

# Southern Cross Early Childhood School



Newsletter 10 | Monday, 10 August 2020

## DATES TO REMEMBER

**Wednesday 12 August | 9.15-10.30**

**Protective Behaviours Session**

**Thursday 13 August**  
**SCHOOL PHOTOS**

**Thursday 13 August | 8.45-9.15**  
**Wellbeing & Behaviour Guidelines**  
**Consultation Session**

Dear Families,

Yuumma (hello in Ngunnawal Language)

Today, Canberra moved to Stage 3.1 of its recovery plan which eases restrictions on some businesses and allows others to re-open. This is a partial transition to the next stage in reopening the ACT economy and does not impact on current restrictions in ACT schools. As detailed in the [Roadmap for ACT public schools](#), schools are still

required to limit the number of adults on school grounds... we are looking forward to this restriction being lifted.

## Annual School Satisfaction and Climate Survey

You will have received information today about the 2020 School Satisfaction and Climate Survey which is available online from 10 to 31 August. The survey results help us to continue to make quality informed decisions about our school improvement priorities and actions. This year, there is also a shortened paper-version of the parent survey available in the following 12 languages: Arabic, Burmese, Chinese, Dari, Dinka, Farsi, Hindi, Karen, Korean, Mon, Urdu and Vietnamese. To request one, email [EDUSurveys@act.gov.au](mailto:EDUSurveys@act.gov.au). We are encouraging as many parents and staff members as possible to complete the survey - your feedback is important, and we hope that you will take part. For more information please visit the Education Directorate's website using the address:

<https://www.education.act.gov.au/public-school-life/school-satisfaction-and-climate-survey>

## SunSmart Hats

The wearing of SunSmart hats commenced again last Monday for Canberra schools due to the UV levels climbing to 3 and above every day. We appreciate families assisting their child to pack a SunSmart hat each day for PE and play times.



## Playground Masterplan – ‘Slide Mountain’

The next stage of Southern Cross Early Childhood School’s outside learning environment masterplan is scheduled to commence next Monday 17 August with construction of ‘Slide Mountain’. We met this morning with the designers and construction company regarding the timeline and WHS strategies during construction. We will provide updated details over the coming weeks as the construction period commences. We thank families in advance for their support of possible minor inconveniences during this phase.



**ACT**  
Government  
Education

Southern Cross Early Childhood School

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## 'Have Your Say' on Molonglo Valley's new public school

The ACT Education Directorate's new public school in the Molonglo Valley is currently being constructed. The name of the new school will be selected from a list of Aboriginal leaders known for reform and activism. These names were short-listed after consultation with families and the Office of the Surveyor-General and Land Information and the Place Names Committee. These leaders are: Ngingali Cullen, Evelyn Scott, Isabel Coe, Arnold 'Puggy' Hunter and John Budby. You can find more information on the ACT Government's Your Say [website](#). Uniform and logo designs are also available on this website for community consultation.

## School Census

At last Friday's Census, we had 216 children enrolled at the school from P to 6 – 112 females and 104 males. Of those children, 59 speak English as an Additional Language or Dialect. ACT public schools provide a range of support to ensure students who speak EAL/D achieve equitable education and social outcomes, and participate successfully in our culturally diverse society. Executive Teacher, Nicky Smith, works with the children at SCECS who speak EAL/D. She shares her understandings of the issues faced by families, takes the time to connect with families, is a familiar person for families to seek support from, and is an advocate.

## Touch football clinics

Thank you also to Nicky Smith who has been successful in an application to School Sport Australia to host a four week series of touch football clinics for our children in Kindergarten to Year 2. We are very pleased to announce that an Australian Touch Football player, Elise Wilson, will be facilitating the lessons. Nicky and the classroom teachers will develop a timetable to share with families.

## Term overviews and welcome to Tanya de Gier

Term overviews are currently being posted on Seesaw from your child's classroom teacher. These overviews provide important information for families about the content that has been planned by the teachers for the term as well as reminders and announcements about various activities. Today we also welcomed a new teacher to our school, Tanya de Gier, who will be teaching at SCECS for the remainder of the year in a release teacher role. Tanya has many years of early childhood teaching experience and has an early childhood teaching qualification. Welcome Tanya 😊



## Parental Engagement Grant

Last week, Jessica Yeo (P&C President) and I submitted a grant application to support the P&C Association with maintaining parental engagement activities at the school. If successful, the money provided will assist our P&C Association in collaboration with Anglicare and the SCECS Education Directorate staff to create an Action Team (with subsequent activities) and refurbish an area of the library to create a more efficient inclusive gathering space. Fingers crossed xx

## Kindergarten Health Checks

Kindergarten Student Health Check questionnaires were completed at the beginning of 2020, however the physical component of the Health Check - a screening test of vision, hearing and weight check - was not conducted as usual in April in response to COVID-19. On 1 July 2020, the ACT Government announced funding for a targeted Kindergarten Health Check program. The focus of this program is to identify and focus on hearing and vision for kindergarten children. This program is now being rolled out by Canberra Health Services from Term 3 to the end of term 4, 2020. Targeted Kindergarten Health Check clinics will be held in the City Health Centre in Civic. Families who have concerns about the hearing of their children are also encouraged to make a free appointment with the Children's Hearing Service and those concerned about their child's vision are also encouraged to book into a Medicare funded vision check through an optometrist. For further information about the targeted Kindergarten Health Check program please call 5124 1678 or email [KindergartenHealthCheck@act.gov.au](mailto:KindergartenHealthCheck@act.gov.au).

## Thank you

Thank you again for your warm welcome over the last couple of weeks. I am continuing to prioritise spending time in classrooms to get to know the children. I spent time last week in the preschool classrooms (where I met Ruby pictured) with the children enjoying my 'talking story' about a little girl named Goldilocks, in Year 1/2 classrooms completing an art activity based on one of May Gibbs' characters, as well as one of the kindergarten classrooms where the children created a 'sunflower' using Vincent Van Gogh's art work as a springboard. All of the children have enjoyed learning the songs 'BINGO' and 'Little Peter Rabbit'. The children are also dropping into my office to visit which is always a highlight of my day. Felicity from preschool (pictured below) dropped by last Thursday morning and enjoyed some time with one of my ukuleles 😊. Liam (pictured below) also made my day when he announced during an art lesson "My main goal in life is to make everybody happy" 😊.



Thank you to all our teachers and children who have participated in the Chief Ministers Reading Challenge. Thank you also to Jasja van den Bos, mum of Lorenzo in Kindergarten for assiting today with organising class groups to be ready for school photos. Jasja will sleep very well tonight! It certainly takes a village.

Yerrabi (goodbye in Ngunnawal Language), Catherine



# From Southern Cross

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## Absence Notifications

If your child is away from school you will receive an SMS to let you know your child has been recorded as absent. 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.

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 notify the school and be placed directly onto your child's attendance record.
- For **late arrival**, you may still receive an SMS in the morning, please sign in at reception and your child's attendance record will be updated to a partial attendance for that day.
- For **planned absences**, we would still appreciate advanced notice of your child's absence.

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## Protective Behaviours Weekly Topics

The following 'Protective Behaviours' topics will be taught in class in Week 5 and Week 6 of this term:

**Week 5** – Theme 2: You can talk with someone about anything, no matter what it is.

### Topic – Networks

- Introducing the concept of networks
- Identifying five adults to be on your network

### Topic - Networks invitation

- To ask for help from your network if you feel scared or unsafe

**Week 6** – Theme 2: You can talk with someone about anything, no matter what it is.

### Topic - Review networks

- Revisit who and how to ask for help

### Topic – Persistence

- Persisting in asking for help if you feel unsafe

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/>

## Wellbeing and Behaviour Guidelines Review

Last term, feedback was sought from you, by way of a survey regarding our Wellbeing and Behaviour Guidelines which are currently being reviewed. Thank you to those that were able to contribute via the survey. Your input is greatly appreciated. We are now looking to hold a small group session with any interested families to gain further insights and feedback. If you are unable to make the below time, but would like to talk with me further, please let me know. A phone call or similar can be arranged at an alternative time.

Emma – [emma.davidson@ed.act.edu.au](mailto:emma.davidson@ed.act.edu.au)

### Consultation Session:

**Date:** Thursday 13 August 2020

**Time:** 8:45-9:15am

**Location:** Community Room

**RSVP:** Nicole [nicole.emerton@ed.act.edu.au](mailto:nicole.emerton@ed.act.edu.au) by Tuesday 11 August 2020

## Linking Families to Learning

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### Helpful Hints for Home

#### Getting out and about in Nature.

Getting outside and being active in Nature has several benefits and not just about being physically healthy. Getting out with Nature can help with mental health and well-being, cognitive, social and emotional development and is a great learning experience for families to connect with each other and with Country. Connecting with our Country helps children to understand the importance of living things in our world and can open their knowledge and learning about living more sustainably.

The ACT Government have a researched base initiative to help support families with getting out and about it is called 'Nature Play', the website is <https://www.natureplaycbn.org.au/>. Here you will find ideas and different places around Canberra to explore with your child/ren.



# From the P&C

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## Survey results

Thank you to everyone that participated in the P&C meeting survey. Combined with the results of the survey PLUS the schedules of the current P&C committee we will continue to meet Wednesday evenings but we will offer a Zoom option if we meet in person. The next meeting will be in Week 8, Wednesday 9 September 2020. The survey information has been saved and will be communicated to 2021's committee for their consideration.

## Parental Engagement Grant

Thanks to the support and initiative of Catherine and the executive team, the P&C has applied for a \$20,000 grant from the ACT Government. Fingers crossed we hear some good news about the Supporting Parent Engagement Grants program.

## School Clothing

The P&C has recently ordered short sleeved polos in BLUE for summer 2021. We will let you know when they arrive. Catherine is aware of the budget restraints stopping us from ordering long sleeve polos and we continue to encourage everyone to layer with any long sleeve shirts that keep the kids warm.

Jess would like to thank Megan and Cassy for taking over the new and second hand uniform shops.

## Pasta + Pastry + Pie Drive

Due to the success of our last Pasta + Pastry + Pie Drive (and general apathy towards cooking in 2020) we are very excited to be doing it all again later this term, 4 September 2020. Stay tuned for ordering info coming very soon. Hudsons and Sweet Bones are onboard again so make room in your freezer and belly.

## P&C Disco

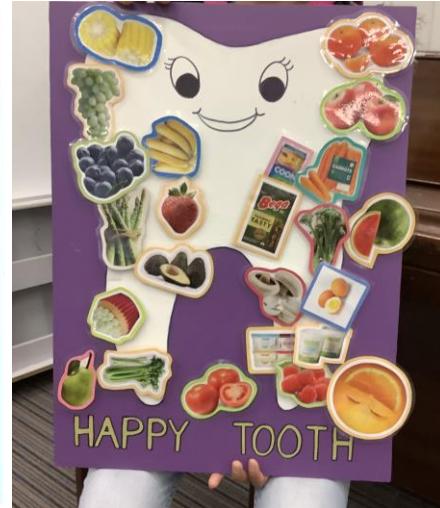
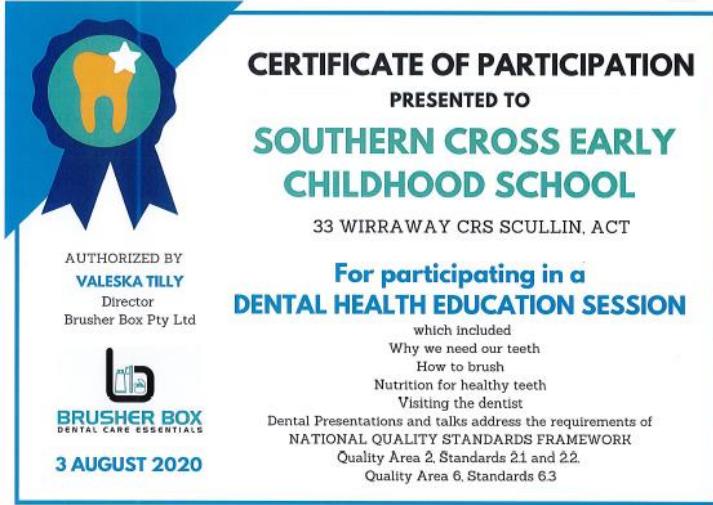
An evening disco won't be possible at this stage of COVID-19 restrictions. We don't want the kids to miss out on this special event so we are working with Catherine and the team to host TWO discos during school hours in week 9. We want all the preschoolers and K-2 to be able to part-ay. Stay tuned for more info and thanks for being flexible as we all navigate 2020.

# Anglicare

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## Dental Health Week

Buru and Munjawari classes participated in a dental health education workshop with Valeska and the Tooth Fairy! We love this program, exploring the importance of healthy eating, brushing and visiting the dentist. Each child received their own toothbrush on the day. We are still fundraising for our Walga Nature Preschool Program and have more toothbrushes available if you would like one please see below.



## Toothbrush Fundraiser

Anglicare are selling the Eco Range Bamboo Toothbrushes which feature:

- Plant Based Bristles (bristles are made from the renewable castor oil bean plant).
- 100% Biodegradable bamboo handle.
- Vegan friendly.
- Panda safe bamboo.
- Packing is 100% biodegradable corn starch derived polymer.



**Cost:** \$3.99 each

**Order:** email [renee.buchanan@anglicare.com.au](mailto:renee.buchanan@anglicare.com.au) before Monday 27 July 2020.

**Payment:** cash envelope to reception or bank transfer by Wednesday 29 July 2020.

Anglicare Canberra and Goulburn  
BSB: 032-719  
Account: 467 863  
Reference: use code **BB2020 (surname)**

Proceeds will go towards resources for our Walga Nature Preschool Program that operates on Wednesdays and Thursdays this term.

# Community Information

## ACT Nutrition Support Service

### Let's talk legumes!

We LOVE legumes – they are cheap, highly nutritious and extremely versatile. Legumes are most often seen in vegetarian and vegan diets due to their nutritional punch, but these little gems are healthy for everyone!



### Nutritional facts on legumes

- a great source of protein
- high in dietary fibre which helps to keep bowels healthy and regular
- low GI helping you stay fuller for longer and manage blood sugar levels
- also contain B vitamins, minerals and phytonutrients to promote heart health

### Types of legumes

There are many different types of legumes!

- **Chickpeas** – the most popular legume in Australia!
- **Lentils**  
Brown lentils, red lentils, green lentils
- **Beans**  
Black beans, borlotti beans, broad beans, cannellini beans, fava/fava beans, kidney beans, pinto beans, soy beans, mung beans etc.
- **Peas**  
Green split peas, yellow split peas or whole dried peas



### Ways to add more legumes to your life

- **Learn to love lentils**

Add half a cup of red lentils to your favourite sauces or soups. They cook down to create a great texture! Try our [Spicy tomato and lentil soup](#) or our brand new [Cauliflower and Lentil Bolognese](#) recipe.

- **Get cheeky with chickpeas**

Start with chickpea curry, [hummus](#), oven baked falafel or crunch on [roasted chickpeas](#) – great on their own or to add crunch to a salad

- **Bring back the beans**

Reintroduce the humble baked beans (opt for reduced-salt options) or add a can of kidney beans to your favourite Mexican mince dish. Try out our [bean bruschetta](#) or [burritos](#).



### **Legumes - The more you eat, the more you toot?**

Legumes are renowned for producing flatulence which can be related to their high fibre content and indigestible sugars. These factors are great for your gut health, as they feed the good bacteria in your tummy. To keep the gas to a minimum, introduce legumes slowly and rinse them before use adding to dishes.

Still having gut troubles? Speak to an Accredited Practising Dietitian today by clicking [here](#)

**GET ACTIVE SPORTS**

## SOCER FOR JUNIORS

We Get Kids Active!

Only \$78 for 6 classes in Term 3 2020

- Boys & Girls aged 3 - 9 Years
- Skills based intro to Soccer
- Indoor sessions
- Modified equipment
- Ideal for beginners
- Age appropriate programs
- Parent help for 3+4 year olds
- SOCCER BALL TO KEEP!

Location:  
Melba Copland College Enter from Verbruggen St, Melba

**Starts**

**Saturday 15th August**

3 + 4 year olds - 9.45am to 10.30am  
5 + 6 year olds - 10.30am to 11.15am  
7 - 9 year olds - 11.15am to 12.00pm

**\$78**

**\$78**

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To receive the Earlybird price of \$78 you need to Enrol+Pay before 1<sup>ST</sup> August.

After 1<sup>ST</sup> August cost will be \$90 FOR 6 SESSIONS INCLUDING A SOCCER BALL FOR YOU TO KEEP!

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For more info call us on 1300772106 or email us at [info@getactivesports.com.au](mailto:info@getactivesports.com.au)

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**VENUE:** ANU, Acton

**DATE:** 30, 1, 2 October

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