

Southern Cross Early Childhood School



Newsletter 7 | Monday 16 May 2022

Respect | Resilience | Kindness | Creativity

DATES TO REMEMBER

Tuesday 17 May | 12.00
Belconnen High School Drama Performance

Wednesday 18 May
Staff Planning Day

Saturday 21 May | 8.00-6.00
P&C Sausage Sizzle & Cake Stall

Wednesday 25 May | 11.00
National Simultaneous Storytime

Dear families and friends

Welcome back to school!! It was so lovely to see all of our families in our outdoor learning environments today for drop off. We have received lovely feedback from families regarding the social stories that were attached to the email outlining the changes. A big thanks to Liz M and Emily H who put those together.

Throughout the school day, our teachers and educators have many different roles and jobs that they need to complete. On many afternoons, our teachers farewell the children and then participate in a whole staff meeting, a team meeting or meetings with families or external supports, such as Allied Health. We would love for you to have a quick chat with your child's teacher/educator to deliver any key information that is relevant, however please do not be discouraged if our teachers need to go. If you need more time to talk we will work with you to make a mutually convenient time to discuss how we can best support your child at school. The best way to do this is to email Nicole at reception on nicole.emerton@ed.act.edu.au or call 61420020. Nicole will pass the message to your child's teacher and they will be in touch.

Staff Planning Day

I would like to give everyone a gentle reminder that Wednesday this week is our first *Staff Planning Day*. Teachers will be spending time during this day moderating for reports with their teams, writing reports and planning for lessons. Where possible, **we ask that students do not attend school on these days.**

If your child cannot stay at home, it is essential that you confirm attendance on these days to ensure we can plan staffing. Please confirm attendance on these days via phone on 61420020 or email nicole.emerton@ed.act.edu.au if your child **will** be attending school on these days.

Election Day

Our school has been chosen to be a polling location on Saturday 21 May. Our wonderful P&C will be holding a BBQ and a cake stall from 8am-6pm. The money raised will provide our P&C and school with opportunities to hold future events or to provide resources for our children. If you can spare some time on this day to help support our P&C and our school, please read on for details of how you can register your interest. I would like to thank the P&C for organising these fundraisers.



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☎ Telephone (02) 6142 0020

✉ Email: info@scecs.act.edu.au

🌐 Web: www.scecs.act.edu.au

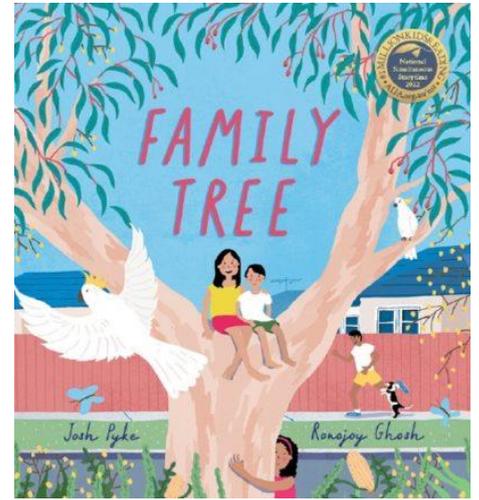
National Simultaneous Storytime

On Wednesday 25 May, our school will be taking part in National Simultaneous Storytime. This event is held annually and is organised by the Australian Library and Information Association (ALIA). Every year a picture book, written and illustrated by Australians, is read simultaneously in libraries, schools and homes all over the country! This year, the chosen book is Family Tree, written by Josh Pyke and illustrated by Ronojoy Ghosh.

At 11am on Wednesday Week 5, all of our children will be involved in reading this book with the teachers. If you would like to continue the learning with your child at home, there are some resources here:

<https://www.alia.org.au/nss>.

Warm regards
Kelly



From Southern Cross

Play Workshop - Year One & Two

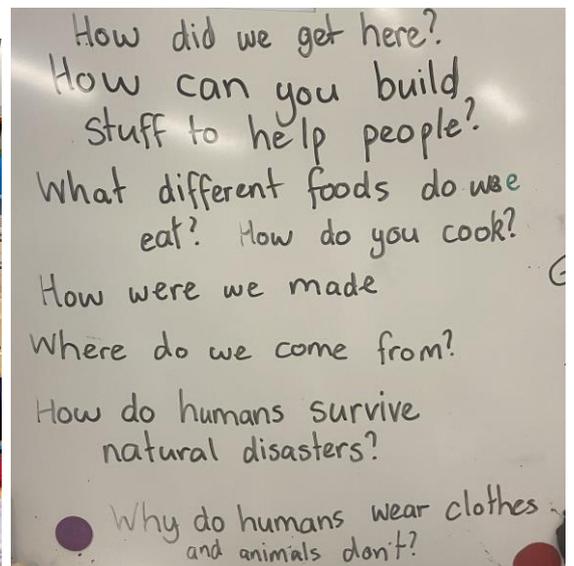
The Inquiry Learning Cycle

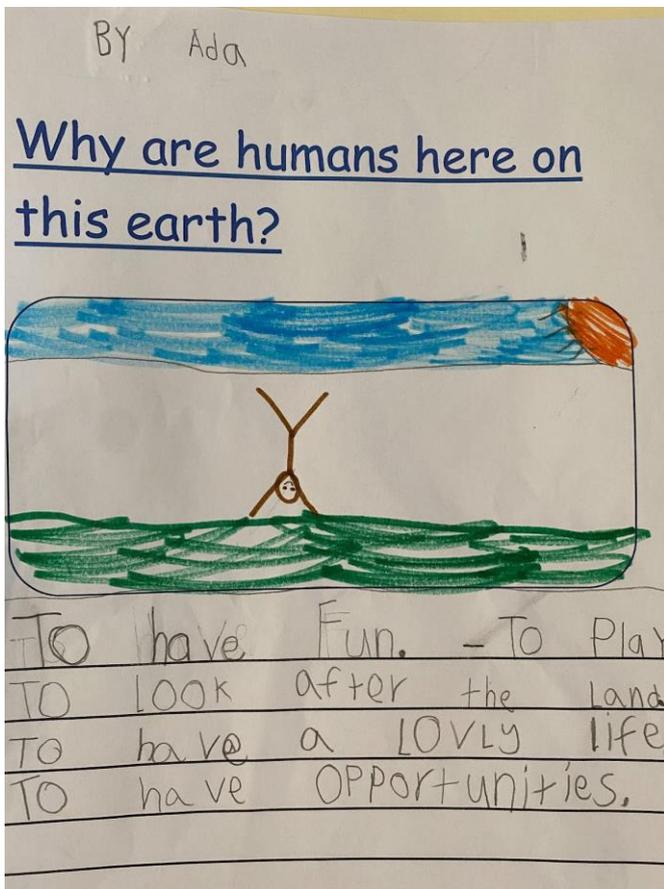


This term in Play Workshop, year 1/2 have started exploring the big question 'What does it mean to be human?' The children have been learning more about how we can use the Inquiry Cycle to extend their learning. At this stage of the term, the children have been sharing the things they know about being human, who they are as a person and beginning to connect the things they know to what other people know.

Why not ask your child what they already know about what makes us human?

Here is some of our learning so far:





Protective Behaviours

Over the next term, children across P-2 are going to be getting smarter about the big idea of personal safety. Protective Behaviours is an education program that provides children and carers with information and strategies on how to identify and deal with unsafe and threatening situations. Protective Behaviours consists of ten lessons which will be taught across the school as part of our social and emotional learning program.

Protective Behaviours Topics

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

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

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Theme 1	Theme 1	Theme 1	Theme 2	Theme 2
Feelings and feeling safe Rights of the child	Recognising early warning signs Early warning signs and safety	Risk taking on purpose and keeping safe Different people have different reactions	When to seek help Secrets	Networks Networks Invitation
Lesson 6	Lesson 7	Lesson 8	Lesson 9	Lesson 10
Theme 2				
Review networks Asking for help Persistence	Public and Private Safe and unsafe touches	Relationships and personal space	Saying no Being assertive	Revision of themes and concepts

Belconnen High School Drama Performance

Tuesday 17 May – 12.00pm

Year 9 and 10 students from Belconnen High School will be performing at Southern Cross as part of their Drama curriculum. The students will create and present a performance to reflect on the Harmony Day message of celebrating Australia's cultural diversity. Through the performance they will be highlighting diversity, inclusivity and respect using well-known fairy-tales with an emphasis on kindness and how to be kind to each other.



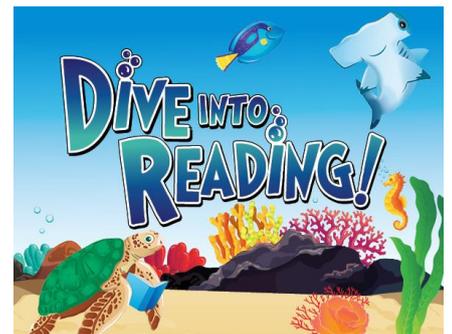
Scholastic Book Fair

Children completed their wish lists for the Book Fair last week.

If you would like to purchase any of these books for your child please complete the payment details on the back of the form and send the slip back to school.

Orders will then be packed and sent home with your child.

Final day for ordering is Friday 20 May. Orders received after this date cannot be processed.



Anglicare

Staff Development

Anglicare educators have been collaborating with the school in what they have been learning through the Protective Behaviours program this term and we have been extending on these themes within our before and after school programs.

We have been lucky enough to have three of our educators, Ioulia, Grace and Pooja, taking part in a wonderful professional development course, exploring how to incorporate their home languages into the educational programs. They have been collecting many ideas of fun ways to engage the children in exploring language and we look forward to seeing how the children respond to this over the coming weeks.

COVID-19 Plan

In accordance with our centre's COVID-19 Plan, we ask that symptomatic children stay at home.

Common symptoms of COVID-19

- fever or chills
- cough
- sore throat
- shortness of breath or difficulty breathing
- new loss of smell or taste
- runny or blocked nose

Other symptoms of COVID-19

- muscle pain
 - joint pain diarrhoea
 - nausea
 - headache
 - vomiting
 - loss of appetite
 - fatigue
 - unexplained chest pain
 - conjunctivitis (eye infection)
-

Wet/Dry Bag Fundraiser

Once again, we are teaming up with Mama's Natural Magic for another round of Wet Dry Bags as a fundraiser for the service. Wet Dry Bags are used in place of plastic bags at the service for children's wet/soiled clothing. It is a far more sustainable option to plastic bags, as they can simply be washed and reused repeatedly. As a parent, I own several and have them hanging on my daughters school bag, one in the car with spare clothes in it, one in her swimming lesson bag, and a spare one for wherever else we need them. Any dirty clothes she accumulates throughout the day get placed in here, and then it all comes home to be washed. 20% of each bag purchased comes directly back to the service to be able to purchase resources for the children.



When you place your order, please be sure to use the code **SCULLIN4**. This will ensure the fundraising code is active for the centre, and we receive 20% of all sales to spend directly on resources for the children. Orders close **Friday 20 May**, so be sure to get in before then!

To order:

1. Visit Mama's Natural Magic at <https://mamasnaturalmagic.com.au/fundraiser/>
2. Select which bags you would like to purchase and add to cart
3. Enter the code **SCULLIN4** into the coupon code box at the checkout
4. Ensure your child's name and classroom name are entered into the order note section.

Southern Cross P&C

Election Day BBQ and Cake Stall

If you wish to help and support our P&C at the 2022 Election Day BBQ and Cake Stall, wait no longer!

Here's how you can help:

- 1. Sign up to Volunteer on the day here:** <https://signup.com/go/PfWFFEX>

Thanks if you have signed up already but we really do need more volunteers to ensure the event is successful. If you can only join for a shorter amount of time, just let us know- we can still use your help!

- 2. Bake for our cake stall!** We are asking for families to donate baked goods.



What we need

- Individual serve baked items (to minimise handling and keep covid safe)- think cupcakes, slices, biscuits, or pre-packaged cake slices, chocolate crackles etc. All items must be NUT FREE.
- Labels that identify the ingredients and the presence of any allergens (eggs, milk, fish, gluten and bee products).
- Provide your food in packaging to prevent contamination (plastic wrap, containers or other suitable protection).

How to donate these items

- Register your item by emailing scecsbandc@gmail.com (this will help us plan what items we have).
- Drop items to us at the school:
 - 4-6pm on Friday 20 May to the school community room
 - 8am-9am on Saturday 21 May direct to the cake stall.

3. Donate items to our raffle.

What we need

- New gifts, vouchers and items to make hampers for our raffle. We hope to put several hampers together to raffle off- themes for our hampers are 'wellness', 'kids' and 'food'- but we are open to your ideas too!

How to donate these items

- Let us know what you can donate by emailing scecsbandc@gmail.com.
- Drop items to us at the school via reception – by 3:00pm Thursday 19 May

Community Information

ACT Nutrition Support Service

Smart Swaps

Wondering what simple changes you could make to improve the quality of your diet without a complete rehaul? Look no further than our smart swaps and tips!

Ingredient swaps

Selecting healthier ingredients can have a significant impact on the nutritional quality of the dish. Use the table below to help swap to the healthier ingredient where possible.

SWAP THIS...	FOR THIS...
Breads and Cereals	
White bread, rolls or bagels	Wholegrain, wholemeal varieties
Crackers and Savoury biscuits	Wholegrain varieties of plain crispbreads low in salt and fat
Dairy Products	
Cream	Evaporated milk, ricotta cheese
Sour cream	Natural yoghurt
Meat and alternatives	
Meat with visible fat or skin on	Lean skinless meat options
Crumbed or battered meat and fish patties	Fresh or frozen meat or fish fillets without crumbs or batter
Fatty processed meats such as pepperoni, salami, mortadella	Skinless or turkey meat and lean processed meat varieties
Oils, condiments, and spreads	
Butter and butter blends, copha, dairy blends, ghee, lard, palm oil, tallow	Poly or monounsaturated spreads, canola or olive oil
Coconut cream, milk	Evaporated milk with coconut essence
Cream based dressings	Dressings made with poly or monounsaturated oils, lemon juice, balsamic vinegar or yoghurt

Tips for using less sugar

- Add vanilla, cinnamon or ground cloves for extra flavour.
- Add dried and fresh fruits to muffins, cakes, pikelets for added sweetness.
- If using canned fruit, choose fruit in natural juice and drain before use.
- Stew fruit without sugar, if fruit is tart (e.g. plum or rhubarb) add an apple for sweetness.

Tips for using less salt

- Avoid adding salt during cooking or at the table.

- Add a variety of herbs, spices, lime or lemon juice, fresh mustard, and garlic to recipes.
- Use “reduced salt” or “no added salt” canned foods.
- Limit commercial sauces and condiments such as soy sauce and tomato sauce and read the labels to choose the one with the least amount of salt (sodium).

Tips for boosting fibre

- Add one extra fruit and vegetables to meals and snacks.
- Leave the peels on vegetables such as carrots and cucumbers.
- Choose an oat or bran based cereal.
- Add beans or lentils to sauces.
- Snack on fruit, nuts, or raw vegetables.