

Southern Cross Early Childhood School



Newsletter 2 | Monday, 25 February 2019

DATES TO REMEMBER

Tuesday 26 February | 5.15-6.00

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

Wednesday 27 February | 5.15-6.00

Literacy Information Session

Wednesday 27 February | 6.00

P&C AGM

Thursday 28 February | 9.15-10.00

REPEAT Literacy Information Session

Monday 4 March | 5.15-6.00

**Transition Pathways – Parent Information
Session**

Wednesday 6 March | 9.15-10.00

Whole School Gathering – Year 1/2

Friday 15 March

FUNKY HAIR DAY

Friday 15 March | 8.00-8.55am

Community Breakfast

Monday 18 March | 9.30-10.30am

2020 Preschool information Tour

Tuesday 19 March | 5.15-6.00pm

Numeracy Information Session

Wednesday 20 March | 9.15-10.00am

REPEAT Numeracy Information Session

Wednesday 20 March | 12.00-1.30pm

Christian Education in Schools

Friday 5 April-Saturday 6 April

CampOUT!

Dear Families

Family Picnic

Thank you so much to our families who were able to join us for our Family Picnic last Thursday. It was such a beautiful evening and so lovely to see our families connecting with each other. It was a perfect evening for our Family Picnic a great opportunity to welcome our new families into our Community. A big thank you to Jason and the team for setting up and packing away.



Getting to know you interviews

Thank you to our families who were able to come to our getting to know you interviews. Our team welcomed the opportunity to meet with our families and appreciated the insight you provided into your children. Walking alongside you as we listen to your knowledge about your child helps us to do the best job we can as the teachers of your children and we appreciate your time in doing so! If you did not have time last week and would still like to meet with your child's teacher, please contact them to make a time.



Southern Cross Early Childhood School

Wirraway Crescent Scullin | ACT | 2614

Telephone (02) 6142 0020

Email: info@scecs.act.edu.au

Web: www.scecs.act.edu.au

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

Southern Cross Vision, Mission and Values

We are in the process of renewing our vision, mission and developing out values for our school. Your feedback and thoughts are important to us in this process and we would like to gather your input. Please keep your eye out for an email for Nicole at reception which will be seeking your input into our work in this area.

Kind regards,

Lyndall

From Southern Cross

2020 School Enrolment

If your child turns 4 years old before 30 April 2020 they are eligible for enrolment in an ACT Education Directorate Preschool.

Applications for Enrolment for the 2020 school year are available online from **29 April 2019**.

Forms are available online at: http://www.det.act.gov.au/school_education/enrolling_in_an_act_public_school

We are holding Preschool Information tours before enrolment opens to enable you to view our preschool sessions in action and give you a chance to ask any questions you may have.

Tour times:

- 9.30-10.30am Monday 18 March 2019
- 9.30-10.30am Thursday 28 March 2019
- 1.30-2.30pm Tuesday 2 April 2019
- 9.30-10.30am Wednesday 15 May 2019

To book into a tour please contact reception on 6142 0020 or email Nicole on nicole.emerton@ed.act.edu.au

Linking Families to Learning 2019

Our first Linking Families to Learning information session is on this week, please see the details below.

Board Games and Literacy Bags borrowing.

In our wonderful resourced library, we have a parent borrowing section under the Linking Families to Learning sign. Here you can find quality literature books for home reading, board games and literacy game bags to borrow and take home to play as a family. There are a variety of games that help children with literacy and numeracy skills in a family friendly and fun way. The games and quality literature home reading books can be borrowed the same way as our other library books through Nicole at reception. If you have any questions please come and speak to Nicky Smith or Jason Thornton.

**Southern Cross
Early Childhood School**



Linking Families to Learning

Literacy Information Session

**Want to find out more about literacy learning at
Southern Cross Early Childhood School?**

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

Wednesday 27 February 2019

5:15pm to 6:30pm

**REPEAT SESSION
REPEAT SESSION**

Thursday 28 February 2019

9:15am to 10:30am



The last half hour of each session we will be walking through the classrooms looking at literacy learning examples.

If you are interested in attending, please RSVP Nicole Emerton at reception via email nicole.emerton@ed.act.edu.au or in person.

Community Breakfast

Funky Hair Day



Community Breakfast

Southern Cross Early Childhood School

Friday 15 March 2019

8:00 – 8:50am

Everyone is invited to come along to the
Bright Star Café to enjoy a healthy breakfast with
other families from our school.

In collaboration with



CampOUT 2019 - Save the date!



From: 5:00pm Friday 5 April 2019
To: 10:00am Saturday 6 April 2019

Southern Cross Early Childhood School
K-2 Outdoor Learning Environment

More details available soon!

Community Hub

Southern Cross
Early Childhood School

Story
TIME



Starts this Thursday

In the school library

9:05am to 9:30am

*All parents/carers with young
children are welcome!*

Southern Cross
Early Childhood School
**Read with Me
Cafe**



*Come along and read a
book with your child
and enjoy freshly cooked
pikelets!*

**Starts this Friday morning
in the library!**

8:00am - 8:50am
Everyone is welcome!

Be You

Year One Playdate

Come and join us for the first Year One playdate for 2019!

Where: The Treehouse, Southern Cross Early Childhood School

When: Wednesday 6 March, 3pm - 4:30pm

What to bring: picnic blanket, afternoon tea, hat, sunscreen and water bottle!



For any queries, please contact your Year One coordinators:

Alison: 0415 314 007 (Gudamang)

Rachel: 0468 524 143 (Wirria)

Tanya: 0410 797 522 (Ghaddi)

We hope to see you all there!

Anglicare

Family Information Night

On Thursday 21 February 2019, we hosted our Family Information Night for our families. This was set up in each room, with a BBQ held out in the school playground. We have had so much beautiful feedback that the night was a success, and that you were able to learn more about your child's programs and what they get up to each day they are with us! Next year, we will look at hosting the night in January rather than February, so that you can have this information in advance of the New Year. Thank you all to contributing to the evening's success, we are enjoying getting to know you all more thoroughly!



P&C



**SOUTHERN CROSS
EARLY CHILDHOOD SCHOOL
PARENTS & CITIZENS ASSOCIATION**

Come Along and Get Involved
Questions? scecspsc@gmail.com

**All parents and guardians of students at the school and other citizens
who elect to be members of the association are invited to attend the
SCECS P&C**

2019 AGM

Wednesday

February 27, 2019 * 6:00 to 6:45pm

Community Information

ACT Nutrition Support Service

Which bread is best?

School's back and so is the return of the lunchbox sandwich! A staple for many families, the humble sandwich is a nutritious and easy option for school lunches. But with so many breads on the market, is one type really better for us than the rest? Our dietitians have the scoop in this week's News Bite!



But first a quick look at whole grains...

Whole grains are made up of three layers.

1. The outermost layer is called the bran layer. The bran layer contains most of the fibre (insoluble, soluble and resistant starch) and also contains protein, B vitamins, vitamin E, antioxidants and minerals such as selenium, zinc and iron. A lot of the nutrition is found in the bran layer.
2. The middle layer is called the endosperm. It contains carbohydrates for energy, protein and some fibre.
3. The innermost layer of grain is called the germ layer. This layer contains essential fats, fibre and resistant starch.

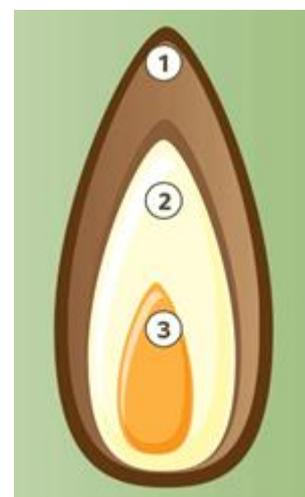


Image: Grains & Legumes Nutrition Council

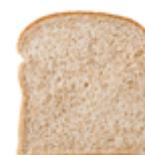
White bread

White bread is made of refined wheat flour which has had varying amounts of the bran and germ layers removed. This results in lower levels of fibre and essential nutrients and a higher GI (glycaemic index - the rate in which the carbohydrate is digested and absorbed in the bloodstream). If you have a fussy eater who will ONLY eat white bread, choose one that has fibre added back into it.



Wholemeal bread

Wholemeal bread is made from finely milled whole grain wheat flour. It contains all three layers of the whole grain but has a higher GI than dense whole grain breads because the flour has been milled to a very fine texture. Wholemeal bread is a great choice for fussy eaters who don't like 'bits' in their bread.



Multigrain bread

Multigrain bread tends to be made from white flour with some grains added in for flavour and texture. Generally, multigrain bread has more fibre than white but not as much as wholemeal.



Wholegrain bread

Whole grain bread is made from wheat flour which contains all three layers of the whole grain. Look for 'whole grain' on the label and/or 'whole grain or wholemeal wheat flour' in the ingredients list.

Often whole grain breads will have added grains for extra nutrition and fibre. Whole grain breads tend to have a lower GI and are quite dense, which makes them among the most filling bread types.



Sourdough bread

As with other types of bread, whole grain sourdough is the healthiest option. All types of authentic sourdough (sourdough made with a culture and not yeast) will have a lower GI compared to white bread because the dough used to make the bread is quite acidic. Sourdough bread has a chewy rather than fluffy texture.

