchtime Learning Clubs – Term 4

Lunchtime Learning Clubs

BEGINS: Week 2, Term 4
TIME: 11:25am to 11:50am
FOR: Kindergarten, Yr 1 & Yr 2

Monday	Tuesday	Wednesday	Thursday	Friday
Construction Club	Art Club	Shooting Stars Choir	Woodwork	Garden Club
				
Lisa	Sophie	Emily and Katharine	Shane	Jason
Dyirrigurat Classroom	Reconciliation Courtyard	Community Room	Community Courtyard	Environment Courtyard

Be You

Mental Health and Wellbeing Framework

We need your help to improve the mental health and wellbeing of our kids!

We are parent members of the school's Be You Action Team which works to improve mental health and wellbeing of kids at Southern Cross. We want to make sure that the school has a good understanding of the needs of our families. We will be running a very short survey to ask families about what aspects of mental health and wellbeing they'd like to know more about from building resilience to general parenting information.

Please keep an eye out for the survey - there are posters displayed around the school. In the past we have really struggled to get responses from families so we're trying a new approach with a dot survey designed by some of our amazing year 2 students! It should only take a minute or two to complete.

Thanks for your help!

The Be You Action Team



Please help us with our survey. We want to know what you think.

Community Hub

Japanese Conversation Classes with Ai Sephora



If you are thinking about travelling to Japan or want to start learning a new language, come along to our free Japanese conversation classes.

Sessions are on Tuesdays and will run for six weeks.

To register, please email Jason Thornton – jason.thornton@ed.act.edu.au

Limited spaces are available.

Classes are for parents and carers only!

ありがとう 😊

Starting Tuesday 29 October 2019

@ Southern Cross Early Childhood School

9:15am to 10:30am

Anglicare

Mango Fundraiser

Anglicare at Southern Cross Early Childhood School is participating in the Mango Fundraiser! We had such success last year we just had to do it again!

When you buy Mangoes from the Mango Fundraiser you know the fruit is coming directly from the farm to you. Your mangoes aren't being held for long periods in storage or ripening rooms.

Did you know you can freeze mangoes for smoothies and baking?

As well as having a great taste, Mangoes are packed with nutritional goodness – Vitamin C (one Mango contains your recommended daily allowance), Vitamin E, Beta-Carotene, antioxidants, Potassium & B Vitamins. They are low in fat & Cholesterol free.



They are packed in a single layer tray, with approximately 7kg of Mangoes per tray. The number of Mangoes per tray depends on the size of the fruit, and may vary from 12 large Mangoes up to 23 small Mangoes priced at **\$25.00 a tray.**

Got a lot of friends; sports teams; work colleagues; church community; extended family members who might like them? Take a whole order form and fill it up for us!

Order Form is at Reception and closes Tuesday 30 October 2019.

Our estimated delivery date will be during the week from Monday 11 December 2019.
(however it may be earlier or pushed back a week pending fruit picking and ripeness).

Payments to be made by Direct deposit only.

Anglicare Canberra and Goulburn

BSB: 032 719

ACCOUNT NUMBER: 467 836

IMPORTANT Please use: Payment Reference : **M19 (Your Surname)**

Southern Cross P&C

P&C Meeting

The P&C meeting will be Wednesday 6 November 2019, 7pm at the school. All welcome, especially anyone thinking of getting more involved in 2020!

School Clothing

The P&C is keen to collect any uniforms from our families leaving us this year. Please drop off any unwanted uniform items to the collection box near reception.

Reminder - Catalogue Out Now!

This is your last chance to order Book Club this year. Orders are due by Friday 25 October 2019

Kind regards,
Jasja
Your Bookclub Coordinator

Scholastic Book Fair

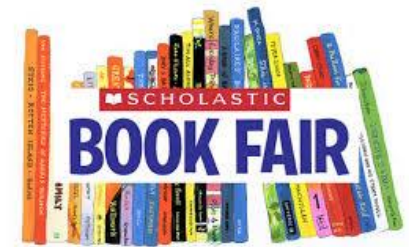
Southern Cross is holding a second Book fair in 2019!

Monday 18 November – Friday 22 November 2019

A another chance to let you purchase some gifts leading up to the end of the year 😊

More information soon.

Organised by Nicky and Jasja



Community Information

ACT Nutrition Support Service

Food and Mood

What the research tells us...

Two important outcomes have been found to link healthy eating and great mental health:

First – healthy foods can delay or prevent the lowered emotional states associated with depression and anxiety.

And secondly, the Mediterranean diet has been linked to the effective treatment of depression.

Much of this groundbreaking research has been undertaken by Australian researchers at the Food and Mood centre. To learn more visit their [website](#).



5 Top tips for good mood food

- follow a balanced diet – everything in moderation, with a focus on fresh food.
- reduce processed foods – these are often high in salt, sugar and/or fat which are linked to general poor health and increased disease risk.
- enjoy oily fish 2-3 times each week – salmon, mackerel, herring and sardines are all great sources of the omega-3 fatty acids linked to brain and nervous system health.
- regular meal intake – meals containing carbohydrate such as wholegrains, legumes and fruit provide a steady state of fuel for the brain which can help prevent mood swings caused by sugar lows and highs.
- keep hydrated – choose water to keep dehydration away. Dehydration can make it hard to think clearly and impact on your decisions.

Our top tips on the Mediterranean Diet

- Eat oily fish at least twice per week
- Include vegetables/salad with every meal
- Use extra virgin olive oil - on salads and in cooking
- Enjoy nuts daily (30 -50g or a small handful)
- Choose wholegrains such as grain breads, wholemeal rice, quinoa and oats
- Enjoy 2 – 3 serves fruit every day
- Include natural yoghurt daily - not the sweetened stuff
- Minimise red meat intake to only a couple of times a week
- Include legumes regularly (baked beans, kidney beans, chick peas, lentils)
- Use herbs liberally
- Limit highly processed, convenience foods and desserts



Download and share our fact sheet on the [Mediterranean Diet](#) now.

Mood-boosting foods

What: good quality carbohydrate foods such as whole grains

Why: whole grains are important sources of B vitamins and provide long-lasting energy, which is important for a stable mood

What: oily fish such as salmon, sardines and tuna

Why: the omega-3 fats are used for brain cell communication which assists in mood regulation

What: colourful fruit and vegetables

Why: fruit and vegies contain vitamins and minerals which are essential for the production of brain chemicals and antioxidants which help neutralise damage to brain cells



Want to know more about healthy eating? We are here to help! Visit <http://www.actnss.org/>