



Southern Cross
SCHOOL OF DISTANCE EDUCATION

School Newsletter!

Issue 5
15 May 2024

From the Principals desk

You may notice more contact with the executive staff in the school as they are back in the classroom teaching students.

Our Deputies and Head Teachers have followed the directive to ensure that they are in the teaching and learning space, and are directly teaching the students. This means more time with the students and teaching of subjects.

Coming Up

- 16 May - Environment Day
- 07 June - Kings Birthday
- 05 July - Last day of term
- 25 July - NAIDOC day

Our staff are professional and experienced teachers in the Department of Education. Their aim is to ensure that the school continues operating smoothly with minimal disruption to our students, hubs, or outreach activities no matter what changes happen at a department level.

Our school camp is well underway and likely very wet. I am sure that all involved will have a great time despite the weather.

As usual, if you have an idea, query or issue, please contact the school and let the teachers know, so they can pass it on and see if we are able to accommodate you.

Keep up with this student newsletter overall school information. Please remember to submit one learning activity per subject each week to keep up with your learning.

Have a great term.

Regards

Daniel Henman





Calling all 13 - 18 year olds



Year 10 Geography students need
your help



We are studying human
wellbeing and would really
like your help with a survey
on youth wellbeing



Use the QR code
below to go to the
survey



It won't take much of your time
to complete our wellbeing
survey and all submissions are
anonymous

Thanks so much for your help

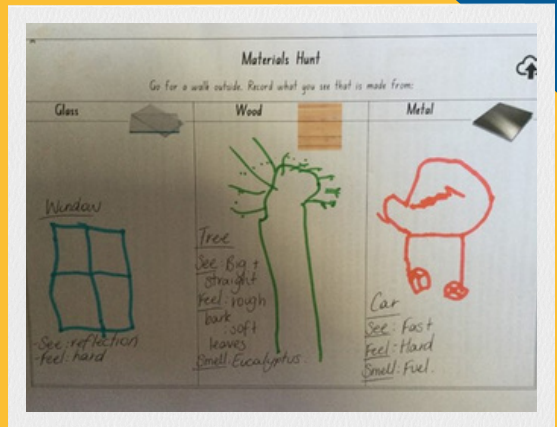


Primary News

Primary students have been investigating the science of materials and matter, and exploring sound and music.

Kindy

Kindy students went on a materials hunt to discover items around them and what they are made of. They also created music using household and found items, made from a variety of materials







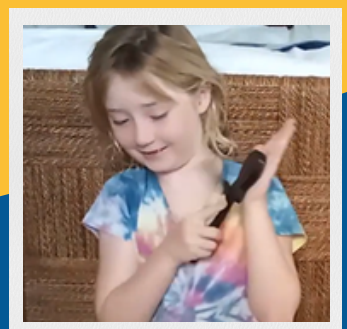
Stage 1

Year 1 and 2 students have been Master Chefs, investigating the properties of mixtures. They have also been exploring beat and rhythm in music.



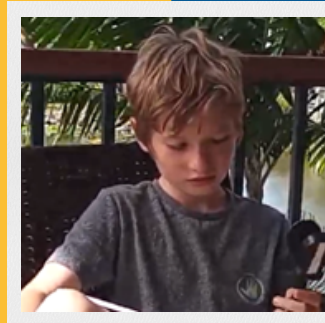
Find some simple mixtures around your home. Write or draw your answers.

What is the mixture called?	What is in the mixture?	What is the mixture for?
cup of black tea 	tea-leaves water sugar	to drink
chocolate cake 	Rice Bubbles icing sugar coconut cocoa Cocoa	to eat
dough 	flour salt water oil food colouring	play with
cleaner 	Vinegar dishwashing liquid	For cleaning

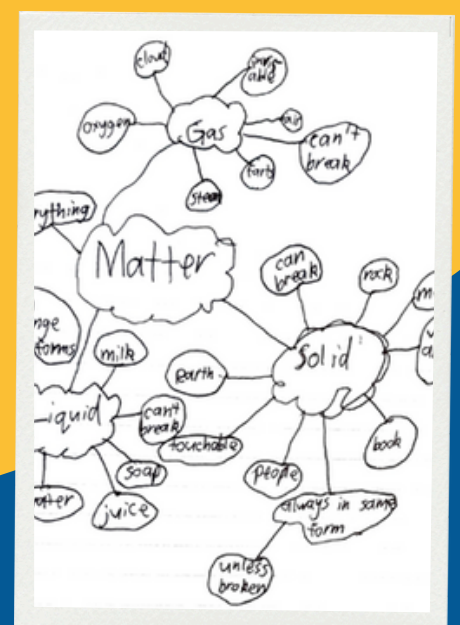
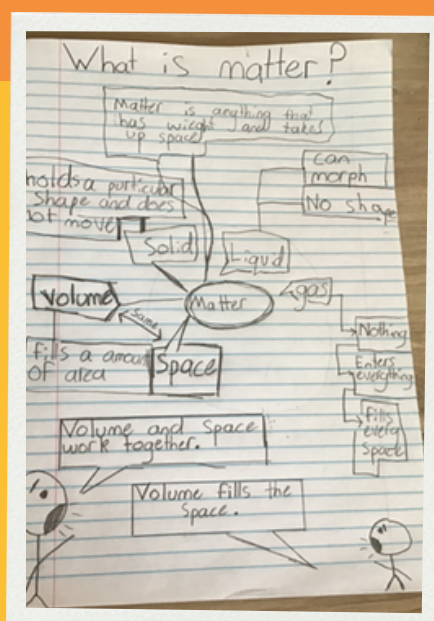
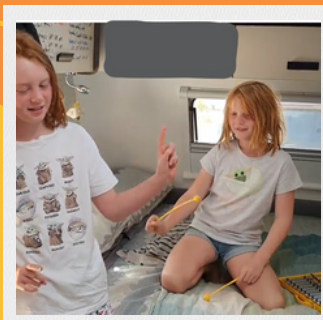


Stage 2

Solids	Liquids	Gases
✓ Rock	✓ Juice	✓ Boiler flame
✓ Soap		✓ Hair spray (liquid + gas)
✓ Ice	✓ Body lotion	✓ Burp breath
		✓ Inside the canister
✓ Sugar	✓ Hand Soap	← Inside the extinguisher (solid)
		← Flour (solid)
✓ Orange	✓ Smoothie	



Stage 3



Science News

Agriculture

Agriculture students began the year with plant variety growth trials. Our agriculture plot has produced: peanuts, okra, eggplant, passionfruit and dragon fruit. Citrus trees are all pruned to shape and have produced lemons, mandarins and oranges.

Growing lavender and carrot seeds is the current challenge involving stratification and holed egg cartons.

Bangalow poultry show is 25 May and the school Brown Leghorn cockerel mascot is entered.



Chemistry

At the end of Term 1 a practical day was held for the Year 11 Chemistry students.

The students were involved with conducting separation techniques, gravimetric analysis and flame tests. The properties of the individual elements were found to be significantly different from those of the compound.

The separation of water was conducted using a Hoffman Voltameter and chemical processes compared to the physical process of boiling water.

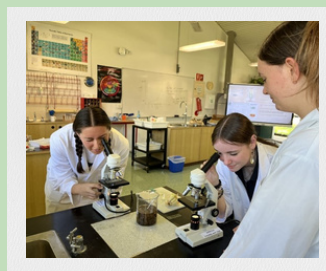


Biology

A group of Year 11 Biology students also participated in a Practical Day at school.

The students had practical experience using scientific equipment while covering practical requirements for their course.

New friendships were formed and collegiality between students and their teacher was an added bonus to the day. A big thank you to the students who attended.



Science News

...continued

Marine Studies

Marine Studies is offered as an elective subject to our students from Year 9-12.

Students are able to gain qualifications such as SCUBA diving certification.

The Marine Science field is currently growing and there are an abundance of opportunities and career pathways.



Lismore Project

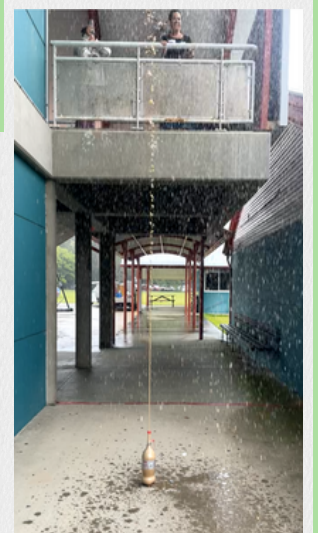
At the end of Term 1 Lismore Project had a bike ride excursion to Flat Rock for a rock platform survey.

On the way studnets learnt about the Indigenous connections to the local area, and how they used the land and resources in everyday life.



Mini School

Term 1 was a busy start to the year with a Stage 5 minischool where students performed practical experiments and honed their microscope skills.



World Environment Day 2024

Thursday 16th May 2024
10am - 2pm

World Environment Day 2024 will be held Thursday 16th May 10am to 2pm. And it looks to be another fantastic event this year!

Come and make some bee earrings, a bee home, beeswax wraps, candles, Indigenous local weaving activities, make a kokedama hanging plant ball, origami, sound healing sessions, free recycled clothes and books.

There will be coal fired potatoes and soup/dahl available and some other surprising nibbles too! Please join us onsite we look forward to seeing you all.

Photos From 2023 World Environment Day
Come Join in the 2024 fun tomorrow!!



Health & Wellbeing

Joke Of the Newsletter

Q. What can run but not walk?
A. Water

Recipe



CHICKEN AVOCADO ROLLS

What you need

- | | |
|--|-----------------------------|
| 1 cup of cooked chicken breast diced or shredded | 2 tablespoons of sour cream |
| 1 avocado pitted and diced | 1 tablespoon of lime juice |
| 1/4 cup of shredded cheddar cheese | A pinch of salt and pepper |
| 1/4 cup of diced tomato | Flour or corn tortillas |

Instructions

In a large bowl, add the cooked chicken, avocado, cheese, tomato, sour cream, and lime juice. Season with salt and pepper and stir with a spoon until everything is fully combined and the avocado is chunky and mashed.

Spread the mixture equally on each of the flour tortillas and roll them up tightly. Cut into slices and serve right away or refrigerate until ready to serve.

Enjoy hot or cold!

10 Healthy Habits for Kids



SAVE THE DATE

Invercauld House
163 Invercauld Rd, Goonellabah, NSW, 2480

Fun Fact

There are 4 major layers of the rainforest. Each differs and has unique characteristics because they receive different amounts of air, light and water.

MENTAL HEALTH IN THE NORTHERN RIVERS



Save the Date

Professionals and Parents/Carers

Presentations by

- Sydney Children's Hospital Network
- Northern NSW Local Health District
- Healthy North Coast
- Head to Health
- Headspace
- Family Support Network

[Register here](#)



Tuesday 21st of May, 2024
Professionals 9am-3:30pm
Parents and Carers 3:30pm-6:30pm

Student Noticeboard



Australian National University **National Indigenous Summer School 2024**

For more information please contact your teacher or Rosina Grieves on 66810434

- The Tjabal Indigenous Higher Education Centre and ANU Colleges are organizing a week-long Summer School.
- Targeted at Indigenous students in years 10 and 11 who are interested in university studies.
- Dates: November 30th to December 7th, 2024.
- Aim: Provide hands-on learning experiences to inform education and career goals.
- Participants will explore various discipline fields, focusing on 'The First Academics: The First Scientists, Philosophers, and People.'
- Facilitators: Expert academic staff, Indigenous university students, and staff.
- Location: Canberra, offering both on and off-campus experiences.
- All expenses covered: Accommodation, transport, catering, and workshop materials.
- Two streams available: STEMM (Science, Technology, Engineering, Mathematics, and Medicine) and HASS (Humanities, Arts, and Social Sciences).
- Students can choose one stream to attend.

To be eligible for one of the 30 spots in the Summer School, you must meet the following criteria:

- Be a current Year 10 or 11 student (Year 12 students will also be considered)
- Identify as Aboriginal and/or Torres Strait Islander
- Have an interest in Science and Humanities subjects.

The submission deadline is Friday, May 31st, 2024. Successful applicants will be notified by July 2023.

Murwillumbah Community Centre presents

KINSHIP FESTIVAL 2024

 Sat 25th May, 10:00 AM - 4:00 PM

 Knox Park, Brisbane Street, Murwillumbah NSW

 0266723003

 [CONTACT VIA EMAIL](#)

The Kinship Festival

A celebration of Family's Week and Reconciliation Week, families are especially welcome to enjoy children's activities, youth workshops, live music, free community lunch, corroboree, sand mural, Aboriginal artisan market and language workshops.

CATEGORY **ARTS & CULTURE**

Share:   

 [SAVE THIS EVENT](#)

 [Report this event](#)



TIDDAS IN CONSTRUCTION Pre-Employment Program

Join our 3-week construction pre-employment program for First Nations women in Lismore!



**Starts 10 June
in Lismore!**

Contact Robyn:

• 0482 967 376

• tiddas@realfutures.net

Week 1

Program Induction

Real Futures Get Ready Program

Week 2

White Card Certification

Traffic Control Ticket and Assessment

Week 3

Work Safely at Heights Ticket

Work in Confined Spaces Ticket

Tool Recognition & Skills in the Home

To be eligible for this program you must identify as a First Nation's Woman, be referred or connected with a Workforce Australia Provider and live within the North Coast Employment Region.

Tiddas in Construction is funded by the Department Employment & Workplace Relations



WOMEN'S BUSINESS
2ND CHANCE

Walk on Country

Sunday 2 June 2024
10am-1pm, Kingscliff Foreshore

Join us for a Community Walk on Country at Kingscliff to mark Reconciliation Week

10am

Cudgen Creek – Ed Parker Rotary Park Kingscliff

• Walk commences from Ed Parker Rotary Park to Cudgen Headland Surf Life Saving Club

• Welcome to Country

Following the walk we will have a free BBQ gathering at Cudgen Headland Surf Life Saving Club

LIVE MUSIC • ELDERS MORNING TEA • CHILDREN'S ACTIVITIES
SURFBOARD AND PRIZE GIVEAWAYS
SEA OF HAND COMMUNITY ACTIVITY

Hear stories, participate in activities, see performances and displays, connect, and engage in this year's theme to

'Now More Than Ever'

This event is for all community members in the Tweed. We believe that reconciliation is everybody's business.

Supported by:

Bogangar Public School, Banora Public School, Cudgen Headland Surf Life Saving Club, Cudgen Public School, First Sun, headspace, Kingscliff High School, Kingscliff Public School, Momentum Collective, Minjungbal Museum, NORTEC, NSW Community Health, NSW Police, Pottsville Public School, Social Futures, TAFE NSW, The Family Centre, Tweed Byron Local Aboriginal Land Council, Tweed Shire Council

We acknowledge the traditional custodians from the Bundjalung Nation and pay our respects to their Elders past and present and emerging Jarjums.