Dear Families

Welcome back to Term 4. It was just so lovely to see our children back after the break. On my walks around the school I have been really impressed with the writing that the children have just dived into this week. It is great to see their confidence grow and how they are able to talk about what writing strategy they are working on.

Tips to help your child learn

The Education Directorate has produced a new online resource to support families focussing on Parental Engagement. We know that when families and schools work together, children are more likely to build good relationships and do better at school. There are simple ways that you can support your child's learning and help them get the best from their education. If you are looking for information about how you can be part of your child’s learning please have a look at the following link www.education.act.gov.au. There is a range of age appropriate information to help you support your child’s learning at home and at school.

Policy Feedback

Thank you to those families who provided feedback to our policies that were up for comment from the end of last term. We did not get a lot of feedback but what we did get we will take to the School Board in a couple of weeks so that it can be considered and then the policies will be ratified. Thanks especially to David Wild who provided a lot of comment on the UV Protection Policy. We still have a little time for feedback to still come in so please follow this link https://docs.google.com/forms/d/e/1FAIpQLSeWc1ulq0QGIiTobsYM60uGlybT6x7T3WrKmFiseBuRnBiKQ/viewform should you still wish to provide us with your thoughts.

Class Placement for 2017

This is the time of year that we start to prepare our classes for 2017. As a parent or carer you may wish to provide additional information to the school that can be considered as we look at the right mix of children to be in each class. Many parents and carers have no additional information to provide and are happy to leave it to their child and feedback from the team. Should you wish to provide additional information please follow the link https://goo.gl/forms/GwmMLUv00Y9iwaI22 to the confidential Google Survey and complete it by Monday 31 October 2016.
Should you wish a hard copy to complete this can be collected from Reception and returned to Reception by the above date. Please note that as student input, teacher input and parent feedback are all considered, competing priorities may mean that not all requests can be actioned.

This year it is critical that any additional information is returned to the school by the date on the form. We are hoping to let children and families know their class and teacher for next year by the end of this school year. At this time we are planning to have

- Four preschool classes
- Three Kindergarten classes
- Two Year 1 classes
- Two Year 2 classes.

Obviously if our numbers change we may need to adjust these proposed arrangements. We hope that earlier notification will help our children to make a smooth transition into their classes next year. The more children who stay at Southern Cross the more likely we are to be able to run the proposed classes.

Kind regards

Lyndall Read

From Southern Cross

**Lunchtime Learning Clubs**

Wool Wanted – One of our lovely Nannas is starting a French knitting club as part of our Lunchtime Clubs this term. If you have old wool or yarn lying around that you know you are not going to use please bring it in and leave it at reception. This may morph into knitting and crocheting next year so if you are cleaning out a cupboard to look for wool and want to throw in old crochet hooks and/or knitting needles that you won’t be using, please feel free.

Lunchtime clubs commence next week:

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shooting Stars Choir</td>
<td>Fly It! Club</td>
<td>Recorder Club</td>
<td>Sports Club</td>
<td>Garden Club</td>
</tr>
<tr>
<td>Natalie</td>
<td>Gavin</td>
<td>Fiona</td>
<td>Jason</td>
<td>Jason and Jose</td>
</tr>
<tr>
<td>Community Room</td>
<td>Playground</td>
<td>Community Room</td>
<td>Playground</td>
<td>Environment Courtyard</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Library</td>
</tr>
</tbody>
</table>
Sporting Schools – Athletics
This term Athletics ACT will be running four sessions of their ‘IAAF Kids’ Athletics’ program for children in Kindergarten, Year 1 and Year 2. The sessions begin on Friday 28 October 2016 and will run on consecutive Fridays during school time. Below is a brief description of the program:

‘Athletics Australia’s IAAF Kids’ Athletics is an introduction to team-based competition, in an age appropriate format focused on fun and keeping kids moving. Using modified equipment the program is designed to develop the fundamental skills of running, jumping and throwing. The focus of the program is on skill development, building a generation of active, healthy, sport loving children whilst most importantly having fun.’

For more information about the IAAF Kids’ Athletics program please visit the website: [https://www.sportingschools.gov.au/sports/athletics-australia](https://www.sportingschools.gov.au/sports/athletics-australia)

Grandparent’s Day
To celebrate the important role grandparents and other special people play in young children’s lives, Southern Cross Early Childhood School would like to invite all grandparents and special people to an Open Classroom and Morning Tea.

**Date:** Monday 31 October 2016

**Time:** 10.30-11.30am (Morning tea from 11.00am)

**RSVP:** 6142 0020 or nicole.emerton@ed.act.edu.au

Come along and been shown through the classroom and spend time together at school.

Donations
We are currently seeking donations of old magazines. Instead of throwing them in the recycling bin please send them our way and the children will recycle them for you. 😊

Donations can be left at reception with Nicole.

KidsMatter

KidsMatter Parent Survey
Families are invited to take part in the Kids Matter Parent Survey. The survey asks for your perspective of our school and what you think is important for the school to consider in better supporting children’s mental health and wellbeing. Information gathered from the survey helps in planning programs and events at school for children and families.

The survey takes approximately 10 minutes to complete and if you are unable to access the internet at home please see Nicole at the front desk and she will log you into a school computer.


Please click on the link below to start the survey.

The survey is open until Monday 31 October 2016
KidsMatter Student Survey

Children from Preschool to Year 2 are also invited to have their say by completing the Kids Matter Student Survey. The survey will be conducted in class over the coming weeks. Completing the survey is not compulsory so please see your teacher if you want more information or do not want your child to participate.

For more information please visit

Please Note: The answers provided by parents, carers and children are completely anonymous and it will not be possible to identify you or your child from your answers. Data is stored electronically by Kids Matter Primary in a password secured database. Only summarised results that align to the four components are used by the school to assist with school planning. Kids Matter Primary may also use data summarised at a state level to inform the national development of Kids Matter.

Community Hub

Bike and Kite Day - ARTS Extravaganza

As part of the Bike and Kite Day this year, the children will be displaying their artwork for all to enjoy. Come along and be amazed by the children’s creativity and art skills.

Bring your friends and family and join in the fun!
End of Year Shutdown

Our end of year shutdown period will be from close of business on Friday 23 December 2016 until 7.30am on Monday 9 January 2017. This is the usual 2 week close down and no fees will be charged during this time. Please note that vacation care will run from Monday 19 December till Friday 23 December 2016.

2017 Childcare Placements

Over the last week you should have received an email confirming your child’s place for next year. If you need to make any changes to this please let me know as soon as possible. If we are unable to accommodate the change you require we will place your child on the in-centre waitlist.

Science Spectacular

The children who attended the School Holiday Program had a fantastic time being little scientists. We had an incursion with “Gross Science” and the children thought it was great to make blood and vomit! If you have any feedback for the program please email Bec at Rebecca.telek@anglicare.com.au

Bright Star Café

Below is the new canteen menu starting in Term 4.

The four week rotating menu has been created using national nutrition guidelines with a multicultural and seasonal perspective. For $4.00 your child receives the lunch of the day and a piece of fruit.

Please remember to send munch and crunch and afternoon tea with your child as this is not included in the price of a lunch order.

The menu is available for viewing during Term 4 at http://www.scecs.act.edu.au/our_school/bright_star_cafe

Community Information

From the ACT Nutrition Service

Good food for a good mood

Last week was Mental Health Week. Mental Health took centre stage for the week to remind us all of the importance of good mental health and encourage us to start conversations with our friends and family about mental health.

Did you know that 45% of us will experience poor mental health at some stage in our lives? Chances are that you or someone you love will be affected by depression, anxiety or one of the many other disorders.
The theme for Mental Health Week was ‘Learn and Grow Together’, encouraging the community to celebrate wellbeing and remove any stigma associated with this all-too-common condition.

**So how do we maintain good mental health?**

Great starting points to maintaining good mental health include:

- good nutrition
- regular exercise
- avoiding smoking
- maintaining a healthy weight

Significant research exists now between good diet and optimal mental health. We know that people with poor mental health often have an unbalanced diet, with high intakes of processed foods and low intake of fresh foods. Research is continuing to attempt to determine if diet can be directly responsible for poor mental states or if poor mental states are responsible for poor diets. Watch this space for research findings as they happen!

Right now there is evidence for the link between poor diet over a lifespan and the increased risk of dementia and depression. In particular, a diet high in fresh foods, antioxidants and unsaturated fats has been associated with reduced risk of dementia and alzheimers disease.

**Our 5 top tips for good mood food**

- A balanced diet – everything in moderation, with a focus on fresh food.
- Limit your processed foods – these are often high in salt, sugar and/or fat which are linked to general poor health and increased disease risk.
- Enjoy oily fish 2-3 times each week – salmon, mackerel, herring and sardines are all great sources of the omega-3 fatty acids linked to brain and nervous system health.
- Regular carbohydrate intake – a steady stream of fuel for the brain can help prevent mood swings exacerbated by sugar lows and highs.
- Keep hydrated – choose water to keep dehydration away. Dehydration can make it hard to think clearly and impact on your decisions.