

Southern Cross Early Childhood School



Newsletter 9 | Tuesday 14 June 2022

Respect | Resilience | Kindness | Creativity

DATES TO REMEMBER

Tuesday 14 June | 7.00
P&C Meeting – La Cassetta Pizzeria

Wednesday 22 June
Kindergarten Health Screening

Friday 24 June
Kindergarten Health Screening

Wednesday 22 June
Guginya & Wamburrang
Semester 1 Reports go home

Thursday 23 June
Preschool - Year2
Semester 1 Reports go home

Dear families and friends

Welcome to week 8 everyone! We are still experiencing challenges around staffing here at Southern Cross. All of our amazing staff are positive and are supporting each other throughout this time. We would like to thank you for your kind words and well wishes that will encourage and motivate us to continue to the end of term. At this stage we are hoping to welcome our preschool and kindergarten cohorts back to school on Monday 20 June.

School Reports

Our amazing teachers have been working hard to prepare school reports for all of our children that will provide families with a

summary of their child's learning for semester 1 2022. I would like to thank our teachers for all their efforts and congratulate them on completing this task, especially in our current climate. Our K-2 reports and Bunduluk and Dnnawan reports will go home on Thursday 23 June and Guginya and Wamburrang reports will go home on Wednesday 22 June. K-2 reports will be emailed to families and preschool reports will go home in children's bags in an envelope.

Family-Educator Meetings

At the beginning of week 9, families will receive information about how to book in for a time to meet with their child's teacher for a family-educator meeting. This will be an opportunity for you to discuss your child's report and to discuss any goals you may have for your child for semester 2. Family-educator meetings will occur in week 10.

Look out for an email from Nicole Emerton!

Outdoor Environment

We are so lucky to have work starting on our Bike Shelter in the next school holiday period in July. This is going to be such a great area for our families to drop bikes off and for our children to be able to access the Learn to Ride Centre with ease. There is going to be a large, sheltered area for the bikes, a pumping station for our tyres, a new fence with a gate to access from the main carpark and a ramp for access to the Learn to Ride Centre. There will be some coloured images of this new work up around our school this week!



Southern Cross Early Childhood School

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

The lovely team from the ACT Education Directorate who are helping us with our Bike Shelter have listened to us about the challenge for our children in wet weather. Whilst we do offer Rainy Day Club, there are still children who may have forgotten appropriate clothing and have no where outside to play and stay dry. Our Education Directorate have come out and have measured up for a Covered Outdoor Learning Area (COLA) – a large weatherproof shade structure over our basketball court. This will provide shade in the hot summer months, and shelter from the rain all year round. We are not sure when work will start on this project, but we will let you know when we hear.

We are so grateful to the Education Directorate who have supported us to continue the work set out in our Outdoor Learning Environment Master Plan!

Warm regards

Kelly

From Southern Cross

School Academic Reports

At Southern Cross Early Childhood School we promote academic excellence by nurturing our students' capacity to be actively engaged in an enriched learning environment with the expectation that all students do their best and strive to reach their potential. We encourage our students to be critical, divergent and creative thinkers and provide diverse opportunities and differentiated learning experiences.

The academic report that children and their families receive in semester 1 and semester 2, provides a summary of your child's achievements to date, relevant to either the Early Years Learning Framework (EYLF) or the Australian Curriculum Achievement Standard. It is important to note that not all content of the Australian Curriculum relevant to your child's year level will have been covered in each semester.

The written report contains information about your child's achievement in a range of areas. Teacher judgements have been based on a wide range of evidence gathered over the semester to represent your child's academic and social development, relative to their age peers.

Year 1 and Year 2 Reports:

In year 1 and 2, your child's achievement for each subject is reported against the Australian Achievement Standards using the following five-point scale:

A - Outstanding: Demonstrating outstanding achievement of the standard

B - High: Demonstrating a high achievement of the standard

C - At Standard: Demonstrating achievement at the standard

D - Partial: Demonstrating partial achievement of the standard

E - Limited: Demonstrating limited achievement of the standard

S - Status: Indicates that circumstances have prevented the student from being assessed against the individual achievement standard sentence, or there is insufficient evidence to award an overall grade

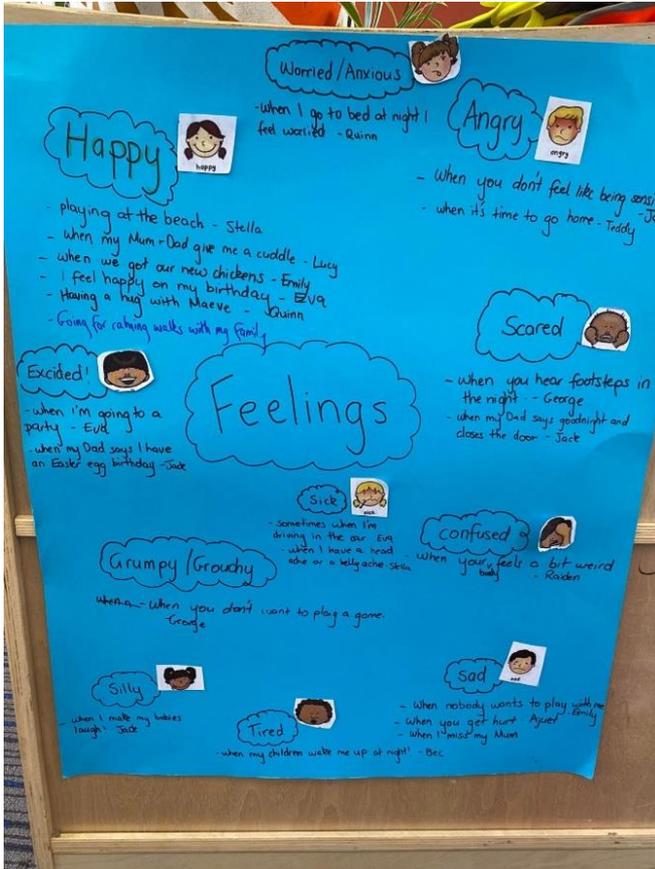
If you have any questions about your child's report, there will be an opportunity for you to meet with your child's class teacher in week 10. There will be more information to be sent out to families regarding how to book in a time.

Preschool at Southern Cross

Here is a snapshot of our four gorgeous preschool groups: Guginya, Wamburrang, Bunduluk and Dnnawan

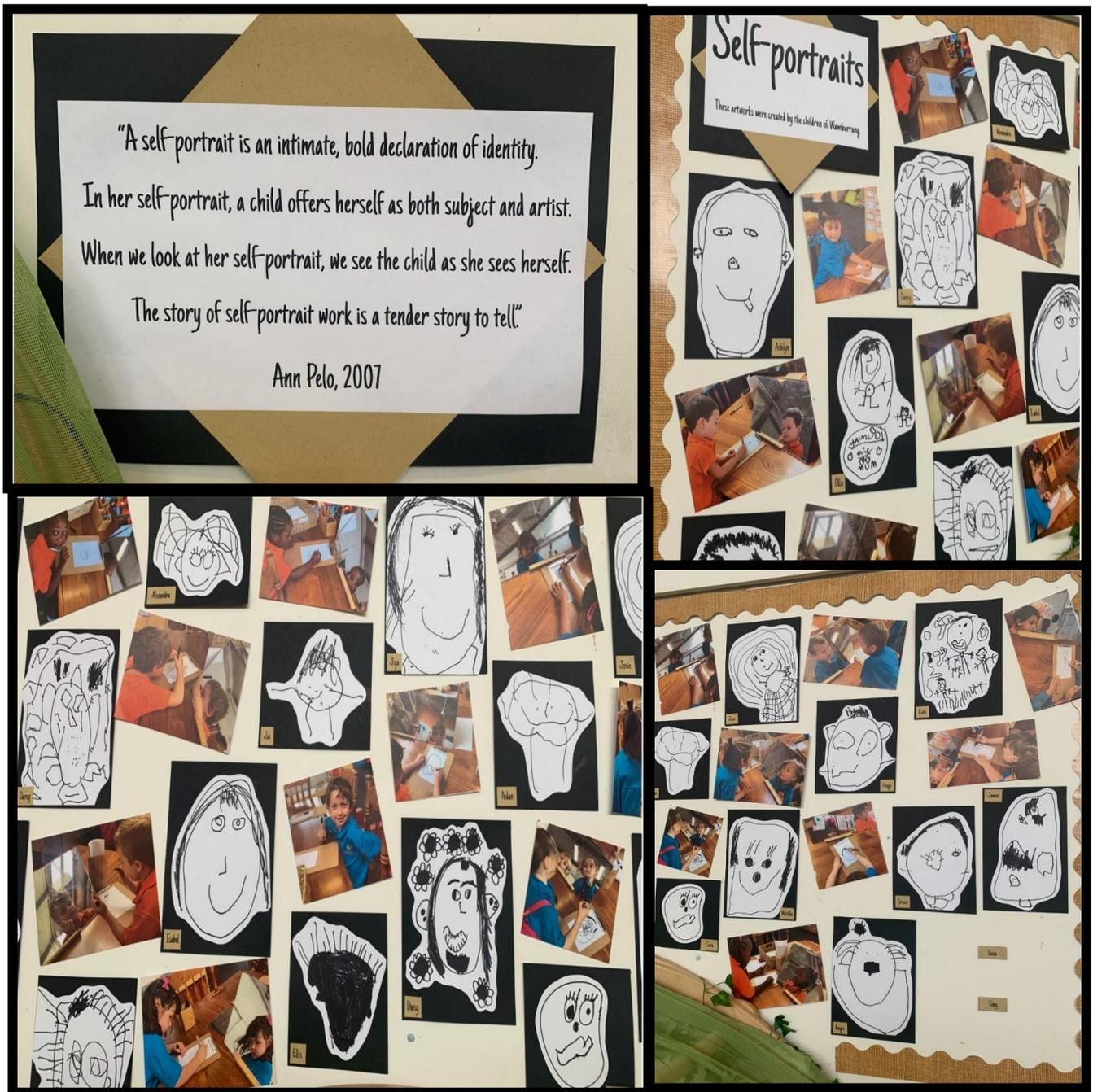
Guginya

As part of the Protective Behaviours program, in Guginya we have been talking a lot about feelings, in particular, what these emotions look like, feel like and what sort of things make us feel this way. We have looked at photos and videos to identify different emotions, have played games with the flash cards and have been reading books to help us understand different emotions. Here is some of our thinking!



Wamburrang

These amazing artworks were created by the children of Wamburrang. As the saying goes 'A picture is worth a thousand words'. These portraits tap into the very being of Wamburrang.



Bunduluk

On Friday everyone was invited to join in on a mindfulness activity. They picked a pillow and found a space where they weren't distracted by their friends. We used the app Smiling Minds and they listened to a meditation about gratitude. It asked the children to think about the special people in their life and how they made them feel. This is linking into our current unit as part of protective behaviours, we have been talking through places we feel safe, who we feel safe with and why we feel safe.



Dnnawan

When I asked Dnnawan for suggestions of our next learning experience, one child had the fantastic idea of creating kites. Of course, everyone agreed and couldn't wait to get started. We embraced the idea of learning through play, using a variety of techniques, trial and error and a mixture of resources. This experience was a huge hit with the children. The end result was fantastic and really inspired and engaged all who were involved.



Kindergarten Health Check

Growth, development and health are vital for effective learning. To make sure your child has the best start at school; ACT Health is pleased to offer a kindergarten health check for your child.

This comprises both a physical check and questionnaire.

School Health Nurses will visit our school on Wednesday 22 June and Friday 24 June to conduct the following physical health checks with your child and a small group of his or her classmates.

- **Vision check:** The nurse will use an eye chart and a small light to look into your child's eyes to test your child's distance vision and eye movements.
- **Hearing check:** The nurse will place headphones on your child to check hearing. You may be offered a hearing re-test if the school environment is very noisy or if the results are unclear. For example, if your child has a heavy cold on the day of testing, it may affect their hearing ability.
- **Height, weight and Body Mass Index (BMI):** The nurse will measure your child's height without shoes and take your child's weight in shirt sleeves and without shoes. We will let you know your child's BMI measurement. If the results are outside the healthy weight range, we will suggest you contact your general practitioner (GP) or community dietitian.

The results of the **kindergarten physical check** will be posted to you soon after the nurses attend the school. You may like to keep the results in your child's personal health record (blue book).

Protective Behaviours

Over the next term, children across P-2 are going to be getting smarter about the big idea of personal safety.

Protective Behaviours is an education program that provides children and carers with information and strategies on how to identify and deal with unsafe and threatening situations. Protective Behaviours consists of ten lessons which will be taught across the school as part of our social and emotional learning program.

Protective Behaviours Topics

Theme 1: We all have the right to feel safe at all times.

Theme 2: We can talk with someone about anything, no matter what it is.

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Theme 1	Theme 1	Theme 1	Theme 2	Theme 2
Feelings and feeling safe Rights of the child	Recognising early warning signs Early warning signs and safety	Risk taking on purpose and keeping safe Different people have different reactions	When to seek help Secrets	Networks Networks Invitation
Lesson 6	Lesson 7	Lesson 8	Lesson 9	Lesson 10
Theme 2				
Review networks Asking for help Persistence	Public and Private Safe and unsafe touches	Relationships and personal space	Saying no Being assertive	Revision of themes and concepts

Anglicare

School Holiday Program – last week to book

Please take a look at the activities for our Winter School Holiday Program!

School Holiday Request Booking Forms will be emailed to families this week. Booking forms will need to be returned quickly to secure your place, last day for booking is **Tuesday 21 June 2022**. If you have not received a request form please contact southerncross@anglicare.com.au

All meals are provided for children attending the School Holiday Program. Additional fees are required for some activities.

Please note: **Walga Nature Preschool does not operate during the school holiday period.**

Winter School Holiday Program 2022					
	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
1	<u>Bike Track Fun</u> Bring your child's bike/scooter and let us explore the bike track and school grounds. Please remember your child's helmet!	<u>Chef's Day</u> Today the children will create their own meals, they will be provided ingredients and their own plate to decorate. Bon Appetite!	<u>Gross Science!</u> Let's get messy with gross science experiments. Not for the faint hearted! All sorts of gooey, yucky sciences will be covered, some of which will end up on you...	<u>Bowling Day</u> Do you like tenpin bowling? Can you lead your team to victory? Join in for a memorable day of bowling at Zone Belconnen! <i>*This excursion will incur an additional fee</i>	<u>Christmas in July</u> We know it's not the right date, but let's make Christmas pudding, watch Christmas movies, and snuggle in front of the Fire Pit with a hot chocolate!
		Monday 11	Tuesday 12	Wednesday 13	Thursday 14
2	<u>Construction Day</u> Bring a box, big or small, and help to build our very own city by collaborating in teams and creating huge constructions.	<u>Art Day</u> Paint to express your thoughts, feelings and ideas or join us today to use cotton, wool, paper, glue, and scissors to create your own masterpiece.	<u>Mount Rogers Reserve</u> Jump on a bus with us and explore Mount Rogers Reserve. Discover the local nature, explore, and play in a calm environment.	<u>Picnic at the Treehouse</u> Bring your cuddly friend along for today's adventures as we play group games and enjoy a picnic under the trees.	<u>Pyjama Day</u> Put on a comfy outfit and enjoy a movie day and a dance party as only SCECS knows!!!!

Various activities are offered as an alternative for all programmed days. These include craft, construction, reading, music experiences, group games, outdoor activities, and free learning experiences. Feel free to bring your child's bike/scooter and helmet each day as we visit the Bike Track when we can.

Southern Cross P&C

Welcome to week 8! We hope everyone had a lovely long weekend!

Reminder - P&C meeting tonight 7pm at La Casetta Pizzeria

A quick reminder that our final P&C meeting for the term is on TONIGHT at 7PM. The meeting will be held at La Casetta Pizzeria, across the road from the school at Scullin Shops. If you would like to join us for dinner and to see

what P&C meetings are all about, or to raise any issues, please email us ASAP so we can make sure we have booked a big enough table and can send you a copy of the agenda: scecsbandc@gmail.com.

Pie Drive - order collection

Thank you to all those who ordered items from the 2022 Pie Drive Fundraiser. This great fundraiser helps support the SCECS P&C and Anglicare Early Childhood Education, as well as two wonderful local participating businesses - Hudsons Catering and Sweet Bones Bakery Cafe.

A reminder that collection is on **this Thursday between 3pm and 5:30pm through the Community Room windows**. Emails were sent to everyone who placed an order, so if you haven't yet registered for a collection time slot, please visit <https://signup.com/go/ERvHmdl> as soon as possible. **If a suitable time slot is not available** please email us via scecsbandc@gmail.com.

A few important reminders for collection day:

- **We ask that you please not attend if you are feeling unwell.** Please ask someone else to collect on your behalf or contact us for alternative arrangements. Delivery arrangements can be considered if anyone is in isolation – please email us. If you are suddenly not able to collect your order at your chosen timeslot next Thursday, please get in touch and we can make arrangements.
- **Please turn up at your chosen collection time** to allow us to manage pick up safely and efficiently.
- We ask that you park on Wirraway Crescent, **enter the school grounds on foot** via the pedestrian gate near the staff car park entrance and go to the Community Room windows to collect your order.
- Ensure you **practice social distancing and sanitise your hands** at the stations provided.

Patty and Katherine
Co-Presidents, SCECS P&C

Community Information

Another Chance Op-Shop

Another Chance op shop, will have 50% off the entire store from Friday 10 June – Saturday 18 June

Great deals throughout the store with new stock on display daily.

Choose from clothing, shoes, hats, bags, books, kitchenware, toys, linen, craft and much, much more.

Another Chance is truly a hidden gem with lots of bargains to be found. Find us at Scullin shops, Ross Smith Crescent, open 10am – 4:30pm weekdays and 10am – 1pm Saturday.



ACT Nutrition Support Service

Healthier Eating Out

Restaurant and takeaway foods are often high in kilojoules, saturated fat, sugar and salt.

Follow these tips to make a healthier choice when ordering off the menu-

- Listen to your hunger cues. Order an entrée sized portion or share a meal with a friend if you are not very hungry.
- Swap out chips for a side of vegetables or salad.
- Ask for sauces and dressings to be served on the side. Where possible, opt for an olive oil or vinegar-based dressing.
- Choose grilled or baked foods instead of deep-fried options (such as crumbed or battered items).
- Swap out greasy pastries with fresh sandwiches or wraps.
- Select lean cuts of meat such as skinless chicken, lean beef and fish instead of highly processed meats such as salami, sausages and bacon.
- When choosing a dessert, consider sharing with a friend or choosing a fruit-based option. Where possible, swap out cream or ice-cream for yoghurt.
- When choosing a drink, swap out alcoholic beverages and sugary drinks for still, sparkling or mineral water.

HEALTHY SWAPS	
Cuisine	Recommendations
Sandwiches and burgers	<p>Choose wholegrain or wholemeal bread when available.</p> <p>Load up on plenty of vegetables or salads.</p> <p>Choose hummus or avocado as an alternative to butter or margarine.</p> <p><i>Limit use of mayonnaise and sauces.</i></p>
Asian Food	<p>Choose mixed vegetable dishes.</p> <p>Pick vegetable-based side dishes such as edamame.</p> <p>Order steamed rice instead of fried.</p> <p>Choose rice paper rolls, sushi and sashimi containing vegetables and lean meats.</p> <p><i>Limit deep fried foods such as spring rolls, tempura fried foods, fried noodles and dishes containing coconut cream/milk.</i></p> <p><i>Avoid adding salty and/or sugary sauces such as soy, hoisin and sweet chilli.</i></p>
Italian	<p>Choose pasta dishes with tomato or vegetable-based sauces instead of creamy varieties.</p> <p>Choose thin pizza bases with a variety of vegetables.</p> <p>Best choices are vegetarian or chicken-based pizzas instead of classic pepperoni and meat-lovers style options.</p>

<p>Mexican</p>	<p>Order a soft taco or burrito instead of hard-shell taco.</p> <p>Include plenty of salad in your soft taco/burrito.</p> <p>Choose refried beans as your main protein source and only a small portion of lean meat, chicken or fish.</p> <p><i>Limit sour cream, creamy sauces and corn chips where possible.</i></p>
<p>Lebanese, Greek or Turkish</p>	<p>Purchase a small kebab loaded with plenty of vegetables.</p> <p>Include extras such as tabouli, hummus, tzatziki and salads.</p> <p><i>Avoid deep-fried zucchini balls and falafels.</i></p> <p><i>Avoid large kebabs with lots of meat filling and cream-based sauces.</i></p>
<p>Seafood</p>	<p>Replace deep fried seafood options with grilled or steamed instead.</p> <p>Choose baked potato, salad or vegetables instead of chips/wedges.</p>

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

SCHOOL **HOLIDAY** CAMP



5-7 July 2022

**BELCONNEN BASKETBALL
STADIUM**

TWO AGE GROUPS

- 5-9 years - 9am-12pm
- 10-13 years - 1pm-4pm

11-12 July 2022

**TUGGERANONG SOUTHERN
CROSS STADIUM**

TWO AGE GROUPS

- 5-9 years - 9am-12pm
- 10-13 years - 1pm-4pm

**Further details about cost, requirements and registration at
www.basketballact.com.au**

