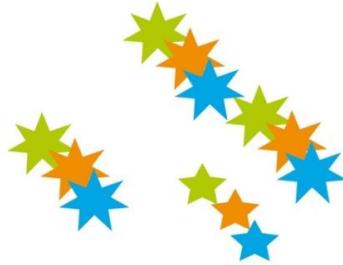


Southern Cross Early Childhood School



Newsletter 10 | Monday 19 July 2021

Respect | Resilience | Kindness | Creativity

DATES TO REMEMBER

Monday 26 July | 5.30pm
School Board Meeting

Monday 26 July | 7.00pm
P&C Meeting

Monday 9 August
Good Vibes Sports Day

Wednesday 11 August | 9.15-10.00
Whole School Gathering

Wednesday 11 August | 4.00-5.30
UR Fab Parent Session – Understanding and
Responding to Feelings and Behaviours

Dear families and friends

Welcome back to term 3 everyone! I hope you all enjoyed the school holidays and took the opportunity to rest and recharge ready for a busy term 3.

NAIDOC Week

NAIDOC celebrations were held from 4-11 July this year, which was during our school holidays. There were many community events held around Canberra and I hope that some of you were able to participate in these events. Southern Cross reflected on NAIDOC week and how we can contribute to this year's theme of '*Healing Country*'.

Jason invited our friend Aaron Chatfield to the school to have a yarn with the children and to talk about how they contribute to looking after our environment and Ngunnawal land. Aaron mentioned to me several times throughout his time here that our children know a lot about this topic and that it was clear the children put their ideas into action. Please read on further in the newsletter for more details about this wonderful experience.

Family Movie Night

Thank you to all of our families that attended our Family Movie Night on Friday of week 9 last term. Trolls World Tour was a wonderful movie that had many children up and dancing throughout the evening. I would like to give a big thanks to Katherine and Patty, our P&C Presidents, for all of their work and coordination in the lead up to the event and on the evening. They did an incredible job. Thanks also to all of our committed and amazing P&C members who came on the evening to assist. These events can not run without the support of many people, and we are lucky to have many of you volunteer to lend a helping hand at these events.

Community Hub

I am sure that most of you have noticed the upgrade to the corner of the library that has now become our Community Hub. This work was completed during the school holidays and was made possible by a successful grant submission by the 2020 P&C parent group and Catherine Dillon (our Principal in term 3 2020). We are still finalising the area with a few décor items that we are waiting to be delivered, but thanks to Emma M and Nicole E, the space is ready for all of you to sit down in, have a chat and a cuppa. Please feel free to use this area throughout the day and whenever you need.



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

COVID Update

As the situation in NSW continues to remain unsettled, I find myself feeling so grateful to be here in Canberra where we have been so lucky to date. I would like to thank you all for remaining cautious and on alert as we ensure we follow the advice and guidelines from ACT Health.

Just a reminder for everyone to sign in using the Check in CBR app every time you come onsite. Whether you are here for 5 mins or 30 mins, we still require you to check in please. It is also essential that we ask you all to keep your children at home if they are unwell. Reducing the spread of some nasty cold and flu bugs will help us all stay well. This will also help us keep our teachers well so they can be here to teach our wonderful children.

Rainy Day Club

The first week back has been the best time for us to navigate our Rainy Day Club! The children have absolutely loved it! We had lots of puddle jumping at recess today.

We have had many children bring some of what they need for Rainy Day Club. Please take note of all the items children require to participate:

- Raincoat
- Gumboots
- Most importantly: A change of clothes for when they get wet and muddy
- A plastic bag to put wet clothes in
- Optional: Umbrella

A few changes of clothes in bags will come in handy for Oasis Play as well as Rainy Day Club. Thank you so much for helping us be prepared for our next Rainy Day!

Warm regards,
Kelly

From Southern Cross

Chief Minister's Reading Challenge

The Chief Minister's Reading Challenge finishes on **Friday 6 August**. Please hand in completed reading records to your teacher or reception by **Friday 13 August**.

Still looking for great reads?

Did you know – Libraries ACT have a range of resources written by Indigenous authors <https://www.library.act.gov.au/services/aboriginal-and-torres-strait-islander-resources>

Libraries ACT have video stories in 'Story Box Library' for children to watch or borrow the book and read along!



Book Week 2021

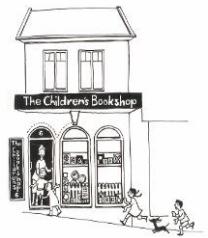
We will be lucky to have author Shelley Unwin coming to visit our school during Book Week, 21-27 August.

<https://www.cbca.org.au/cbca-book-week>

Please see information below if you would like to pre order signed copies of her books.

The Children's Bookshop

95-97 Cowper Street
Glebe NSW 2037
Phone: (02) 9571 1897



ORDER FORM

Author Visit: Shelly Unwin

Shelly Unwin is an internationally published children's author, speaker, and the chapter coordinator for SCBWI ACT. Shelly grew up in a tiny English village where she was surrounded by children, animals, and the occasional pixie fairy – a feast for her imagination. Shelly's debut series 'You're One!' – 'You're Five!', illustrated by Katherine Battersby, was an instant success, shortlisted for the Speech Pathology Early Childhood Book of the Year and selling to Doubleday Books, a PRH Imprint in the US. Shelly is also the author of Blast Off!, a narrative non-fiction space adventure, illustrated by Ben Wood and There's a Baddie Running Through this Book, illustrated by Vivienne To. Described as 'effervescent' and commended for leaving the students abuzz, Shelly is quickly making her mark in the industry for sharing her contagious joy of books.

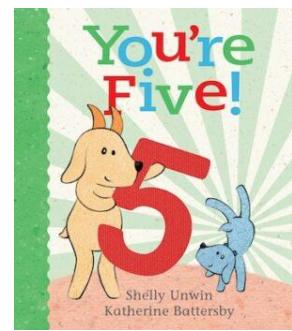
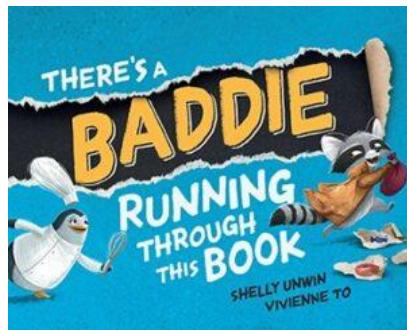
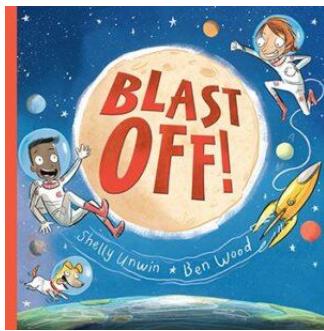


If you would like to purchase a signed book by Shelly Unwin please visit:

<https://www.thechildrensbookshopspeakersagency.com.au/person/unwin-shelly-speaker/>

The Children's Bookshop will then send the book/s to the school for your child (free delivery)

Alternatively, you can call The Children's Bookshop directly on 9571 1897 to order and pay over the phone.



Please note: The Children's Bookshop will endeavor to get books to the school in time for the author/illustrator visit. There are, however, sometimes delays beyond our control and in these cases or in the case of orders within 5 days of the visit the books may arrive after the visit has occurred. Books will either be signed by the author/illustrator or have a signature sticker from the author/illustrator in the front cover.

Please direct any queries you may have directly to The Children's Bookshop on 02 9571 11897. Thank you!

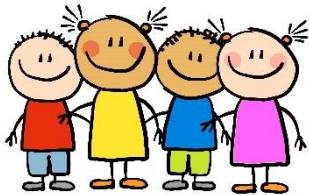
NAIDOC Week 2021– Heal Country



It was wonderful to have Aaron Chatfield from Dreamtime Connections visit the school last week to help us recognise NAIDOC week. Aaron conducted workshops with each class sharing his knowledge on:

- Bush medicine
 - Bush tucker – Aaron helped the children plant our bush tucker garden in the Reconciliation Courtyard
 - Weaving techniques and the use of ochre paints for body painting
 - First nation's history – told through stories
 - Tools used by indigenous peoples
- Indigenous farming and hunting techniques – e.g. The use of the emu caller and boomerang for hunting.

UR Fab



UR FaB

Understanding and Responding to Feelings and Behaviours
Program in Schools

Child and Adolescent Mental Health Services

Hello from the UR FaB team,

Southern Cross Early Childhood School has volunteered to take part in the UR FaB early intervention program for children in primary school. The program focuses on children's emotional and social development, and while we are here at your school, the team will be contributing to the school newsletter and providing information and ideas in regard to supporting children with their social and emotional development.

This week we are focusing on the importance of '**Together Time**'. Children from birth to adolescence need time and attention from their parents. There are a number of benefits to 'Together Time' -

- It helps a child to feel important and loved and helps children to feel closer to their parent.
- The parent and child develop a stronger bond as it encourages communication between the child and the parent, and it provides the child with the opportunity to voice their thoughts and feelings.
- The child has an opportunity to model their parent's behaviour, while the parent can observe and learn about their child's strengths and weaknesses, temperament, activity level, and developmental stage, in order to better know them and guide them.
- Children want to be close to their parents and to be the focus of their emotions and this can be a powerful influence on a child's behaviour.

Research suggests that it is the quality of the time spent together not the quantity that is important, and that 10 – 15 minutes per day is enough.

Quality time involves -

- Play that is directed by the child, and a parent having their full attention to their child's world. Use time together, such as mealtimes, to talk and share a laugh.
- Focus on your child's strengths not his/ her weaknesses

- Laugh and have fun...make it enjoyable
- Avoid competing with your child
- Don't focus on the "correct" way or specified rules for a game. Don't use it as a teaching moment.
- Model cooperation by doing what your child asks you to do
- Praise and encourage your child's self-discovery and creativity; don't criticize
- Engage in pretend and make-believe play with your child
- Curb your desire to give too much help—give just enough support to avoid frustration but not so much you take over your child's exploration
- 'Attention rule' – attend to positive behaviour and ignore negative behaviour (results in increased positive social behaviour in the child). Don't give eye or verbal attention to annoying behaviours
- Use positive communication avoiding criticism
- Use descriptive commenting and praise

Quality time together gives the child the feeling, "my parent cares about me; my parent is willing to do something with me that I enjoy; and my parent did it with a positive attitude".

The parent child relationship is an important factor in your child's social, cognitive and emotional development. In prioritising time together and strengthening the parent child bond you are helping your child to feel safe and secure.

More on descriptive commenting and praise next time!

Karina Dunn & Erin Cartwright

The UR FaB Team



Understanding and Responding to Feelings and Behaviours UR FaB Program in Schools

The UR FaB team is offering a parent session on understanding and managing challenging behaviours through emotion coaching to all interested parents of children at Southern Cross Early Childhood School.

Emotion coaching has been shown to build emotional intelligence in children. This is linked with greater resilience and better long-term outcomes.

This session can help you to understand:

- * your child's emotions and needs
- * the importance of emotional intelligence and how you can support it
- * how to use emotion coaching to respond to your child
- * where you can find further supports

Where: Southern Cross Early Childhood School

When: Wednesday 11 August from 4:00pm to 5:30pm, Week 5 of Term 3

RSVP: Please contact school reception on 6142 0020 by the end of Friday 6 August to secure your place as places are limited.

Lunchtime Learning Clubs – Term 3

Lunchtime Learning Clubs

BEGINS: Week 2, Term 3

TIME: 11:25am to 11:50am

FOR: Kindergarten, Year 1 & Year 2

Monday	Tuesday	Wednesday	Thursday	Friday
Loom Bands	Olympic Games Club	Shooting Stars Choir	Maypole Dancing	Garden Club
Nicole	Sharron	Emily	Emma	Dee
Winyu Classroom	Outside Learning Environment	Community Room	School Hall	Environment Courtyard

Be You

Be You Action Team Book Review



The Be You Action Team comprises of educators, parents and carers who oversee the running of the Be You program across the school. From time to time the Be You Action Team will review selected books that we have in the library that may help you in your parenting journey.

This book review is on "The Invisible String" by Patrice Karst and Illustrated by Geoff Stevenson.

Published September (1st) 2000 by DeVorss & Company

The Invisible String offers a very simple approach to overcoming loneliness, separation, or loss with an imaginative twist that children can easily understand and embrace. It is a story of how we hold each other in our hearts even when we are separated, providing children with the feelings of security and love. This book is often used by early childhood educators especially when children are experiencing separation anxiety. This book may not suit everyone, but caregivers can adapt it to suit their family's needs and beliefs.

Please have a look at our display on the Be You noticeboard just outside the preschool and Anglicare entrances. We invite you to add your own ideas or titles of helpful books you have used with your own children.

Linking Families to Learning

Helpful hints for home

Over the next couple of weeks, we will be lucky to be able to watch several Australia's elite athletes compete at the Olympics. What a great opportunity to watch the different sports on offer including some of the not so common sports such as Trampolining, Sport Climbing, Handball and Skate Boarding. This can give you and your child some inspiration for some different activities you could try. We do not all have to be Olympic Champions, just getting out and about has great benefits to your fitness and mental health.

Here are some key points from the Heart Foundation about being active.

- Toddlers and preschool children should be active for at least three hours per day
- Children and teenagers should be active for at least 60 minutes per day
- Research suggests that sitting less (as well as being physically active) helps to reduce the risk of children and young people developing health and other problems in later life.

For more information and ideas on how to be active as a family you could visit The Heart Foundation website

<https://www.heartfoundation.org.au/heart-health-education/active-families>

Make sure you keep an eye out for some of our local Olympians including

- | | |
|---------------------------------|--|
| • Clare Warwick – Softball | • Patty Mills – Basketball and Flag Bearer |
| • Angela Blackburn – Athletics | • Marianna Tolo - Basketball |
| • Kelsey-Lee Barber – Athletics | • Caleb Antill – Rowing |
| • Jessica Hansen – Swimming | • Brett Robinson – Athletics |
| • Luke Letcher – Rowing | |

Anglicare

Bright Star Café – Lunch Order Price Increase

We are increasing the price of lunch orders to \$6.00. This increase is to cover the additional cost of moving to plastic free containers and utensils in line with the ACT Government ban on Single Use Plastics. This pricing change will begin from Monday 12 July 2021.



SOUTHERN CROSS EARLY CHILDHOOD SCHOOL (TERM 3) LUNCH ORDER MENU					
	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks 1, 5 & 9	Shredded Beef Hokkien Noodles <small>Vegetarian Option: Bean Curd Soup</small>	Chicken Wings w/ Peas & Mash <small>Vegetarian option: Chickpea Fritters</small>	Homemade Beef Pie w/ Steamed Veg <small>Vegetarian option Lentil Pie</small>	Minestrone Legume Soup w/ Bread Rolls	Chicken & Mushroom Risotto <small>Vegetarian Option: Pumpkin, Lentil & Mushroom</small>
Weeks 2, 6 & 10	Beef Meatball Soup w/ Bread Rolls <small>Vegetarian Option: Legume Soup</small>	Baked Mac and Cheese w/ Broccoli & Beans	Fish Fingers w/ Vegetable Stir fry <small>Vegetarian Option: Vegetarian Nuggets</small>	Slow-cooked Beef Stroganoff <small>Vegetarian Option: Tofu & Mushroom Stroganoff</small>	Butter Chicken w/ Rice <small>Vegetarian Option: Butter Tofu</small>
Weeks 3 & 7	Slow-cooked Honey Teriyaki Chicken w/ Rice <small>Vegetarian Option: Lentil & Veggie Sticks</small>	Fish Tacos <small>Vegetarian Option: Chickpea & Lentil Tacos</small>	Beef & Salad Sliders <small>Vegetarian Option: Lentil Patty Sliders</small>	Lamb Meatballs w/ Wild Rice & Salad <small>Vegetarian Option: Vegan Meatballs</small>	Pumpkin & White Bean Soup w/ Bread Rolls
Weeks 4 & 8	Beef San Choy Bao <small>Vegetarian Option: Vegan Mince</small>	Chicken Noodle Soup w/ Bread Rolls <small>Vegetarian Option: Tofu & Veggie Noodle Soup</small>	Cheesy Potato Bake w/ Steamed Veggies	Lamb Shepherd's Pie <small>Vegetarian Option: Lentil Pie</small>	Spaghetti & Beef Meatballs <small>Vegetarian Option: Lentil Balls</small>

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.

Entertainment Books – delivered differently

We are fundraising with Entertainment, formerly Entertainment Books. Now available as a digital app.

For a limited time only, purchase a Single City Membership and get a FREE upgrade to Multi City! Discover more everyday with offers across dining, travel, activities, shopping & more. Begin exploring and saving across 21 cities and regions in Australia and New Zealand at nearly half the price until 31st May.

The image shows a promotional offer from Entertainment Books. It features a large orange banner with the text "Get a FREE MEMBERSHIP UPGRADE!". Below this, it says "Buy today and 20% of the purchase goes directly to our fundraising cause." Two circular icons are shown: one for a "SINGLE CITY MEMBERSHIP" at \$69.99 and another for an "UPGRADED TO MULTI CITY" at \$119.99, which includes a "\$50 SAVE". A "Support us & buy now" button is visible. To the right, there are two columns of city names: AUSTRALIA (Adelaide, Brisbane, Sydney, Darwin, Hobart, Melbourne, Perth, Canberra) and NEW ZEALAND (Auckland, Christchurch, Dunedin, Waikato, Wellington, Bali). Both lists include icons representing local landmarks or activities. A "Support us & buy now" button is also present here. A small photo of a woman and child smiling is included in the bottom left corner.

Support Anglicare at Southern Cross Early Childhood School and unlock your free upgrade:

<https://www.entertainment.com.au/orderbooks/26z930>

P&C

Welcome to term 3! We hope everyone had a lovely time with family and friends over the holiday break.

Community Hub

How exciting was it to see the revamped library area taking shape to create a lovely welcoming space for our families to gather?! A huge thank you to our previous P&C Committee for their help in securing the Community Grant for our school and to Emma for organising the work over the school holiday period! This is a great example of how the school and P&C Committee work closely together to deliver such wonderful benefits for our school community!

Come along to our first P&C Meeting for Term 3!

Our first P&C Meeting for Term 3 will be held at **7:00PM on Monday, 26 July** (Week 3). If there is anything you would like to discuss, please email agenda items to scecsppandc@gmail.com. Everyone is welcome to attend. Please come along and learn more about the school community.

Southern Cross Pie+Pastry+Pasta Drive

We are excited to be running the Southern Cross Pie+Pastry+Pasta Drive again this year. Get involved, take a night or two off cooking, and help support the school community and two local businesses, Sweet Bones and Hudsons Catering. Further details, including a menu and information about how to order, will be emailed to the school community in the coming weeks.

P&C Disco

This term we will also hold our annual P&C Disco Night, to be held on Friday, 10 September (Week 9). Keep an eye out for further details.

Katherine and Patty
(P&C Co-Presidents)

Community Information

ACT Nutrition Support Service

What's hot right now?

We can all agree that a hot drink tends to make everything better.

Whether it's getting out of bed, powering through workdays, welcoming guests or settling down before bed, all of these scenarios are made better when we have a cuppa nearby.

In winter, we reach out for this comfort a little more often. So, how can we do this whilst still aligning with our health goals? We are glad you asked.



Let's pour it out

There are MANY different types of hot drinks, so let's have a look.



Black and green tea

Tea is a major source of flavonoids that may help to keep your heart healthy and slow the ageing process. Teas also contain theanine, an amino acid that keeps you alert yet relaxed.



Tisane

Tisane, also known as herbal or floral tea, is delicious and offers a flavoursome hot drink without the kilojoules. These teas will give you a great hydration boost which are generally caffeine-free.



Coffee

That feeling of alertness after a morning coffee is due to caffeine - a stimulant that increases heart rate and enhances alertness and concentration.

It's also responsible for lowering our perception of tiredness (what a gem!).

Limit yourself to two espresso coffees a day to avoid the jitters.



Hot chocolate

Cocoa (or cacao) contains high levels of flavonoids which may benefit heart health. Chocolate powders contain a lot of added sugar and very little cocoa. Make a healthier hot choc by adding cocoa to warm milk.



Chai

Chai is an increasingly popular hot drink as it brings interesting spices and flavours. Chai can be made on water or with milk. Chai tea mixes are often high in added sugar. For a healthier alternative, make a chai mix from home using spices.

Caffeine Counter

Food	Caffeine content (mg)
1 shot of espresso	60-80mg
1 cup instant coffee	60-80mg
1 cup percolated/drip coffee	60-120mg
1 cup of black tea	10-50mg
1 cup green/jasmine tea	30-50mg
1 cup herbal tea	0mg



Parentline

FREE parenting help for working women or those returning to work



Parentline ACT has a new service to help with the issues, stress and realities of being a working Mum.

Call us on 02-6287 3833 for:

- free advice and information,
- phone counselling,
- to book a free face-to-face/zoom session or
- more information about this program.



02 6287 3833 or www.parentlineact.org.au



BASKETBALL FOR JUNIORS



We Get Kids Active!



Just \$90 for 6 classes in Term 3 2021

- 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

Melba Copland College Enter from Verbrugghen St, Melba



Starts

Saturday 24th July

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



ENROL + PAY ONLINE AT

WWW.GETACTIVESPORTS.COM.AU

\$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

PLAY NOW PAY LATER – PAY BY INSTALMENT OPTION AVAILABLE