



Southern Cross  
SCHOOL OF DISTANCE EDUCATION

# School Newsletter

Issue 3  
27 March 2024

## From the Principals desk

The term is ending soon, with lots happening both visibly and behind the scenes.

We have been busy meeting commitments for the school review, updating processes to ensure consistency and student support .

Our writers are implementing 10 new syllabi this year and 33 next year. We are adapting our resources and subjects and look forward to student engaging with the new syllabi.

## Coming Up



- 29 March - Good Friday
- 1 April - Easter Monday
- 2 April - School camp forms must be returned by today
- 15 - 26 April School Holidays
- 30 April - School Resumes
- 16 May - Environment Day
- 25 July - NAIDOC day



## School Camp

The school camp is set for the second week of the upcoming term. PDHPE staff are excited about the learning opportunities it offers. Be prepared by reviewing all materials before attending. Contact your PDHPE teacher if you have any questions.



**All forms must be returned to school by 02 April.**

If you have any suggestions, ideas, or concerns about our operations or materials, please inform your teachers so they can be addressed. Your feedback helps us improve. Thank you,



Daniel Henman.

Opportunity \* Wellbeing \* Engagement

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Our school stands proudly on Bundjalung land



CAMP

# School Camp



The 2024 Southern Cross School of Distance Education camp is coming up! It is available to all *full-time* students in Years 7 - 11.

**It is scheduled for 7 - 10 May (Term 2 Week 2).**



There is a range of activities and adventures including, whitewater canoeing, abseiling, laser tag and river tubing to name a few.

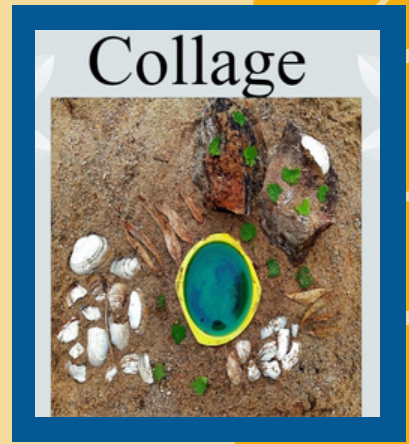
Come along and learn some valuable skills and build lifelong friendships.

Contact Jo Skinner (HT PDHPE) 02 6681 0300 or your PDPHE Teacher for more details.

***Must be booked and paid by Tuesday 02 April.***

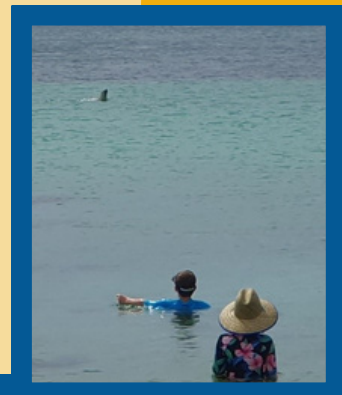


- Establish connections
- Promote inclusivity
- Encourage tolerance and trust
- Develop interpersonal skills



# Primary News

Primary students have got off to a great start with their learning. Look what they can do in English, Maths, PE and engaging with their environment!



## Sydney

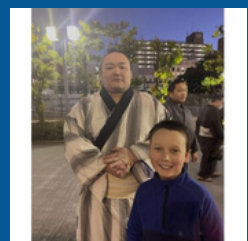
Sydney is the capital city of New South Wales and is the most populated city in Australia.



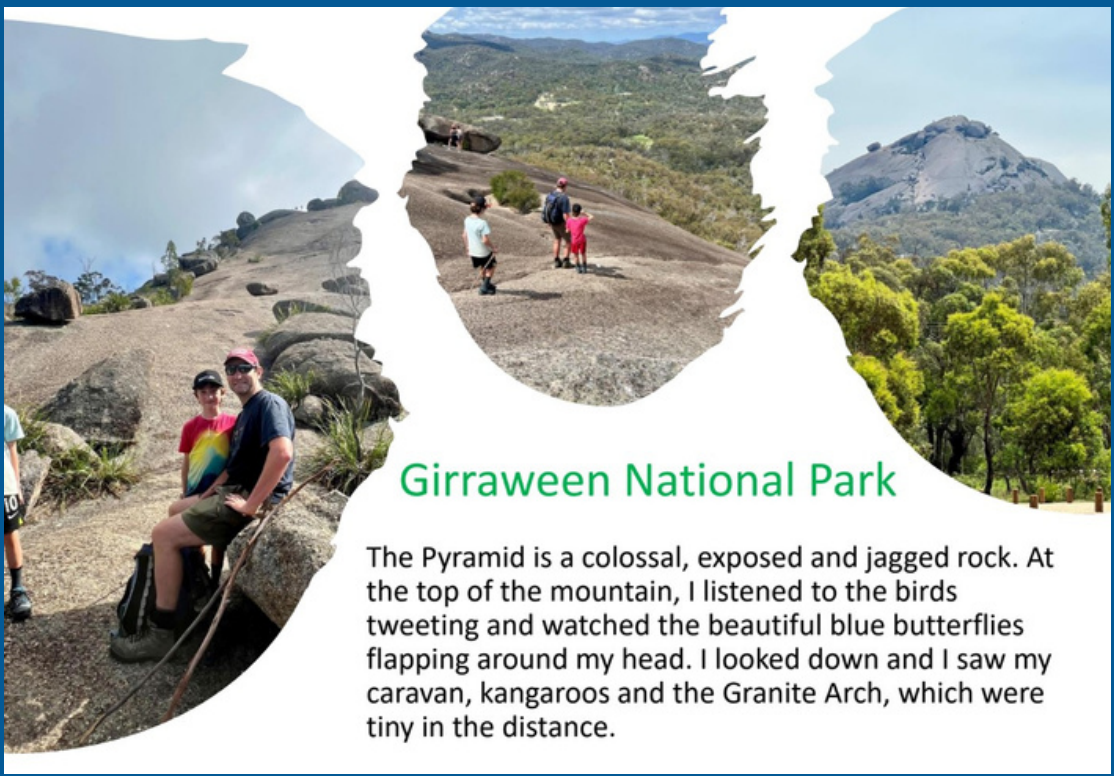
Engineer John Bradfield came up with the idea of the bridge in 1923. It commenced in 1926 and took eight years to build. It had over 1,600 people working on it.



Sydney is best known for its famous Sydney Harbour Bridge. The Sydney Harbour Bridge opened to the public in 1932 costing 6.25 million dollars which wasn't paid off until 1988.



# Primary News



## Girraween National Park

The Pyramid is a colossal, exposed and jagged rock. At the top of the mountain, I listened to the birds tweeting and watched the beautiful blue butterflies flapping around my head. I looked down and I saw my caravan, kangaroos and the Granite Arch, which were tiny in the distance.

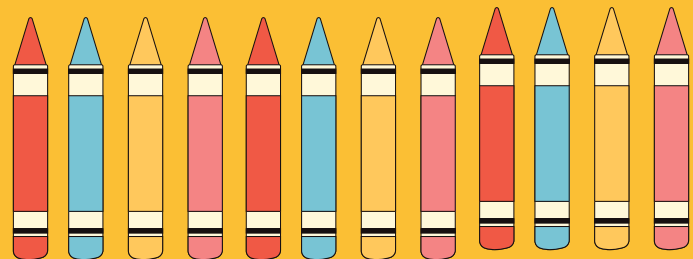
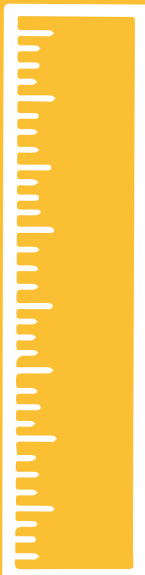


## Sovereign Hill

In Sovereign Hill, I saw horses and carriages, miners' cottages, old-style shops, Victorian schools, underground mines and gold pouring.

In the cottages, there were gardens, and, in the gardens, there were vegetables and sometimes animals.

We also visited Brown's sweet factory and we got to try the warm fruity raspberry drops.



# Maths News

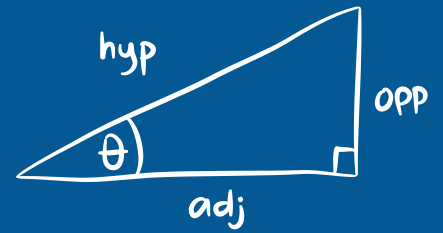


## New Curriculum!! Year 7 and Year 9

This year the Maths department is creating resources for the new Year 7 and Year 9 Curriculum.

It is fun but hectic!

We hope you are going to enjoy the new learning activities.



$$\sin(\theta) = \frac{\text{opp}}{\text{hyp}}$$

For more information of the New Curriculum please watch the short videos below



Why the change?



Imagine you are the Karate Kid



Working Mathematically



Grades



Core and Path



Lesson Structure



Evaluation

$$ax^2 + bx + c = 0$$



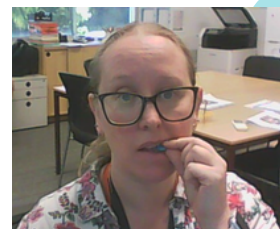
We are using up to date research and trends to design our courses and make them as accessible as possible.

Please let us know what you think at the end of every module – all feedback is useful.

Did you know there is not the same amount of smarties in every box? Its scandalous!

Look at the data below.

(This is an experiment Yr 7 completes in Module 7)



Delena Tibbs (HT Mathematics) was in charge of conducting research (eating smarties) for this experiment - its hard work but someone needs to do it!



$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

# Health & Wellbeing



Try to stick to a routine



Avoid screen time in bed



Make your bedroom quiet and dark

## 5 ways to improve your sleep



Don't nap during the day



## Self Care Corner

Slow down and take time out to do things you enjoy.

## Did you know...

Sea Otters hold hand as they sleep. It keeps them from floating away in the sea while they sleep



## Recipe card



NAME OF DISH: Mac & Cheese Zucchini Slice (from taste.com.au)

### INGREDIENTS:

- 1 cup dried macaroni pasta
- 1 tbsp extra virgin olive oil
- 2 garlic cloves, finely chopped
- 1 small brown onion, finely chopped
- 3 tsp fresh thyme leaves
- 125g middle bacon rashers, trimmed, chopped
- 2 zucchini, coarsely grated
- 1/2 cup grated light tasty cheese
- 200g orange sweet potato, unpeeled, coarsely grated
- 1/3 cup self-raising flour
- 4 eggs, lightly beaten

### PREP TIME:

20 Minutes

### COOK TIME:

45 Minutes

### SERVES:

12

### DIRECTIONS:

- Preheat oven to 180C/160C fan-forced. Grease a 6cm-deep, 20cm (base) square cake pan. Line base and sides with baking paper, extending paper 2cm above edges on all sides.
- Cook pasta following packet directions, until tender. Drain. Refresh under cold water. Drain well.
- Meanwhile, heat oil in a medium frying pan over medium-high heat. Add onion, garlic, thyme and bacon. Cook, stirring, for 5 minutes or until onion softens. Add zucchini and sweet potato. Cook, stirring, for 5 minutes or until sweet potato softens. Transfer to a large bowl.
- Add pasta, flour, eggs and half the cheese to vegetable mixture. Season with salt and pepper. Stir to combine. Pour mixture into prepared pan. Sprinkle with remaining cheese. Bake for 30 to 35 minutes or until golden and firm. Cool in pan. Serve



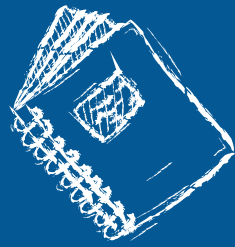
## Joke Of the Week

What did one hat say to the other?

A. You wait here, I'll go on ahead!

 Scootering	 Gardening	 Ball sports
 Rollerskating	<b>Fun family activities</b>	 Bushwalking
 Hula hooping	 Skipping	 Dog walking
<b>Healthy Eating Active Living</b>		 

# Student Notices



**feeling worried?**  
you can talk to us

**FEELING SICK**  
**RACING HEART**  
**JELLY LEGS**  
**TUMMY BUTTERFLIES**

**1800 55 1800**  
kidshelpline.com.au

**kids help line**  
anytime.any reason.

**acyp.** **WHAT'S ON?**

**NSW yac.**  
**NSW YOUTH ADVISORY COUNCIL**  
Applications now open

**YOUTH WEEK SHORT FILM COMPETITION: "Tell Us a Story."**

**Youth Week '24**  
NSW

Scan here to find out how you can get involved!

Visit our What's On page to share your views through our surveys and sign up to current opportunities.

**acyp.** [acyp.nsw.gov.au/whats-on](https://acyp.nsw.gov.au/whats-on)

Learn to express .....  
**Educate 2 Advocate Training**  
..... your ideas

# MAKE today GREAT

**Southern Cross SCHOOL OF DISTANCE EDUCATION**

**ENVIRONMENT DAY**  
THURSDAY 16TH MAY 10-2PM

THE THEME FOR THIS YEAR IS;  
**'THE JOURNEY TO A GREENER FUTURE'**

# Calendar 2024

## January

M	T	W	T	F	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## February

M	T	W	T	F	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

## March

M	T	W	T	F	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## April

M	T	W	T	F	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## May

M	T	W	T	F	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## June

M	T	W	T	F	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## July

M	T	W	T	F	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## August

M	T	W	T	F	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## September

M	T	W	T	F	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## October

M	T	W	T	F	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## November

M	T	W	T	F	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## December

M	T	W	T	F	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## Key dates

\* Check with your school as starting and finishing dates may change.

### Term start and end dates\*

Term 1 (Eastern): 30 January to 12 April

Term 1 (Western): 6 February to 12 April

Term 2: 29 April to 5 July

Term 3: 22 July to 27 September

Term 4: 14 October to 20 December

### School development days, students do not attend

Term 1 (Eastern): 30 January and 13 January

Term 1 (Western): 6 February and 7 February

Term 2: 29 April

Term 3: 22 July

Term 4: 19 December and 20 December

### School vacation dates

Summer (Eastern): 20 December 2023 to 29 January 2024

Summer (Western): 20 December 2023 to 5 February 2024

Autumn: 15 April to 26 April

Winter: 8 July to 19 July

Spring: 30 September to 11 October

Summer (Eastern): 23 December 2024 to 30 January 2025

Summer (Western): 23 December 2024 to 6 February 2025

### Public holidays



### Scan me for key dates

Help your child get the most out of their school year and to explore our resources, [education.nsw.gov.au/parents-and-carers](https://education.nsw.gov.au/parents-and-carers)



### Scan me for key dates

[education.nsw.gov.au/calendars](https://education.nsw.gov.au/calendars)

### School zone speed limits apply

on all school days, including school development days.

