

Southern Cross Early Childhood School



Newsletter 16 | Monday, 30 November 2020

Respect | Resilience | Kindness | Creativity

DATES TO REMEMBER

Tuesday 1 December | 10.00-11.30
Paint & Play Playgroup

Wednesday 2 December | 7.00-8.30
P&C Meeting

Thursday 3 December | 9.05-9.30
Storytime on the Lawns

Tuesday 8 December
Semester 2 Reports go home -
Guginya & Wamburrang

Thursday 10 December
Semester 2 reports go home -
Preschool to Year 2

Thursday 10 December | 9.05-9.30
Storytime on the Lawns

Thursday 10 December | 3.30-4.00
Meet the Teacher Afternoon TBC

Thursday 10 December | 5.30-7.30
Year 2 Fun Night

Monday 14 December | 2.00-3.00
Year 2 Graduation

Tuesday 15 December | 5.00-7.00
End of Year Celebration

Friday 18 December
Last day of Term 4, 2020

Monday 1 February 2021
School Commences for
Preschool & Kindergarten

Tuesday 2 February 2021
School commences for Year 1 & Year 2

Dear families and friends

Welcome to week 8! I hope you all enjoyed the sunshine over the weekend and enjoyed some family time.

Staffing

The puzzle is coming together nicely for us and we have almost finalised our staffing for 2021. At this stage we will try our best to finalise staffing so that our 'Meet the Teacher' afternoon can go ahead in Week 9 or 10. We will be sure to let you all know any information regarding this as it unfolds.

I would like to acknowledge and thank Karen Novak who will be leaving us at the end of 2020. Karen has made significant contributions to the Southern Cross community for the last 5 years. Karen is heading to Mt Rogers Primary School in 2021 where she will become an asset to the school community. Please join me in congratulating Karen on her appointment.

We welcome Sharron Wynn from the O'Connor Cooperative School to the Southern Cross Community in 2021. You will be able to read more about Sharron in our Week 10 newsletter. Sarah Hornby has also been appointed to our school in a long-term position.

Congratulations to both Sharron and Sarah. We are also welcoming Kathleen Johansen back from maternity leave in 2021.

The Kindergarten and Year 1/2 classrooms will be located in the same areas for 2021.

2021 Transitions

Our transitions have continued for our 2021 kindergarten and preschool children. I would like to thank our families and our staff for being involved in this very important process to ensure a smooth start to 2021 for our children.



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

Reports

Our wonderful team have been busy writing end of year reports for all of the amazing children here at Southern Cross. I would like to thank our staff for the time they have spent preparing the reports for their class. These comprehensive reports are one of the ways we communicate with families about their child's learning and how we can continue working in partnership to ensure the best possible learning outcomes for children.

Gates

You may have noticed a new sign on our front gates. I would like to ask all of our families to please talk to their children about waiting at the front gates and asking an adult to help them to open it. On a number of occasions over the last fortnight, children have climbed the front gates to either climb over or to pull the latch to open the gate. Our gates help families to ensure their children are safe near the car park and road. We will also be talking with the children about keeping safe near the front of our school. Thank you for your understanding.

Thank you to our Volunteers!

Our volunteers are such a huge part of our school who work in so many ways to support us from coming on excursions, to helping with a lunchtime club, to covering books, to gardening, to being on the School Board or P&C. The year of 2020 has looked very different for many of our volunteers and we look forward to welcoming more back into our school in 2021. As a morning tea will not be held this year, please know that we appreciate what you do for us and we invite you to come along and talk with us about how you may like to contribute next year.

Anglicare Awards

I would like to congratulate Anglicare for another successful year. During the term, I have been working collaboratively with the Anglicare Leadership team and it has been an absolute pleasure to work alongside them to ensure children at Southern Cross have continuity of learning between our two settings.

I would like to congratulate Renée Buchanan (Assistant Director) for her 10 years of service with Anglicare. I would also like to congratulate Rosie Chant for her recognition of being awarded the Compassion award. The Anglicare Team have also won the Anglicare Team Award for 2020. This award recognises the team's resilience, leadership and collaboration during extremely challenging times in 2020.

Congratulations to the whole Anglicare Team for another successful year.

Warm regards

Kelly



From Southern Cross

White Ribbon Day 2020

The children from kindergarten to year 2 took part in a special event last Wednesday to recognise the importance of treating girls and women with respect. A big thank you to our three volunteers who spoke to the children about their professions and achievements. Melani Guyatt (Australian Border Force officer), Jake Kuzma (Dancer) and Kelly Booker (Ex Canberra Capitals basketball player and School Principal) told their stories reinforcing the message that we can follow our passions and set goals irrespective of our gender.

Here are some of the comments the children made after the presentation:

"Boys and girls can do anything."

"It is good to have support from family and friends to achieve your dream."

"Don't hurt girls – or anyone"

"Men and women should be treated equally."

"Everybody has a good inside."

"Men and women can do all jobs."

"Only women have babies, but men help."

"Men should respect women."

"We shouldn't bully anything or anyone."

"Girls and boys are both strong."

Waste Free Day



Waste Free Day

Term 4

Whole School
Thursday 10 December
2020
Guginya and Wamburrang
Tuesday 8 December 2020

Say NO to general waste by packing your child's lunch in a re-usable container.

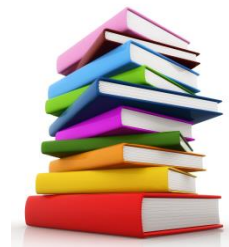
What class will have the least amount of waste on the day and receive the highly coveted 'Green Recycling Truck'?

Library Borrowing

The last day for borrowing from the Southern Cross Early Childhood School Library will be

Friday 4 December 2020 (end of week 8). All books need to be returned by **Friday 13**

December 2019.



School Commencement for 2021

Term 1, 2021: Monday 1 February – Thursday 1 April 2021

Term 2, 2021: Monday 19 April – Friday 26 June 2021

Term 3, 2021: Monday 12 July – Friday 17 September 2021

Term 4, 2021: Tuesday 5 October – Friday 17 December 2021

When will your child start in 2021?

Monday 1 February 2021: Beginning of the week **Preschool** and **Kindergarten** children start school.

Tuesday 2 February 2021: **Year 1** and **Year 2** children start school.

Thursday 4 February 2021: End of the week **Preschool** children start school.

Linking Families to Learning

Helpful Hints for Home

Planning ahead for the big break

The holiday break is fast approaching and what a great time to plan for some family learning time. This week's helpful hints for home is focusing on relaxation and recovery for your children and for the family over the end of year break. It is important to allow yourself and your child to have time to unwind and relax, doing the things that they love to do. However, families are often asking how they can continue to support their child's learning over the 6 week break. There are many fun ways you can support your child's reading, writing, numeracy, curiosity and routine while on holidays. Here are a few inexpensive ideas:

- Keep your eye out for the Southern Cross Challenge via Seesaw or email
- Select a novel that you could read together as a family
- Visit your local library to explore different book genres
- If you are going away on a holiday write postcards back to friends and family



- Go for walks around the different nature reserves in Canberra to explore the different environments and connect with Country.
- Go on a scavenger hunt around your local neighbourhood.
- Visit the different national treasures we have in Canberra, for example, The War Memorial, Botanical Gardens, The Arboretum.
- Create artwork out in nature from items that have fallen onto the ground, take a photo of it to keep a memento of the artwork
- Play a different board or card game together as a family each week
- Spend time to learn something new together, for example for to knit or sew.
- Have time to be mindful. Search for Mindfulness for kids on google and do a meditation together. Smiling Minds is also a good app for mindfulness.
- Have a calendar or timetable of the day for your child to know what is happening for the day or week.
- Build a cubby or set up a tent in the backyard to camp outside for a night.
- Find a riddle or brain teaser of the day for the family to crack.
- The Lego challenge – daily creative construction challenge.

30 Day LEGO Building Challenge					
Build a Roller Coaster 1	Build A Town 2	BUILD A ROCKET SHIP 3	Build the world's tallest tower 4	Build An Airplane 5	BUILD THE PERFECT FREEA 6
Build a Robot 7	Build a Boat That Floats 8	BUILD A CASTLE 9	Build a horse 10	BUILD A MAZE 11	Build a Picture Frame 12
Build A Train 13	Build A Venus Fly Trap 14	Build a Unicorn 15	Build a Pirate Ship 16	Build A Scene From Your Favorite Book 17	Build An Ice Cream Truck 18
BUILD A DOG HOUSE 19	Build A Flying Saucer 20	BUILD A SPORTS ARENA 21	Build A Water Park 22	Build A Shark 23	Build a Bridge 24
BUILD A TREE HOUSE 25	Build Your Name With Bricks 26	Build A Dragon 27	Build A Historical Scene 28	Build A Monster 29	Build an instrument 30

Remember the holidays are about the children having a break from the busy school term and enjoying time to grow as a child. Having time to talk, laugh and explore together is the best learning any child can have.

From the P&C

Tea Towel fundraiser

The tea towel has been finalised and will be printed (in orange!) and delivered by the end of term. There is still time to order your tea towels online at [Southern Cross Early Childhood School](https://www.sustainableschoolshop.com.au/southern-cross-early-childhood-school/uniform-store). The tea towels make a great gift for grandparents and as mementos for the families leaving our school in 2020. The cuteness levels are off the charts this year.

School Clothing

The last date to order school uniforms for 2020 is Thursday 10 December. Any orders received after that date will not be guaranteed delivery until the 2021 school year. This cut off date allows our small volunteer team to manage the stock as well as their time. Any orders received after 10 December or during the school holidays will receive information on when and where to collect the week before school starts.

<https://www.sustainableschoolshop.com.au/southern-cross-early-childhood-school/uniform-store>

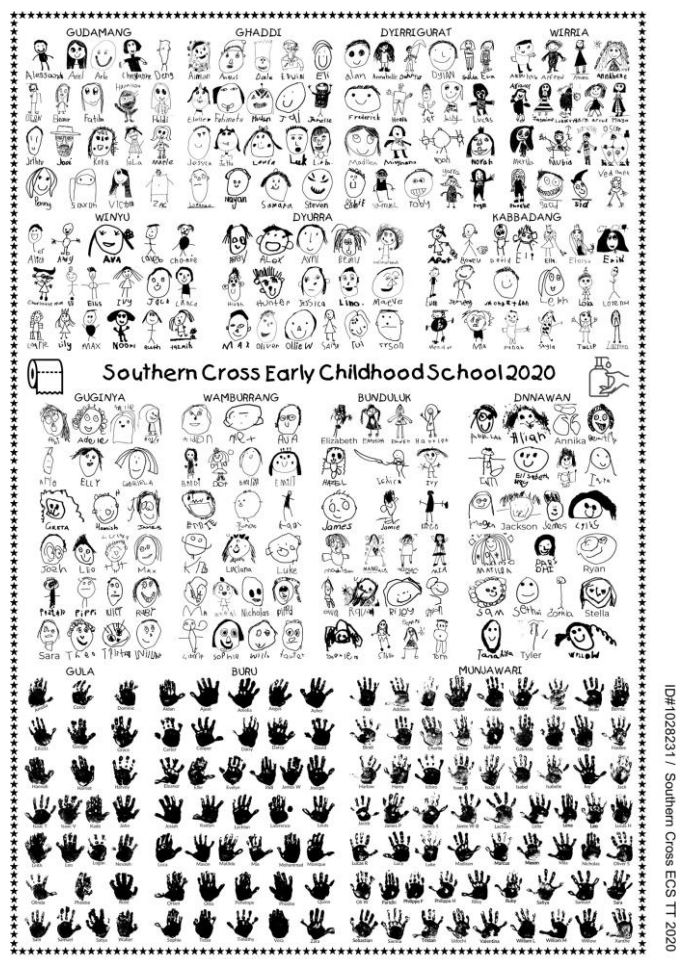
If your family is leaving Southern Cross at the end of the term please remember that we are always keen to receive donations of second hand clothes. These can be left at the donation box near reception.

P&C Meeting

The P&C will be holding their last meeting for 2020 at 7pm Wednesday 2 December at Sue's Kitchen (Scullin Shops). We will be discussing the end of year events. This is the last meeting before our next AGM where Jess will step down as P&C president. She is very eager to hear from anyone that may wish to step into the roll. Nicole and Mel have also spent two years in their roles as treasurer and secretary and are ready to hand over to new volunteers. Our current committee is really happy to make the handover as seamless as possible and is ready to support you in the first few months in the role. Even though Jess won't be at the school anymore she is more than happy to support over the phone or online but, as her youngest child is graduating and moving on, it's time for her to go.

End of Year Raffle

Stay tuned for information on the end of year raffle and the P&C presence at the end of year concerts. We are figuring out the most viable way of adding to the fun.



From Anglicare

Pantry Appeal

Thank you so much to all the families donating to Anglicare's Christmas Pantry Appeal. There is still time to add to our tubs at the entrances if you would like.

The Pantry Appeal is held every winter and Christmas period and seeks donations of non-perishable food, essential living items and Christmas gifts. The items collected throughout the appeal are distributed to families and individuals in the community who are in need of emergency assistance across Canberra and in some regional towns in NSW.

This year Anglicare's pantry's have already been exhausted due the overwhelming number of families in need. We will continue to take donations into week 9 of the school term, so please consider a donation if you haven't already done so.

THANK YOU SO MUCH!



Community Information

Holiday Happenings

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



CANBERRA WE ARE HERE FOR YOU

FREE telephone counselling sessions Monday to Friday 9am-5pm

Sessions via Zoom or Skype
Limited availability for FREE face-to-face counselling sessions

Sadly our groups and training are temporarily suspended

Contact us for a FREE confidential chat

 **6287 3833** 

 parentline@parentlineact.org.au

ACT Nutrition Support Service

Watch your waste!

If there is one good thing that has come out of the Canberra garbage strike, it is taking notice of how much we throw in the bin. Especially the sort of things that make the bin smelly in the warmer weather i.e. FOOD!

As we are facing yet another week of strike action and ever increasing household garbage piles, now is the time to take a good hard look at how much food we throw out and start making some changes for good.



Did you know that food waste makes up over 1/3 of what goes in our red bins?

Getting chickens and a compost bin is a great start, but only half the story...

[Love Food Hate Waste](#) is an ACT Government campaign that is all about helping to reduce food waste at home. That means eating the food before it goes bad.

By rethinking the food we throw away, Canberra households can save up to \$3,800 every year off their food bills.

That's up to \$73 each week!

[Love Food Hate Waste](#) is a part of the ACT Government's response to help halve Australia's food waste by 2030 and aims to help reduce food waste at home with inspiring ideas, recipes, facts and resources. Reducing food waste is as simple as making a meal plan, sticking to a shopping list, storing food well and using your leftovers.

Now that is a recipe for good!

MEAL PLAN

Reducing your food waste starts with a meal plan and a shopping list.

Start small - plan three dinners a week plus one 'eat what you can find' night. Check what you already have in your fridge, freezer and pantry. Write your shopping list using your meal plan and try to stick to the list when shopping.

MONDAY	SHOPPING LIST
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

**LESS FOOD WASTE
A RECIPE FOR GOOD.**

ACT Government

Your first step is easy. Visit www.act.gov.au/foodwaste

STORE IT FOR GOOD

Canberra bins are one third full of food waste. Your first step is easy.

HERE ARE SOME TIPS TO KEEP YOUR FOOD FRESH FOR LONGER

BREAD SHELF LIFE - 2-3 DAYS Keep bread in a dark place, such as a bread bin or a bread bag, in a cool, dry place. Don't store bread in the fridge. TIP Baked bread can be frozen for up to 3 months.	CELERY SHELF LIFE - 1-2 WEEKS Wash the root end of the celery in a cool, running water. Then cut the stalks into 1cm pieces. Store in a plastic bag with a paper towel to absorb moisture. TIP Celery can be frozen for up to 3 months.	POTATOES SHELF LIFE - UP TO 1 MONTH Potatoes should be stored in a cool, dry and dark place. They are not to be stored in the fridge. TIP Cooked potatoes can be frozen for up to 3 months.
EGGS SHELF LIFE - UP TO 3 MONTHS Eggs will last longer if stored in the fridge. TIP To test if an egg is fresh, place it in a glass of water. If it sinks, it's fresh. If it floats, it's not.	AVOCADOS SHELF LIFE - UP TO 1 WEEK Store avocados uncut in a cool, dry place. Once cut, store in a plastic bag with a paper towel to absorb moisture. TIP Avocados can be frozen for up to 3 months.	MEAT SHELF LIFE - 1-2 WEEKS Store meat in a cool, dry place. Once cut, store in a plastic bag with a paper towel to absorb moisture. TIP Meat can be frozen for up to 3 months.
PUMPKIN SHELF LIFE - UP TO 1 MONTH Pumpkin should be stored in a cool, dry place. Once cut, store in a plastic bag with a paper towel to absorb moisture. TIP Pumpkin can be frozen for up to 3 months.	ONIONS SHELF LIFE - UP TO 1 MONTH Onions should be stored in a cool, dry place. Once cut, store in a plastic bag with a paper towel to absorb moisture. TIP Onions can be frozen for up to 3 months.	YOGHURT SHELF LIFE - UP TO 2 WEEKS Yoghurt should be stored in a cool, dry place. Once cut, store in a plastic bag with a paper towel to absorb moisture. TIP Yoghurt can be frozen for up to 3 months.
BANANAS SHELF LIFE - UP TO 1 WEEK Bananas should be stored in a cool, dry place. Once cut, store in a plastic bag with a paper towel to absorb moisture. TIP Bananas can be frozen for up to 3 months.	APPLES SHELF LIFE - UP TO 2 WEEKS Apples should be stored in a cool, dry place. Once cut, store in a plastic bag with a paper towel to absorb moisture. TIP Apples can be frozen for up to 3 months.	LETTUCE SHELF LIFE - 1-2 WEEKS Lettuce should be stored in a cool, dry place. Once cut, store in a plastic bag with a paper towel to absorb moisture. TIP Lettuce can be frozen for up to 3 months.
MILK & NON-DAIRY MILK SHELF LIFE - UP TO 1 WEEK Milk should be stored in a cool, dry place. Once cut, store in a plastic bag with a paper towel to absorb moisture. TIP Milk can be frozen for up to 3 months.		
HERBS AND GARLIC SHELF LIFE - 1-2 WEEKS Herbs and garlic should be stored in a cool, dry place. Once cut, store in a plastic bag with a paper towel to absorb moisture. TIP Herbs and garlic can be frozen for up to 3 months.		

YOUR FRIDGE TEMPERATURE SHOULD BE SET AT LESS THAN 5°C

THE CRISPER DRAWER AND BOTTOM SHELF ARE THE COLDEST PART

For ideas on how you can reduce your food waste, help the environment and save money, visit www.act.gov.au/foodwaste

**LESS FOOD WASTE
A RECIPE FOR GOOD.**

ACT Government

WEEKLY FOOD WASTE AUDIT

Use this chart to record the results of your kitchen food waste audit

Note: Food waste can be categorised into two types of waste - **avoidable** and **non-avoidable**. **Avoidable** food waste are foods that could have been eaten but weren't e.g. leftovers, sandwich crusts, limp lettuce, brown bananas. **Non-avoidable** are foods that could not have been eaten e.g. bones, eggshells, orange peels. It's important to focus on monitoring how much avoidable food waste you are throwing out each week. Choose two containers to store your food waste, one for avoidable and one for unavoidable. If you can, note the size of the container (example 1 litre).

DATE	AVOIDABLE FOODS WE THREW AWAY TODAY	NUMBER OF CONTAINERS TODAY
/ /		
/ /		
/ /		
/ /		
/ /		
/ /		
/ /		
/ /		

FOODS WE WASTED MOST THIS WEEK

VOLUME OF MY CONTAINER

MY WEEKLY TOTAL

**LESS FOOD WASTE
A RECIPE FOR GOOD.**

ACT Government

For more information on this, and how to reduce your food waste, visit www.act.gov.au/foodwaste

Visit the [Love Food Hate Waste website](#) to learn more and download these handy resources to help you watch your waste.