

Southern Cross Early Childhood School



Newsletter 9 | Friday, 24 July 2020

DATES TO REMEMBER

Friday 24 July
Lyndall's Last Day

Monday 27 July
Welcome Catherine!

Thursday 6 August | 4.30-6.00
Resilience Workshop

Tuesday 11 August
SCHOOL PHOTOS

Wednesday 12 August | 9.15-10.30
Protective Behaviours Session

Thursday 13 August
SCHOOL PHOTOS

Thursday 13 August | 8.45-9.15
**Wellbeing & Behaviour Guidelines
Consultation Session**

Dear Southern Cross families

It is hard to believe that this is my last day with you, the children and the staff at Southern Cross Early Childhood School! It has been my privilege and honour to be the Principal here for the last six and a half years. This truly is an amazing community and I have loved being your Principal.

There are so many memories I have of working here at Southern Cross which I will hold in my heart. To be able to walk along side you as your child embarks on their education journey has been such a special experience. Thank you to you, our special families, for being such strong advocates for your children and for being willing to work with us to find the way forward when there have been hiccups. Thank you also for being so passionate about our school and supporting other families who have been going through tough times.

Thank you for joining in to celebrate our successes and helping us to create this amazing learning environment. Lastly, thank you so much for all you do to support us to be the best learning environment we can be for your children. We are truly stronger as a school for your input, ideas and support.

I also need to thank the amazing team here at Southern Cross. This amazing group of educators truly make my job an absolute pleasure and, through their diverse knowledge and passions, have challenged me to be the best Principal I can be. I could not have done my job of making sure that everybody is safe and everybody is learning without their efforts day to day, on the ground and in every interaction they have at our school. Individually, each of the team are such an important cog in our Southern Cross machine but I would like to especially thank our leadership team of Emma Davidson, Nicky, Jason, Cheryl (previously) and Emma Muffet



Southern Cross Early Childhood School
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🌐 Web: www.scecs.act.edu.au

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

(now). These wonderful people have made my job so enjoyable and they have kept me on the straight and narrow (mostly)!!! No matter what crazy idea I come up with, they make it happen and ensure that things always run smoothly. Out of our Directorate team here, Nicole at Reception has also been a huge support for me. Aside from all the other things she does for our school she also keeps me organised and jumps in to help whenever it is needed. Thanks so much Nicole.

It has also been my pleasure to work with Anglicare ACT as our ECEC provider and I would like to thank Erin, Renee, Mel, Rosie and the Anglicare team for all their support as well. Making the experience of education for our children as seamless as possible across the whole site has been a strong belief of mine and the Anglicare team have helped us to realise this aspect of our school.

Lastly, I would like to take a moment to thank my family, friends and Principal colleagues for their support over the last six and half years as well. Sometimes there are tricky things that Principals have to deal with and having their listening ears and words of wisdom certainly made my job easier.

I would like to welcome Catherine Dillon to Southern Cross Early Childhood School as acting Principal for Term 3. I know that Catherine is really looking forward to working with the team and getting to know you, our children and our amazing community. Catherine has provided some information about herself and her photo in the next part of the newsletter so you can get to know her.

This is such a strong, amazing, talented team and although I am very sad to be leaving I know that I leave you in their very capable hands. I look forward to sharing in your continuing journey from afar and wish you all my very, very best.

Hugs,
Lyndall

Farewell Lyndall

Dear Lyndall

Best wishes for your next adventure at Latham Primary School! They are so lucky to have you sprinkle your Lyndall magic over there.

The Southern Cross community is going to miss you dearly, thank you for all of your knowledge, love and dedication to our school.

Love from all of us you have inspired over the last six and a half years.





Note to Lyndall

'You are the most talented principal we have ever known. Your knowledge of Early Childhood, strength for relationships, and sense of community have built SCECS into what it is today... a safe place for children to learn and grow.'

We thank you for your compassionate leadership, discos (re-introduction to "back in black"), recognition of successes (treasure box & notes/video home), open door and unconditional love.

Your knowledge and passion will continue to improve the lives of many children and their families for ACT Public Schools no matter where you go.

Continue to let your light shine and know that you will always have a very special place in our hearts.'

Anonymous Southern Cross Parent



To Lyndall,

You were the principal of our school,
you were so very, very cool.

You have a great treasure box
With very strong locks.

Purple is your favourite colour,
We love you more than any other!

We will miss you Lyndall.
From Dyirrigurat



Lyndall, Lyndall
We love you

Thank you and we'll all miss you.
Thank you for your discos too
You love purple, we do too

Lyndall, Lyndall
We'll miss you
We hope you have fun at school.

Written by Gudamang (to the tune of Twinkle Twinkle Little Star).

From Southern Cross

Welcome Catherine



Dear Parents and Carers,

As a previous Kindergarten teacher (many years ago) of Southern Cross *Primary* School, I am thrilled to be returning as acting Principal of Southern Cross *Early Childhood* School!

Back in 2002, I joined a highly enthusiastic staff under the leadership of Beattie Hatfield. My family moved to Canberra when I was in Year 1 and I grew up in Weetangera, also attending Belconnen High School and Hawker College. After school finished, I left Canberra for New South Wales to pursue a paediatric nursing career. The 'call' to teaching was eventually too strong to resist, and I threw myself into a career change with four small children of my own! As I have been visiting and meeting staff at Southern Cross over the past fortnight, I have felt very privileged to be welcomed to such a well renowned and highly valued early childhood school community - a community of children, parents, teachers and support staff, all of whom are united in the desire, and work in partnership, to provide the very best education and care environment for each individual child.

I have both early childhood and primary teaching qualifications and have worked at schools in the Inner North and Belconnen as a Classroom Teacher, Executive Teacher, Deputy Principal and Acting Principal. Building quality relationships with all members of the school community to ensure each child's needs are met, is a cornerstone of my beliefs. I love teaching children to read and write, teaching children music and supporting children to create through The Arts. Thank you to Lyndall for her leadership of this beautiful school over the last seven years. Lyndall introduced me to many of the children and staff members on Wednesday...it was very clear to me that the children love to learn and the teachers love to lead this learning!

I look forward to meeting you and getting to know all of the children. In the meantime, please do make contact with me if I can assist you using the email address catherine.dillon@ed.act.edu.au... or just drop by 😊.

Warmest regards, Catherine

2020 School Satisfaction & Climate Survey

Each year, the Directorate surveys all parents, school staff and students in Years 4 to 12 about their satisfaction with public education. The *2020 School Satisfaction & Climate Survey* will be available online from 10 to 31 August.

The survey results will help us to continue to make quality informed decisions about how to improve our school. No personal identifying information will be provided to any school or college.

For each child in their family who attends an ACT public school, parents will receive an email about the parent survey, including a unique link to access the survey; parents who do not receive the email may contact

EDUSurveys@act.gov.au to request a survey invitation.

A shortened paper-version of the parent survey is also available in the following 12 languages: Arabic, Burmese, Chinese, Dari, Dinka, Farsi, Hindi, Karen, Korean, Mon, Urdu and Vietnamese; email EDUSurveys@act.gov.au to request a copy.

For the results to reflect the opinions of our whole school community, we need as many parents, staff and students as possible to complete the survey. Your feedback is important, and we hope you will take part.

For more information, visit: <https://www.education.act.gov.au/public-school-life/school-satisfaction-and-climate-survey>

Wellbeing and Behaviour Guidelines Review

Last term, feedback was sought from you, by way of a survey regarding our Wellbeing and Behaviour Guidelines which are currently being reviewed. Thank you to those that were able to contribute via the survey. Your input is greatly appreciated. We are now looking to hold a small group session with any interested families to gain further insights and feedback. If you are unable to make the below time, but would like to talk with me further, please let me know. A phone call or similar can be arranged at an alternative time.

Emma – emma.davidson@ed.act.edu.au

Consultation Session:

Date: Thursday 13 August 2020

Time: 8:45-9:15am

Location: Community Room

RSVP: Nicole nicole.emerton@ed.act.edu.au by Tuesday 11 August 2020

Chief Ministers Reading Challenge

The Chief Ministers Reading Challenge is coming to a close. Next week is the last week to get your reading complete. Please send your record sheets into school by Wednesday 5 August 2020, no record sheets can be accepted after this date as this is the cut-off date to send our results in.

Protective Behaviours Weekly Topics

Protective Behaviours is a personal safety program designed to empower children to assert their right to stay safe and develop skills to deal with difficult or abusive situations. Protective Behaviours will be taught next term as part of our social and emotional learning program. The ten sessions aim for children to develop a better understanding and awareness of 'safe' behaviours and identify adults in their life who they can go to when feeling unsafe. Children are taught to listen to what their body tells them and act when needed.

The first two weeks of next term will focus on the theme "We all have the right to feel safe all of the time" and cover the following topics:

Week 1

- Feelings and feeling safe
- The rights of the child

Week 2

- Recognising early warning signs
- Early warning signs and safety

The following 'Protective Behaviours' topics will be taught in class in Week 3 and Week 4 of this term:

Week 3

Theme 1 : We all have the right to feel safe at all times.

Topic - Keeping safe

- Introducing the concept of safety and the safety continuum – feeling safe, having fun to feel scared and/or feeling unsafe
- Recognising that different people have different reactions to situations

Topic - Problem solving

- Identifying how you can problem solve when faced with unsettling feelings

Week 4

Theme 2: You can talk with someone about anything, no matter what it is

Topic - When to seek help

- Understanding you should always tell an unsafe secret to an adult you trust

Topic - Secrets

- Introducing the concept of safe and unsafe secrets
- Identifying the difference between safe secrets and unsafe secrets

For more information on the content covered each week, please speak with your class teacher or visit the Protective Behaviours ACT website - <http://www.pbact.com.au/>



Protective Behaviours session for parents



On **Wednesday 12 August 2020** there will be an information session for parents on the topic of

'Children and Personal Safety'.

It will be held in the Community Room from **9:15am to 10:30am**.

RSVP's are essential for this session.

Please contact Nicole at reception on 6142 0020 or nicole.emerton@ed.act.edu.au.

Find out

- How to teach children about their early warning signs.
- What are safe behaviours?
- How to practice personal safety skills for your family.
- How to find safe adults to ask for help.
- How to talk to your child about safe and unsafe touches.
- What is stranger safety.
- What is a family safety plan.
- How to teach children to be safe without scaring them.

This session will be run by the School Psychologist Cindy Weinman.



Bunduluk's Garden Bed

At our latest garden bed check-up we noticed our coriander is growing so well! A few of the children shared that they have eaten it before, in salads and in pasta. We have started to think about when and how we will prepare ours. Perhaps with tomatoes and a salad or in a warm meal.

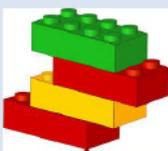
Sadly, we think our strawberries may not make it through the frosty mornings. There has been very little growth. The children did admire while entering the courtyard, a beautiful batch of veggies that look ready to pick. The children wondered if perhaps they were white carrots or radishes... Do you know what they are?



Lunchtime Learning Clubs

Lunchtime Learning Clubs

BEGINS: Week 2, Term 3
TIME: 11:25am to 11:50pm
FOR: Kindergarten, Year 1 & Year 2

Monday	Tuesday	Wednesday	Thursday	Friday
Wool Creations	Outdoor Adventures	Shooting Stars Choir	Construction Club	Garden Club
Hayley	Karen	Emily	Lisa	Nicky
				
Gudamang Room	Outside Learning Area	Community Room	Dyirrigurat Room	Environment Courtyard

From the Education Directorate

2020 review of the Disability Standards for Education 2005

The *Disability Standards for Education 2005* (the Standards) help make sure students with disability in Australia can access and participate in education on the same basis as students without disability. The Australian Government Department of Education, Skills and Employment, on behalf of the Minister for Education, is undertaking a review of the Standards through an extensive community consultation process. The Standards are reviewed every five years to test if they are effective in achieving their objectives and whether any improvements could be made.

Current, former and prospective students with disability, their families and carers, advocates, educators and other members of the public are invited to share their experiences, views and ideas to inform the Review of the Standards. Due to COVID-19 restrictions, engagement activities will mostly be held online via a dedicated 2020 Review [Consultation Hub](#). To register to be involved or to make a submission visit the [Consultation Hub](#). The consultations are open until 11.59pm AEST on Friday, 25 September 2020. Please feel free to copy and paste the information above and utilize the attached graphic for use in your school newsletters to promote the consultation.



Insurance and Ambulance Transport

The ACT Education Directorate does not provide any insurance cover for injury, disease or illness to students resulting from school activities or school-organised excursions. Claims for compensation are met where there is a legal liability to do so. Liability is not automatic and depends on the circumstances in which any injury, disease or illness was sustained.

As there is no automatic insurance cover for personal injury if your child is injured at school or during a school organised activity/excursion you should therefore consider whether taking out personal insurance cover for your child is warranted.

This insurance might cover contingencies including medical/hospital expenses, ambulance transport outside the ACT, cancellation of transport/accommodation or loss of/damage to luggage.

The ACT Ambulance Service provides free ambulance transport for students who are injured or suddenly become ill at school or during an approved school event **within the ACT**.

Linking Families to Learning

Helpful Hints for Home

Over this year we have faced a number of challenges but one thing that was noticeable in the community over the time we were learning from home last term was the amount of families getting out and being active together.

This is a great way to spend time together and provides several learning opportunities for your child as well as having great health and wellbeing benefits. As things start to get busier again with school and work, it is good to reflect on the time spent together as a family during learning from home and think about the moments you were able to be active together as a family, how could you keep this going?

Here are some key points from the Heart Foundation about being active.

- Toddlers and preschool children should be active for at least three hours per day
- Children and teenagers should be active for at least 60 minutes per day
- Research suggests that sitting less (as well as being physically active) helps to reduce the risk of children and young people developing health and other problems in later life.

For more information and ideas on how to be active as a family you could visit The Heart Foundation website <https://www.heartfoundation.org.au/heart-health-education/active-families>



Community Hub

Resilience workshop

Resilience

Promoting positive mental health and wellbeing with your child!

Do you want to know more about resilience and gain a better understanding on how to respond to your child's feelings and behaviours?

Come along to a resilience workshop with Charmaine Nicoll, Karina Dunn and Taylor Walsh from the UR FaB program.

When: Thursday 6 August 2020

Time: 4:30pm to 6:00pm

Where: Guginya and Bunduluk preschool room, Southern Cross Early Childhood School

To register please contact Nicole Emerton on:
Phone: 6142 0020
Email: nicole.emerton@ed.act.edu.au

This course is provided free of charge. Places are limited so please register early.

 **ANGLICARE**
NSW SOUTH | NSW WEST | ACT

**Southern Cross
Early Childhood School** 

Anglicare

Dental Health Week 3 -7 August 2020 - FUNDRAISER

Valeska from Brusher Box will be back to visit children in Munjawari and Buru for Dental Health Week, Monday 3 August 2020 – we value this program in teaching children about the importance of oral hygiene, brushing and flossing our teeth and eating healthy food and drinks.

'It is recommended children start brushing their teeth (with assistance) from the age of 12-18 months using a small smear of paste with an appropriate fluoride level for their age. By 6 years of age children should be using a pea-sized amount of standard toothpaste (Brusher Box: 2017).'

Anglicare will be selling the Eco Range Bamboo Toothbrushes which feature:

- Plant Based Bristles (bristles are made from the renewable castor oil bean plant).
- 100% Biodegradable bamboo handle.
- Vegan friendly.
- Panda safe bamboo.
- Packing is 100% biodegradable corn starch derived polymer.



Cost: \$3.99 each

Order: email renee.buchanan@anglicare.com.au before Monday 27 July 2020.

Payment: cash envelope to reception or bank transfer by Wednesday 29 July 2020.

Anglicare Canberra and Goulburn
BSB: 032-719
Account: 467 863
Reference: use code **BB2020 (surname)**

Collection: Week commencing Monday 3 August 2020 from Reception.

Proceeds will go towards resources for our Walga Nature Preschool Program that operates on Wednesdays and Thursdays this term.

Family Photos

Anglicare have partnered up with Lasso studios to coordinate family portraits for you!

We are really excited to announce this, as it provides an easily accessible means for you to have your family photos updated, in a more affordable manner than having studio photos. A small percentage of the proceeds will come directly to us here at Anglicare, to help purchase resources for the children in our programs.

Photographer from Lasso Studios, Keiran, will be on site at Southern Cross to capture the perfect family moment, in which you can treasure forever. We are holding the photos at the school, with the option of either an indoor or outdoor shoot for you to choose from. Both can be accommodated. An indoor session will be taken with a white professional background.

A sample of Keiran's work can be found on the website at <https://www.lasso-studios.com/>

Please find flyers next to the sign in and out tablets for you to be able to book your family photos through Lasso's online booking system. See Erin or Rosie if you are interested in this offer for prices of packages. Spots are limited, we encourage you to book in sooner rather than later.

Date of photo shoot: Sunday 2 August 2020

Time: To be confirmed online via booking system

Where: At Southern Cross Early Childhood School.

Please let me know if you have any further questions!

TIME FOR A FAMILY PORTRAIT

Families Photographed on location
Additional poses & digital file available
Fantastic savings

Southern Cross Early Childhood School Fundraiser
Sunday 2nd August 2020
Book Online at - <https://www.trybooking.com/BJPRT>

Any questions please contact - Erin Uphill - 02 61420020
or erin.uphill@anglicare.com.au

LASSO STUDIOS
lassostudios.enquiry@gmail.com

Bright Star Café Menu Term 3

Check out the delicious menu for term 3, this menu will start on Monday 20 July 2020.

SOUTHERN CROSS EARLY CHILDHOOD SCHOOL (TERM 3) LUNCH ORDER MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Spaghetti Meatballs & Parmesan <u>Vegetarian Option:</u> Lentil Ball Spaghetti	Coconut Mustard Chicken w/ Rice <u>Vegetarian Option:</u> Coconut Tofu	Minestrone Soup w/ Parmesan Roll	Cheesy Tuna Melts w/ Baked Beans <u>Vegetarian Option:</u> Ricotta & Corn Melts	Cottage Pie w/ Beans <u>Vegetarian Option:</u> Black Bean Pie
Week 2	Chicken Meatballs w/ Mashed peas & Corn Cobs <u>Vegetarian Option:</u> Falafels	Cauliflower and Chickpea Curry w/ Rice	Beef Goulash w/ Mashed Potatoes <u>Vegetarian Option:</u> Butter Bean Goulash	Greek Lamb Pasta Bake <u>Vegetarian Option:</u> Eggplant & Lentil Moussaka	Chicken Drumettes w/ Garlic Bread & Steamed Vegetables <u>Vegetarian Option:</u> Vegan Nuggets
Week 3	Beef Pie w/ Cauliflower Cheese <u>Vegetarian Option:</u> Chickpea Pie	Chicken & Mushroom Risotto <u>Vegetarian Option:</u> Mushroom, Pumpkin & Pepita	Beef Sliders w/ Beetroot & Lettuce <u>Vegetarian Option:</u> Black Bean Sliders	Cheesy Potato & Leek Soup w/ Bread Rolls	Slow Cooked Teriyaki Chicken w/ Udon Noodles <u>Vegetarian Option:</u> Tofu Teriyaki
Week 4	Mac & Cheese Bake w/ Salmon <u>Vegetarian Option:</u> Mac & Cheese w/ Broccoli	Shredded Beef Noodle Soup w/ Bread Rolls <u>Vegetarian Option:</u> Tofu Noodle Soup	Tofu, Pineapple & Vegetable Fried Rice	Lamb Korma & Jacket Potatoes <u>Vegetarian Option:</u> Dahl Curry	Chicken Tenders w/ Roast Winter Vegetables <u>Vegetarian Option:</u> Lentil Sticks

Please write any allergies on lunch order envelope. **Morning/Afternoon Tea is NOT included.** Lunch is served with a piece of fruit. As much as possible this menu will be adhered to but may change at short notice due to the availability of produce.

Note: Substitutions are made for special dietary needs. All vegetarian meals include fruit or vegetable high in vitamin C. There is no added salt or sugar to our menu; where possible wholemeal/wholegrain products are used.

Community Information

Cyclabilities



CYCLabilities

OCCUPATIONAL
THERAPY
EXERCISE
PHYSIOLOGY
GROUP BASED
CYCLE SKILLS
SOCIAL SKILLS
ROAD SAFETY
COMMUNICATION
SKILLS
RESILIENCE BUILDING
CONNECTIONS AND
FRIENDSHIPS

**TEACH THEM TO RIDE
AND SEE HOW THEY
SHINE**

RIDING A BIKE IS A SKILL FOR LIFE

INCLUSIVE - WELCOMING -
EMPOWERING - LIFE CHANGING

CYCLABILITIES IS DESIGNED TO HELP CHILDREN
DEVELOP SKILLS THAT WILL ALLOW THEM TO
ASPIRE TO LIFE OPPORTUNITIES THAT MIGHT
OTHERWISE BE OUT OF THEIR REACH.

WWW.CYCLABILITIES.COM.AU
FACEBOOK:CYCLABILITIES

The Carer Gateway

In April 2020 Carers ACT became a delivery partner for The Carer Gateway. The Carer Gateway is a national model of Carer Supports. The Carer Gateway supports unpaid family carers of a person who is living with a disability, mental illness, chronic health condition with care needs and carers for the elderly.

What's changed?

From April 2020, carers now call one national number, [1800 422 737](tel:1800422737), that is linked to a wide range of services. Press '1' to speak to your local service provider.

The Carer Gateway staff will help link you to services that are available in your region.

What support is available?

Carer Gateway provides a range of services and supports delivered both in person and online.

[Counselling](#) – if you are feeling stressed, anxious, sad or frustrated, a counsellor can talk with you either in person or over the phone in the comfort of your own home.

[Connect with other carers](#) – you might like to meet with people like you who care for someone and share stories, knowledge and experience. You can do this with people in your area or you can join the carer forum online.

[Respite Care](#) – if you get sick or hurt and you cannot look after someone, emergency respite services can help you. Service providers will find ways to look after the person you care for while you have a break. Planned respite care can also help you plan for regular breaks to rest and recharge.

[Self-guided coaching](#) – you can work through interactive online coaching sessions at your own pace. You can find a range of topics to help you in your caring role.

[Skills courses](#) – you can use these short online courses to help you to learn new skills in caring for someone and yourself.

Practical help and [advice or information](#) on the Carer Gateway web pages.

You don't have to know exactly what to ask for – you can just talk through any problems you are having, and Carer Gateway staff will try to match you with services that can help.

How can I get help?

When you call Carer Gateway on [1800 422 737](tel:1800422737), you will reach a Carer Gateway service provider in your area. In the ACT region, Carers ACT is the partner provider. A trained worker will talk with you and help you to find services and support to meet your needs.

More information can be found at <https://www.carergateway.gov.au/>