



Crossways Calendar

Wed 24th Oct (wk 2)	Reception Transition Begins
Tue 30th Oct (wk 3)	Nap — Sci 10am
Sun 4th Nov 10AM	Church at School & Long Luth Lunch
Fri 23rd Nov (wk 6)	White Ribbon Day
Wed 12th Dec (wk 9)	Celebration of Learning
Thu 13th Dec (Wk 9)	Last Day of School for 2018
Tue 29th Jan 2019	Term 1 Begins

Principal's Word



We are now entering the final weeks of the school year and I want to encourage all parents to ensure that their children attend school every day. To ensure that your child is ready for the next year level, please support us in this regard.

We are also having **parent interviews** during **week 1 and 2**. Teachers will be in contact with parents to organise suitable times to discuss your child's progress report. These

meetings are very important and I would like to encourage parents to attend.

We are currently busy with numerous projects:

The **ELC/ Kindy project** is progressing well. Building and establishing the Nature Playground is still in progress and will hopefully be finished by week 6 this Term. We still have a **few places available in our Early Learning Centre for next year**. Please inquire about enrolments at our front office. We will be organising a parent open day very soon as well as a **TRANSITION PROGRAM FOR ELC students** before the end of the Term.

The **Admin block renovations** are also progressing well and will be completed by the end of the Term. Our admin office is behind the admin block, please follow the signs indicating the directions.

Junior School nature playground will also be done this year. Next year the Middle (5 – 10) and Junior School R -4) students will have separate playgrounds. We are looking forward to this development as well.

End of year Celebration and Awards Evening 12th December

Our students are working on numerous arts and crafts which will be on sale on the 12th December. An Art exhibition will be set up in the foyer of the Memorial Hall on the same evening of our End Year Celebration and Awards Evening. Student Art work can be viewed and bought between 5:30 – 6:30 pm, it could be a great gift to someone for Christmas. Light refreshments will also be served during this time. The formal event will start at 6:30 pm in the Memorial Hall – all community members are invited to attend this special event.

Our Crossways Cricket team has won the local Cricket Blast School Cup and are invited to play in the next round in Adelaide on the 20th November. We are very proud of our team. We are in the process of organising for them to play in the Cricket Blast School Cup state final. Well done boys!

I would like to leave you with this Bible verse:

10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 41:10

We have to trust in God for our strength and have faith in Him to support us in everything we do and plan for the future. We trust in Him to guide us daily in our work because we are working with His creations. We also want to thank and praise Him for the blessings He has bestowed on our school this year (all projects completed during 2017).

God Bless,

Francois Pienaar



Please be aware that if Nuts, Nutella or Peanut Butter is brought to school it will be looked after by teacher's for the day and given back at the end of the day.

Thankyou



PACER FUNDING

Students from our school have recently undertaken an education tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy. The Australian Government recognises the importance of all young Australians being able to visit Canberra as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$80 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

Due to PACER, Iluka, Crossways school funds and the volunteer staff working in our school's Donut Van, we were able to send our Year 9/10 class on an action packed adventure to Canberra.

Terena Evans, 9/10 class teacher.



We will be holding our Longest Lutheran Lunch after **Worship @ Crossways on the 4th November, from 10am.**

This year our focus is on the Synod theme - Faith, Freedom, Future. So our Longest Lutheran Lunch will be all about children ... our Future.

There will be games and activities for the children & young at heart, and everyone is welcome!

Working Together Towards a Brighter Future 

Year 8 Vaccinations

REMINDER OF NEXT VACCINATIONS AT SCHOOL DOSE 2 HPV

Parents /legal guardians are reminded that nurses from Ceduna District Health Service, Elise and Deb will be attending Ceduna Area School on **23rd November 2018**, to provide the following scheduled Year 8 vaccinations:

Human Papillomavirus Vaccine, Gardasil®9 dose 2

Since it has been some time since the previous visit, please contact the Community Health Nurses Elise Bennie or Deb Rowe from Ceduna District Health Service on 8626 2156/ 8626 2154 if there have been any changes to the details previously provided on the Consent Card.

Remember to keep your child's School Immunisation Program records in a safe place as they may be required for future employment or travel.

Please ensure your child is at school on the 23rd of November so they can be transported to CAS for immunisation. Isaiah Bahr, Kyle Freeman, Tahnee McLaughlin, Teeairah Matthews-Richards, Kyia Miller & Lakita Miller.

Crossways Cricket Stars

During Term 3, 9 students participated in our local Woolworths Cricket Blast School Cup. They played against other schools in our area. The boys played extremely well and won the tournament overall! Thanks to Cirena for coaching them on the day. This means they now have been invited to the The Cricket Blast School Cup State Final which will be held at **Adelaide Oval** on **Tuesday 20 November 2018**. This is a fantastic opportunity for them and we wish them well!

The players in the team include:

Darryll Coleman

Malakai Miller

Norman Bolland

Barry Dunnett

Walter Parkyn

Raymond Coleman

Eric Richards

De-Angelo Miller-Saylor

Royden Miller

Junior School Co-ordinator

Hello and welcome back to Term 4! It's been a busy year so far. This term is the time we complete learning programs and reflect on our learning. It is also the time we begin preparing for our end of year performance and celebrations and, of course, Christmas! Teachers often find Term 4 is the busiest and most tiring of the year, and that 'busyness' can impact on students as well.

I found this short article recently and thought I would share it with you. The tips outlined here can help children – and adults! – to make the most of the learning time left this year.

Concentration

As humans the ability to concentrate is a very important skill that has to be developed and nurtured over time. With the fast paced world we live in, our ability to concentrate for sustained periods of time is becoming more and more challenging. We are surrounded by so many stimuli such as Google, Facebook, Youtube, Instagram ... the list goes on. Our children are constantly bombarded with fast paced, ever changing stimulation. Like any other skill we need to develop sustained concentration in our young people. So, how can we do this? Here are a few tips for things that can be done at home:

Sleep

Children aged 5 -11 need 10 - 12 hours sleep per night. Set bed-times assist in doing this and help to develop effective routines.

Emotions

Our emotions play a huge role in how well we can concentrate. As adults we know that when we are worried our ability to concentrate declines. Sometimes we become consumed with the problem. If your child is worried about something, take the time to chat to them about the worry. Maybe it's something small, but it can have a huge impact on their thoughts. With one quick conversation you may be able to sort through the worry.

Diet and Water

It is essential that our brain is always hydrated. Children need to try and get at least 2 litres of water everyday. When our brains are dehydrated our ability to concentrate slowly declines.

It is important to eat a balanced diet filled with plenty of fresh fruit and vegetables. We need to try and limit the amount of sugar that our kids consume. This is a really hard one to deal with as so many foods are packed with sugar!

These are just a few things to think about to improve concentration. One last tip is using **mindfulness**. Take the time to stop and think, or appreciate what is around you.

Our world is crazy busy these days and even as adults we need to sometimes stop and think about these tips.

I look forward to seeing you around the school this term.

Tracey Hoffrichter

Music/Learning Support/Junior School Coordinator

Ambulance Visit

The 9/10 class were visited by Phil, Dave and their team Tuesday afternoon on the 16th of October as part of National Heart Week.

Phil presented a couple short films to help show the class what to look for when someone is having heart difficulties. The students were asked to remember 3 simple steps to restart a heart.

Call 000

Push

Shock

The class were asked to practice compressions on a mannequin for 2 minutes to see how much effort is required to keep a person alive. They were also shown how to use a defibrillator, which gives a patient a shock to help get the heart working properly again.

We also got to have a look at an ambulance and Zaheer was the lucky patient of the day!!!

It's really great to have people come to school and share their knowledge, especially on such a critical issue – saving lives. Thankyou Phil and Dave from the Crossways senior class.

Terena Evans, Curriculum Coordinator



Patient : Zaheer Miller

UNITED NATIONS INTERNATIONAL DAY OF PEOPLE WITH DISABILITY

PERFORMANCE BY
LOLLYJAR CIRCUS

FUN. FOOD. DRINKS.

HOSTED BY
ADELAIDE

**CELEBRATE
ON THE
SQUARE**

**2018
INTERNATIONAL
DAY OF PEOPLE
WITH DISABILITY
SA AWARDS**

Q&A SESSION WITH
COMMONWEALTH GAMES
TRIATHLETE
SCOTT CROWLEY

**FRIDAY 30 NOVEMBER 2018
VICTORIA SQUARE, ADELAIDE
11AM - 2 PM**



FUN 4 FAMILY CLUB

FREE ACTIVITIES FOR YOU AND YOUR FAMILY
**KOONIBBA REMOTE SCHOOL ATTENDANCE BUILDING
Koonibba Community**

*Arts and crafts *Toys *Learning games *Info and support
A mixed aged after school group for families because...
Little ones love playtime!
Bigger kids love teaching little ones!
All kids love doing things with their parents and carers!

IMPORTANT:
This playgroup is about family.
Children need to have a parent or
caregiver with them to attend.

An Australian Government Initiative
Funded under a grant from the Australian Government

**Save the Children
Australia**

Save the Children acknowledges the traditional owners of country throughout Australia and their continuing connection to land and community. We pay our respect to them and their cultures, and to Elders past and present.

**For families
with children
0-12 years**

**3pm - 4.30pm
Tuesday
(during school term)**

**Free healthy snack
for children**

**Cuppa and Cake for
Parents and Carers**

**Transport
Available**

For further information or
parenting support please
contact:
Michelle Duregon
0499 536 339
or
Save The Children Office
(08) 86253550



**ANZ Tennis Hot Shots is
specially designed for kids.
Smaller courts, racquets and
softer tennis balls equals:**

FUN

Players are actively
engaged, excited and
motivated to participate.

SOCIAL

Players build social
skills such as working
cooperatively with a
partner building
friendships, encouraging
teammates and showing
sportsmanship during
game play.

PLAY

Players think and make
decisions about meaningful
tennis situations.

SKILLS

Players have plenty of
opportunities to improve
their tennis skills.

ANZ Tennis Hot Shots
Start playing now!



Ages 5-12, \$10 for 4 weeks
Comm Wed 24th Oct,
Ceduna Sport Club 5pm, some
racquets provided. Parental
supervision required. Register child
at www.hotshots.tennis.com.au



Save the Children
aims to improve early childhood
development, parenting skills and
connection to community through
Play2Learn Playgroups.

Play2Learn
A great learning for every child

2018 Term 4 Schedule

Play2Learn is a fun time for you to create
experiences with your child. Come and join us for:

- Play activities
- Arts & Craft
- Music and story time
- Fun & Friendship

Facilities can benefit from Play2Learn by
being connected to other families
and taking with us necessary services.
Save the Children staff can provide
parenting information and a
learning experience.

Monday	Tuesday	Wednesday	Friday
Children's Week Playgroup in Hall Wed 31st Oct Nunga Playgroup will join in with this event. 1pm to 3pm Out and About Play2Learn Watch this space Fortnightly playgroups in different locations around our community. Playgroup for families with children aged 0-5 years old. Fun art & craft activities, free play, singing and music. Light Lunch Provided	11am to 1pm Yalata Mother and Babies Clinic Playgroup for families with children aged 0-5 years old. Fun art & craft activities, free play, singing and music. Light Lunch Provided 3pm to 4.30pm Koonibba Mixed Aged Playgroup Koonibba RSA Building Parental Supervision Required A mixed-aged playgroup for families with children aged 0-12 years old. Fun art & craft activities and free play. Healthy Snack Provided	9.30am to 11.30am Nunga Nunga Yandurri Children and Family Centre For Aboriginal Children & Families Playgroup for families with children aged 0-5 years old. Fun art & craft activities, free play, singing, music and mat time. Healthy Snacks Provided 12.30pm to 2.30pm Minya Bubs Supported Parent Group Nunga Yandurri Children and Family Centre Co-facilitated with Nunga Yandurri Children and Family Centre. A time for parents to chat out and connect with other families and services in the community. Free fun activities including cooking, craft and photography. Transport and creche provided. Light Lunch Provided	10am to 12pm Come & Play Friday Crossways Lutheran School All Families Welcome Playgroup for families with children aged 0-5 years old. Fun art & craft activities, free play, singing and music. Healthy Snacks Provided Wed 31st Dec Nunga Playgroup and Minya Bubs will join in with this event.

Save the Children acknowledges support from government agencies, including the Australian Government's Department of Prime Minister and Cabinet and Department of Social Services.
Save the Children acknowledges the traditional owners of country throughout Australia and their continuing connection to land and community. We pay our respects to them and their cultures, and to Elders past and present.

For more information contact Save the Children Ceduna Office on 08 86 253 550 or
Michelle Duregon on 0499 536 339 or michelle.duregon@savechildren.org.au

Working Together Towards a Brighter Future



Job vacancies



CROSSWAYS LUTHERAN SCHOOL

LSO POSITION

(Lutheran Support Officer)

4 days per week

One **year fixed term** position. We are seeking the services of a LSO to work in our Junior School in 2019. Early Childhood Learning experience would be an advantage.

Starting date: 24/01/2019

Applications close Friday **23th Nov 2018**

Ph.: 86252873

Cover letter and Resume

DON'T FORGET!



 **SCHOLASTIC**

Book Club

orders are due:

26th October, 2018



CROSSWAYS
LUTHERAN SCHOOL

EARLY LEARNING CENTRE

ELC worker

(Early learning worker – Kindy)

4 days per week

One **year fixed term** position. We are seeking the services of an ELC worker to work in our Early Learning Centre opening in Jan 2019. Early Childhood training qualifications will be a preference (Cert IV or Diploma Early Learning) and experience would be an advantage.

Starting date: 24/01/2019

Applications close Friday **23th Nov 2018**

Ph.: 86252873

Cover letter/ Resume



You are Invited

Children's Week Playgroup

Memorial Hall Foyer

Wednesday 31st Oct 2018

10:00am – 12:00pm



Free Play

Build a cubby-house

Free Snacks and Sausage Sizzle

Singing and Dancing

Fun learning opportunities

Health Checks

Art & Craft



Play 2 Learn

A good beginning for every child

Niguna Yookam
Education and
Family Centres



Save the Children

Working Together Towards a Brighter Future 

Head lice Prevention and treatment



What are head lice?

Head lice are small parasitic insects that live close to the human scalp. Head lice are pests but rarely pose a threat to health.

Outbreaks can be minimised if parents and guardians regularly check children for head lice and follow the recommended treatment methods if active lice are found.

- Adults are called lice and their eggs are called nits.
- Head lice do not fly, jump, hop or swim – they spread by head-to-head contact by crawling.
- Lice don't care about hair colour or hair type, and they love both clean and dirty hair.
- Head lice do not prefer a particular blood group.

Responsibility

Parents and guardians are responsible for checking and treating children for head lice. Pre-schools, schools and child care centres are not.

School and child care centre staff are responsible for informing parents and guardians of cases or suspected cases of head lice.

Checking for head lice and nits

Check everyone in the household for head lice weekly, or daily during an outbreak.

The wet combing technique is a reliable method of checking for head lice, as the conditioner makes lice easier to detect.

If head lice are detected, start treatment using the preferred method. If only nits are found, chemical treatment is not required but wet combing may be done.

Treatment

The two most common methods used for the treatment of head lice are chemical treatment and wet combing method:

- Chemical treatments use pediculicides, which kill head lice and some nits.
- Wet combing involves saturating the hair and scalp with a conditioner to stun the lice, making it easier to comb the lice and nits out of the hair.

Chemical treatment

There are four main categories of head lice products currently available in Australia: pyrethrins, synthetic pyrethroids (permethrin, bioallethrin), organophosphates (maldison or malathion), and herbal products with or without pyrethrins.

No treatment kills all nits, so the hair must be re-treated after 7 to 10 days to kill any head lice that may have hatched from nits that survived the first treatment.

Only use treatments made specifically for removing head lice.

Do not use a hair dryer after applying a treatment, as the heat can destroy the active ingredient.

Wet combing treatment

Wet combing can be used to check for and treat head lice. Conditioner stuns head lice for around 20 minutes and also makes hair slippery, making them easier to remove. You will need hair conditioner, a head lice comb and paper towel.

Wet combing using conditioner should be avoided for at least one day before and after chemical treatment, or as per the manufacturer's directions.

Wet combing instructions are available at www.sahealth.sa.gov.au/headlice

Recipe of the Week



EASY ONE PAN MAC 'N' CHEESE

- 5 cups whole milk (1.18 L)
- 1 box elbow macaroni
- ½ cup butter (115 g)
- 2 cups cheddar cheese(200 g)
- salt, to taste
- pepper, to taste
- fresh parsley, to serve

1. In a large pot on medium-high heat, gently heat the milk to a simmer.
2. Add in the elbow macaroni. Cook until the pasta is tender.
3. Once the noodles are cooked, turn off the heat. Add in the butter, cheddar, salt, and pepper. Fold these ingredients with the pasta until the cheese and butter melt into the milk to create a thick sauce.
4. Sprinkle with parsley and serve!
5. Enjoy!

Church Services

CEDUNA - SUNDAY (10.30am) LUTHERAN CHURCH

Community Notices

PLAYGROUP



Playgroup is held every Friday morning
at Crossways Lutheran School

From 10am - 12noon

CEDUNA SCHOOL DENTIST

Phone : 0434601394

Mon 22nd Oct - Fri 26th Oct



Happy Birthday to

23rd October	Maddison Gaston
26th October	Shanaelah Coleman
3rd November	Teeairah Matthews-Richards
5th November	Lahmia Ware
7th November	Anastasia Muir
7th November	Emily Muir