

# Southern Cross Early Childhood School



Newsletter 11 | Monday 2 August 2021

Respect | Resilience | Kindness | Creativity

## DATES TO REMEMBER

**Monday 9 August**  
**Good Vibes Sports Day**

**Wednesday 11 August | 9.00**  
**Family Hub Official Opening**

**Wednesday 11 August | 9.15-10.00**  
**Whole School Gathering**

**Wednesday 11 August | 4.00-5.30**  
**UR Fab Parent Session – Understanding and Responding to Feelings and Behaviours**

**Tuesday 24 August**  
**Author Visit – Shelley Unwin**

**Wednesday 25 August | 12.00-1.30**  
**Christian Education in Schools**

**Thursday 26 August | 9.10**  
**Book Week Parade**

Dear families and friends

Welcome to week 4 everyone. It has been a long, wet winter so far and this month we are hoping to see a bit more sunshine!

## Family Hub

Our Family Hub is up and running. Please stop by to take a look at the board games our families can borrow, the parent information and parent library, and the reading at home books. Nicole can help you to borrow these resources.

We will be officially opening our Family Hub at 9am on Wednesday of week 5 (before whole school gathering). Please read further in this newsletter for more information in the P&C section.

## Staffing

I am so excited to let you all know that Nicole Emerton has won her position permanently. Nicole has been acting on higher duties for a long time now and has been doing an outstanding job. Please join me in congratulating Nicole.

At the end of next week (week 5), we will be wishing Jason well as he starts his leave. Jason would like to let our community know that he will be using this time to consider his retirement plans. If Jason makes this decision, we will farewell him early in term 4.

I am so pleased to announce that Sharon Craft has won the Community Coordinator temporary position. Sharon is an experienced SLC in our Education Directorate. She is currently working in Early Childhood Policy in ESO and previous to this role, she had spent many years at Lyons Early Childhood School. Sharon is a huge advocate for quality early childhood practices and our early childhood school approach. Sharon will officially start in week 6, but you may see her about over the next few weeks as she works alongside Jason. Please welcome Sharon to our wonderful community.

## COVID-19 Update

Our situation in the ACT continues to remain stable. All of us at school are feeling very grateful and lucky to be here in



Southern Cross Early Childhood School

Wirraway Crescent Scullin | ACT | 2614

☎ Telephone (02) 6142 0020

✉ Email: [info@scecs.act.edu.au](mailto:info@scecs.act.edu.au)

🌐 Web: [www.scecs.act.edu.au](http://www.scecs.act.edu.au)

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

Canberra right now. I would like to thank everyone for being so diligent and using the Check in CBR App each time you arrive on site. A gentle reminder for everyone to keep your child home if they are unwell. This will stop the spread of germs, to both other children and to our teachers.

Have a lovely week,  
*Kelly*

## From Southern Cross

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### 2021 School Satisfaction & Climate Survey

Each year, the Directorate surveys all parents and carers, school staff and students in Years 4 to 12 about their experience of public education. The *2021 School Satisfaction & Climate Survey* will be available online from **13 August to 3 September**. The survey results will help us to continue to make quality informed decisions about how to improve our school. No personal identifying information will be provided to any school or college.

For each child in their family who attends an ACT public school, parents and carers will receive:

- A email about the **student survey** outlining the reasons for collection and privacy provision for the data; and
- An email about the **parent survey**, including a unique link to access the survey. **Genuine survey invitation emails will have the title "The 2021 School Satisfaction & Climate Survey is now open!" and will be sent from EDU Surveys & Evaluation with 'from' address [EDU@qualtrics-survey.com](mailto:EDU@qualtrics-survey.com).**

If you do not receive the survey invitation, please check your Junk email folder; if it is not there, send your contact details to [EDUSurveysandEvaluation@act.gov.au](mailto:EDUSurveysandEvaluation@act.gov.au) to request a survey invitation.

The Parents and Carers Survey will be available online in other languages: Arabic, Burmese, Chinese, Hindi, Korean, Urdu, Vietnamese, Punjabi, Bengali, Spanish and Telugu. Respondents can select their preferred language when they start the survey. A shortened paper-version of the Parents and Carers Survey is also available in the following 5 languages: Dari, Dinka, Farsi, Karen and Mon. These surveys are available at the Front Office.

For the results to reflect the opinions of our whole school community, we need as many parents and carers, staff and students as possible to complete the survey. Your feedback is important, and we hope you will take part.

For more information, visit: <https://www.education.act.gov.au/public-school-life/school-satisfaction-and-climate-survey>

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### Chief Minister's Reading Challenge

The Chief Minister's Reading Challenge finishes on **Friday 6 August**. Please hand in completed reading records to your teacher or reception by **Friday 13 August**.

#### Still looking for great reads?

Did you know – Libraries ACT have a range of resources written by Indigenous authors  
<https://www.library.act.gov.au/services/aboriginal-and-torres-strait-islander-resources>



Libraries ACT have video stories in 'Story Box Library' for children to watch or borrow the book and read along!

## Book Week 2021

Each year since 1945 the Children's Book Council of Australia (CBCA) has brought children and books together across Australia through CBCA Book Week. During this time schools and public libraries spend one glorious week celebrating books and Australian children's authors and illustrators. Classroom teachers, teacher librarians and public librarians create colourful displays, develop activities, run competitions and tell stories relating to a theme to highlight the importance of reading. You will often see parades with students dressed as their favourite book character.

## Book Week Parade

Our very popular **Book Week Parade will be held at 9:10am on Thursday 26 August.**

Children in P-2 and Anglicare groups are all invited to dress up as a favourite book character and join in the fun. We are encouraging children to bring the book they are dressed up as or from to share with their friends.

**Beginning of the week preschool groups**, Guginya and Wamburrang, will have their own special parade around the school on **Tuesday 24 August.**



## Book Week Competition

Following the book week theme, Old Worlds, New Worlds, Other Worlds, Southern Cross will be having a *'design a world'* competition!

Children are challenged to create their very own world. They can draw, paint, build (and photograph), write or make their world in any way they would like. It could be recreating a world from a book or a brand new world completely from your imagination. Who lives in your world? What makes it special?

Each entrant will receive a ticket in the lucky draw to win a \$20 Scholastic Book Club voucher. **Competition entries must be received by Monday 23 August** and can be dropped at reception or emailed to Nicole at

[Nicole.Emerton@ed.act.edu.au](mailto:Nicole.Emerton@ed.act.edu.au).



## Author Visit

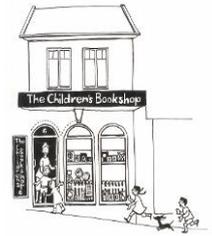
We will be lucky to have author Shelley Unwin coming to visit our school during Book Week, 21-27 August.

<https://www.cbca.org.au/cbca-book-week>

Please see information below if you would like to pre order signed copies of her books.

## The Children's Bookshop

95-97 Cowper Street  
Glebe NSW 2037  
Phone: (02) 9571 1897



## ORDER FORM

### Author Visit: Shelly Unwin

Shelly Unwin is an internationally published children's author, speaker, and the chapter coordinator for SCBWI ACT. Shelly grew up in a tiny English village where she was surrounded by children, animals, and the occasional pixie fairy – a feast for her imagination. Shelly's debut series 'You're One!' – 'You're Five!', illustrated by Katherine Battersby, was an instant success, shortlisted for the Speech Pathology Early Childhood Book of the Year and selling to Doubleday Books, a PRH Imprint in the US. Shelly is also the author of Blast Off!, a narrative non-fiction space adventure, illustrated by Ben Wood and There's a Baddie Running Through this Book, illustrated by Vivienne To. Described as 'effervescent' and commended for leaving the students abuzz, Shelly is quickly making her mark in the industry for sharing her contagious joy of books.

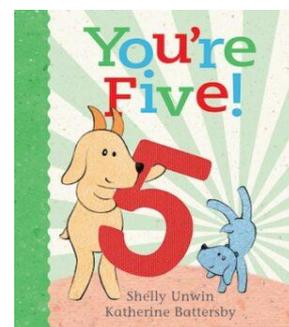
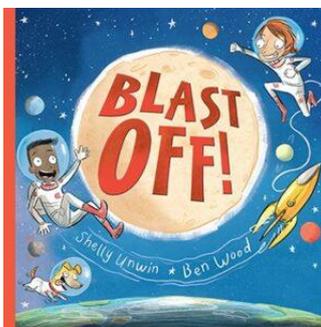


If you would like to purchase a signed book by Shelly Unwin please visit:

<https://www.thechildrensbookshopspeakersagency.com.au/person/unwin-shelly-speaker/>

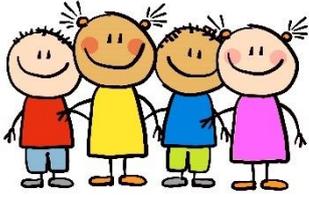
**The Children's Bookshop will then send the book/s to the school for your child (free delivery)**

Alternatively, you can call The Children's Bookshop directly on 9571 1897 to order and pay over the phone.



**Please note:** The Children's Bookshop will endeavor to get books to the school in time for the author/illustrator visit. There are, however, sometimes delays beyond our control and in these cases or in the case of orders within 5 days of the visit the books may arrive after the visit has occurred. Books will either be signed by the author/illustrator or have a signature sticker from the author/illustrator in the front cover.

Please direct any queries you may have directly to The Children's Bookshop on 02 9571 11897. Thank you!



## UR FaB

### Understanding and Responding to Feelings and Behaviours Program in Schools

Child and Adolescent Mental Health Services

Hello from the UR FaB Team,

In our last newsletter, we talked about “Together Time” and how this helps to develop a strong relationship with your child. This happens when children feel that their parents are interested in them and in what they are doing and spend time with them. Today we are going to look at descriptive commenting and specific praise, as ways of communication which continues to build and strengthen your relationship with your child.

**Descriptive commenting** is a way you can show interest in your child’s play by simply describing what they are doing and by providing supportive comments. As adults we have a tendency to ask children questions while they are playing: What animal is that? What are you making? This often stops children from playing and prevents them from exploring their ideas. Descriptive commenting is a running commentary of your child’s play. For example: “You’re putting the bed in the dollhouse. Now baby is going to bed.”

Praise is another way to build your relationship with your child, and share a deeper intimacy. It is also a way to encourage the behaviour we want our children to do more of. Most parents use general praise such as, “well done, good girl, clever boy, marvellous, fantastic, super, brilliant, ace or cool”. This type of praise is called evaluative praise. Most adults will have received this kind of praise themselves as children and it is familiar to us so it is not surprising that we should use it with our own children. Research shows that descriptive praise helps children know what exactly is liked and is more encouraging for children.

**Specific or descriptive praise** is a different kind of praise. It is about noticing and mentioning exactly what the child has done well or what you liked about what they did. Descriptive praise improves the general atmosphere of the home. It is very effective in getting children to be more co-operative. When we point out what they’re doing right it motivates our children to do more of it. Describe the positive behaviours you see, “You remembered to bring home your reading book,” “You looked at Miss March when she was talking to you then –that was polite.” “You got on your bike again even though you fell off just now –you’re being brave.” Praise effort and improvement: “You’ve remembered to underline the title and put the date on the page.” “You kept on trying with these sums even though you didn’t find it easy.”

Specific or descriptive praise can feel hard to do. It does take time and practice. Don’t give up!

Karina Dunn & Erin Cartwright  
The UR FaB Team



## Understanding and Responding to Feelings and Behaviours UR FaB Program in Schools

The UR FaB team is offering a parent session on understanding and managing challenging behaviours through emotion coaching to all interested parents of children at Southern Cross Early Childhood School.

Emotion coaching has been shown to build emotional intelligence in children. This is linked with greater resilience and better long-term outcomes.

This session can help you to understand:

- \* your child's emotions and needs
- \* the importance of emotional intelligence and how you can support it
- \* how to use emotion coaching to respond to your child
- \* where you can find further supports

**Where:** Southern Cross Early Childhood School

**When:** Wednesday 11 August from 4:00pm to 5:30pm, Week 5 of Term 3

**RSVP:** Please contact school reception on 6142 0020 by the end of Friday 6 August to secure your place as places are limited.

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## Numeracy in Year 1/2

Our Year 1/2 classrooms have been busy with children learning and investigating during maths lessons. In particular, they have been investigating various 2D and 3D shapes, their properties and features. Children have also been learning about faces, edges and vertices and have learnt that there are many different, interchangeable names including edges/sides and vertices/corners. In addition, we have been thinking about the meaning of 2D and 3D shapes and how we can view the depth from within a 3D shape. Here is a maths game that involves manipulating shapes which you might like to complete at home! <https://pbskids.org/oddsquad/games/pienado>.



In **Wirria**, children have been looking at everyday objects and matching them to the correct 3D shape, including building objects using shapes. Children from Wirria and Dyrrigurat were very happy with the tower they created as a group and made a discovery that a triangular pyramid needs a square at the base rather than a triangle. Samuel reflected on this activity by saying, "You can make shapes within shapes" (showing how you can break a square down into two triangles or four squares).



Wirria also played 'guess the shape' in pairs by describing shape features to the other person.

In **Dyrrigurat**, the children completed a shape hunt by using visual clue cards to match the descriptive features to the 3D shape.



**Ghaddi** have been learning about the differences between 2D and 3D shapes by constructing different shapes out of playdough and matchsticks.

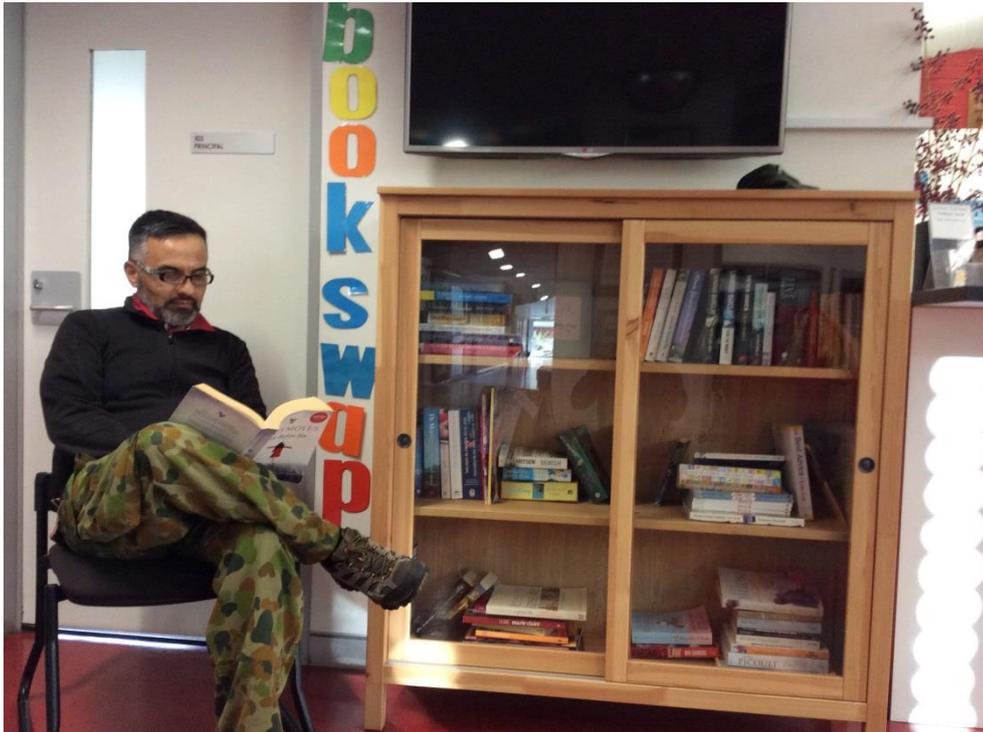
In **Gudamang**, children have been using paddle pop sticks to make 2D shapes and have been investigating the features of 3D shapes.



# Community Hub

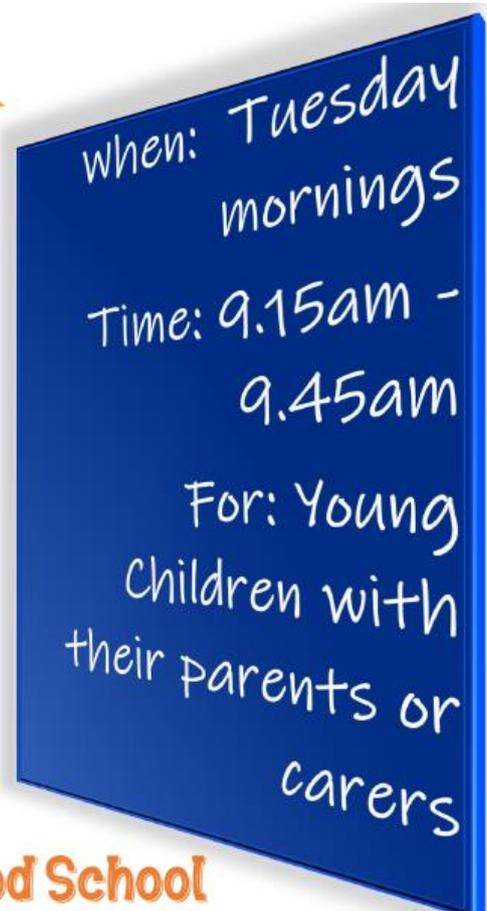
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## SCECS Book Swap



We have a range of novels and texts for our families in our 'Book Swap' library near the front entrance for you to enjoy. If you find something of interest please take it home to read and replace it with something you think others will enjoy.

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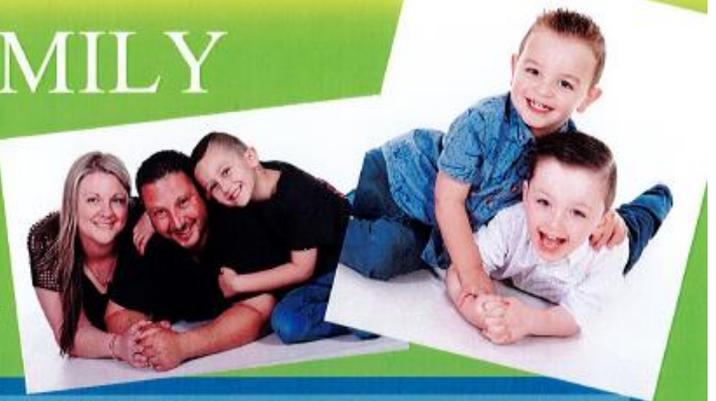


@ Southern Cross Early Childhood School



# TIME FOR A FAMILY PORTRAIT

Families Photographed on location  
Additional poses & digital files available  
Fantastic savings



**Southern Cross Early Childhood School**

**Sunday 22nd August**

**BOOK ONLINE AT: [www.trybooking.com/BSBON](http://www.trybooking.com/BSBON)**

**Any enquiries please contact - Renee  
[southerncross@anglicare.com.au](mailto:southerncross@anglicare.com.au)**

\*Limited offer one voucher per person/family

\*Parent/guardian to view own portrait or P&H applies

\* No refund for failure to keep appointment



[lassostudios.enquiry@gmail.com](mailto:lassostudios.enquiry@gmail.com)



## P&C

### Opening of our new Family Hub!

**When:** 9am Wednesday 11 August

You may have noticed that our school foyer is looking a lot brighter after the school holidays with the completion of our Family Hub! Please join Kelly, school staff and P&C (current and former) to officially open the Family Hub on 9am Wednesday 11 August (before the school gathering).

This exciting new hub will be a space for parents and carers to meet casually. This space can be what you'd like it to be, some of our thoughts are:

- Chat with other parents after school drop off and enjoy a tea or coffee.
- If meeting with school staff, do it over a cuppa and the relaxed lounge space.
- Browse the list of parenting resources and board games, and borrow them to enjoy at home.
- Have a 'cuppa' with the school principal, to raise any questions or issues you'd like to in an informal environment.

We are still considering an appropriate name for the space, so if you have any suggestions, please let Nicole know!

## Pie Drive Fundraiser

We are busy organising the Pie Fundraiser with our partners Sweet Bones and Hudsons. There will be a range of delicious sweet and savoury items available, catering to different dietary requirements. Keep an eye out for posters that will be around the school soon! Orders will be due in Week 7 with delivery in Week 8.

## School Disco

Our school disco will be held in the school hall on Friday 10 September (Week 9). This year's theme will be "Glow in the Dark". Look out for posters around the school soon. This year will continue to be a plastic free event so we are looking into some fun alternatives to glowsticks.

## News from the Uniform shop: new long-sleeve shirts in stock

We have just received a new shipment of orange long-sleeved polo shirts. They are available in sizes 2, 4, 6, 8 and 10 to purchase from the online shop: <https://www.sustainableschoolshop.com.au/southern-cross-early-childhood-school/uniform-store>.

Katherine and Patty  
P&C Co-Presidents

# Community Information

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## ACT Nutrition Support Service

### Sensational Spinach

#### Was Popeye onto something?

Spinach is a leafy green vegetable that is packed with vitamins, minerals and antioxidants. An excellent source of vitamin C, folate and beta-carotene.

#### Types of spinach

##### English Spinach

English spinach is best cooked, and will typically be called upon in recipes like frittata and pastries. Or, steamed and served as a side to any other dish.

##### Baby Spinach

Baby spinach is best used fresh for salads, pesto sauces or smoothies. It can also be thrown into almost any dish towards the end of the cooking time for a quick veggie boost.

#### What about silverbeet?

Many Aussies consider spinach and silverbeet interchangeable.

Technically, they are not the same thing. Silverbeet is more closely aligned with beetroot.

Whilst they are not the same thing, silverbeet can be used in any recipe calling for English spinach and vice versa.



## Our favourite ways with spinach

1. Make a salad using baby spinach (scroll down to see one of our faves!).
2. Defrost and squeeze the water out of frozen spinach, and add to meatballs or rissoles.
3. Throw a handful of chopped baby spinach into your favourite pasta sauce or curry at the end of cooking. The baby spinach will wilt slightly and leave you with a vibrant meal.

## Spinach Recipes [CTRL +Click to follow link](#)



### NEW DATES FOR OUR FOUR-WEEK FOOD ADVENTURE!

Help your child explore the joys of food through story, song and hands on exploration.

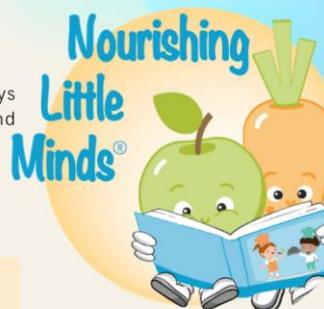
Book now for the  
3-5 year program.

#### **Kippax library**

Thursdays 12 Aug to 2 Sept

#### **Gungahlin library**

Fridays 13 Aug to 3 Sept



Supported by the ACT Government under the ACT  
Health Promotion Grants Program.

**Did you know Canberran households waste thousands of dollars every year by throwing away food that could have been eaten?**



Sign up to the three-week [Food Waste Challenge](#) for a step-by-step recipe to reduce food waste in your household.

Plus, the first 1500 ACT residents that complete the challenge, including the final survey, will be eligible for a **\$30 IKEA voucher**.

[act.gov.au/foodwaste](http://act.gov.au/foodwaste)



## WORKSHOP: TRANSITION TOOLKIT FOR PARENTS AND CARERS

### Supporting school transition for students with disability and developmental delay

The ACT Education Directorate is hosting two workshops to support parents and carers of students with disability and developmental delay transition to a new school year.

While the workshop will focus on the transitions from preschool to kindergarten and year 6 to year 7, for students with developmental delay and disability, the sessions will provide ideas for parents to assist children at any transition time.

Attendees will leave the workshop with a toolkit of practical ways that they can support their child through school transition.

The workshops will be held at the Hedley Beare Centre for Teaching and Learning in Stirling:

- Friday 13 August 10.30am-12.00pm
- Monday 16 August 6.00-7.30pm

Register for a workshop via Eventbrite at [bit.ly/TransitionToolkitWorkshop](https://bit.ly/TransitionToolkitWorkshop)

For more information contact [jean.walker@act.gov.au](mailto:jean.walker@act.gov.au)



Bushfires, hail, home schooling, lockdowns and the pandemic have been tough on all of us - but especially on children, young people and their parents/carers.

## FREE PARENTING SUPPORT FOR ACT & REGION FAMILIES

Call 02-6287 3833 for:

- advice and information,
- one-on-one phone counselling or
- to book a face-to-face/zoom session.

[Parentline ACT](#)  
02 6287 3833  
[parentlineact.org.au](http://parentlineact.org.au)  
[facebook.com/parentlineact](https://facebook.com/parentlineact)



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the NAB Foundation