

Southern Cross Early Childhood School



Newsletter 3 | Monday 7 March 2022

Respect | Resilience | Kindness | Creativity

DATES TO REMEMBER

Monday 21 March | 7.00-8.30
P&C Meeting

Wednesday 23 March | 8.00-9.00
Community Gathering

Dear families and friends

New Drop Off Times (as of week 5)

Thank you to all of our families who have now adjusted to our new drop off time: 8:55-9:10am. Can I please ask that if you arrive later

than 9:10am, to walk your child/ren to the main entrance of the school and call reception on 6142 0020. Someone will come out and meet you and take your child/ren into the building to walk to class.

Community Gathering for Harmony Week

I am so pleased to let you all know that we have been planning a Community Gathering for week 8 of this term.

Usually, we would host a Community Breakfast in the same week as Harmony Week but with COVID restrictions still in place, we have needed to skip the eating and food from this event.

We have something really special planned so make sure you put Wednesday Week 8 at 8am-9am in your diaries!

Please read further below in this newsletter for more details of this event (that may just include a traditional Smoking Ceremony 😊)

Carpark Safety

I have been working with the P&C to investigate how we can make the roads around our school safer. You may have noticed pneumatic tubes (long black tubes) on Wirraway and Ross Smith Cres. These pneumatic tubes are recording traffic data that is collected by ACT Transport. This data collection will inform the authorities of any additional safety measures we may need around our school. Last week I also met the Director of the School Safety Program at 3pm. We observed the flow of traffic at the busy pick-up time and spoke about some options to make our roads safer for our families. Once the data from the pneumatic tubes has been collected, I will engage in conversations about the next possible steps.

I would like to encourage everyone to follow the road rules around our school so we can ensure everyone's safety.

Play Workshops at Southern Cross

Play is such a crucial part of our development. As we get older, our play turns to inquiry, curiosity, noticing and wonder. At Southern Cross, our *Play Workshops* provide children with the opportunity to play, be curious and wonder



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Wirraway Crescent Scullin | ACT | 2614

☎ Telephone (02) 6142 0020

✉ Email: info@scecs.act.edu.au

🌐 Web: www.scecs.act.edu.au

about the big questions that are relevant to our children's lives. Our teachers facilitate and orchestrate our *Play Workshops* to enable deep inquiry into an area of the Australian Curriculum and to make the play relevant to the lives of each child in the classroom.

We invite you to ask your child what they are learning in their Play Workshops.

Staffing Update

Our teachers and support staff have been working tirelessly to ensure everyone's safety, wellbeing and continued learning. This is also no easy feat whilst wearing a mask all day. I would like to thank our teachers and support staff for all their efforts to ensure such a successful start to 2022.

We are finding it extremely challenging to find relief staff to cover leave. Whilst we will do everything possible to cover classes with leadership or by juggling sessions around, there will be times that we have no other option than to split a class. We will do our best to provide our families with updates via Seesaw, however at times there may not be enough time for this to happen. Thank you for your support and understanding. I would also like to take this opportunity to thank Emily Hartley, our SLC, who has solved many puzzles, often in one day, throughout this term to ensure all our children have had access to continued quality learning. Thanks Emily!

Warm regards

Kelly

From Southern Cross

Harmony Week Community Gathering

Wednesday 23 March 8.00– 9.00 am Outdoors Under the trees

Let's gather under our trees and reconnect with each other, corner of Ross Smith & Wirraway Crescents. Together we will play and make, through shared craft experiences. Snuggle up with a warm drink from Al Cachino's Cappuccinos – Coffee Cart.

Our Smoking Ceremony will begin at 8:45am led by Duncan and Jakida from Wiradjuri Echoes. This tradition is a way to cleanse the land, each other and create positive pathways for our year ahead.

Children will then move to their learning spaces at 9.00am.



Looking forward to seeing you all at our Community Gathering. Please remember to wear masks and be mindful of all of the other ways we keep each other safe.

Harmony Week celebrates Australia's cultural diversity.
It's about inclusiveness, respect and a sense of belonging for everyone.

Anglicare

School Holiday Program

Please take a look at the activities for our Autumn School Holiday Program!

School Holiday Request booking forms will be sent out via email this week, booking forms will need to be returned quickly to secure your place.

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



Autumn School Holiday Program 2022

	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
1	<p><u>We're going on a Bug Hunt</u></p> <p>Let's take out our magnifying glasses, explore the mysteries that nature holds, see what creepy crawlies we can find and visit the treehouse for a picnic with friends</p>	<p><u>Moncrieff Community Recreational Park</u></p> <p>Jump on a bus with us and let's explore the Moncrieff Park, slide, climb, swing enjoying an outdoor day with friends</p> <p><small>*This excursion will incur an additional fee</small></p>	<p><u>Baking Day</u></p> <p>Let's bake the most delicious bunny cookies that ever made and create beautiful decoration on it by using icing and colourful lollies.</p>	<p><u>Easter Egg Special</u></p> <p>As Easter celebrations are coming, it's only fitting that we start the big feast by making scavenger hunts! A very bunny themed day awaits and we finish with a wonderful Easter bonnet parade through our space.</p>	<p><u>Centre Closed</u></p> <p><u>Good Friday</u></p>
	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
2	<p><u>Centre Closed</u></p> <p><u>Easter Monday</u></p>	<p><u>Construction Day</u></p> <p>Friends come to create a unique spaceship that we can travel to an imaginative world.</p>	<p><u>Science Day</u></p> <p>In this Science Day, we will be engaging in Life Science, Physical Science, Earth and Space Science, and Nature of Science. Fun interactive experiences for all friends</p>	<p><u>Ginninderry Park</u></p> <p>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><u>Movie -Disco Day</u></p> <p>We will be both watching a special movie and dressing up using our costumes basket and turn the hall into a dance floor for our last day party time.</p>

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.

Southern Cross P&C

Thank you to everyone who attended the Southern Cross P&C Committee AGM on 14 February and congratulations to our new (and returning) Committee members for 2022! We had a wonderful turn out, despite initial technical issues (apologies again!) and are very excited to have some new Southern Cross families join the P&C this year!

Your P&C Committee 2022

Joint Presidents – Patricia McMahon and Katherine McKay (returning)

Secretary – Samantha Nicolaidis (new)

Treasurer – Joana Arari Bindi Botton (returning)

Public Officer – Stephanie Sleen (new)
Fundraising Coordinator – Melanie Hutchinson (new)
School Clothing Coordinator – Samantha Smith (new)
Second-hand Clothing – Christie Batt (new)
Book Club Coordinator - Jasja van den Bos (returning)
P&C Council Rep – Frances Stewart (new)

A big thank you to Kellyanne Rosalion (2021 Secretary), Tina Connor (2021 Fundraising Coordinator), Silvia Baffour (2021 Public Officer), Megan Whittle and Cassy Voght (2021 School Clothing Coordinators) for their hard work last year and continuing offer of support as new volunteers settle into their roles.

Next P&C Meeting - 21 March 2022

A reminder that everyone is welcome to raise agenda items and to attend P&C meetings - you do not need to be a committee member to raise matters for discussion, or to attend meetings! Our **next meeting will be held in week 8** and (fingers crossed) return to a local restaurant, so you're even welcome to come along just for a night out, kid free!

We are looking forward to seeing you at the next meeting!

Tea Towels

We expect tea towels for the 2021 Tea Towel Fundraiser to be ready in the next 3 weeks and will send an email when they have arrived. Tea towels will go home in your child's school bag (unless other arrangements have been made).

If you missed out on ordering for the 2021 edition of the tea towel we have kept the ordering portal open- please visit <https://www.sustainableschoolshop.com.au/southern-cross-early-childhood-school/custom-store/scecsteatls>

Supporting Parent Engagement Grant - join our Action Team!!

Last year we were successful in securing a \$20,000 Supporting Parent Engagement Grant from the ACT Government.

Our project aims to enhance school spaces and grow parent engagement through implementation of key priorities from the SCECS Master Plan (available to view at https://www.scecs.act.edu.au/our_curriculum/outside_learninh_environment).

Thanks to those of you who put your hand up for to be part of the Action Team. We'll be in touch in the next couple of weeks.

There is still time to get involved in the Action Team - please nominate or ask questions by emailing us

at scecsbandc@gmail.com.

Kind regards
Katherine & Patty



Join our Action Team!

LAST YEAR WE WERE SUCCESSFUL IN BEING AWARDED A \$20,000 SUPPORTING PARENT ENGAGEMENT GRANT!

WE ARE NOW LOOKING TO ESTABLISH AN ACTION TEAM TO IMPLEMENT OUR PROJECT. THE PROJECT AIMS TO ENHANCE PARENT ENGAGEMENT THROUGH IMPROVING DIFFERENT FEATURES OF PHYSICAL, IMAGINATIVE AND OPEN ENDED PLAY IDENTIFIED FOR THE PRESCHOOL COURTYARD AND EASTERN AND SOUTHERN AREAS OF THE SCHOOL.

PLEASE EMAIL US IF YOU ARE INTERESTED

SCECSPANDC@GMAIL.COM

Community Information

Keep Children Safe

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

Failing to follow [simple road rules](#) increases the risk to children around schools. While schools can become congested during the peak times, illegal driving and parking behaviours are not acceptable as it increases the risk of injury for children.

Parking Operations and police regularly patrol school zones to support school communities to keep children safe. Please do the right thing to create a safe environment around our school.



The Sleep Foundation – Bedtime Routines for Children

Getting quality sleep is essential in childhood, yet research shows that as many as 20 to 30% of babies and toddlers have trouble sleeping. If you're the parent or caregiver of a young insomniac, you'll know firsthand how frustrating it is to see your little one struggle with bedtime.

One of the easiest ways to set your child up for good sleep is by creating a bedtime routine. The good news is that it only takes a few nights of following a bedtime routine to see improvements in your child's sleep.

What Is a Bedtime Routine, and What are the Benefits?

Bedtime routines are a consistent, repetitive set of activities that are carried out before bed every night. They help prepare your child for sleep by having them relax and wind down. A predictable routine also gives your child a sense of security and teaches them how to fall asleep on their own.

Research shows that children who follow bedtime routines are more likely to go to sleep earlier, take less time falling asleep, sleep longer, and wake up less during the night. These benefits to sleep quality are still seen years later in children who followed bedtime routines when they were younger.

In addition to improving sleep, bedtime routines teach your child self-care and lay the ground for working memory, attention, and other cognitive skills. They also foster parent-child bonding and may help improve mood, stress levels, and behavior.

In the long term, these benefits translate to better readiness for school, as well as better academic performance and social skills. By contrast, those who don't follow a bedtime routine in childhood are more likely to have sleep problems and be overweight during adolescence.

Setting a bedtime routine right from the beginning with your baby makes it easier to keep up healthy habits as your child grows.

How To Build a Bedtime Routine for Kids

A bedtime routine for kids usually consists of three or four activities, for example, having a snack, brushing teeth, putting on pajamas, and reading a book. These should always be done in the same order. To make the routine even more effective, start winding down the household by dimming the lights and turning off screens in the lead-up to bed.

Typical bedtime activities that have been shown to have **beneficial effects** on sleep include:

- Nutritious snack or bottle/breastfeeding
- Bath or diaper change
- Brushing teeth and going to the bathroom
- Reading a book
- Lullaby or singing a song together
- Massage, cuddling, and rocking
- Talking about their day



The bedtime routine should culminate in a goodnight kiss and lights-out. You should leave the room while your child is sleepy but not asleep yet. This way they learn to fall asleep on their own, and they won't panic if they wake up in the middle of the night and find you gone. Set a consistent bedtime that leaves enough time for your child to sleep the recommended amount of hours for their age.

Bedtime Dos and Don'ts

Certain activities are counterproductive to sleep and may cause your child to form unhealthy habits. Of course, every child is different and you may find it takes some trial-and-error to find out what works best for your family. However, when crafting your child's bedtime routine, try to stick to the following advice:

Do:

- Do it every day: A nighttime routine for kids should consist of the same steps every night, or as many nights as possible. To get all the benefits, it's important for both parents to participate in the bedtime routine where possible.
- Keep it short and sweet: For most children, a bedtime routine should last around half an hour, or a little longer if there's a bath included. Prolonging the routine can delay bedtime and makes it harder to implement on days when you're short on time.
- Keep it up during the day: Following a routine during the day, including setting clear limits, leads to increased sleep duration for young children. Getting lots of exercise, sunlight, and outdoor time during the day can also help them sleep better at night.
- Listen to your child: Although you're ultimately in charge, it's not a bad thing to leave your child some liberty. If a part of the bedtime routine isn't working for your child, listen to their concerns and adapt the routine if necessary.

- Follow sleep hygiene rules: Keep the bedroom dark, cool, and quiet to promote sleep. If your child is scared of the dark, you can use a dim nightlight. Even after bedtime, noise levels in the rest of the house can keep young children awake, so try to transition to quieter activities once you've tucked the kids in.
- Make gradual changes: Try not to introduce more than one change at a time to the bedtime routine, and consider delaying these if there are other changes going on, such as moving to a new house or starting school. As your child's sleep needs change, shift bedtime by 15-minute increments each night.

Don't:

- Start when they're already sleepy: Overtired children can be hyperactive or grumpy and will find it even harder to fall asleep, so try to start the routine before they start yawning.
- Let them use screens: The blue light from television and other electronic devices has serious consequences for sleep if used too close to bedtime.
- Let them run around: Your child should have plenty of opportunities to burn off steam during the day, but don't let them work themselves into a frenzy at night or they'll be too wired to sleep.
- Give sugary treats or caffeine: Try to keep evening snacks light and healthy. Caffeine will keep kids awake, and sugary treats before bed can lead to cavities¹³. Breakfast cereals, chocolate, and pudding can be sources of caffeine you may not expect. If your baby is bottle-feeding, remove the bottle before they fall asleep.
- Read scary bedtime stories: Avoid scary stories and other mentally or physically stimulating activities before bed.
- Let them sleep in on weekends: It's tempting to catch up on sleep on non-school days, but straying more than an hour from the usual wake-up time can actually cause trouble falling asleep on weekdays.

Bedtime Tips for Toddlers, Kids, and Teens

It's natural to adapt bedtime routines as your child grows.

In early childhood, many toddlers are gripped by the throes of separation anxiety. This is a good time to introduce a stuffed animal or comfort blanket for extra reassurance when you leave the room.

Toddlers will also try to assert their newly found independence by acting out or resisting bedtime. You can head off their stalling tactics by letting them make some of their own decisions, such as what pajamas to wear or which book to read. You may need to exert some creativity to make the bedtime routine more fun. When it's time for lights-out, calmly and firmly bid them goodnight, and leave the room.

Once children hit school age, they're ready to take on more responsibility. Encourage them to take an active part in the bedtime routine by brushing their own teeth and tidying up their bedroom before bed.

Teens have a better idea of what their bodies need, so you can give them more freedom over how they prepare for bed. That said, try to reign in weekend sleep-ins so they don't throw their bodies out of sync by the time Monday morning rolls around.

<https://www.sleepfoundation.org/children-and-sleep/bedtime-routine>



Autumn School Holiday Program



Juggling

Tumbling

Aerials

Games

and more!



Week Long Sessions
From 11-22nd April, 2022

Locations

Chifley Health and Wellbeing Hub
UC High School Kaleen

Phone (02) 6260 3626 | www.warehousecircus.org.au

Who Are We?

With over 30 years experience teaching and performing across the Canberra region and beyond, Warehouse Circus is one of Australia's finest youth circus organisations.

We help young people find a means through which to experiment, grow, and express themselves both creatively and physically.

Warehouse Circus is the only circus holiday program in the Canberra region, and is the best way to keep your children busy, keeping fit, and having fun throughout the holidays!

Available Programs

Kick Ups: ages 8-12 general circus
Week 1 - 11-15 April | Week 2 - 18-24 April

Half Highs: ages 5-7 general circus
Week 1 - 11-15 April | Week 2 - 18-24 April

Next Step: teens and intermediate
Week 2 - 18-24 April

Enrol Today!

Phone: (02) 6260 3626
or visit
www.warehousecircus.org.au

