

# SOUTHERN CROSS EARLY CHILDHOOD SCHOOL

Respect | Resilience | Kindness | Creativity

NEWSLETTER 11 | MONDAY 24 JULY 2023

Dear families and friends

Welcome to term 3 everyone! I hope you all enjoyed your break. Our teachers had planning days at the end of term 2 and have prepared engaging and fun learning experiences for this term. It has been lovely to see all of the children so engaged in their learning already this term.

## NATIONAL SCIENCE WEEK

National Science Week is happening from 19-25 August this year. The theme this year is **Innovation: Powering Future Industries**. Lisa has some exciting things planned for all of the children across the school. Stay tuned for more details. There are some great ideas for activities to engage in at home here: <https://www.scienceweek.net.au/>.

## CHILDREN'S BOOK COUNCIL OF AUSTRALIA'S BOOK WEEK

The Children's Book Council of Australia's Book Week is happening from 20-26 August this year. The theme for this event is Read, Grow, Inspire. We will be hosting a book week parade during this week, so this is your reminder to get busy to make and create a costume of your favourite character! There is no expectation to purchase a costume. Sometimes the things we collect at home are perfect to make a costume.

## SLIDE MOUNTAIN

Work commenced on Slide Mountain during the July school holidays to ensure we will have this amazing play space for many years to come. Sandstone blocks have been used to replace the damaged timber and will help ensure the longevity of this asset. We can't wait to re-discover this upgraded outdoor

## DATES TO REMEMBER

Wednesday 26 July  
Kindergarten 100 day Celebrations

Wednesday 16 August | 9.15-10.00  
Whole School Gathering

August 14 – August 18  
SCIENCE WEEK

August 21 – August 25  
BOOK WEEK

Wednesday 30 August | 12.00-1.30  
Christian Education in Schools

September 11 – September 15  
SCHOOL PHOTOS

Wednesday 20 September  
Whole School Gathering

Southern Cross Early Childhood School  
Wirraway Crescent Scullin | ACT | 2614

☎ 02 6142 0020

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

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



**ACT**  
Government  
Education

learning space with completion scheduled for the end of week 3.



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## 100 DAYS OF KINDERGARTEN

The end of last week saw our kindergarten students being at school for 100 days. To celebrate, on Wednesday 26 July, we are asking our kindergarten children to dress up as someone who is 100 years old or something to do with the number 100 (e.g. 100 dots stuck to a shirt). Throughout the day, children will be engaged in various activities based around the number 100! We are looking forward to celebrating all things 100!

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## 2024 SCHOOL ENROLMENTS

2024 offers of enrolment will be sent home from today, Monday 24 July for all ACT Education Directorate schools. Shortly we will be sending home a quick survey where you will be able to let us know what your intentions are for schooling in 2024. This will help us with class planning and staffing requirements for next year. Please keep an eye on your inbox for this survey.

**Please Note:** You are not required to re-enrol your child with us if you wish to continue with us at Southern Cross. You will only need to complete the online enrolment form if you wish to enrol your child at another school.

Warm regards

Liz Marman  
Deputy Principal  
Southern Cross Early Childhood School

# FROM SOUTHERN CROSS

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## OUTDOOR PLAY UPDATE

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### LEARNERS' SOCCER TEAM

A group has been formed during lunch and recess times for children interested in learning about the sport of soccer. The group aims to practise ball skills, learn the rules of the game, and play short matches. Perhaps eventually we will feel confident enough to join in with the children that play every break time, every day!

The idea is for children to engage with this group when and as they wish, and is available for children in kindergarten, year 1 and 2.



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## SMALL WORLD PLAY RESOURCES

We have purchased several resources to enhance outdoor play. Children have been playing with fairies and animals around the balance challenge and creating mud tracks around the forest with the cars and trucks.



# COMMUNITY INFORMATION

## PARENTLINE ACT



## ACT NUTRITION SUPPORT SERVICE

### 1-2-3 STEPS TO A HEALTHY SANDWICH

#### 1) Choose your bread

Best choices: wholegrain, multigrain, wholemeal or try:

- Soy & linseed
- Sourdough
- Rye, pumpernickel
- White with added fibre
- Fruit breads
- Wraps, tortillas, mountain bread
- Grainy crisp breads



## 2) Pick your spread

Use polyunsaturated or monounsaturated margarines sparingly or try:

- Hummus
- Reduced-fat mayonnaise
- Reduced-fat cream cheese or spread
- Cottage or ricotta cheese
- Mashed avocado or cooked pumpkin
- Chutney, relish or salsa

## 3) Find your fillings

- All vegetables, washed, raw or cooked
- Canned fish, baked beans or other beans
- Avocado, reduced-fat cheese or egg
- Cold lean meat or reduced-fat luncheon meats
- All fruit, fresh, canned or dried



## Be creative and try a variety of different combinations:

- Chicken, avocado, lettuce, cucumber and reduced-fat cream cheese
- Egg, grated carrot, lettuce, cucumber and hummus
- Tuna, corn, lettuce and reduced-fat mayonnaise
- Lean roast beef, lettuce, tomato, reduced fat cheese and relish

<https://actnss.org/resources/1-2-3-steps-to-a-healthy-sandwich/>