

Southern Cross Early Childhood School

Respect | Resilience | Kindness | Creativity

NEWSLETTER 16 | MONDAY 17 OCTOBER 2022

Hello families and friends,

Welcome to term 4 everyone! We have so many fun events planned for this term, and we are really looking forward to the warmer weather.

GRANDPARENTS AND FRIENDS DAY

We are delighted to be able to invite Grandparents and Grand-friends to experience activities with the children. Many of these experiences will occur in the outdoor learning environment. Whilst we will have a few activities for the classrooms, we are asking that everyone be mindful about the number of adults and children in the classrooms at the same time. We will be rotating people in and out of the classrooms to ensure everyone's safety.

There will be tea and coffee set up outside with some morning tea for our visitors. The dates and times are as follows:

9:15-10:15am Thursday 27 October - Bunduluk & Dnnawan

9:15-10:15am Monday 31 October – Guginya, Wamburrang and K-2

BIKE AND KITE DAY - SUNDAY 30 OCTOBER

We have planned so many exciting activities for this celebration of Children's Week. Face painting, balloon sculptures, a magician, drumming and more! We are also very excited to announce that we will be **officially opening our new Bike Shelter** at this event too! There will be more details to come.

CLASSES FOR 2023

You will soon receive an email from Nicole regarding any considerations for

DATES TO REMEMBER

Monday 24 October | 7.00
P&C Meeting

Thursday 27 October | 9.15-10.15
Grandparent's Day
Bunduluk and Dnnawan

Friday 28 October
Staff Planning Day

Sunday 30 October | 11.00-2.00
BIKE & KITE DAY

Monday 31 October | 9.15-10.15
Grandparent's Day
Preschool – Year 2

Tuesday 8 November | 2.00
Colour Run
Guginya and Wamburrang

Thursday 10 November | 2.00
Colour Run

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



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2023 classes. Whilst we cannot promise that we can accommodate all requests, we will certainly take any feedback or input from families into consideration when planning classes and teachers for 2023. The children will have the opportunity to list 5 great 'learning' friends for us to ensure children have connections and that they are also learning alongside great role models. Please do not hesitate to talk with your child's teacher if you would like to chat more about this process.

COVID-19 UPDATES

Last week I sent an email with updated information from the Education Directorate. I would like to ask you all to *please continue to let the school know if your child tests positive to COVID-19 or if another of your family members do.* Whilst we do not email out to our community anymore, I do still need to submit information to the Education Directorate if someone has been at school whilst infectious. This helps to manage any outbreaks we may experience and also allows me to communicate important information to those families of children who have compromised immune systems.

STAFFING

We are continuing to do all we can to ensure consistent staffing across the school. A few of our staff have taken planned leave and we have had to make some shuffles across the school to manage this. This week we are already finding it challenging to cover staff who are absent. We will continue to try our best to find relief for teachers and LSAs, however there may be circumstances where we will need to split classes.

STAFF PLANNING DAYS (PUPIL FREE DAYS)

As mentioned in our updates email last week, our two staff planning days (pupil free days) are as follows:

Friday 28 October (Friday Week 3)

Monday 14 November (Monday Week 6)

Staff will use these days to collaboratively plan for teaching, collate assessment information, moderate assessments, and write term 4 reports. We thank you for continuing to support us. If you cannot care for your child on this day, you will need to email Nicole on nicole.emerton@ed.act.edu.au to let us know that your child will be at school. This step is important for us to be able to manage our staffing on the day.

Warm regards,

Kelly

FROM SOUTHERN CROSS

Save the Date!

Grandparents Day

We are delighted to once again celebrate the important role grandparents and other special people play in young children's lives. Southern Cross Early Childhood School will be hosting an Open Classroom and Morning Tea.

Thursday 27 October - Bunduluk & Dnnawan – 9.15-10.15am

Monday 31 October – Guginya, Wamburrang and K-2 – 9.15-10.15am

Bike and Kite Day



Bike & Kite Day
11am – 2pm
Sunday 30 October 2022
Come for a zoom, fly around and play!
@ Southern Cross Early Childhood School
Fun'ss will include magic, face painting, balloon animals,
sausage sizzle and musical workshops.

Play Workshop – Year 1/2

In Play Workshop, the year 1/2 children have been continuing their learning about passions.

The year 1/2 children were given the opportunity to participate in 'Passions Through Play', involving listening to teachers discuss their own passions. They were then given the opportunity to explore these passions during their play. Some of the passions that were explored were crafting, gardening, music, sport, and embroidery. The children have been extending their knowledge on passions by exploring how their passions have changed over time, and what they might look like in the future.

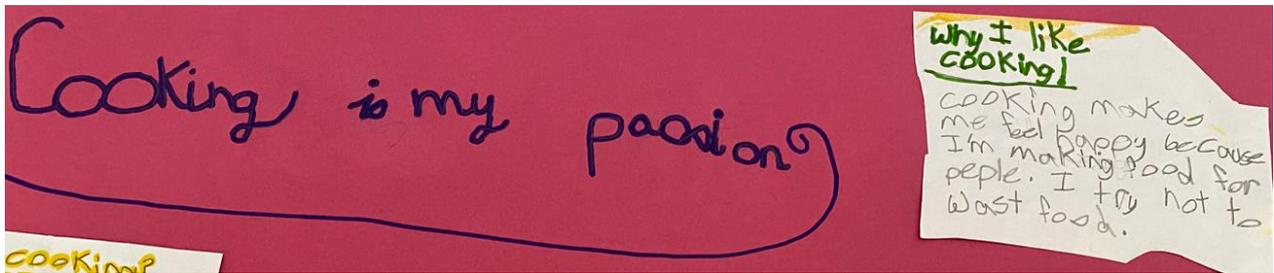
Children will soon begin writing their own invitations to their families/special person/s as well as Kindergarten to showcase their learning.

How has your passion changed over time?

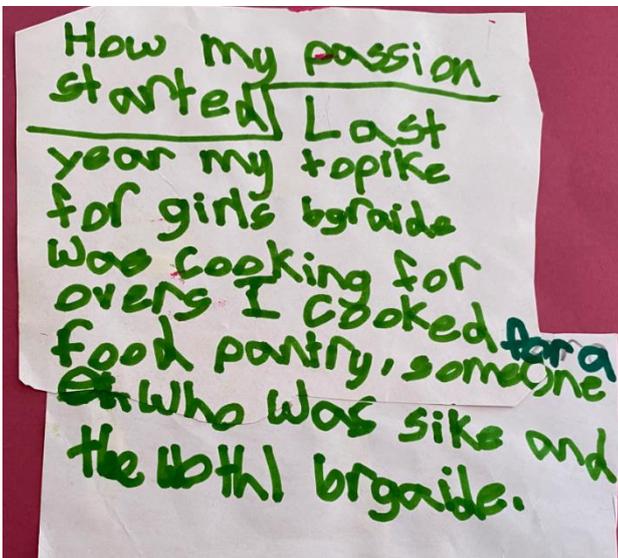
Tulip - My passion is drawing. In the past, people may have drawn in the sand.

Oliver - My passion is Minecraft. In the past there was no Minecraft and people would need to use natural resources to make their own entertainment.

David- My passion is animal adoption. In the past bonded pairs would not be together. Now they are because they found out that they need to be together otherwise they will get scared.



Lily- My passion is cooking. In the past you had to boil kettles on the stove and there was no electricity, so it was hard. Food was hard to get so you would have to travel far.



Charlotte



Luke - Art is my passion. First, I just liked putting paint on paper. Then, I tried to paint different things, like worlds. In the past, people used rocks in water to make face paint.

Scarlett - Singing is my passion. I've always liked singing. People have different voices, so when we sing it sounds different.

FROM THE SOUTHERN CROSS P&C

Our next P&C meeting will be at 7pm next Monday 24 October at the school. Please join us!

CRAZY COLOUR FUN RUN - UPDATE!

We're about three weeks out from our very first SCECS Fun Run Crazy Colour Day! We hope everyone is having fun working towards their fundraising goals! Congratulations to **Guginya** for having the most children registered with their online profiles and winning the class party!

I'm not sure if you heard the other exciting news from your children last week, but if we hit our target, on event day **TEACHERS ARE GOING TO GET SLIMED!** Currently we have raised **\$6541** of our **\$10,000 goal**, so there is still a way to go and I hope you'll keep supporting us! Remember, the money raised will be going towards **a new outdoor play area to be constructed down near the Treehouse.**



Did you know that you can WIN a \$20,000 Ultimate Family Package by setting up your student profile online and raising just \$1 online? Just head over to schoolfunrun.com.au. Once you've created your page there are some great things you can do. You can sign up for online fundraising, pick your target prize and even become a fundraising superstar!

If you're having any trouble setting up your student profile or fundraising online, please get in touch with the Fun Run team on 1800 FUN RUN.

Thanks for supporting us with your fundraising efforts, we look forward to celebrating with an amazing day!

UNIFORM ORDERS HAVE ARRIVED

Good news! Our order of blue, short sleeved polo shirts has arrived just in time for the warmer weather. Please use the Sustainable Schools website to order.



SCECS PLAYDATES!

Playdates will continue again this term, with our first one happening at the Treehouse after school **this Wednesday**. Please bring some afternoon tea and enjoy the sunshine while we can! Everyone is welcome.



WE NEED YOU - VACANT P&C POSITIONS

Being involved in the P&C is a wonderful way to give back to our great school. Please consider being involved and get in touch if you would like to know more!

Treasurer - Our wonderful Treasurer, Joana, will be leaving Canberra next year so we are trying to find someone to fill her position. We are getting in early to allow a wonderful transition while Joana is around to help out and show the new Treasurer the ropes.

The time availability needed to fulfill the role is 2 hours per term + 2 hours at the beginning of the year. The role of Treasurer involves:

- being responsible for all funds received and spent
- paying the bills with the President (once or twice per month)
- regularly entering data into our online financial software
- preparing and reporting the P&Cs financial position at P&C meetings (monthly)
- counting cash and depositing to bank after fundraising events (2 or 3 times/year)
- working with the secretary to include the financials in P&C's annual report to government
- providing information for budgeting yearly; and
- preparing the P&C association's books and accounts for an annual audit.

If you would like further information or are interested in taking on the role, please contact Joana at scecsbandc.treasurer@gmail.com.

Second Hand Uniform Coordinator -

Can you spare an hour a month? We are looking for a volunteer to coordinate our second-hand uniform sales. Duties include:

- collect and wash donated uniforms
- communicate with families via email to manage requests and payments
- update the second-hand online shop and stock/sales spreadsheet
- organise orders for collection and provide updates on sales to the P&C.

There is plenty of support from the school and other P&C members to assist with the role. Please contact scecsclothingpool@gmail.com if you would like further information or are interested in taking on this role.

COMMUNITY INFORMATION

ACT Nutrition Support Service

THE GLYCAEMIC INDEX

The Glycaemic Index (GI) measures how fast a carbohydrate food is digested and absorbed into the blood stream.

WHAT ARE CARBOHYDRATE FOODS?

Carbohydrates are an important source of energy for our body providing fuel to power our brain and muscles. Carbohydrate containing foods are grain foods (such as bread, rice pasta), legumes, fruits and starchy vegetables such as potatoes and corn. Milk and yogurt also contain carbohydrates.



When we eat carbohydrate food, our digestive system breaks it down into tiny glucose molecules which are then released into our blood stream providing us with energy.

THE GLYCAEMIC INDEX

Different carbohydrate foods have a different impact on our blood glucose levels depending on their GI rating.

Low GI foods are digested slowly and provide a slow release of glucose into our blood stream which provides longer lasting energy. These foods also help us to stay full for longer.

High GI foods are digested quickly and release glucose quickly into bloodstream. These foods can give us a quick hit of energy, but it doesn't last very long making us feel hungry and tired soon after.

CHOOSING LOW GI FOODS CAN BE BENEFICIAL FOR:

- Preventing and/or managing heart disease, diabetes and obesity
- Lowering cholesterol and triglycerides
- Controlling appetite and preventing sugar cravings
- Providing longer lasting energy throughout the day

THE BOTTOM LINE –

Choosing low GI foods is an important part of a healthy balanced diet that includes plenty of vegetables, lean protein, healthy fats and limited discretionary (junk) foods.

LOOK FOR THE GI SYMBOL

Foods that carry the GI symbol have had their glycaemic index tested at a recommended laboratory and are low GI.

To learn more about GI and look up products visit www.gisymbol.com



GLYCAEMIC INDEX OF COMMON FOODS

| Lower GI foods | | Higher GI foods | |
|--|---|---|--|
| Fruit | | | |
| Apples Cherries Peaches Grapefruit Mandarins Lightly ripe bananas | Plums Grapes Pears Kiwi fruit Oranges Berries | Dried dates Lychees, canned Watermelon | |
| Vegetables | | | |
| Sweet potato Corn | Yam Taro | Parsnips Potato, pale skin, boiled or baked. Purple skin sweet potato | |
| Grain foods | | | |
| Pumpnickel bread Sourdough bread Multigrain bread Basmati, Mahatma or Doongara rice | Barley Pasta (white and wholemeal) Rolled oats (whole oats) Muesli | White bread Wholemeal bread Puffed rice breakfast cereal Corn flakes | Jasmine and arborio rice Rice noodles Cous cous Polenta |
| Legumes | | | |
| Baked beans Chickpeas Lentils | Butter beans Kidney beans Soy beans | Broadbeans | |
| Dairy foods and alternatives | | | |
| Milk Yoghurt Soy milk | | Rice milk Oat milk | |

Another Chance Op Shop



Another Chance op shop is again having 50% off the entire store from Friday 14 – Saturday 22 October.

Find us at Scullin shops, Ross Smith Crescent for a great selection of clothing, kitchenware, books, toys, artwork, linen and so much more. Like our Facebook page for more information. Shop hours 10am – 4:30pm weekdays and 10-1pm Saturday.