



Term 3, Week 7, 2024

CROSSWAYS SCHOOL CALENDAR



Week 7 (6/9) Friday	Footy Club Colours Day
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 (Tue 24/9)	Crossways Cross Country
Week 10 (Thu 26/9)	Last day of Term 3
Wk 1 (Mon, 1/10)	First day of Term 4

CROSSWAYS E.L.C. CALENDAR



Week 9 Date TBA	Pre-Kindy excursion. More info to come.
Week 10 Date TBA	Kindy excursion. More info to come.
Week 10 (Mon 23/9)	STUDENT FREE DAY - Staff Training
Week 10 (Tue 24/9)	Last day of Term 3 for Pre-Kindy
Week 10 (Thu 26/9)	Last da of Term 3 for Kindy

Principal's Word - Greg Miller



Dear Crossways Lutheran School Community,
As we reach the end of Week 7 of Term 3, I want to extend my gratitude to our students, staff, and parents for their continued dedication and enthusiasm. This term has been filled with growth, learning, and many moments that remind us of the strength and spirit within our school community.

This week, we have been reflecting on the words from James 1:17: "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows." This verse serves as a beautiful reminder that every talent, every opportunity, and every moment of courage we possess is a gift from God. As we reflect on this, I want to focus on the Lutheran Education value of courage.

The Value of Courage

Courage is a vital quality that enables us to step outside our comfort zones, take risks, and face challenges with faith and confidence. It is not the absence of fear, but the decision to act in spite of it. In our daily lives at Crossways Lutheran School, we encourage our students to be courageous—not just in the classroom, but in all aspects of their lives.

Whether it's speaking up for what is right, trying something new, or persevering through difficult tasks, courage is essential to personal growth and development. It allows us to learn from our mistakes, stand up for others, and face each day with confidence in our God-given abilities.

James 1:17 reminds us that the courage to take these steps comes from God, who is the source of all good gifts. When we remember that our strength and courage are gifts from our unchanging Father, we are empowered to face our fears, knowing that we are never alone.

Wishing Our Athletes the Best

This weekend is an exciting time for many of our students who will be participating in the football and netball finals at Koonibba. I want to wish all our athletes the very best of luck! Your dedication, hard work, and commitment to your teams have brought you this far, and we are proud of each and every one of you.

As you take to the field and court, remember that true courage lies not just in winning, but in giving your best effort, supporting your teammates, and displaying good sportsmanship. Whether you win or lose, know that your courage and spirit are what truly define you.

Looking Forward

As we move into the final weeks of the term, let us keep the words of James 1:17 close to our hearts and remember to embrace the value of courage in all we do. Whether it's in sports, academics, or everyday life, let's continue to support one another in stepping boldly into the future God has prepared for us.

Thank you all for your ongoing support and commitment to Crossways Lutheran School. Together, we are nurturing a community where courage, faith, and love thrive.

Wishing you all a safe and blessed weekend.
Blessings,

Greg Miller

Principal, Crossways Lutheran School

STUDENT LED CONFERENCES

Monday 23rd Sept (Student Free Day)

Please call the front office to arrange a suitable time



This Friday!
Cold coin donation !



Week 6 Award Winners



Above left : Hope Award winner (Tamiranashe Masunda)
Above right : Grace Award winner (Amalie Champion)



Above left : Ms Reid's Foundation class award winner (Dakota Scott). Above right : Ms Ware's Foundation class award winner (Summer Giles).



Above left : Mrs Cook's Year 1/2 Class award winner (Shantari Graham). Above right : Ms Mila's Year 1/2 Class award winner (David Yorkshire).



Above left : Miss Bahr's Year 3/4 class award winner (Litia Pohahau). Above right : Mr Champion's Year 3/4 class award winner (Gareth Masunda).



Above left : Ms Spann's Year 5/6 class award winner (Savannah Guidera). Above right : Miss H's class.



Above left : Mr Kuzi's Year 9/10 class. Above right : Ms Reid's Foundation class won the Attendance Cup last week.

Terena Evans - Deputy Principal



The importance of a healthy diet – Part 2

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: Fiber 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 	<ul style="list-style-type: none"> 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 Provencal 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)

Dear Crossways Community

I would like to update you all on what has happened since our strategic planning meeting that was held earlier this term.

Dennis Mulherin, the facilitator of the evening, compiled all the notes and conversations that were had and then presented to the board a summary of what the Crossways Community believed should be our two strategic priorities for the following years.

This summary has now been formatted as a one-page document, which is included. The document will guide us as seek to deliver the best possible education for every child and teenager at Crossways.

Thank you all for your continued support.

Julian Denholm – Board Chair



STRATEGIC PRIORITIES 25



Mission

Crossways Lutheran School is committed to providing its learning community with opportunities to grow and to be empowered by continuing to develop meaningful relationships with all stakeholders and strategically investing in facilities and resources.

Vision

In an environment where everyone feels valued, we will empower our learning community to celebrate success, invest in, and contribute to, their own learning.

Values

At all times, students, staff, and parents abide by the simple code of conduct:
"Love one another as I have loved you!" John 15:12
Love is expressed as consideration, cooperation, courtesy, respect, forgiveness, and acceptance.

Strengths

- A passionate and committed staff team
- Our growth as a community and potential for more
- We have an engaged school community
- Pastoral care and the well-being of students and staff
- An inclusive community that welcomes all

Strategic Priorities Over Coming Years

1. Investigate the possibility of sustainably offering Years 11-12, and
2. Continue to improve the academic rigor, standards, and results across the school.

Why?



To support the retention of families in Ceduna through the provision of access to high-quality Christian education to Year 12, including Vocational Education.



To enhance collaboration with other schools including the local Area School, VET providers, Tertiary Education institutions, and local businesses to enhance the breadth and depth of opportunities for students.



To ensure the teaching and learning across the school reflects contemporary research-based practice.



To ensure that every child and teenager at Crossways exceeds their own expectations of what they can achieve through their education.

Artwork by: Kenniesha Ware

Amber Drummond - Special Needs



This term has been very exciting with our Alternative Learning time being spent getting ready for book week. We built a MASSIVE castle out of cardboard that you may have seen in the library. The kids did a great job designing and painting this and everybody enjoyed playing in it during Book Week. We also dressed up for book week

and had a great day on Wednesday celebrating all things reading!

For the rest of this term we will be doing guided drawing, which teaches listening comprehension, waiting and following instructions. We started one last week with a dragon, and will display these on our room door, if you want to have a look.

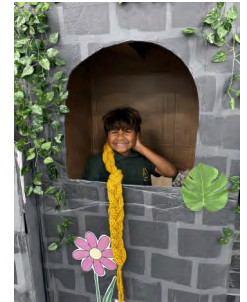
Zones of Regulation have just released a new interactive version of their program and we have been looking at this, and learning about ways to regulate our bodies. Students are learning the meaning of regulation and some ways to regulate their:

- Hunger
- Thirst
- Temperature
- Speed
- Strength
- Voice Volume
- Energy
- Feelings

We will also be continuing to cook cupcakes for the emergency lunch program and doing some PE, learning skills for games like Football and Soccer, as well as general ball skills.

This week is also LSO week and I want to thank all of the hardworking LSO's at Crossways, especially my team who go above and beyond every day to support the students at this school. They do an amazing job and we are very lucky to have them working here!!!

Amber Drummond



Year 7/8 Camp to Pichi Richi



Last week the Year 7/8 cohort went to Pichi Richi for school camp. On the Wednesday we went to the Flinders Ranges for the day. At the start of the day we did a 2km walk from Death Rock to Kanyaka Woolshed to Kanyaka Homestead. We went to Brachina Gorge for lunch where we got to see yellow-foot wallabies. In the afternoon we went to Wilpena Pound and walked into the middle of the craters where the homestead was located. On Thursday we started the morning off with doing an orienteering exercise, which consisted of the students being in groups and having to find 20 checkpoints by reading a map and the clues. We all really enjoyed this activity as we had to work as a team and figure out where the checkpoint was. In the afternoon we had a cultural art session, where we learnt a bit about the history of the Flinders Ranges and then had to draw our journey from Ceduna to Pichi Richi. That night we played a big game of spotlight which the students loved before we went to bed ready to travel home the next day.

Kiara Uzzell



Year 7/8 Camp to Pichi Richi



Hello everyone,

Last week both 7/8 classes had a fantastic time on our camp to the Flinders Ranges. We made the journey from Ceduna to Port Augusta despite the windy conditions and long distance. Some key highlights from camp included treks, day trips to Brachina Gorge, exploring old ruins, spotting wildlife, and spending time in Quorn. The fun

continued at Pichi Richi park where the students completed an orienteering challenge, faced off in minute-to-win-it games and engaged in a cultural learning session.

The hands-down winner for the camp was the entertaining games of spotlight at night time! The kids had stacks of fun and behaved exceptionally well across the whole camp. A special thank you to Christine for her amazing bus driving skills and Anita for her reliable motherly support to all students. An amazing time had by all, well done!

Mr. Donald



Lana Coleman - ELC DIRECTOR

The Making Of A Dam

Learning Through Play:

The children in the Kindy program have had a wonderful time with so much learning and inquiring while enjoying their play.

They have been deepening their friendships and connections as they continue to increase their sense of belonging.

While 'Making a Dam' together, they shared in problem solving, experimenting, persistence and extending their communication skills.

'Look we slowing the dam down'

'I'm helping them'

'Ohhhh look, it's going down fast!'

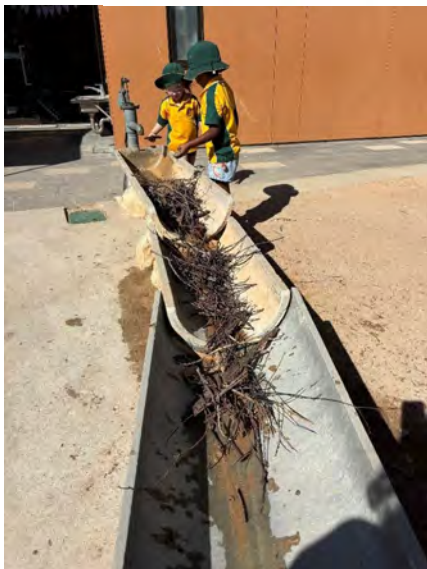
This valuable learning links to the Early Years Learning Framework (EYLF) Outcome 1:1 as children form friendships, join in play together, respond to ideas and suggestions from others.



HAPPY
FATHER'S
DAY

The children were excited to decorate and create gifts for their special person on Father's day.

We hope you all enjoyed your surprise



Happy Birthday

6th September Nevaeh Milne-Morrison
 10th September Elly Bateman



Local Church Services

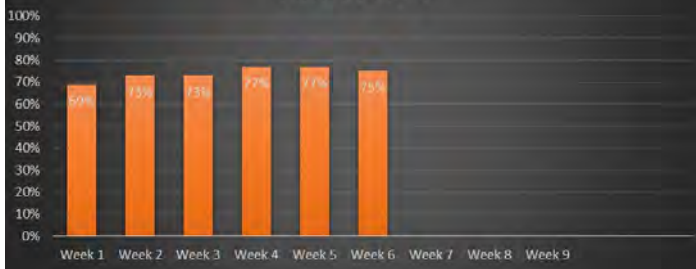
1st - Denial Bay 10am
 8th - Ceduna 10am
 15th - Anglican 9.30am
 22nd - Ceduna 10am
 29th - Denial Bay 10am

SEPTEMBER
 Church dates

Chapel Schedule - Term 3, 2024

Term Week	Date	Class/SRC	presenter	Devotion
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%



<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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Crossways Club colours day Friday 6th September

COME TO SCHOOL DRESSED IN YOUR CLUB COLOURS
 TO CELEBRATE THE END OF THE LOCAL SEASON

SAVE THE DATE

Sista2Sista
 Thursday 12th September 2024

Sista 2 Sista

CEDUNA SAILING CLUB
 1 O'Loughlin Terrace

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