

Southern Cross Early Childhood School



Newsletter 8 | Monday 7 June 2021

Respect | Resilience | Kindness | Creativity

DATES TO REMEMBER

Monday 7 June | 6.30 – 8.00
P&C Meeting

Wednesday 9 June
Good Vibes Afternoon

Monday 14 June
Public Holiday

Tuesday 15 June
Semester 1 Reports go home
Guginya & Wamburrang

Thursday 17 June
Semester 1 Reports go home

Friday 18 June
Waste Free Day – Bunduluk & Dnnawan

Friday 18 June | 6.30-8.00
P&C Movie Night

Monday 21 June
Waste Free Day

Wednesday 23 June | 9.15-10.00
Whole School Gathering - Wirria

Friday 25 June
Last Day of Term 2

Dear families and friends

Walkathon

Tuesday of week 6 was the perfect day for a Walkathon (also Friday was perfect too for our preschool children). I would like to thank the P&C, our parent volunteers and all of our community for this fun event that had us all outside walking and running. Keeping fit and active is such an important part of looking after our health and wellbeing and how lucky we were to be raising money for our Outdoor Learning Environment while we walked.

Our no longer leaky roof!

I am so pleased to let you all know that our leaky roof has started to be repaired! I would like to thank Emma M for all of her hard work in coordinating this process. Thanks also to Brad from Infrastructure and Capital Works (ICW) who has helped manage this process with the Education Directorate. Although the process has started, we still may have some leaks while we work out all of the leak points. The wet weather last week was the perfect opportunity for us to take a close look while it was raining, but there were certainly less buckets throughout corridors and classrooms last week!

Affiliated Schools

Southern Cross Early Childhood School is a 2021 Affiliated School. This means that we are being supported by the University of Canberra (UC) to undertake research. Our Affiliated Schools team is made up of Emma D, Nicky, Hayley, Emily and myself. We also have a UC staff member nominated to connect with our team as often as we need and Christine Topfer (literacy expert from Tasmania) is also supporting our team through regular online meetings. Our research question aligns with our School Improvement Plan and is also aligned with the work we have been engaging in to improve reading and literacy across our school. Our research question is, *'How will documentation of reading behaviours support teachers to make evidence-informed decisions to improve outcomes in reading?'* There will be more updates as we progress this work.



Southern Cross Early Childhood School

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☎ 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.

Rainy Day Club – Coming Soon

Very soon, we will be offering a 'Rainy Day Club' for the wet weather days at Southern Cross. We wanted to give all of our families time to prepare and gather their wet weather clothes ready for when this club starts. Allowing children to play in the rain provides a connection to nature and their environment. It provides a unique sensory experience and will allow children to remain active on these days. We will ensure the children are wearing their warm jacket underneath their raincoat during our colder months.

On rainy days, if you would like your child to participate in the Rainy Day Club, please bring in a **pair of gumboots**, a **raincoat**, **spare clothes for your child to change** in to and a **plastic bag or wet/dry bag** for your child to pack away their wet clothes (we currently have Oasis Wet Bags for sale through our school uniform shop). Your child may also like to bring an **umbrella** on this day too. **Please make sure all of this clothing is labelled** as your child will be responsible for changing and packing away their wet weather gear. Look out for hooks that José is putting up outside the classrooms for children to hang raincoats and umbrellas.

If you are experiencing difficulty sourcing any of these items and would like for your child to participate in this club, please do not hesitate to talk to Nicole at reception or Kelly. We would love to help. We will let you know when we will start the Rainy Day Club. Right now you can make sure your child has wet weather clothing ready for when our club starts.

Staff Carpark

I would like to gently remind our community that the staff carpark is not the safest place to park to collect your child or to drop them off. 9am and 3pm are our busiest times with children arriving and leaving school. The majority of our community use the staff carpark entrance to collect their children and it can be very dangerous if cars are driving in and out of this driveway. Thank you so very much for keeping us all safe.

Warm regards,

Kelly

From Southern Cross

Protective Behaviours in Preschool

In Guginya we have been reading picture books to engage in thinking about emotions and concepts such as 'safe' and 'unsafe'. We viewed picture cards and spoke about how the image made us feel. It was interesting to see how different people viewed the image in different ways and felt differently about them.



Wamburrang have been exploring Early Warning Signs. Some of our friends shared how their body feels when they are starting to feel worried, unsure or scared. Sometimes we feel hot, get the shakes and shivers, our heart races and we might cry. We explored a bowl holding a mystery item. Some friends were brave and had a go at feeling what was inside, while others recognised their early warning signs which stopped them from wanting to have a go. It ended up being a bowl of cold spaghetti!



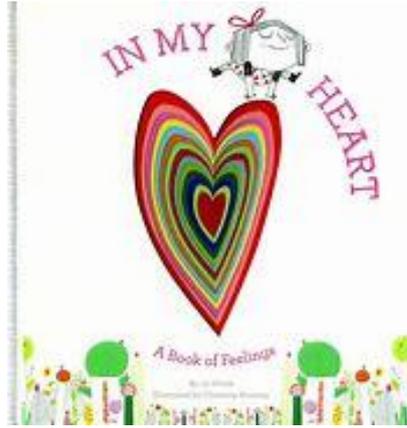
In Bunduluk we have been discussing different emotions. We discovered that we all have the capacity to feel a variety of emotion in just one day and this is absolutely fine. It is how we deal with our emotions that is important.

We have been learning about just how amazing our bodies are! So amazing in fact that our bodies know how to give us early warning signs if ever we were to feel frightened, afraid, nervous, unwell, or even happy. Our class listened to the story Jasmine's Butterflies by Carey Lawrence and Justine O'Malley. We reflected on how Jasmine might have been feeling when she was lost at the zoo and what early warning signs her body may have been giving her. We then used model Zunairah as our template to record other early warning signs that we could think of. Everyone agreed that if their body ever feeling any of these big feelings (Early Warning Signs) it is always best to seek help from a trusted adult.



Dnnawan have been investigating our feelings and emotions. We have been checking in each morning by thinking about the way we are feeling. We put our photo on the emotion that best represents how we are feeling at that time. Together we made a feelings wall, where we drew pictures to represent different emotions. We realised that our face tells people how we are feeling.

We read the story 'In My Heart' by Jo Witek. It made us think about all the emotions we feel each day and in different situations. We made a beautiful love heart mobile to represent the love in our hearts.



**Whole School
Monday 21 June
2021**

Bunduluk and Dnnawan
Friday 18 June 2021



Waste Free Day Term 2 2021

Say **NO** to general waste by
packing your child's lunch
in a re-usable container.

What class will have the least amount of waste on the day and
receive the highly coveted 'Green Recycling Truck'?

National Reconciliation Week – 27 May to 3 June 2021

The children have been actively engaged in a wide range of activities based on National Reconciliation Week. Please take some time to have a look at the class displays on the noticeboard located in the corridor near the Reconciliation Courtyard. Some of our Year 2 leaders have also been involved in speaking over the school's intercom each morning and afternoon acknowledging National Reconciliation Week and our learning on Ngunnawal Country. They did a great job!

Linking Families to Learning

Helpful hints for home

Mindfulness

Every day our children have time during the day to participate in mindfulness experiences. Mindfulness is a buzz word that is regularly used in today's busy lifestyle but what is it exactly and why is it important for our children and even adults to have time to be mindful?

Mindfulness is about being present and fully paying attention to something. When you are being mindful you are focused in a relaxed and easy way without distractions.

The benefits of being mindful include helping to

- pay attention and being less distracted
- stay calm under stress
- be more patient
- slowing down
- winding down
- avoid getting too upset over things
- sit back and enjoy moments

Learning to be mindful from a young age helps with developing a child's understanding of how to cope with different situations from trying something new to more confronting situations. It is also a great tool to use to help children wind down and relax at the end of a busy day ready for a good night sleep. Being mindful is not only about meditation, it is also about being aware of what is happening around you and being grateful for the positives.

You can find out more about mindfulness and some online apps below

<https://biglifejournal.com/blogs/blog/5-fun-mindfulness-activities-children-breathing-exercises>

<https://www.healthline.com/health/mental-health/top-meditation-iphone-android-apps>

Smiling Minds

<https://www.smilingmind.com.au/>

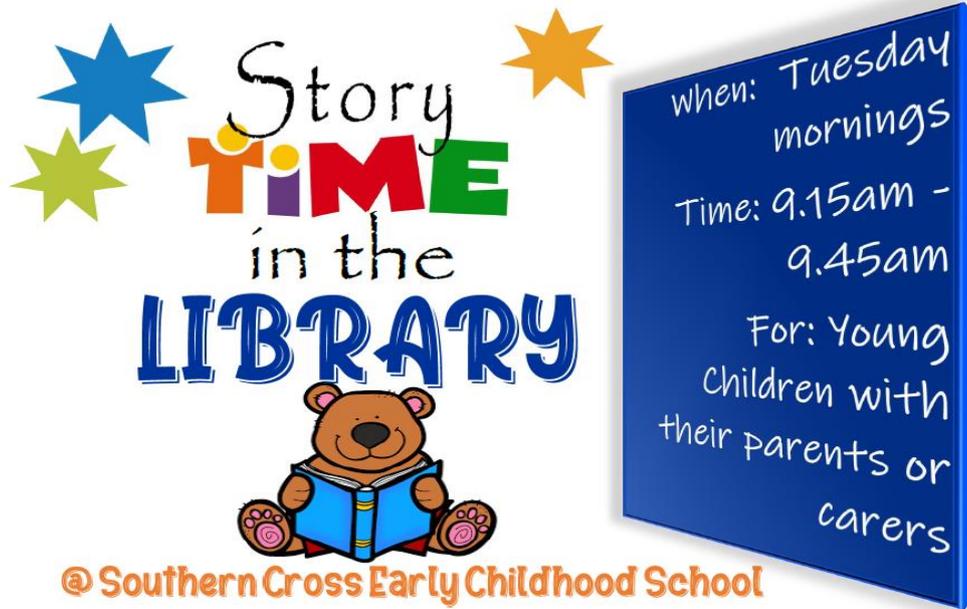
5 Fun MINDFULNESS ACTIVITIES for children

by Big Life Journal

- 1 "JUST ONE BREATH" BREATHING ACTIVITY**
 - Find a relaxing place, sit comfortably, and set a timer for one minute.
 - Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
 - Take another slow deep breath, imagine the air moving down into the lungs and back up.
 - Take one more deep breath and hold for a moment, then release it.
- 2 CREATE A GLITTER JAR**
 - Find a jar or plastic bottle and allow your child to decorate it however they like.
 - Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
 - Seal the lid and you are ready to go.
- 3 HEARTBEAT EXERCISE**
 - Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
 - At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.
- 4 GOING ON A SAFARI**
 - Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
 - Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
 - Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.
- 5 TENSE AND RELEASE MUSCLE RELAXATION**
 - Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
 - Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
 - Continue moving up the body for more relaxation.

Big Life Journal - biglifejournal.com

Community Hub



Anglicare

School Holiday Program

Please take an look at the activities for our Winter School Holiday Program!

School Holiday Request Booking Forms have been emailed to families today. Booking forms will need to be returned quickly to secure your place, last day for booking is **Wednesday 16 June 2021**.

All meals are provided provided for children attending the School Holiday Program, please note additional fees are required for some activities.

 Winter School Holiday Program 2021					
	<p>Monday 28</p> <p><u>A Day with Rob</u> <u>Immersed in Indigenous Culture.</u> Rob is coming to share his life knowledge and experiences through Story Telling, Cooking and Creative Arts.</p> <p><small>* This incursion will incur an additional fee</small></p>	<p>Tuesday 29</p> <p><u>Moncrieff Community Recreation Park</u> Activities include: slides, swings, rope bridges, flying fox, carousel, climbing nets and walls, and a supernova spinner.</p> <p><small>* This excursion will incur an additional fee</small></p>	<p>Wednesday 30</p> <p><u>A day full of Science</u> You will be experimenting, investigating and discovering material and processes, engaging in a learning environment that will surprise us.</p>	<p>Thursday 1</p> <p><u>Explore your senses</u> Get ready for a sensory day as you participate in different experiences with playdough, slime, water, paint, ice and more!!</p>	<p>Friday 2</p> <p><u>Character Day</u> Let's dress up as our favourite book, movie or game character and participate in an imaginative play that everything can happen.</p>
	<p>Monday 5</p> <p><u>Inflatable World Excursion.</u> We will visit Inflatable world in Kambah for a few hours of bouncing, high energy games and activities.</p> <p><small>* This excursion will incur an additional fee</small></p>	<p>Tuesday 6</p> <p><u>Construction Day</u> Bring a big/small cardboard box and come to build our city by collaborating in teams and creating huge buildings and constructions.</p>	<p>Wednesday 7</p> <p><u>Pyjama Day</u> Put on your comfy outfit and come to enjoy a movie day and many mindfulness opportunities.</p>	<p>Thursday 8</p> <p><u>Chef's Day</u> Today is all about food and we are going to create our own chef's hat whilst we will bake coloured biscuits and many more yummy goodies.</p>	<p>Friday 9</p> <p><u>Camp Day</u> Let's explore and enjoy a Day outdoors, with games, fire pit, barbeque and hot milo.</p>
<p><small>Various activities are offered as an alternative for all programmed days. These include craft, construction, reading, music experiences, group games, outdoor activities, and free learning experiences. Please also bring your child's bike/scooter and helmet if they wish to go to the bike track that day.</small></p>					

P&C

Hello SCECS families,

We wanted to start with a huge congratulations! We are overwhelmed by what a wonderful and generous school community we have. The Walk-A-Thon was a fantastic success and together we raised a total of **\$3791.30** - over double our target! We would like to say a big thank you to Tina Connor (P&C Fundraising Coordinator), our P&C Committee, and the fantastic volunteers and school staff who all played vital roles in making sure the event was a success! And an even bigger thank you to all those little legs - the kids did so many laps they made us dizzy and we loved hearing the excitement of how many stamps they received.



Movie Night

You will have seen an email come out last week about the upcoming Movie Night to be held on Friday 18 June (week 9) at 6:30pm in the school hall. We will be screening the "Trolls World Tour" movie, rated G.

Tickets are \$10 per family - two adults and children. Ticket price includes popcorn. Tickets can be purchased from the Sustainable Schools website

at <https://www.sustainableschoolshop.com.au/southern-cross-early-childhood-school/custom-store/scecsmovien> until midnight Thursday 17 June, or until sold out. BYO bottled water only - unfortunately no other food or drinks can be consumed in the school hall. Entry to the event will be from 6:15 (for a 6:30pm start) via the side doors near the staff car park (the main entry to the school will be locked). We will also have some colouring and other quiet activities available just outside the school hall during the event.

To assist you in making an informed decision regarding the suitability of the movie for you and your family please follow this link for the rating and review. <https://childrenandmedia.org.au/movie-reviews/movies/trolls-world-tour>

If you are available to help out on the night, please email us at scecsbandc@gmail.com.

Tonight's P&C Meeting - Sue's Kitchen, Scullin

A reminder that the final P&C meeting for Term 2 will be held tonight (Monday 7 June), 6:30pm at Sue's Kitchen in Scullin. Anyone is welcome to join. Please email scecsbandc@gmail.com to let us know if you plan to come, or just turn up - we are very relaxed and informal. The first P&C meeting for Term 3 will be held at school early next term.

Katherine and Patty (P&C Co-Presidents)



Community Information

ACT Nutrition Support Service



We have hit Brussels sprouts season!

You are likely thinking that would be great if you just knew what to do with them! We are here to help and even change the most skeptical of minds that Brussels sprouts can taste yummy.

The key is to treat them right! Many of us have tried Brussels sprouts before, likely as a bitter, overboiled and soggy addition to our plate. However, there are many flavourful ways to enjoy Brussels sprouts. Trust us!

Size matters

Small Brussels sprouts are ideal for steaming or roasting whole as they are tender and sweeter.

Medium Brussels sprouts are better for halving and roasting with a marinade. The sweetness of the marinade tends to kick that bitterness aside.

Large Brussels sprouts are best for slaw, so slice the raw sprout thinly and add to a great coleslaw recipe like this one: [Classic Coleslaw](#)

How to roast brussels sprouts

Follow these tips to ensure top tastiness.

1. Preheat your tray, preferably a heavy one that holds heat. This will help to provide a crisp outer texture.
2. Roast with other veggies to diversify the flavours and enhance their appeal.
3. Make a marinade. Brussels sprouts need flavour and a bit of sweetness to break the bitterness. Add punchy flavours such as chilli, garlic, lemon, honey, paprika to an extra virgin olive oil base.
4. For even more deliciousness, top freshly roasted sprouts with a sprinkling of parmesan cheese.



Nutritionally speaking

Like all vegetables, Brussels sprouts are highly nutritious and low in kilojoules.

They are an excellent source of vitamin C that can help to reduce the duration and severity of the common cold. Think of it as mother nature's way to help us get our Vitamin C during the winter months. Like most other green vegetables, Brussels Sprouts are also a great source of dietary fibre, folate and potassium.

Looking for more creative ways to use Brussels Sprouts?

Check out Alice Zaslavsky's latest book called 'In Praise of Veg' that provides great tips on how to use different vegetables in delicious ways.

You can read more about this book [here](#).



Another Chance Op Shop - Scullin

Another Chance op shop is hosting a Winter sale with 50% off all clothing from Tuesday 1 June – Wednesday 30 June. Open weekdays 10am – 4:30pm, and Sat 10am-1pm you'll find Another Chance at Scullin shops, Ross Smith Crescent. The shop is a project of Mosaic Baptist church; "in the community, for the community".

HOLIDAY HAPPENINGS™



The next Holiday Happenings edition is now available online.

To see the *Programs, Activities & Events* happening these holidays go to:

www.holidayhappenings.com.au/online-booklet



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HAVE A BRIGHT IDEA?**

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BOOK NOW!
Book online at www.questacon.edu.au or call 1800 889 995.

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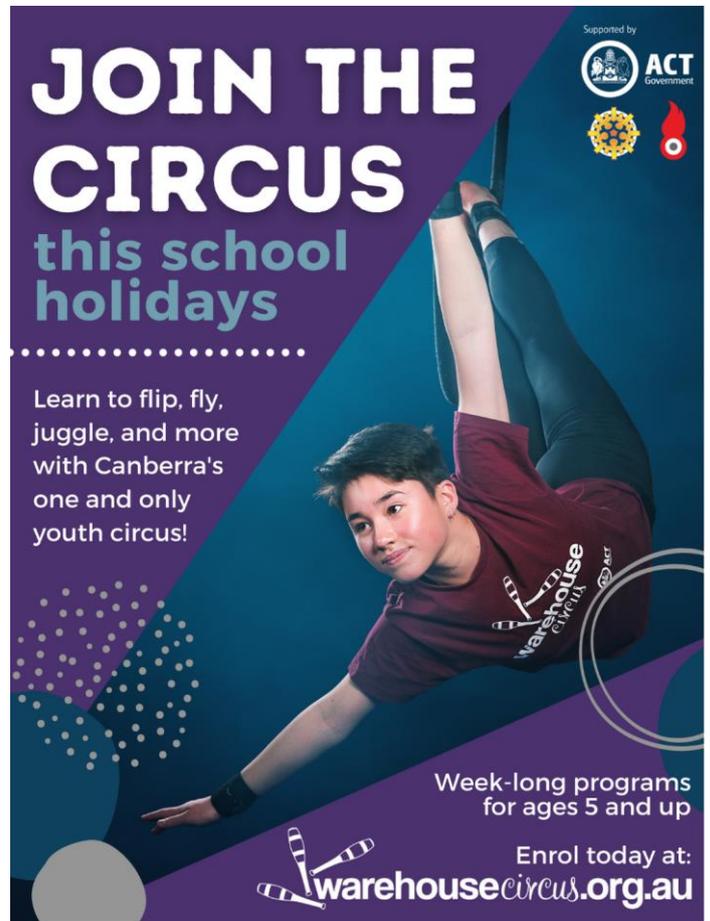
www.questacon.edu.au

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JOIN THE CIRCUS

this school holidays

Learn to flip, fly, juggle, and more with Canberra's one and only youth circus!



Week-long programs for ages 5 and up

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warehousecircus.org.au

TUNING INTO KIDS

Capital Region Community Services

Emotionally intelligent parenting for parents of children aged 3 - 10



Would you like to:

- Improve interactions with your child?
- Better understand your child?
- Help your child learn to manage their emotion?
- Help to prevent behaviour problems in your child?
- Teach your child to deal with conflict?

Tuning in to Kids is an eight week program that shows you how to help your child develop their emotional intelligence. Children with higher emotional intelligence:

- ✓ have greater success making and keeping friends
- ✓ have better concentration at school
- ✓ Are more able to calm down when upset or angry.

When: Run each school term

Where: CRCS, Belconnen

Capital Region Community Services | Swanson court, Belconnen

Registrations are essential as places are limited. Contact CRCS on 02 6264 0200 or email Groups@crccs.com.au



Capital Region Community Services | Swanson court, Belconnen

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