



CROSSWAYS CALENDAR

Week 4	Science Week
Week 4 (14/8)	Brilliant at being resilient workshops
Week 5 (21/8)	BOOKWEEK Family Night
Week 5 (19/8 & 20/8)	First Aid for School Students R-6
Week 6 (27/8—30/8)	Year 7/8 Camp (Pichi Richi Park)
Week 8 (12/9)	R U OK day
Week 9 (18/9-20/9)	Year 3/4 Class Camp (Scotdesco)
Week 10 (Mon 23/9)	STUDENT FREE DAY - Parent Interviews
Week 10 (Thu 26/9)	Last day of Term 3

Principal's Word - Greg Miller



Dear Crossways Lutheran School Community. As we conclude Week 4 of Term 3, I'm pleased to reflect on a week filled with learning, growth, and memorable moments. It's been wonderful to see our students deeply engaged in their studies and actively participating in school life. As we move forward, I'm reminded of the words from Psalm 78:23: "Yet he commanded the skies above and opened the doors of heaven." This verse reminds us of God's constant provision and the grace that flows abundantly from His hands, even when we least expect it.

One of the greatest gifts that God provides us through His grace is the ability to forgive. Forgiveness is a key value within Lutheran Education, and it is one that we continually strive to nurture within our school community.

The Value of Forgiveness

Forgiveness is a powerful act of love and understanding. It allows us to let go of past hurts, heal our relationships, and move forward with a renewed sense of peace. At Crossways Lutheran School, we encourage our students to practice forgiveness in their daily interactions. Whether it's resolving conflicts with classmates, understanding the mistakes of others, or even forgiving themselves when they fall short, we emphasize the importance of grace and reconciliation. Forgiveness is not always easy, but it is essential for building a community where everyone feels safe and valued. It teaches us humility, empathy, and the importance of seeing others through the lens of Christ's love. When we forgive, we reflect God's own mercy and open the doors of heaven, allowing His love to flow more freely in our lives.

A Special Visit from Her Excellency the Honourable Frances Adamson AC

This week, we had the distinct honour of welcoming Her Excellency the Honourable Frances Adamson AC, Governor of South Australia, to our school. Her Excellency's visit was a highlight of the term, and we were delighted that she took the time to engage with our Year 9/10 Class and members of our Student

Representative Council (SRC).

Her Excellency spoke with our students about the importance of leadership, community service, and the role they can play in shaping the future of our society. It was an inspiring discussion, and our students appreciated the opportunity to share their thoughts and aspirations with such a distinguished guest. We are grateful for her visit and the encouragement she offered to our students.

Looking Ahead

As we continue through Term 3, I encourage everyone to carry the message of Psalm 78:23 in your hearts, remembering that God's provision and grace are always available to us. Let us also embrace the value of forgiveness, allowing it to guide our actions and strengthen our community.

Thank you for your ongoing support and dedication to Crossways Lutheran School. Together, we are creating an environment where faith, love, and forgiveness are at the heart of all we do.

Wishing you all a restful and blessed weekend.

Greg Miller

Principal, Crossways Lutheran School



Week 3 Award Winners



Above left : Hope Award winner (Amora Brandon)
Above right : Grace Award winner (Jaheim Coleman-Scott)



Above left : Ms Reid's Foundation class award winner (Eli Hoffrichter). Above right : Ms Ware's Foundation class award winner (Anna-Lee Yorkshire)



Above left : Ms Mila's Year 1/2 class award winner (Kirra Gurney). Above right : Mrs Cook's Year 1/2 class award winner (Levondia Edwards).



Above left : Ms Bahr's Year 3/4 class award winner (Kaya Bilney). Above right : Mr Champion's Year 3/4 class award winner (Cohen Spry).



Above left : Ms Spann's Year 5/6 class award winner (Teelah Gray). Above right : Miss Hoffrichter's Year 5/6 class award winner (Bella Carpenter). Bella was absent last Friday.



Above left : Miss Uzzell's Year 7/8 class award winner (Gemma Watson). Above right : Mr Donald's Year 7/8 class award winner (Reif Coleman).



Above left : Mr Kuzi's Year 9/10 class award winner (Marcina Colbung-Ware). Above right : The Class Attendance Cup was won by Miss Uzzell's Year 7/8 class.

Wellbeing Coordinator



What is School Refusal

School refusal is when children get very upset about going to school, and they won't or can't go.

Children might refuse to go to school because of worries about leaving home, learning difficulties, social problems or other reasons.

The best way to get children back to school is by working as a team with the school.

If school refusal is related to anxiety or depression, children might need mental health support.

It's good to acknowledge children's feelings about school, but let them know that you expect them to go back to school.

School refusal is when children get extremely upset at the idea of going to school and often miss some or all of the school day. This distress doesn't go away.

School refusal can mean that children have trouble going to school or trouble leaving home, so they might not go to school at all. Children who refuse to go to school usually spend the day at home with their parents' knowledge, even though their parents try hard to get them to go.

School refusal is **not a formal psychiatric diagnosis**. It's a name for an emotional problem.

Signs of school refusal

If your child refuses to go to school, you might feel that school nights and mornings are a 'battle of wills'. Your child might:

- cry, throw tantrums, yell or scream
 - hide or lock themselves in their room
 - refuse to move
 - beg or plead not to go
 - complain of aches, pains and illness before school, which generally get better if you let your child stay at home
 - show high levels of anxiety
 - have trouble sleeping
- threaten to hurt themselves.

School refusal can be an issue for children in both primary and secondary school, but it's more common in children aged 5-6 years and 10-11 years.

Causes of school refusal

There's rarely a single cause of school refusal. It might be linked to anxiety or worries about leaving home, a phobia or learning difficulty, social problems at school, or depression.

School refusal **might start gradually or happen suddenly**. It can happen at the same time as or after:

- stressful events at home or school or with peers
 - family and peer conflict
 - starting or changing schools
 - moving home
 - bullying or teasing
 - problems with a teacher
- poor school results.
- By not going to school, a child might be able to:
- avoid scary things – for example, tests, certain teachers, the canteen and so on
 - get out of social situations with peers or teachers
- keep an eye on what's happening at home – for example, if a family member or pet is ill.

Understanding your child's school refusal

The first step to working on school refusal is trying to **understand the issue from your child's point of view**. This means you can go to the school with useful information.

Identifying why your child is having trouble going to school

- Talk with your child about school and why they don't want to go. Try to find out whether your child is having problems with peers or teachers, or whether they're trying to avoid something. For example, 'If you could change one thing about school, what would it be?'

- If your child finds it hard to talk about the problem, ask your child to rate each part of the school day – for example, the bus ride, classroom, specialist classes, teacher, peers, recess and lunch breaks. Younger children might find it easier to tell you how they feel by pointing to symbols like sad faces or smiley faces.

Think about whether there's anything happening at home that's making it hard for your child to leave and go to school. For example, have you had a death in the family or recently moved house? Is your child worried about someone at home, or is your dog unwell?

Finding solutions to school refusal

- Help your child to use a problem solving approach to the things that make it hard for them to leave home or go to school.

- Tell your child that you're going to work together with their school to help them go to school.

Talk with your child about seeing a counsellor or psychologist if they feel they can't manage their worries or fears about school.

It's important for your child to go to school while they're getting help with the issue that has caused the school refusal. When your child goes to school, it builds their confidence and resilience. It keeps your child connected with learning, and it's important for social development. It's often easier for children to return to school if they haven't been away from school for too long.

Working with schools on school refusal

The best way to get your child back to school is by working as a team with your child's school. It's a good idea to start by talking with your child's classroom teacher, home-room teacher or year coordinator.

Here are things you could cover:

Explain what's going on for your child and why your child is refusing to go to school – for example, bullying, learning difficulties, mental health problems and so on.

If your child is experiencing bullying, talk about how this is affecting your child. You could ask the school about their strategies to manage and prevent bullying.

Ask whether other support staff can help your child. These staff might include the student welfare coordinator, school psychologist or counsellor. Ask whether you can have regular updates on your child's progress and support needs.

If your child has a learning difficulty that makes it hard for them to enjoy learning, ask what support the school can offer.

Talk with the school about a gradual start back at school for your child. For example, your child might be able to start with a shorter school day or with their favourite subjects and build up from there.

Working on school refusal at home: practical strategies

Here are practical things you can do at home to encourage your child to go to school.

When you're talking to your child

- Show your child that you understand. For example, you could say, 'I can see you're worried about going to school. I know it's hard, but it's good for you to go. Your teacher and I will help you'.

- Use clear, calm statements that let your child know you expect them to go to school. Say 'when' rather than 'if'. For example, you can say, 'When you're at school tomorrow ...' instead of 'If you make it to school tomorrow ...'.

- Show that you believe your child can go to school by saying positive and encouraging things. For example, 'You're showing how brave you are by going to school'. This will build your child's self-confidence.

Use direct statements that don't give your child the chance to say 'No!' For example, 'It's time to get out of bed' or 'Jo, please get up and into the shower'.

Wellbeing Coordinator Cont

When you're at home with your child

- Stay calm. If your child sees that you're worried, stressed or frustrated, it can make your child's anxiety worse.
 - Plan for a calm start to the day by having morning and evening routines. For example, get uniforms, lunches and school bags ready the night before, get your child to have a shower or bath in the evening, and get your child to bed at a regular time.
 - Praise your child when they show brave behaviour, like getting ready for school. For example, you could say, 'I know this is hard for you, but I think it's great that you're giving it a go. Well done'.
 - Make your home 'boring' during school hours so that you don't accidentally reward your child for not going to school. This means little or no TV or video games and so on. You could think about not letting your child use their phone during school hours.
- Get your child to do work provided by the school while at home. This will help to make sure your child doesn't fall behind.

Getting to school -Get someone else to drop your child at school, if you can. Children often cope better with separation at home rather than at the school gate.

Praise your child when they actually go to school. You could also consider rewarding them. For example, if your child goes regularly, they could earn bonus technology time, a special outing with a parent to their favourite park, or their favourite meal for dinner.

Your child needs your love and support to get back to school. So focus on any efforts your child makes to go back, be patient with your child's progress, and try to keep any frustration to yourself. This will help your child build the confidence they need to get back to school regularly.

Anita Hoffrichter

Wellbeing Coordinator

BOOKFAIR FAMILY NIGHT (NEXT WEDNESDAY, 21/8, 4pm)

BOOKWEEK DRESS UP DAY & PARADE, 9am

CROSSWAYS LUTHERAN SCHOOL

Daily Quizzes
Complete a Quiz each day to win a Pizza lunch for your class

READING IS magic

DRESS UP DAY WEDNESDAY 21ST
Parade at 9am
All welcome
Prizes to be Won

Lunchtime readings and activities

- Monday: *Can you Teach a Fish to Swim*
- Tuesday: *Bear and Duck*
- Wednesday: *One Little Duck*
- Thursday: *Country Australia*
- Friday: *Hope is a thing*

CROSSWAYS BOOK WEEK | 2024

Middle School Art



Congratulations to two of our students who have won prizes in the ADAC Stepping stones Day Centre NAIDOC Art Competition.

1st Place : Kaliah Lennon-Gray
'Keeping the Fire Burning' \$500

2nd Place : Caitlin Queama 'Sunshine Rain'
\$250

Such talented artists at Crossways Lutheran School.



Ms Ware - Foundation Class



Week 4 already in the Foundation class, we have been very busy in our class, our show and tell is in our sharing circles where we get to talk about our work then we get to vote on the one we like. In math we are working what is heavy and light with the scales for measuring and recording our work. Our handwriting is getting very neat and we are writing labels for our room. We have also been saying grace before we eat our lunch.

Kind Regards, Alison Ware



Spriggy Schools Uniform Ordering

Crossways Uniform items can now be ordered from your SPRIGGY ACCOUNT.

Once the order has been placed, they can be collected from the Front Office.

Also : Please do not send children to school with food that requires heating in the canteen. Due to health regulations, we are unable to heat food from home.

Spriggy Schools

Student Led Conferences

Monday 23rd Sept (Week 10).

Please book your interviews via See Saw or by phoning the Front Office.



An invitation from the Crossways School Board Directors

As you would be aware the school is governed by a School Board comprised of people who have varying backgrounds & skills. The board members have a passion for advocating for our children's education and a desire to support the growth and success of Crossways Lutheran School's future. The Board's primary responsibilities are:

- To ensure that the school has a positive Christian culture**
- Employment of the Principal and Business Manager**
- Setting the strategic direction**
- Managing any risks**
- Ensuring the school is financially sustainable.**

From time to time the School Board seeks new directors with a passion for Crossways Lutheran School. If you feel that you can contribute to the school in this way, could you please let Greg Miller or Melinda Vaughan know.

Julian Denholm
Chair of the Crossways Board



HELP US EMPOWER YOUTH TO SAY NO TO VAPING

We are seeking parents and their adolescent (12-15 years) to help us test if a text message program sent to parents and youth to prevent from taking up vapes

Vaping can cause **lung injury, poisoning and burns.**

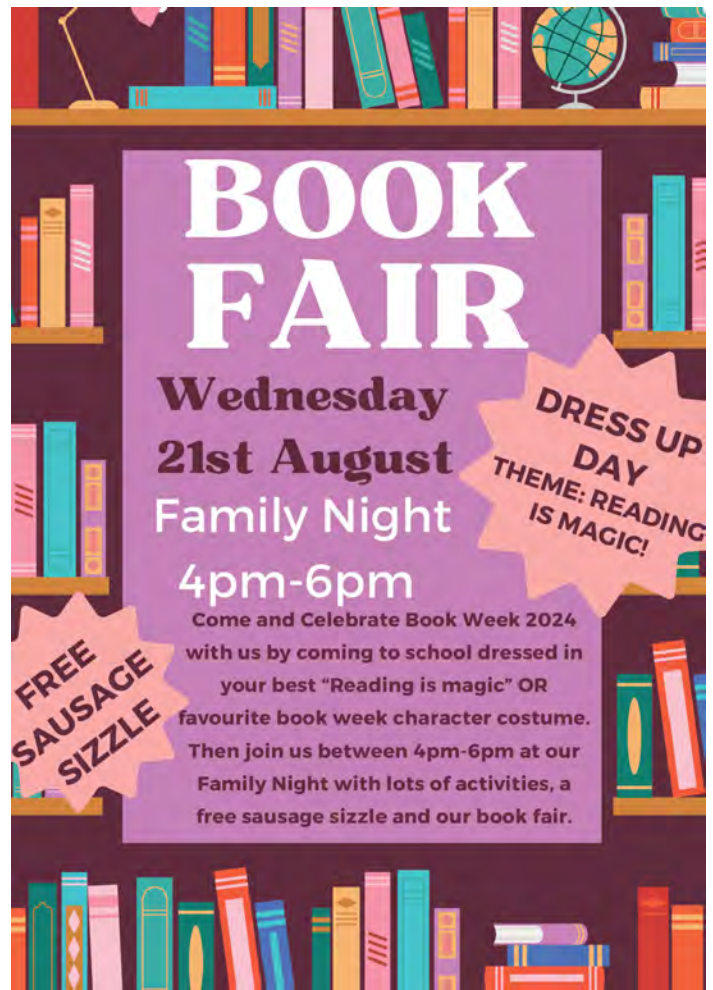
Nicotine (found in most vapes) can lead to addiction and risks youth brain development, learning and mood regulation.

Parents and adolescents will both receive a \$20 e-gift card after completing each follow-up survey

SCAN THE QR CODE BELOW TO FIND OUT MORE AND PARTICIPATE IN THIS STUDY:



WWW.VAPINGPREVENTIONSTUDY.COM



BOOK FAIR

Wednesday
21st August
Family Night
4pm-6pm

DRESS UP DAY
THEME: READING IS MAGIC!

FREE SAUSAGE SIZZLE

Come and Celebrate Book Week 2024 with us by coming to school dressed in your best "Reading is magic" OR favourite book week character costume. Then join us between 4pm-6pm at our Family Night with lots of activities, a free sausage sizzle and our book fair.



HELP US EMPOWER YOUTH TO SAY NO TO VAPING

BACKGROUND

Are you concerned about your adolescent being introduced to vapes? Although vaping amongst youth can cause serious poor health outcomes (e.g. lung injury, poisoning and burns), the number of youth trying vaping is continuing to increase.

WHAT IS THE PROJECT ABOUT?

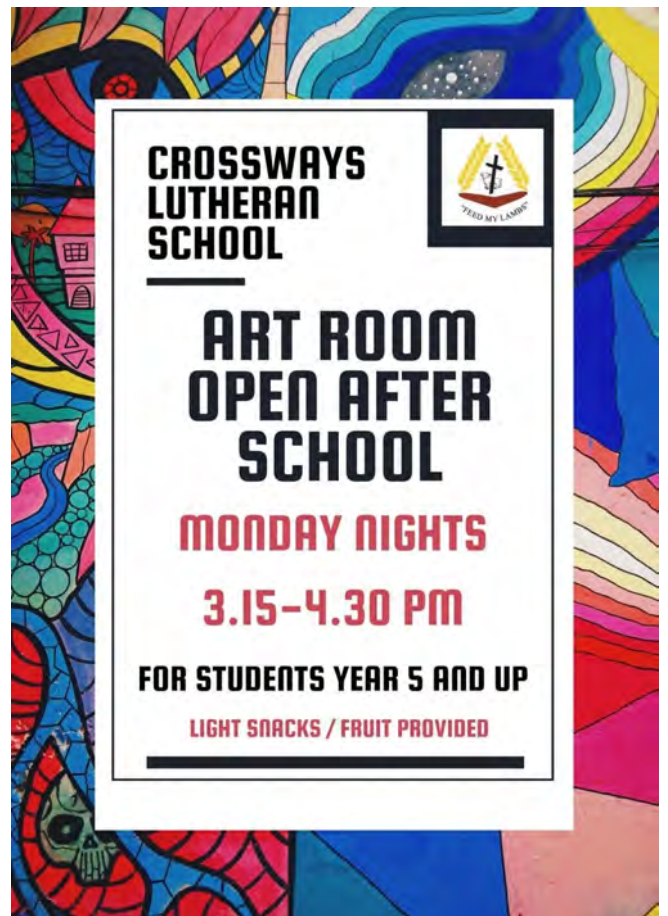
- We are testing the use of a text-message program sent to parents and their adolescent (aged 12-15 years) to prevent youth from taking up vapes.
- The messages have been developed with parents and youth, and aim to:
 - Educate youth and parents on the harms of vaping
 - Provide social support
 - Teach refusal skills
 - Encourage positive discussion amongst families

Visit our website to find out more and sign up:




Parents and adolescents will both receive a \$20 e-gift card after completing each follow-up survey

www.vapingpreventionstudy.com
ECPT@newcastle.edu.au

CROSSWAYS LUTHERAN SCHOOL



ART ROOM OPEN AFTER SCHOOL

MONDAY NIGHTS
3.15-4.30 PM

FOR STUDENTS YEAR 5 AND UP

LIGHT SNACKS / FRUIT PROVIDED

Happy Birthday

20th August

Brooke McKay

20th August

Chase Sleep



Local Church Services

AUGUST Church dates

18th
25th



Anglican 9.30am
Ceduna 10am HC with
Pastor Malcolm Pech

Chapel Schedule - Term 3, 2024

Term Week	Date	Class/SRC	presenter	Devotion
WEEK 4		7/8 U & D	Greg	Clint / Kiara
WEEK 5		3/4 Bahr	Pst Stuart	Donna / Piper
WEEK 6		9/10 Kuzi	Pst Stuart	Kuzi
WEEK 7		1/2 C & P	Andrew	Mila/Janette
WEEK 8		3/4 Champion	Rev David	Aiden
WEEK 9		5/6 Spann	Greg	Melissa
Week 10		Foundation	Andrew	Kerri/Alison

Attendance : Whole School Average
Term 3, 2024



SCHOOL AIM - Equal to or Greater Than 90%

54 reasons
Part of the Save the Children Australia Crisis

PLAY2LEARN TERM 3 2024 PLAYGROUPS

Founded by
Australian Government
Department of Social Services

<h3>PLAYGROUP WEDNESDAY</h3> <p>10am-12pm PENONG EARLY LEARNING CENTRE</p> <p>FREE - Playgroup for families with children aged 0-5 years old</p> <p>ALL FAMILIES WELCOME FRUIT PROVIDED</p>	<h3>PLAYGROUP FRIDAY</h3> <p>9.30AM TO 11.30AM CROSSWAYS SCHOOL EARLY LEARNING CENTRE</p> <p>FREE - Playgroup for families with children aged 0 to 5 years old</p> <p>ALL FAMILIES WELCOME FRUIT PROVIDED</p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Contact Us
STAFFED BY Petrina and Donna
Phone: 0436 116 073
Email: petrina.mahar@54reasons.org.au

SAVE THE DATE

Sista2Sista
Thursday 12th September 2024

Sista2Sista

CEDUNA SAILING CLUB
1 O'Loughlin Terrace

FOR ABORIGINAL AND TORRES STRAIT ISLANDER
WOMEN AGES 16 AND OVER.

Working Together Towards a Brighter Future