

Southern Cross Early Childhood School



Newsletter 18 | Monday, 18 November 2019

DATES TO REMEMBER

Tuesday 19 November - Friday 22 November

Scholastic Book Fair

Thursday 21 November | 9.10-9.40

Kindergarten visit for 2020 families

Wednesday 27 November | 12.00-1.30

Christian Education in Schools

Friday 29 November

Waste Free Day

Wednesday 4 December | 7.00-8.30

P&C Meeting

Monday 9 December

Year 2 Swimming commences

Monday 16 December | 2.00-3.00

Year 2 Graduation

Tuesday 17 December | 5.00-7.00

End of Year Celebration

Wednesday 18 December | 9.15-10.00

Whole School Gathering - Kindergarten

Wednesday 18 December | 10.00-11.00

Volunteers Morning Tea

Dear Families

Be You Action Group Meeting

I was thrilled to be able to go to the Be You Action Group Meeting last week and hear from Kuhu and Suhaani the outcome of the Parent/Carer survey that they undertook. Kuhu and Suhaani did such a great job in preparing the survey materials, conducting the survey and undertaking the analysis. You are clear that you want to learn more about helping children to build resilience and how to support children's wellbeing and mental health. We will be prioritising these topics throughout our work with you over 2020.

Outside Learning Day

On Thursday 7 November 2019 we had the most brilliant Outside Learning Day. The children could choose from the following areas

- Be an artist
- Be a writer
- Be a reader
- Be peaceful
- Be a scientist
- Be a mathematician/chef/be messy in the Oasis
- Be an explorer - loose parts, logs, cubbies, ninja line, tree house, digging patch, slack lines
- Be a sportsperson

Over the course of the day the children could choose to go where ever they wanted and spend as much or as little time in the areas that were of interest to them. During the day the children needed to return to 'Base Camp' to eat and drink throughout the day. They needed to listen to their bodies to work out when they needed to eat, drink and rest.

We heard some amazing comments over the day including Halimata on the slacklines "I can do it. I can do it. The tree is steady. I'll look at the tree not my wobbly feet. I can do it." This was after Sophie had been giving the "look at the



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

tree, not your feet” tip to other children throughout the day and she repeated it as a little mantra to herself the whole way along. After her turn she took over sharing this tip to the preschoolers who had joined the space. Honourable quote mention to the way Charlie shouted, “I FOUND A SHOE!” when he discovered the shoe completely submerged in the mud pit. Dyrirrigurat agreed “We should have hammocks every day at school.” - I like their thinking! Then, we got these two beautiful reflections, one from Maya “I connected to nature even more than before” and one from Sienna “I learnt that holes in a kite make it fly better”.

A huge amount of work goes into the preparation and set up for a day like Outside Learning Day, so my sincere thanks to Jackie and Candy for their organisation and to the team for setting up and packing away. A big thank you also to the families who were able to help on the day. Having more hands meant that children were able to have more quality interactions.

Cultural Integrity Mini Conference

After a big day of outside learning the teaching team at Southern Cross Early Childhood School joined with Giralang Primary School to share their action research that they undertook over the course of the year. It was great to be able to celebrate what we have learnt this year and to share with our colleagues our new understandings. Our thanks to Giralang Primary School for hosting us.

Being Safe Online

The eSafety Commissioner has released its **new and refreshed** website. You can find more information here www.esafety.gov.au. It is a comprehensive, dynamic and interactive national online safety hub with updated tailored advice, resources and support. There is a specialised area for young people and the topics can assist with online safety conversations in the classroom. The internet and being connected online is a powerful tool and our children are never too young to be aware of the positives/negatives of being online and to learn strategies to keep themselves safe. You can find out about how we can help children to build good habits here www.esafety.gov.au/parents/skills-advice/good-habits-start-young.

Kind regards,
Lyndall

From Southern Cross

Southern Cross has a Reconciliation Action Plan (RAP).

This is a formal statement of commitment to reconciliation. The RAP identifies key actions for our school community to work towards to build relationships, respect and opportunities for learning within the classroom, the school and the community.

Members of the school community are invited to be part of the RAP working group, which meets 1-2 times a term to make sure our school is active in our reconciliation journey. Both indigenous and non-indigenous community members are welcome.

Narragunnawali
Reconciliation in Schools
and Early Learning



If you are interested in being part of the Southern Cross RAP working group, contact jason.thornton@ed.act.edu.au, sophie.jarvis@ed.act.edu.au or emily.tanner@ed.act.edu.au.

You can find out more about Reconciliation Action Plans at <https://www.narragunnawali.org.au/raps/what-is-a-rap>

Southern Cross
Early Childhood School



End of Year Celebration

Tuesday 17 December 2019

5.00pm – 7.00pm

Children from Anglicare to Year 2 will be performing some of their favourite songs.

What to bring: A picnic dinner (no nuts or alcohol please) and a rug or chair.

The P&C will be running a sausage sizzle on the night.

Please note: Families have duty of care at this event and please be mindful of our neighbours when parking.

Waste Free Day

Waste Free Day



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

Whole School
Friday 29 November 2019
*Preschool – Guginya and
Wamburrang*
Tuesday 26 November 2019

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



Helpful Hints for Home

Transitions

We are approaching the end of the school year and with this comes change. For some of our children this change is a big one, moving to a new school, and for others it is moving to a new class group at Southern Cross. No matter what the change is our children can have some big emotions and worries that come with the unknown. Here are a few tips and things to consider to help you and your child over the next couple of months.

- Remember sometimes our children find it hard to understand why they are having big emotions and don't recognise it is to do with change. Therefore, we need to recognise the feeling our children are having, acknowledge it is alright to feel that way and support them with these emotions.
- Visiting your child's new school and attending any transition times will help children to become familiar with the new environment and people. This includes attending Southern Cross meet the teacher afternoon. If you feel your child needs more support with transitions, please talk to your child's teacher.
- Take photos of the new environment your child will be attending so they can show other people and talk about all the new, exciting and different things they will be able to do.
- You could create a book together about change, include photos from Southern Cross and the new school.
- Make sure you have contact details of the friends your child has made here at Southern Cross so they can stay in contact.
- If starting a new school, take walks, bike rides or drives past the school regularly, especially if you will be walking or riding to school, so your child is familiar with how to get to school.
- During the week before school goes back, make sure everything is ready for the first day back at school. Including school uniforms, school bag, lunch box, hat and anything else they will require to make the morning of the first day as smooth as possible.
- Remember children will react to how the adults around them are feeling, so try to stay calm and positive with how the first day or week will be, and this will help to support your child's feelings.

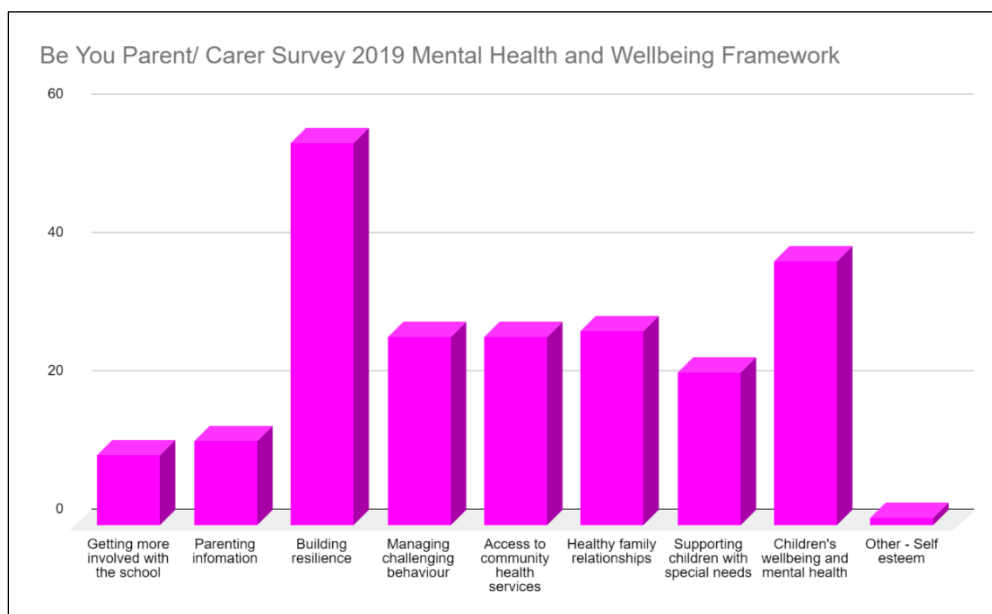
Parent/Carer Mental Health and Wellbeing Survey Results 2019

Thank you to everyone who took part in our survey. Here are the results.

The Be You Action Team will now study the results and work out ways to provide families with information about the mental health issues you would like to know more



<i>Mental Health Issues</i>	<i>Responses</i>
<i>Getting more involved with the school</i>	<i>10</i>
<i>Parenting information</i>	<i>12</i>
<i>Building resilience</i>	<i>55</i>
<i>Managing challenging behaviour</i>	<i>27</i>
<i>Access to community health services</i>	<i>27</i>
<i>Healthy family relationships</i>	<i>28</i>
<i>Supporting children with special needs</i>	<i>22</i>
<i>Children's wellbeing and mental health</i>	<i>38</i>
<i>Other - Self esteem</i>	<i>1</i>
<i>Total number of responses</i>	<i>220</i>



Year 1/2 Term 4 Playdate 2019

Come along to our final playdate for the year!

Siblings are welcome!

The Oasis

Families have personal duty of care when attending this event!

@ Southern Cross Early Childhood School

Monday 25 November 2019, 3pm – 4:30pm

Please bring a nut free afternoon tea and a change of clothes!



This is a P&C supported event.

Class Coordinators
Alison (Liam's mum):
0415 314 007 - Gudamang
Rachel (Harry's mum):
0468 524 143 - Wirria
Nicole (Lewis' mum):
04084684419 - Dylirigurat

KINDERGARTEN PLAYDATE OASIS

WHERE: OASIS, SEECs

WHEN: WED 27TH NOV, 3PM

Bring a change of clothes,
it will be muddy!

Kindergarten Family
Engagement Coordinators

Dyurra
Tamira Ford
(Isaac's Mum)

Kabbaang
Frances Stewart
(Dylan's Mum)

Winyu
Craig Methorst
(Samara's Dad)
0402 539 979



This is a P&C supported event

Families have personal duty of care when attending this playdate.

Community Hub

Anglicare Christmas Pantry Appeal



This year we are supporting Anglicare with their Christmas Pantry Appeal for Canberra families in need. The train is set up near the front school entrance ready to collect non-perishable food and new toys and clothes. The appeal will run for three weeks ending on Friday 6 December 2019. Thank you for your support in helping others in our Canberra region.



Brighten up Christmas for families in need by donating food & toys.
Help us make a difference to the lives of people in our community.

Anglicare

School Holiday Program

The School Holiday Program will be in operation on Friday 20 December 2019. Anglicare Early Learning Centre will be closed from Monday 23 December 2019 through until Monday 6 January 2020 inclusive. Reopening for Long Day Care and the School Holiday Program, on Tuesday 7 January 2020. Enrolment forms will be sent home this week 😊

Summer School Holiday Program 2020

Friday 20 Dec
End of Year Party
Join us as we celebrate a wonderful year! Today will be full of endless water fights, face painting, oasis expeditions and so much more! Don't forget to bring your swimmers, a towel and plenty of spare clothes!

Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
<u>Centre Closed</u> Centre closed for Educator Planning Day	<u>We're going on a Bug Hunt</u> Let's take out our magnifying glasses, explore the mysteries that nature holds, see what creepy crawlies we can find and visit the treehouse for a picnic with friends.	<u>A day full of Friendship</u> Will you be creating friendship bracelets for your best friend or joining in on some group games today as we highlight the power of friendship.	<u>Avatar Story Creation Day</u> Create your own Na'vi from Pandora and write a story about them that goes beyond your wildest imaginations on this Avatar themed day.	<u>Zoo and Aquarium Excursion</u> Let's go visit our local zoo, check out all our favourite animals and then enjoy an afternoon tea with the meerkats.* <i>*This excursion will incur an additional fee</i>
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<u>Spooky Hideouts</u> Get ready for a creepy day as you break off into two teams and compete with your friends to see who can make the spookiest fort.	<u>Pokémon Day</u> Come dressed up as your favourite Pokémon or trainer, join Team Rocket or Team Ash and try to 'catch them all' throughout the suburbs!	<u>Dawn of the Dinosaurs</u> Have your friends been taken by dinosaurs? Come join us on another nutty adventure with our prehistoric Ice Age friends.	<u>Spies in Disguise:</u> Venture out to Hoyts Belconnen to watch a privately screened spy adventure movie whilst eating tasty popcorn and snacks!*	<u>Harry Potter Day</u> TROLL!!! IN THE DUNGEON! Let's see how many magical creatures we can name from the Pottermore as we try to locate the Philosophers Stone...

Various activities are offered as an alternative for all programmed days. These include craft, construction, reading, music experiences, group games, outdoor activities, and free learning experiences. Please also bring your child's bike/scooter and helmet if they wish to go to the bike track that day.

Summer School Holiday Program 2020

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<u>Nuddya Disco</u> Dance to express, not to impress! Join us today as we dance along to all your favourite songs and tumble around on the gymnastics mats.	<u>Botanical Gardens Discovery Walk</u> Stroll through the amazing Botanical Gardens and learn how plants are important for animal biodiversity.* <i>*This excursion will incur an additional fee</i>	<u>Woodworking Hard</u> Or hardly woodworking? Hammers, nails and saws are our tools of choice today as we try our hand at some carpentry. I wonder what you will create...	<u>Star Wars Battles</u> Don't forget your bikes and helmets today pilots, and welcome to the Dragon Void, the oldest, most dangerous race in the galaxy. I wonder if there will be any undercover agents travelling today...	<u>The "Boring" Day</u> When we asked the children what they wanted to do during the school holidays, someone asked to do boring stuff. Little do they know what's actually on offer today...
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
<u>Public Holiday</u> Centre closed for Australia Day	<u>Treat Day</u> The day named by the children, for the children. On the menu today will be pancakes for breakfast, pizza for lunch and cookies for afternoon tea. Guess who's cooking?	<u>Excursion to CSIRO Discovery Centre</u> We will be using science to imagine, collaborate and innovate today as we visit Australia's national science research agency.* <i>*This excursion will incur an additional fee</i>	<u>Teacher for a Day</u> Who runs the world? Children of course! Today art is on the agenda and the children are in charge. Watch as our space is transformed into a beautiful hall of creation and wonder...	<u>Nuddya's Got Talent</u> Today we've got a special guest coming in to help you create musical numbers as you sing, dance or perform your way to win this year's competition!*

Monday 3 Feb
Tag you're it!
Join us for our last hoorah before the school term starts and head out to play laser tag at Zone3, earn points as a team to become victorious over your friends!*

**This excursion will incur an additional fee, only available for Year One and Year Two children.*

Various activities are offered as an alternative for all programmed days. These include craft, construction, reading, music experiences, group games, outdoor activities, and free learning experiences. Please also bring your child's bike/scooter and helmet if they wish to go to the bike track that day.

Southern Cross P&C

Tea Towels

Our 2019 tea towels are in the process of being made! This year you can order online through the school uniform site <https://www.sustainableschoolshop.com.au/southern-cross-early-childhood-school/uniform-store> or by bringing cash to reception and fill out the form. This year the tea towels are \$12.50 each OR just \$10 each if you buy three or more. There is no cut off date this year but once we sell out, we can't get more.

The tea towels will start to be delivered early to mid December and they make a great memento for your year at Southern Cross and perfect Christmas gifts for doting grandparents. Get your orders in! It's first come, first served and a limited print run! All profits from the tea towels go towards our P&C fundraising efforts!

Prizes for Raffle

We are seeking the donation of prizes for our end of year BBQ. If you have anything to donate or own a business that could donate a service, we'd be thrilled!

Uniforms

Our uniform shop has hit it's busiest time! Orders for 2020 are due by December 13th and any orders placed during the school holidays will be available for collection on Friday 31 January 2020 between the hours 12.00-4.00pm.

If you would like to order a second hand uniform you can email scecschooling@gmail.com

Scholastic Book Fair – This Week Only!

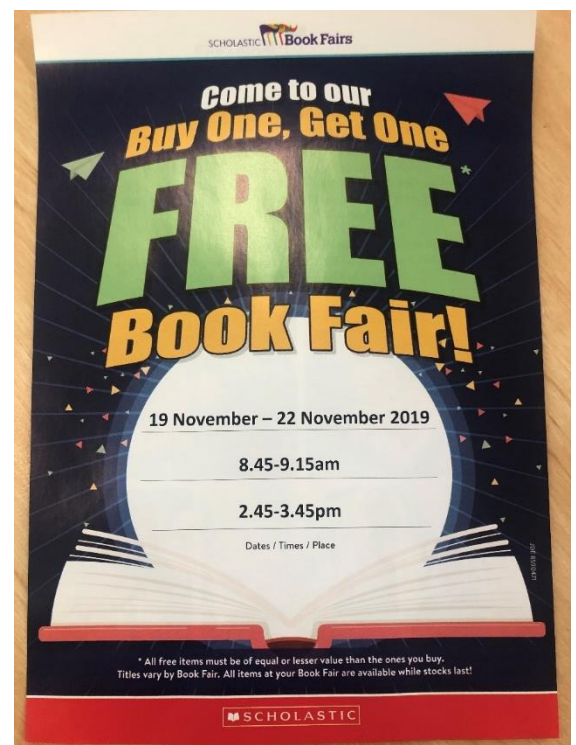
**Southern Cross is holding a another
Book Fair in 2019!**

Tuesday 19 November – Friday 22 November 2019

**This gives you another chance to purchase some gifts
leading up to the end of the year 😊**

Organised by Nicky and Jasja

ON NOW



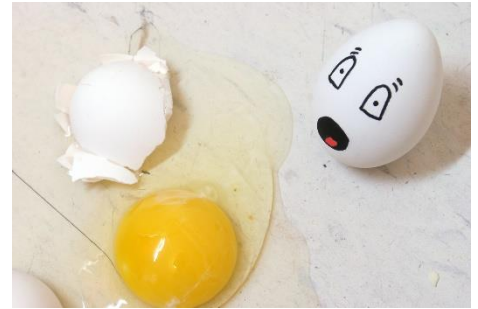
Community Information

ACT Nutrition Support Service

Eggs - handle them safely

We love eggs - they are an easy, tasty and cost effective part of a nutritious diet BUT they risk being contaminated by a nasty food poisoning bug - Salmonella!

Following Food Safety Week, the Food Safety Information Council is urging Australian's to be sure the eggs and egg dishes we eat are safe.



Follow these 7 simple tips to minimise your risk of food poisoning from eating eggs:

1. Do not buy cracked or dirty (e.g. visible hen poo, feathers) eggs. These are more likely to be contaminated with Salmonella. If eggs get a crack in them while you handle or transport them, discard them or cook them thoroughly straight away.
2. Store eggs in your fridge away from ready to eat foods.
3. Stop and think about how a hen lays an egg and where it comes from! Follow good hygiene when handling eggs, even when they look clean, so as to not transfer 'poo' contamination from the eggshell surface to the egg contents and to other foods you are handling at the time that are not going to be cooked.
4. If you accidentally drop pieces of shell into your egg mixture while preparing food, it could contaminate the whole mixture and it will need thorough cooking. Remove the shell pieces with a clean spoon or fork.
5. Wash your hands with soap and running water and dry thoroughly after handling eggs so you don't contaminate other food.
6. If you are not going to cook the eggs or the egg dish, don't separate the yolk from the white using the shell as that could contaminate either part of the raw egg. To minimise the risk, invest in and use an egg separator.
7. Prepare raw egg foods (e.g mayonnaise) just before you are going to consume them and if you need to store the dish refrigerate it immediately at 5°C or below, so the food poisoning bacteria cannot grow.

Visit the [Food Safety Information Council](https://www.foodsafety.gov.au/) website for some great posters, videos and fact sheets on excellent eggs.

Know your risk!

If you are pregnant, elderly, or have a poor immune system be sure to cook your eggs until the yolk starts to firm.

These groups of people as well as young children under 5 years are at greater risk of food poisoning from raw eggs.

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**4pm -
8.30pm**

**SCULLIN
TWILIGHT
CELEBRATION**

Celebrating summer's imminent
arrival and the first birthday of
the Scullin Community Group.



**SAT
23RD
NOV**

SCULLIN SHOPS
Music by 80s cover band Flux Capacitor.
(Check out fluxcapacitorband.com.au)
Late night trade (Xmas gifts!) at Scullin Traders
Outdoor bar, beanbags and boules.
Pizza or Chinese takeaway from Sue's Kitchen



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