

Southern Cross Early Childhood School



Newsletter 5 | Tuesday 27 April 2021

Respect | Resilience | Kindness | Creativity

DATES TO REMEMBER

Tuesday 27 April
2022 School Enrolments open

Wednesday 28 April | 9.15-10.45
**Protective Behaviours Session – Children
and Personal Safety**

Monday 3 May | 6.30
P&C Meeting

Tuesday 4 May – Monday 10 May
Scholastic Book Fair

Wednesday 5 May | 9.30-10.30
2022 Preschool Information Tour

Wednesday 12 May | 5.30-7.00
Family Board Games Night

Wednesday 19 May | 9.15-10.00
Whole School Gathering - Ghaddi

Dear families and friends

Welcome back to term 2! What a wonderful start to the term we have had. It was lovely being out in the playground and in classrooms with children last week. They were so excited to be engaged in deep learning with their friends.

I hope you all had the opportunity to reflect in your own way on Anzac Day. The Australian War Memorial have a page dedicated to 'ANZAC at Home' which I encourage you to share with your children, who have been discussing this important National Ceremony with their teachers. The page can be found here:

<https://www.awm.gov.au/anzacathome>.

Congratulations

I would like to congratulate Sophie and Kepz on the safe arrival of their daughter, Amara. We are very much looking forward to Sophie visiting later in the year.

Southern Cross School Board

Last term we did hold our School Board elections and I am pleased to advise that the parent members are Rob Day – School Board Chair (returning), Jasja van den Bos (returning), Frances Stewart (new), and the staff members are Kathleen Johansen (new) and Sarah Hornby (returning).

I would like to take this opportunity to thank our previous School Board members. We appreciate the time and effort to ensure our school is performing at its best for the children and families in our community.

Warm regards,
Kelly



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

From Southern Cross

Lunchtime Learning

Lunchtime Learning Clubs

BEGINS: Week 2, Term 2
TIME: 11:25am to 11:50pm
FOR: Kindergarten, Year 1 & Year 2

Monday	Tuesday	Wednesday	Thursday	Friday
Mindful Movement	Shooting Stars Choir	Dance Club	Garden Club	Outdoor Sports
Bec and Jason	Emily	Hayley	Dee	Bianca
				
School Hall	Community Room	School Hall	Environment Courtyard	Outside Learning Environment

Chief Minister's Reading Challenge



Every year, tens of thousands of students across the ACT participate in the Chief Minister's Reading Challenge. The Challenge aspires to allow every young person in the ACT to discover the joy reading can bring. Southern Cross Early Childhood School is proud to have all our children registered in the Challenge. We will be participating in this during Reader's Workshop; however, we would love as many children to participate at home as well. The challenge is to read 30 books between now and 6 August 2021. If you would like to participate individually, please refer to the Seesaw Post Nicky sent last week for the recording sheet or ask for a copy at reception.

Scholastic Book Fair

Scholastic Bookfair is coming to Southern Cross Early Childhood School week 3 this term. This year we are purchasing all books through the online option as we did in 2020. Children will come to the library with their class and look through the exciting options available. They will complete their 'Wish List' which will be sent home to families with the online payment details. Families will 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. An email and



seesaw post will be sent out in week 3 with more details on this process and photos of the book options. If families would like to view the books, they will be available to view on Tuesday and Wednesday afternoon between 3.00 – 3.30pm, all purchases need to be completed through the online option.

Understanding and Responding to Feelings and Behaviours

UR FaB Program in Schools



ACT
Government

Canberra Health
Services

Hello from the **UR FaB** team,

Your child's school is taking part in the **UR FaB** mental health early intervention program for children in Kindergarten and Year 1. **UR FaB** is a partnership between the ACT Child and Adolescent Mental Health Service (CAMHS) and the Education Directorate (ED). The program is staffed by health professionals from the CAMHS Childhood Early Intervention Program who specialise in early emotional and social development, together with the school community engagement officer, and a teacher from Southern Cross Early Childhood School.

The program aims to support children who are struggling to manage their strong emotions and behaviours. Previous research has shown that helping families and schools work together in the early years can have positive results for children both in their classroom and the wider world. The program specifically focuses on developing children's understanding about their emotions and behaviours and how to manage them, as well as to improve social skills and friendship skills.

UR FaB will be in your school setting up in Term 2, with a small group program being run in Term 3 for some families and children. Families involved in the program will take part in a 2 hour weekly intensive small group. The program involves both a child group and parent group, followed by an hour with parents and children together. Activities of the program are fun for children and provide an opportunity to practice and rehearse the skills learnt. You may also find us running fun classroom based activities within the school.

We look forward to running our program at Southern Cross Early Childhood School. Further information for children in Kindergarten and Year 1 was sent home last week. This information pack contains more detailed information about the program, a questionnaire for you to complete as well as instructions for opting out if you do not wish your child to participate.

Enrolments for 2022

If your child turns 4 years old before 30 April 2022, they are eligible for enrolment in an ACT Education Directorate Preschool. Applications for Enrolment for the 2022 school year are available online from 27 April 2021.

The online form is available here <https://www.education.act.gov.au/public-school-life/enrolling-in-a-public-school>

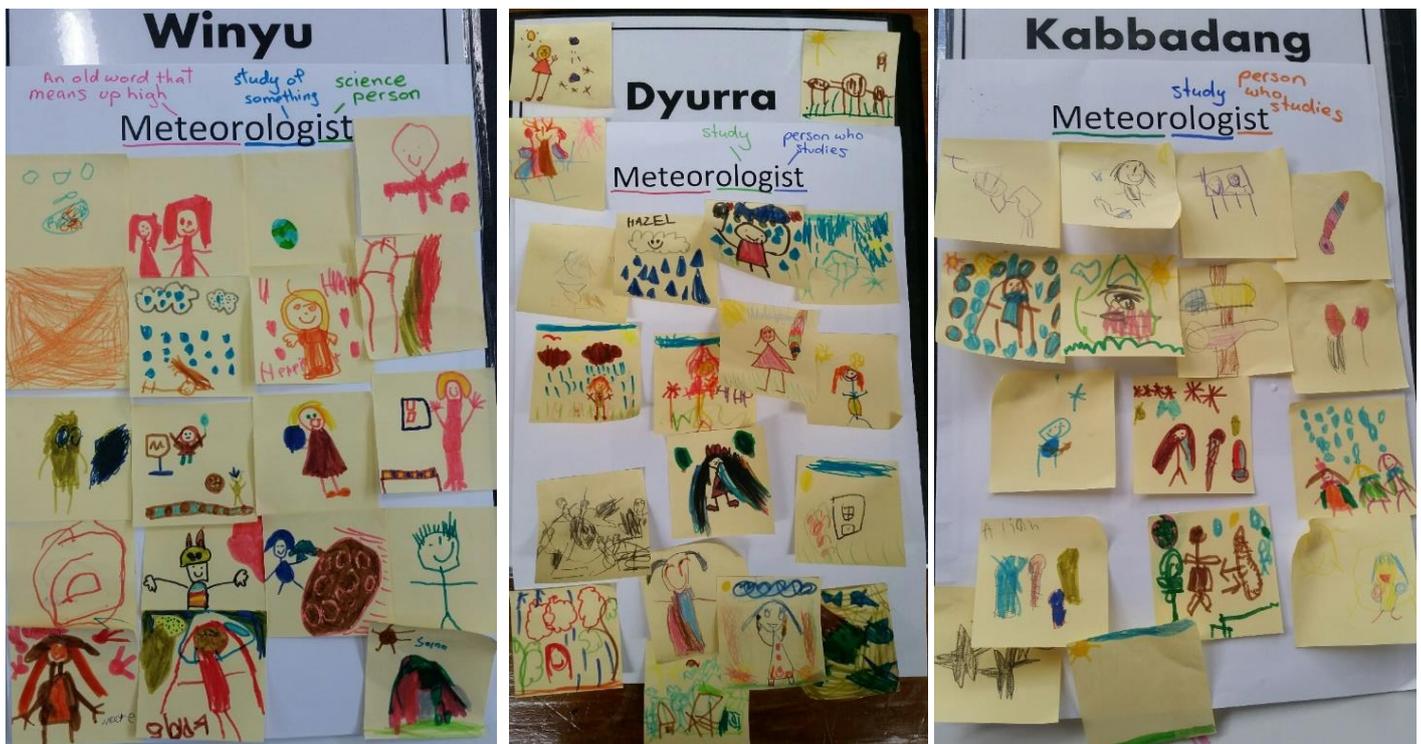
Our Preschool Information Tours for parents/carers will be held 9.30-10.30am on Wednesday 5 May and Thursday 27 May 2021. Please phone reception to book into a session. There will be opportunities for your children to engage in a preschool orientation session later in the year once enrolment has been confirmed.

You do not need to complete a new online enrolment application if your child currently attends Southern Cross Early Childhood School and you are continuing with us in 2022.



Kindergarten

Kindergarten's first science unit learning about the weather was very successful. We spent lots of time outdoors observing, measuring, discussing, drawing, describing, and feeling the weather. We looked at the job a meteorologist does, and we had a go at giving a weather report ourselves!





Year 1/2

Year 1/2 have spent the term learning about changes that occur in the sky and on the land. We spent some time looking at the difference between night and day and we did an experiment with torches which helped us understand why we can't see stars during the day – even though they are still there!

When looking at the changes on the land, we realised that there are many causes for the changes. We identified changes caused by seasons, weather, natural disasters, and human actions.



Linking Families to Learning

Family Board Games Night
Wednesday 12 May 2021
5.30 – 7.00pm
in the school hall.
Please RSVP to Nicole at reception.

Keep CBR safe & strong

- Maintain good hand hygiene
- Keep your distance
- Stay home if unwell and get tested
- Check In for contact tracing
- Monitor travel advice

Family time is an important time, as it promotes several learning opportunities not only academically but with your child's social and emotional growth. These times provide your child with the chance to take risks and develop with their trusted adult to support them. Playing outside, going for walks and spending time together as a family is a wonderful way to connect with your child. Board Games are a fun and easy way to build skills in numeracy, literacy, resilience, cooperation, and sportsmanship.

Southern Cross has a variety of board games to suit all age groups that are available to borrow from the library. If you would like to learn about any of these games and have a fun evening as a family, please come along to our **Family Board Games Night on Wednesday 12 May 2021.**

Here is a small example of some great games to play

- Uno
- Snap
- Sequence
- Sleeping Queens
- Rummikub
- Quirkle
- Snakes and Ladders
- Yahtzee

Some of these board games have junior version, however you can always adapt them to suit your child's age and understanding.

Anglicare

Walga Nature Preschool

If you are a current family of Southern Cross with a child attending preschool at the school, and haven't thought about enrolling them in Walga, our nature preschool on their alternate days of attendance, we would love to share some more information with you. Walga is a 4-5 year old only program, run during school terms and is based outdoors, exploring and learning from nature. Led by Sushil, the educators engage children in learning from their natural world, where concepts such as social, emotional, literacy and numeracy concepts are taught through play, and natural mediums. They encourage children to get messy, and learn from the land; in all-weather types. There is so much more to be learnt from being outdoors than within the four walls of a classroom.

We have vacancies in our fantastic Walga program, please contact us at southern.cross@anglicare.com.au or on 61420020 if you are interested in finding out more!



Please click the logo to be taken to a brochure of what Walga does at Southern Cross and learn more.

<https://online.flippingbook.com/view/92843823/>

P&C

Welcome back and we hope you all had a great break.

Thank you

Firstly, we wanted to pass on a special thank you to Jason and all of our wonderful volunteers who helped make CampOUT 2021 a success. We were a bit daunted by CampOUT being our first event as P&C members, and only weeks after we landed in the role, but we think it was a huge success! This would not have been possible without such a great school community.

Save the Date

Term 2 looks to be another great term and we have two key P&C events planned. Similar to previous years, we are planning a Walk-a-thon fundraising event (week 6) and a Movie Night (week 9), COVID dependent. The Walk-a-thon will be held during school hours over two days to make sure all preschoolers can participate (Tuesday 25 May and Friday 28 May). Please keep an eye out for further information about the Walk-a-thon. Envelopes for your kids to collect donations from family and friends will be sent out in the next couple of weeks. If you are interested in volunteering to stamp children hands as they complete laps around the school, please send us an email scecsbandc@gmail.com.

Suggestions and Feedback

As we are new to the role, we would really value any suggestions, feedback or comments you have about CampOUT, other events, or more generally about our school community or the P&C. Please feel free to send us an email at any time.

Upcoming P&C Meeting

P&C meetings also provide a great opportunity to provide feedback and raise issues and anyone can attend. The **next P&C meeting** will be held in the school staff room on **Monday 3 May at 6:30pm**. Send us an email if you would like to attend or have something you would like discussed.

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

Community Information

Public health alert: Death Cap mushroom growth increasing significantly across the ACT

The growth of Death Cap mushrooms in the ACT has increased significantly with the onset of autumn – the peak growing period. Death Cap mushrooms grow across the ACT and are easily mistaken for edible mushrooms. ACT Chief Health Officer Dr Kerryn Coleman warned the community not to touch wild mushrooms with bare hands and to keep children and animals away from them.

Anyone who thinks they have seen a Death Cap mushroom in a public area can report it to Access Canberra on 13 22 81. Please share this advice with families. Visit ACT Health for more information about the [Death Cap mushroom](#).



Contact Health Media on 0403 344 080 or healthmedia@act.gov.au.

ACT Nutrition Support Service

Vitamin D is a unique nutrient our skin makes when it is exposed to sunshine. As we make our way towards winter, getting enough Vitamin D becomes increasingly difficult and Canberran's are particularly prone to becoming deficient.



D facts

- Vitamin D and calcium are great friends. Vitamin D helps our body absorb calcium and they both work together to keep our bones and teeth strong.
- There is increasing evidence that vitamin D supports a healthy immune system.
- 1 in 5 Australians are vitamin D deficient - and this number goes up drastically in winter. In fact in the ACT vitamin D deficiency rates [can reach 49%](#)!
- As we age, it is harder for our bodies to absorb vitamin D - so our daily requirement increases. In fact people older than 70 need 3 times more vitamin D than people under 50 years of age.
- A combination of sunlight + vitamin D rich foods is needed for many of us to meet our vitamin D needs especially in winter.
- Vitamin D is a fat soluble vitamin so it is naturally found in oily foods (think cod liver oil).

Food sources

During the winter months, dietary vitamin D becomes really important. Try to include some of the following high vitamin D foods everyday:

- Eggs - 2 eggs provides around 80% of our vitamin D needs*
- Salmon - tinned salmon provides twice as much Vitamin D than fresh cooked salmon. In fact 100g of tinned salmon exceeds our daily Vitamin D needs*.
- Sardines
- Tuna - varieties tinned in oil have higher levels of Vitamin D
- Vitamin D enriched margarine spreads
- Vitamin D enhanced mushrooms



Did you know? You can enhance the vitamin D content in mushrooms by giving them a sunbath on a sunny window sill for a few hours before cooking.

*Vitamin D needs are based on [recommended intakes](#) for children and adults up to 50 years of age.

Give these Vitamin D rich recipes a go

[Salmon cakes](#)



[No fuss frittata](#)





mindful motherhood

practical tools for staying sane during pregnancy and your child's first year

Mindful Motherhood - Practical Tools for Staying Sane during Pregnancy and Your Child's First Year

The program is based on the book by Cassandra Vieten, Ph.D

Pregnant or have a baby under 6 months old?

If, you would like to:

- Increase your understanding of MINDFULNESS concepts
- Build confidence and skills to cope with stress
- Promote emotional balance and regulation of emotions
- Increase your ability to accept emotions and thoughts
- Approach experiences with a calm and non-judgmental mind
- Increase your knowledge of synchrony and attunement

The Child and Family Centre is offering:

- 8 FREE sessions
- Each session includes 30 minutes yoga with a certified yoga instructor
- Participants from the North and South of Canberra welcome

For registration and information please contact your closest Centre:

- Gungahlin Child & Family Centre on 6207 0120
- Tuggeranong Child & Family Centre on 6207 8228
- West Belconnen Child & Family Centre on 6205 2904



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