

# Southern Cross Early Childhood School



Newsletter 17 | Monday 22 November 2021

Respect | Resilience | Kindness | Creativity

## DATES TO REMEMBER

Monday 22 November | 7:00  
P&C Zoom Meeting

Tuesday 23 November | 9.30-11.00  
Athletics Carnival – Preschool & Year 1/2

Thursday 25 November | 9.30-11.00  
Athletics Carnival–Preschool & Kindergarten

Tuesday 7 December  
Semester 2 Reports go home - Preschool

Thursday 9 December  
Semester 2 Reports go home –  
Preschool to Year 2

Thursday 9 December | 5.30-7.30  
Year 2 Fun Night

Monday 13 December | 2.00-3.00  
Year 2 Graduation

Tuesday 14 December | 5:00-7:30  
End of Year Celebration

Friday 17 December  
Last Day of Term 4

Monday 31 January  
2022 School Starts for  
Preschool & Kindergarten

Tuesday 1 February  
2022 School Starts for Year 1 & Year 2

Thursday 3 February  
2022 School Starts for End of Week  
Preschool

Dear families and friends

Welcome to week 8 everyone! We are hoping for some drier weather this week.

I would again like to thank everyone for your collaboration and patience as we continue with our 'cohorting' processes. I realise that there are times (especially in the rain) when drop off and pick up takes longer than it used to. We appreciate your support during these times. This term really has shown us all how strong our community is.

## Meet the Teacher Afternoon

Traditionally *Meet the Teacher Afternoon* has been held after school and families have been able to come onsite to meet the teacher with their child. Due to COVID restrictions we have had to think differently about how this will work.

On Thursday 9 December the children will **meet their new teacher and class between 2-3pm**. (Beginning of the week preschool classes will do this on Tuesday 7 December). This *Meet* will occur in our outdoor environment. Teachers will hand out an 'All About Me' card and this card will also be emailed to families on the same day. This event is dependent on whether staffing is stable. We are hopeful that staffing will remain stable for this event to go ahead and I will confirm this in the week 10 newsletter.

## Staffing

I would like to acknowledge and thank Nicole Harvey who will be leaving us at the end of 2021. Nicole has made significant contributions to the Southern Cross community for the last 7 years. Nicole is heading to Latham Primary School in 2022 where she will no doubt become an asset to the school community. Please join me in congratulating Nicole on her appointment.



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In 2022 we welcome back Sophie Jarvis who has been on parenting leave this year. Sophie has taught at Southern Cross for a number of years and we look forward to utilising her skill set as a valued member of our staff community.

As mentioned in last fortnight's newsletter, Emma Davidson has been appointed as Deputy Principal at Ngunnawal Primary School starting in 2022. Please see a message below from Emma.

## School Reports

School reports will go home with the children (preschool) or via email (K-2 children) on Thursday 9 December.

Beginning of the week preschool reports will go home on Tuesday 7 December. Please be aware that whilst our teachers have done their very best to report on all the outcomes they had planned to report against, there may be some outcomes that cannot be assessed for varying different reasons. If you see an S grade on your child's report, this indicates a 'status grade' as the teacher was not able to capture enough evidence to objectively assess this outcome. You are encouraged to talk with your child's teacher if you wish to discuss this further.

## End of Year Events

Please check the calendar in this newsletter for dates of our end of year events. There will be detailed information being sent home this week for each of these events. Please ensure you thoroughly read the information to ensure we are all following the COVID-safe procedures.

Warm Regards

Kelly

# From Southern Cross

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## A Message from Emma

I began at Southern Cross in 2014 when my children were aged 4 and 2. I now have 3 children, aged 11, 9, and 5! Southern Cross has been a big part of their life and mine for over 7 years and I feel privileged to have worked at this school.

While some things have changed since my arrival, many things have remained the same. In particular, the quality of teaching and the importance of relationships remain a priority. I have appreciated the opportunity to make a positive impact on the lives of the children and families here at Southern Cross.

ACT public school teachers and leaders are given 5 year placements at schools. I feel lucky to have received a two year extension to my time at Southern Cross.

Working with Lyndall and most recently Kelly, has enabled me to enhance my knowledge in many areas.

I will truly miss this incredible school community, but I know that great things will continue with Kelly, Emily, Sharon and our Anglicare colleagues leading the way.

I look forward to seeing you again in the Canberra community.

Take care, Emma



## School Commencement for 2022

**Term 1, 2022:** Monday 31 January – Thursday 8 April 2022

**Term 2, 2022:** Tuesday 26 April – Friday 1 July 2022

**Term 3, 2022:** Monday 18 July – Friday 23 September 2022

**Term 4, 2022:** Monday 10 October – Friday 16 December 2022

### When will your child start in 2022?

Monday 31 January 2022: Beginning of the week **Preschool** and **Kindergarten** children start school.

Tuesday 1 February 2022: **Year 1** and **Year 2** children start school.

Thursday 3 February 2022: End of the week **Preschool** children start school.

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## Important Housekeeping

**Contact Details:** It is **vital** to have up to date contact information for each family with children enrolled at Southern Cross Early Childhood School.

If you have changed your address or updated your phone number please email [nicole.emerton@ed.act.edu.au](mailto:nicole.emerton@ed.act.edu.au) to ensure we have the current information (Australia Post may be delivering mail over the January holiday period).

**Medical Information:** Families are required to complete a new **Medical Information and Consent Form** each year. These will be emailed to families in Term 1, 2022.

Children with a **Known Medical Condition** are required to provide a current Medical Action Plan, completed by a medical professional, to the school on a yearly basis.

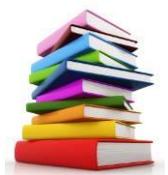
**2022 Book Packs:** Book packs are in the process of being finalised for 2022. Keep an eye on your inbox for details on how to order.

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## Library Borrowing

The last day for borrowing from the Southern Cross Early Childhood School Library will be:

**Friday 3 December 2021** (end of week 9). All books need to be returned by **Friday 10 December 2021**.



## Week 8 Athletics Carnival

This week we will be running our Athletics Carnival across 2 days. It's a little different this year with a focus on celebrating movement, sporting spirit and being active!



**Tuesday 23 November: Preschool and Year 1/2**

**Thursday 25 November: Preschool and Kindergarten**

Across the morning each class will cycle through Athletic and Playful Movement experiences. Each experience will be led by educators and include a 'Sports Ability' approach where we adapt, modify and lead games inclusive of our range of abilities. Footwear and clothing for being active is encouraged, whilst ensuring SunSmart clothing (hat, shoulders covered etc).

In line with our COVID 19 Safety Plan this event is unfortunately not open to families and community.

On the day children will be offered a Zooper Dooper. Please let your child's teacher know if you **DO NOT** wish for your child to eat a Zooper Dooper.

## Preschool Happenings

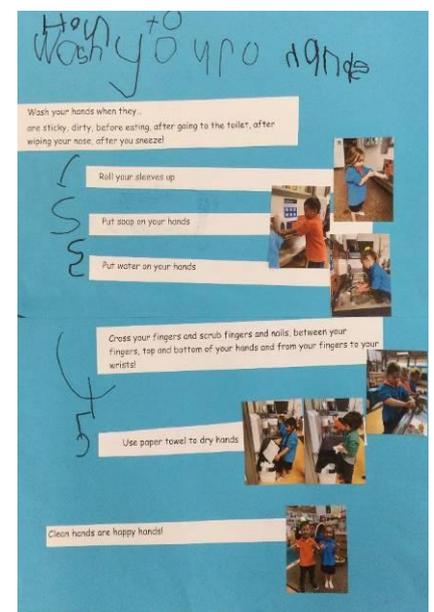
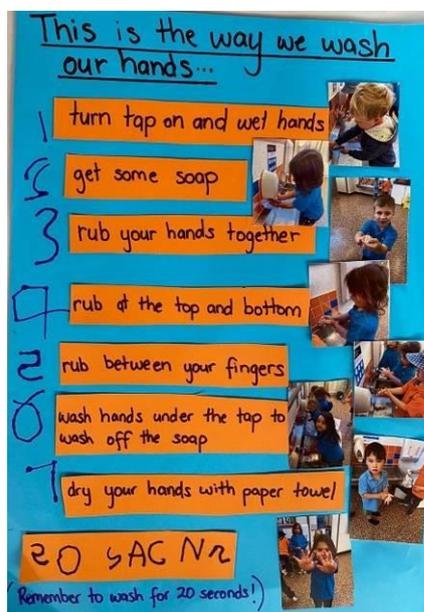
Preschool have been reconnecting since returning from teacher-led remote learning. They have been enjoying spending time with their friends and educators.

The **Dnnawan** children have been enjoying reconnecting with each other since returning to school. As part of this, we are getting to know the different cultures that are represented in our class. On Thursday 4 November 2021 we celebrated Diwali with RV and Daniel. It was interesting to learn about this celebration of light, hope and peace. The children watched a clip from ABC Kids about a young boy called Tushar, who taught us about dressing up in special clothes, eating certain foods and decorating their house for the Diwali celebrations. We made our own Rangoli using different materials and created a firework artwork to celebrate with our friends.



Since arriving back at preschool, we have been talking about keeping ourselves and our friends safe. One of the ways we can do that is to wash our hands properly.

**Guginya** and **Wamburrang** watched a very catchy song about hand washing called 'Happy Hands' and brainstormed all the things we could see in the video. We wrote down our ideas and cut up them up to be able to sequence them in order. The children wrote the numbers and matched



the photos of them washing hands to the writing. We have been watching the hand washing song before mealtimes to help us remember how to wash our hands properly.

Since returning to face-to-face learning a big focus for **Bunduluk** has been wellbeing. Time to reconnect, reflect, relax, and look to the future. We have participated in many discussions around emotions and revisited what it looks like to be a great friend at preschool. We have made brain breaks and mindfulness a priority, as we know that regular breaks within our play can help us to refocus and be more productive. As a class we read the beautiful story *In My Heart, A Book of Feelings* written by Jo Witek. Bunduluk then created their own heart and illustrated one of the many feelings it has felt, some lovely examples include:

- "My heart feels happy when someone gives me flowers."*
- "My heart feels calm when I am with my friends at preschool"*
- "My heart feels happy when I see rainbows and soccer balls"*
- "My heart feels broken when my friend doesn't want to play with me"*
- "MY heart feels loved when I hold my brother's hand"*



## Slow down to keep children safe

School environments are busy during the peak periods, please remember to slow down and be alert for other motorists and pedestrians, particularly children.

Motorists are encouraged to drive at a safe speed on the roads around our school, particularly Wirraway Crescent and Ross Smith Crescent. A safe speed during the peak periods may be well below the posted speed limit of 40km/h.

Children aren't predictable around traffic and can be easily distracted when they are with friends or excited to see mum or dad, so they might not be watching out for you.

Children can wait safely near the front office until you arrive, so please remember to drive slowly and take care even when you are running a few minutes late.



# Linking Families to Learning

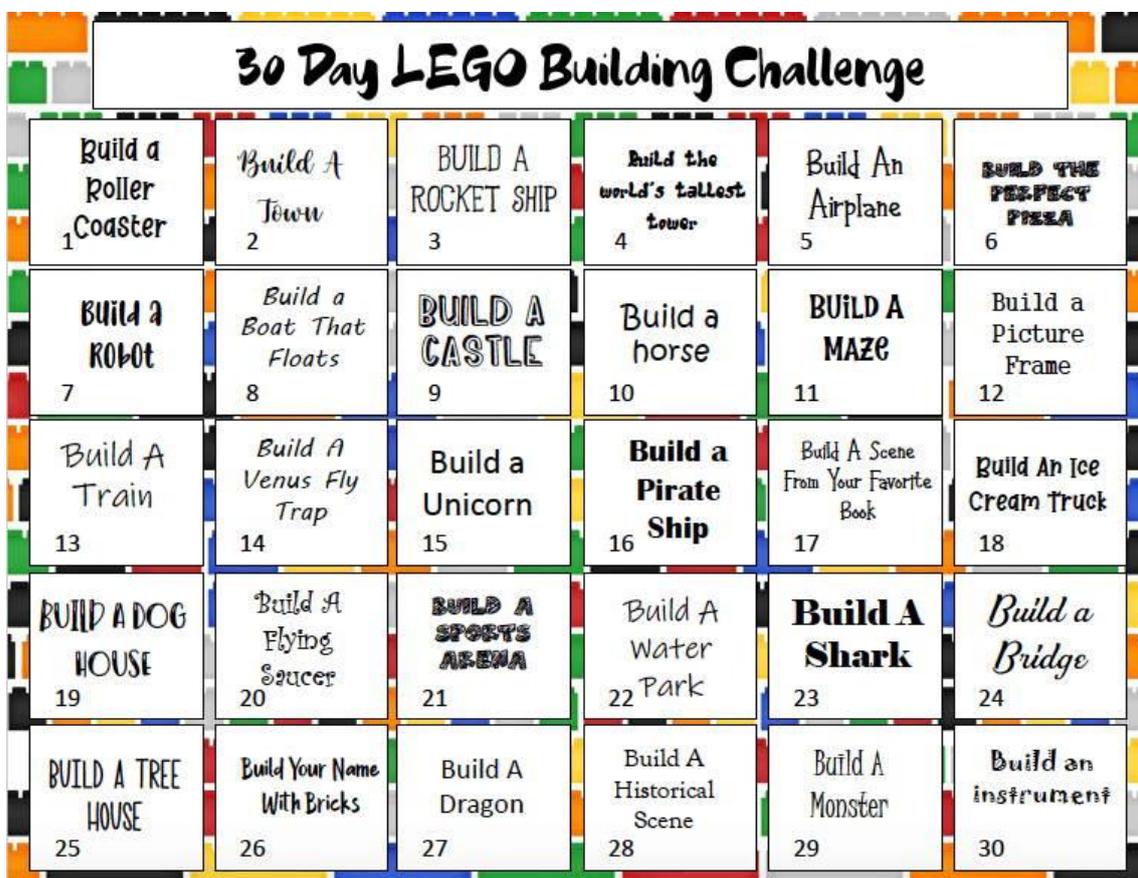
## Helpful Hints for Home

### Planning ahead for the big break

The holiday break is fast approaching and what a great time to plan for some family learning time. This week's helpful hints for home is focusing on relaxation and recovery for your children and for the family over the end of year break. It is important to allow yourself and your child to have time to unwind and relax, doing the things that they love to do. However, families are often asking how they can continue to support their child's learning over the 6 week break. There are many fun ways you can support your child's reading, writing, numeracy, curiosity and routine while on holidays. Here are a few inexpensive ideas:

- Keep your eye out for the Southern Cross challenge via Seesaw or email.
- Select a novel that you could read together as a family.
- Visit your local library to explore different book genres.
- If you are going away on a holiday write postcards back to friends and family.
- Go for walks around the different nature reserves in Canberra to explore the different environments and connect with Country.
- Go on a scavenger hunt around your local neighbourhood.
- Visit the different national treasures we have in Canberra, for example, The War Memorial, Botanical Gardens, The Arboretum.
- Create artwork out in nature from items that have fallen onto the ground, take a photo of it to keep a memento of the artwork.
- Play a different board or card game together as a family each week.
- Spend time to learn something new together, for example for to knit or sew.
- Have time to be mindful. Search for Mindfulness for kids on google and do a meditation together. Smiling Minds is also a good app for mindfulness.
- Have a calendar or timetable of the day for your child to know what is happening for the day or week.
- Build a cubby or set up a tent in the backyard to camp outside for a night.
- Find a riddle or brain teaser of the day for the family to crack.
- The Lego challenge – daily creative construction challenge.





Remember the holidays are about the children having a break from the busy school term and enjoying time to grow as a child. Having time to talk, laugh and explore together is the best learning any child can have.

## Anglicare

### School Holiday Program

Bookings have now closed, however we have a few spots open on some days so send us an email today with your request and we will see what we have.

**REMINDER** – School Holiday Program is available for 2022 Year 1 and 2 students on **Monday 31 January 2022**, as the school year commences on Tuesday 1 February for these year levels.

### Bright Star Café – Ordering lunch orders through Flexi schools.

Don't have correct change? Forgot your child's lunch? Did you know that you are now able to order lunch orders through an app? Here is a short video on how to order.



<https://community.flexischools.com.au/s/article/How-do-I-place-an-order>

### Mango Fundraiser

Mango orders closed in October, thank you everyone who got in quick!

Our ETA for delivery will be the week starting Monday 6 December 2021.



# SouthernCross P&C

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Hi Southern Cross families,

Another short update from the us this week to remind you about the next P&C meeting which will be held virtually, via Zoom, **TONIGHT at 7pm**. Please send us an email ASAP if you would like details on how to attend:

[scecsbandc@gmail.com](mailto:scecsbandc@gmail.com).

Thank you to all the parents, Anglicare, Kelly and all our wonderful teachers who had kids draw their portraits for the teatowels. We now have a drawing for every child! Please keep an eye out for details on how to order which we will email to you in the coming weeks.

Katherine and Patty  
Co-Presidents, SCECS P&C

## Community Information

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### ACT Nutrition Support Service

#### Children's changeable appetites

Ebbs and flows in a child's appetite is perfectly normal. Some days it seems like you are feeding a bottomless pit and other days you have a sparrow at the table. Such radical changes in appetite can cause lots of worry among parents and carers. Most of the time it is just a part of growing up but how can you tell when it is a sign of concern?



#### When appetite is high

- **Growth spurts.** Babies will generally have a very good appetite until around 12 months of age when they are growing really fast. So it is normal for appetite to start slowing down after babies first birthday. Between ages two to five years, children's growth rate will continue to slow down resulting in a concurrent decrease in appetite.
- **Active children are hungry children.** Physical activity in any form promotes a healthy appetite so be sure to offer lots of opportunities for your child to be active.

## When appetite is low

- **Tiredness.** Offering a main meal at the end of a big day can often be too much for a little tummy to handle. Be sure to time meals when children are alert and interested.
- **Teething.** Gum soreness and occasional tummy disturbances brought on by teething can last a few days around the day of tooth eruption. Children will quickly make up for the lost meals when their gums have settled and they are keen to test out their new teeth.
- **Illness.** No one feels like eating when they are feeling unwell. Even a common cold can put children off food for a few days. If this is the case, make sure they are well hydrated and seek medical attention if the illness persists.
- **Iron deficiency.** If your child is consistently tired, pale and has lost his/her appetite, it may be due to low iron levels. Iron deficiency must be diagnosed by a blood test arranged by your GP before providing a supplement.
- **Constipation.** A common concern among children which can be exacerbated by iron supplements (reason to have a blood test for suspect iron deficiency). Constipation can cause feelings of fullness, tummy pains and even nausea. Serious constipation may require medical attention. Be sure to provide plenty of fluid and offer wholegrains, fruit and vegetables daily to help keep stools soft.



## The bottom line

Allow children to eat according to appetite and trust in your child's ability to regulate their food intake to suit their energy needs. If your child is growing along their established percentile on the [growth chart](#) then he/she is getting what is needed.

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## Toddler snacks, friend or foe?

Don't get us wrong, toddlers absolutely need snacks throughout the day. However, look out for those so-called "toddler snacks". You know the ones in the little packets that have all the claims of 'locked-in goodness' and 'made with real fruit' alongside heartwarming photos of happy children with fruit and veg. Are these really the best choices for our toddlers?

Things aren't always as they seem. A recent [CHOICE survey](#) of 78 packaged meals and snacks marketed specifically for toddlers found that:

- more than half contained sugars that are harmful to health (including fruit juice concentrate, fruit paste and fruit powder, sugar and syrups)
- many are highly processed
- what's in the pack often was dissimilar to what's promised on the label



# HOLIDAY HAPPENINGS™



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[www.holidayhappenings.com.au/online-booklet](http://www.holidayhappenings.com.au/online-booklet)