

Southern Cross Early Childhood School



Newsletter 9 | Monday 21 June 2021

Respect | Resilience | Kindness | Creativity

DATES TO REMEMBER

Monday 21 June – Friday 25 June
Family Educator Meetings

Monday 21 June
Waste Free Day

Wednesday 23 June | 9.15-10.00
Whole School Gathering - Wirria

Friday 25 June
Last Day of Term 2

Monday 12 July
Term 3 Begins

Monday 12 July – Friday 16 July
NAIDOC Week Celebrations

Monday 26 July | 5.30pm
School Board Meeting

Monday 26 July | 7.00pm
P&C Meeting

Dear families and friends

Community Grant

Last year in term 3, our school was successful in winning a Community Grant to support parent engagement in our community. The grant submission outlined a change in the library area to create a welcoming space where our families can gather and connect. Emma Muffet has been working with ACT Property Group and I am pleased to let you know that this work will begin in the upcoming holiday break. When you all return for term 3, there will be some changes in the library area!

Family Educator Meetings

Thank you to those families who have made a time to talk with their child's teacher about the learning that has happened in semester 1 this year. If you would like to book in, please contact Nicole at

reception on 61420020. Thanks also to our wonderful teachers who are making the time to meet with our families.

Rainy Day Club – Update

Rainy Day club will begin next term. If it looks like rain, please pack your child a raincoat, gumboots and spare clothes in a wet/dry bag or plastic bag. You may also wish to pack an umbrella. Please label all items as your child will be responsible for ensuring their rainy day clothes are returned to their bag. Please note that if your child does not have the appropriate wet weather gear, they will be provided with an alternate play option such as a disco in the hall or play in the kindergarten classrooms. If you are experiencing difficulty sourcing any of these items and would like for your child to participate in this club, please do not hesitate to talk to Nicole at reception or Kelly. We would love to help.

P&C Movie Night

What a wonderful community we have! I would like to thank our fabulous P&C once again for an amazing community event. Our movie night was enjoyed by all those who ventured out in the cold weather to return to our school hall last Friday night. Thank you to those families who enjoyed the movie with us on the evening.



Southern Cross Early Childhood School

Wirraway Crescent Scullin | ACT | 2614

☎ Telephone (02) 6142 0020

✉ Email: info@scecs.act.edu.au

🌐 Web: www.scecs.act.edu.au

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

Staffing

There are some staffing updates for term 3 that I would like to let you all know about:

- Emma Davidson is going over to Latham Primary School during week 1 and 2 to support the leadership team as some of their leaders are taking leave. Nicky will be acting as Deputy during this time.
- Maria in preschool will be taking long service leave in term 3. Bec Morgan (who has currently been teaching kindergarten on Fridays and fulfilling various roles around the school on Thursdays) will be taking over Guginya whilst Maria takes her leave. Maria's class has already been notified of these changes and I am confident there will be a smooth transition into term 3. Please read on in the newsletter for further information about Bec.
- We welcome back Tanya DeGier who will be taking on Bec's Thursday and Friday role. Tanya taught at SCECS last year, fulfilling the release role across the school. Tanya is familiar with all of our children and I am sure she will transition back to our school well. From term 3 Tanya will teach Dyurra on Fridays.
- Jason will be taking leave during the second half of term 3 to travel and explore NSW. We wish him well in his travels.

I hope everyone has a safe and relaxing holiday with family and friends. Please keep up to date with the latest COVID-19 information via <https://www.covid19.act.gov.au/> throughout the holidays, especially if you are travelling, to ensure you are staying safe in our community. See you all on Monday 12 July for the start of term 3.

Warm regards,
Kelly

From Southern Cross

Guginya Teacher Term 3

Rebecca (Bec) Morgan

My name is Bec and I have been working in early childhood education in various roles for the past 9 years, including as Centre Director and Early Childhood Teacher. Prior to that I had spent 5 years traveling around the world, living in Canada, New Zealand, Falkland Islands, Brazil and Argentina. I am passionate about play in early childhood and love the philosophy at Southern Cross Early Childhood School. I am thrilled to be working here two days a week and have loved getting to know the children, families and the incredible teachers and staff that make this place so special. I love trees, plants, bushwalking, children's books, playing the guitar and learning languages. At home, my husband and I speak a mix of English, Spanish and Quechua (one of the native languages of South America) with our two daughters, aged 6 and 1. I am really looking forward to getting to know you all.



NAIDOC Week 2021

The theme for NAIDOC Week this year is 'Heal Country', and we will be recognising NAIDOC Week at school in the first week of term 3. Here are two whole school activities planned for this week.

Culture To Culture School Workshop with Aaron Chatfield

Aaron Chatfield from Dreamtime Connections will be conducting an interactive workshop with each class in the Reconciliation Courtyard on Tuesday 13 July and Friday 16 July 2021. Sessions will run for approximately 20 to 30 minutes and the children will have the opportunity to learn about:

- Indigenous plants and their uses in Indigenous culture
- Different tools used by Indigenous peoples
- Different farming and hunting techniques used by Indigenous peoples
- How to plant a native 'bush tucker' garden

KADUL with Ryka Ali – Aboriginal and Torres Strait Islander Performance

Ryka Ali will be performing his show 'KADUL' to the whole school in the hall at 10am on Thursday 15 July 2021. Below is some information about Ryka's and his performance.

'Ryka Ali's heritage stems from the Wuthathi tribe of Shellburne Bay, Cape York and from the Torres Strait Islands and he is a proud ambassador for the youth of both cultures. Ryka has performed at various festivals and cultural showcases around the world and has been presenting shows in schools around Australia, at first with his family, since he was twelve.'

'Ryka's performance reveals the richness of both the Torres Strait Islands and Aboriginal cultures. The show is gently humorous, educational and participation is greatly encouraged. Beginning with the Torres Strait Islands, Ryka performs an introductory dance followed by participatory dances and explanations of various instruments, artefacts and costumes specific to the Islands. Ryka will then introduce the Aboriginal culture, 'painting up' with ochre and explaining its significance and the importance of the designs. Once again Ryka will perform and teach native dances, along with demonstrations of instruments pertinent to the Aboriginal culture, especially the extraordinary versatility of the didgeridoo.'

Source: KADUL with Ryka Ali flyer from P.I.E Productions – Performance In Education.

Walga children will be attending with their educators and Guginya and Wamburrang preschool children are invited to attend the performance with their parent or adult carer.



Good Vibes Event – WITS

Our Good Vibes event for this term is based on our WITS initiative. WITS is a part of the school's social and emotional learning program and stands for Walk away or wait, Investigate, Talk it out, and Seek help. These are the tools we use across the school to help children deal with confronting social situations. Last week, the kindergarten and year 1/2 children worked in mixed-aged groups to learn how to use their WITS at school. They were given a series of pictures illustrating difficult social situations that



occur in the classroom and playground. The children discussed how the people in the pictures felt and what WITS actions they could use to feel safe and supported. The children also took part in some role plays using their WITS.

The preschool children also learnt about the WITS program with their class. The preschool classes then came together to watch Jason and Tejal act out some tricky social scenarios. The children were able to brainstorm ways Jason and Tejal could use their WITS to deal with each scenario.

If you would like to know more about the WITS program, please ask your child's teacher.

Science with Lisa

Kindergarten Science Term 2 – Learning about the needs of living things



Kindergarten's experiment showing how plants get water and nutrients to where it is needed.

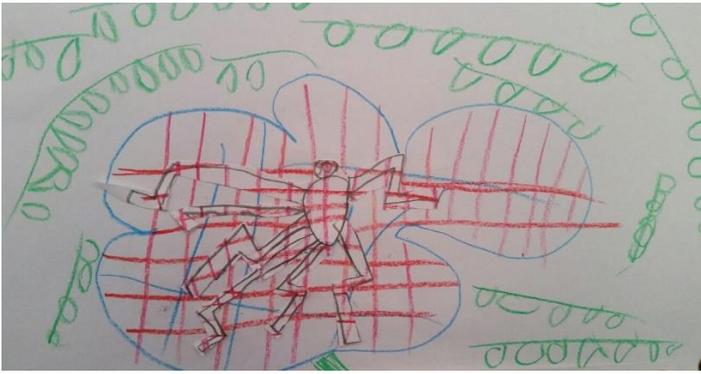


Growing edible plants in our classroom.



Creating a habitat for an animal that meets its needs for food, water and shelter.

Year 1/2 Science Term 2 – Learning about creatures and their features



Some creatures use camouflage to survive.

Can you see the animals in these artworks?



This term, the students developed their research skills. They did lots of investigations about the features, habitats and needs of different animals. As a final task for the unit, the students formed groups, chose a minibeast to investigate, and created an information poster to share with their class. These are a small sample of their amazing work, showcasing their fantastic creativity and collaboration skills.

- Go for a bike ride around the local neighbourhood and explore different environments or different playgrounds.
- Build an indoor cubby house to camp in the living room for the night.

Below are some links to a couple of websites that have some great ideas.

<https://www.stayathomemum.com.au/my-kids/activities/50-cheap-school-holiday-activities/>

<https://www.kidspot.com.au/school/school-holidays/holiday-activities/12-easy-ways-to-beat-school-holiday-boredom-at-home/news-story/0ee735d5eee03c6201cafe7c10a5cd09>

Please come in before the holidays and borrow from the library so you can have different books to read, remember we have board games you might like to borrow as well. The local library will be open over the holidays with activities to attend like story time.

Anglicare

Bright Star Café

Start planning your Term 3 lunches today! Here is the delicious and nutritious menu starting in Week 1 of term 3.

SOUTHERN CROSS EARLY CHILDHOOD SCHOOL (TERM 3) LUNCH ORDER MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks 1, 5 & 9	Shredded Beef Hokkien Noodles <u>Vegetarian Option:</u> Bean Curd Soup	Chicken Wings w/ Peas & Mash <u>Vegetarian option:</u> Chickpea Fritters	Homemade Beef Pie w/ Steamed Veg <u>Vegetarian option</u> Lentil Pie	Minestrone Legume Soup w/ Bread Rolls	Chicken & Mushroom Risotto <u>Vegetarian Option:</u> Pumpkin, Lentil & Mushroom
Weeks 2, 6 & 10	Beef Meatball Soup w/ Bread Rolls <u>Vegetarian Option:</u> Legume Soup	Baked Mac and Cheese w/ Broccoli & Beans	Fish Fingers w/ Vegetable Stir fry <u>Vegetarian Option:</u> Vegetarian Nuggets	Slow-cooked Beef Stroganoff <u>Vegetarian Option:</u> Tofu & Mushroom Stroganoff	Butter Chicken w/ Rice <u>Vegetarian Option:</u> Butter Tofu
Weeks 3 & 7	Slow-cooked Honey Teriyaki Chicken w/Rice <u>Vegetarian Option:</u> Lentil & Veggie Sticks	Fish Tacos <u>Vegetarian Option:</u> Chickpea & Lentil Tacos	Beef and Salad Sliders <u>Vegetarian Option</u> Lentil Patty Sliders	Lamb Meatballs w/ Wild Rice & Salad <u>Vegetarian Option:</u> Vegan Meatballs	Pumpkin & White Bean Soup w/ Bread Rolls
Weeks 4 & 8	Beef San Choy Bao <u>Vegetarian Option:</u> Vegan Mince	Chicken Noodle Soup /w Bread Rolls <u>Vegetarian Option:</u> Tofu & Veggie Noodle Soup	Cheesy Potato Bake w/ Steamed Veggies	Lamb Shepherd's Pie <u>Vegetarian Option:</u> Lentil Pie	Spaghetti & Beef Meatballs <u>Vegetarian Option:</u> Lentil Balls

Note: Substitutions are made for special dietary needs. **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.

All vegetarian meals include fruit or vegetable high in vitamin C. White meat and vegetarian meals include iron rich ingredients. There is no added salt or sugar to our menu; where possible wholemeal/wholegrain products are used.



Entertainment Books – delivered differently

We are fundraising with Entertainment, formerly Entertainment Books. Now available as a digital app.

For a limited time only, purchase a Single City Membership and get a FREE upgrade to Multi City! Discover more everyday with offers across dining, travel, activities, shopping & more. Begin exploring and saving across 21 cities and regions in Australia and New Zealand at nearly half the price until 31st May.

We are fundraising with Entertainment

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Support us & buy now

(Image of a woman and child smiling in a car)

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- BRISBANE
- SYDNEY
- DARWIN
- HOBART
- MELBOURNE
- PERTH
- CANBERRA

NEW ZEALAND

- AUCKLAND
- CHRISTCHURCH
- DUNEDIN
- WAIKATO
- WELLINGTON
- BALI

Support us & buy now

(Crown icon)

Support Anglicare at Southern Cross Early Childhood School and unlock your free upgrade:

<https://www.entertainment.com.au/orderbooks/26z930>

P&C

Movie Night

Just a quick message from us to say thank you to everyone who came along to Movie Night last week! I hope you all had a great time and thanks to everyone for helping to clean up afterwards. As always, we welcome any feedback.

Term 3 Events

Southern Cross P&C are looking forward to hosting the **P&C Disco** and a **Pie & Pasta drive** during the next school term.

We hope everyone has a safe and fun holiday and we look forward to seeing you all again next term.

All the best,
Katherine and Patty

We are having a **MOVIE NIGHT**

SCECS School Hall

Friday 18 June 6:15PM for 6:30PM start

Limited tickets available!

Family tickets \$10 - popcorn included

Tickets available to purchase through sustainable schools website: <https://www.sustainableschoolshop.com.au/southern-cross-early-childhood-school/custom-store/scecsmovie>

(Images: Trolls World Tour movie poster, pink hand puppet, cinema tickets, popcorn)

Community Information

ACT Nutrition Support Service

Are Frozen Vegetables better?



We love frozen vegetables as they are cheap, convenient and last a long time in the freezer. But are they as nutritious as fresh vegetables?

The answer to this question depends on how fresh your vegetables are. If you have access to locally grown produce that is consumed soon after harvesting then fresh would ultimately win this debate. However, a lot of the produce from our local supermarket has travelled far distances over a period of time causing valuable nutrients to break down.

Frozen vegetables on the other hand are snap frozen within hours of picking, and this helps to retain many vitamins and allows for longer storage times. They are also generally very affordable and not likely to go soggy in the bottom of the crisper like those 'fresh' veggies you meant to eat last week.

So for vegetable variety that can be enjoyed all year round go for frozen!

Our top picks in the frozen section

Many of these vegetables are out of season and therefore best purchased frozen at this time of year.

Peas and Corn

An original favourite! They work well in pasta dishes like [mac'n'cheese](#) or even as an addition to 2-minute noodles!

Beans

A perfect addition to curries and casseroles. Try them in this [vegie curry!](#)

Capsicums

If you have needed fresh capsicum recently, the price may have frightened you off! The solution? Check the supermarket freezer for sliced capsicum. Try them out in our delicious [san choy bow](#) recipe.

Onion

Don't cry while chopping onions! Have a look for diced onion which will kickstart most dinners for you, including our [bolognese](#).

Pumpkin

Whilst there may still be some affordable pumpkins around, as we get further into winter they will likely start to get pricey. Frozen chopped pumpkin (paired with the aforementioned onion) is the ultimate starter pack for an easy midweek [pumpkin soup](#). Pair with a crusty wholegrain roll for ultimate satisfaction.





Another Chance Op Shop - Scullin

Another Chance op shop is hosting a Winter sale with 50% off all clothing from Tuesday 1 June – Wednesday 30 June. Open weekdays 10am – 4:30pm, and Sat 10am-1pm you'll find Another Chance at Scullin shops, Ross Smith Crescent. The shop is a project of Mosaic Baptist church; "in the community, for the community".

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



**Recreation
Day Programs**
Small group activities
One-on-one support
Support Planning
Male and Female staff
ABN: 846 456 317 14

NDIS Care, Support & Planning

Spirited Kidz provide one-on-one support and small group activities for NDIS participants. Our staff are qualified and experienced professionals who specialise in providing personalised care. We work in partnership with our clients and are dedicated to improving their lives. This school holidays we will be running a holiday program between **28th June to 9th July 2021** for **people aged between 5 and 16** that focuses on having fun and learning new skills in a supportive and caring environment.

If you would like to join our school holiday program or discuss how we can support your family please call

Andrew - 0433 031 053 or
Nicole - 0425 872 696

SCHOOL HOLIDAY NETBALL CLINICS

When: June 29-July 2

Where: SolarHub Netball Centre, Lyneham

Who: 5-12 year olds

Price: Half-day \$55

Full-day \$95

Head to Netball ACT's Website for more info on how to register!



Questacon
MAKER PROJECT

DOES YOUR CHILD HAVE A BRIGHT IDEA?

Unleash the inner inventor, designer or maker in your child with a Questacon *Maker Project* school holiday workshop.

Workshops available 6, 7 and 8 July 2021.

Suitable for 10-15 year olds.

BOOK NOW!

Book online at www.questacon.edu.au or call 1800 889 995.



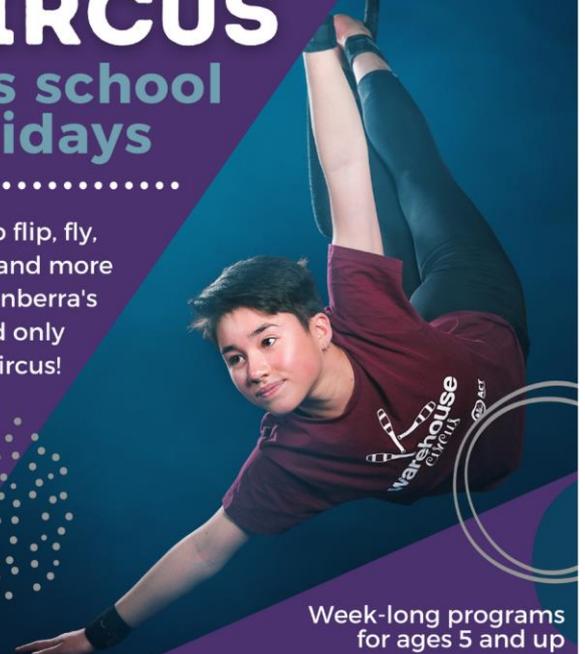
www.questacon.edu.au

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this school holidays



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Week-long programs for ages 5 and up

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