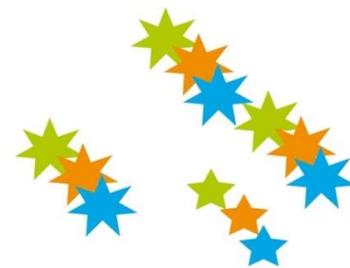


Southern Cross Early Childhood School



Newsletter 4 | Monday, 22 March 2021

Respect | Resilience | Kindness | Creativity

DATES TO REMEMBER

Tuesday 23 March

Shell Questacon Science Circus Incursion

Wednesday 24 March | 9.30-10.30

2022 Preschool Information Tour

Friday 26 March

Shell Questacon Science Circus Incursion

Friday 26 March | from 5.00

CampOUT! & Family Picnic

Wednesday 31 March | 9.15-10.00

Whole School Gathering

Thursday 1 April

Last day of Term 1

Friday 2 April

Good Friday Public Holiday

Monday 19 April

First day of Term 2

Dear families and friends

Welcome to week 8 everybody! Just a reminder for you all that our last week of this term is week 9. Term 1 will finish on Thursday 1 April (with Good Friday on 2 April). Term 2 will resume on Monday 19 April.

School Improvement

The Southern Cross School Board have been in discussions recently about our school's Improvement Plan. At the last Board Meeting, 'tweaks' to the School Plan were agreed on. Our two key priorities are listed below. If you would like to read more about these priorities and how we will measure our impact, please feel free to take a look at the new School Plan that is on our school website.

- Improve literacy growth for all learners.
- Improve numeracy growth for all learners.

Implementation of the School Plan will ensure a consistent and narrow focus of these two key priority areas. Throughout the year we will continue to keep you updated in how we are achieving our

priorities. As always, our focus on community engagement, inquiry learning through play, sustainability, our focus on the outdoor learning environment and cultural integrity will remain important parts of our work here at Southern Cross.

Whole School Gathering

Our next Whole School Gathering will be held at 9:15am next Wednesday (31 March). We welcome families to come along and join with us in celebrating our school and the wonderful learning that occurs. Year 1/2 – Dyrirrigurat – will be hosting this gathering in week 9.

CampOUT! and Family Picnic

Camp Out! is happening this coming Friday. We will continue to watch the weather forecast this week and communicate with families about this event towards the end of the week. There is more information about CampOUT! from the P&C further in this newsletter.



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.

Community Breakfast

A big thank you to Jason, the staff and our wonderful P&C for hosting our Community Breakfast on Friday week 6. The weather stayed clear and we were able to gather safely outside and celebrate Harmony Week together. It was lovely to see the children wearing orange or their traditional dress.

Kind regards,
Kelly

From Southern Cross



Southern Cross Early Childhood School
together with the P&C
present
CampOUT 2021
& Family Picnic

Family picnic 6-8pm
Family camping at school with breakfast to be provided by the P&C*
5pm Friday 26 March to
10am Saturday 27 March 2021

*For those who wish to stay the night after the Family Picnic. Weather and COVID dependent.

The poster features a background image of tents in a wooded area at dusk. It is decorated with colorful stars in shades of blue, green, and orange. A logo in the bottom right corner shows three stylized human figures in orange, green, and blue.

Shell Questacon Science Circus Presentation

The Shell Questacon Science Circus is a major outreach program from Questacon - The National Science and Technology Centre in Canberra. This is an exciting and interactive presentation covering aspects of science in everyday life. A Science Circus experience is designed to stimulate and challenge students to explore science and technology for themselves. Children from Anglicare Munjawari and Preschool to Year Two will have the opportunity to attend a presentation on either Tuesday 23 March or Friday 26 March 2021. There is no charge for this presentation.



Protective Behaviours

Protective Behaviours is an education program that provides children and carers with information and strategies on how to identify and deal with unsafe and threatening situations. Protective Behaviours consists of ten lessons which will be taught in term 2 across the school as part of our social and emotional learning program.

Protective Behaviours Topics

Theme 1: We all have the right to feel safe at all times.

Theme 2: We can talk with someone about anything, no matter what it is.

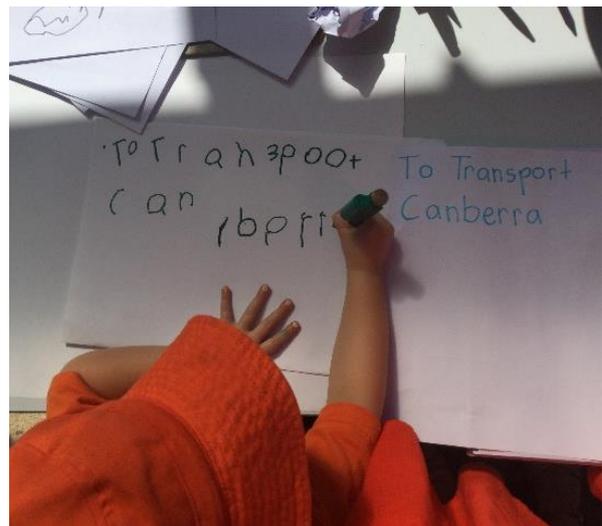
| Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 |
|---|---|--|------------------------------|---------------------------------|
| Theme 1 | Theme 1 | Theme 1 | Theme 2 | Theme 2 |
| Feelings and feeling safe Rights of the child | Recognising early warning signs Early warning signs and safety | Risking on purpose and keeping safe Different people have different reactions | When to seek help Secrets | Networks Networks Invitation |
| Lesson 6 | Lesson 7 | Lesson 8 | Lesson 9 | Lesson 10 |
| Theme 2 | | | | |
| Review networks Asking for help Persistence | Public and Private Safe and unsafe touches | Relationships and personal space | Saying no Being assertive | Revision of themes and concepts |

If you would like to find out more about the Protective Behaviours program, please ask your teacher or come along to our information session on Wednesday 28 April 2021. This session will be run by our school psychologist - Cindy Weinman.

Please RSVP: Nicole Emerton – nicole.emerton@ed.act.edu.au – 6142 0020.

Preschoolers are Writers

In Preschool, writing exploration commonly occurs through our play experiences. For Wamburrang the need for writing has occurred while using the Learn to Ride Centre. They found the need to write to Transport Canberra about the set of traffic lights which currently do not light up. Dnnawan and Bunduluk preschool groups have engaged in practising writing their name using a range of tools, including paper and textas as well as whiteboards. Children in Guginya used photographs of themselves making playdough to write a simple sentence about the shared play experience.





Sporting Schools – Netball

The children in Year 1/2 have started learning the skills to play netball. The sessions are run by coaches from Netball ACT which is funded by Sporting Schools Australia. As part of our funding we were also able to buy a class set of netballs. Here are some photos showing us in warming up at the start of our netball session.



Community Hub

Community Picnic Breakfast – Friday 12 March 2021

It was wonderful to have so many families attend our Community Picnic Breakfast. The rain stayed away long enough for us to enjoy each other's company and munch on some delicious fruit and banana bread. It was also fantastic to see so many families wearing orange or their traditional dress to celebrate the start of Harmony Week. Thank you to Hanna from the Bright Star Café for preparing all the food and all the Southern Cross staff for helping out on the day.





Capital
Region
Community
Services

Circle of Security



Circle of Security Parenting Program – SCECS Term 2 2021

Topics include:

- *Introducing the Circle of Security Parenting program.*
- *Developing skills in distinguishing the 'need' moments.*
- *Building a solid emotional foundation for your child/children.*
- *Tuning into your child/children's shifts in attention and emotion.*

Circle of Security Parenting is a program designed to enhance attachment between parents/carers and children. You will discover how to establish a secure base that gives your child/children a sense of safety as well as develop observational skills to strengthen your relationships.

For: Parents and carers who have children five years or younger

Session day: Thursdays – total of eight sessions

Start date: Thursday 29 April 2021

Time: 9:30am to 11:30am

Where: Southern Cross Early Childhood School - Wirraway Crescent, Scullin, ACT

Registrations are essential as places are limited.

Contacts: [Jason Thornton](mailto:jason.thornton@ed.act.edu.au) on 6142 0020 or jason.thornton@ed.act.edu.au

[Matty Samson](mailto:Matty.Samson@crs.com.au) on 6264 0200 or Groups@crs.com.au

Initiative of



ACT
Government
Community Services

Linking Families to Learning

Helpful Hints for Home

Writing

An area families often ask us about is how can I get my child to write at home. Writing is a complex process and some children find it hard or are reluctant to put pen to paper. This is because there are so many things a child must think about when they go to write. They have to-

- start by having an idea
- think of what the sentence or sentences will be
- then keep that thought in their head while working out what sounds/letter patterns are required to spell the words
- then remember how to form the letters to make the words, all the while not forgetting the sentence/idea they had at the start.

For some children this is a hard process to do and can be stressful or scary, as they don't like to get things wrong.

We encourage any writing at home to be fun, age appropriate and something they are interested in.

Here are some fun play ideas to help support writing at home-

- Writing in shaving cream, sand or with spaghetti



- Using paint brushes and water to write on the walls or ground outside
- Using a whiteboard or chalkboard (this is less threatening for children to have a go because it can be wiped off easily)
- Writing letters or words with playdough, sticks or rocks

Ideas to practice writing in an authentic way at home-

- Create a family journal for everyone to be able to have a turn at writing something you all did together one afternoon or on the weekend. This is where your child will see you writing because in today's technology world how often do our children see us write?
- Start a pen pal with a cousin, friend or grandparent. Writing and receiving letters brings so much joy and excitement to want to write.
- Get your child to help write the shopping list or have a shopping list to add to over the week for them to write on as well.
- Having a weekly board of all the activities you have on as a family and get your child to help write up the week's happenings.



School Holiday Program

|  Autumn School Holiday Program 2021 | | | | | |
|---|--|---|--|--|--|
| | Monday 5 th | Tuesday 6 th | Wednesday 7 th | Thursday 8 th | Friday 9 th |
| 1 | Easter Monday Public Holiday | Easter Egg Special! Since we've just celebrated Easter, it's only fitting that we continue the big feast by making scavenger hunts! A very bunny themed day awaits. | Little Bakers Day! On the menu today: Pizza for lunch and colourful cupcakes for afternoon tea. Guess who's cooking? You are! | Amazing Race Scullin We are going to split into two teams, get given hints to landmarks around Scullin and see who can get back to school first. | Big Paint and Play Day We have lots of clay, paint, kinetic sand, playdough and gooey glue... Let's get it all out! We may get a little messy with a huge, hands on craft day, so bring a change of clothes. |
| | Monday 12 th | Tuesday 13 th | Wednesday 14 th | Thursday 15 th | Friday 16 th |
| 2 | So You Think You Can Dance? We will be both dressing up using our costumes basket and doing a boogie as we turn the hall into a dance floor! | Ginninderry Community Recreation Park Activities include: slides, swings, rope bridges, flying fox, carousel, climbing nets and walls, and a supernova spinner This excursion will incur an additional fee | SCECS Anglicare Sports Carnival In true Anglicare tradition, we will be holding a great sports day competition, including various group games, sports and races. Bring a bike or scooter and your helmet on the day as we will be having bike track races. | Indigenous Art Expo! One of our Indigenous Anglicare parents is running a Cultural art workshop for the children to show them traditional art styles of First Nations' Peoples. This incursion will incur an additional fee | Parkour Day! Another brilliant suggestion by our students; we will transform the hall into an entire obstacle course and do various challenges to get the blood pumping! |

Various activities are offered as an alternative for all programmed days. These include craft, construction, reading, music experiences, group games, outdoor activities, and free learning experiences. Please also bring your child's bike/scooter and helmet if they wish to go to the bike track that day.

Bright Star Café Menu – Term 2

Start planning your Term 2 lunches today! Here is the delicious and nutritious menu starting in Week 1 of term 2.

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



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|--|--|---|---|---|
| Weeks 1, 5 & 9 | Creamy Cauliflower & Vegetable Pasta Bake | Chicken Meatball w/ Creamed Corn & Steamed Veggies <u>Vegetarian Option:</u> Vegetarian Kofta | Beef & Veg Stir-fry w/Rice noodles <u>Vegetarian Option:</u> Tofu & Veg Stir-fry | Lamb Fajitas <u>Vegetarian Option:</u> Lentil Kofta | Tuna Pasta Bake <u>Vegetarian Option:</u> White Bean Pasta |
| Weeks 2, 6 & 10 | White Bean & Salmon Croquettes w/ Pearl Couscous & Salad <u>Vegetarian Option:</u> Chickpea & White Bean Croquettes | Lamb Stroganoff w/ Pasta <u>Vegetarian Option:</u> Mushroom & Cannellini Bean | Chicken & Corn Risotto | Chicken Tender w/ Roast Vegetables <u>Vegetarian Option:</u> Lentil Sticks | Beef & Lentil Spaghetti Bolognese <u>Vegetarian Option:</u> Vegan Mince & Lentil |
| Weeks 3 & 7 | Butter Chicken w/ Rice & Naan Bread <u>Vegetarian Option:</u> Chickpea Curry | Mongolian Lamb w/ Rice <u>Vegetarian Option:</u> Mongolian Tofu | Creamy Potato & Bean Soup w/Bread roll | Baked Potatoes stuffed with Chilli Con Carne <u>Vegetarian Option:</u> Mixed Bean Medley | Honey Soy Chicken Noodles <u>Vegetarian Option:</u> Vegan Mince |
| Weeks 4 & 8 | Lamb Meatballs w/ Wild Rice Salad <u>Vegetarian Option:</u> Lentil Meatball | Chicken Quesadillas <u>Vegetarian Option:</u> Refried Kidney Bean | Beef Goulash w/ Pasta <u>Vegetarian Option:</u> Chickpea & Veg | Baked Fish Fingers w/ Vegetable Fried Rice <u>Vegetarian Option:</u> Vegan Nuggets | Roasted Pumpkin & Capsicum Soup w/Bread Roll |

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.



CampOUT! and Family Picnic (starting this Friday 26 March)

Thanks for registering for the CampOUT !and/or the Family Picnic. It's shaping up to be a fun event! A few things to remember before the day:

- Don't forget to bring: your picnic dinner, torches, camping gear, warm clothing, marshmallows and toasting sticks!
- Entry to the event is on foot via the staff carpark entrance (Wirraway Crescent). Please park your car on the street and walk your gear in (be mindful of our neighbours).
- This is a COVID safe event, please sign in using the Check in CBR App.
- The event remains weather and COVID dependent. Any change of plans will be issued on Friday mid-morning.

Clothing Pool

Did you know you can donate your good quality uniform items to the school clothing pool?

Uniform items can then be purchased from the school clothing pool for a small price. Money raised from the sale of these items goes to the P&C to fund all the fun activities we run at the school, like the yearly CampOUT event and disco nights!

What to donate/what we sell: Please only donate *good quality, current* uniform items, including blue and orange short sleeve (\$3 each) and long sleeve (\$5 each) polos, and polar fleece jumpers (\$10 each) in sizes 2 to 10, and small and large beanies (\$3 each).

How to donate items: Just pop any items in the donation box, located in the kitchenette area in front of Nicole's desk at school reception. It is preferred items have been washed before donating.

How to purchase items:

1. Check the current stock available on the Sustainable School Shop website - <https://www.sustainableschoolshop.com.au/stocktake/southern-cross-early-childhood-school>
2. If we have what you're after, email the Clothing Pool Volunteer Coordinator (Cassy), with your order to scecsclothingpool@gmail.com (items cannot be purchased through the website).
3. Cassy will respond to confirm availability, total price, bank account details for payment with a reference to use (we prefer this over cash please), and when items can be collected.
4. Collect items from Nicole at reception, usually within 2-3 days.
5. Advise Cassy they have been collected and provide confirmation of payment.

If you have any questions about the clothing pool, please contact Cassy or the P&C Presidents.

Patty McMahan and Katherine McKay (P&C Co-Presidents) scecpandc@gmail.com

Community Information

ACT Nutrition Support Service

Meeting nutrition needs of our ageing population

As we get older, lots of things can affect our nutritional needs and ability to meet them. This includes loss of appetite, taste changes and difficulty chewing. Yet it is a time when we need to make the most of every mouthful to ensure we get the nourishment our aging bodies need.

Key nutrients of focus for older people

Protein

Extra protein is needed to help maintain muscle mass, recover after illness or injury, and support wound healing. Good sources of protein include lean meat, fish, poultry, eggs, legumes and nuts. Try to include some protein with every meal.



Calcium

Calcium is crucial to reduce age-related bone loss. Good sources include milk, yoghurt, cheese and calcium-fortified dairy alternatives such as soy milk and tofu.

Fibre

Fibre can help to encourage bowel regularity and prevent constipation. It is also useful in lowering blood cholesterol, can help manage blood sugar level and promotes healthy gut bacteria. Good sources include wholegrain breads and cereals, fruit, vegetables and legumes.



Antioxidants

Antioxidants can help prevent damage to our cells as we age. They also help to support a healthy immune system and overcome illness. Antioxidants are found in all plant foods. Including a range of different coloured fruits and vegetables every day will help provide a greater variety of different antioxidants.



A note on hydration

Staying hydrated can be a challenge as we age, as we may not feel the need to drink as often. Drinking enough fluid is important for mental alertness and can help prevent dehydration, constipation and kidney problems.

Did you know? The best way to tell if you are consuming enough fluid is your urine colour. Aim for urine that is clear or very pale yellow.



Bookfair

The Lifeline Canberra Bookfair is back for 2021 at
Thoroughbred Park

- o textbooks
- o puzzles, console, board games
- o computer software & games
- o lego, war gaming, models & miniatures
- o magazine, pamphlets & comics
- o maps & atlases
- o audio books
- o cds records & sheet music
- o talking books
- o dvds & blu-ray
- o calendars & diaries
- o notebooks, posters & prints
- o stamps & trading cards
- o sets & encyclopedias

Thursday 25 March 9am - 4pm
Friday 26 March 9am - 6pm
Saturday 27 March 9am - 4pm
Sunday 28 March 9am - 4pm

Head to our website for our COVID safe plan

**Thoroughbred Park,
1 Randwick Rd, Lyneham Canberra.**
Please note: for your safety, the event will be held on strict accordance with ACT Health regulations.

Gold coin donation entry





32nd

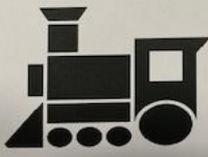
CANBERRA MODEL RAILWAY EXPO



SATURDAY 27 - SUNDAY 28 March 2021

Times: Sat 9 am – 5pm; Sun 9am – 4pm

UC High School KALEEN
104 Baldwin Drive



- 30 Scale Model Railways
- Plus
 - Displays
 - Children's U –drive
 - Trade stands

Covid-19 safety arrangements in place

Presented by
the Canberra Model Railway Club Inc

Web: www.cmrci.info
E-mail: cmrcexpo@cmrci.info