



CROSSWAYS CALENDAR

Week 5 (21/8)	BOOKWEEK Family Night
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 come to the end of Week 5 in Term 3, it's hard to believe how quickly the term is passing! I hope everyone is enjoying the term so far and finding joy in the many activities and opportunities that have come our way. With the weather starting to warm up here in Ceduna, we're reminded that spring is just around the corner, bringing with it a renewed sense of energy and

anticipation.

This week, I've been reflecting on the words from Ephesians 4:25: "Therefore each of you must put off falsehood and speak truthfully to your neighbour, for we are all members of one body." This verse speaks to the importance of honesty, integrity, and our responsibility to care for one another. It aligns closely with one of the key values we uphold in Lutheran Education: the value of Service.

The Value of Service

Service is more than just helping others; it is a fundamental expression of our faith and a response to God's love for us. At Crossways Lutheran School, we teach our students that service is an essential part of being a member of our community. Whether it's through acts of kindness, volunteering, or supporting those in need, service allows us to live out the teachings of Jesus in practical and meaningful ways. We encourage our students to think about how they can serve others both within our school and in the broader community. Service can take many forms—assisting a teacher, helping a friend with their studies, or participating in community projects. These acts, whether big or small, contribute to a culture of care and compassion that defines our school.

As the term progresses, I challenge all of us—students, staff, and parents—to consider how we can make service a daily practice in our lives. By doing so, we not only help those around us but also grow in our own spiritual journeys, becoming more like Christ in our thoughts, words, and actions.

Warming Weather and Sports Finals

With the weather warming up, I know many of our students are eagerly looking forward to spending more time outdoors, enjoying the sunshine, and participating in sports. This time of year is particularly exciting for those involved in netball and football as finals season is upon us.

I want to take this opportunity to wish all our students competing in the netball and football finals the very best of luck. Your hard work, dedication, and teamwork have brought you this far, and I'm confident that you will continue to make our school proud, no matter the outcome. Play with passion, respect, and a spirit of good sportsmanship, knowing that you have the full support of our school community behind you.

Looking Ahead

As we head into the second half of the term, let us keep Ephesians 4:25 close to our hearts, remembering that we are all members of one body, called to serve and support one another in truth and love. Thank you for your continued commitment to Crossways Lutheran School. Together, we are building a community that embodies faith, service, and unity. Wishing everyone a restful weekend and all the best in the weeks ahead.

Blessings,

Greg Miller

Principal, Crossways Lutheran School

STUDENT FREE DAY

Monday 23rd September

(Week 10)

STUDENT LED CONFERENCES

Please contact student teachers via SeeSaw or contact the front office to book a time to meet with your child's teacher.



Week 4 Award Winners



Above left : Grace Award winner (Brianna Harre-Temby).
Above right : Hope Award winner (Kobi Davies)



Above left : Ms Reid's Foundation class award winner (Amberleigh Spry). Above right : Ms Ware's Foundation class award winner (Maddison Cox)



Above: Ms Reid Foundation class won the Class Attendance Cup for Week 4



Mr Kuzi's Year 9/10 class award winners (Shia Taylor-Champion & Chase Sleep)



Above left : Ms Mila's Year 1/2 class award winner (Zhaylee Gray). Above right : Mrs Cook's Year 1/2 class award winner (Aalliyah Christmann).



Above left : Mr Champion's Year 3/4 class award winner (Isobel Wright). Above right : Miss Bahr's Year 3/4 class award winner (Jonathan Wells).



Above left : Miss H's Year 5/6 class award winner (Ciara Lennon-Gray). Above right : Ms Spann's Year 5/6 class award winner (Alexis Kaehne).



Above left : Miss Uzzell's Year 7/8 class award winner (Anastasia Muir). Above right : Mr Donald's Year 7/8 class award winner was Lillian Miller-Lampard. Lillian's brothers collected her award as she was absent.

Deputy Principal—Terena Evans



The importance of a healthy diet

Why It Matters

Energy and Vitality: A balanced diet ensures that your body gets the right mix of nutrients needed to produce energy and stay alert throughout the day. Without it, you may experience fatigue and low energy levels.

Disease Prevention: Consuming a variety of foods rich in vitamins and minerals helps bolster your immune system, reducing the risk of chronic diseases such as heart disease, diabetes, and certain cancers.

Mental Well-Being: Nutritional imbalances can affect your mood and cognitive function. A diet rich in omega-3 fatty acids, found in fish and flaxseeds, has been linked to improved mental health and reduced symptoms of depression.

Digestive Health: Fibre from fruits, vegetables, and whole grains promotes healthy digestion and can prevent issues such as constipation and diverticulosis.

Weight Management: A balanced diet helps regulate your appetite and supports a healthy weight. By focusing on nutrient-dense foods and proper portion sizes, you're more likely to maintain a healthy weight without feeling deprived.

Practical Tips for Achieving Balance

Plan Your Meals: Prepare a weekly menu that includes a variety of foods from all the food groups. This helps ensure that you're getting a balanced intake of nutrients.

Stay Hydrated: Water is essential for all bodily functions. Aim for at least eight glasses a day, and remember that hydration needs can vary depending on activity level and climate.

Listen to Your Body: Pay attention to hunger and fullness cues to avoid overeating. Eating slowly and mindfully can help you enjoy your meals more and prevent overconsumption.

Moderation is Key: While it's important to make healthy choices, it's also okay to enjoy treats in moderation. The goal is not perfection but a sustainable and enjoyable approach to eating.

In summary, a balanced diet is the cornerstone of good health. By incorporating a variety of nutrient-rich foods into your daily routine, you're not only nurturing your body but also enhancing your quality of life. Remember, the journey to better health is a marathon, not a sprint. Start small, stay consistent, and celebrate your progress along the way.

Terena Evans

Bi-Weekly Meal Plan, Week 2: July 30 – August 5

Meals	Monday July 30	Tuesday July 31	Wednesday August 1	Thursday August 2	Friday August 3	Saturday August 4	Sunday August 5
Dinner	<ul style="list-style-type: none"> Strawberry-Feta Salad w/Leftover Grilled Herb Chicken Leftover Almond Flour Biscuits w/Butter 	<ul style="list-style-type: none"> Turkey Joes Apple-Carrot Coleslaw Cultured Pickles 	<ul style="list-style-type: none"> Pesto Pasta Mesclun Salad 	Brkfst 4 Dinner: <ul style="list-style-type: none"> Blueberry Almond Pancakes Scrambled Eggs Mixed Berries Nitrate-Free Bacon 	<ul style="list-style-type: none"> Grilled Fish Provençal Saffron Rice w/Peas 	<ul style="list-style-type: none"> Zucchini-Tomato Frittata Buttermilk Biscuits w/Butter & Honey Dessert: Banana Split Pops 	<ul style="list-style-type: none"> Grilled Herb Turkey Breasts Wild Rice Steamed Broccoli
Lunch	<ul style="list-style-type: none"> Cheese Steak Sandwiches Raw Veggies w/Ranch Dip 	<ul style="list-style-type: none"> Tuna Salad Sandwiches Apple Slices 	<ul style="list-style-type: none"> Leftover Turkey Joes, Coleslaw & Pickles 	<ul style="list-style-type: none"> Leftover Pesto Pasta Raw Veggies w/Ranch Dip 	<ul style="list-style-type: none"> BLAT (Bacon, Lettuce, Avocado & Tomato) Sandwiches Fresh Berries 	<ul style="list-style-type: none"> Grilled Turkey Reuben Cultured Sauerkraut 	<ul style="list-style-type: none"> Pizza Bagels Raw Veggies w/Ranch Dip
Breakfast	<ul style="list-style-type: none"> Veggie Egg Scramble Almond Flour Biscuits w/Homemade Jam 	<ul style="list-style-type: none"> Strawberry Yogurt w/Fresh Berries, Granola & Nuts Boiled Eggs 	<ul style="list-style-type: none"> Leftover French Toast Vanilla Yogurt w/Fresh Diced Peaches 	<ul style="list-style-type: none"> Homemade Granola with Fresh Berries & Almond Milk 	<ul style="list-style-type: none"> Eggs Over Easy Leftover Pancakes and Mixed Berries 	<ul style="list-style-type: none"> Cheesy-Basil Eggs Buttermilk Biscuits w/Raw Honey & Butter Fruit Salad 	<ul style="list-style-type: none"> Cinnamon Streusel Muffins Poached Eggs Fruit Smoothie
Do Ahead	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tasks to do to "prep" for next day	<ul style="list-style-type: none"> Save extra biscuits from breakfast for tonight's dinner 	<ul style="list-style-type: none"> Save extra turkey joes and coleslaw for tomorrow's lunch Make pesto for tomorrow's dinner 	<ul style="list-style-type: none"> Save leftover pasta for tomorrow's lunch 	<ul style="list-style-type: none"> Save extra pancakes and fruit for tomorrow's breakfast Save leftover bacon for tomorrow's lunch Defrost fish fillets 	<ul style="list-style-type: none"> Make banana split pops for tomorrow Make meal plan for next two weeks Go to market 	<ul style="list-style-type: none"> Save extra biscuits from breakfast for tonight's dinner 	<ul style="list-style-type: none"> PREP DAY (prep ahead as needed for next two week's meal plan)

Welcome to Crossways



Hello everyone,
My name is Jim Jordin, and I'm thrilled to be joining the Crossways community as your new IT Systems Administrator. . My role involves ensuring that all the technology and IT systems in the school run smoothly, from troubleshooting daily issues to working on projects that enhance our digital environment.
A bit about me: I hail from the beautiful state of Kerala in

India, and my adventure brought me to Australia in February 2020, where I pursued a Master's degree in Information Technology at the University of South Australia. My journey through various IT roles has ignited a passion for technology and problem-solving, and I've had the chance to dive deep into the world of operating systems, software, hardware, and networks.

When I'm not deep in the world of tech, you'll likely find me outdoors—exploring new places, playing soccer, or going fishing

I'm genuinely excited to contribute my experience and skills to support our school and its amazing students. Please feel free to reach out if you need any assistance or just want to say hello!

Looking forward to getting to know all of you and embarking on this journey together!

Thanks

Jim Jordin

welcome
TO THE
TEAM

New building at Crossways



The new
Wellbeing Centre is
coming along
nicely!
Exciting times
ahead!



Our ELC is having
an extra
playground
built and is looking
fabulous!

Anita Hoffrichter - Wellbeing



First Aid For Schools

Crossways were fortunate to have Annie Maples from St. Johns deliver First Aid training to Rec-Years 6 this week. The children were enthusiastic, had fun and learnt some vital skills.





CROSSWAYS EARLY LEARNING CENTRE



During 'Book Week' all ELC children have had lots of fun engaging with the whole school celebrations.

We've dressed up, shared in lunchtime stories in the library with our Enchanted Forest and joined in with the dress up parade.

In the ELC space we have immersed ourselves in our literacy learning with engaging provocations like Wombat Stew, Dear Zoo and Going on a Bear Hunt story tables.

These are helping us to actively engage with text and develop our understanding that texts convey meaning; all while playing and having fun.

Kind regards,

Lana Coleman (Director)



Happy Birthday

23rd August	Amiea Ackland-Brown
24th August	Ciara Hillman
27th August	Brian Barnsley
28th August	Harrison Kelly



Local Church Services

AUGUST Church dates

25th  Ceduna 10am HC with Pastor Malcolm Pech



54 reasons
Part of the Save the Children Australia Crisis

PLAY2LEARN TERM 3 2024 PLAYGROUPS

<p>PLAYGROUP WEDNESDAY 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>	<p>PLAYGROUP FRIDAY 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>
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Contact Us
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Chapel Schedule - Term 3, 2024

Term Week	Date	Class/SRC	presenter	Devotion
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%

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.

