

Southern Cross Early Childhood School



Newsletter 11 | Monday, 24 August 2020

DATES TO REMEMBER

Wednesday 2 September | 12.00-1.30
Christian Education in Schools

Tuesday 15 September
Waste Free Day

Thursday 17 September
Waste Free Day – Preschool Groups

Friday 25 September
End of Term 3

Monday 12 October
School resumes for Term 4

Dear Families,

Yuumma to all our families. We have reached the half way point of term 3 and our Southern Cross teachers have been focused on early years literacy programming. As you would be aware, a key focus for our preschool to year 2 educators this year has been to use early years literacy practices within the classroom. These understandings have been further developed through a number of professional learning opportunities



(including an online live webinar last week with Christine Topfer), teachers researching and using a variety of strategies (like teachers providing children with feedback on how to 'bump their writing up'), analysis of student outcome data and many rich conversations as a collective team.

Our latest initiative is the implementation of a reading boost project which commenced last Monday. The focus of this project is to provide those children identified as benefitting from additional explicit instruction, with additional daily small group learning opportunities for a period of four weeks. We will let you know about the children's learning growth in Week 10 of this term.

This has been a wonderful opportunity to grow our practices as a staff and we look forward to continuing to share our progress in this space. My thanks to Nicky Smith who has been leading this project.

Today we welcome back Bianca Boyle who has returned from parenting leave. Bianca will be teaching on Monday and Friday each week.

National Science Week 2020

Southern Cross Early Childhood School joined early childhood, primary and secondary schools across the country last week in celebrating National Science Week. We thank Jhana (Ernie's mum) for facilitating a range of scientific activities for the children to engage with. It was exciting to see the enthusiasm of the children and teachers conducting



Southern Cross Early Childhood School

Wirraway Crescent Scullin | ACT | 2614

☎ Telephone (02) 6142 0020

✉ Email: info@scecs.act.edu.au

🌐 Web: www.scecs.act.edu.au

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

the experiments, learning new skills and being exposed to new ideas. Some of our children and teachers also arrived at school as scientists! Thank you to Emma Davidson for promoting Science across our school.



Chief Minister's Reading Challenge

Thank you to Nicky Smith for supporting the children with the 2020 CMRC project. We are proud to announce that Southern Cross Early Childhood School has been successful in the following category of the Challenge:

- Award Category: Preschool - Year 2 Section

Due to COVID-19, this year there will not be a face-to-face ceremony hosted. Schools will be provided with a pre-recorded virtual ceremony to share with our school community. We look forward to National Book Week which has been rescheduled to 17-23 October 2020.

Congratulations children and read on Southern Cross!



School Disco – P&C fun 🥰

In lieu of an evening disco at the end of the term, a small number of P&C Association members and our classroom teachers will host daytime discos in Week 9. We will provide further information in the next newsletter. Our energetic P&C Association have also distributed information about another Pasta + Pastry + Pie drive.

Annual preschool compliance check and QIP

Thank you to our preschool teachers, Maria, Sarah, Candy, Kellie and our Preschool Educational Leader Emma for spending time last Wednesday developing the 2020 Preschool Quality Improvement Plan and completing a compliance audit. The aim of a Quality Improvement Plan is to help early education and care providers to self-assess

their performance in delivering quality education and care, and to plan future improvements. Please find below just some of the improvement areas the team identified for 2020-2021;

- Consistency of daily check-ins using social-emotional learning (SEL) resources
- Cultural Integrity understandings
- Sustainability understandings
- Handover processes for relief staff



Annual School Satisfaction and Climate Survey

Many parents and carers have already completed the 2020 School Satisfaction & Climate Survey but, for the results to reflect the opinions of our whole school community, we need as many of as possible to take the survey before 31 August.

Please use this link to take the survey: <https://tinyurl.com/y6y8owmj>. You will need to have your child's Student ID handy. To complete the survey for a second child, simply click on the link again. Thanks to all our families who have completed the survey. Your feedback is appreciated.

Slide Mountain

Construction fencing is now in place for work on 'Slide Mountain' to begin. Earthworks will begin later this week. The preschool children are very excited about the new installation in their outdoor learning environment.

Yerra, Catherine Dillon
A/g Principal

From the Minister



A message from the Minister for Education and Early Childhood Development

In the ACT there are 88 public schools, over 49,000 public school students and around 3,800 educators. But of course, I understand that for each of us as parents, the most important school is the school our children go to. That's why I want to make sure that every public school is a great school.

The ACT Government is upgrading and expanding public schools to make sure that learning environments are accessible and sustainable.

The government is committed to ensuring that every public school has the infrastructure to support high-quality education and that's why the government has been investing more than \$115 million to upgrade public schools right across the Territory.

Here at Southern Cross Early Childhood School the government has provided:

- greater thermal comfort in various learning spaces through new cooling systems, solar-reflective window tinting and some outdoor shading to reduce the temperature of the building;
- a new cooling system in the preschool;

- four new double-glazed sliding doors and a window upgrade to improve building energy efficiency and comfort of staff and students;
- a heating and cooling timer switch in the hall; and
- a new bicycle pump for the learn to ride centre.

Every child and family has a place in ACT public schools regardless of their background or life circumstances. That's why this investment into public school infrastructure goes beyond just the basic things that allow learning and teaching to take place. The ACT Government invests in public schools to make sure that every student has what they need to be included, and to learn and develop their interests, passions and life skills.

The ACT Government has upgraded heating and cooling systems, reducing polluting emissions and making temperatures comfortable and conducive to learning in over 40 older public schools across Canberra.

The government also provided 4,000 Chromebooks to schools at the beginning of this school year and a further 3,000 Chromebooks and 500 iPads were purchased for use during the COVID-19 pandemic to assist with remote learning.

Schools have seen upgraded classrooms, toilets, libraries, canteens and bike shelters, as well as gardens, landscaping and playground areas in schools to make sure that these spaces are positive and accommodating.

As Canberra grows, the government is making sure that schools grow with it. Every child has the right to access education and the ACT Government is making sure that this right is equally ensured for every young person.

Yvette Berry MLA

From Southern Cross

Protective Behaviours Weekly Topics

The following 'Protective Behaviours' topics will be taught in class in Week 7 and Week 8 of this term:

Week 7

Topic - Public and private

- Introducing the concept of body awareness and ownership
- Identifying private and public places and clothing
- Identifying private and public parts of the body

Week 8

Topic - Safe and unsafe touches

- Introducing the concept of safe and unsafe touching

Topic - Relationships and personal space

- Develop a better understanding of personal space

For more information on the content covered each week, please speak with your class teacher or visit the Protective Behaviours ACT website - <http://www.pbact.com.au/>

Linking Families to Learning

Helpful Hints for Home

Mindfulness.

Everyday our children have time during the day to participate in mindfulness experiences. Mindfulness is a buzz word that is regularly used in today's busy lifestyle but what is it exactly and why is it important for our children and even adults to have time to be mindful?

Mindfulness is about being present and fully paying attention to something. When you are being mindful you are focused in a relaxed and easy way without distractions. The benefits of being mindful include helping to

- pay attention and being less distracted
- stay calm under stress
- be more patient
- slowing down
- winding down
- avoid getting too upset over things
- sit back and enjoy moments



Learning to be mindful from a young age helps with developing a child's understanding of how to cope with different situations from trying something new to more confronting situations. It is also a great tool to use to help children wind down and relax at the end of a busy day ready for a good night sleep. Being mindful is not only about meditation, it is also about being aware of what is happening around you and being grateful for the positives.

Below are links for mindfulness apps/websites:

<https://www.healthline.com/health/mental-health/top-meditation-iphone-android-apps>

Smiling Mind <https://www.smilingmind.com.au/>

From the P&C



News from

Scholastic Book Club

This week a ginormous order from Scholastic arrived.

We earned more than \$220 dollars in Scholastic rewards for the school with this order.



The school earns 20% in rewards on all Book Club orders.

There are 4 backorders promised to arrive later this month. It's on my calendar to keep an eye out for them or make a phone call if necessary.

We also bought some new fantastic books for our school.

I always enjoy taking care of Scholastic Book Club and look forward to take care of your orders in the future.

Kind regards,
Jasja van den Bos
(this is an initiative of the P&C)

Community Information

ACT Nutrition Support Service

Time to take action on your bone health



Last week was Healthy Bones Action Week, a time for us to reflect on the steps we are taking to protect our bones. It is the least we could do for our bones considering their fine upstanding work for us.

Why look after your bones?

Think of your bones as a calcium bank. If you don't consume enough calcium, your body will withdraw the calcium from your bone bank. If this happens over a long period of time, your bones will start to lose their strength and put you at risk of developing [osteoporosis](#) and fracturing a bone.

Did you know?

- **1.2 million Aussies** are affected by osteoporosis.
- A further **6.3 million Aussies** have weakening bones.

Getting enough calcium?

Over half population aged two years and over have inadequate intakes of calcium.

Calcium is essential for growing and maintaining healthy bones. Adults need roughly three serves of dairy or dairy alternatives per day - this varies slightly for different ages and genders. Have a read of the [Healthy Eating for Adults](#) brochure to see how many serves you require.

Our top calcium-boosting tips!

- Enjoy a smoothie - try our [Berrylicious](#) or [Brekkie Smoothie](#)
- Add cheese to your sandwiches and salad (feta and bocconcini are our faves!)
- Include some salmon or sardines in your meals. Our [Salmon Cakes](#) are a family favourite!
- Snack on nuts such as brazil nuts and almonds
- Choose calcium-containing tofu. Have you tried our [Roasted Tofu Salad](#)?
- Include some leafy greens at most meals, this can include bok choy, spinach, silverbeet, broccoli and celery



Can't tolerate dairy?

Ensure plant-based milk alternatives follow the 100/100 rule: 100mg calcium per 100ml

CARERS ACT

In April 2020 Carers ACT became a delivery partner for The Carer Gateway. The Carer Gateway is a national model of Carer Supports. The Carer Gateway supports unpaid family carers of a person who is living with a disability, mental illness, chronic health condition with care needs and carers for the elderly.

What's changed?

From April 2020, carers now call one national number, [1800 422 737](tel:1800422737), that is linked to a wide range of services. Press '1' to speak to your local service provider.

The Carer Gateway staff will help link you to services that are available in your region.

What support is available?

Carer Gateway provides a range of services and supports delivered both in person and online.

[Counselling](#) – if you are feeling stressed, anxious, sad or frustrated, a counsellor can talk with you either in person or over the phone in the comfort of your own home.

[Connect with other carers](#) – you might like to meet with people like you who care for someone and share stories, knowledge and experience. You can do this with people in your area or you can join the carer forum online.

[Respite Care](#) – if you get sick or hurt and you cannot look after someone, emergency respite services can help you. Service providers will find ways to look after the person you care for while you have a break. Planned respite care can also help you plan for regular breaks to rest and recharge.

[Self-guided coaching](#) – you can work through interactive online coaching sessions at your own pace. You can find a range of topics to help you in your caring role.

[Skills courses](#) – you can use these short online courses to help you to learn new skills in caring for someone and yourself.

Practical help and [advice or information](#) on the Carer Gateway web pages.

You don't have to know exactly what to ask for – you can just talk through any problems you are having, and Carer Gateway staff will try to match you with services that can help.

How can I get help?

When you call Carer Gateway on [1800 422 737](tel:1800422737), you will reach a Carer Gateway service provider in your area. In the ACT region, Carers ACT is the partner provider. A trained worker will talk with you and help you to find services and support to meet your needs.

More information can be found at <https://www.carergateway.gov.au/>



Limited Places Available NOW



Koala Playschool is a play-based educational program that meets the developmental needs and interests of three and four year olds.

Sessions are conducted by our Early Childhood Teacher and Assistant with the help of parents and carers.

Koala Playschool is the ideal setting to provide opportunities for your child to gain independence and develop social skills in a safe, supportive and stimulating environment. With the focus on warm reciprocal relationships, children are given the opportunity to play and learn in a rich, vibrant learning community. Our learning spaces are welcoming and well-resourced with a bright airy classroom and a beautiful natural garden.

We are located in Cook.

For more information or to place your child's name on our waiting list please visit

www.koalaplayschool.com.au