

Southern Cross Early Childhood School



Newsletter 5 | Monday, 18 May 2020

Dear Families

Welcome Back!!!

We have had the best start to “2020 – 2.0”. We had nearly our whole school back and the children did so well with the new drop off routine. Talk about clever! Thank you so much to you, our families, for your support as well. Now we have the kids back our next goal – when it is safe to do so - is to get you back too! It still might be a few weeks yet, but we are looking forward to having our families back on site talking with teachers, checking in with each other and our siblings running around playing. Until then, we will be working hard to stay connected with you.

Transitioning Back to Southern Cross Survey

We had 175 responses to our *Transitioning Back to Southern Cross* Survey! This is an amazing response from our community. Your feedback and thoughts were so helpful as we prepared to return today so thank you to those who took the time to respond. If you indicated that you would like to connect with your child’s teacher, they will contact you over the next couple of weeks to set up time for a phone call or Hangout.

Supports at Southern Cross

We know that emotions and feelings about our recent experiences will vary from person to person and family to family. Being isolated was a great experience for some and really tricky for others. We still need to look after ourselves and look after each other. Later in the newsletter we will have some examples of ways you may like to focus on dealing with change and wellbeing. Your child’s teacher is a great first place to connect. We also have Jason, our Community Coordinator and Cindy, our School Psychologist who are great to talk to. Emma, Nicky and I are also only a phone call away.

Cleaning

You may see the amazing Jimmy around the school over the next few months. Jimmy is our cleaner who will be working across the school cleaning our learning spaces, and in particular the high frequency touch points at Southern Cross during the day. This is an important part of helping to keep our learning spaces safe. Please welcome Jimmy to the team.



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

Minister Visit

We had the Ms Yvette Berry Minister for Education and Early Childhood Development visit us this morning along with some media. Keep an eye out in the local news for the coverage!



Kind regards,
Lyndall

From Southern Cross

Tips from the school Psychologist: Dealing with Change

Families are adapting to the evolving changes caused by the COVID-19 pandemic. This has included trying to keep children occupied, feeling safe, and attempting to keep up with their schoolwork as best as possible. Now families are adjusting to a new normal which will involve schools reopening and dealing with the changes to school life that this will bring. It is important to stay focused on what is possible in order to reinforce a sense of control and to reassure children that they are okay, and that the situation will get better as we practice staying safe. We know that children look to adults for guidance on how to react to stressful situations so it is ok to acknowledge some level of concern as we move ahead as well as being positive and hopeful.

Teaching children about continuing positive preventive measures at school, talking with them about their fears, and giving them a sense of some choice and control can help with dealing with change. As adults we are having to process new information about the lifting of restrictions and implementing new ways to connect with your child's teacher and the school. This will have a different impact on each family.

We can monitor our children when returning to school. We know children are on the whole are very resilient. Some children will show minimal effects whilst others may show that they have been impacted later on. It is hard to predict what will happen for each individual child. There are some small steps you can take to help support each child's return to school, to minimise the likelihood of ongoing difficulties and to connect them to the support they need.

1. **Continue to check in with your child about how they are feeling.** This gives children the security of knowing that they can speak to you about how they are, the good things and the worrying things. Make time when they are back at school for this to happen.
2. **Be on the lookout for changes in behaviour and mood.** Be aware of how they are feeling. Children can seem perfectly fine at home but display worrying behaviour at school or vice versa. Communicate with their teacher and seek professional advice if needed.
3. **Be open with your child about how you are feeling and share some positive thoughts.** Share with them what has helped you and share about how it may be hard for you too, of course depending on their age and ability to understand. Normalise their feelings of stress and dealing with change but remain hopeful and positive that, with support and time, things will get easier.
4. **Talk to each child about their own experience of the event.** Ask questions and be curious and remember that each child has their own experience, including children within the same family. They have their own coping styles and personalities and perspectives.
5. **Take time to check in with yourself and reflect on the changes to your family.** Your wellbeing is a priority too. Find time to do things that bring fun as well as a sense of accomplishment, and to plan things to look forward to. There may be some positives you will look back on from this time together at home.

Sheri Bottomley – School Psychologist (2020)






Lunchtime Learning Clubs

Lunchtime Learning Clubs

BEGINS: Week 4, Term 2

TIME: 11:35am to 12:10pm

FOR: Kindergarten, Year 1 & Year 2

Monday	Tuesday	Wednesday	Thursday	Friday
Outdoor Adventures	Nature Play and Games	Shooting Stars Choir	Outdoor Sports	Garden Club
Nicole	Sophie	Emily	Nicky and Jason	Jason
				
Outside Learning Area and Courtyards	Reconciliation Courtyard	Outside Learning Area and Community Room	Outside Learning Area	Environment Courtyard

Kindergarten Health Check

Due to the redeployment of Registered Nurses during the COVID-19 pandemic response and the closure of schools, the 2020 physical component of the Kindergarten Health Check has been cancelled. The Academic Unit of General Practice questionnaire data, completed by parents at the beginning of the 2020 school year, has been collected as usual. The results of the questionnaire will be sent to the GP if consent has been given to do so. If parents have concerns regarding the physical check we recommend they see their GP for assessment. For more information please contact the School Health Team on 5124 1585.

Community Hub

School Community Events

Stay and Play, Read with Me Café and Story Time have been postponed until further notice. In the meantime, please check out our school Facebook site for weekly Mystery Box videos.

Linking Families to Learning

Transitioning back to face to face schooling.

This year has brought many challenges for families and our children have experienced a number of unexpected changes. Changes in routines, the way we move around our community and how we socialise with others. We are now back to face to face teaching which looks a little different with social distancing and health and safety still a major priority in our community. These changes are learning opportunities for our children and are helping them to build resilience. It is important to us that during this time we are focusing on the wellbeing of everyone in our community, so here are a few hints to help support you and your family transition back to school after being together for a 8 weeks.

- Set a morning, having a predictable routine each morning will help everyone with the morning rush to get ready for school.
- Having school uniform and school bag ready to go the night before can make mornings less rushed.
- Talk with your child about what they would like to do or are looking forward to at school, maybe suggest something you are looking forward to doing in your day or what you are looking forward to hearing about when you pick them up in the afternoon.
- Some children will display different emotions at drop off, make sure you take the time to acknowledge their feelings “I can see you are upset.....’ and then reassure them of who will be picking them up in the afternoon.
- You may like to create a goodbye routine together for morning drop off which will be the same each day, so your child knows what to expect each morning when they arrive to school.

- After school have a predictable routine of unpacking their school bag and then time for rest/play or afternoon tea.
- Allow some time together to play, talk or go for a walks or bike rides, they have been with you all the time for the last couple of months so they will still be wanting time together to do fun things.
- Night-time is when children often want to snuggle up or talk about their day or feelings, allow them time so they feel they have been heard and acknowledge the great things they have done during the day or feelings they have expressed.

Remember we are here to support you and your child, if you have any concerns please talk to your child's teacher or Nicky and Jason.

Anglicare

Bright Star Café Menu Term 2 2020

Please note this week is Week 4 of the Bright Star Café menu. Lunch orders can be handed to LSA's at the School entrances when you drop off your child/children.

SOUTHERN CROSS EARLY CHILDHOOD SCHOOL (TERM 2) LUNCH ORDER MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Lamb Fajitas <u>Vegetarian Option:</u> Lentil Ball Fajitas	Butter Chicken w/ Naan Bread <u>Vegetarian Option:</u> Tofu Curry	Smoked Salmon Pattie w/ Wild Rice Salad <u>Vegetarian Option:</u> Black Bean Pattie	Chilli Con Carne w/ rice <u>Vegetarian Option:</u> Vegan Mince Bolognaise	Cheesy Pumpkin Risotto w/ Pepitas
Week 2	Chicken & Corn Soup w/ Bread Roll <u>Vegetarian Option:</u> Bean Curd Soup	Vegetable & Legume Tagine w/ Pasta	Moroccan Lamb w/ Couscous <u>Vegetarian Option:</u> Lentil and Kale Kofta	Fish Fingers w/ Mexican Slaw <u>Vegetarian Option:</u> Vegan Sticks	Beef Rissole w/ Rice Pilaf <u>Vegetarian Option:</u> Lentil Balls
Week 3	Green Thai Fishcake Curry w/ Udon Noodle <u>Vegetarian Option:</u> Chick Pea Curry	Shepard's Pie <u>Vegetarian Option:</u> Vegetable Ragu Pie	Roasted Pumpkin Soup w/ Lentils Yogurt & Bread Rolls	Beef Stroganoff w/ Mashed Potato & Peas <u>Vegetarian Option:</u> Tofu Pasta Salad	Chicken Cauliflower & Broccoli Bake <u>Vegetarian Option:</u> Lentil Falafel
Week 4	Dahal w/ Raisin Rice	Shredded Chicken & Pineapple Casserole w/ Rice <u>Vegetarian Option:</u>	Beef & Bean Soft Shell Tacos <u>Vegetarian Option:</u> Vegan Bolognaise	Tofu Pad Thai Noodles w/ Broccoli and Cauliflower	Meat Loaf w/ Roasted Vegetables <u>Vegetarian Option:</u> Vegan Sausages

Please write any allergies on lunch order envelope. **Morning/Afternoon Tea is NOT included.** Lunch is served with a piece of fruit. As much as possible this menu will be adhered to but may change at short notice due to the availability of produce

Note: Substitutions are made for special dietary needs. All vegetarian meals include fruit or vegetable high in vitamin C. There is no added salt or sugar to our menu; where possible wholemeal/wholegrain products are used.

Community Information

ACT Nutrition Support Service

Take the healthy swap

Are you finding yourself looking at more recipes? Wondering how to modify or even make them healthier?

Look no further than our healthier ingredient swaps and tips.

To boost the fibre

If the recipe says...

White bread

Flour

Rice

Pasta

Swap it for this...

Wholegrain bread

Wholemeal flour, or half and half

Brown rice

Wholemeal pasta, or half and half



To reduce the saturated fat

If the recipe says...

Cream

Sour cream

Butter

Blended vegetable oil

Coconut milk

Puff pastry

Swap it for this...

Reduced fat evaporated milk or ricotta

Greek or natural yoghurt

Margarine, olive or canola oil

Olive, sunflower or canola oils

Reduced fat evaporated milk and coconut essence

Filo pastry



Tips for using less salt

- avoid adding salt during cooking or at the table
- add a variety of herbs, spices, lime or lemon juice, fresh mustard, and garlic to recipes
- use 'reduced salt' or 'no added salt' canned foods
- limit commercial sauces and condiments such as soy sauce and tomato sauce. Read the labels to choose the one with the least amount of salt
- limit intake of processed meats such as salamis, sausages and ham.



Visit our [website](#) to pick up some tasty flavour combos with our this goes with that flavour table.

Tips for using less sugar

- add cinnamon, vanilla or ground cloves for a non sugary sweet flavour
- add dried, canned or fresh fruit to muffins, cakes or pikelets for added sweetness and flavour
- if using canned fruit choose fruit in natural juice and drain if off.

Did you know?

Raw sugar, brown sugar, honey and golden syrup are not healthier alternatives for sugar. Whichever you choose, limit the amount.

