

Southern Cross Early Childhood School



Newsletter 4 | Friday, 8 May 2020

Dear Families

Welcome back to Term 2! What a different start to the term it has been. You would be aware that the ACT Government has made the decision for a staged process to return to school starting in Week 4.

For us at Southern Cross it means all children will be returning to school in the week starting Monday 18 May 2020. I have already had contact with families, some very pleased and some very anxious – and both responses are completely OK! Wherever you are emotionally and wherever our children are, emotionally, socially and academically, we will work with you!

We will have a strong focus on well-being as we return to school. We are planning to keep our focus on our school value of kindness, to yourself and to others, over the rest of the term. As the children return to school, we will prioritise predictability, flexibility, connection and empowerment as this will support children and their learning. I say to the children that my job at Southern Cross is to make sure that everyone is safe, and everyone is learning – nothing has changed about that! We do know that your insights and reflections about your child will help us over the next few weeks as well and I will be asking our teachers to touch base with you for your insights into what your child needs right now. For some of our children the school routine will give them a healthy focus. For others, self-care may be the priority. It won't be a one size fits all approach, as the proverb says, "there are different paths up the mountain."

We do not have all the information and all the answers yet, but I will be in touch next week with information as it comes through from the Directorate.

Thank you!

What an amazing community we have! To say that the end of Term 1 and the start of Term 2 were a little different to previous terms is definitely the understatement of the year! I have to say the biggest thank you to the team who have worked so hard over the last seven weeks. They have been flexible, responsive and have not stopped trying to improve all aspects of our work. My sincere thanks also to the you, our families, for your efforts in working with us and for your grace and patience when things are not perfect. At our staff meeting this week we shared what we were grateful for and one of our teachers said that she was so grateful for her families and how much support they had given her! Amazing!!! I would also like to thank our wonderful children who have tried and are trying so hard to learn

DATES TO REMEMBER

Monday 18 May
Return to on campus learning



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

online, stay at home and not see family and friends. Hopefully the easing of restrictions will make their lives a little easier as well.



Southern Cross School Board

In the midst of all the dramatic changes we did hold our School Board elections and I am pleased to advise that the parent members are Rob Day (returning), Jasja van den Bos (new), Natasha Janssens (new), and the staff members are Lisa Ryan (new) and Sarah Hornby (new). Trish Wilks is continuing as the Directorate appointed member. We have yet to hold a Board meeting this term but once we do, we will provide more information about Board positions and how you can connect with the School Board.

I would like to take this opportunity to thank our previous School Board members and make particular mention of Sujit Mukherjee who was most recent School Board Chair. Sujit was our School Board Chair for over 7 years and was a tireless advocate for our school. Sujit's support for our team was evident in his focus on the provision of funds for professional learning through the budget allocation process and acquittal of these funds. Sujit also worked on clarifying the role of the School Board and improving supports for School Board members across the ACT. Thank you Sujit for your commitment to Southern Cross. It is truly appreciated!!!

Mothers' Day

To all the women who are key in the lives of our children, thank you for all that you do to make our children's lives better. We still may be a little physically distant this Mothers' Day but please know on Sunday morning that we are sending you the biggest hugs for the immeasurable role you have in our lives and the lives of our Southern Cross children.

We will have more information next week so please keep an eye out for further emails.

Kind regards,
Lyndall

From Southern Cross

Enrolments for 2021

If your child turns 4 years old before 30 April 2021 they are eligible for enrolment in an ACT Education Directorate Preschool.

Applications for Enrolment for the 2021 school year are available online from 28 April 2020.

Forms are available online at:

<https://form.act.gov.au/smartforms/servlet/SmartForm.html?formCode=1087>



Once we are able to recommence our Preschool Information tours we will let you know through our newsletter and social media. We cannot wait to show our future families around so that they can see our preschool sessions in action and give them a chance to ask any questions they may have.

Chief Minister's Reading Challenge

The Chief Ministers Reading Challenge with classes recording the books they are reading as a group. If you would like to do the challenge independently it is not too late to start. Record sheets can be downloaded [here](#).

You might like to do it with your child and enjoy the reading challenge as a family.



Social and Emotional Learning and Wellbeing – Term 2

Hi everyone. I am thinking about you all and how you are managing life away from school. As a part of our Social and Emotional Learning and Wellbeing program, I am posting weekly activities for the children to try. Your support in discussing the topics with your child is important. Activities this term are based on self-management, social awareness and social decision making. Please let me know if there are any other topics you think would be helpful to cover while you spend more time at home. You can contact me if you have any questions about the activities or just want to have a chat about family wellbeing. Please email me on jason.thornton@ed.act.edu.au or call me directly on 0481 916 510.

Community Hub

Stay and Play and Story Time – Term 2

Hello to all our Stay and Play and Story Time families. We miss seeing your friendly faces and hope you are staying safe and healthy at home. While we wait for the time we meet again, an activity will be posted on Facebook each week for you to try. A Mystery Box challenge was posted last week and more will follow over the coming weeks. We hope you enjoy guessing what is inside the Mystery Box.

Shivani and Jason

Be You

Be You Fact Sheet - Physical Activity and Mental Health

Physical activity promotes many aspects of child and adolescent development, including social and emotional skills, as well as physical development of motor skills.

It also supports mental wellbeing. We know that high levels of inactivity can lead to a greater risk of both physical and mental health problems.

Physical activity:

- can increase levels of serotonin and endorphins; the neurotransmitters involved in regulating and improving mood
- promotes sleep – which also helps regulate moods, increase energy levels and improve memory and learning
- increases the connections between the brain neurons, which improves memory and learning capacity
- pumps blood to the brain to boost mood, concentration and alertness
- promotes relaxation by reducing skeletal muscle tension
- provides children and young people with an outlet for excess energy and frustration, which relieves tension
- provides an opportunity for children and young to socialise and meet new people, reducing loneliness and isolation
- improves motor and cognitive skills, which boosts self-esteem
- distracts children and young people from negative thoughts

Reference - <https://beyou.edu.au/fact-sheets/wellbeing/physical-activity-and-mental-health>

The following two links on child development, sleep and physical activity are from the Australian Government – Department of Health website.

[Guidelines for Healthy Growth and Development for your Child](#)

[Australian 24-Hour Movement Guidelines for Children and Young People \(5 to 17 years\)](#)

Anglicare

It may be a different start to the term 2 than we were expecting, but we welcome you back! We continue to operate here at Anglicare, and understand this has been a trying time for the past 8 weeks or so. We have also celebrated the continual learning that has been occurring here at our centre for the children and this is on display in the classrooms for you to see.

There are several steps Anglicare is taking to protect children, families and staff who are in attendance during the current COVID-19 pandemic. Anglicare is committed to providing a safe environment for all parties, and we have been working for some time with our staff on making sure that we take every reasonable step possible to remain safe and well at this time.

As you are aware, a number of practical steps have been put in place around the centre to meet the Government's social distancing requirements, these include cancelling excursions, playgroups and unnecessary visitors to the centre. We realise it is impossible to socially distance with the children in our care, however, where possible, the teams are keeping children in small groups and they physically distance themselves when in the staff areas of the centre.

We have mandated our educators and admin to attend online training with a focus on infection control and associated safe practices. They have had access to a Nurse Led Infection Control Workshop that has been developed by Anglicare and Educators, and additional to this, all staff have completed an infection control module COVID-19 Infection Control (conducted by the Australian Government Department of Health).

Anglicare has adopted strict guidelines for any staff member who may be unwell, requiring them not to attend their work place if they have any flu-like symptoms, fever, cough and or a dry scratchy throat. All staff are required to sign in each day and declare that they have not displayed any symptoms of COVID-19 in the previous 24 hours which we feel is essential in the current environment.

Thank you for everyone who has also kept children who are unwell at home. We ask that we all continue to work together to ensure children attending our programs are well and showing no signs of persistent coughs, a runny nose or fever.

We are working hard to ensure that we minimise the risk to our children, families and staff at this time, while continuing to provide a safe, caring and supportive environment for the children to enjoy. Any feedback you may have for us is always welcome. You can send it to erin.uphill@anglicare.com.au

Warm regards
Erin Uphill

Community Information

ACT Nutrition Support Service

Healthy at home food ideas

While most of us are at home and every day is feeling like groundhog day, the timeline can get a little blurry around meal and snack times. To get in control of mindless or boredom eating, stick to having regular scheduled breaks for meals and only snack if you are actually hungry.

If you are truly feeling peckish between meals, don't leave choosing a healthy snack down to chance. As you already know, the best go to snacks are fresh fruit, vegetable sticks and raw nuts. However, in these times of constant monotony it is good idea plan some variety and keep it interesting by choosing new snacks each week. Here is a sneak peak of some of our favourites:



[Pita crisps](#)



[Beetroot dip](#)



[Yo-crunch](#)

For an abundance of more interesting snack ideas like [berry bruschetta](#), [yogurt banana pops](#) and [crispy chick peas](#), visit our [website](#) and try our recipes.

Learn to cook and cook to learn

Term 2 has started and we can almost hear the collective groan from students, parents and teachers alike as we try to manage the new world of learning from home. Whether you have an avid learner that thrives from online learning or the type that needs to learn from practical experience, cooking ticks many of the boxes. Not only does it help to get a meal on the table, but children build knowledge and skills simultaneously across a range of subjects.

English

Whether its looking for ingredients in the cupboard, reading a recipe or following a method, children are developing their reading and comprehension skills. They are also adding many new technical words to their vocabulary.

Mathematics

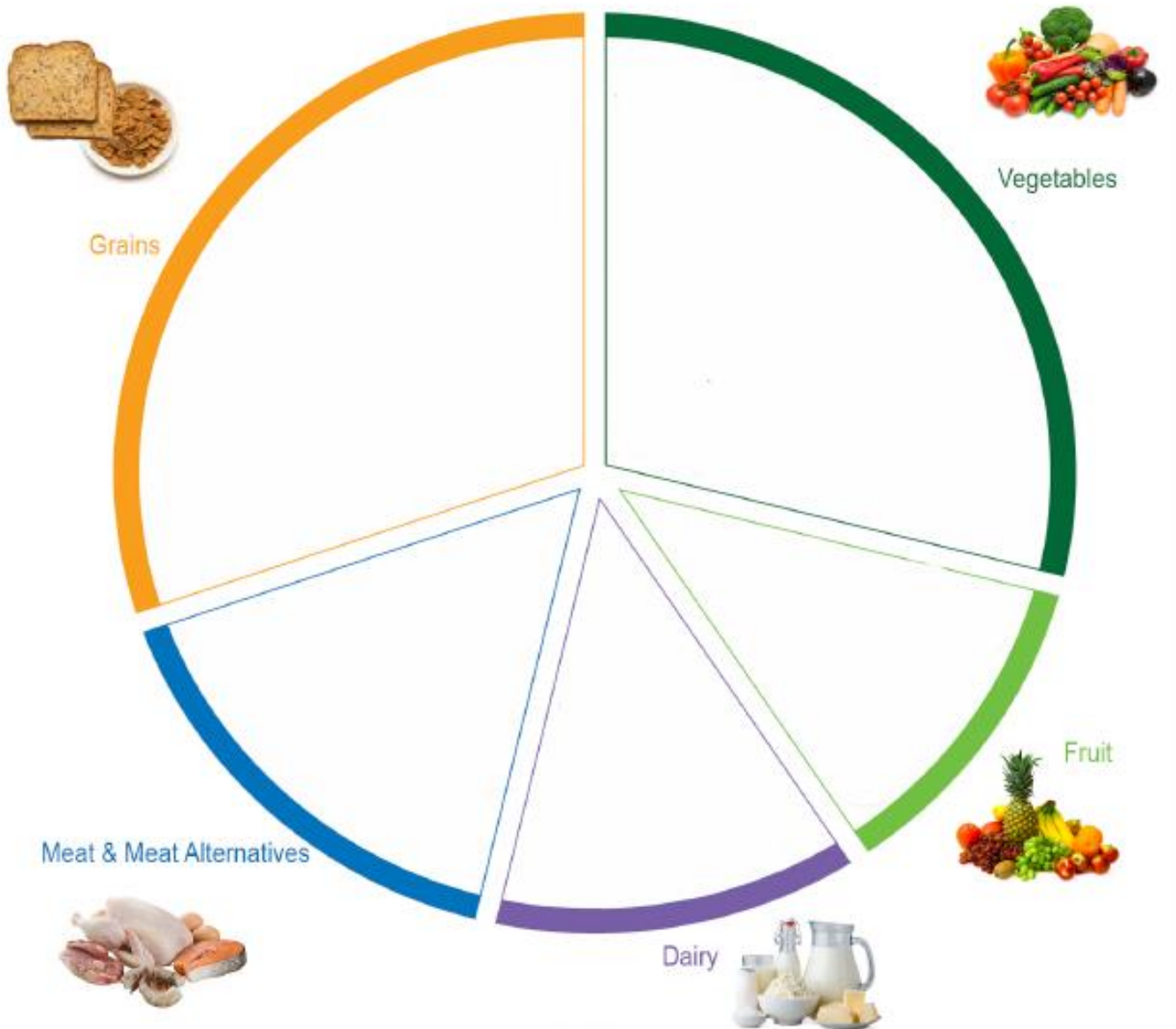
Cooking can be a practical method to teach mathematic concepts such as addition, multiplication, division, fraction, volume and mass in a really fun way. Younger children can practice counting with eggs and older children can learn about fractions with measuring cups and spoons. Challenge your children by asking them to double a recipe, or practice halving ingredients.



Health and physical education

Whilst cooking a healthy meal, it's a great time to have a chat about fueling our bodies well.

Using the food group template below, ask children to categorise the ingredients of a recipe into their respective food groups. You know you are onto a healthy dish when your recipe covers a range of food groups!



[Click here](#) to learn more about the five food groups and download your own [Guide to Healthy Eating Poster](#) as a quick reference to the food groups.

To learn more about the educational benefits from cooking, head over to [The Conversation](#) to read their recent article.

Safety in the kitchen tips

Sharp knives, hot stoves, boiling water. As much as we love cooking, being in the kitchen with kids can be risky.

Before letting your children loose in the kitchen, set them straight with some basic kitchen rules.

Check out our new kitchen safety videos as our dietitian, Brittany, shares her tips on how to manage kitchen hazards when cooking with kids.

Click on the below titles to view the clips



[Kitchen hygiene](#)



[Knives and graters](#)



[Stove safety](#)



[Oven safety](#)