

Southern Cross Early Childhood School



Newsletter 2 | Monday, 24 February 2020

DATES TO REMEMBER

Tuesday 25 February | 5.15-6.00

**All about Preschool Curriculum – Parent
Information Session**

Wednesday 26 February | 5.15-6.00

Literacy Information Session

Wednesday 26 February

P&C AGM 6.00-7.00

P&C Meeting 7.00-8.00

Thursday 27 February | 9.15-10.00

REPEAT Literacy Information Session

Monday 2 March | 5.15-6.00

**Transition Pathways – Parent Information
Session**

Wednesday 4 March | 9.15-10.00

Whole School Gathering – Year 1/2

Monday 9 March

CANBERRA DAY PUBLIC HOLIDAY

Friday 13 March | 8.00-8.50

Community Breakfast – FUNKY Hair Day

Monday 16 March | 9.30-10.30

2021 Preschool Information Tour

Tuesday 17 March | 5.15-6.00

Numeracy Information Session

Wednesday 18 March | 9.15-10.00

REPEAT Numeracy Information Session

Dear Families

Southern Cross Vision, Mission and Values

Our Vision, Mission and Values help to keep us focussed on what our community thinks is important.

Our Vision is

We will inspire a passion for learning across our whole community and provide opportunities for children to play, learn and grow.

Our Mission is

We recognise children as being capable, creative and competent learners. We partner with their family and our community to nurture their development. We prioritise relationships, play experiences, quality practice and inclusive environments with meaningful connections to Country. We respect and value everyone as learners.

Our Values are

respect, resilience, kindness and creativity.

Every day our teachers and educators look for opportunities to recognise when we see our children demonstrating these values around our school.

Social Media

We try and regularly post interesting things to our Facebook page.

Whilst we know that Facebook is not perfect, we do find it useful to

share our happenings at Southern Cross Early Childhood School. Grandparents especially love to see our photos! We do take great care with media permissions but should there be a photo that you do not want posted please let us know and we will remove it straight away.



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

Family Picnic

Thank you so much to those in our community who were able to come along to our Family Picnic last Thursday. The weather was perfect and the company was amazing! It was just brilliant seeing new connections being made and old friendships being renewed. Connecting as a community is so important. Thanks to Anglicare for the yummy BBQ and thanks to the whole team for the setup and pack up.



Kind regards,
Lyndall

From Southern Cross

Writing at Southern Cross

This year we are having a focus on writing. During the week before school started back, the teachers attended professional learning on 'All About Writers' with Catherine Nash and came away with a number of inspiring ideas to enhance our children's learning.

At Southern Cross we teach writers, and the language we are using with the children is 'I am a writer'. We are using this language with all our children from preschool to Year 2 because we are all writers and can portray our message to others through writing at whatever stage they are at.

Writing is a skill developed through practice. Therefore, you will see our children practicing being writers daily. Our children will have opportunities for purposeful writing to be explicitly taught, modelled and practiced in a way that promotes a love for writing. To do this, writers need readers, they need to have an audience/ reason to want to write. When writer's writing is valued it build's confidence, purpose and inspires our children to take more risks in their writing building their resilience when faced with challenges.

In the classroom you will see our educators and children talking, drafting and crafting pieces of writing focusing on qualities such as ideas and content first, and then attending to conventions later. We don't want to forget about the conventions of writing, however without treasuring the creative and inquisitive ideas our children have, writing becomes a chore and not interesting to keep learning.

Your child's teacher would have spoken to you at the getting to know families interview about setting a goal for your child. Here are some examples of a goal you may set for you child at the different stages of schooling for writing.

Preschool

- To build strength in a dominate hand to control a pencil for drawing.
- To form the letters in their name correctly.

Kindergarten – Year 2

- To move from drawing ideas down to using letter sound knowledge to portray a message.
- To take risks with writing to know it's ok it make mistakes.
- To take risks as a writer and get their ideas down in a logical order.
- To write their creative ideas down, moving from simple sentences to adding more detail.
- Building their stamina and confidence to be a writer.
- To see themselves as a writer.

If you have not had the opportunity to discuss a writing goal with your child's teacher please contact them via email, seesaw or face to face. We want you to be involved in your child's journey in becoming a successful writer.

SMS Absence Notifications

Southern Cross Early Childhood Schhol will be sending an SMS to inform families of student absences. You will receive an SMS to let you know your child has been recorded as absent on the morning of their absence. 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.

You 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 streamline our processes.

For **planned absences**, we would still appreciate advanced notice of your child's absence, please notify your class teacher or Nicole at reception.

For **late arrivals**, eg. after 9.15am, your child needs to be signed in at reception.

Lunchtime Learning Clubs

Lunchtime Learning Clubs

BEGINS: Week 2, Term 1
TIME: 11:25am to 11:50am
FOR: Kindergarten, Yr 1 & Yr 2

Monday	Tuesday	Wednesday	Thursday	Friday
Treehouse Play	Mindfulness Time	Shooting Stars Choir	Drumming Club	Garden Club
				
Hayley	Jackie	Emily	Lisa	Jason
Treehouse	Across the school	Community Room	Community Room	Environment Courtyard

Community Hub

Community Breakfast

Funky Hair *Community Breakfast* *@ Southern Cross Early Childhood School*

*Come along to the
Bright Star Café and enjoy a healthy breakfast
with other families from our school.*

*Our Year 2 leaders will be collecting gold coin
donations for WIRES to help animals who have
been affected by the recent bushfires in NSW.*



*Friday 13 March
2020
8:00am – 8:50am*



CampOUT 2020 – **SAVE THIS DATE!**



From: 5:00pm Friday 27 March 2020

To: 10:00am Saturday 28 March 2020

Southern Cross Early Childhood School

K-2 Outdoor Learning Environment

More details available soon!

Linking Families to Learning

Helpful Hints for Home

There is always a lot of discussion in families and at school about technology and screen time. At school our children have the opportunity to explore the use of iPads and Chromebooks for learning in an internet secured environment and for only a planned amount of time.

When it comes to technology and screen time at home, I know there are a lot of different opinions, ideas and worries families experience. Here are some tips regarding screen time, which were sourced from the government's eSafety Commissioner.

Screen time and screen practices

Good screen practices are important for the overall health and wellbeing of young children.

Good screen practices for young children centre on the quality and nature of their activity online, as well as parents and carers modelling good screen habits and being actively engaged in their child's screen time.

Be actively engaged

Engaging in quality content with your child can be a positive experience for them and can promote learning and development.

Decide which activities will be 'explore together', 'supervised' and 'independent'.

The level of supervision required will depend on the nature of the activity and the readiness of your child.

Explore together

These are activities in which you sit alongside your child and you are both fully engaged. The screen remains within your sight at all times. Explore together activities should include all new games, apps, websites and programs.

- Describe what you are thinking and doing and ask questions — 'I wonder what will happen when we tap here?'
- Practice taking turns with your child.

Supervised

During supervised activities your child is the one controlling the screen, but they are talking to you about what they are watching or doing. You may be nearby in the same room engaged in another activity, like cooking, as you talk with them. Supervised activities should involve content your child is familiar with.

- If a game or activity can be played offline, turn airplane mode on or disconnect from wi-fi.
- Ask lots of questions and encourage your child to show you things, so you can stay engaged in what they are doing.

Independent

When your child is engaged in independent activities, they are watching and exploring online by themselves. You are still nearby in the same room. Independent activities should only include games, apps, websites and programs you and your child know really well.

- Make sure your child knows they can come to you if they are unsure about anything or they see or experience something that makes them feel uncomfortable.
- Check in with your child every so often and ask what they are doing or watching.



How to balance screen time

How much time should your child spend online?

You know your child.

Consider your child's screen use in the context of their overall health and wellbeing. The Department of Health provides recommendations in its 24-Hour Movement Guidelines on levels of physical activity, sedentary activity (such as screen time), and sleep for children.

Tips for managing screen time

You may be accustomed to 'tech tantrums', or your toddler or preschooler having a tantrum because their screen time is over. It is normal behaviour for children to not want to stop a fun activity, whether it is online or not.

Use a timer — decide on the right amount of time and use a timer or a screen time monitor that blocks access. This is especially useful for very young children as they see it as the device 'turning off', not you imposing a rule.

Talk about a set amount of screen time before your child starts to play or watch — this may help them stop when their time is up.

Help them transition to another activity — in the last five minutes of your child's screen time, sit with them and engage with what they are doing. You could also suggest you draw or make a character from your child's favourite program or game together.

Agree on device-free times — talk together as a family about when everyone should put their devices down. Depending on your routine, this may be during meals and at night.

Turn off devices an hour before bedtime — research shows it is important to turn devices off at least an hour before bedtime to ensure your child has the best quality sleep.



Here are some links for more information about technology and screen time, including online safety for young children.

- <https://www.esafety.gov.au/educators/early-years>
- <https://www.esafety.gov.au/sites/default/files/2020-02/Early-years-booklet.pdf>
- <https://aifs.gov.au/cfca/publications/online-safety>
- <https://raisingchildren.net.au/school-age/play-media-technology/digital-safety/internet-safety-6-8-years>

Literacy Information session

Would you like to find out more about literacy learning at Southern Cross?

Our Literacy coordinator, Nicky Smith will be running two sessions at the school on:



Wednesday 26 February 2020, 5.15-6.00pm

OR

Thursday 27 February 2020, 9.15-10.00am



If you are interested in attending, please RSVP to Nicole Emerton at reception via email or in person.

Welcome to the 2020 school year!

Hello and a big welcome to our new families at Southern Cross! Our P&C runs a number of events throughout the year from discos to movie nights to democracy sausage sizzles. We do all this to raise as much money for our beautiful school as we can AND add to the sense of community we enjoy here. The P&C meet twice a term and our core committee does a lot behind the scenes. We then call out for helpers at specific events. You can be as involved as you'd like and we would love to have some fresh helpers in 2020.

P&C Meeting

Our first meeting will be held at the school this week, Wednesday 26 February 2020 with the AGM at 6pm and general business from 7pm to 8pm. All welcome! Come meet the committee and see if there is a role you could help with or just get a sense of what areas might need extra help.

School Clothing

The P&C runs the uniform shop on volunteer power. Because we have to order in high quantities in single colours it may mean polos are only available in one colour in certain sizes. We appreciate everyone's understanding that their preferred colour may not always be in stock. It's a cost and a storage issue for the P&C and we try to strike the right balance between spending all our fundraised money on the school or a huge stockpile of uniforms. Thank you to everyone who was so patient during the school holidays waiting until they could collect their uniforms.

Second Hand Clothing

The P&C currently has a HUGE supply of second hand jumpers and beanies across most sizes. The hot tip is to BUY NOW while the stock is available! Second hand beanies are \$3 and the jumpers are \$10. The second hand clothing pool works on a first in, best dressed model so if you are keen to plan ahead for the cooler months please email scecsclimbingpool@gmail.com. Should we not have what you need we can always add you to our waiting list.

Donations

We have a waiting list for second hand size 2 and size 4 polos. If you have anything in your drawers at home that could be donated, please drop off to the box near reception.

Thank you

Thank you to everyone who supported the P&C in 2019. We were mostly a brand new committee and we learned a heck of a lot! We are so proud that we were able to donate \$10,000 to the school and we hope 2020 is just as successful because of the ACT Election later this year. Democracy Sausages are a great boost to our fundraising!!

If you see me around the school and want to chat about the P&C, please do!

Jess Yeo

P&C President

Community Information

ACT Nutrition Support Service

Packaged foods in the Supermarket

With more than 30,000 packaged foods lining the shelves of our grocery stores, it's no wonder we feel overwhelmed for choice.

For the Dietitian's Association of Australia's Smart Eating Week this year dietitians around Australia are helping shoppers make a healthy choice at the supermarket.

Nutrition Information Panel

It's time to become a supermarket superstar and learn to read the Nutrition Information Panel (NIP) like a pro!

These figures are a good ballpark to try and remember but of course they won't always suit

every product on the supermarket shelf. For example, dairy foods don't contain fibre and low-fat cheese will have more than 3g per 100g of saturated fat.

For a more detailed breakdown of what to look for in different food categories download our [handy label reading guide](#).

If only there was an easier way to find the healthiest option on the shelf

THERE IS!

As part of ACT Health's [Healthier Choices Canberra](#) program, we have visited most independent supermarkets across Canberra. We have tirelessly scoured all of the supermarket shelves to identify the healthier choices for you.

So next time you visit your local independent supermarket, keep an eye out for the little blue tickets.



What to look for in a Nutrition Information Panel*

- ★ less than 15g per 100g of sugar
- ★ less than 400mg per 100g of sodium
- ★ less than 3g per 100g of saturated fat
- ★ more than 7.5g per 100g of fibre

*This is a general guide only

Accredited
Practising
Dietitian



Smart Eating Week

