

Southern Cross Early Childhood School



Newsletter 6 | Monday, 6 May 2019

DATES TO REMEMBER

Tuesday 7 May

Pyjama Day for Asthma Australia

Tuesday 7 May | 10.00

**Reptiles INC visiting
Guginya & Wamburrang**

Thursday 9 May | 10.00

**Reptiles INC visiting
Bunduluk & Dnnawan**

Thursday 9 May | 5.30-7.00

Board Games Night

Wednesday 15 May | 9.30-10.30

2020 Preschool Information Tour

Monday 20 May – Friday 24 May

Scholastic Book Fair

Wednesday 22 May | 11.00

**National Simultaneous Storytime
Alpacas with Maracas**

Monday 27 May

**PUBLIC HOLIDAY
Reconciliation Day**

Wednesday 29 May

Whole School Gathering – Years 1/2

Dear Families

Enrolments 2020

The Directorate has commenced enrolments for 2020. The online form and information can be found here

www.education.act.gov.au/school_education/enrolling_in_an_act_public_school. There is lots of information on this website or you can contact Nicole at reception. For our Year 2 families, if you still have any question about your child's transition to Year 3 please see Nicky or myself.

P&C Walk-a-thon

Thanks to all our P&C volunteers who helped run the Walk-a-thon at the end of last term. We had two beautiful days and the children thoroughly enjoyed it! A number of children walked and ran much further than planned with some of the children completing 8 laps! Each lap was about a kilometre so that was quite a distance. Thanks also to the helpers that made biscuits for the children to eat following their amazing efforts!

Calendar

We have a number of events on this term and we hope you can join us. Please keep an eye on the calendar and RSVP for events if required. To highlight just a few we are holding our Board Games Night this Thursday 9 May 2019 from 5:30 – 7pm. This is part of our **Linking Families to Learning** program that we are running at Southern Cross this year and all families are welcome. We do need RSVP's for the night so that we have enough games.

We also have National Simultaneous Storytime on Wednesday 22 May 2019 at 11:00am. The story we are reading this year is Alpacas with Maracas written and illustrated by Matt Cosgrove. We invite you to join us for the story then you are welcome to bring a snack and join your child for lunch outside.



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🌐 Web: www.scecs.act.edu.au

Federal Election - Polling Station

Our school will be a polling station for the Federal Election on Saturday 18 May 2019. The site will be open from 8am to 6pm. Our P&C are coordinating a democracy sausage sizzle. Perhaps you might like to place your vote here and also collect some vegetarian treats or a sausage from our amazing P&C.

Pre-Service Teachers

You may have noticed some additional adults in your child's classroom over the last week. We have welcomed pre-service teachers from the University of Canberra into our K-2 and preschool spaces. They will be here over the coming weeks, please say hello to them if you have moment. Leonie MacDonald has also started her 10 week placement in Winyu, working alongside Sophie Jarvis and she is completing her Graduate Certificate in Early Childhood through Edith Cowan University.

Kind regards,
Emma

From Southern Cross

Scholastic Book Fair

Save the Date!!

The Scholastic Bookfair is coming to Southern Cross in week 4. We have aligned this to fall in the same week as National Simultaneous Storytime and Scholastics National Family Reading Month. Please come in and check out the numerous books on sale. All proceeds go towards supporting the school to get more books and resources for our library and classrooms.

When: Week 4, Tuesday 21 May – Friday 24 May

Where: Located in the school Library

Times: 8.30am – 9.15am and 2.45pm – 3.30pm



Woolworths Earn & Learn

Woolworths has just launched Earn & Learn, and we're once again joining it. For those families who aren't aware of the program, if you shop at Woolworths between 1 May 2019 and 25 June 2019 you can earn stickers. Our school will be collecting these



stickers which we'll be able to swap for new school equipment; things like art and craft supplies, sports gear, teaching aids, and more.

So for any families who shop at Woolworths, please collect those stickers and drop them in to our collection boxes, located at Reception and the Café.

Thanks for helping out!

Lunchtime Learning Clubs

Term 2 clubs have commenced for children in Kindergarten, Year 1 and Year 2. New clubs for this term are Construction Zone, Mindfulness and Treehouse Play. Please see Jason if you would like to get involved with the clubs this term or would like to run your own club in the future. Your help is always appreciated.

Lunchtime Learning Clubs

BEGINS: Week 2, Term 2

TIME: 11:25am to 11:50am

FOR: Kindergarten, Yr 1 & Yr 2

Monday	Tuesday	Wednesday	Thursday	Friday
Construction Zone	Mindfulness	Shooting Stars Choir	Treehouse Play	Garden Club
				
Lisa	Jackie	Emily & Katharine	Hayley	Jason
Year 1/2 Classrooms	Community Room	Community Room	Treehouse	Environment Courtyard

Protective Behaviours

Our Protective Behaviours program started last week for children in all classes, the program will be taught on a Tuesday each week.

The topics for the next two weeks are:

Week 2: Early warning signs and safety - The children will recognise times they have felt scared or unsafe and identify their own early warning signs.

Week 3: Safety continuum and problem solving - The children will be introduced to the concept of safety and develop an understanding of the safety continuum – safe/fun to feel scared/unsafe. They will also have the opportunity to identify some problem solving strategies within the safety continuum.

If you would like to know more about the topics being covered each week, please ask your classroom teacher.

Southern Cross Family Board Games Night

Come and join in the fun at our Board Games Night.

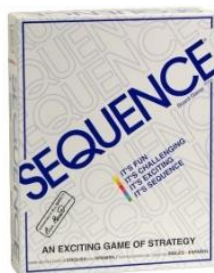
When: Thursday 9 May 2019, 5.30-7.00pm

Where: Library

We have a number of board games you can try out and then borrow from our library. We will also have some new games added to our collection to share with you as well. Come with your family to play against each other or against other families, it is an evening of fun and laughter.

Please RSVP to Nicole at reception.

Note: If you have borrowed games from our collection could they please be returned by Monday 6 May 2019 for the games night.



Help Raise Money for the School

Under the [ACT Container Deposit Scheme](#) you can return aluminium cans and water bottles to receive a 10-cent refund. This is a great opportunity for our children to take action and a chance for our **Waste Free Warriors (WFWs)** to coordinate the collection. The WFWs can also see that money can be generated through recycling and they are then able to provide input to how and where the money is spent at school.

While we do encourage the consumption of 'sometimes food and drink' on a limited basis, we are also eager to recycle. The more we collect, the more money our excited WFWs will get to spend!

We ask that you don't bring in any alcoholic or glass cans or containers.

Your aluminium cans and water bottles can be placed in the large buckets in the environment courtyard.

To find out more about the ACT CDS, visit: <https://actcds.com.au/>



Shoes for Planet Earth

Shoes for Planet Earth (SPE) is a non-profit organisation started by people who love to run and want to give something back. Working together with local and international communities and companies SPE provide recycled running shoes to those in need around the world.

Their mission is to help people by improving well-being while minimising consumption of non-renewable resources. Shoes for Planet Earth aim to encourage exercise and a healthy lifestyle, to improve hygiene and disease control and facilitate the 'feel good' benefits of giving and receiving.

Our school will make a contribution by helping to gather **sports shoes in good condition (no holes please)**. We ask that you leave behind a gold coin donation with each pair. This will cover any transportation costs involved. If you'd like to receive a tax receipt for your individual donation, you can donate directly to SPE via their website: <https://www.shoesforplanetearth.com/donate/>.

Please see Shane (Year 1/2 teacher) for more information.



Community Hub

Green Team – Landscape architect/designer needed!

The Green Team is looking for a landscape architect or designer to help redesign our Environment Courtyard. If you have some spare time and can help out please email Jason on jason.thornton@ed.act.edu.au or speak with Nicole at the front reception.

Read with Me Café – Begins the Friday

Come in from the cold on Friday mornings and enjoy a story and a pikelet in the library between 8:00am to 8:50am. What a great way to start the day spending time sharing a book with your family.



Worm Castings

Worm castings from our Environment Courtyard are available for all our keen gardeners. Please see Nicole at the front reception if you would like to take some home for your garden. Cash donations are very welcome, and money raised will be used to buy materials for our Environment Courtyard.



Can you help us at Bunnings?



We're on again Sunday 19 May 2019, 9:00-4:00pm

Bunnings Warehouse Belconnen!

If you would like to pop down and get a sausage or even give us a hand for a few hours it would be most appreciated!

Please contact Erin erin.uphill@anglicare.com.au

FUNDRAISER

WET & DRY BAG

Dear parents/guardians,

We would like to invite you to participate in our 'Wet & Dry Bag' fundraiser, where 25% of the purchase price of all wet bags will go directly towards educational toys, equipment and materials for our centre.

Recommended by teachers



The Kindergarten Wet & Dry Bag is a reusable, water resistant bag, designed to keep a spare set of clothes in, and to carry any wet and dirty clothes home again.

The Wet & Dry Bag is also extremely practical when going swimming, while on holidays and more, especially considering that there are no longer 'free' plastic bags available at the supermarket check out.

The reusable Kindergarten Wet & Dry Bag is the perfect environment friendly solution as it is reusable and practical for keeping your child's clothes together, preventing them from getting lost.

It's time for a change!

Plastic has become one of the most harmful materials to our environment. It pollutes our oceans while harming wildlife, and its filling up landfills faster than imaginable.

Making small changes to our everyday habits and swapping single use items for reusable products, will have a huge positive impact to our planet!

By investing in a Kindergarten Wet & Dry Bag, you will not only be part of the fundraiser, you will also save single use plastic bags from landfill!

P&C

Walk-a-thon

Thank you so much to everyone that volunteered to help with the Walk-A-Thon! Thank you to the Anzac biscuit bakers and the check point stampers that cheered the kids along! I am thrilled to let you know we raised over \$2,100 which will be donated to the school for the Oasis Playground!!

Next Meeting

Our next P&C meeting will be at the school at 7pm Wednesday 15 May 2019. All welcome!

Election Day

We are so excited to be hosting a polling station on Saturday 18 May 2019! This is a great opportunity for our school to fundraise in the wider community so we will be selling democracy sausages (and vegetarian food!), plants, raffle tickets and much more. A note has gone home with all students with ways you can support us. Spare copies at Nicole's desk at reception. WE NEED VOLUNTEERS ON THE DAY. Please sign up here <https://signup.com/go/xMvofNa>

Spread the word by telling all your family and friends that Southern Cross will be a GREAT place to vote!

Kind Regards
Jess

Community Information

ParentLink

ParentLink provides parenting education to the community, from birth to teenage years. It is available for parents, carers, kin, teachers, and the broader community, providing information and links to local resources and services.

The ParentLink website provides links to all ParentLink guides including a variety of topics - *Starting School, More than Reading and Writing, Optimism and Cyber Safety*.

The ParentLink suite of resources includes guides specifically for Aboriginal and Torres Strait Islander families, and access to resources for diverse cultural groups.

ParentLink guides are available to view and order via the website at,

<https://www.parentlink.act.gov.au/>



ACT Nutrition Support Service

Heart disease takes the lives of 51 Australians every day.

Heart disease kills one Australian every 28 minutes and many of these deaths can be prevented.



Heart Week was last week, so what better time to take five minutes to see what you can be doing right now to lower your risk of developing heart disease.

Here are five things you can do right now to lower your risk-

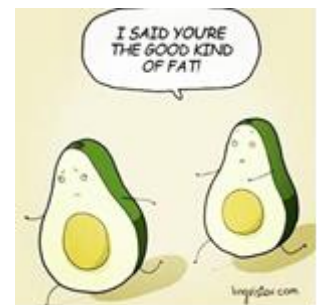
1. Get the balance of fats right

Both the quantity and type of fats are important when it comes to eating for heart health. Dietary fat should make up somewhere between 20-35% of our total energy intake.

Unsaturated fats such as those found in avocados, nuts and olive oil, lower our LDL or 'bad' cholesterol when they replace saturated fats in our diet. On the other hand, when consumed in large amounts, saturated fats can increase LDL cholesterol and our risk of heart disease.

Try these tips to lower the amount of saturated fat in your diet:

- trim the visible fat off meat and choose lean cuts
- remove the skin from chicken
- replace butter, ghee, and coconut oil with extra virgin olive oil
- limit highly processed foods such as pastries, cakes, chips and takeaway foods



2. Swap refined grains for whole grains

There is strong evidence to support the role of whole grains for heart health. A study of more than 55,000 adults followed for over 13 years showed that those who consumed the greatest amount of whole grains had a [25% lower risk](#) of having a heart attack compared to those who consumed the least.

Up the whole grain factor in your diet by:

- swapping refined cereals for rolled oats, whole wheat breakfast flakes and muesli
- use wholemeal flour in baking
- swap white rice and pasta for brown and wholemeal varieties

3. Eat more fruit and vegies

Fruit and vegies provide good sources of fibre and contain antioxidants and phytochemicals which work to reduce inflammation and protect your heart.

We know that Canberrans do not eat enough fruit and vegies, so look for opportunities in your day to get your 2 serves of fruit and 5 serves of vegies in.

Tip: try to include half a plate of non-starchy vegies or salad with lunch and dinner.



4. Be mindful of your salt intake

While we do need some salt (or sodium) in our diets, we often eat way more than we actually need. This puts a strain on our kidneys and as a result, can increase our blood pressure. This increases the risk of developing heart disease.

Try some of these tips to lower your salt intake:

- always taste the meal before adding salt, you might not need to add any!
- choose salt reduced Asian sauces, stock, gravy, canned vegies, passata and tomato paste
- add flavour to your meals with herbs and spices
- use salty ingredients sparingly
- read food labels and look for foods that have less than 400mg sodium per 100g

5. Go nuts!

Nuts are a good source of healthy unsaturated fats which can help to reduce unhealthy cholesterol. They also contain phytosterols, which help to lower cholesterol levels in the blood by reducing the amount that the body absorbs. Nuts are also rich in antioxidants and contain arginine, which helps keep blood vessels flexible and prevent blood clots. Basically, nuts are nutrition powerhouses when it comes to protecting heart health!

[Nuts for Life](#), recommend consuming about one handful (30g) of nuts 2–5 times a week to support heart health, and around two handfuls (60g) each day to lower cholesterol.

