

# Southern Cross Early Childhood School



Newsletter 12 | Monday, 21 September 2020

Respect | Resilience | Kindness | Creativity

## DATES TO REMEMBER

**Tuesday 22 October | 10.00-11.30**  
**Paint & Play**

**Friday 25 September**  
**End of Term 3**

**Monday 12 October**  
**School resumes for Term 4**

**Monday 19 – Friday 23 October**  
**BOOK WEEK**

**Monday 26 – Friday 30 October**  
**CHILDREN'S WEEK**

Dear Families,

Yuumma. In acknowledgement of our continuing commitment to cultural integrity, our Reconciliation Action Plan Team has developed an Acknowledgement of Country for all staff to feature as part of their email signature block...and we are thrilled with this initiative.

Thank you also to our P&C team and teaching staff for hosting a daytime disco in lieu of the traditional evening disco. We are continually finding innovative ways to adapt school traditions and routines to ensure that our community members are safe.



## Reading 'boost' groups

Teachers have been busy completing end of term 3 reading assessments for children in Kindergarten to Year 2. Although we are still analysing the data, we are generally really pleased with the progress made. For example, 52% of our K-2 children have already reached their end of year benchmark! We have also completed writing assessments for each child so that we are able to personalise teaching programs to meet each child's learning need. Currently, the children are also completing numeracy assessments to inform our term 4 teaching and learning programs.



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# Children's Week Celebrations

We have been notified from the ACT Children's Week Committee that we have been successful in receiving a Children's Week grant that will support our 'outside learning day' and official opening of slide mountain. I have asked Lyndall Read to visit the school on that special day. As part of our Children's Week celebrations, I am also currently preparing a multimedia presentation to show the children about the games their grandparents played as small children. If your child is visiting a grandparent or great grandparent during the school holidays, please record some video footage of your grandparent being asked and answering the question... "What games did you play when you were 4, 5, 6 or 7?" – we will collate these and share with the children at a gathering before the outdoor learning day. Please send these short video recordings



# Progressing Parental Engagement Grant

In August, Jessica Yeo (P&C President) and I collaborated with many Southern Cross stakeholders (including our very clever Nicole Emerton) and submitted a grant application to support the P&C Association with maintaining parental engagement activities at the school. Last week we received notification that we have been successful! The \$20 000.00 grant money will assist our P&C Association in collaboration with Anglicare and the SCECS Education Directorate staff, to create an Action Team (with subsequent activities) to focus on refurbishing an area of the library to create a more efficient inclusive adult gathering space.

## Year 2 Playground Consultation

We have developed a year-round maintenance plan for the Oasis, Balance Challenge, Forest Treehouse and Slide Mountain play areas so that these spaces always look in top condition and are ready for the children to play. As part of our renewed focus on these purpose built areas, you may remember that a few weeks ago we asked the children in Year 2 to contribute their ideas. Our future community leaders came up with some really positive expectations...a few Oasis ideas are shared below 😊. Nicky Smith will be working with the children to create signage for the spaces as a reminder.

- keep the sand in the sandpit and the rocks safely on the ground in the riverbed
  - shoes and socks can be off in the sandpit
  - dirt stays in the dirt pit ready for digging
  - children share the water with teachers helping by turning the water on and off at the main tank

Wishing all Southern Cross Early Childhood School families a relaxing and safe school holiday break. Enjoy your beautiful children...we certainly do!

Yerra, Catherine

Catherine Dillon  
Acting Principal

# From Southern Cross

## Parking Safely Around Schools

If you need to drive to school, remember to park legally at all times. Parking Operations use a [Licence Plate Recognition vehicle](#) (or electronic chalking), which regularly patrols school environments to increase safety for children. Motorists that commit an offence will receive their infringement notice in the mail (rather than on their windscreen) 5-7 days after the offence.

While the school can become congested during the peak times, illegal parking should be avoided at all times as it creates an unsafe environment for children and local residents. Parents are welcome to park on side streets around the school, but please remember to park legally. Infringements for parking on nature strips, footpaths, verges, street corners and near children's crossings start from \$114.

More information is available on the [Transport Canberra](#) website to promote safe behaviours around schools. Please help to make our school community safe.



#SafeParking

## Scholastic Book Fair

Scholastic Bookfair is coming to Southern Cross Early Childhood School week 2 next term.

This year the bookfair will be looking slightly different with the restrictions in place in schools for COVID-19. The children will still come through with their class and will look through the exciting options available. They will complete their 'Wish List' which will be sent home to families. Families will be able to pay for any books they wish to purchase online or by sending in the correct cash with their child. We will then deliver the books to the children in their classroom to bring home. If the book is sold out from the stock at school, we will place a back order and let families know. More information on the process for ordering will come out next term.



# From the P&C

It's been a busy few weeks for the P&C!

## Rainbow Disco

The two daytime discos were a huge success and lots of fun! It was great to be able to offer this important event in a COVID-friendly way. A huge thank you to the volunteers who made it all happen on the day, the teachers for letting us interrupt your day and the kids for hardly noticing the difference between a daytime or nighttime disco! Big W Civic and Gateway Bookshop Wagga donated some of the lucky dip prizes and we thank them for their support.



## Pie+Pasta+Pastry Round 2

Thank you to everyone that supported the second Pie+Pasta+Pastry event. Our biggest thanks go to Sweet Bones Bakery and Hudsons Catering for working with us to provide delicious food and raise money for our school community. In the next week or so we will donate half the profits to Anglicare Early Childhood Education.

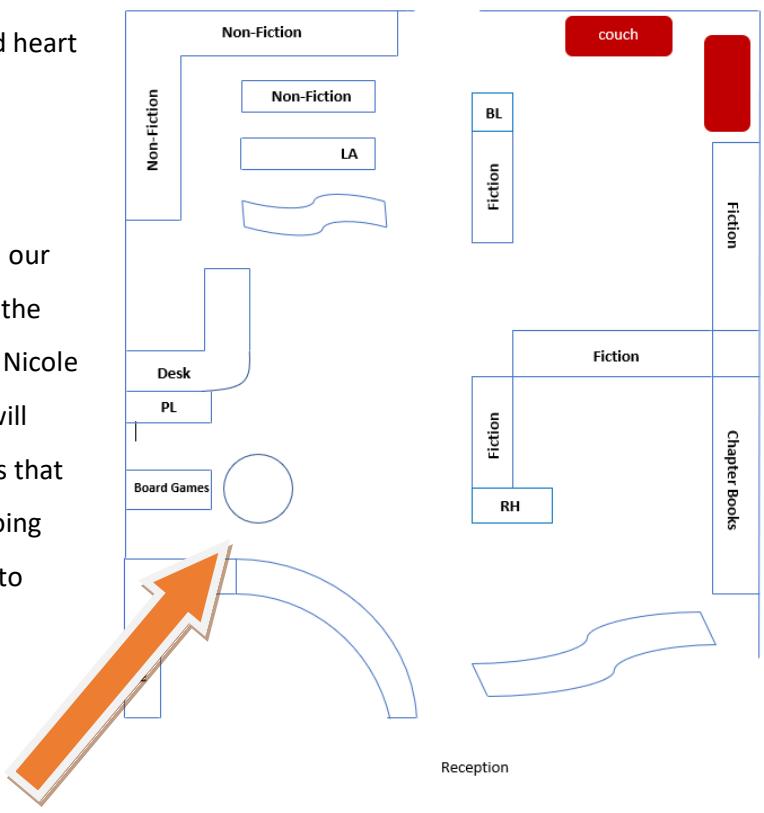
## Progressing Parental Engagement Grant

Our biggest news is that we were successful in our application for a \$20,000 grant from the ACT Government!!!!!! This grant is to support parent engagement to build stronger school communities and Southern Cross will be creating a Yarning Corner in an under-utilised corner of the library. This space will be a place where families can meet and chat over tea or coffee. The works will be completed within 12 months and the P&C will be working with the school to create this special corner of our school. I must stress that

Catherine Dillon and Nicole Emerton are the brains and heart behind this idea. Thank you both.

## P&C Positions 2021

As we head into our last term of 2020 I need to remind our community that we are looking for people to step into the committee roles in 2021. Jess is leaving the school and Nicole and Mel have both done two years in their roles. You will inherit a P&C that is in a great financial position, events that work and are easy to run and the support of the out-going committee. You will also see the Yarning Corner come to fruition!



# From Anglicare

## Bright Star Café Menu – Term 4

Start planning your Term 4 lunches today! Here is the delicious and nutritious menu starting in Week 1 of term 4.

SOUTHERN CROSS EARLY CHILDHOOD SCHOOL TERM 4 LUNCH ORDER MENU					
	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks 1, 5 & 9	Vegetable Stir Fry Hokkien Noodles	Chicken & Ricotta Filo Pie w/ Salad  <u>Vegetarian Option:</u> Spinach & Ricotta Pie	Lamb Tagine w/ Mash Potatoes  <u>Vegetarian Option:</u> Dahl Tagine	Beef Napolitana Pasta  <u>Vegetarian Option:</u> Lentil Napolitana	Chicken Sliders w/ BLT (beetroot, lettuce & tomato)  <u>Vegetarian Option:</u> Vegan Pattie
Weeks 2, 6 & 10	Beef Rissole w/ Rainbow Slaw & Crispy Pita Bread  <u>Vegetarian Option:</u> Lentil Balls	Ricotta Gnocchi	Coconut & Lemon Creamy Chicken w/ Rice  <u>Vegetarian Option:</u> Creamy Tofu Coconut	Tuna Sushi Hand Roll  <u>Vegetarian Option:</u> Avocado Roll	Beef Bean Taco Bowl  <u>Vegetarian Option:</u> Vegan Bolognaise
Weeks 3 & 7	Salmon & Spinach Macaroni Cheese  <u>Vegetarian Option</u> Lentil & Spinach	Meatloaf w/ Spring Vegetables  <u>Vegetarian Option:</u> Vegetable Ragu Pie	Beef Pie w/ Steamed Vegetables & Corn cobs  <u>Vegetarian Option:</u> Vegan Mince Pie	Chicken & Mushroom Risotto  <u>Vegetarian Option:</u> Pumpkin Risotto	Falafel Kebabs w/Hummus & Salad
Weeks 4 & 8	Moroccan Lamb w/ Cous Cous  <u>Vegetarian Option:</u> Lentil & Kale Kofta	Pumpkin Alfredo w/ Pasta	Teriyaki Chicken w/ Soba Noodles  <u>Vegetarian Option:</u> Teriyaki Tofu	Mexican Beef w/ Tomato Rice  <u>Vegetarian Option:</u> Vegan Mince	Chicken Caesar Salad  <u>Vegetarian Option:</u> Bocconcini Salad

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. 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.

## It's Back....



We are doing it again! Did you miss out last year? Get in quick...

Fresh North Queensland Mangoes Direct from the farm to you!

If you **love mangoes**, here's your chance to indulge in fresh juicy Kensington Pride mangoes and support Anglicare's fundraising drive.

We are selling trays of mangoes picked and packed during the premium harvest.

**Cost per Tray is: \$27.00 (approx. 7kgs)**

**Place your order before:** Wednesday 28<sup>th</sup> October (week 3) 2020 for delivery Week 9 Term 4.

**Payment via direct deposit:** Anglicare Canberra and Goulburn  
BSB: 032-719 Account No: 467863  
REFERENCE: Mango (Last name)

**For Further information contact:** [southerncross@anglicare.com.au](mailto:southerncross@anglicare.com.au)

**Money raised will be used to:** Resource our Walga Nature Preschool & Before and After Preschool Programs

# Community Information

## 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](http://www.holidayhappenings.com.au/online-booklet)**

### ACT Nutrition Support Service

#### Welcome to Salad Season 🥗

With some beautiful sunny days this week and an abundance of seasonal greens readily available, now is the perfect time to get salads back on the table! Check out our [Roasted Tofu Salad](#) - this will have the whole family wanting more!

With Moroccan crispy tofu, fresh greens, sweet beetroot and a zesty salad dressing, there is a lot to love about this salad.

What you will need:

- 100g firm tofu, cubed
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon Moroccan seasoning
- 1 beetroot, fresh (canned works too!)
- 1 carrot
- 1 cucumber
- 2 spring onions
- 200g lettuce mix



## Dressing

Juice of 1 lemon

1/2 tablespoon extra-virgin olive oil

Visit our [website](#) for the full recipe!

Not feeling this recipe? Check out the [other salad recipes](#) on our website!

## How to build a winner salad

Use our salad building tool to make an exciting and balanced salad every time! Perfect for dinner, planning work lunches or even the school lunchbox.

**Choose your leafy base**

<input type="checkbox"/> Shredded Iceberg lettuce	<input type="checkbox"/> Torn cos lettuce leaves	<input type="checkbox"/> Shredded cabbage
<input type="checkbox"/> Mesclun mix	<input type="checkbox"/> Rocket	<input type="checkbox"/> Baby spinach

**Add some veg variety Aim for at least 3 different colours**

<input type="checkbox"/> Sliced radishes	<input type="checkbox"/> Cherry tomatoes	<input type="checkbox"/> Chopped cucumber
<input type="checkbox"/> Grated or sliced carrot	<input type="checkbox"/> Sliced red onion	<input type="checkbox"/> Sliced capsicum
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Chopped spring onions	<input type="checkbox"/> Grated beetroot

**Pick your protein**

<input type="checkbox"/> Chopped chicken breast	<input type="checkbox"/> Tuna in spring water	<input type="checkbox"/> Lentils, kidney beans chickpeas
<input type="checkbox"/> Sliced roast beef	<input type="checkbox"/> Pan fried tofu	<input type="checkbox"/> Egg

**Add some carbs (optional)**

<input type="checkbox"/> Roasted sweet potato	<input type="checkbox"/> Cooked pasta spirals	<input type="checkbox"/> Wholemeal cous cous
<input type="checkbox"/> Corn	<input type="checkbox"/> Cooked quinoa or barley	<input type="checkbox"/> Brown rice

**Make your dressing**

<input type="checkbox"/> Extra virgin olive oil with <ul style="list-style-type: none"><li>o lemon juice</li><li>o balsamic vinegar</li></ul>	<input type="checkbox"/> Creamy avocado with lemon juice	<input type="checkbox"/> Greek yogurt with lemon juice and Dijon mustard
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**Sprinkle on extras**

<input type="checkbox"/> Olives	<input type="checkbox"/> Feta, bocconcini or parmesan cheese	<input type="checkbox"/> Pine nuts
<input type="checkbox"/> Avocado	<input type="checkbox"/> Pepita seeds	<input type="checkbox"/> Almonds
		

[Click here](#) to download a PDF version of the salad building tool.



## 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**



## BASKETBALL FOR JUNIORS

We Get Kids Active!



**Only \$78 for 6 classes in Term 4 2020**

- Boys & Girls aged 3 - 9 Years
- Skills based intro to Basketball
- Indoor sessions
- Modified equipment
- Ideal for beginners
- Age appropriate programs
- Parent help for 3+4 year olds
- BASKETBALL TO KEEP!

Location:

Melba Copland College Enter from Verbrugghen St, Melba

Starts

\$78

Saturday 24th October

3 + 4 year olds - 9.45am to 10.30am  
5 + 6 year olds - 10.30am to 11.15am  
7 - 9 year olds - 11.15am to 12.00pm

\$78

**ENROL + PAY ONLINE AT**

**[WWW.GETACTIVESPORTS.COM.AU](http://WWW.GETACTIVESPORTS.COM.AU)**

To receive the Earlybird price of \$78 you need to Enrol+Pay before 7<sup>th</sup> October.

After 7<sup>th</sup> October cost will be \$90 FOR 6 SESSIONS INCLUDING A BASKETBALL FOR YOU TO KEEP!

Programs Focus on Improving Co-ordination and Motor Skills

For more info call us on 1300 772 106 or email us at [info@getactivesports.com.au](mailto:info@getactivesports.com.au)

**PLAY NOW PAY LATER – PAY BY INSTALMENT OPTION AVAILABLE**

<b>CYCLABILITIES</b>	<b>WATERABILITIES</b>	<b>ARTABILITIES</b>
<b>DEVELOPED AND LED BY OCCUPATIONAL THERAPISTS, EXERCISE PHYSIOLOGISTS AND TEACHERS</b>	<b>DEVELOPED AND LED BY AUTISM SWIM TRAINED OCCUPATIONAL THERAPISTS AND EXERCISE PHYSIOLOGISTS</b>	<b>DEVELOPED BY REGISTERED ART THERAPIST AND LED BY ART THERAPIST, ART TEACHER AND ALLIED HEALTH PROFESSIONALS</b>
<b>DEVELOP SKILLS IN:</b>	<b>DEVELOP SKILLS IN:</b>	<b>MAKE ART, AND BUILD SOCIAL CONNECTION, EMOTIONAL WELLBEING AND RESILIENCE.</b>
<ul style="list-style-type: none"> <li>• CYCLING (LEARN TO RIDE)</li> <li>• BALANCE AND COORDINATION</li> <li>• ROAD SAFETY</li> <li>• SOCIAL SKILLS COMMUNICATION SKILLS</li> </ul>	<ul style="list-style-type: none"> <li>• WATER SAFETY</li> <li>• BEGINNING SWIM SKILLS</li> <li>• SOCIAL SKILLS COMMUNICATION SKILLS</li> </ul>	<b>SESSIONS AVAILABLE FOR 4 - 8 YEAR OLDS AND 9 - 13 YEAR OLDS</b>
<b>SESSIONS AVAILABLE FOR 4 - 13 YEAR OLDS</b>	<b>SESSIONS AVAILABLE FOR 5 - 8 YEARS OLDS</b>	

DEVELOPED AND LED BY OCCUPATIONAL THERAPISTS, EXERCISE PHYSIOLOGISTS AND TEACHERS

**DEVELOP SKILLS IN:**

- CYCLING (LEARN TO RIDE)
- BALANCE AND COORDINATION
- ROAD SAFETY
- SOCIAL SKILLS COMMUNICATION SKILLS

**SESSIONS AVAILABLE FOR 4 - 13 YEAR OLDS**

DEVELOPED AND LED BY AUTISM SWIM TRAINED OCCUPATIONAL THERAPISTS AND EXERCISE PHYSIOLOGISTS

**DEVELOP SKILLS IN:**

- WATER SAFETY
- BEGINNING SWIM SKILLS
- SOCIAL SKILLS COMMUNICATION SKILLS

**SESSIONS AVAILABLE FOR 5 - 8 YEARS OLDS**

DEVELOPED BY REGISTERED ART THERAPIST AND LED BY ART THERAPIST, ART TEACHER AND ALLIED HEALTH PROFESSIONALS

**MAKE ART, AND BUILD SOCIAL CONNECTION, EMOTIONAL WELLBEING AND RESILIENCE.**

**SESSIONS AVAILABLE FOR 4 - 8 YEAR OLDS AND 9 - 13 YEAR OLDS**

**PROGRAMS ARE WELCOMING, FAMILY FRIENDLY, INCLUSIVE AND ALLIED HEALTH LED. ALL PROGRAMS ARE DESIGNED TO SUPPORT CHILDREN WITH DISABILITIES, ADDITIONAL NEEDS AND THOSE WHO WISH TO IMPROVE MENTAL HEALTH AND WELLBEING.**

FOR MORE INFORMATION AND TO REGISTER:



[CYCLABILITIES.COM.AU](http://CYCLABILITIES.COM.AU)



[INFO@CYCLABILITIES.COM.AU](mailto:INFO@CYCLABILITIES.COM.AU)



**CYCLABILITIES**



**WATERABILITIES**



**ARTABILITIES**



Another Chance op shop, Scullin shops will be having 50% off the entire store from Monday 28 September through to Saturday 10 October (coinciding with the school holidays). Store hours are 10am – 4:30pm weekdays and 10am – 1pm Saturday. Like our Facebook page for regular updates.

Another Chance is truly a hidden gem – worth your time to

visit, especially during our 50% off sale.

Another Chance is a project of Mosaic Baptist church – “in the community, for the community”.



*Do you love to run, jump and throw?  
Register today and join  
**Ginninderra Athletics Club***



Offering something for everyone Ginninderra Athletics is a welcoming and inclusive club.

Our focus is on family, fun, friendship and fitness. We welcome and encourage families and children from as young as 3 years of age to masters athletes.



The season runs from October through to March with competitions on Saturday mornings.

**HAVE FUN  
LEARN SKILLS  
AND STRIVE TO BE YOUR BEST**



GINNINDERRA.COM



GINNINDERRA ATHLETICS



GINNINDERRAATHLETICS@GMAIL.COM