

Southern Cross Early Childhood School

Respect | Resilience | Kindness | Creativity

NEWSLETTER 15 | MONDAY 19 SEPTEMBER 2022

Hello families and friends,

Spring is in the air! There have been some lovely spring days here in Canberra. Perhaps a few of you were able to explore Floriade over the weekend. It is lovely to see so many events again here in Canberra.

SCHOOL FUN RUN AND CRAZY COLOUR DAY

Gudamang hosted a Whole School Gathering today after lunch for our preschool to year 2 children. We are hopeful that illnesses in our community will decrease with the warmer weather, and we will be able to invite families in for a Whole School Gathering next term.

The purpose of today's gathering was to announce to the school that our wonderful P&C will be hosting a Colour Run next term! The children watched a video that explained how it all worked – and they are all so excited! Each child will take home a pamphlet and information letter today. A huge thanks to our P&C for all their efforts to organise such a fun event.

LEARNING JOURNEY

Our Learning Journey will occur this week! We are thrilled to be able to invite families into the classrooms to share this special event with their children. **A friendly reminder for everyone to please know your child's 15min time for your family to be in the classrooms.** If the time doesn't suit, please email nicole.emerton@ed.act.edu.au to change your time. Everyone is more than welcome to stay outside for the whole hour and a half. A reminder of the times and dates:

8:30-10am Tuesday 20 September – Guginya, Wamburrang and K-2

DATES TO REMEMBER

Tuesday 20 September | 8.30-10.00

Learning Journey

Preschool – Year 2

Wednesday 21 September | 8.30-10.00

Learning Journey

Preschool

Thursday 22 September

PUBLIC HOLIDAY

Friday 23 September

Last day of Term 3

Monday 10 October

Welcome back to Term 4!

Friday 28 October

Staff Planning Day

Southern Cross Early Childhood School

Wirraway Crescent Scullin | ACT | 2614

☎ 02 6142 0020

🌐 www.scecs.act.edu.au



ACT
Government
Education

8:30-10am Wednesday 21 September – Bunduluk and Dnnawan (NOTE: This has been rescheduled to fit around the public holiday on Thursday)

A WALK ON THE WILD SIDE - WALK-A-THON AND CRAZY HAIR DAY

Our very busy P&C organised a fabulous walk-a-thon and crazy hair day for all of our children last week. This event was a huge success with children walking anywhere from one lap to five laps! A few children may have even had enough energy to run! A huge thanks to the volunteers on the day, making sure our children were safe as they walked around the school. A special mention and thank you to Katherine who organised the event. A disco on the blacktop with icy poles was a wonderful way to end the event.

ALUMNI VISIT

In week 8 our 2021 year 2 children came back to Southern Cross to share their wise words and wisdom with our 2022 year 2 children. It was so lovely to see the children and families reunite and play in our playground. 2021 year 2 children loved our new trampolines! This is a very special event for both our past students and present students. There were conversations about what the transition process was like, and they talked about what was different at their new schools, and what was the same at their new schools. Our current year 2 children were able to ask questions and gain confidence in the transition process. Thank you for our past families for making the time for this event.

STAFF PLANNING DAYS – TERM 4

The ACT Education Directorate has announced staff planning days for term 4. These days are to support teachers and educators with the time to plan for learning and to assess and report on learning. Please be aware that the **first Staff Planning Day will be held on Friday 28 October (Week 3)**. The second planning day that has been suggested clashes with our Year 2 Swimming Program and transition visits for 2023. We are currently working with the Education Directorate to negotiate a suitable date after week 5 of next term. We will provide information as soon as we can. Thank you for your continued support. These days have been incredible for supporting our staff to collaborate to ensure engaging learning for all our children.

Warm regards,

Kelly

FROM SOUTHERN CROSS

Save the Date!

Grandparents Day

We are delighted to once again celebrate the important role grandparents and other special people play in young children's lives. Southern Cross Early Childhood School will be hosting an Open Classroom and Morning Tea.

Thursday 27 October - Bunduluk & Dnnawan

Monday 31 October – Guginya, Wamburrang and K-2

Keep an eye out for invitations coming home next term!



Bike & Kite Day
11am – 2pm
Sunday 30 October 2022

Come for a zoom, fly around and play!

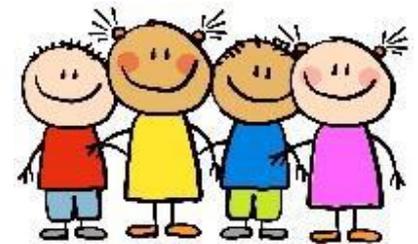
@ **Southern Cross Early Childhood School**

Fun'ess will include magic, face painting, balloon animals, sausage sizzle and musical workshops.

CHILD AND ADOLESCENT MENTAL HEALTH SERVICES (CAMHS)

Hello from the UR FaB Team,

In a previous newsletter we spoke about emotion coaching. Emotion coaching is helping children understand the different emotions they experience, why they occur, and how to handle them.



The UR FaB program emphasises the need for clear boundaries with the use of emotion coaching. Accepting your child's feelings does not imply accepting his/her behaviour – the message is all feelings are acceptable, but not all behaviours. We use limits for the behaviours. Combined, these generally help children to feel emotionally supported and reduce challenging behaviour.

Often emotions such as hurt, jealousy, sadness or fear can lead to angry expressions. It's important to notice and label the emotion underneath the behaviour, to understand it before setting limits or going over the rules. Using labels to describe your child as naughty or bad etc., or using criticism, sarcasm or contempt does not help your child follow the rules or feel confident or competent. We want to separate out the feelings of anger from angry behaviour, e.g. it's ok to feel angry, it's not ok to hit others.

(Steed, A. & Duncan, S. n.d. Emotion coaching – how parents can bring out the best in their kids.)

Some strategies for responding to challenging behaviour:

- Family/household rules – each family needs to have their own rules and they are best expressed positively – e.g. we keep our hands to ourselves, we speak kindly to each other, we look after our things.
- Loss of privileges – it is important that this approach is non punitive, immediate and short lived to be effective.
- Cooling down time (for parents and children) – this is not time-out; rather it is when an individual chooses to cool down by removing themselves from the situation or by being prompted to leave the situation by someone else. By doing this and engaging in a strategy that reduces the intensity of the emotion (such as by breathing deeply), the parent or child is better able to think through how to respond. For younger children it is important to remain close when they're experiencing a big feeling.
- Reassuring and gently holding the child when they are angry can help, but only if it is clearly understood and felt by both parties to be reassuring and non-abusive and not threatening. When holding a child parents should say soothing words in a calm voice or say very little.
- Talking after the event: repairing and saying sorry – parents should talk to their child about ways of managing anger at times when the child is not angry. Parents provide an important role model for their children about how to repair after a conflict and how to say sorry to each other.

(Gottman, J.M., & DeClair, J. 1997. The Heart of Parenting: Raising an Emotionally Intelligent Child. New York: Simon and Schuster)

(Havighurst, S. & Harley, A. Tuning in to Kids. University of Melbourne)

FROM THE SOUTHERN CROSS P&C

Dear SCECS families,

We are finally in Week 10 with what has seemed like a long and challenging term for our school community. We wanted to finish the term with a huge thank you to all teachers and staff at both Southern Cross and Anglicare as they have navigated staff shortages, with minimal disruption to our children's learning. We are so grateful and now I'm sure can join you all in welcoming warmer weather, holidays, and having made it through the worst of the cold and flu season together.

WE NEED YOU - VACANT P&C POSITION

Our wonderful Treasurer, Joana, will be leaving Canberra next year so we are trying to find someone to fill her position. We are getting in early to allow a wonderful transition while Joana is around to help out and show the new Treasurer the ropes.

The time availability needed to fulfill the role is 2 hours per term + 2 hours at the beginning of the year. The role of Treasurer involves:

- being responsible for all funds received and spent
- paying the bills with the President (once or twice per month)
- regularly entering data into our online financial software
- preparing and reporting the P&C's financial position at P&C meetings (monthly)
- counting cash and depositing to bank after fundraising events (2 or 3 times/year)
- working with the secretary to include the financials in P&C's annual report to government
- providing information for budgeting yearly; and
- preparing the P&C association's books and accounts for an annual audit.

Being involved in the P&C is a wonderful way to give back to our great school. If you would like further information or are interested in taking on the role, please contact Joana at scecspsc.treasurer@gmail.com.

WALK ON THE WILD SIDE WALK-A-THON - WE RAISED \$2873.60!

Wow! The weather turned it on, and we had a stunning Spring day for our whole school walkathon last Tuesday, and a lucky break in the sprinkling rain for our end of week pre-schoolers on Thursday!

It was so wonderful to see such colourful, fun and original hairdos, and such happy smiling little faces. We raised an incredible \$2873.60! These funds will go towards improvements to our outdoor learning environment.

A huge thank you to our wonderful volunteers who helped make the day a success.

INTRODUCING THE INAUGURAL SCECS FUNDRAISER CRAZY COLOUR FUN RUN – COMING IN TERM 4

We're so excited to announce that next term we will be holding the very first SCECS Fun Run Crazy Colour Day as a major fundraising event this year!

The event will be held on:

- **Tuesday 8 November** for the start of week preschool; and
- **Thursday 10 November** for the rest of the school.

We are really hoping to raise \$10,000 which will go towards a new outdoor play area to be constructed down near the Tree house.

Keep your eyes peeled for the sponsorship forms which will be sent home with your child this week. Once you have the

form, you should sign up for a Student Profile Page at schoolfunrun.com.au to allow you to start fundraising!

Participation and sign up is **free**. You'll be able to access online fundraising and can win a \$20,000 Ultimate Family Package! Students who raise \$10 or more will receive a prize, and the more money you raise the better the reward, and importantly, the more you help the school!

We're looking for all students to participate so we can hold an inclusive and fun-filled day for our school, and we'd love everyone to come down to support the kids.



If you have any questions about the Crazy Colour Day please contact the School Fun Run Office on 1800 FUN RUN, or get in touch with the P&C at scecspondc@gmail.com.

Thanks for supporting the school and we hope to see you at the event! Check out this video for what to expect and show it to your kids to build excitement <https://youtu.be/RHhluRWqQA> .

We wish everyone a fun, safe holiday!

Southern Cross P&C

COMMUNITY INFORMATION

ACT Nutrition Support Service

FOOD IDEAS FOR YOUR NEXT SPRING EVENT

Spring is the time we start emerging outside and being more social. Consider new healthy ideas to freshen up the meals and snacks that are offered to clients and staff.

When organising morning or afternoon teas:

- always have water (plain, tap, spring, mineral or sparkling) as the preferred drink choice.
- make reduced fat milk, yoghurt, cheese the default choices.
- provide fruit and vegetable platters.
- request that any sauces, dressing and spreads be served on the side.
- provide small serving sizes.
- not use icing or confectionary e.g. chocolate chips.
- minimise the use of sugar, honey or syrups.
- base baked goods on mostly on wholemeal flour and use fruit or vegetable ingredients e.g. banana or carrot/zucchini.

When organising lunches:

Sandwiches, wraps and rolls:

- provide wholemeal, multigrain or high fibre breads in preference to plain white.
- avoid adding butter or spreads
- include lots of salad and vegetable fillings.
- use reduced fat cheese and lean, unprocessed meats and alternatives, such as roast beef, skinless chicken, egg and tuna.

Hot finger foods

- oven baked products instead of deep-fried e.g. oven baked potato wedges
- a range of filo pastries instead of puff pastry or shortcrust e.g. spinach and ricotta parcels
- egg based options such as vegetable frittatas or zucchini slice.
- savoury pancakes.



Avoid or minimise the use of salt in preparation.

Light bites

- rice paper rolls with lots of vegetable fillings instead of deep-fried spring rolls.
- sushi pieces without battered or crumbed fillings.
- legume (e.g. hummus), reduced fat dairy (e.g. tzatziki), vegetable (e.g. carrot/beetroot) or salsa dips with vegetable crudités or wholegrain crackers.
- vegetable and ricotta filled wonton cups.
- Bruschetta topped with a mixture of diced tomato and basil.



Limit foods and drinks that are high in fat, sugar, and salt, including:

- fried or deep-fried foods.
- butter or cream.
- processed meats such as bacon, salami and devon.
- croissants, donuts and sweet pastries.
- chips, crisps and other similar products.
- chocolate, lollies and confectionary products.
- iced or cream-filled biscuits and cream cakes.
- soft drinks and other sugary drinks including cordial.

<https://www.actnss.org/home/nutrition-info-hub/food-ideas-for-your-next-spring-event/#NEW%20to%20the%20info%20hub%20sub%20title>

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