

# Southern Cross Early Childhood School



Newsletter 8 | Monday, 29 June 2020

## DATES TO REMEMBER

**Tuesday 30 June**  
Semester One reports go home –  
Guginya & Wamburrang

**Friday 3 July**  
Semester One reports go home

**Friday 3 July**  
Last day of Term 2

**Monday 20 July**  
Term 3 commences

**Wednesday 22 July – Tuesday 28 July**  
Family Educator Meetings

**Thursday 6 August | 4.30-6.00**  
Resilience Workshop

**Wednesday 12 August | 9.15-10.30**  
Protective Behaviours Session

Dear families

In some ways it is hard to believe we are in the last week of Term 3. What a year it has been, and we are only halfway through! We started the year with fires, smoke and hail damage and worked hard to settle everyone into Term 1. Both the children and the team were amazing, settling into learning and the rhythm of school. The staff team undertook professional learning about how to teach children to be better writers and inquiry learning. We had our family picnic early in term 1, and our getting to know you interviews helped us to form connections and build relationships – two important precursors to learning. We had our preschool and literacy information sessions and then ... COVID-19 started to impact all our lives. With the support from our amazing community we moved to pupil free days and got ready to switch to remote learning, thinking that we might need to

be doing that for two terms. Three weeks into remote learning the situation had changed so that we could pivot back to the children returning to school and over the last seven weeks everyone has worked hard to get used to our new normal. To say it has been a big effort from everyone in our community is the understatement of the year! I would like to wish all our families a safe break. I hope there is some down time for both kids and their families so that we can return to Term 3 rejuvenated and ready to learn.

## School Values and Learning Assets

When children do an amazing job to demonstrate our school values of respect, resilience, kindness and creativity or display the learning assets of being a researcher, thinker, collaborator, self-manager and communicator, their behaviour is recognised and shared with me through our School Values and Learning Assets Recognition Sheet. Since the second week of Term 1, children have come to my office on 171 occasions!!! Having children come to my office to celebrate these positive choices is one of the best parts of my day. I try to take a photo of each child and post to Seesaw so you can share their good news. When children demonstrate our school values and learning assets it helps me to be able to do my job which is to make sure that everybody is safe and everybody is learning. Thanks to our children for being so wonderful.

Southern Cross Early Childhood School Values and Learning Assets

Name:		Class:	Guginya Wamburrang Bundulak Dnawan Winyu Kabaadang Dyirra Dyngurak Gudamang Ghaddi Wirra		
Date:	/ / 2020				
Demonstrated Southern Cross School Values					
Respect	Resilience	Kindness	Creativity		
Displayed Learning Assets					
researcher curious, courageous, resourceful	thinker open-minded, flexible, persistent	collaborator empathetic, compassionate, reliable	self-manager resilient, responsible, reflective	communicator confident, responsive, respectful	
Comment:					
Signed:					



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

## School Board

Congratulations to Robert Day and Jasja van den Bos who were elected to positions in the School Board. Rob is our School Board Chairperson and Jasja is our Deputy Chair. Congratulations Rob and Jasja and thank you to you both for supporting our school through taking on these positions.

## P&C

I wanted to thank the P&C for the amazing Pie+Pastry+Pasta Drive they ran on Friday. A special thank you to Sweet Bones Bakery Café and to Hudsons Catering for partnering with our P&C for the Drive. I know a lot of us ate very well over the weekend!

## Family Educator Meetings

We are excited to be able to meet at school in weeks 1 and 2 next term for our Family Educator Meetings. You should have received an email last week so you can make an appointment with your child's teacher. Please contact Nicole Emerton at reception if you have yet to get this email. Should you wish to have this meeting online or over the phone please let your child's teacher know. We want to start Term 3 with clear goals for our learning so we look forward to meeting with our families.

## Staffing

You may have been aware that relief teachers are pretty scarce at the moment. Our teachers try to give us as much notice as possible and we do our absolute best to find relief teachers but sometimes there is no one available. Should we not be able to find a teacher we look to adjust timetables if we can, use our exec team to cover or in the worst-case scenario, we have to split classes. Please contact Emma as our preschool team leader and Nicky as our Kindergarten to Year 2 team leader if you have any concerns or questions.

Our Community Coordinator, Jason will be taking some well-deserved long service leave in Term 3. We wish him all the best as he spends some extra time with his family and (fingers crossed) gets to travel a bit around NSW. Emma and Nicky will be picking up parts of Jason's parent support role while he is on leave. We will be in touch next term about how our community programs will recommence. Jackie will be away in Term 3 as well. We will provide information about how we will be replacing her at the beginning of Term 3.

Kind regards,  
*Lyndall*



# From Southern Cross

## Guginya's Garden

### Guginya's Garden

Guginya have their very own garden! We water and make sure no weeds are growing. We talk about what helps plants grow:

**Water, sun, soil, air**

We are looking forward to harvest time so we can eat the vegetables we grew ourselves!

Guginya explored the garden and discovered lemons, lettuce, strawberries and cabbage.

What do you like doing in the garden?



## Wamburrang's Garden

Wamburrang have been visiting the environment courtyard each Tuesday afternoon after Library. Jason taught us how to use the water cans to water the plants.



We have been excited to spot all the different vegetables and see how much they have grown from week to week.

The strawberry and beetroot plants in our garden are growing well and hopefully we'll be able to pick the beetroot soon.

After all the rain on the weekend, we noticed the plants were quite damp, so we didn't give them too much water today.



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## Protective Behaviours Program - Term 3 2020

Protective Behaviours is a personal safety program designed to empower children to assert their right to stay safe and develop skills to deal with difficult or abusive situations. Protective Behaviours will be taught next term as part of our social and emotional learning program. The ten sessions aim for children to develop a better understanding and awareness of 'safe' behaviours and identify adults in their life who they can go to when feeling unsafe. Children are taught to listen to what their body tells them and act when needed.

The first two weeks of next term will focus on the theme "We all have the right to feel safe all of the time" and cover the following topics:

### Week 1

- Feelings and feeling safe
- The rights of the child

### Week 2

- Recognising early warning signs
- Early warning signs and safety

Please speak with your teacher if you have any questions about the program or if you would like to support your child with some of the concepts covered in class.



On **Wednesday 12 August 2020** there will be an information session for parents on the topic of

### **'Children and Personal Safety'**.

It will be held in the Community Room from **9:15am to 10:30am**.

**RSVP's are essential for this session.**

Please contact Nicole at reception on 6142 0020 or [nicole.emerton@ed.act.edu.au](mailto:nicole.emerton@ed.act.edu.au).

### **Find out**

- How to teach children about their early warning signs.
- What are safe behaviours?
- How to practice personal safety skills for your family.
- How to find safe adults to ask for help.
- How to talk to your child about safe and unsafe touches.
- What is stranger safety.
- What is a family safety plan.
- How to teach children to be safe without scaring them.

This session will be run by the School Psychologist Cindy Weinman.



## Waste Free Day

**Waste Free Day**



**Term 2**

Whole School  
Thursday 25 June 2020  
Wamburrang and Guginya  
Tuesday 23 June 2020

Say **NO** to general waste by packing your child's lunch in a re-usable container.

What class will have the least amount of waste on the day and receive the highly coveted 'Green Recycling Truck'?

Congratulations to our winners of our Waste Free Day last week. Winyu (kindergarten) and Dnnawan (preschool) were joint winners with only two items of waste collected from their class lunches. The Green Recycle Truck trophy will be spending time in both classrooms next term. Well done to the children in all classes for doing their best in reducing waste and using re-usable containers.

## Winyu's Texta Recycling Project

Jack and Ruth were very concerned about the amount of textas that were being thrown out in the Winyu Kindergarten classroom, eventually ending up in landfill. Jack discovered that the textas could actually be recycled at Officeworks. He and Ruth involved the rest of the group in their efforts to become texta detectives, testing the textas and collecting the ones that didn't work from other classes in the school.

Winyu have now discovered that lots of other hard plastic writing implements can be recycled by Terracycle. These include highlighters, biros, whiteboard markers and sharpies. They are taken apart and reused to make different objects. Winyu would like to continue their work and develop a system for collecting and recycling them at Southern Cross.





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### Lunchtime Learning Clubs - Outdoor Adventures with Nicole

The children in the Outdoor Adventures Club have been busy making kites and paper planes each Monday. The weather has been perfect for kite flying and we have had a great time running around in the playground near the treehouse. A couple of weeks ago, we made ladybeetle kites and there was lots of fun and laughter as they flew through the air in a blaze of colour.



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### Lunchtime Learning Clubs - Shooting Stars Choir with Emily

This term the choir has been learning a range of songs including "Puff the Magic Dragon", "I Like the Flowers" and a song from a very popular movie - Frozen 2! We have some songs with actions and have been looking at how we can use things like tapping sticks to add to our singing. Fingers crossed that next term, we will have the opportunity for a performance!

## Resilience workshop

# Resilience

## Promoting positive mental health and wellbeing with your child!

Do you want to know more about resilience and gain a better understanding on how to respond to your child's feelings and behaviours?

Come along to a resilience workshop with Charmaine Nicoll, Karina Dunn and Taylor Walsh from the UR FaB program.

When: Thursday 6 August 2020

Time: 4:30pm to 6:00pm

Where: Guginya and Bunduluk preschool room,  
Southern Cross Early Childhood School

To register please contact Nicole Emerton on:

Phone: 6142 0020

Email: [nicole.emerton@ed.act.edu.au](mailto:nicole.emerton@ed.act.edu.au)

*This course is provided free of charge. Places are limited so please register early.*



Southern Cross  
Early Childhood School



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## HIPPY Program

Are you looking to give your pre-school child a great start to school?

Do you want to boost your child's literacy and numeracy skills, and creativity?

**HIPPY (The Home Interactive Program for Parents and Youngsters)** is a free, two year, home-based, early education program that helps parents become their child's first teacher.

You will make new friends throughout the program and be invited to attend different training opportunities and community events. HIPPY can also be a pathway to employment for you!

### HIPPY families can look forward to

- Free HIPPY books and activity packs
- Regular home visits by a HIPPY Tutor who delivers the booklets
- Invites to community events and HIPPY Group meetings
- A HIPPY box full of stationery and resource to help you do HIPPY

Visit [hippyaustralia.bsl.org.au](http://hippyaustralia.bsl.org.au) or call HIPPY Coordinator, Warrick, on 0450 962 007





# Anglicare

## Family Photos

Anglicare have partnered up with Lasso studios to coordinate family portraits for you!

We are really excited to announce this, as it provides an easily accessible means for you to have your family photos updated, in a more affordable manner than having studio photos. A small percentage of the proceeds will come directly to us here at Anglicare, to help purchase resources for the children in our programs.

Photographer from Lasso Studios, Keiran, will be on site at Southern Cross to capture the perfect family moment, in which you can treasure forever. We are holding the photos at the school, with the option of either an indoor or outdoor shoot for you to choose from. Both can be accommodated. An indoor session will be taken with a white professional background.

A sample of Keiran's work can be found on the website at <https://www.lasso-studios.com/>

Please find flyers next to the sign in and out tablets for you to be able to book your family photos through Lasso's online booking system. See Erin or Rosie if you are interested in this offer for prices of packages. Spots are limited, we encourage you to book in sooner rather than later.

**Date of photo shoot:** Sunday 2 August 2020

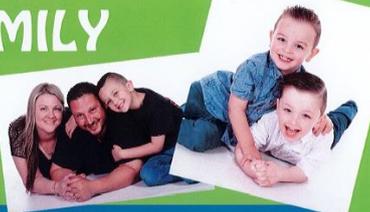
**Time:** To be confirmed online via booking system

**Where:** At Southern Cross Early Childhood School.

Please let me know if you have any further questions!

## TIME FOR A FAMILY PORTRAIT

Families Photographed on location  
Additional poses & digital file available  
Fantastic savings



Southern Cross Early Childhood School Fundraiser  
Sunday 2nd August 2020  
Book Online at - <https://www.trybooking.com/BJPRT>

Any questions please contact - Erin Uphill - 02 61420020  
or [erin.uphill@anglicare.com.au](mailto:erin.uphill@anglicare.com.au)





[lassostudios.enquiry@gmail.com](mailto:lassostudios.enquiry@gmail.com)

## Bright Star Café Menu Term 3

Check out the delicious menu for term 3, this menu will start on Monday 20 July 2020.

### SOUTHERN CROSS EARLY CHILDHOOD SCHOOL (TERM 3) LUNCH ORDER MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Spaghetti Meatballs & Parmesan <u>Vegetarian Option:</u> Lentil Ball Spaghetti	Coconut Mustard Chicken w/ Rice <u>Vegetarian Option:</u> Coconut Tofu	Minestrone Soup w/ Parmesan Roll <u>Vegetarian Option:</u> Butter Bean Goulash	Cheesy Tuna Melts w/ Baked Beans <u>Vegetarian Option:</u> Ricotta & Corn Melts	Cottage Pie w/ Beans <u>Vegetarian Option:</u> Black Bean Pie
<b>Week 2</b>	Chicken Meatballs w/ Mashed peas & Corn Cobs <u>Vegetarian Option:</u> Falafels	Cauliflower and Chickpea Curry w/ Rice <u>Vegetarian Option:</u> Mushroom, Pumpkin & Pepita	Beef Goulash w/ Mashed Potatoes <u>Vegetarian Option:</u> Black Bean Sliders	Greek Lamb Pasta Bake <u>Vegetarian Option:</u> Eggplant & Lentil Moussaka	Chicken Drumettes w/ Garlic Bread & Steamed Vegetables <u>Vegetarian Option:</u> Vegan Nuggets
<b>Week 3</b>	Beef Pie w/ Cauliflower Cheese <u>Vegetarian Option:</u> Chickpea Pie	Chicken & Mushroom Risotto <u>Vegetarian Option:</u> Mushroom, Pumpkin & Pepita	Beef Sliders w/ Beetroot & Lettuce <u>Vegetarian Option:</u> Black Bean Sliders	Cheesy Potato & Leek Soup w/ Bread Rolls <u>Vegetarian Option:</u> Dahl Curry	Slow Cooked Teriyaki Chicken w/ Udon Noodles <u>Vegetarian Option:</u> Tofu Teriyaki
<b>Week 4</b>	Mac & Cheese Bake w/ Salmon <u>Vegetarian Option:</u> Mac & Cheese w/ Broccoli	Shredded Beef Noodle Soup w/ Bread Rolls <u>Vegetarian Option:</u> Tofu Noodle Soup	Tofu, Pineapple & Vegetable Fried Rice <u>Vegetarian Option:</u> Dahl Curry	Lamb Korma & Jacket Potatoes <u>Vegetarian Option:</u> Dahl Curry	Chicken Tenders w/ Roast Winter Vegetables <u>Vegetarian Option:</u> Lentil Sticks

Please write any allergies on lunch order envelope. **Morning/Afternoon Tea is NOT included.** Lunch is served with a piece of fruit. As much as possible this menu will be adhered to but may change at short notice due to the availability of produce.

Note: Substitutions are made for special dietary needs. All vegetarian meals include fruit or vegetable high in vitamin C. There is no added salt or sugar to our menu; where possible wholemeal/wholegrain products are used.

## From the P&C

Thank you



The P&C is grateful for our communities response to our Pie+Pasta+Pastry Drive. We raised nearly \$1000 which will be spread between the P&C and Anglicare Early Childhood Education. Thanks for letting us try something new in these strange times.

Our biggest thanks goes to Sweet Bones and Hudson's Catering for working with us.

## Second Hand Clothing

We have some second hand stock in size 6 & 8 if you are looking for extra school clothes. If we don't have what you are looking for you can go on the waiting list for when donations come in. Email [scecsclothingpool@gmail.com](mailto:scecsclothingpool@gmail.com) with your requirements.

Second hand clothes can be donated near reception.

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## School Banking

We have not found a volunteer to help with school banking. Given the current climate we won't be running school banking in Term 3.

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## Next Meeting

Our next P&C meeting is scheduled for week 3 of Term 3. Given that 7pm Wednesday is not the most family friendly time we will be sending out a survey to see what might suit the majority. Stay tuned for more information.

Remember that most of our committee are leaving the school next year (Year 2 graduation, sniff sniff) so we will need to start putting out feelers for new members.

# Community Information

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## Holiday Happenings

Holiday Happenings are moving to a digital format. You are able to access a free online booklet or download the mobile app.

[www.holidayhappenings.com.au](http://www.holidayhappenings.com.au)



## Another Chance Op Shop



Another Chance op shop – Scullin shops, Ross Smith Crescent will be having a massive 50 hours = 50% off the entire store from Monday 6 – Saturday 18<sup>th</sup> July, coinciding with ACT school holidays.

Covid hours: Open Monday – Wednesday 10am – 1pm, Thurs-Fri 10am – 4:30pm and Sat 10am – 1pm throughout July.

Clothing, shoes, bags, and books. Toys and kitchenware, linen, craft, bric-a-brac and more. Like our FB page for more info.

Another Chance is a project of Mosaic Baptist Church: in the community for the community.

## Conservation Council, ACT Region

5 June – 24 July 2020

**Bid in the World Environment Day Online Auction and help us raise funds to continue our advocacy work for the environment!**



With over 90 items to bid on, the auction has something for everyone. 100% of items are donated by our sponsors, so 100% of proceeds support our environmental work.

World Environment Day, the United Nations' principal platforms to encourage action for our environment, is usually the occasion of our annual gala dinner and celebration of the environment. This year our gala dinner has been postponed.

More than ever, the Conservation Council depends on fundraising auctions like this one.

We campaign to cut greenhouse emissions, protect biodiversity in our urban and natural areas, protect and enhance our waterways, reduce our waste and improve urban sustainability, and improve public and active transport in our city. We also represent more than 45 member groups, collaborating to help make the ACT a hub of environmental action and progress.

When you bid in the auction you are helping protect the environment.

[Go to the live auction.](#)

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## ACT Nutrition Support Service

**Do I really need to eat that?**

**Are you falling into the mindless eating trap?**

Are you finding yourself taking the well worn path to the kitchen without even realising you are doing it? Grabbing something to eat because there is nothing else to do?

As we live through these long and repetitive days stuck at home, it is really important for us to look after ourselves and maintain a healthy relationship with our food. That means eat well, enjoy food but control your mindless grazing.

**The Mindful Eat-Mojis**

Eating mindfully is all about becoming aware of physical hunger and satiety cues to guide your decisions to begin and end eating. [FoodInsight](#) have captured these feelings perfectly with their 'eat-mojis' infographic.

Next time you mindlessly find yourself reaching into the pantry, check your feelings against the 'eat-mojis'. If you are feeling 5 or above then rethink that snack and find something else to do. Come back when you are actually hungry (1 - 4), make a nourishing meal, enjoy it and stop eating when you reach 6.



# The Mindful EAT-MOJIS

Rank your level of hunger before eating and halfway through the meal. If you are at a "6" or above, stop and save the leftovers. If you are below a "6", continue eating slowly until you are satisfied.



@FoodInsight

## 5 steps to become more connected with your food

1. Determine your actual hunger before meals and snacks.
2. Look at the food and appreciate the colours and components.
3. Smell before you start eating and take in all aspects of the food.
4. Taste the food by chewing carefully, savouring and pausing. Remember it takes 20 minutes for our brain to register that we are feeling full.
5. Acknowledge your reactions to the food you are eating– does it make you feel happy or uncomfortable?  
Check your feelings against the [mindful eat-mojis](#).

Visit [ACT Nutrition Support website](#) and download our [mindful eating factsheet](#) now.