



Newsletter

Term 1 Week 4, 22 February 2017

Crossways Calendar

Wed 22 Feb	Willpower Visit to Crossways
Fri 3rd March	Sports Day
Thu 9th March	WCIAC Streaky Bay
Monday 13th March	ADELAIDE CUP DAY—NO SCHOOL
Monday 20th March	WASSAC
Thurs 13th April	LAST DAY TERM 1

Acting Principal's Word

Here we are in Week Four of Term One and the term and school year is slowly but surely taking shape.

The new swings are up and children are developing the necessary skills of sharing as they take turns to have a swing during play time. The shades over the play grounds and paved chessboard area look bright and colourful, while providing much needed shade for children accessing this equipment.

Our middle school project is almost at starting point and I know staff and children are hanging out to see it completed.

As you are aware, due to this project the school has relocated to the Smith Road end of the school grounds. This has meant children are more concentrated in the Junior end of the school and have had to show refined skills in how to work positively in a new and somewhat challenging working environment.

All in all, most children have adapted to this with ease although one or two have found it difficult to settle, but with guidance they are improving.

Children are reminded that expected behaviour should not change because of differing circumstances. Behaviour is what stands out when others observe us interacting with each other we need to learn to adapt to new surroundings, without letting our standards down.

Children and staff have been very busy practising Sport's Day events ready for Sports Day on Friday 3rd March. Thankyou Amy and your team for your hard work organising the event.

On a sad note, there have been numerous funerals thus far and some of these have impacted on our school families. Just this week our Principal Mr. Pienaar lost his father and he has had to go to South Africa to be with his mother and family in this sad time.

As a school and individually, our thoughts and prayers are with you all and we know that our Lord Jesus Christ, will give you strength and peace of mind to help you through this difficult time.

An early reminder that this term your child will receive a detailed report on their progress at school, therefore it is imperative that they attend school every day and that they complete all assignments by due dates.

Mr. Romolo Puccio - Whole School Coordinator

BELOW : Miss Amy Norsworthy, Nonnel Lennon-Gray, Anesu Jeché, Azarni Coleman, Shantaria Fielding, Ashlyn Wanganeen, Raymond Coleman, Royden Miller, Tameika Wilson.



Swimming

In week 2, the Junior School Students participated in a week of swimming lessons. Jak Fawcett did a wonderful job preparing and delivering the lessons, covering topics such as pool safety (helping someone in trouble in the pool), confidence, learning to swim, different strokes and of course water games.

Thank-you very much Jak!!

The children had a great time as they developed their confidence and improved their skills. It is always a busy week and I congratulate all the students on their fantastic effort and behaviour.

Georgia Lambeff



PORT ADELAIDE WILLPOWER CUP AT YALATA

THURSDAY 22 JUNE 2017

'SAVE THE DATE'

More info to come



HASS & Positive Education

It's week four and the term is well under way with students being involved in many new activities.

During the first week the middle school explored what was happening in their minds, producing some excellent visualizations of their different characteristics, interests, memories and hopes for the future.

The year 9 class have begun Drama for the first term this semester, which will include exploring different ways to express themselves in various environments and situations. This includes percussion which we began last week and students experimented with different sounds and rhythms as well as learning to play together. I look forward to these lessons and watching students grow in confidence as they gain more experience!

Regards,

Emily Palmer - HASS & Positive Education Teacher



Anthony Cook, Zaheer Miller, Gypsy Miller and Kelleisha Miller



How important is sleep to you????

As we begin the school year I'm increasingly aware of how many of our students are exhausted by the afternoon lessons. When speaking to middle school students many tell me they often go to bed past midnight or later. This makes it almost impossible to get the best results in any lessons after lunch. I have copied the following article from the internet to help show how important sleep is for everyone. In a world where social media is high up on the priority list, are our children using it in their best interests or will we find a generation of struggling kids who have big gaps in their learning????

Terena Evans - (MS curriculum coordinator)

Importance of Sleep

Sleep is something everyone needs, but many don't get enough. As a student, you may know what it means to be sleep deprived due to all the late nights of working or being unable to sleep. Whether it is homework you put off that needs to be done or stress that is keeping you up, sleep is imperative for numerous reasons.

When you're stressed and have multiple tasks to finish before bed, how heavily do you weigh sleep as a priority? Roxanne Prichard, a psychology professor at the University of St. Thomas, mentioned in a report that "Students underestimate the importance of sleep in their daily lives. They forgo sleep during periods of stress, not realizing that they are sabotaging their physical and mental health." Insufficient sleep negatively affects your well-being.

How Much Sleep Do I Need?

The recommended amount of sleep for an adult is eight to ten hours in order to function at best. This amount differs for each person, but it is beneficial to know how many hours of sleep are recommended. In a study of 1,120 students, Journal of Adolescent Health found that only 30 percent of students sleep at least eight hours a night.

Methods for a Better Night's Rest

Although it may seem overwhelming, there are ways to help you get a better night's sleep. By making little adjustments, you'll be able to get more sleep and a better quality of sleep.

1. Consistent meal schedule – Eating and sleeping may not seem relevant to each other; however, they are interrelated. By eating at certain times, you can regulate your circadian rhythm which is your "internal biological clock". For example, it is important to eat breakfast because it sets the tone for the rest of the day and gives you energy. A common mistake that many students make is that they will eat late at night. This is a problem because your body is still digesting food while you are trying to sleep.

2. Sleep schedule – By establishing a regular bed time and time to wake up, you will be developing a consistent "internal clock" that knows when it is time to sleep. This may help you if you normally have difficulty falling asleep. It is important to find consistent times to go to sleep and to wake up. When creating a sleeping schedule, you must regulate the times you sleep on the weekends as well.

3. Caffeine – If you're having trouble sleeping at night, it would be best to avoid caffeine. Reported by HelpGuide.org, "Caffeine can cause sleep problems up to ten to twelve hours after drinking it". Sources of caffeine include coffee, tea and soda.
4. Exercise – If your sleep is restless, exercise can help. Exercising thirty minutes or more daily makes it easier for you to fall asleep at night. Exercising in the daytime will allow you to be energized for the day and help you obtain a deep sleep at night. Although exercise is great for the body, it is not recommended that you exercise three hours within your bedtime because it will stimulate your body and thus make it more difficult to rest.
5. Sleeping Environment – To attain the best quality of sleep it is important to make your room a good sleeping environment. This means you should reserve your bed for sleeping only because "if you associate your bed with events like work or errands, it will be harder to wind down at night" (Smith). This may be difficult in dorms, but you can utilize places like the library, University Union, and your dorm's study lounges for work and study. Other ways to make your room a better sleeping environment is to turn off your computer and television while trying to fall asleep. The slightest amount of light in your bedroom will affect the amount of melatonin, a brain hormone that induces sleeping, in your brain.
6. Pre-Sleep Routine – If you lie in awake for hours after going to bed, consider developing a pre-sleep routine. These routines may help your body unwind in order to make it easier for you to sleep and get a deeper night's rest. Some pre-sleep routines include reading a book, listening to relaxing music, taking a warm bath, or drinking chamomile tea.
7. Stress and Anxiety – The Journal of Adolescent Health reported that sixty-eight percent of students stay awake at night due to stress. Although this bad habit is difficult to break there are ways to make adjustments toward change. An effective way of alleviating thoughts of stress in bed is managing your anxiety before you sleep. For example, you can look at your planner before going to bed and already knowing what is going on the next day, or make a to-do list for the next day rather than worrying about it mentally at night.
8. Naps – To keep up your energy during the day, naps may help. Be aware that naps should be thirty minutes or less, otherwise the body will go into a deeper sleep and think you're going to be sleeping through the night. Afternoon naps are the best time because if you nap too close to bedtime, it can interfere with your circadian rhythm.



Woodwork

The Year 7/8 class began Woodwork sessions at TAFE this term. During the first 2 weeks of the woodwork lessons, students learned about the safety procedures, names of tools and other basic knowledge to make sure they were well prepared prior to starting their practical work. As the Year 7/8 students will be making chopping boards this term, each student designed their own chopping boards by thinking about their use, shape and dimensions. It was good to see students carefully handling tools and timber as they enjoyed getting into practical work. Students will take their chopping boards home when the project finishes and we are all excited to see the final outcome of this project.

Haesil Kim

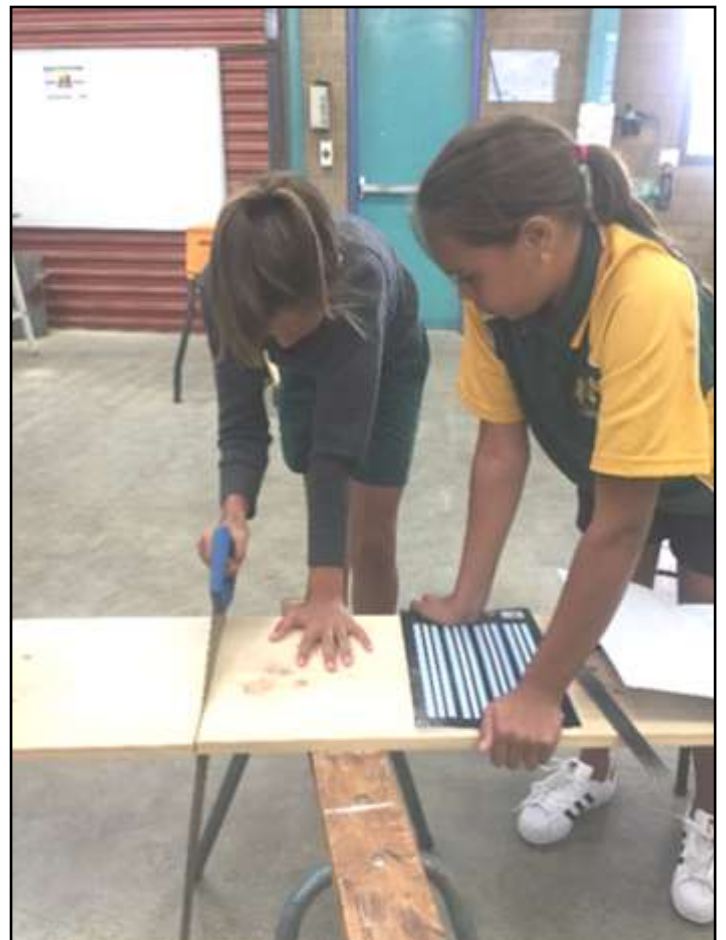
Year 7/8 Home group teacher



Above : Kyia Miller and Alieria Sansbury-Smith

Above Right : Nonnel Lennong-Gray, Alieria Sansbury-Smith and Azarni Coleman.

Below Right : Taneisha Wilson & Kyia Miller





SPORTS DAY

FRIDAY 3rd MARCH 2017

9.30am Start

Come to school in your team colours and running shoes!!!

All parents and care-givers are welcome to attend!

Gold Coin Donation Lunch available on the day!

Osprey's

Addison Coleman
Jakylah Colbung-Bilney
Peyton Peel
Kyzar Sansbury
Jesse Carbine
Jayleah Lebois
Caitlin Queama
Kymarra Wilson
Joshua Coleman
Jordan Coleman
Rodney Bilney
Lareeka Miller
Shia Taylor-Champion
Aneylah Wilson
Marridia Bilney
Kaianne Colbung-Ware
Kailee Colbung-Ware
Ryder Pickett
Teeneill Matthews/Richards
Bella Walley
Amariah Wilson
Tizziana Peel
Dontate Graham
Raymond Coleman
Nyquella Graham
Aimee Colbung-Ware
Kiarah Morrison
Ameleigh Graham
Ashlyn Wanganeen
Larquitta Graham
Eric Richards
Jamiriqui Peel
Walter Parkyn
Leah Penny
Teeairah Matthews-Richards
Kevin Penny
Tyson Edwards
Malcolm Graham
Caitlyn Milne
Gypsy Miller
Kellisha Miller
Abigail Graham
Kai Edwards
Shakira Were
Cody Were

Sea Eagles

Shazniquah Chester
Halle Miller
Sahara Smith
Natarnya Willis
Anne-Marie Richards
Jai Freeman
David Lennon-Hart
Kitahrna Miller
Juan Ma
Medika Coleman-Scott
Kael Coleman
Raymond Paparao-Tiatoa
Ye-eun Ma
Latiyah Scott
Terrance Gray – Treloar
Kaliah Lennon-Gray
Jaheim Coleman-Scott
Natharnia Scott
Aroha Paparao-Tiatoa
Joaquin Miller
Shakoda Gray- Treloar
Zahali Miller
Norman Boland
Jontae Roderick
Darryll Coleman
Kayshayla Peters
Leahjuana McKenzie
Montana Scott
Azarni Coleman
Shameikah Gray- Treloar
Jairone Roderick
Tyrell Trueman
Kyle Freeman
Nonnel Lennon-Gray
Anthony Cook
Ronald Freeman
Jaziah Miller
Jaquan Scott
Kianna Lawrie
Phillip Miller

Kingfishers

Brianna Harre-temby
Nyra Ware
Anastasia Muir
Emily Muir
Shariyah Warren
Leith Austin
Aiden O'Driscoll
Toby Wilson
Wayden Sumner
Tameika Wilson
Jyileena Wilson
Gareth Bilney
Royden Miller
Sharieka Wilson
Charlotte Harre-Temby
Hezekia Milera
Kane Taylor
Emilea Willis
Peyton Fielding
Tjeryan Ware
Lukeisha Milera
Kane Morrison
Shontayah McIlwraith
Kayla Fielding
Kyia- Lois Miller
Taneisha Wilson
Joshua Austin
Lameeka Betts
Alera Sansbury Smith
Kulaia Miller
Archeem Wilson
Shakaya Taylor
T'keyah Ware
Tyshayla Milera
Zaheer Miller
Scott Ware
Jayziya Weetra
Celeste Hubert
Shantaria Fielding
Kasey Miller
Anesu Jeché
Lachlan McIlwraith

2017 SRC REPRESENTATIVES



Congratulations to all
SRC Representatives for 2017

Middle School

Azarni Coleman, Anesu Jeche,
Nonnel Lennon-Gray & Shantaria Fielding

Junior School


Raymond Coleman, Ashlyn Wanganeen,
Royden Miller and Tameika Wilson

New Canteen

The new Crossways Canteen building will be up and running in the next 3 weeks. The new building is situated near the oval at the top of the car park and is currently being renovated.

A new menu and opening times will be sent out to all students soon.



Working Together Towards a Brighter Future 

Community Notices

CE DUNA DENTAL CLINIC

NEXT OPEN

Monday 20th February
To
Friday 24th February

PHONE 0434601394



PLAYGROUP



Playgroup is held every Friday morning
at Crossways Lutheran School

From 10am - 12noon



The perfect school lunch !!



Working Together Towards a Brighter Future 



FOSTER CARE INFORMATION SESSIONS

Thursday 23 February

2:00pm to 5:00pm

and

Friday 24 February

10:00am to 2:00pm

At the Ceduna Memorial Hall

Every day foster carers play an invaluable role by offering a safe and positive environment that provides for the physical and emotional needs of children in care.

If you think you could help a child or want to learn more:

Contact Hayley or Emily on 8625 3810



Centacare Catholic Family
Services Country SA
11 McKenzie Street
Ceduna
www.centacarecdpp.org.au

Centacare Catholic Family
Services Country SA welcomes you to come into
our
Ceduna Office

Drop in during the day at
the information session to
meet the foster care staff

Learn about what's
involved and the process
of becoming a foster carer

Learn how you would be
supported as a foster
carer

