

# Southern Cross Early Childhood School



Newsletter 15 | Monday 25 October 2021

Respect | Resilience | Kindness | Creativity

Dear families and friends

## Welcome Back!

Welcome back to school!!!! We had such a lovely day. It was just wonderful to see all the children's smiling faces and to watch them reconnect with their peers after such a long time at home. Thank you for supporting our new processes at the drop off and pick up points today. Our processes for keeping everyone safe have now been uploaded to our school website. Our school's Indoor Air Quality Plan has also been uploaded. We will continue to upload any relevant information for you to access at your leisure.

Take a look at some photos of our first day back that have been posted on our Facebook page.

## School Satisfaction and Climate Survey

All of our families would have received an email last Monday from 'EDU Surveys and Evaluations'. This is your link to complete this year's School Satisfaction and Climate Survey. If you have more than one child, there will be a survey link for each child. This survey is usually sent out towards the end of term 3. Due to the pandemic, the Education Directorate delayed this process. Our staff also complete a similar survey. I like would encourage you all to please complete this survey so that we can work collaboratively in 2022 to ensure strong partnerships between the school and our families. The survey will close Friday 12 November.

## UR FaB

Our collaboration with the UR FaB team at Child and Adolescence Mental Health (CAMHs) has strengthen through term 3 and 4. Karina and Erin presented a 30 min session for our families last Tuesday night that was focused on providing families with strategies to support the return to school in week 4. I would like to sincerely thank both Karina and Erin for presenting this session, especially as it was out of their usual work hours. Thank you also to the families that attended the session.

## 2022 Class Planning

It is that time of year when we start to forward plan and consider classes for 2022. Our children will be selecting five 'positive working partners' (these are not always our friends) in a class with their teachers. This information, as well as the extensive knowledge your child's teacher has of the children, will support our team when making decision for



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

our 2022 class placements. If you would like to contribute some further information, please use the Google Form link: <https://forms.gle/dfUokPBvGFYCKbwj7> . Please be aware that as much as we try to fulfill everyone's requests, it is not always possible to do so.

Thank you to all of our families for your patience, understanding and encouragement over the past few months. It was wonderful to see the classes learning in our amazing outdoor learning environment.

Warm Regards  
Kelly

## From Southern Cross

### School Photos

We have tentatively re-booked the 2021 School Photos for Monday 8 November and Friday 12 November (dates are subject to change in today's current climate).

The School Photographer has advised us that you are still able to place your order and if they are unable to go ahead with school photos this year, your purchase will be refunded. To be COVID safe the usual group photo format will be changed from the traditional class photo to a composite class photo.

Please visit [www.schoolphotographer.com.au](http://www.schoolphotographer.com.au) to place an order using code **X1483EC39S**

#### Monday 8 November

Dyirrigurat

Gudamang

Wirria

Ghaddi

Guginya

Wamburrang

#### Friday 12 November


Dyurra

Kabbadang

Winyu

Dnnawan

Bunduluk




**COVID SAFE**




COMPOSITE GROUP STYLE PACK

Offering an easy and safe way to photograph your groups  
No stands required – Physical distancing assured



The School Photographer Primary School



Includes: Composite group, School on cover, in a presentation folder.  
\*approx. page size: 26.4cm x 25.4cm



**SOCIAL DISTANCING**  
Keeping safe, together

CONTACT US:  
m: 0409 944 933  
p: (02) 9674 9824  
e: [cameron@theschoolphotographer.com.au](mailto:cameron@theschoolphotographer.com.au)

Your School. Your Story.

## Lunch orders

### Place your lunch orders online with Flexischools



We are excited to confirm the introduction of a new online ordering system called Flexischools, which will commence on Monday 25 October 2021 (Week 4).

Flexischools is a well-established organisation allowing you to easily place all your canteen orders online at any time.

Download the Flexischools app from the App store or Google Play for details on how to set up your account.

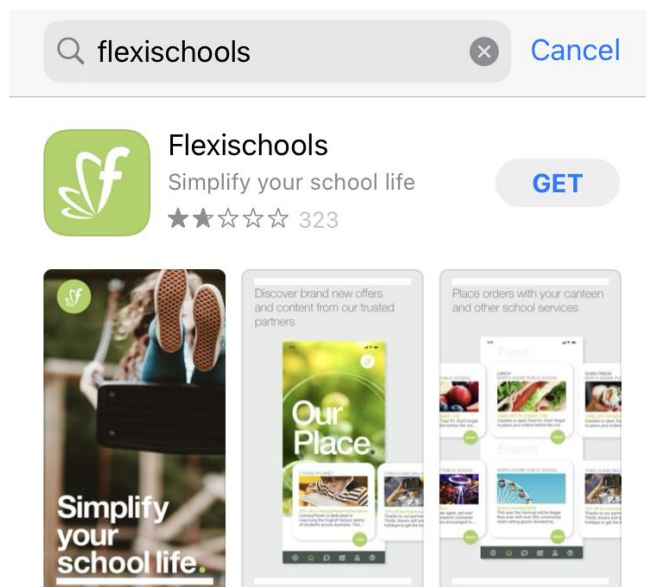
Once registered, you can start placing orders immediately. If you have any questions, please visit our FAQs

<https://community.flexischools.com.au/s/>.

We hope this step forward will support families with a more convenient and efficient process of placing lunch orders.

Flexischool orders are preferred to be placed in advance, late orders can be made on the morning before 9:30am. Please note any allergies/intolerances when placing order.

We will still be accepting cash orders at this time to be placed in an envelope at reception.



## Term 4 Bright Star Café Menu

### SOUTHERN CROSS EARLY CHILDHOOD SCHOOL TERM 4 LUNCH ORDER MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Weeks 1, 5 &amp; 9</b>	BBQ Chicken Pasta Salad w/ Ranch Dressing <u>Vegetarian Option:</u> BBQ Tofu Pasta Salad	Lamb and Vegetable Biryani <u>Vegetarian Option:</u> Lentil Biryani	Chicken Pad Thai Noodles <u>Vegetarian Option:</u> Tofu Pad Thai Noodle	Beef Nacho bowls w/ Corn Salsa and Guacamole <u>Vegetarian Option:</u> Dahl Nacho Bowl	Dahl Curry w/ Raisin Rice and Steamed Veggies
<b>Weeks 2, 6 &amp; 10</b>	Beef Jacket Potatoes w/ Chilli Con Carne & Steamed Veggies <u>Vegetarian Option:</u> Lentil Chilli Con Carne	Spinach & Ricotta Gnocchi	Lamb Kofta w/ Corn Cob & Rice Salad <u>Vegetarian Option:</u> Lentil Kofta	Spiced Fish Rice Bowl w/Bean Salsa <u>Vegetarian Option:</u> Spiced Chickpea Rice Bowl	Chicken Rissolle w/ Moroccan Couscous & Steamed Veggies <u>Vegetarian Option:</u> Black bean Rissolles
<b>Weeks 3, 7 &amp; 11</b>	Green Thai Fish Curry w/ Rice <u>Vegetarian Option:</u> Creamy Tofu Curry	Slow Cooked Beef Sliders w/ Salad <u>Vegetarian Option:</u> Vegan Pattie	Parmesan Crusted Chicken w/ Broccoli & Sweet Potato Bake <u>Vegetarian Option:</u> Vegan Pattie	Baked Vegetable Jambalaya	Lamb Fajitas <u>Vegetarian Option:</u> Vegan Meatball
<b>Weeks 4 &amp; 8</b>	Tomato & Lamb Pasta Bake with Steamed Veggies <u>Vegetarian Option:</u> Tomato & Cannellini Pasta bake	Chicken Caesar Pasta Salad <u>Vegetarian Option:</u> Tofu Caesar Pasta Salad	Teriyaki Tofu Stir Fry Noodles	Savoury Mince w/ Polenta Mash & Steamed Veggies <u>Vegetarian Option:</u> Lentil & Bean Mince	Tuna Sushi Hand Roll <u>Vegetarian Option:</u> Avocado Sushi Hand Roll

Note: Substitutions are made for special dietary needs 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.

All vegetarian meals include fruit or vegetable high in vitamin C. White meat and vegetarian meals include iron rich ingredients. There is no added salt or sugar to our menu; where possible wholemeal/wholegrain products are used.



## Welcome back to school everyone.

I'm sure you are coming back to school with a mix of emotions. Kelly attended the P&C meeting last week and gave the committee a run-down of the measures the school has put in place to make our school a safe place and abide by the return-to-school plans put in place by ACT Health and the Education Directorate. We felt much more reassured and excited for the rest of the year after hearing about all the wonderful opportunities for outdoor learning that have been put in place and the focus on wellbeing and allowing time for kids to reconnect with their teachers and friends. Please remember that if you have any concerns or need extra support for your child, the school is there to assist. The P&C is another avenue to voice any concerns. There is plenty of support available from across our community, so please reach out.

## A reminder on road safety around our school

A reminder as we return to school to be mindful and vigilant about school road safety, particularly around the children's crossings. Some parents have raised concerns with the P&C about people not properly looking and stopping at the children's crossings. We have brought this to the attention of Kelly and would like to thank her for being very quick to respond to these concerns. Kelly has been working with ACCESS Canberra to investigate further options for making crossings clearer and help educate the school community. We will send some information on road safety around schools, once available.

## Tea towels

Thank you to everyone who sent in drawings of their children's self-portraits for our annual commemorative tea towels. Teachers will help collect the rest of the kids drawings as we return to school and we will be in touch soon with details on how to place an order.

## A huge thank you and shout out to our teachers and other school staff

Our final message is just to give a huge thank you to our wonderful teachers and all the staff at SCECS for their hard work and support during lockdown. We have appreciated all the care you have shown our children and the support we have all received, often while also juggling lockdown with young children and all the worries and concerns that the pandemic has brought. A big thank you from our community and to let you know that we are behind you and also supporting you through these uncertain times as we return to face-to-face learning.

And a special mention, it really does look like the grass is greener on the other side - thanks José!

Katherine and Patty  
Co-Presidents, SCECS P&C

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## School Uniform Shop and Clothing Pool are open!

The P&C is happy to confirm the school uniform shop and the clothing pool are back open for business!

In accordance with the ACT Government's Health Guidelines for ACT schools, the P&C uniform coordinators have developed and will implement a COVID-safe plan to ensure we minimise the risk of COVID transmission and keep everyone safe.

If you have any questions about the uniform shop, clothing pool or COVID-safe plan, please contact the school clothing coordinators or the P&C Presidents

- Patty McMahon and Katherine McKay (P&C Co-Presidents) [scecsbandc@gmail.com](mailto:scecsbandc@gmail.com)
- School Clothes Volunteer Coordinator (Megan) [scecsclimbing@gmail.com](mailto:scecsclimbing@gmail.com)
- Clothing Pool Volunteer Coordinator (Cassy) [scecsclimbingpool@gmail.com](mailto:scecsclimbingpool@gmail.com)

## Ordering and Collecting School Uniforms

In addition to the usual procedures for ordering and collecting new and pre-loved uniform items (available on the school's website here -[www.scecs.act.edu.au/our\\_school/school\\_clothes](http://www.scecs.act.edu.au/our_school/school_clothes)), the P&C will put in place some interim changes to reflect our COVID-safe plan:

- All orders and sales will be done online/by email only (no cash will be accepted)
- To collect items, contact Megan or Cassy to make arrangements. This may be by collecting your items at a school gate or delivery to the classroom for children to take home.

Please note these new procedures will be extra work for our P&C volunteers and may mean some delays processing orders at this time, and we appreciate the community's patience.

## Donating to the Clothing Pool – We need your help!

The clothing pool is very low on stock! Have you sorted through your child's uniform over lock down and it no longer fits or you no longer need some items?

We rely on generous donations of good condition pre-loved uniform items from the school community to keep the clothing pool in operation. We accept short and long sleeve polo shirts, beanies and jumpers.

At this item, we request that any donations are sent with children in their school bag. Please notify Nicole who will ensure the items are collected and added to the donation box at reception.

Thank you  
Cassy & Megan

# Community Information

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## ACT Nutrition Support Service

It's time to Try for 5



Nutrition week has just passed and we are encouraging Aussies to eat more veg. For optimal health and wellbeing, we should aim for 5 serves of vegetables every day. If this seems overwhelming, simply start by adding one extra handful of veg somewhere in your day.

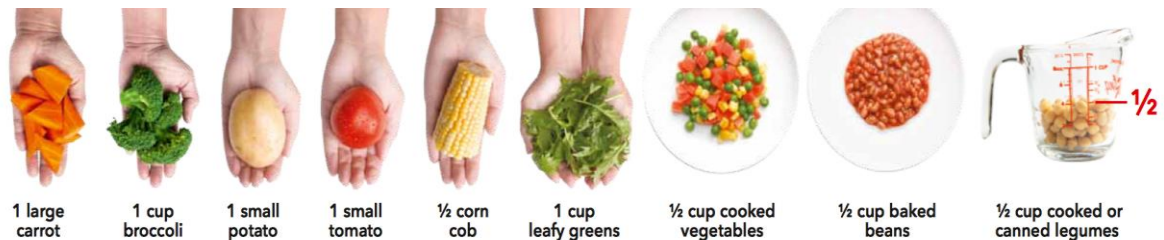
## Why?

All vegetables are naturally packed full of essential vitamins and minerals, disease-fighting antioxidants and gut-healthy fibre. Plus, they taste really good (or we can at least make them taste really good when added to flavoursome dishes!).

Eating vegetables everyday helps to maintain a healthy weight, lower cholesterol and blood pressure, plus protect us against chronic diseases such as type 2 diabetes, heart disease, stroke and cancer.



## What is a serve?



[Click here](#) to learn more about veg serves.

## 10 ways to add more veg in your cooking.

You can add more veg into the meals you cook without rehauling the family dinner rotation. Little edits to family favourites have big effects in the long run. Here are some of our top ways to add some veg to your family favourites.

### 1. Lasagne

When making lasagne, add a layer of spinach, eggplant, or finely sliced pumpkin.

### 2. Meatballs, patties or rissoles

Mix in some grated zucchini, carrot, pumpkin, or frozen vegies when making meatballs, patties or rissoles.

### 3. Pizza or pasta

Roast some vegetables like capsicum, onion, or cherry tomatoes, and blend into pasta or pizza sauce.

### 4. Pikelets

Try vegie pikelets with grated zucchini, chopped spring onion, corn kernels and grated cheese. They are much tastier.



5. **Wedges**

Make oven-baked vegetable wedges with potatoes, carrots, sweet potato, parsnips or beetroot by baking at 200°C for 25 minutes or until crispy. Serve with a Greek yoghurt and sweet chilli sauce. Oh my yum!

6. **Baked potatoes**

Stuff baked potatoes with baked beans or creamed corn. Top with grated cheese.



7. **Macaroni cheese**

Blend cooked pumpkin, carrot, zucchini or cauliflower to the cheese sauce when making macaroni cheese.

8. **Baked goods like muffins, scones, scrolls and pies**

Mix in some cooked and mashed pumpkin, zucchini, carrot or sweet potato to your favourite recipes. This is a great way to use up leftover cooked veg.

9. **Mashed potato**

When making mashed potato, add some steamed cauliflower, parsnip or pumpkin to the mix.



10. **Noodles**

Add egg, peas, corn, grated zucchini and grated cheese to cooked 2-minute noodles (minus the flavouring sachet). Cook in a frypan in small portions. So easy!