Dear Families

Bike and Kite Day
Thank you to all our families and friends who came along to the Bike and Kite Day that was held at the school just over a week ago. It was a fantastic day and, although it was a little cool at times, the rain stayed away. We saw lots of lovely face painting and the wind was perfect to get the kites in the air. The bike track was well used as was the jumping castle. I would especially like to thank our volunteer musicians, Jolene Laverty, Tim Sinclair, Barbara Barker and Alison Oakleigh for providing the entertainment, Geoff Houen our bike safety expert extraordinaire and the children for completing the beautiful art work that was on display. A big thank you to our Community Coordinator, Jason for organising the day, to Ingrid, Maria, Cheryl and Kat for their organisation of the art works and for volunteering on the day. Lastly, a special thank you to everyone else who volunteered either on the day or in other ways to get the day together. Please check Facebook for photos.

Forest Treehouse and Bush Camp
It is with great excitement that I let our community know that the Forest Treehouse and Bush Camp will be open from ... TODAY!!! Yesterday each class spent some time talking about how they can be safe on the Treehouse. Please keep an eye out for the official opening that will take place in the next month or so.

World Teachers’ Day
Last Friday was World Teachers' Day and an opportunity to acknowledge the amazing team here at Southern Cross Early Childhood School. Thank you for the knowledge and professionalism you bring to your role and for the care and thought that goes into every day working here with the children and families of our amazing community.

Directorate Public Education Excellence Awards
The school was so pleased this year to nominate the fabulous and amazing Nicole Emerton for Outstanding Education Support Person of the Year. Nicole does so much for all of us here at Southern Cross and the school was thrilled to be able to nominate her. The award ceremony will be held on Thursday and we wish Nicole all the best. Please read on to read her citation.
Ms Nicole Emerton is an outstanding employee of the ACT Education Directorate. Over a career spanning fourteen years she has demonstrated best practice, professionalism and dedication to her job at all times. Nicole is the face of Southern Cross Early Childhood School. Her people skills are exemplary and she ensures that all children and families feel welcome and part of our community. Nicole knows the names of every child and family member who comes into the school. In addition, she also manages our reception desk, runs the library including ordering, acquisitions and loans, compiles the newsletter, manages enrolments, undertakes the Staff and Parent Satisfaction surveys for the school, develops and maintains the Southern Cross Early Childhood School website and Facebook page, maintains the email distribution lists, manages bookings for our Learn to Ride facility, updates TQI and WwVP registrations and administers first aid! Any task that she is given is completed always early, and always with an improvement that makes it of higher quality. Nicole embodies the true spirit of community and learning that we value at Southern Cross Early Childhood School.

Kind regards

Lyndall Read

From Southern Cross

Safe and Supportive School Contact Officers (SASSCO)

The student Safe and Supportive School Contact Officer (SASSCO) is the trusted person to whom students and teachers can bring complaints about bullying, racist, sexist and discriminatory behaviours which they have experienced or observed in the school. The SASSCO will investigate the complaint, work with the involved students and monitor their progress.

The SASSCO Officers at Southern Cross Early Childhood School are:

Jason Thornton and Kellie Rogers

School Clothing

Once again we are asking families to check the labels on their children’s school clothing. We have had a number of hats go missing this term.

Disabled Parking

Southern Cross has 2 disabled parking spaces available for people who hold a valid Disability Parking Scheme permit. We ask that people who do not hold a valid Disability Parking Scheme permit refrain from parking in these spaces as it makes it extremely difficult for families who require them.
Scholastic Book Fair

When: Monday 7 November to Friday 11 November 2016 - Week 5
Where: Southern Cross Early Childhood School Library
Time: 8:30-9:30am and 2:30-3:30pm each day
Open longer on Wednesday 9 November 2016 after the Whole School Gathering.
All sales raise funds for the school and will be used to buy quality literature for the classroom libraries.
Please note- our cash box is limited and small notes are appreciated. Credit cards accepted, no eftpos.
Any questions, please speak to Nicky or Nicole.

Sporting Schools – Athletics
The IAAF Kids’ Athletics program started last Friday with Mary Schumacher from Athletics ACT. Children in Kindergarten, Year 1 and Year 2 are learning the fundamental skills of running, jumping and throwing using modified equipment through age appropriate team activities. Here are some action shots from our first session:

Lunchtime Learning Clubs
The Garden Club and Sports Club have swapped days and will now be on:

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Garden Club</td>
<td>Sports Club</td>
</tr>
<tr>
<td><img src="image" alt="Sun" /></td>
<td><img src="image" alt="Sports" /></td>
</tr>
<tr>
<td>Jason and Jose</td>
<td>Jason</td>
</tr>
<tr>
<td>Environment Courtyard</td>
<td>Playground</td>
</tr>
</tbody>
</table>
Nutrition Musician - Fresh Tastes

On Tuesday

Reflections from Year 2

On Tuesday the Nutrition Magician started at 2.15pm and ended at 2.45pm. My favourite trick that he did was when he pulled fruit out of the food chart. He was really funny and he was really good. I like him because he was really funny and silly. He also had some children help him for two magic tricks. They were the one where water skirted out of one of the helper’s fingers and the other one was where a person from one picture jumped into all the other picture.

-Abigail

I like the Nutrition Musician because he was really funny. He talked about healthy food and drink.

-Ricky

The Nutrition Magician was very, very funny, at the end he pulled out a real bunny. He talked a lot about healthy and unhealthy food. It looked very real how he pulled food out of a picture. I rate the show 4.2 stars. It was good how he asked some kids to come up on stage.

-Henry

At Southern Cross we had a magic show, it was about health. The magician made cards of bread, fruit and vegetables into an Eat Healthy poster. It was really cool. The magician made a carrot come out of the Eat Healthy poster. He also made lots of carrot come out of the one carrot that he pulled out of the Eat Healthy poster.

-Jordan

KidsMatter

What supports strong family relationships?

Two main dimensions of the parenting role have been found to have important effects on family relationships and on children’s development, no matter what kind of family children are raised in. These are:

- communicating with warmth and care
- establishing clear and appropriate limits for children’s behaviour

Positive styles of communication are a common element that supports both of these dimensions. All families experience ups and downs as they strive to do their best for children and deal with challenges that come along.
A recent study* asked Australian families of different kinds to nominate what they considered to be the characteristics that made their families strong in spite of any difficulties they might face. This table shows the eight characteristics that were identified. They form the building blocks of healthy family relationships.

**Family strengths as identified by Australian families**

**Communication** – listening to each other and communicating with openness and honesty.

**Togetherness** – sharing similar values and beliefs that create a sense of belonging and bonding.

**Sharing activities** – spending time together doing things they enjoy, for example, sports, reading, camping, playing games.

**Affection** – showing affection and care on a regular basis through words, hugs, kisses and thoughtfulness.

**Support** – offering and being able to ask for support, with family members knowing they will receive assistance, encouragement and reassurance from one another.

**Acceptance** – understanding, respecting and appreciating each family member’s unique personal qualities.

**Commitment** – seeing family wellbeing as a first priority and acting accordingly with dedication and loyalty.

**Resilience** – being able to withstand difficulties and adapt to changing circumstances in positive ways.

Families in this research also identified that the biggest challenges in family relationships were communication breakdown, parenting issues and difficult relationship dynamics. Acknowledging existing family strengths is a good starting point for addressing challenges and building stronger family relationships.


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**Everybody’s life has ups and downs**

Adults sometimes look back on their childhood as a time when they were always happy, but life’s ups and downs are a part of childhood too. Children need to build resilience skills to be able to both enjoy good times and deal with hard times. Helping children learn how to manage life’s ups and downs and build their coping skills supports their mental health and wellbeing now and into the future. Feeling good protects mental health and wellbeing.

Did you know that experiencing positive emotions such as joy, pleasure and having fun are essential experiences for building and maintaining a healthy mind across our whole lives?

**Skills and qualities that help children cope with life’s ups and downs**

**Trust** - that the world is safe and that there are caring people to help them.

**Belief** - in their ability to do things for themselves and achieve their goals.

**Feeling good** - about themselves and feeling valued for who they are by their parents and carers.

**Optimism** - that things generally turn out well.

**Regulation** - Ability to manage their feelings, thoughts and behaviours.

Children develop these skills and qualities and learn to keep a balance over time, initially through their experiences in coping with small stresses with help from supportive adults. When bigger stresses come along, even though at first they might feel quite distressed, children can draw on what they have learned about helping themselves to cope and feel better. Looking to others for support continues to be an effective way of coping.


If you have any questions about family relationships or family support please see Jason - Community Coordinator by email jason.thornton@ed.act.edu.au or call 6142 0020.
Year 2
Fish & Chips Picnic Dinner by the Lake

FROM 5PM
Friday 18 Nov

PICNIC DINNER BY THE LAKE
SNAPPER ON THE LAKE, CANBERRA SOUTHERN CROSS CLUB
MARINER PLACE, YARRALIMLA

Come and join us for our final event of the year, a picnic dinner by Lake Burley Griffin. We'll meet at Snapper on the Lake, a fish and chip shop that does fast and good fish & chips that you can eat on the grass by the Lake. If you don't want fish & chips, then bring along a picnic dinner instead. We'll set up on the grass with balls, frisbees, cricket sets and spend a relaxed evening eating and playing. Hope you can join us.

For more info Celia Vuckovic 0414 627 912

Murrumbidgee & Molonglo Class Gathering

End of year playdate .... join us for our last pre-school playdate on
Sunday 4th December 2pm
at Holt playground (near the Holt Community Hub), Pickworth St.
There is a playground and bike area, we'll also have some ball games
and a Christmas Treasure Hunt.

Please let us know if you’re coming so we have enough supplies.
Sally 0422 409 586
Elizabeth 0417 836 645
7elizabethwilliams@gmail.com

6 NOVEMBER 2016
KAMA NATURE RESERVE DAM WALK

SCECS Kindergarten Class Bush Walk
Join us for a stroll around the dam at Kama Nature Reserve. Approximately 1.5 km return. If it has been wet, wear your gumboots and we can listen to the frogs sing (the trail can be very wet!). Just turn up, no need to RSVP. If unsure about weather conditions, sms Jennifer on the day 0412 815 859.

Sunday 6 November 2016
10 am
Bush walk around the dam
Park off William Hove Drive at the Kama Nature Reserve Sign
Your Kindergarten Carers – Chenoa, Shvorn and Jennifer

WHAT TOBring
Comfortable walking clothes
Hats, sunscreen
Drink of water
Snacks
Gumboots if it has been wet
Anglicare

End of Year Shutdown
Our end of year shutdown period will be from close of business on Friday 23 December 2016 until 7.30am on Monday 9 January 2017. This is the usual 2 week close down and no fees will be charged during this time. Please note that vacation care will run from Monday 19 December till Friday 23 December 2016.

Upcoming Excursions
In the month of November all three rooms will be heading out on excursion.

The Coombs and Taylor rooms are going on an ACTION bus wash, Tuesday 22 November 2016. Permission notes will go home soon. This is a great first excursion for young children.

As the children in the Burley Griffin room have been learning about Spring we are going to the National Arboretum on Tuesday 15 November 2016.

Diwali
To celebrate Diwali, the festival of light, children throughout the centre were given Henna tattoos; staff wore traditional Indian dress and children made cards.

Loose parts program
Last week some of our educators visited Lyons Early Childhood School to look at their Loose Parts Program. This program encourages the use of everyday materials to be reused in new and creative ways. We are going to be embarking on a Loose Parts journey of our own and are asking for donations of things like PVC pipe, cable reels, wood offcuts and anything else you think may useful.

Best wishes
We wish Erin Uphill all the best for the birth of her first child, her last day before maternity leave is on Friday 11 November 2016.

Community Information

From the ACT Nutrition Service

Veg – a reminder of why we love ‘em
- low in kilojoules and virtually fat free
- great source of fibre to fill us up, limit overeating and help with cholesterol management
- full of essential vitamins and minerals to give us energy and help us shine
- contain lots of antioxidants to help us fight disease and stay healthier for longer