

Southern Cross Early Childhood School



Newsletter 6 | Monday 10 May 2021

Respect | Resilience | Kindness | Creativity

DATES TO REMEMBER

Tuesday 11 May | 12.00
Belconnen High School Performance –
The Magic Word

Wednesday 12 May | 5.30-7.00
Family Board Games Night

Wednesday 19 May | 9.15-10.00
Whole School Gathering - Ghaddi

Wednesday 19 May | 11.00
National Simultaneous Storytime -
Give me Some Space!

Thursday 20 May | 3.30-4.30
Year 3 Alumni Visit

Tuesday 25 May
P&C Walkathon – Whole School

Thursday 27 May – Thursday 3 June
Reconciliation Week

Friday 28 May
P&C Walkathon – Bunduluk & Dnnawan

Wednesday 2 June | 12.00 – 1.30
Christian Education in Schools

Dear families and friends

Welcome to week 4 everyone! Our children have been exploring the season of autumn and there has been plenty of learning, discovering and playing in the leaves on the playground. I would like to give a gentle reminder for families to please ensure your child brings a hat each day to school. At the moment we have many children who are playing on the purple playground under cover as they do not have a hat. We would like our children to be able to enjoy all the wonderful areas of our outdoor learning space, including the treehouse.

National Simultaneous Storytime

On Wednesday 19 May, our school will come together for National Simultaneous Storytime. National Simultaneous Storytime (NSS) is held annually by the Australian Library and Information Association (ALIA). Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, preschools, education and care services, family homes, bookshops, and many other places around the country. Now in its 21st successful year, it is a colourful, vibrant, fun event that

aims to promote the value of reading and literacy, using an Australian children's book that explores age-appropriate themes, and addresses key learning areas of the National Curriculum for Foundation to Year 6. The 2021 book chosen for this important day is *Give Me Some Space* by Philip Bunting. You may like to source the book and read it at home over the next few weeks. We have got some copies in the library for our families to borrow as well.

Reconciliation Week

Reconciliation Week occurs between 27 May and 3 June. This year's theme is **More than a word. Reconciliation takes action**. Last week, our teachers came together to read new books that have been purchased in our school library that will support the learning that occurs each and every day in our classrooms. Our teachers planned for lessons that cover skills in all curriculum areas and support the 2021 Reconciliation Week theme. Please keep an eye out for our



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

corridor displays as our teachers begin to showcase some of this work. I would like to thank the RAP team (Reconciliation Action Plan team) for all the work they do to ensure our teachers are discussing this theme with the children throughout the year.

Year 2 Alumni Visit

On Thursday afternoon in week 5, we have invited our 2020 year 2 students to come and visit Southern Cross to meet with our current year 2 students. Besides being a fabulous opportunity for our children to reunite, Nicky, Emma, Jason and myself will facilitate discussions between the children that will centre around the transition process. Our current year 2 children will have the opportunity to ask questions about year 3 and hopefully talk to someone who attends the same school they will be transitioning to in 2022. We are very excited to have our alumni back with us at Southern Cross!

Preschool Enrolments for 2021

Friday 4 June 2021 is the last day to register for preschool next year. If your child turns four on or before 30 April they can register to enrol. We do not want anyone to miss out so please let others know in our community. If anyone has any questions please contact Nicole at Reception on 6142 0020.

Warm regards,
Kelly

Reminders

Parking Safety

Unsafe driving and parking behaviours increase the potential road safety risk for children around schools. Road safety is a shared responsibility, it is important the road rules are followed near our school to ensure the entire school community feels safe.

Please remember children are more at risk than adults around schools because they are smaller and less visible to drivers. They are also less predictable and less experienced, which makes them more likely to make errors of judgement.

Failing to follow simple road rules like parking on the verge, in no stopping zones, in bus stops, near children's crossings, on footpaths or across driveways increases the risk to children around schools. Please do the right thing to create a safe environment around our school.



Disabled Parking

At Southern Cross we have limited Disabled Parking available, please be mindful of others when using our car park and ALWAYS display your permit when utilising the marked Disabled parking spaces.



School Clothing

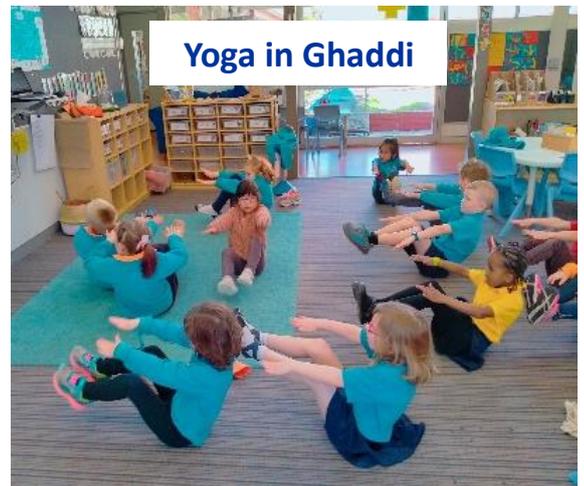
We have had a number of School jumpers arrive in Lost Property these past few weeks. A number of them do not have a name on them or the name is no longer legible. Please check your children's school clothing and relabel if necessary.



From Southern Cross

Year 1 /2 Social Emotional Learning

Social Emotion Learning, or SEL, is an integral part of the curriculum at Southern Cross. In Year 1/2 we support our students to make positive choices both inside and outside the classroom, we foster relationships and we teach the children tools to use when issues arise. We support mental health and wellbeing through mindfulness activities such as yoga, meditation and relaxation.



This term, our SEL focus has been **Protective Behaviours**. This

program teaches the children that we all have the right to feel safe all the time. We have been investigating some of the early warning signs our bodies might give us if we're feeling worried and we brainstormed who we can turn to if we need support. The children have participated in a number of activities such as role-playing scenarios, small group and whole class discussions, making connections through stories and we even had a visit from Kenny Koala who talked to us about who we could go to if we become separated from our family while at the shops.

Gudamang has created some insightful paintings about when and where they feel safe.



Scholastic Book Fair

Scholastic Bookfair is coming to Southern Cross Early Childhood School week 4 this term. This year we are purchasing all books through the online option as we did in 2020. Children will come to the library with their class and look through the exciting options available. They will complete their 'Wish List' which will be sent home to families with the online payment details. Families will pay for any books they wish to purchase online. We will then deliver the books to the children in their classroom to bring home. If the book is sold out from the stock at school, we will place a back order and let families know. An email and seesaw post will be sent out in week 4 with more details on this process and photos of the book options. If families would like to view the books, they will be available to view on Tuesday and Wednesday afternoon between 3.00 – 3.30pm, all purchases need to be completed through the online option.

<https://parentpayments.scholastic.com.au/BookFairs>

Book Fair Wish List Prepayments



If your child brings home a Book Fair Wish List and you want to pay for these selections by credit card in advance, please:

1. Go to [scholastic.com.au/payment](https://parentpayments.scholastic.com.au/payment)
2. Click 'Book Fairs'
3. Enter amount and pay
4. Record receipt number on back of Wish List
5. Your child then takes this payment record back to school, chooses books at the Fair and takes receipt number to cashier as payment.

SCHOLASTIC  Book Fairs

Lunchtime Learning Club – Mindful Movement

Yaama (hello),



My name is Bec Harney. I'm a proud Kamilaroi woman, with additional blood ties to Yorta Yorta, born here on Ngunnawal land. I first came to Southern Cross when I started kindergarten in 1990, and my youngest child is in kindergarten here this year.

I am running a lunchtime club with Jason on Mondays this term called Mindful Movement. We will be learning basic movements of humans, animals and nature, bringing an awareness of our journey alongside these forms of life in this beautiful country.

There will be a strong focus on respect and awareness of other forms of life, how we interact with them, and how they interact.

When being mindful we can live in harmony with others, without destruction and chaos. I am looking forward to working with the children creating their own dramatic movements.

Protective Behaviours Presentation

Melissa Collie (School Psychologist) recently presented **Protective Behaviours – Children and Personal Safety** to parents and carers at Southern Cross. Below is a summary of the presentation and information on what you can do at home to help support your children to stay safe.

Protective Behaviours refers to the things that we say and do to help keep ourselves and others safe from harm and abuse. The Protective Behaviours Program teaches personal safety and life skills to empower students to deal with all forms of difficult, unsafe or abusive situations. It is everyone's responsibility to help keep children safe.

We can all do something to help protect children. Remember that all information given to children must be age and developmentally appropriate. It is important that parents start with small ideas and concepts and build on these as appropriate.

There are many things you can do at home to make Protective Behaviours part of your everyday lives.

- Seek and recognise teachable moments to share your messages and values about personal safety. Have conversations often and demonstrate good listening skills.
- Encourage using feeling words to describe emotions and validate your child's emotions and experiences. Support your kids in taking notice of and 'tuning into' their feelings, particularly if they are feeling uncomfortable, scared, 'weird' or unsafe.
- Encourage your child to think about adults in their lives they can go to if they need someone to talk to, or if they need help. Support your children in building positive relationships with trusted and protective adults.
- Develop body safe rules and discuss personal boundaries and consent with your child. When children know their safety rules about safe and unsafe touch, they are more likely to say no to inappropriate touch and tell a protective adult.
- Use the correct names for 'public' AND 'private' body parts.
- Respect your child's personal space preferences.
- Develop a shared family safety plan, and family rules regarding the use of devices in the home.

Protective Behaviours' messages can be delivered in a clear, simple, and non-confronting way by using fun and engaging activities tailored to children's ages and development. There are a range of resources, books and video clips to help convey the messages of personal safety with your children.

The ACT Education Directorate had recently published a booklet, titled *Protecting Your Kids, Personal Safety Education for Parents* which covers the above-mentioned strategies and more. Copies of the booklet are available from the Community Hub tables near the front entrance of the school.



Linking Families to Learning

Family Board Games Night

Wednesday 12 May 2021

5.30 – 7.00pm

in the school hall.

Please RSVP to Nicole at reception.



Maintain good hand hygiene



Keep your distance



Stay home if unwell and get tested



Check in for contact tracing



Monitor travel advice

Helpful Hints for Home

There are a number of online resources to support families with learning at home. The Australian Literacy Educators' Association is a fabulous resource our teachers regularly use but it is not only for educators but families too. Check out the Little People's Literacy Learning page, there are several modules for families covering a variety of learning areas and ages.

Little People's Literacy Learning

A FREE online guide for parents and carers with many examples of activities you can enjoy with your child. Some of the activities are incidental and some are planned. All activities are designed with an emphasis on learning through collaborative play and shared discovery.

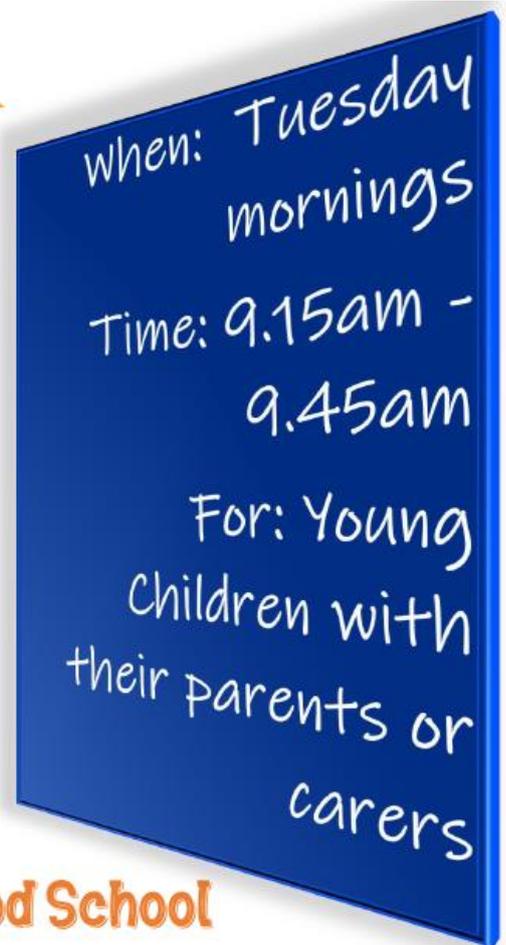
AUSTRALIAN LITERACY EDUCATORS' ASSOCIATION

alea.edu.au/publicresources/resources-for-parents-and-community/little-people-literacy-learning

Community Hub



@ Southern Cross Early Childhood School



Anglicare

Wet/Dry Bag Fundraiser

Anglicare is participating in our wet/dry bag fundraiser again! Those who have been with the service for a couple of years now can attest to just how wonderful these bags are. As we are a sustainable service, and moving away from single use plastics, the wet dry bag is a wonderful alternative for those muddy/wet/painted on clothes that often come home from us as children are encouraged to learn through their play. As a mother of a daughter who attends Southern Cross, these have been absolute life saving for me; the educators simply place her soiled clothes in the bag, and everything comes home to be washed, including the bag itself. Because they are such a staple here at Southern Cross, the educators also are aware of how they work, and use them without thinking!

They are also a great tool for swimming lessons, outdoor sports such as soccer/footy for soiled clothing, and play dates to keep spare clothing in!



When you place your order, please be sure to use the code **SCULLIN 2**. This will ensure the fundraising code is active for the centre, and we receive 25% of all sales to spend directly on resources for the children. Orders close **Friday 28 May**, so be sure to get in before then!

To place your order visit www.mamasnaturalmagic.com.au



WALK-A-THON

Whole school
When: Tuesday 25 May, 9.30am

End of week pre-school
When: Friday 28 May, 9.30am

The Walk-a-Thon will be held in school hours and the children will be challenged to walk 1-4km depending on their age and ability.

The SCECS P&C are fundraising to contribute \$1,500 towards the next stages of improvements to our outdoor learning environment! Please support our fundraising efforts by asking family and friends to donate to our wonderful school!

Donations can be made online at: <https://www.sustainableschoolshop.com.au/southern-cross-early-childhood-school/custom-store/scecswalk>. Envelopes to collect cash donations have also been sent home with your children. Spare envelopes are available at the front office. Please return envelopes to the P&C box at reception by **Friday 28 May**.

Volunteers are still needed to help. Please send us an email (scecsbandc@gmail.com) or signup online at <https://signup.com/login/entry/1234193280033>

Community Information

ACT Nutrition Support Service

Heart Week 3-9 May, 2021

[The Heart Foundation's](#) Heart Week is a great opportunity to raise awareness about cardiovascular disease which affects more than 4 million Australians. It is a major cause of death in Australia, and the right diet can play a major role in preventing it! From the 3rd - 9th of May, try and establish some healthy diet habits, to eat better for your heart.



1. Red Meat

Red meat can increase the risk of heart disease and stroke when over consumed. Also, processed or deli meats have been linked to a higher risk of heart disease and chronic conditions.

Tip #1:

Include more heart-healthy protein sources such as beans, lentils, tofu, eggs, lean poultry, fish and seafood. If you choose red meat, limit to 350g per week, and save the processed meats such as bacon, salami and sausages for special occasions.



2. Salt

Aussies are consuming more salt than ever before, a result of increased consumption of processed convenience foods and a preference for salty flavours. While we need some salt in our diets, too much can increase blood pressure leading to an increased risk of heart disease.

Tip #2:

Look for reduced salt versions of your pantry staples like canned goods, pastes and sauces, and pack away the salt shaker. Want to spice up your meals? Check out this article on [herbs and spices](#).



3. Dietary Fat

Fats are not created equal, some fats can improve blood cholesterol levels whilst others can increase the risk of heart disease. Healthy fats are found in avocados, fish, nuts, seeds and plant oils such as olive oil. Unhealthy fats are found in fatty meats, cream, butter, pastries, chips, coconut products, deep-fried foods, cakes, biscuits and processed meats

Tip #3:

Consider replacing some unhealthy fats in your diet for healthier alternatives, perhaps trying an olive oil spread or avocado instead of butter? Or even trying some nuts in place of chips!



[How old is your heart? Try out this Heart Age Calculator](#)

ACT Together
Every child matters

You can change a child's life.

ACT Together need people to care for and provide a safe and stable home for children in the region.

We offer:

- Extensive training
- Generous allowance
- 24hr support

ACT Together is a consortium of:

- Barnardos Australia
- Australian Childhood Foundation • Oz Child

Initiative of **ACT** Government

A Step Up for Our Kids - Out of Home Care Strategy 2015-2020 is an ACT Government funded initiative

Contact us today:
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