

Southern Cross Early Childhood School



Newsletter 2 | Monday 21 February 2022

Respect | Resilience | Kindness | Creativity

DATES TO REMEMBER

Monday 28 February | 7.00
School Board Meeting

Wednesday 23 March | 7.00-8.30
P&C Meeting

Monday 28 March – Friday 1 April
Year 2 Swimming Program TBC

Dear families and friends

Our Learning Environment

I would like to give a big THANK YOU to our whole community for being so supportive as we have moved through some challenges related to our building this year. I am so pleased to let you know that we are all now back in safe and engaging learning spaces

where the children are connecting, learning and thriving. I would like to take this opportunity to thank our teachers who worked so hard to relocate learning spaces and made such an effort to ensure all the children were comfortable. I would also like to thank our Anglicare colleagues for the collaboration and teamwork throughout this challenging time. Southern Cross really is such an amazing community!

Getting to Know You Interviews

Thank you to our staff and families for prioritising this important time to connect and exchange important information about our learners. Working in partnership is something we value because we know how important it is for the children. Please do not hesitate to contact your child's teacher in the future should you wish to discuss anything about your child's learning.

If you missed this opportunity to connect with your child's teacher please contact them directly via Seesaw or email (see Educator contact details below).

Affiliated Schools – Collaboration with the University of Canberra

In 2022 Southern Cross Early Childhood School are so fortunate to be involved in many areas of the Affiliated Schools initiative. One initiative, *A Collaborative Approach for Quality Physical Education in Early Childhood Using a Personalised System of Instruction 2022*, will be held at our school with the year 1/2 classes for all of 2022. Each week across all four terms in 2022, a Physical Education lesson will be delivered to the year 1/2 children by a specialist PE teacher from the University of Canberra, Sophie. Dyrirrigurat and Gudamang will work with Sophie in terms 1 and 3 and Ghaddi and Wirria will work with Sophie in terms 2 and 4.



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

The focus of the sessions will be on the children working at their own pace to achieve what we call 'mastery' of learning, allowing them to meet the achievement standards outlined in the year 1 and 2 Australian Curriculum for Health and Physical Education. The teachers will also have access to professional learning throughout the year as part of this initiative.

Social media

We try and regularly post interesting things to our Facebook page. Whilst we know that Facebook is not perfect, we do find it useful to share our happenings at Southern Cross Early Childhood School. Grandparents especially love to see our photos! We do take great care with media permissions, but should there be a photo that you do not want posted please let us know and we will remove it straight away.

Warm regards

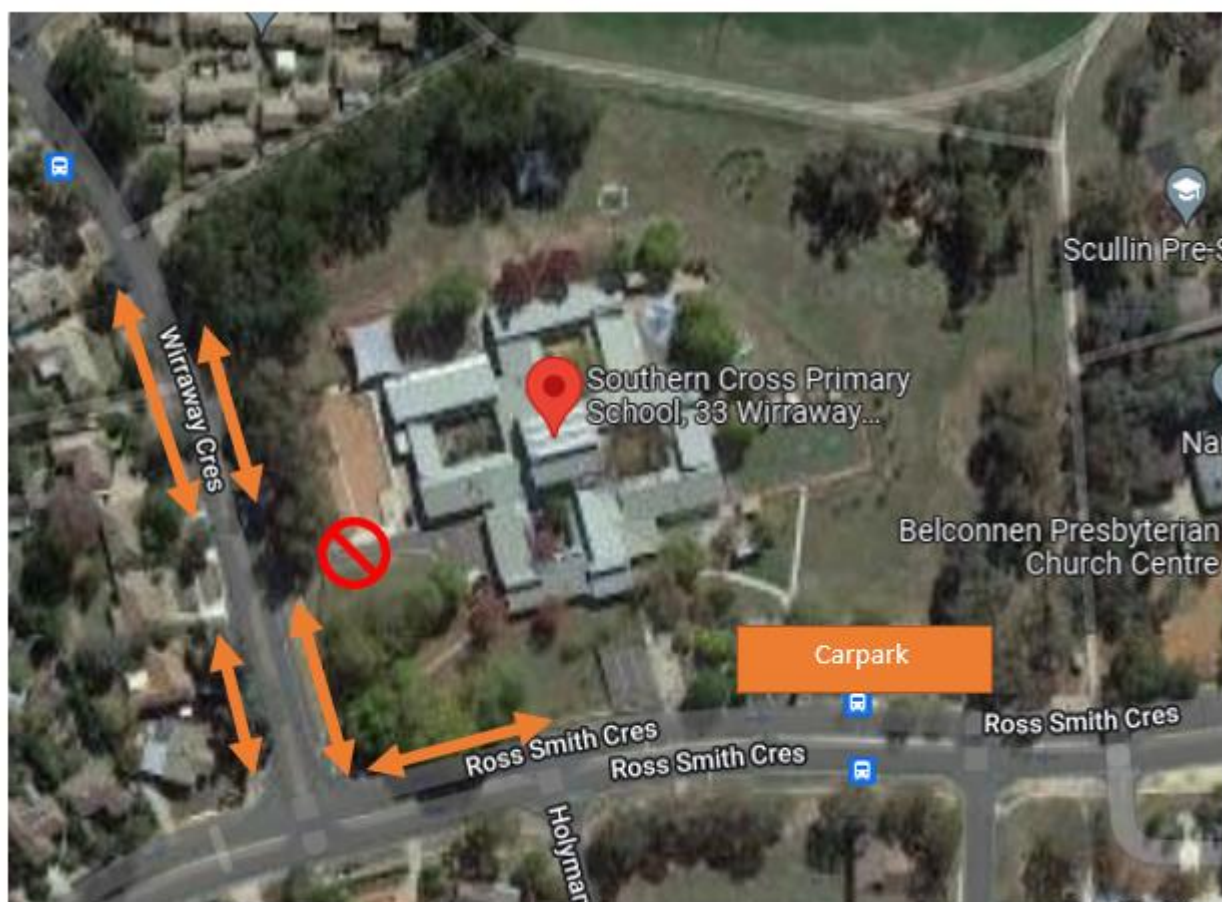
Kelly

From Southern Cross

Parking at Southern Cross

The school carpark is located on Ross Smith Crescent and has access to the main entry of the school. Other parking options include on street parking along Wirraway Crescent and Ross Smith Crescent.

Due to safety concerns for children and their families we ask that families do not access the carpark located on Wirraway Crescent, this carpark is for staff and service vehicles only.



Educator Contact Details

Preschool		
Guginya	Bec Morgan	Rebecca.morgan@ed.act.edu.au
Wamburrang	Sophie Jarvis	Sophie.jarvis@ed.act.edu.au
Bunduluk	Bianca Boyle	Bianca.boyle@ed.act.edu.au
Dnnawan	Kellie Rogers	Kellie.rogers@ed.act.edu.au
Preschool Team Leader	Liz Marman	Elizabeth.marman@ed.act.edu.au
Kindergarten		
Dyurra	Chloe Gleeson	Chloe.gleeson@ed.act.edu.au
Kabbadang	Candy Kelly	Candice.kelly@ed.act.edu.au
	Emily Hartley	Emily.hartley@ed.act.edu.au
Winyu	Sharron Wynn	Sharron.wynn@ed.act.edu.au
	Sarah Hornby	Sarah.hornby@ed.act.edu.au
Year 1/2		
Dyirrigurat	Dee Munro	Dee.munro@ed.act.edu.au
Gudamang	Emily Tanner	Emily.tanner@ed.act.edu.au
Ghaddi	Johnathan Price	Johnathan.price@ed.act.edu.au
Wirria	Belinda Smith	Belinda.smith@ed.act.edu.au
K-2 Team Leader	Emily Hartley	Emily.hartley@ed.act.edu.au

How to Notify the School of Your Child's Absence

If your child is away from school you will receive an SMS to let you know your child has been recorded as absent. We will endeavour to send this message by 10.30am every day. This will reassure you of your child's arrival at school and make it easier for you to keep your child's attendance record up to date when they are absent.

Simply reply via SMS, with your child's name and the reason for your child's absence, your reply will be saved directly onto your child's attendance record. If you do not reply, your child's absence will be recorded as 'unexplained'.

- For **unexpected absences**, responding to the SMS will notify the school and be placed directly onto your child's attendance record.
- For **late arrival**, you may still receive an SMS in the morning, please sign in at reception and your child's attendance record will be updated to a partial attendance for that day.
- For **planned absences**, we would still appreciate advanced notice of your child's absence.
- If your child attends the After School Care program with Anglicare please notify them using Storypark Manage or by calling reception on 61420020.

Bright Star Café Menu

SOUTHERN CROSS EARLY CHILDHOOD SCHOOL - TERM 1 LUNCH ORDER MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks 1, 5 & 9	Asian Chicken Noodle Salad <u>Vegetarian Option:</u> Asian Tofu Noodle Salad	Lamb and Vegetable Pastries <u>Vegetarian Option:</u> Chickpea and Vegetable Pastries	Warm Tofu Broccoli Pasta 	Beef & Black Bean Stir Fry with Turmeric Rice <u>Vegetarian Option:</u> Lentil and Black Bean Stir Fry	Tuna and Cherry Tomato Pasta <u>Vegetarian Option:</u> Chickpea and Cherry Tomato Pasta
Weeks 2, 6 & 10	Brazilian Style Chicken with Rice <u>Vegetarian Option:</u> Brazilian Tofu with Rice	Greek Beef Burger <u>Vegetarian Option:</u> Vegan Pattie Burger	Anfipasto Pasta 	Chicken Me Goreng <u>Vegetarian Option:</u> Vegan Me Goreng	Lamb Fajitas <u>Vegetarian Option:</u> Vegan Fajitas
Weeks 3, 7 & 11	Sumac Lamb with Chickpeas and Spinach <u>Vegetarian Option:</u> Veggie Kofta	Spinach and Ricotta Penne 	Beef and Soba Noodle Salad <u>Vegetarian Option:</u> Bean Curd and Soba Noodle Salad	Chicken Alfredo Pasta <u>Vegetarian Option:</u> Chickpea Alfredo Pasta	Beef in XO Sauce with Rice <u>Vegetarian Option:</u> Vegan Pattie in XO Sauce W Rice
Weeks 4 & 8	Vegetarian Lentil Nachos w/ Bean Salsa	Chicken Cacciatore w/ Grain Salad <u>Vegetarian Option:</u> Crumbed Tofu Cacciatore w/ Grain Salad	Beef and Noodle Chow Mein <u>Vegetarian Option:</u> Vegan Sausage Noodle Chow Mein	Pulled Lamb w/ Persian Rice Salad <u>Vegetarian Option:</u> Vegan Mince w/ Persian Rice Salad	Tuna Taco w/ Creamy Slaw <u>Vegetarian Option:</u> Lentil Taco w/ Creamy Slaw

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.



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.

Community Information

Crossing Roads Safely

Teaching children to cross the road safely is an important life skill.

Children's crossings are provided near schools to make it safer and easier for children to access the school. Children should be taught to make sure motorists completely stop prior to stepping onto the road.

When driving and parking around the school, please keep a look out for pedestrians when approaching crossings and remember to stop and allow pedestrians to clear the road completely prior to proceeding.

Avoid parking or collecting students on the approach to or just past a crossing, this reduces visibility and safety for children who are less



visible to motorists. It is also important to never try to pass other cars at a crossing or queue through a crossing, this type of behaviour significantly reduces safety for children.

More information is available in this [children's crossing](#) information sheet. Please drive slowly and be patient near the school to keep our community safe.

ACT Nutrition Support Service

Creating good relationships with food for children



Having a healthy relationship with food means enjoying a wide variety of foods without feeling any guilt or intimidation around certain foods. How we perceive food as adults stems from our childhood experiences with food. The more positive our experiences around food as a child, the more likely we are to have a healthy relationship with food as an adult.

Children start forming their relationships with food from birth and are influenced by their families and carers.

Tips to help children have a healthy relationship with food

- Offer children a wide variety of age-appropriate foods.
- Remember that there is more to food than just taste!
 - children also rely on smell to determine if food is appealing
 - children use visual cues to decide if a food tastes good or not, including the reactions of others to that food.
 - previous positive experiences with healthy food such as in stories and songs or art and craft can create positive perceptions of those foods even if they have not been tried before.
- Eat with children – show them how to eat a wide variety of foods. Children are looking to adults for cues on how to eat and this assists with the development of table manners too.
- Avoid using words like 'good' or 'bad' when discussing food. Choose words like 'everyday' or 'sometimes' instead.
- Avoid any focus on weight – children can learn quickly that excess weight is undesirable or unattractive from parent's comments. This can lead to poor body image as an older child, teenager and adult. Use words like 'strong' and 'healthy' to describe bodies.
- Expect some fussy eating from children – it can take up to 15 - 20 tastes of a new food for it to become accepted.
- Allow children to have some input on meal choices and involve them in the preparation of the meal. Small children can help set the table and older children can assist with chopping and peeling vegetables.
- Keep calm and aim for relaxed mealtimes.



COME AND TRY AFL



If you are turning 8 or 9 this year, then we want you!

Magpies Juniors are hosting a come and try afternoon filled with fun for the kids to see what playing AFL is like.

We will be running drills, games and much more. It is sure to be a great night. AFL is a great way for friends to come together into a team sport, we have fun each week training and playing.

There will also be pizzas for everyone attending to finish the night.

Coaches will be there to provide information on the season details, training times and game commitments.

Details

Where: Holt ovals, Hardwick Crescent, Holt

When: 23rd February, 5pm-6pm

Who should come: Everyone turning 8 or 9 years old this year, kids born in 2013/2014.

For registration details please contact juniors@magpiesjuniors.com