

Southern Cross Early Childhood School



Newsletter 6 | Monday 2 May 2022

Respect | Resilience | Kindness | Creativity

DATES TO REMEMBER

Monday 9 May | 19.00-20.30
P&C Meeting

Tuesday 10 May – Friday May 13
Scholastic Book Fair

Wednesday 11 May | 9.15-10.45
Protective Behaviours
Parent Information Session

Tuesday 17 May | 12.00
Belconnen High School Drama Performance

Dear families and friends

Welcome back to term 2! I hope everyone had a lovely break and were able to connect with family and friends.

The children have settled into their routines quickly and learning is full steam ahead! I would like to thank the teachers for their preparation work during the school holidays to ensure all of our children had successful transitions back to school.

UR FaB: Understanding and Responding to Feelings and Behaviours

In 2022 we have again been offered a partnership with the Child and Adolescent Mental Health Services (CAMHS) early intervention team. This initiative was so successful in 2021 that we jumped at the chance to be involved again this year. Our kindergarten cohort will be the focus for the initiative, however all of our teachers and support staff are involved in professional learning that helps them to continue to engage children in emotion coaching across P-2. Kindergarten families were sent a questionnaire to complete by 9 May. If you would like more information, please contact Nicole at reception on nicole.emerton@ed.act.edu.au or 61420020. Please see the information further below in this newsletter for more details.

Jump! Jump!

In the holidays we have had 4 trampolines installed. One in the preschool and three in the K-2 Outdoor Learning Environment. The children have loved jumping throughout the day. Many Occupational Therapists recommend jumping for balance, coordination, muscle strengthening and sensory input. Now all of our children can benefit from jumping.



Protective Behaviours

As a part of our Social and Emotional Learning Program, this term all classes will be learning through the Protective Behaviours program. Our fabulous school psychologist, Caroline Daniel, will be holding an information session for anyone who may be interested in learning more about this program and how it supports our children. The session will be held on Wednesday 11 May – 9.15-10.45am, and registration through reception is essential. Please see more information about this sessions and the Protective Behaviours Program below.



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.

Bike Shelter

The Education Directorate are funding a Bike Shelter for our school, so that the children have a large area to park their bikes on Learn to Ride Centre days (bike days). This is a project that was discussed with the Education Directorate many years ago, and has finally come to fruition! The design also includes a ramp for the children to take their bikes safely to the Learn to Ride Centre. A big thanks to our previous Principal, Lyndall Read, for initiating conversations with the Education Directorate. Last week we saw the first plan for the area, which will be up the top of our school, to the left of the main carpark and in and around the flag pole area. Once we have a copy of the plan, we will put up images around the school for you to see. We are very excited to see the finished product and to have all of our children have a dedicated space to keep their bikes secure whilst at school.

COVID-19 Changes for Term 2

Please be aware that our COVID-19 processes will be changing very soon. Communication will be sent out later this week that will outline these changes. For now, we are still using the COVID safe processes that we had in place at the end of term 1.

Thank you so much for your continued patience and support.

Warm regards

Kelly

From Southern Cross

Enrolling at Southern Cross Early Childhood School



Does your child turn four before
30 April 2023?
Enrolments are now open for
Preschool 2023.

Please visit [education.act.gov.au](https://www.education.act.gov.au) to enrol.



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

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 2023.

Protective Behaviours

Over the next term, children across P-2 are going to be getting smarter about the big idea of personal safety.

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 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 11 May (week 3), 9.15-10.45am.

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



Protective Behaviours

A session for parents and carers!

On **Wednesday 11 May 2022**, there will be an information session for parents and carers on

Children and Personal Safety

Where: Southern Cross Early Childhood School
Time: 9:15am to 10:45am

Learn ways to develop a family safety plan and support your child with...

- Personal safety skills
- Identifying early warning signs
- Identifying a safety network
- Safe and unsafe touches
- Body safety rules
- Personal boundaries

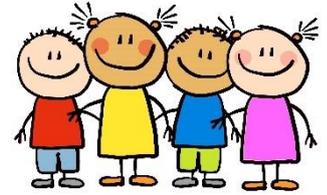
This session will be run by our School Psychologist – Caroline Daniel.
RSVP: Nicole Emerton – nicole.emerton@ed.act.edu.au – 6142 0020

UR FaB: Understanding and Responding to Feelings and Behaviours

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 is taking part in the UR FaB mental health early intervention program. UR FaB is a partnership between the ACT Child and Adolescent Mental Health Service (CAMHS) and the Education Directorate. The program is staffed by health professionals from the CAMHS Childhood Early Intervention Program who specialise in early emotional and social development.

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 in Kindergarten. 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 in some classes.

We look forward to running our program at your school. Further information for kindergarten parents, including a questionnaire, was sent home in week 1. If you would like more information on the program please contact the team via email to CHS.CAMHSCEIP@act.gov.au.



ACT
Government

Canberra Health
Services

PO Box 11 WODEN ACT 2606 | phone: (02) 6244 2222 | www.health.act.gov.au

Belconnen High School Drama Performance

Tuesday 17 May – 12.00pm

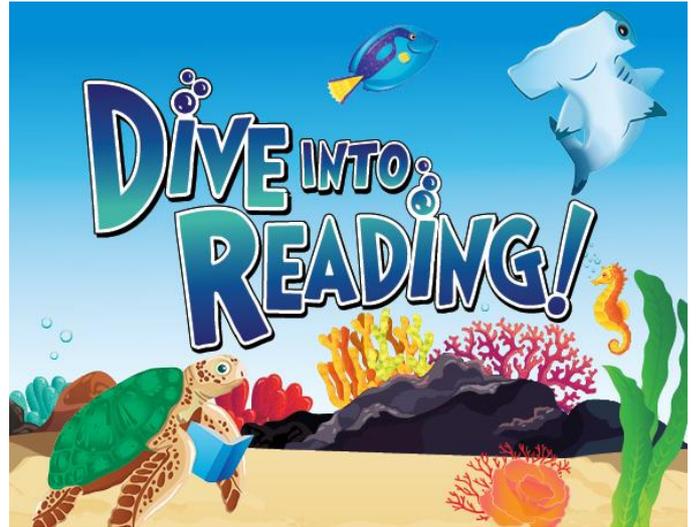
Year 9 and 10 students from Belconnen High School will be performing at Southern Cross as part of their Drama curriculum. The students will create and present a performance to reflect on the Harmony Day message of celebrating Australia's cultural diversity. Through the performance they will be highlighting diversity, inclusivity and respect using well-known fairy-tales with an emphasis on kindness and how to be kind to each other.



*Harmony Week celebrates Australia's cultural diversity.
It's about inclusiveness, respect and a sense of belonging for everyone.*

Scholastic Book Fair

Scholastic Book Fair is coming to Southern Cross Early Childhood School week 3 this term. Children will come to the library with their class to 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. Books will be on display Tuesday 10 May – Friday 13 May. **Final day for ordering is Friday 21 May.**



Further information will be sent home in week 3 with details on this process.

A percentage of sales from Scholastic Book Fair is rewarded to the school which allows us to purchase further books and resources from Scholastic.

Paint and Play Returns to Southern Cross

A poster for 'Paint and Play' featuring a young child with glasses painting. The text is white and green on a dark green background. The child is wearing a yellow shirt and pink glasses, and is focused on painting a green object. There are various paint containers and brushes visible in the foreground.

PAINT AND PLAY

**JOIN US WEEKLY,
EVERY TUESDAY**

**AT SOUTHERN CROSS
EARLY
CHILDHOOD SCHOOL,
WIRRAWAY CRESCENT,
SCULLIN**

**10 - 11:30AM
(SCHOOL TERMS ONLY)**

 **ACT
Playgroups**

**1800 171 882 OR
PLAY@PLAYGROUPACT.ORG.AU**

Anglicare

Wet/Dry Bag Fundraiser

Once again, we are teaming up with Mama's Natural Magic for another round of Wet Dry Bags as a fundraiser for the service. Wet Dry Bags are used in place of plastic bags at the service for children's wet/soiled clothing. It is a far more sustainable option to plastic bags, as they can simply be washed and reused repeatedly. As a parent, I own several and have them hanging on my daughters school bag, one in the car with spare clothes in it, one in her swimming lesson bag, and a spare one for wherever else we need them. Any dirty clothes she accumulates throughout the day get placed in here, and then it all comes home to be washed. 20% of each bag purchased comes directly back to the service to be able to purchase resources for the children.



When you place your order, please be sure to use the code **SCULLIN4**. This will ensure the fundraising code is active for the centre, and we receive 20% of all sales to spend directly on resources for the children. Orders close **Friday 20 May**, so be sure to get in before then!

To order:

1. Visit Mama's Natural Magic at <https://mamasnaturalmagic.com.au/fundraiser/>
2. Select which bags you would like to purchase and add to cart
3. Enter the code **SCULLIN4** into the coupon code box at the checkout
4. Ensure your child's name and classroom name into the order note section.

Southern Cross P&C

Welcome to Term 2! We hope everyone had a great break over the Easter holidays. We have an exciting term ahead of us now that COVID restrictions are easing. We look forward to hosting more events to bring our school and families together.

We hope that everyone is enjoying the new school trampolines! Thanks to Kelly and staff for working hard to install these exciting new play spaces for our children! The P&C is proud to say that funds raised from the Walkathon in 2021 helped contribute to the purchase of one of these trampolines.

Term 1 PJ day!

Thanks to families for supporting Pyjama Day at school last term! The children and the teachers looked like they had a ball attending classes in their PJs. We raised \$278 in gold coin donations which will be used to support other activities during the year.

P&C Meeting

The next P&C meeting will be held on Monday 9 May (Week 3) at the School Staff room at 7pm. Please join us if you can- we'd like to hear your ideas on what activities you would like to see throughout the year.

Movie Night

We are hopeful that we will hold a movie night this term- if so it will likely be Friday 24 June (Week 9) in the school hall. We'll work through COVID requirements with Kelly over the next few weeks and provide further information.

Election Polling

Southern Cross Early Childhood School will be a polling place on Election Day- Saturday 21 May. Please consider voting here- we are hoping to hold democracy sausage sizzle and cake stall amongst other things. In past years this has been one of the most successful fundraising opportunities for the P&C and funds raised have gone back into supporting the school. We will need volunteers for this event if it goes ahead, please consider helping out. We use the Sign Up platform to seek volunteers so keep an eye out for further information once we know more.

Pie Drive

Last year we hosted a very successful pie drive with two local businesses- this raised funds for both Anglicare and SCECS while supporting local business during last years COVID lockdown. We are looking into organising another pie drive this term, so stay tuned for further information.

Tea Towels

We have a limited amount of 2021 tea towels still available! Please help us finish the sale of these mementos.

Email us if you would like to purchase one at scecsandc@gmail.com

Thanks

Patty and Katherine
P&C Co-Presidents

Community Information

ACT Nutrition Support Service

Child-friendly mealtimes

How and where children eat is just as important as what they eat. Try these tips to help create positive mealtimes at home -

Eat together

Whether at home or in a childcare setting, eating together helps children try different food types and textures especially when they see their family, peers and carers enjoying them.

Make mealtimes enjoyable

Keep calm and remember the division of responsibility 'Parents and carers provide the food; children decide how much and whether they eat at all'.



Set the scene

Create an attractive eating environment for children to sit down and eat at meals and snack times. Letting children to be 'in charge' of details like setting the table will help them feel invested in the mealtime. Using tablecloths, placements and candles can help to make mealtimes more special.

Encourage independent eating

Allow children to serve themselves and decide how much they will eat. This helps them to take ownership over the food they have chosen and also helps develop pouring, serving and passing skills.

Minimise distractions

Turn off screens and devices and put toys away. Mealtimes are an ideal opportunity for interacting with children and making conversation.

Expect a little mess!

Allow children to explore their food, engaging all of their senses. Let them eat touch, smell and handle their food with their fingers to help them become more familiar and accepting of new foods.



WE'RE RECRUITING!

- Subsidised training
- On-the-job mentoring
- Minimal aquatic fitness required
- Work during school hours



Contact Royal Life Saving ACT to register your interest and find out more:
Phone Nora on 62605800 OR Email us: programs@royalact.com.au