

SOUTHERN CROSS EARLY CHILDHOOD SCHOOL

Respect | Resilience | Kindness | Creativity

NEWSLETTER 3 | MONDAY 6 MARCH 2023

Dear families and friends

Welcome to week 6 everyone! We have had such lovely weather over the last few weeks, with a few storms too. Our COLA has been a lovely place for our children to play and engage in PE with their class.

WHOLE SCHOOL GATHERING

Last Wednesday we had our first Whole School Gathering of the year! We hold these gatherings every Wednesday morning at 9:15am in week 5 and week 10 and everyone is welcome. Our year 1/2 children from Wirria and Ghaddi hosted the Whole School Gathering last week and did an amazing job on the microphone and shared all of the learning that has been happening in Play Workshop. Our Year 2 leaders, also known as our Green Thumbs, also spoke with us all about our recycling and reminded us about what items go in which coloured bin. Please see a guide below. Our Green Thumbs will support the process of making sure our recycling goes into the correct bins at the end of each day. Thank you to Jonathan, Alys and Sharon C for your organisation and support to ensure the Whole School Gathering ran as smoothly as possible.

Red: Rubbish

Blue: Paper scraps

Yellow: Mixed recycling

Compost: Food scraps for our worms

One of the things we do at our Whole School gatherings is sing the school song. Because we haven't been able to host as many Whole School Gatherings

DATES TO REMEMBER

Monday 13 March
CANBERRA DAY
Public Holiday

Wednesday 15 March | 12:00 -1.30
Christian Education in Schools

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

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

02 6142 0020

www.scecs.act.edu.au

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



ACT
Government
Education

As we would have liked over the past few years, some of our children are still learning our school song. The link to the words and music on our school website is below if you wanted to practise with your child at home. Teachers will do some practising in class time too.

https://www.scecs.act.edu.au/our_community/school_song

WHAT READING AND WRITING LOOKS LIKE AT SOUTHERN CROSS - READER'S AND WRITER'S WORKSHOP MODEL

Research tells us that if we want children to improve their reading and writing, then they need to spend most of their learning time engaged in meaningful reading and writing experiences. The Workshop Model allows for the teacher to explicitly teach and model a strategy or skill for one-third of the lesson time and for children to practice that strategy/skill for two-thirds of the lesson time. Whilst children are reading and writing, the teacher will conference with individual children or work with a small group of children to provide feedback and to discuss individual reading and writing goals. A reflection is orchestrated at the end of the lesson to enable the children to reflect on their learning and consider what their focus may be for the lesson the following day.

CANBERRA DAY – MONDAY 13 MARCH

Canberra Day is celebrated on the second Monday of March in honour of its official naming on March 12, 1913. There are so many wonderful events happening in Canberra this weekend that you may like to experience with your family. There is some information about the events here: <https://events.canberra.com.au/2023>

Have a lovely week,

Kelly

FROM SOUTHERN CROSS

TERM 1 IN KINDERGARTEN

We have had a wonderful start to the year in kindergarten. The children have been exploring the outdoor learning environment, the library and settling into classroom routines.



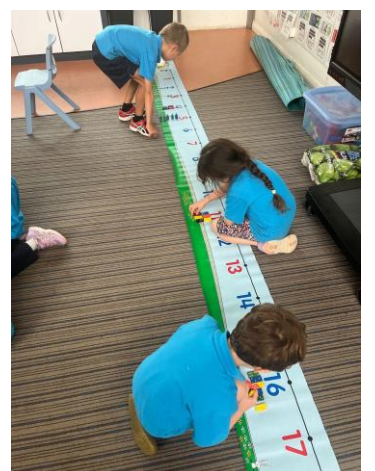
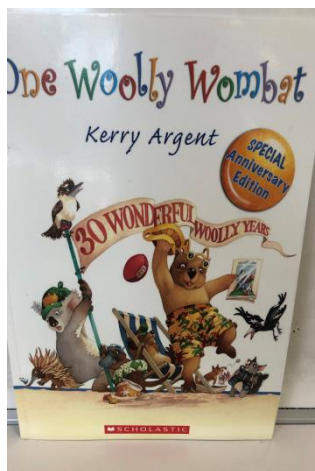
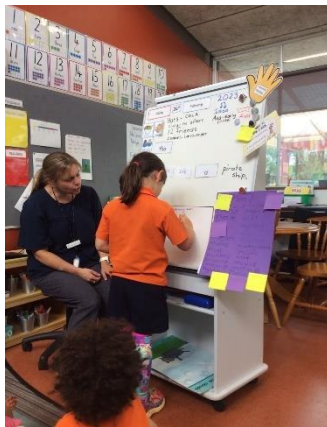
It has been wonderful to observe the children forming new friendships and reconnecting with their old friends. During Play Workshop we have had a big focus on the children's Social and Emotional Learning (SEL) through brainstorming, reading stories and role playing, 'What makes a good friend?' We explored how to ask a friend to join in play and investigated solving problems such as, 'What could you do if a friend doesn't want to play with you?' We currently have a focus on using kind words and building resilience.

The children have been introduced to our Reader's Workshop model, exploring a variety of texts, songs and rhymes. They have been developing their reading strategies including a focus on the 3 ways to read a book and building their stamina when reading, looking for high frequency words and learning about letter/sound relationships.

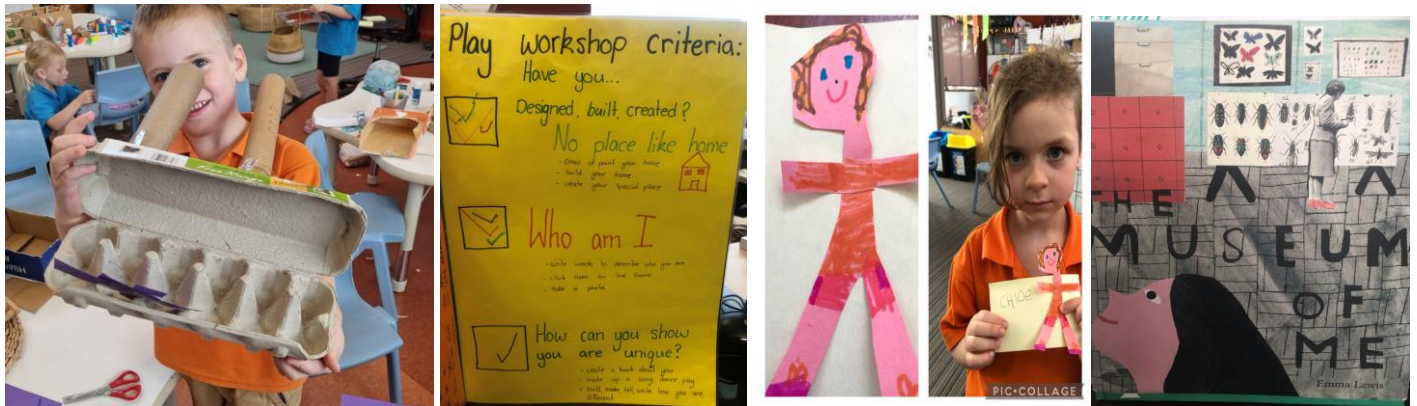


During Writer's Workshop classes have been exploring the concept of writing. They have been investigating letters, words, and sentences. Through modelled, shared, and interactive writing the children write for a variety of purposes every day.

Kindergarten has been exploring the concept of numbers during Maths Workshop. By engaging in a variety of hands-on activities such as number hunts, quality literature, using number lines, counters and blocks, the children have been exploring numeral recognition, number value and number formation.



In our HaSS (Humanities and Social Sciences) Play Workshop unit, 'Museum of Me', the children are responding to questions about their own past and places they belong to. They are exploring what a museum looks like, what is in a museum and thinking about the different artefacts they might find in a museum. The children will then be creating a museum about themselves representing their interests, family and things that make them unique. We look forward to the grand opening of our museum towards the end of term 1.



We look forward to a productive year with all of the children and kindergarten families.

Candy, Chloe, Sharron, Sarah, Stef, Tanya, Heather, and Leisa.

HARMONY DAY – COMMUNITY GATHERING

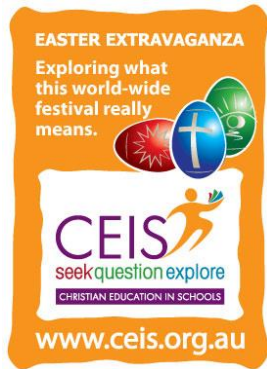
Please come along to our Community Gathering to celebrate Harmony Day on Tuesday 21 March 8:00 - 8:45am. We will be meeting under the trees at the corner of our school (corner of Ross Smith Cres and Wirraway Cres) to gather, connect and play – Jess and her coffee cart will be there too! At the end of 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.



CHRISTIAN EDUCATION IN SCHOOLS

Term 1 - Easter Extravaganza

This term students will move through interactive stations to explore the events of Easter as told in the Bible.

Student attendance is by parent request only.

Christian Education in Schools (CEIS) occurs once a term at Southern Cross Early Childhood School for children in kindergarten - year 2. Children can attend a 45-minute session coordinated by the CEIS project, using approved resources and volunteers. If you would like your child to attend these sessions, please see reception.

INFORMATION YOU SHOULD KNOW

- Whole School Gatherings are back 😊, they occur twice per term, Wednesday Week 5 & Week 10, 9.15-10.00m. Gatherings are hosted by different classes each time, your child's teacher will let you know when it's their turn.
- You are welcome to bring your child's bike to school at any time and especially on their scheduled bike day, please leave all bikes in the Bike storage facility near the front entrance of the school
- When collecting your child from school between the hours of 9.00am-3.00pm, you are required to report to the front office to sign your child out.
- HATS: please remember all children need to bring a broad brimmed hat each day. If your child does not have a hat they will be asked to play on the blacktop under the COLA.
- Please apply sunscreen to your child before coming to school each day.
- We are an allergy aware school, please do not send any products that contain nuts to school.

FROM ANGLICARE

BRIGHT STAR CAFE

The Bright Star Café is now taking lunch orders for children attending Southern Cross Early Childhood School. Lunch orders can be placed using the Flexischools App or paying in cash at reception. Lunch orders consist of a hot meal and a piece of fruit at a cost of \$6.00. The four-week rotating menu has been created using national nutrition guidelines with a multicultural and seasonal perspective. The menu is updated on the school website each term and can be found here

https://www.scecs.act.edu.au/our_school/bright_star_cafe

Download the Flexischools app from the App store or Google Play for details on how to set up your account.



Once registered, you can start placing orders immediately. If you have any questions, please visit our FAQs <https://community.flexischools.com.au/s/>.

Flexischools orders can be placed in advance, or orders can be made on the morning before 9:30am. Please note any allergies/intolerances when placing order.

SCHOOL HOLIDAY PROGRAM

Please take a look at the activities for our Autumn School Holiday Program.

School Holiday Request booking forms will be sent out via email this week, booking forms will need to be returned as soon as possible to secure your place.

All meals are provided for children attending the School Holiday Program, please note additional fees are required for some activities.

Autumn School Holiday Program				
Monday 10 Apr	Tuesday 11 Apr	Wednesday 12 Apr	Thursday 13 Apr	Friday 14 Apr
<u>Centre Closed</u> Centre closed for Easter Monday	<u>Easter Egg Scavenger Hunt</u> The Easter Bunny has lost their eggs! Join us as we solve riddles and venture all over the school to find the lost chocolate eggs!	<u>Construction Day</u> Bring your boxes and cardboard; build a fort with your team, before engaging in a paper dodgeball game! Which fort will emerge victorious?!	<u>Ridgeline Park Excursion</u> Come explore Ridgeline Parks slides, swings, flying foxes, rocking climbing walls and more! *This excursion will incur an additional fee*	<u>Theatre Day</u> Bring a costume, get your face painted, build props and work in a group to make your own play that you can perform to the educators!
Monday 17 Apr	Tuesday 18 Apr	Wednesday 19 Apr	Thursday 20 Apr	Friday 21 Apr
<u>Athletics Day</u> Let us go down to the oval and play some games! Parachutes, three legged races, sack races, egg / spoon relays and more!	<u>National Museum</u> An amazing child suggestion! Dive into history as we go on an excursion to the National Museum. *This excursion will incur an additional fee*	<u>MasterChef</u> Waffles for breakfast, Nachos for lunch, Ice-cream cone cupcakes for afternoon tea?! And who's in charge of it all? You are!	<u>AeroScience Day</u> Let's make things fly! Use compressed air, helium, Coke/Mentos and more to launch rockets from the oval!	<u>Chill Out Zone</u> Let us chill out and play some classic party games, board games, dancing and Nintendo Switch Sports! Can you pin the tail on the donkey?
Various activities are offered as an alternative for all programmed days. These include craft, construction, reading, music experiences, group games, and free learning experiences. Also bring your child's bike/scooter and helmet if they wish to go to the bike track.				

FROM THE SOUTHERN CROSS P&C

WELCOME TO OUR NEW COMMITTEE

President: Cris Wright

Vice president: Dale Gruber

Secretary: Kathryn Di Nicola



Treasurer: Chantelle Dusting

Second hand uniform coordinator: Birgit Lonergan

P&C Rep and public officer: Frances Stewart

P&C MEETING

Come along to our next meeting on Monday 20 March at 6.30pm at Sue's Kitchen, Scullin shops

Everyone is welcome!

2023 CAMPOUT! AND FAMILY PICNIC

We are so excited to be able to hold CampOUT at the school this Term!

5.00pm Friday 31 March – 10.00am Saturday 1 April 2023



Bring along a rug and pack a picnic or takeaway dinner and enjoy a picnic with our school community from 6pm on Friday 31 March! For those wishing to stay the night, pack your tent and sleeping bags and camp at the school!

The kids can run around, enjoy the fire pit, and play until bedtime, then wake up to breakfast on Saturday morning.

Please register by 10am Friday 17 March at: [CampOUT! registration](https://forms.gle/meF2LnZ7qVWJVSLz9)

WHAT YOU NEED TO KNOW!

Note: Parents/Carers must be present and are responsible for their children at all times.

When: The Family Picnic is from 5pm Friday 31 March. If you are not camping you will need to leave before dark (7pm). For those camping, tents can be set up from 5pm Friday and families must leave by 10am Saturday 1 April.

Where: Southern Cross Early Childhood School.

For: Southern Cross Early Childhood School families

Breakfast: The P&C will provide breakfast from 8am Saturday for campers – egg and bacon rolls, and cereal. Please advise of dietary requirements when registering. Gold coin donations to the P&C welcome on the day. Coffee will be available to purchase from an onsite coffee cart.

What you need to bring: Tents (no vehicles are able to access the camping area), warm bedding and clothes (it gets cold) and torches. Picnic dinner and drinks (No cooking facilities available and strictly no alcohol and no nuts).

What if we don't own a tent? Tents and camping equipment can be hired through Capital Camping Hire - escape@capitalcampinghire.com.au

Parking: Please be mindful our neighbours when parking.

Further information: contact your P&C President Cris Wright via email scecsbandc@gmail.com or phone 0401 397 475

We hope you can come and camp with us!!!

COMMUNITY INFORMATION

ACT NUTRITION SUPPORT SERVICE

IS FLAVOURED MILK GOOD FOR KIDS?

Flavoured milk often gets a bad rap, lumped into the same category as other sugary drinks like cordial and fruit drinks. But there's an important distinction between flavoured milk and other sugary drinks – and that's the *milk* part.

Unlike cordial and fruit drinks which contain no healthy nutrients, flavoured milk, just like plain milk, provides protein, calcium and other essential nutrients which are often lacking in children's diets.

Our dietitians *why* (...get it) in on this dairy debate and answer the question – is flavoured milk good for kids?



The food matrix matters

SUGAR. We get so caught up about it. And we're not saying that we shouldn't care about added sugars – we definitely should, but there's more to the story than focusing on single nutrients and that's because we eat foods, not nutrients.

Now, of course, plain milk is the best choice and should absolutely be encouraged. However, some kids (and adults too) just don't like the taste of plain milk which could put them at risk of avoiding this nutritious food altogether. This is particularly concerning when we know most children and adolescents have inadequate intakes of calcium (1), during a key time for bone and muscle development.

Flavoured milk is an example of 'food vehicle', providing another option for people who don't like the taste of plain milk and encouraging consumption of nutritious dairy foods.

Flavoured milk facts

- On average, flavoured milk contains about one teaspoon of added sugar per 100ml of milk.
- Reduced-fat* flavoured milk contains about the same number of kilojoules as plain full-fat milk (~290kJ per 100ml).
- Children who drink flavoured milk have lower intakes of sugar-sweetened drinks and fruit drinks compared to children who don't drink flavoured milk (2,3,4). This suggests that non-flavoured milk drinkers aren't substituting it for plain milk, but for less nutritious sugary drinks instead.
- Flavoured milk drinkers are more likely to meet their requirements for calcium (2).
- Flavoured milk consumption does not lead to weight gain or changes in BMI (2,4).
- There is no association between flavoured milk intake and dental caries (5).
- Unlike other sugary drinks, flavoured milk is low GI, meaning it provides a sustained release of energy rather than a quick energy high (6).

*many flavoured milk drinks are based on reduced-fat milk.

So, should you give your kids flavoured milk?

That's entirely up to you. There's no one fits all response to this one.

If your kids enjoy plain milk, that's fantastic! If they don't but they happily eat cheese and yoghurt, that's fine too.

If your children prefer dairy alternatives such as soy or almond milk, choose varieties that contain added calcium.

Whatever you choose to feed your kids, remember that dairy foods and dairy alternatives are nutritious foods that provide essential nutrients to our diets.

<https://actnss.org/resources/is-flavoured-milk-good-for-kids/>



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

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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