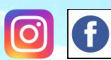


Crossways Newsletter

Term 4, Week 1, 2024



CROSSWAYS SCHOOL CALENDAR

School

Weeks 2-6 (Thur & Fri)	Junior School Swimming Lessons
Week 3 (Wed 30/10)	JS Grandparents/Special Friends Day
Week 9 (Wed 11/12)	Celebration of Learning
Last Day of Term 4	Thursday 12th December 2024

CROSSWAYS E.L.C. CALENDAR

Kindy

Week 9 (Tues 10/12)	Pre-Kindy Last Day
Week 9 (Wed 11/12)	Kindy Last Day
Week 9 (Thurs 12/12)	Last Day for Staff

Principal's Word - Greg Miller



Dear Crossways Lutheran School Community,

Welcome back to the start of Term 4! I hope everyone enjoyed a restful holiday and is feeling refreshed and ready for the exciting term ahead. It's hard to believe we've already reached the final term of the year, and I'm looking forward to seeing our students grow even more as we work toward finishing the year on a high note.

As we begin this new term, we are focused on a verse from 1 John 3:1: "See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!" This verse speaks to the incredible love God has for each of us, and it reminds us of our identity as His children. At Crossways, this sense of belonging and love is central to everything we do. It shapes how we approach teaching, learning, and our relationships with one another.

The Importance of Clear Communication

As we move into Term 4, one of the key areas we will focus on is the importance of clear communication. Whether between students, staff, or parents, effective communication is essential

for our students, developing strong communication skills is vital for both academic success and personal relationships. We encourage students to express themselves clearly, listen to others with respect, and ask questions when they need help. It's through open and honest communication that we can build trust and ensure that everyone feels valued and supported.

For parents and caregivers, I want to emphasize the importance of staying connected with the school. If you have questions or concerns about your child's progress, please don't hesitate to reach out to your child's teacher. By working together, we can create the best possible environment for our students to flourish.

Staff Professional Development Day

On Monday, our staff participated in a Professional Development Day led by Andrew Bradtke from Lutheran Education South Australia, Northern Territory & Western Australia (LESNW). The day was focused on Lutheran Education's key document, Free to Flourish, and it marked the beginning of our journey toward developing an updated educational philosophy for our school.

Free to Flourish outlines the vision of Lutheran Education, emphasizing the importance of nurturing each student to reach their full potential in all aspects of life—academically, socially, emotionally, and spiritually. As a staff, we reflected on how we can align our teaching and learning practices with this vision, ensuring that our students are not only equipped with knowledge but also with the values and skills to thrive as compassionate, confident individuals.

Looking Forward

As we embark on Term 4, let's remember that we are all children of God, loved and supported by Him. Let's work together—students, parents, and staff—to communicate openly, support one another, and make this a successful and fulfilling term for everyone.

Blessings,

Greg Miller

Principal, Crossways Lutheran School



CROSSWAYS
LUTHERAN SCHOOL

4 Smith Rd Ceduna SA 5690
admin@crossways.sa.edu.au
PH: 8625 2873 FAX: 8625 2689

www.crossways.sa.edu.au

Visit our website

Terena Evans - Deputy Principal



Crossways plans for the future.

Monday was a student free day due to our staff doing a workshop which aims to begin, getting ready, to move the school forward, in new and exciting ways. We are only at the beginning of our Contemporary Learning journey and spent the day looking at the two overarching Lutheran documents, Growing Deep and Compassionate Systems, reading and viewing the latest articles and videos on best approaches to how students learn, and brainstorming reasons why students learn and engage. This is only the first step towards creating our Educational Philosophy which will help to guide the direction the school goes in along with our strategic plan. Andrew Bradtke from LESNW (our regional office) supported the workshop and was insightful with his knowledge and experiences. Andrew has been involved in many Contemporary Learning Tours over the years, to schools all over the world, who are pulling away from the traditional framework of schools and branching out into a more modern way of teaching and learning. Next week Greg Miller, Haesil Kim, Donna Bahr and myself will be joining other Lutheran educators from across Australia in Adelaide for a Contemporary Learning Tour, visiting schools who are doing things a little differently and getting good results.

Personally I am very excited for this change, as I feel it will benefit individuals learning, enthusiasm for school, focus on subjects and areas they enjoy and are good at and students will have a better self-identity, awareness and overall joy and happiness.



Wellbeing Co-ordinator



Welcome Back to Term 4 that looks to be busy already. I hope that you and your family enjoyed a break from the normal routines. As a parent, you may feel stressed, worried, frustrated, confused, and disconnected from your usual sources of support. Your children most likely have similar feelings, although they may show them differently. It is important to

remember that children look to adults for guidance on how to react to stressful events. Talking with children about their emotions, fears, doing relaxation activities with them, teaching them helpful coping strategies, and giving them a sense of comfort can help reduce anxiety. The following simple parenting tips, along with specific activities and games might help you calm down your children, learn how to manage their feelings, and help them feel more secure.

Most activities can be enjoyed with children from age 2 to 6 years, although some are more suited to the older children as well. We hope that both you and your children will benefit. Children will have ways to receive comfort, express their feelings, strengthen their connections with you and others who are physically distant. Children will learn age-appropriate ways of coping with what can feel like an overwhelming situation. Engaging in some of the suggested activities will help them to continue learning and developing healthy adaptations to the world around them.

Day 1 Challenge: Puppet Play

Pretend play and acting out stories help children express emotions, they learn self-control, relaxation, and imagination all at once. Have your child perform a puppet show with their toys or cut out drawings.

Puppet play is a great way to get into a child's imagination and learn about how they are feeling. Encourage your child to develop their own play; help them set up a space where they can perform, it can be as simple as hiding behind the couch or a cardboard cut out theatre; agree on the time the performance and be ready to be the audience. Use the time to reach out to grandparents and if possible, connect with them online so that they can watch as well. After the play talk to your child about the characters and how they are feeling; give the child reassurance that things will be back to normal.

Day 2 Challenge: Gratitude Journal

As a parent you can help children notice and seek out the positive things happening around them and expressing gratitude. Studies show that practicing gratitude makes you happier. Daily gratitude journaling is a writing opportunity that also helps children academically with handwriting, spelling, and sentence structure.

You can create a gratitude journal together with your children. For this you will need couple of blank sheets of paper or an empty workbook and colour pencils. You can leave sections for your children to write or draw about their positive experiences. Here are a few prompts to help children phrase their grateful thoughts.

I'm grateful for...

I was kind to ...

This was the best part of my day...

Something that I laugh a lot...

In the video you can see an example of a homemade gratitude journal.

Day 3 Challenge: #ShareCare

Positivity is contagious. Positive thinking and spreading positivity are great ways to teach children how to help others and keep themselves positive.

Get your children to start a #ShareCare initiative for people they care about. Have them paint positive messages and images on rocks or other random objects they have at home, even on a card. Take a picture and send a photo to the person they care about with a message that their special gift will be shared when they next get to meet them in person.

Day 4 Challenge: Mood Meter

Recognizing children's emotions and developing strategies for regulating those emotions has positive effects on children's wellbeing.

The "Mood Meter" tool encourages family members to discuss their feelings by using the colours of the Mood Meter. For example, you could say: "It seems you're in the red and you want to feel more "green" is there something I can do to help?"

RED feelings: high in energy and low in pleasantness (e.g., angry, scared, and anxious);

BLUE feelings: low in energy and low in pleasantness (e.g., sad, disappointed, and lonely);

GREEN feelings: low in energy and high in pleasantness (e.g., calm, tranquil, and relaxed);

YELLOW feelings: high in energy and high in pleasantness (e.g., happy, excited, and curious).

Day 5 Challenge: Sensory bottles

Here is something that can help your children focus their mind and reduce the brain chatter. Sensory bottle is simple but very playful technique to help children learn focusing skills, calm down and regulate emotions.

To build the bottles with the glitter, see ideas in the video provided. You can explain your child that sometimes our minds are full of thoughts, swirling around like the glitter in the bottle. Sometimes, we experience angry thoughts. Sometimes sad thoughts. Tell them that it's okay to have strong feelings but that we can calm those thoughts and our bodies as well. One way to do this is to let your thoughts settle like the glitter in the bottle.

Wellbeing Co-ordinator



Day 6 Challenge: Belly Breathing with Stuffed Animals

Does your child have a favourite stuffed animal? This game is one of the best ways to help children lower their stress levels. And try it with them!

Let your child lie on his or her back and put a stuffed animal on belly. Have them breathe in and move the stuffed animal up, then breathe out and bring the stuffed animal back down. This helps teach children to use their belly to take big deep breaths.

Day 7 Challenge: A Quiet, Calming Place

In confusing, stressful times, having a private space can be incredibly calming. Make one for your child, and find your own, even for a few minutes.

This does not need to be elaborate. Even a blanket over a couple of chairs can work to block out overstimulating sights and sounds for a while. Let your child help. Pile in some cozy pillows, favorite stuffed animals, maybe a favourite book, and other calming tools to make it the ultimate relaxation spot. Perhaps add some calming music?

Day 8 Challenge: Flower and Candle Breathing

Breathing slowly is a great help when children (or you) are anxious, angry, or stressed.

A simple activity is to tell children to breathe in like they are smelling a flower and breathe out like they are blowing out birthday candles. Demonstrate for them (may be hard for the youngest—try another activity perhaps).

Day 9 Challenge: Write a message to your teacher or someone else you miss

It's easier to manage feelings when they're expressed in words or creative media. Here's an activity to help your child, and it's something you can enjoy together. Use "feeling words" as you talk to your child.

Depending on the child's age, suggest "Let's write a post card message to Grandma and tell her about what we did this morning. Then we can send it to her (or read it to her over the phone)." The child can dictate, and you write down

With older children who know how to write, you might ask, "Why don't you write a post-card message about what happened today?" (with younger children, write what they tell you and perhaps help them draw a picture)

Challenge 10: Healthy Body Healthy Mind

If you've ever cooked you know cooking is an act of patience, concentration, an outlet to express love and creativity. All the things that can contribute to maintaining a healthy mind.

Cooking with kids can help develop a happy, adventurous eater with some pretty valuable life skills and plenty of happy memories in the kitchen.

Whether you use ready or inventing your own recipes make them fun. This will keep both kids' hands and brains busy. It's also a fun way to learn math's – for example explain half cup of peas and half a cup of corn = one cup of healthy veges.

When cooking nutritious food that will support their growth and development, you not only building healthy eating habits you are building healthy minds.

If you have concerns regarding your child's wellbeing and school related issues, please do not hesitate to reach out to myself or Frew Halbert.

Kindest Regards
Anita Hoffrichter

Chaplain - Andrew McIlwraith



Wow does time fly, its already term 4 and just 69 days till Christmas.

Term 4 will be an exciting term in Chapel, where we will start to focus on the Christmas story later in the term, where Jesus was born King.

I strongly encourage you to come along every Friday at 9am to hear your son/ daughter/ niece/ nephew/ grandson/ granddaughter lead us in Chapel. Its always exciting to see how they lead us and what they do.

Supporting them by coming along means so much to them and lifts their confidence.

On the back page of the newsletter is a copy of the Chapel roster for this term.

We would love to see you there.

God Bless.

Andrew Mcilwraith

CELEBRATION OF LEARNING - TERM 3, 2024


FOUNDATION—WARE	STUDENT NAME
Student of the Term	Anna-Lee Yorkshire
FOUNDATION—REID	STUDENT NAME
Student of the Term	Tamira Masunda
YEAR 1/2—COOK	STUDENT NAME
Student of the Term	Brooklyn Miller
YEAR 1/2—POLTRE	STUDENT NAME
Student of the Term	Brooke McKay
YEAR 3/4—BAHR	STUDENT NAME
Student of the Term	Melissa Wells
YEAR 3/4 - CHAMPION	STUDENT NAME
Student of the Term	Lola Hissey
YEAR 5/6—HOFFRICHTER	STUDENT NAME
Student of the Term	Dabina Norris
Student of the Term	Freddie Jericho
YEAR 5/6—SPANN	STUDENT NAME
Student of the Term	Gabriella Masierowski
YEAR 7/8—UZZELL	STUDENT NAME
Student of the Term	Tionne Crossman
YEAR 7/8—DONALD	STUDENT NAME
Student of the Term	Reeif Coleman
YEAR 9/10—KUZI	STUDENT NAME
Student of the Term	Melva O'Loughlin

100% ATTENDANCE	
Noelle Colmean	Gareth Masunda
Zaria Dupree	Tamira Masunda
Teelah Gray	Emily Muir
Lola Hissey	Monique Weetre-Hart
Jacobi Johncock	Milana Champion

JUNIOR SCHOOL ART	STUDENT NAME
Foundation—Ware	Clay Gascoyne
Foundation—Reid	Edee Nielsen
Year 1/2—Poltre	Nate Gascoyne
Year 1/2—Cook	Avarleah Graham
Year 3/4—Bahr	Jaikobi Ettridge
Year 3/4—Champion	Lola Hissey

MIDDLE SCHOOL ART	STUDENT NAME
Year 5/6—Hoffrichter	Dabina Norris
Year 5/6—Spann	Savannah Guidera Ciarah Colbung
Year 7/8—Uzzell	Amalie Champion
Year 7/8—Donald	Lillian Miller-Lampard Kenniesha Ware
Year 9/10—Kuzi	Shia Taylor-Champion Soul-Jade Miller

MUSIC	STUDENT NAME
Michael Colbung—Foundation	Mishka Walker
Michael Colbung—Year 1/2	Sofia McDonald
Michael Colbung—Year 3/4	Robert Taylor
Michael Colbung—Year 5/6	Corey Amos
Michael Colbung M/S Ukelele	Janaye Johnson
Michael Colbung M/S Ukelele	Milana Champion
Year 5/6—(Sara)	Acacia Bilney
Year 7/8—(Sara)	Brianna Harre-Temby
Year 9/10—(Sara)	Chase Sleep
Junior School Choir	Arianna Sansbury
Middle School Choir	Ciara Lennon-Gray

Working Together Towards a Brighter Future 



Cross Country Winners

Last term students in years 3-10 participated in a 3km Cross Country run. The run started at the Pinky Point end of the walking trail and finished at the sailing club. All students then enjoyed a sausage sizzle lunch and a zooper dooper. Thanks to all the staff that organized the run.



Above: **3/4 Girls winners**—1st Kaya Bilney, 2nd Bella Graham, 3rd Litia Pohahau



Above: **3/4 Boys winners**—1st Leo Veerhuis, 2nd Taij Johncock, 3rd James Austin

Missing—**5/6 Boys winners**—1st Freddie Jericho, 2nd Dre-Shawn Graham, 3rd Corey Amos



Above: **5/6 Girls winners**—1st Gabriella Masierowski, 2nd Ciarah Colbung, 3rd Ciara Lennon-Gray



Above: **7-10 Boys winners**—1st Toby Jericho (absent from photo), 2nd Chase Sleep, 3rd Jai Freeman



Above: **7-10 Girls winners**—1st Kylinda Watson, 2nd Melva O'Loughlin, 3rd Soul-Jade Miller

3/4 at Scotdesco Camp

Last term in Week 9 the Year 3/4 classes joined together and went on a combined Class Camp to Scotdesco Aboriginal Community. On Wednesday 18th September the Year 3/4 classes arrived at school and packed the bus ready for our big adventure. The bus trip was just 1 hour away, we arrived at Scotdesco Aboriginal Community around 10:30 had recess and unpacked the bus and set up our dorms, then the fun began.

The camp was a time for students to strengthen friendships and bond, as well as a way to step out of their comfort zone. Day 1 we drove to Euria Rock hole and explored wombat holes along the way, we then spent the afternoon at the community participating in cultural activities that included: pottery making, artifact making, dot painting and language. Day 2 was a fun day of exploring Fowlers Bay sandboarding on the dunes and cruising on the Whale cruise, all students enjoyed getting up close to the whales on the boat, we then ended with dinner at the pub. Day 3, started with a yummy pancake breakfast we packed up our campsite and made damper, and participated in more cultural activities. We then ended camp with a Sausage sizzle for lunch before heading back to school.

We were very impressed with the student's willingness to give all activities ago, and how encouraging they were to each other.

A big thank you to Anita for driving one of the buses, Sonya, Toby and Sophie for helping out on camp.

Mr Champion and Miss Bahr





Lana Coleman - ELC DIRECTOR



Welcome back to what is going to be a busy, fun, engaging and rather fast term 4 with only 9 weeks of the Kindy year left. We hope you all had a wonderful break from your regular termly routine and are looking forward to what the term ahead has to offer. We will be preparing for school transition visits for our children getting ready to start school in the New Year. All children are eagerly preparing for their End of Year performance for families and friends at our annual Family Night. With the weather warming up, we have lots of fun water play planned. We will keep you all informed and updated as we move through the term so keep an eye on ELC's Key Dates on the front page of the newsletter. Any questions or concerns please feel free to reach out and ask.

Healthy Eating at ELC

We promote, encourage and model healthy eating.

When sending food for your child please provide a 'healthy food' recess while being mindful of including only 1 or 2 'sugary treats'

Morning recess: - Healthy snack

Lunchtime: - Healthy food from home or

Canteen orders available (via Spriggy App)

***Food from home can no longer be heated up**

During the day fruit time: - 1 piece of fruit

Pre-Kindy we do shared fruit platter

Kindy children eat their own piece of fruit

We are a 'Nut Free' Centre so please avoid including any form of nuts eg: Nutella, Peanut Butter

For your child's increased safety, when including grapes or cherry tomatoes, please slice them in halves, as this will reduce the choking hazard.

We use the healthy 'traffic light' system as a guide

Eg: Green allowed

Yellow limited

Red enjoy at home



ALLOWED
Balanced healthy foods, low processed, low preservatives and low processed sugars
Select foods that are balanced over the food groups recommended by health professionals.

For other Food Ideas please see "Pick n Mix" chart from the Healthy Eating Advisory Service

LIMIT

Processed Sugar bars, snack packs, dried fruit items etc.
Keep to One Serve under 25-30g

Muesli or oat bars, home-made scones, cakes and muffins are allowed as an additional snack.



Please make sure they do not contain NUTS or high amounts of processed sugar.



NOT ALLOWED

Large serves or high sugar confectionary is not allowed at ELC and Foods that contain NUTS can not be consumed in ELC

If these items are sent to kindy with children for their meal times, Educators will set these food items aside to be sent home with the children to eat at home after ELC.

NO NUT PRODUCTS



The canteen menu has slightly changed during term 4 to add variety. Although ice-creams are now available for school students during term 4, we strongly encourage they are not offered as an option for children within the ELC. This will help avoid any unnecessary disappointment for those children who do not have an ice-cream on the day. Thank you in advance for your cooperation and understanding.





Healthy Drinking:

Water only in drink bottles.

Drinking water, particularly when it is hot is extremely beneficial for our bodies and helps us to remain hydrated.

Juice, cordial and fizzy drinks tend to dehydrate our bodies quickly and have high sugar levels.

In the ELC, we have water on tap and cold water available in the fridge to top up any water bottles during the day.

If for any reason your child forgets their water bottle, we have clean spares that are sterilized with hot water for them to use on the day.



Outdoor Play

When packing a change of clothes for your child – Please remember to name the clothes and also pack summer clothes as the warmer days are still with us.

Sun Protection: We supply and apply SPF 50+ sunscreen prior to children going outside in the morning to play then again at lunchtime. If your child has sensitive skin, you are welcome to provide your own sunscreen that can stay at the ELC and we will happily apply.

Please remember: - When providing spare clothes include only tops that cover the shoulders. No tank tops or singlets. Thank you.

Sun hats (no caps) and sunscreen will be required for all outdoor play.

Water Play: During the warmer weather, there will be many opportunities for children to extend their learning while staying cool as they play with water. We will have different activities using tubs of water, the water pump and the creek.

Air Conditioning: The centre is equipped with two air conditioners that will be used daily and full access to the indoors will be available to all children throughout the day.

ELC Sign In

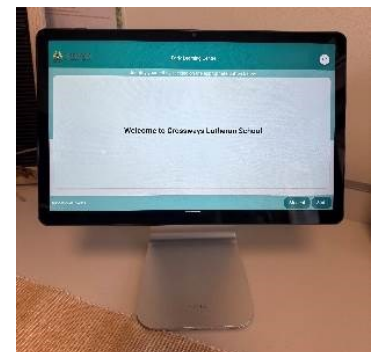
Signing your children in at the ELC can now be done electronically.

We have a screen located on our 'sign in' bench in the foyer area.

There are no passwords or codes and the prompts are straightforward to follow.

If your child is being collected by someone else or the end of their day will be different some way, please let an ELC staff member know and we will note it.

As always, if you have any questions staff are always happy to help.



in



Amber Drummond - Special Needs



Term 4 – can you believe it?!

We have 9 weeks this term and I am sure they will fly by very quickly. Last term we had a busy term, with lots of fun and learning in ALP. We have been cooking snacks for the canteen, to help with emergency lunches, and undertaken PE, Art and Zones of Regulation.

Testing has been completed for all of the InitialLit and MaLit students and we have seen great improvement in all areas of their literacy. Well done to all these kids! This term I will be starting on the PAT Testing in Reading and Maths, and I look forward to seeing all the progress that the school has made over the year. There are also lots of visiting specialists and support for our students this term.

In ALP this term we will be undertaking:

- Swim to Survive lessons with Emma from Float On.
- Road Safety Lessons with focus on pedestrian safety and 'Stop, Look, Listen, Think'. We will be using programs created by SA Police road safety and undertaking excursions to practice pedestrian safety.
- Cooking: We will be making different types of healthy icy poles, using a range of ingredients.

Zone of Regulation: We will be continuing our Zones of Regulation Program and learning about ways to identify our emotions and controlling our actions.

Before we know it, we will be at the end of the year and moving into the new wellbeing space that is coming along very quickly. I can't wait to see this space completed and being used in 2025.

A busy term ahead, but looking forward to all the fun to come!

Amber

Local Church Services

20th—St Pauls Lutheran 10am

27th—Uniting Rev Ruth Parker 10am

October
Church
dates



Happy Birthday

23rd October

Freddie Jericho



Chapel Schedule - Term 4, 2024

Term Week	Date	Class/SRC	Presenter	Devotion
WEEK 1	18/10	7/8 Uzzell	Andrew	Kiara
WEEK 2	25/10	3/4 Bahr	Greg	Donna
WEEK 3	1/11	7/8 Donald	Andrew	Clint
WEEK 4	8/11	5/6 H	Rev David	Derani
WEEK 5	15/11	Foundation	Andrew	Alison
WEEK 6	22/11	9/10 Kuzi	Andrew	Kuzi
WEEK 7	29/11	5/6 Spann	Pst Stuart	Melissa
WEEK 8	6/12	3/4 Champion	Rev David	Aiden
WEEK 9	12/12	1/2 Cook/Poltre	Andrew	Janette/Mila



PLAY YOUR PART IN THEIR FLYING START

The State Government is rolling out preschool for 3-year-olds, so there's never been a better time to explore a career in early childhood.

FINANCIAL INCENTIVES | FLEXIBLE WORK OPTIONS
MEANINGFUL CAREERS



flyingstart.sa.gov.au

