

Southern Cross Early Childhood School



Newsletter 14 | Monday, 2 November 2020

Respect | Resilience | Kindness | Creativity

DATES TO REMEMBER

Tuesday 3 November | 5.15-6.00
Kindergarten 2021 Information Session

Wednesday 4 November | 12.00-1.00
Belconnen High School Performance

Wednesday 4 November | 8.30-9.15
REPEAT Kindergarten 2021
Information Session

Thursday 5 November | 9.05-9.30
Storytime on the Lawns

Sunday 8 November- Sunday 15 November
NAIDOC WEEK

Wednesday 11 November
Outdoor Learning Day

Thursday 12 November
Outdoor Learning Day
Bunduluk & Dnnawan

Dear families and friends

What a lot of rain we have had! It is nice to see the sunshine today. We are hoping the rain helps the grass around Slide Mountain grow quickly and establish so we can open this play space in the coming week.

Online Learning Journey

We hope you are all enjoying the videos that we are posting to Seesaw. The children are all so engaged in discussing their learning with their teachers, Nicky and Emma. We understand how challenging it has been this year and we hope these videos allow you to feel connected with the learning your child is engaged in at school. We are hopeful that we can continue all of our community events in 2021. As always, if you would like to chat with your child's teacher, please contact Nicole at the front desk to arrange a mutually convenient time.

Outdoor Learning Day! A Day on Country

Wednesday 11 November 2020 (Thursday 12 November – Bunduluk and Dnnawan)

Due to the wet weather, our Outdoor Learning Day was postponed. It will now be held on Wednesday 11 November 2020. During this week we also celebrate NAIDOC week. A day learning on Country will form part of our NAIDOC week celebrations.

Before School Care, Childcare, P-2 and Afterschool Care will all be learning outside in our Outdoor Learning Areas for the whole day. Children will be making their own choices about where they play and learn. With support from their teacher at the beginning of the day and before pack away, they will have the opportunity to delve deep into understanding Curiosity and Communication: What is Curiosity? How do I show it? How do I communicate with my peers? How do I connect to Country and communicate ideas and knowledge?



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

Our playground structures such as the Treehouse and the Oasis will be open and in addition, staff will be setting up learning opportunities that include Be an Artist, Be an Explorer, Be a Mud Chef. These areas involve mud, water and sand. Please anticipate wet muddy clothes coming home. In preparation, we ask that you include a full set of spare clothes in a plastic bag, including spare shoes if possible. In the morning, we will explain a system for changing clothes and looking after belongings to the children, however, it can be helpful for clothes to be labelled with your child's name to save confusion or loss. We also would like to ask that you pack some extra food for hungry bodies and of course a large water bottle. Sunscreen will be re-applied throughout the day, but please apply prior to arriving at school.

As previously planned Lyndall will be officially opening Slide Mountain at the beginning of the day. We are all so excited to be able to play in this new area.

Belconnen High School Performance

On Wednesday 4 November we will be welcoming our friends from Year 10 at Belconnen High School. Preschool – Year 2 children will experience a musical performance that the year 10 students at Belconnen High School have been practising, **Tell Me a Story: Indigenous Theatre combined with 3 folk stories**. The performance will be held at 12pm in our hall.

Information Sessions, Orientations and Transitions

Over the next month we have a lot of transitions and information sessions happening for both preschool and kindergarten families for 2021. We are planning these events with small numbers to allow for social distancing to ensure we all stay safe.

Tuesday evening and Wednesday morning in week 4 (this week) we have our Kindergarten Information Sessions. Please contact Nicole at the front desk if you still need to book in.

Preschool orientations sessions will begin in week 6. Again, please talk to Nicole at the front desk if you need to book your child in for a session.

Also starting in week 6, our preschool children will connect with a year 1 buddy to learn more about the kindergarten learning environment, including the playground.

If you have any concerns for your child transitioning to their new learning space in 2021, please do not hesitate to get in touch.

Classes for 2021

In the last newsletter we provided a link for families to provide feedback for class placements in 2021. If you have not already done so, and would like to provide feedback, please follow this link: <https://forms.gle/tebizJvbC8SiWiJ6A>.

Warm regards

Kelly

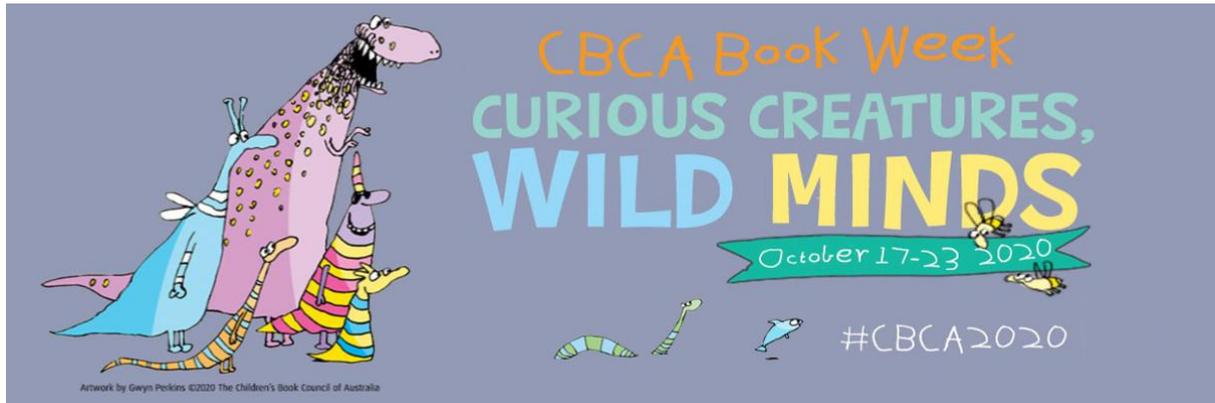
From Southern Cross

Shell Questacon Science Circus Presentation

In week two, Preschool to Year Two children and Munjawari children, were lucky enough to have the Shell Questacon Science Circus at school. Jen and Julie were here for two days – we learnt that scientists ask questions, have guesses and then test more than once to find out what will happen. They did an experiment in which they each dropped a piece of paper at the same time to see which one would fall first. Then Julie used science to change the shape of her piece of paper so that hers fell like a rock instead of floating like a parachute. We also learnt about water not being very stretchy, so Julie used detergent to make the water stretch. Then she made lots of different sized bubbles. It was amazing!

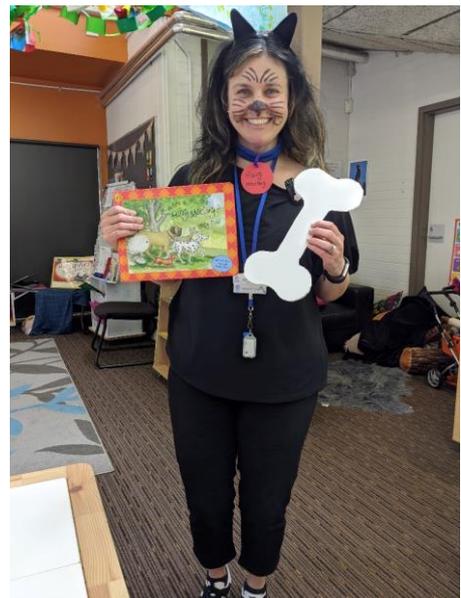


Book Week 2020



Our Book Week celebrations may have looked a little different this year, but we still had fun! Anglicare and P-2 children joined together for a Book Week parade on Thursday 22 October. We enjoyed seeing everyone's costumes, along with their chosen book. Many thanks to our families who supported the children in their quest to dress up.

Other activities during the week included a Green Sheep hunt, using clues which had been carefully crafted by Karen, Hayley and Nicole. Our reading in the outdoors \$20 Scholastic Book Club lucky draw prize went to Ella in Kindergarten. Thank you to all the entrants, we loved seeing your pictures.



Outdoor Learning Day! A Day on Country

NEW DATE: Wednesday 11 November 2020

Thursday 12 November 2020 – Bunduluk and Dnnawan



Guide Dog in Training

One of our preschool families have let us know that they are raising a puppy who will become a Guide Dog in the future. The puppy's name is Cam, and he is being Puppy Raised for Guide Dogs NSW/ACT for 12 months. The family's job is to help build Cam's confidence, teach him new skills and help him to explore the community. An important part of this exploration is coming to school for drop offs and pickups so you might see him around! If Cam is wearing his orange Puppy Raising Jacket and/or his red collar, it means he is working and unfortunately cannot be patted. If you do want to wave hello, please know that he will need to sit and be calm to await the instructions of his owner first. You may see Cam around our school this term. If you would like to discuss this further, please do not hesitate to come and chat with us.



Community Hub



Introducing Southern Cross Paint and Play

Each Tuesday Morning

10am-11:30am

At Southern Cross Early Childhood School

33 Wirraway Cres, Scullin

Come along and join in with the painting, singing, craft and construction. Paint and Play will be held outdoors each week during the school term.

Call ACT Playgroups on 1800 171 882

Southern Cross Early Childhood School

Story Time



When: Thursday mornings—Term 4 2020

Starting: Thursday 29 October 2020

Where: On the grass near the front entrance

Time: 9:05am to 9:30am

From the P&C

Tea Towel Fundraiser

Our 2020 Tea Towels are ON SALE NOW! We will be ordering a limited amount and it is first come, first served. They are \$12.50 each or if you buy three or more they are \$10 each. Buy online at

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

Look for the flier in your child's bag or at reception for how to order. The design is being finalised and this year it will be orange ink on white cotton. A huge thank you to the parents and carers that are collecting the amazing self portraits.

End of Year Raffle

The 2020 raffle is going to be bigger and better than ever. If you are in a position to help us we are looking for donations to help pack our hampers in the following categories: Boxes of chocolate, wine and beer (and accessories), gardening stuff, kids fun stuff, homewares, books and anything else you think you could donate. If you have any contacts at businesses that you think they may like to donate, please ask them on behalf of the P&C. It's been a tough year for a lot of people so we understand if you are not in a position to donate. Leave donations with Nicole at the front desk.

Community Information

ACT Nutrition Support Service

Healthy Hacks for Teens

Children undergo a critical period of growth and development during their teenage years, so good nutrition is essential during this time. With over 40% of their daily energy coming from junk food, teenagers are prone to making poor food choices. This can be influenced by:

- reaching for energy-dense and nutrient-poor snack foods when really hungry and needing a quick food fix
- reliance on fast foods when eating on the run
- peer influences
- greater financial independence to purchase their own food.

Helping our teens to make healthier food choices will help meet their increasing nutritional needs and prepare them for a lifetime of better health.

Five Healthy Eating Hacks for Teens

1. Start some healthy habits

Plan your meal times

Develop a routine so you don't miss a meal. Make sure you have some ideas for main meals and snacks. This will help keep your energy up.

Pack a snack!

Get into the habit of taking snacks with you. Try fruit, baby veg or a handful of nuts. This will also save you \$\$ when you're out.



2. Portion your plate

Use this 1,2,3 hack to balance your main meals:

1. Half colourful veggies or fruit
2. Quarter high fibre carbs
3. Quarter lean protein

This might look like a steak and salad sandwich, a tofu and veg stir fry or a chicken veggie pasta.



3. Be swap savvy

Make some simple swaps in your day

- Swap out butter for avo, nut spreads or a plant-based margarine.
- Swap out salt and flavour with garlic, herbs, spices, chilli or pepper.
- Swap out white bread and wraps for grainy or high-fibre options.



4. Hydrate right

Soft drinks, sports drinks and energy drinks are packed with sugar. These drinks may give you a short boost of energy followed by a crash.

Feel better by choosing water or milk - your teeth and wallet will thank you!

5. Know the facts

- ✓ Healthier options can be just as tasty - visit www.actnss.org for yum ideas.
- ✓ You can save money by eating healthier.
- ✓ Fast food isn't always faster - pre-packed snacks are a quick option.
- ✓ You do not have to take an all or nothing approach to healthy eating.

