

# SOUTHERN CROSS EARLY CHILDHOOD SCHOOL

Respect | Resilience | Kindness | Creativity

NEWSLETTER 4 | MONDAY 20 MARCH 2023

Dear families and friends

Welcome to week 8 everyone! With the warmer weather still continuing into autumn, we have been able to enjoy long summer evenings and lots of outside play.

## HARMONY DAY GATHERING

Tomorrow morning 8-8:45am will be our first Community Gathering of the year! There will be so much fun to be had so please come along if you can. We will be meeting under the beautiful trees on the corner of Ross Smith Cres and Wirraway Cres with plenty of activities and connections for you to enjoy with your children. You are welcome to dress in traditional dress from your culture or wear orange which is the official colour to show your support for harmony in our community.

If you would like to know more about the events that are happening in Canberra this week, there is information here: <https://www.harmony.gov.au/>

**Please note:** We will be asking families to take their children around to the back of the classrooms if they need to leave. A teacher will be out on duty from 8:40am ready to supervise children in our playground. At 8:45am all children and families will be prompted to move around to our playground, so we are ready for the bell at 9am.

See you all there tomorrow!

## 2024 ENROLMENTS

It is that time of year again – enrolments for the 2024 school year will open late April (early in term 2). We will keep you updated with the exact date –

## DATES TO REMEMBER

Monday 20 March | 6.30  
P&C Meeting

Tuesday 21 March | 8.00-8.45  
Harmony Day Community Gathering

Friday 31 March – Saturday 1 April  
CampOUT!

Wednesday 5 April | 9.15-10.00  
Whole School Gathering - Kindergarten

Thursday 6 April  
Last day Term 1

Monday 24 April  
Term 2 Commences

Tuesday 25 April  
ANZAC DAY PUBLIC HOLIDAY

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



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please do not try to enrol now as the system is now enrolling for the 2023 school year. We have several Preschool 2024 School Tours available this term and a few more scheduled for early next term. See our Facebook page or our school website page for further details. To book, please contact Nicole at reception.

This is also a friendly reminder for our year 2 families that enrolling for year 3 in 2024 also occurs in this enrolment process. If any family would like to chat about the process or needs some guidance, please do not hesitate to contact us.

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## ANZAC DAY

On Tuesday, 25 April, the Australian War Memorial will mark the 108th anniversary of the Gallipoli landings in 1915, as well as all those who have served and died in military operations. The 2023 Anzac Day commemorative program includes:

- Dawn Service at 5:30am
- The Aboriginal and Torres Strait Islander Veterans Association Commemorative Ceremony
- ACT RSL Veteran's March at 9:30am
- Memorial galleries open at 12pm
- Last Post Ceremony at 4:45pm

Canberra has some great opportunities to be involved in the reflections and commemorations. You can find out more information here: <https://www.awm.gov.au/>

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## SCHOOL HOLIDAYS AND PUBLIC HOLIDAYS

There are a couple of public holidays coming up for our community to be aware of:

Friday 7 April - Good Friday

Monday 10 April – Easter Monday (this is in school holiday time)

Tuesday 25 April – ANZAC Day

**Term 1 ends on Thursday 6 April and Term 2 begins on Monday 24 April.** Please note: Children will return to school on Monday 24 April and school will be closed on Tuesday 25 April for ANZAC Day.

Have a lovely week,

Kelly

# FROM SOUTHERN CROSS

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## HARMONY DAY – COMMUNITY GATHERING - TOMORROW

Please come along to our Community Gathering to celebrate Harmony Day on Tuesday 21 March 8:00 - 8:45am. We will be meeting under the trees at the corner of our school (corner of Ross Smith Cres and Wirraway Cres) to gather, connect and play. At the end of the gathering at 8:45am families can walk their children to preschool or K-2 outdoor learning spaces.

Children and families are invited to wear orange (symbol of harmony) or something that reflects their cultural identity on Tuesday 21 or Thursday 23 March 2023.

Throughout Harmony Week 20 – 26 March, educators will be creating learning experiences around the big ideas of belonging, inclusivity, and respect.

Reach out to Sharon or your child's educators to find out more.

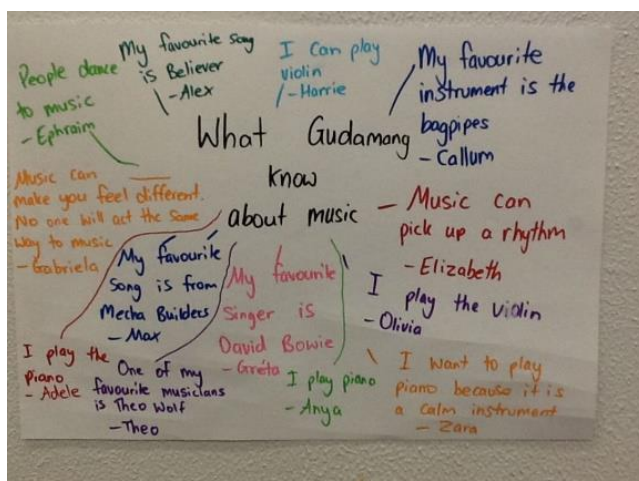


## MUSIC AT SOUTHERN CROSS

This term in music, children have been learning about how to describe music and question why people make music. We have learnt that music can tell a story, express an emotion, celebrate a celebration, and share information. We have discussed that music is all around us and that we can experience music in different ways:

- nature (bird song)
- music in the community (shops, cafes and restaurants)
- music at school, home or even in the car

We have also been exploring the musical terms 'mood', 'rhythm' and 'melody' through listening, describing, dancing, and playing instruments. It has been so wonderful listening to the children express their ideas and wonderings and seeing the children so excited when playing instruments!





Kevin the quail was the star of the show to help us with our science learning this term, in both kinder and year 1/2. Kevin helped the kinder children identify the difference between living and non-living things. He then helped the year 1/2 children learn about identifying features of living things.

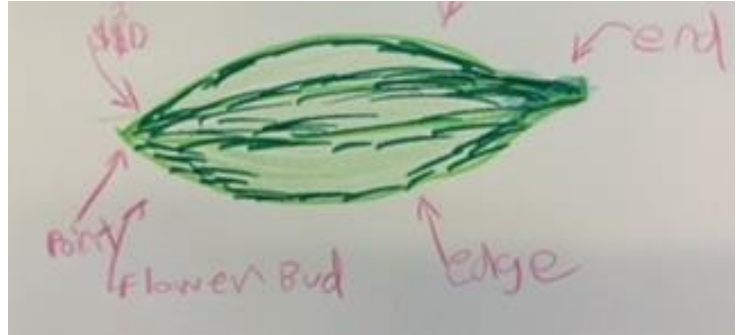
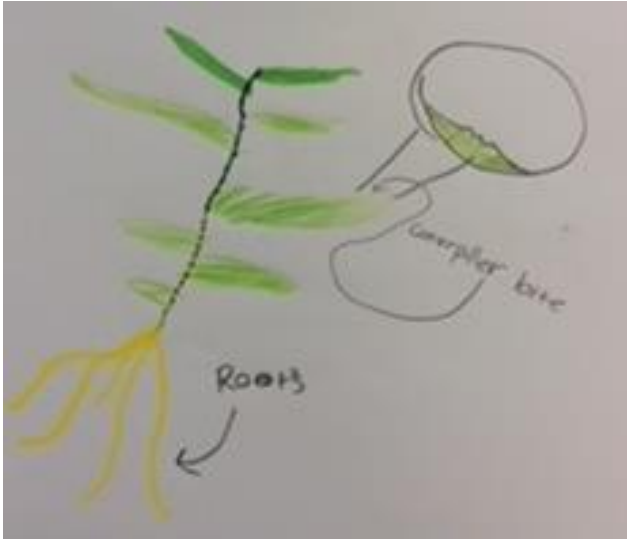
**Kindergarten** has spent the term creating animals and learning about what makes them living things and what they need to help them stay alive.



Year 1/2 have spent the term identifying features of living things and learning how to classify them. They did this by using toy animals and creating their own zoos.



Year 1/2 has also been learning how to draw scientific pictures. They used plants picked from the garden and used magnifying glasses to study the details as they did their drawings.



## FROM ANGLICARE

### SPRING BULB FUNDRAISER

We are currently fundraising with Tesselaar, if you would like to purchase bulbs for colour in your spring garden catalogues are available at the centre or please visit our fundraising page:

[www.bulbfundraiser.com.au/ANGLICARE](http://www.bulbfundraiser.com.au/ANGLICARE)

**Orders close Friday 6 April 2023**

We are raising money to purchase puddle suits for our children to engage in outdoor play on rainy days.





# FROM THE SOUTHERN CROSS P&C

## WELCOME TO OUR NEW COMMITTEE

President: Cris Wright

Vice president: Dale Gruber

Secretary: Kathryn Di Nicola



Treasurer: Chantelle Disting

Second hand uniform coordinator: Birgit Lonergan

P&C Rep and public officer: Frances Stewart

## P&C MEETING – TONIGHT!

Come along to our next meeting on **TONIGHT**, Monday 20 March at 6.30pm at the Southern Cross Club, Jamieson.

**Everyone is welcome!**

# COMMUNITY INFORMATION

## ACT NUTRITION SUPPORT SERVICE

### HEALTHY EATING HACKS

Trying to look after yourself and your family on a tight budget?

Try these tips to help you create simple, tasty and nutritious food without breaking the bank!

#### Where to start?

Enjoy a variety of foods from these five food groups every day.

#### GRAIN FOODS: 6 – 7 SERVES

1 serve = 1 slice of bread, ½ a roll or wrap, ½ cup of cooked rice, pasta or porridge, 2/3 cup cereal, ¼ muesli

#### VEGETABLES: 5 – 5 ½ SERVES

1 serve = ½ cup cooked veg, ½ cup cooked beans or lentils, 1 cup of salad, ½ potato

#### FRUIT: 2 SERVES

1 serve = 1 apple, banana, orange, pear etc., 2 apricots, kiwi fruit, plum etc., 1 cup canned fruit

#### DAIRY AND ALTERNATIVES: 3 ½ SERVES

1 serve = 1 cup milk, 2 slices of cheese, 200g yoghurt

#### MEAT AND ALTERNATIVES: 2 ½ SERVES



1 serve = 65g cooked lean meats (~100g raw), 80g cooked poultry (~100g raw), 100g cooked fish, 1 small can of fish, 2 eggs, 1 cup of bean or legumes, 30g nuts or seeds

*Based on the Australian Dietary Guidelines for adolescents aged 14-18 years of age.*

### Go for water

Water is the best choice. Aim for 6-8 glasses per day. Limit fruit juices, soft drinks and sports drinks as they contain a lot of excess sugar and energy.



### Vegetarian meals

Vegetarian diets require careful planning to make sure essential nutrients aren't missed. It's important to include **eggs, lentils, beans, tofu, and nuts** to meet protein and iron needs. If in doubt, talk to a dietitian.

### 'Sometimes' foods

These foods aren't included in the five food groups as they are high in saturated fat, added salt, added sugar and offer little nutritional value. These foods should be enjoyed as treats or during special occasions and be **mindful of your portions**.



### Takeaway foods

Choose burgers and wraps with **grilled meat** and lots of **salads** and stir fries or noodles with lots of **vegetables**. Try to limit deep fried foods, creamy sauces and pastry items.

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## QUICK MEAL IDEAS

### Breakfast

- Yo muesli: throw some muesli in a tub of reduced fat yoghurt
- 2- egg omelette: mix 2 eggs, diced tomato, mushrooms and reduced fat grated cheese. Cook in a pan.
- Wholegrain toast with eggs or baked beans
- Brekkie smoothie: add 1 banana, 1 cup of reduced fat milk and ¼ rolled oats to a blender for a brekkie on the go.
- Add some variety to your favourite high fibre cereals by topping with fruit or frozen berries



### Lunch

- English muffin pizzas: English muffins topped with no added salt tomato paste/cheese/baked beans/pineapple/chicken. Grill.



- Flat wraps: spread hummus or cream cheese on flat bread and top with favourite salads and meat.
- Noodle cakes: add 1 cup of frozen veg, 2 eggs and reduced fat grated cheese to a packet of cooked instant noodles. Mix together, spoon into a pan and cook.

## Dinner

- Quick fried rice: combine frozen veg, scrambled egg and cooked rice into pan. Heat through and add reduced salt soy sauce.
- Quick cous cous/pasta: add frozen veg, small can of tuna, ½ jar of passata and reduced-fat grated cheese to a bowl of cooked pasta. Microwave or heat over the stove to heat through.
- Spuds: microwave 1 whole potato with a tablespoon of water until tender. Cut into quarters and top with baked beans/lean mince/canned tomato's/herbs/reduced-fat cheese.
- Simple stir fry sauce: mix 2 tbsp reduced salt soy sauce, 1 tbsp oyster sauce, 1 tsp honey with garlic and ginger. Add this sauce to your favourite mix of vegies, lean meat or chickpeas and rice or noodles.




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## SHOP SMART!

- work out a budget and stick to it
- plan your meals for the week
- write a list
- don't shop when you are hungry
- look for specials
- only buy what you need
- shop with friends and buy in bulk

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## TIPS AND TRICKS!

- stock up on herbs and spices to add extra flavour to your quick dishes without adding extra salt
- bulk up your meals with vegetables (fresh, canned or frozen) or canned beans, lentils or chickpeas. They're budget friendly and packed with fibre, vitamins and minerals.

<https://actnss.org/resources/healthy-eating-hacks/>



## Parent & Carer Online Safety Webinars - 2023

### Help your family be more confident and safe online

All parents and carers of an ACT public school student are invited to attend an online safety (eSafety) information session designed to develop their knowledge and skills in supporting their child with digital technologies. This webinar will look at understanding the current eSafety issues children and young people are experiencing, how to support your child to be safe online, resources for preventing and responding to online issues, and where to go for further support.

Families are invited to attend one or more of the following sessions held online from 6.00-7.00pm:

	Primary	Secondary
Term 1	21/2 or 23/3	23/2 or 21/3
Term 2	9/5 or 8/6	11/5 or 6/6
Term 3	1/8 or 31/8	3/8 or 29/8
Term 4	17/10, 14/11 or 16/11	19/10, 14/11 or 16/11



[bit.ly/3TyRaZx](https://bit.ly/3TyRaZx)

Scan the QR Code or type in the address for more information and to register for one or more parent and carer eSafety webinars.



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## 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](http://www.holidayhappenings.com.au/online-booklet)

PARENTLINEACT.ORG.AU

# TELEPHONE PARENTING COUNSELLING

Professional Counsellors are now  
just a phone call away!  
(02) 6287 3833

