

# Southern Cross Early Childhood School



Newsletter 14 | Monday 11 October 2021

Respect | Resilience | Kindness | Creativity

Dear families and friends

Welcome back to term 4 everyone! What an unusual start to a school term. We are all looking forward to having the children back onsite from week 4. Thank you so much for your support throughout remote learning last term. Our whole school community – children, teachers and staff, parents and carers – have helped the children to continue to have the best possible learning experience while supporting the ACT's public health response.

## Return to School

I am pleased to confirm that it is nearly time to return to school and we are looking forward to welcoming your child back. We have missed all of the children and can't wait to see them again.

From **Monday 25 October (week 4, term 4)**, preschool, kindergarten, and years 1, 2, 6, 9 and 10 can return to on campus learning – for those parents who also have younger children, this is also the date that children can return to **early childhood education and care services**.

From **Monday 1 November (week 5, term 4)**, years 3, 4, 5, 7 and 8 return to on campus learning.

When children return to school, they will be able to attend their usual out of school hours care program with Anglicare and school bus services will resume.

To minimise the risk of COVID-19 transmissions we are closely following [the advice of ACT Health and the Chief Health Officer](#). With this guidance, we are developing a COVID-19 Safety Assurance Plan, that details how we will keep our school community safe.

At the end of this week I will be providing you all with further information about how specific health and safety measures will be implemented at our school, including advice about drop off and pick up routines, break times, mask-wearing, hygiene, cleaning and ventilation. In the meantime, there is more information available on the Education Directorate's web site with [a list of Frequently Asked Questions](#), or you are always welcome to contact reception on 61420020.

## Return to School - Survey Information

On Tuesday last week we sent an email asking families to complete a survey that will ensure we understand each family's needs regarding returning to school in week 4 of term 4. This important information will help us to support each of you through the return to school transition period: <https://forms.gle/q8k6Ao9Sf1T2VsA4A>.



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## Support in Transitioning Back to School

I am delighted to let you all know that the UR FaB team have been so very helpful and have agreed to run a parent session that will focus on *how to support your child with the transition back to school*. The session will be run by Karina Dunn (Social Worker) and Erin Cartwright (Psychologist) from the UR FaB team (CAMHS Childhood Early Intervention Program – ACT Health). The session will be held on Tuesday 19 October at 7:30pm and will run for 30 mins. Please see the flyer about this session further in the newsletter. You can register your interest by contacting Nicole Emerton (Nicole.emerton@ed.act.edu.au) at reception and providing your email address.

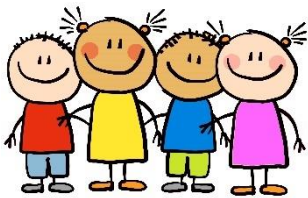
Stay safe and stay well everyone. Remember to reach out if you need anything.

Kelly

## From Southern cross

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### UR FaB



### UR FaB

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

Child and Adolescent Mental Health Services

The COVID-19 lockdown has placed stress on many families. Returning to school post lockdown is a worry for many children and their parents/carers. To support families in meeting children's emotional needs the UR FaB team in partnership with Southern Cross Early Childhood School is offering a 30 minute online seminar on separation anxiety and how to support your child to return to school. This seminar is available to all interested parents and carers of children at Southern Cross Early Childhood School.

The UR FaB Team are staffed by mental health clinicians (Psychologists and Social Workers) from Child and Adolescent Mental Health Services (CAMHS) at Canberra Health Services.

This session will cover:

- Strategies to support your child to return to school
- How to use emotion coaching to respond to your child's feelings about returning to school
- Where you can find further supports

**Where:** Online through Webex

**When:** Week 3 of Term 4 **Tuesday 19<sup>th</sup> October 7:30pm**

**RSVP:** Please contact Southern Cross Early Childhood School front office to express your interest in attending and provide your email address. Instructions on how to access the seminar will be emailed to you on Monday 18<sup>th</sup> October.

# Anglicare

## 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.

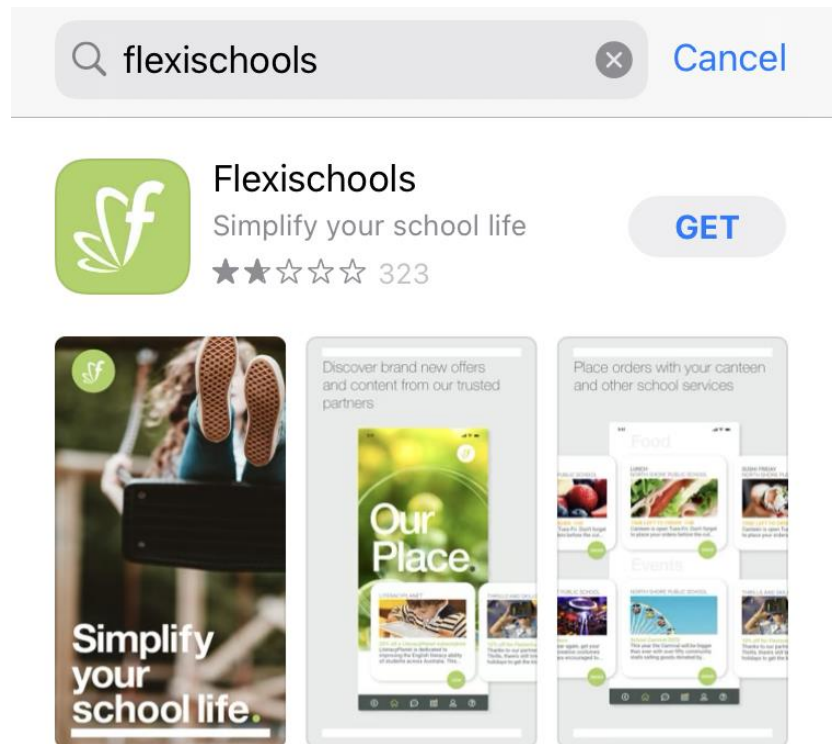
Once registered, you can start placing orders immediately. If you have any questions, please visit our FAQs

<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.



## P&C

### Welcome back SCECS families!

We hope you all had a lovely holiday break and made the most of it.

We are so excited to start the term sharing some wonderful news! Last term, together with Kelly, we submitted an application for the ACT government's Supporting Parent Engagement grant. Over the school holidays we found out we were successful and have been granted \$20,000 towards some exciting projects we have planned. We will likely get these started next year once we receive the funding and Covid restrictions have eased further. As suggested by the title of the grant program, these projects will be heavily focused on getting parents and carers involved. We are keen to hear from you if you would like to be involved, so please feel free to send us an email

[scecsbandc@gmail.com](mailto:scecsbandc@gmail.com).

## Tea towel portrait reminder - please send in ASAP

A friendly reminder to get your kids to draw their portraits for our yearly tea towel fundraiser. Unfortunately, we are unlikely to meet the time frame for guaranteed delivery this year as we are still waiting on a lot of portraits. If we don't manage to sort it all out by the end of the term, we will ensure we get orders to any families who are leaving SCECS next year and everyone else will have a lovely surprise waiting for them when they return. We do still hope to receive them all in time though, so please send your kids' portraits as soon as possible to [scecsbandc@gmail.com](mailto:scecsbandc@gmail.com).

## P&C Meeting - next Monday 18 October (week 3)

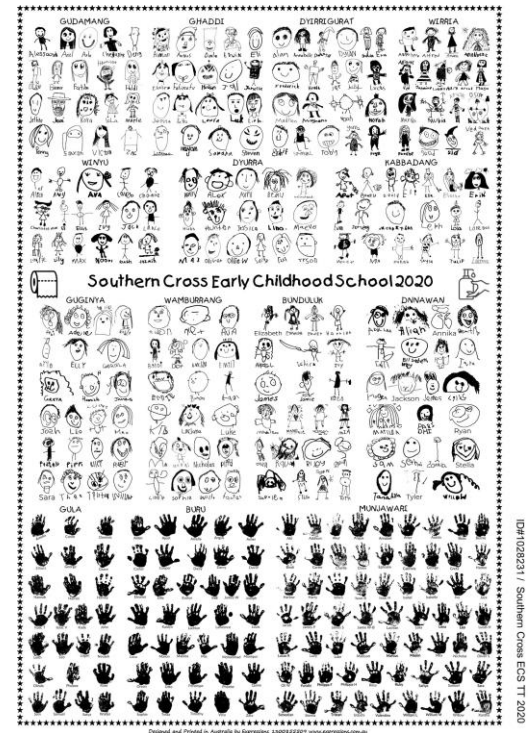
Our first P&C meeting for the term will be held next Monday, 3 October at 7:00pm. This is likely to be held via Zoom. If you have any agenda items you would like to raise and/or would like to attend, please send an email to [scecsbandc@gmail.com](mailto:scecsbandc@gmail.com) so we can send you the Zoom details.

## Transition back to Face to Face Learning

Lastly, we just wanted to say we are so excited for face-to-face learning to return, but like many of you, we are also a bit anxious and apprehensive, and this is normal. If there is anything the P&C can do to assist with making the transition easier, including raising any concerns or ideas with Kelly or other staff, please don't hesitate to reach out.

The P&C is here to represent you, as parents and carers.

Take care and see you all soon.  
Patty and Katherine



# Community Information

## ACT Nutrition Support Service

Feeling drab? Try these fab energising tips



We can see the end of lockdown in sight! Whilst we may get excited to go back to work, life and play, it might be daunting to think about how we are going to have the energy to jump back into our busy lifestyles - especially if we are already feeling unmotivated and finding it hard to concentrate.

Let's hit reset.

Thankfully there are a couple of things we can change in our diet to help us feel more energised throughout the day, and ready to go when lockdown restrictions are lifted.



### **Balance your meals.**

Planning small regular meals that are well balanced can help us maintain our energy levels throughout the day. This can also help us avoid over eating in the afternoon and evening. Including sources of protein and fibre will also help you fuller for longer.



### **Go low GI (Glycaemic Index)**

Low GI carbohydrate foods are digested slowly and provide a slow release of energy into our bodies giving providing us lasting energy throughout the day. Go low with rolled oats, wholegrain bread, lentils, and sweet potato.

Want to learn more about GI? Read our [glycaemic index factsheet](#).



### **Include more veg**

Did you know that vegies contain many essential vitamins and minerals that help the body unlock energy from the foods we eat? Include veg at all meals to meet your daily requirements.

Visit our [factsheet](#) for more ideas to increase your veg.



### **Refill with water**

Dehydration contributes to tiredness and makes it harder to concentrate. Do your best to stay hydrated by keeping a water bottle nearby.

Still struggling to stay hydrated? Get some tips from our [hydration factsheet](#).



### **Get moving**

Remember that exercise can also help to feel more energised. It doesn't have to be rigorous, but it should be regular. Break up your day with short power walks to improve mood and help with energy levels.

**Here's a couple of quick, low GI snack ideas to try.**

#### [Choc Balls](#)



#### [Carrot and Chickpea Dip](#)

