

Southern Cross Early Childhood School



Newsletter 15 | Monday, 16 November 2020

Respect | Resilience | Kindness | Creativity

DATES TO REMEMBER

Monday 16 November | 9.10-9.40
2021 Kindergarten Open Morning

Thursday 19 November | 9.05-9.30
Story Time on the Lawns

Thursday 19 November | 9.10-9.40
2021 Kindergarten Open Morning

Wednesday 25 November | 12.00-1.30
Christian Education in Schools

Wednesday 2 December | 7.00-8.30
P&C Meeting

Dear families and friends

Welcome to week 6 everyone! As I reflect on the last 5 weeks of term 4, I am overwhelmed with the warm welcome I have received. It has been so exciting to see the children's learning progressing in this short time and to also see their confidence levels increase as they talk to me about their learning.

End of Year Events/Celebrations

Wow – the end of year is really upon us now! It makes me so happy to be able to let you all know that our usual end of year

events/celebrations will be going ahead this year at Southern Cross Early Childhood School. We will of course need to follow COVID guidelines to ensure we keep everyone safe. There will be specific information coming to you over the next few weeks, but for now the dates for these events are as follows:

- Year 2 Fun Night (children only): Thursday 10 December 5:30-7:30pm
- Year 2 graduation (year 2 children and 2 guests): Monday 14 December 2:00-3:00pm
- End of Year Celebration (Anglicare children, P-2 children and 2 guests per family): Tuesday 15 December 5:00-7:00pm. *Please note: This will require a staggered attendance throughout the evening.*

2021 Orientation Visits and Information Sessions

Our staff and leadership have been busy these last few weeks presenting information sessions for our 2021 families. In the coming weeks we are hosting a series of preschool orientation visits for our 2021 preschool friends. I would like to thank our staff for their time and for their professional insights as we support our 2021 families to transition as smoothly as possible. If you have missed a kindy information session or haven't yet booked in for a preschool orientation session, please contact Nicole at the front desk so we can arrange a time with your family.



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.

Outdoor Learning Day and NAIDOC Week

What a fabulous day we had last Wednesday celebrating both Outdoor Learning Day and NAIDOC Week. As children, teachers and educators were learning on Country, I felt such a strong connection to the land and had an overwhelming feeling of gratitude throughout the whole day. A big thank you to Lyndall who came to visit us and officially opened Slide Mountain. This was a popular play area for much of the day.



Warm regards
Kelly

From the Education Directorate

Online eSafety Resources for Families of Young People

The [Office of the eSafety Commissioner](#) provides advice and support to all Australians in understanding how to be safe in the online world. To support your young person to navigate their digital world and avoid harmful online experiences, the following information can assist you in having the hard-to-have conversations about online safety and setting boundaries.

Your support and guidance can give your young person the confidence to make sound decisions online – and know where to go for help when they need support or advice.

Be engaged, open and supportive

- Get involved. Share online time with your young person as a part of family life. Talk about favourite apps, games, and websites.
- Keep lines of communication open. Ask about their online experiences, who they are talking to and whether they are having any issues.
- Reassure your young person they can always come to you, no matter what. Let them know you will not cut off internet access if they report feeling uncomfortable or unsafe when online – this is a real concern that may stop your child from communicating with you openly.
- Get to know the devices you and your young person use and set them up for [privacy and online safety](#).
- Use parental controls as appropriate to set boundaries.
- If you feel your young person needs support, please maintain contact with your school so you can work together to support them. Seek professional help if your young person is distressed or shows marked changes in behaviour or mood, remembering that organisations such as [Kids' Helpline](#) and [Beyond Blue](#) can help.
- If you feel your young person is in immediate danger or at risk of harm, call Triple Zero (000) and stay with them until they are safe.

You can find additional information and resources at the [Office of the eSafety Commissioner](#) to support you and your young person.

From Southern Cross

Sporting Schools: MAP Moves - Introductory Orienteering for Kindergarten to Year 2

Children from Kindergarten to Year 2 will be involved in the *Sporting Schools Program – Orienteering* during class time beginning Thursday week 6. Sessions will run each Thursday for four weeks.

The program will cover the following themes: A picture tells a thousand words, introduction to maps and compasses, sun movement across the sky, moving body in space, moving body according to directions and bearings.

If you have any questions about the program please ask your teacher.

Belconnen High School Performance

Tell Me a Story – Wednesday 4 November 2020

Last Wednesday Belconnen High School students in years 9 and 10, performed a musical production for our preschool to year two children. We were thrilled that the drama students could visit us again this year as we really value the connection between our schools. Our children thoroughly enjoyed the performance and had many laughs throughout the show. Thank you to all the Belconnen High School students who were involved. We hope you enjoyed performing as much as we enjoyed watching you.



Environment Courtyard

We have been busy this term in the Environment Courtyard planting our summer crops, weeding and watering, maintaining the worm farm, and collecting waste. We hope to grow red juicy tomatoes and some giant sunflowers over the summer.



Be You

Be You Survey

With the help from Heidi, Maple and Lola in Year 2, we are setting up a mental health and wellbeing survey to gain a better understanding of the needs of our families at Southern Cross Early Childhood School.

Please keep an eye out for the dot survey around the school and let us know what mental health and wellbeing areas you are interested in finding out more about.

When we have collected the results, we will begin developing our 2021 Be You Action Plan.

Thank you for your help.

Heidi, Maple, Lola and the Be You Action Team



Lost Property

A number of school clothing items have gone missing. Can you please check the label on items you have at home and return them to the school if they do not belong to your child



Linking Families to Learning

Helpful Hints for Home

Writing

An area families often ask us about is, 'how can I get my child to write at home?'. Writing is a complex process and some children find it hard or are reluctant to put pen to paper. This is because there are so many things a child must think about when they write. They have to start by having an idea, think of what the sentence or sentences will be,

then keep that thought in their head while working out what sounds/letter patterns are required to spell the words. They also need to consider how to form the letters to make the words, all the while not forgetting the sentence/idea they had at the start. For some children this is a hard process to do and can be stressful or scary, as they don't like to get things wrong.

We encourage any writing at home to be fun, age appropriate and something they are interested in.

Here are some fun play ideas to help support writing at home:

- Write in shaving cream, sand or with spaghetti



- Use paint brushes and water to write on the walls or ground outside
- Use a whiteboard or chalkboard (this is less threatening for children to have a go because it can be wiped off easily)
- Write letters or words with playdough, sticks or rocks

Ideas to practice writing in an authentic way at home:

- Create a family journal for everyone to be able to have a turn at writing something you all did together one afternoon or on the weekend. This is where your child will see you writing because in today's technology world how often do our children see us write?
- Start a pen pal with a cousin, friend or grandparent. Writing and receiving letters brings so much joy and excitement to want to write.
- Get your child to help write the shopping list or have a shopping list to add to over the week for them to write on as well.
- Having a weekly board of all the activities you have on as a family and get your child to help write up the week's happenings.



Community Hub



Introducing Southern Cross Paint and Play

Each Tuesday Morning

10am-11:30am

At Southern Cross Early Childhood School

33 Wirraway Cres, Scullin

Come along and join in with the painting, singing, craft and construction. Paint and Play will be held outdoors each week during the school term.

Call ACT Playgroups on 1800 171 882

Southern Cross Early Childhood School

Story Time



When: Thursday mornings—Term 4 2020

Starting: Thursday 29 October 2020

Where: On the grass near the front entrance

Time: 9:05am to 9:30am

From Anglicare

Please take an early look at the activities for our Summer School Holiday Program! We are open right up until Wednesday 23 December so you can get organised and not have to worry about last minute shopping with the kids.

Our School Holiday Request Booking Form and Permission Forms are still being finalised, look out for them via email from Friday 20 November.

Please check the dates as we open for 2021 on Wednesday 6 January, School Holiday program runs until Friday 29 January 2021 for Preschool and Kindergarten students and until Monday 1 February 2021 for Year 1/2 students.

Due to COVID-19 restrictions booking forms will need to be returned quickly to secure your place. Forms will be required to be returned by the end of week 7, Friday 27 November.

See below for the 2020/2021 Summer program-

Summer School Holiday Program 2020/21

Monday 21/12	Tuesday 22/12	Wednesday 23/12	Wednesday 06/01	Thursday 07/01	Friday 08/01
<u>Bike Day</u> Bring your bike to have a ride and unwind from a busy year. We have resources to decorate your wheels!	<u>Teddy Bears Picnic</u> Bring your favourite fluffy buddy for an outdoor adventure.	<u>Board Game Day</u> Let's relax, play some games and watch a movie before the holiday season.	<u>Outdoor Day</u> Join us for an outdoor day where we will visit the Treehouse, Oasis, Slide Mountain & construct bird feeders.	<u>Cooking Day</u> Let's cook up a storm with the children's suggestions. There will be sweet and savoury!	<u>Musical Day</u> Join us for some groovy beats as we play musical chairs, statues and karaoke.
Monday 11/01	Tuesday 12/01	Wednesday 13/01	Thursday 14/01	Friday 15/01	
<u>Splash!</u> Cool down with sprinkler, water balloons and all sorts of watery fun! Bring LOTS of extra clothing and a towel.	<u>Reptile Zoo Incursion</u> Join the Canberra Reptile Zoo as they introduce us to their slimiest, slitheriest friends. \$10 Additional Fee	<u>Sports Carnival</u> Get our hearts pumping and our bodies moving as we run, skip, hop and jump through various sport activities.	<u>Cartoon Day</u> Let's create our own comic strips and characters by learning how they are made.	<u>Park Day</u> We are off to a local Scullin park for an adventure.	

Various activities are offered as an alternative for all programmed days. These include craft, construction, reading, music experiences, group games, outdoor activities, and free learning experiences. Please also bring your child's bike/scooter and helmet if they wish to go to the bike track that afternoon.

Summer School Holiday Program 2020/21

Monday 18/01	Tuesday 19/01	Wednesday 20/01	Thursday 21/01	Friday 22/01	
<u>Outdoor Day</u> Join us for an outdoor day where we will visit the Treehouse, Oasis, & Slide Mountain.	<u>Building Toys</u> Use loose parts to create our own toys to join us for an afternoon watching a Toy Story movie.	<u>Making Ice-cream</u> Let's make ice-cream and other summery treats!	<u>Cockington Green Excursion</u> A day on the green and a model train ride through the garden. \$12 Additional Fee	<u>Science Day</u> Let's increase our brain power and curiosity by investigations with science experiments.	
Monday 25/01	Tuesday 26/01	Wednesday 27/01	Thursday 28/01	Friday 29/01	Monday 01/02
<u>In the Ocean</u> Let's explore the deep blue sea and create our own ocean provocation.	<u>Questacon Incursion</u> Join us as we welcome scientists to the school. There will be loads of cool experiments and gadgets. \$10 Additional Fee	<u>Water Play Day</u> There will be slip and slides & water fights! Bring LOTS of extra clothing and a towel.	<u>Around the World Day</u> Let's research and explore different cultures and traditions.	<u>Lego Building</u> Who can build the biggest and coolest creation out of Lego...?	<u>Hoyts Excursion</u> Movie to be advised. Children will bus to Belconnen. Yrs. 1 & 2 only. \$10 Additional Fee

Various activities are offered as an alternative for all programmed days. These include craft, construction, reading, music experiences, group games, outdoor activities, and free learning experiences. Please also bring your child's bike/scooter and helmet if they wish to go to the bike track that afternoon.

Community Information

ACT Nutrition Support Service

Discover Australia's ancient bush foods

Last week was NAIDOC week so what better time to explore some of the delicious ancient flavours our First Nations people have been enjoying for thousands of years.



Experiment by adding one or more of these ingredients to your favourite recipes:

- **Bush tomatoes**

These small dried tomatoes are great for sauces, stews and chutneys

- **Warrigal greens**

A great native alternative to spinach, bok choy, chard or silverbeet

- **Mountain pepper**

A peppery flavour well suited to curries, salad dressings and sauces. An alternative to black pepper or bay leaves

- **Midyim (aka midgen) berries**

Sweet and tangy berries that are great for preserving, using in pies or even served fresh



Other great native flavours to try in your kitchen

Common native herbs include lemon myrtle, pepper berry and sea parsley.

Explore the world of native berries and plums such as quandong, Kakadu plum, Illawarra plum, rosella, or muntries.



Many of these ingredients, and more, can be found on online stores or visit a native nursery to buy plants so you can grow your own.

Hungry to learn more?

Check out these local bush tucker activities

Aboriginal plant use trail walk

Visit the Australian Botanic Gardens and take the self-guided walk to spot local edible plants. [Click here](#) to learn more.

Forecourt tours and tea

Join Adam Shipp (Wiradjuri) of Yurbay for a walk through the National Museum of Australia's Forecourt Garden. Experience the sights and scents of the season as he shares his knowledge of native plants. Click [here](#) to learn more.



What is *Learning for Life*?

Learning for Life provides families with opportunities to increase their children's success at school. The *Learning for Life* program helps each child to reach their potential by supporting their education from primary through to post-school studies.

Learning for Life provides:

- Support from a *Learning for Life* team member who can help your child improve their attendance, change smoothly from primary to high school and give you information on services available
- Access to educational programs that can further support your children
- Financial support to help with costs related to education such as books, uniforms and excursions

Am I eligible for *Learning for Life*?

To be eligible, you must:

- ✓ Have a child/ children in Kindergarten/ Prep/ Reception to Year 6, who attend a school that we work with
- ✓ Have a current Health Care or Pension Concession Card
- ✓ Demonstrate a strong commitment to education through regular school attendance

What else do I need to know?

Learning for Life is a partnership between your family and The Smith Family.

As a parent/guardian or caregiver, you will be committing to:

- Your children attending school regularly
- Providing a school report yearly for each child
- Returning a yearly progress report for each child
- Maintaining contact with The Smith Family

How do I apply for *Learning for Life*?

If you meet all of the above criteria and would like to apply for the *Learning for Life* program, please complete the referral form provided and return to your school. For further information, please contact the Family Partnership Coordinator:

Victoria Erickson-Yung
Family Partnerships Coordinator
Belconnen
Mob: 0468 941 275
Ph: 02 6252 7064
Victoria.erickson-yung@thesmithfamily.com.au

IS YOUR CHILD AGED BETWEEN 0 & 5?

ARE THEY A LIBRARY MEMBER?

Register your child as a library member and get a FREE picture book to keep, and discover what the library has to offer them and you.

From 12 November 2020 - 14 February 2021, while stocks last. Conditions apply.

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ACT Government

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Does science make you happy? Curious? Excited!!!



Fenner Lecture 2020: Dr Graham Walker on Extraordinary Experiments: Science you can feel

Every year Andrew Leigh MP hosts a free public lecture to showcase some of the ground-breaking work being done by brilliant Australian minds. This year, the wonderful Dr Graham Walker will be giving the lecture about 'Extraordinary Experiments: Science you can feel'

Join Dr Graham Walker from the National Centre for the Public Awareness of Science at the ANU for a special open-air live science experience, part lecture but mostly science show, where we explore the wondrous and occasionally nerve-wracking emotions that science makes us feel.

Marvel at liquid nitrogen creating its own weather, witness two giant cannons going barrel to barrel to propel only the bravest stunt teddy bears, be inspired by clean green fuels that will get us off those messy emissions, and shudder mildly as we do some epic blow-up science! From chin-stroking feats of curiosity you can do with common household items to the simple joys of a fully-automatic marshmallow bazooka, join us for a show that will put the awe in awesome! Presented with support of the ANU Research School of Chemistry.

Because it's 2020, we will be doing things a bit differently. The lecture will be held on Gungahlin Enclosed Oval, and I invite you to bring along rugs and spread them out on the ground with social distancing.

As always, this will be a free and public event with priority given to secondary school students.

Feel free to distribute to your networks and RSVP early to ensure you can get a place. My office can assist with working through any logistical issues, or if you would like to organise a group to come along.

This event will be held in accordance with the ACT COVID Safe Event Protocol and ANU guidelines. There will be a contact tracing framework, social distancing and sanitiser available. Please stay home if you are unwell.

To RSVP please follow this link <http://www.andrewleigh.com/events3>

Kind regards
Andrew Leigh MP