



Crossways Calendar

Week 4	Parent / Teacher Interviews
Week 5 (Fri 1/3)	SPORTS DAY AT CROSSWAYS
Week 6 (Thu 7/3)	WCIAC Sports
Week 7 (Mon 11/3)	Adelaide Cup Day HOLIDAY
Week 8 (Thu 21/3)	Closing the Gap day
Week 9 (27/3—29/3)	Year 5 ERRAPPA Camp

Principal's Word



ELC and Kindy Students

The Early Learning Centre has welcomed 17 excited young children to participate in a range of learning activities. Bek Ridley and Sonya Dupree are working very closely on planning and implementing an exciting program. It is great to see the children enjoy the challenge and opportunities provided. Likewise, the Reception class have made a positive start to the school year. Mrs Lambeff and Kirsty Nielsen are holding

Parent Information Night.

This Thursday from 5.00pm you are invited to attend our **Information night**. We will commence with a sausage sizzle under the Junior School canopy at that time before adjourning to the Chapel area at 5.30 for an Information session. After that you are welcome to meet with teachers individually in the classrooms.

Sports Day

Crossway's Sports Day is being held on Friday 1st March. We would appreciate assistance on the day to help the event run smoothly. Mrs Steele and Mr Woodward have been using their PE lessons as a time for the students to practise the events so that they are well prepared.

WCIAC

WCIAC, the inter school athletics carnival, takes place on Thursday 7th March and we are the hosts. Mr Woodward and Miss Norsworthy have already committed many hours of work towards organising the event and preparing our students. Please support in any way possible. Crossways is going to be closed for the day as all the staff will be at Ceduna Area School to help

All the students who are not participating are invited to attend the day with their families to cheer our athletes on. More details about the day will be forthcoming.

Craig Kupke
Principal



Year 2

Addison Coleman
Jai Freeman

Year 3/4

Halle Miller
Riley Shephard

Year 5

Kaianne Colbung-Ware
Kailee Colbung-Ware
Gareth Bilney

Year 6/7

Nykita Miller
Raymond Coleman

Year 7/8

Mia Nicholls
Darryll Coleman

Year 9/10

Azarni Coleman
Kevin Penny



Remote School Attendance Strategy

Ceduna Aboriginal Corporation working in partnership with schools, families, students & community introducing Remote School Attendance Strategy (RSAS) to increase attendance by developing a local plan with the whole community to get children to school every day.

Meet the team:

Peter Jericho
Renee Colbung
Jessica Gray
Stanley Willis
Anderson Willis

Manager
Coordinator
Transition Officer
Student Attendance Officer
Student Attendance Officer

Every day counts RSAS team are here to work with you
To access more information please feel free to call Renee on 0491 264 799 or

Visit our Facebook page

[Ceduna Remote School Attendance Strategy](http://www.cedunaremote.org.au)



Middle School Co-Ordinator

Miss Amy Norsworthy



It's Week 4 and things are starting to get busier in the Middle School. The Years 6-10 students have been going to TAFE each Friday and beginning their Woodwork projects. Well done to Mr Champion's Year 5 class winning the Attendance Cup last week; regular attendance is vital for improvement and success in education.

The Year 6/7 Class have been visiting the ELC each Thursday afternoon for Buddy Class. They have loved building relationships with the ELC students while using their amazing indoor and outdoor place spaces. The big buddies love it just as much as their little buddies! It's great to see the smiles on all of their faces; however, there are some sad faces too (and even some tears!) when it's time to leave each week.

In Health lessons, some classes have been exploring emotions and self-regulation. We have been able to identify certain situations in which we may feel anxious, angry or frustrated, and have developed our own strategy 'tool belts' that can help us in these circumstances. We have been creating strategies around: who we can chat with, helping thinking, amusement, relaxation, good routine and exercise. We hope students can start drawing on these when they find themselves in difficult situations and school as well as at home and in the community.

As we look forward, we have various exciting events coming up. Planning is well underway for our Sports Day (Friday 1st March) and WCIAC (Thursday 7th March). If you are able to help at these events, please contact the office.

At Crossways, we consider ourselves a family – students, staff, parents and friends. Working together towards a brighter future, with the students at the centre. I encourage you to talk to your child about their day at school, encourage them in their education and support them to achieve their goals. We would love to meet with as many parents as we can this week at our Parent Information Night (Thurs 21st Feb) to have a chat and show you your child's learning environment as we work together with you this year.

Ephesians 4:16

'From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.'

Amy Norsworthy



Junior School Co-Ordinator

Mrs Georgia Lambeff



It has been great to see classes become more settled, children engaged and lots of smiling faces around the school.

For some children (and teachers!), it has been hard to get back into routine. It is important that children don't only get enough

sleep, they also need to eat a balanced and healthy diet.

Healthy eating has many benefits for children. It can:

- Stabilize their energy
- Improve their minds
- Even out their moods
- Help them maintain a healthy weight
- Help prevent mental health conditions. These include depression, anxiety, and ADHD

Life is busy, so here are some small ways to develop healthy habits in your household.

Start with breakfast

Eating a balanced breakfast with protein is a great way for your child to start their day. Protein can help them stay fuller longer. It even can help teenagers lose weight.

Make mealtimes a priority

Sitting down at the table as a family is an important part of establishing healthy eating habits and also spending time together.

Get the kids involved

They could help with choosing the meals, helping to prepare and cook, even growing a vegetable garden!

Make small shifts to healthier foods – some ideas could be...

- Limit sugar (no soft drink!)
- Save sugary treats for special occasions – don't just 'ban' them
- Be smart about fat – less fried foods
- Make fruit and veggies more appealing – cut them up, let kids choose, hide veggies in other foods

Things to consider

There are an unlimited number of tips available on how to get your child to eat nutritious food. Above all, the best way to help your child with nutrition is to encourage healthy habits.

Be a role model. Kids eat the way you eat. Follow these tips yourself, and your child will be more likely to eat that way too.

Start them young. Food preferences develop early in life. Expose your child to different kinds of food early on, and continue as they grow older.

Focus on overall diet. Instead of focusing on specific foods, focus on eating patterns. Provide as much whole, minimally processed food as you can. Avoid packaged and processed food when you can.

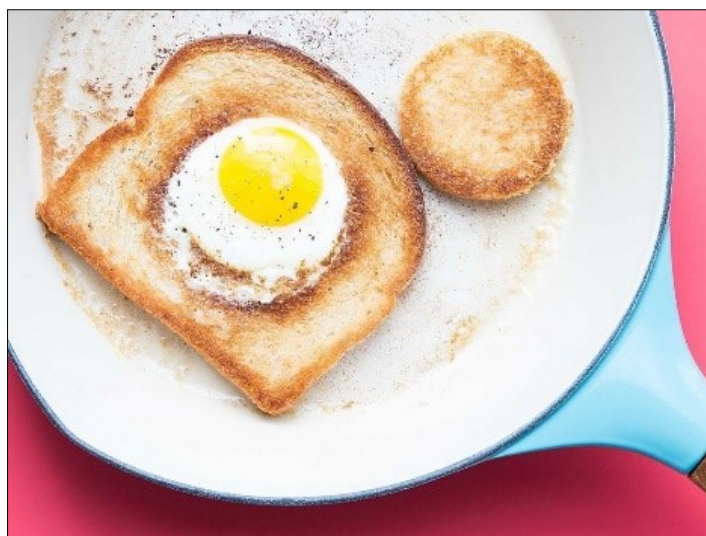
Know what they should be eating. Much of the focus is placed on what we should avoid. This can lead to feeling deprived. Instead, focus on what you and your child *should* be eating. This keeps eating healthy as a positive action.

Don't force them to eat. Don't make your child "clean their plate." They need to learn to listen to their bodies. When they feel full and are allowed to stop eating, they are less likely to overeat.

Skip the food reward. When you use food as a reward or to show affection, your child could start using food to cope with their emotions. Instead, give them hugs, praise, attention, or time together.

Put limits on screen time. When you put limits on TV, computer, or video game time, your child will tend to find something more active to do. Also, snacking while watching TV leads to mindless eating, and your child will take in more calories than they should.

Set snack boundaries. Teach your child to ask before having a snack. Have him or her sit at the table to eat the snack, not in front of the TV. Put snacks like pretzels or popcorn on a plate or in a bowl; don't let your child eat directly out of the bag.



Reception Class

Wow, what a fantastic start the Reception Class has had to the school year! In the past few weeks, we have:

- Learnt about what school is about – school rules and routines
- Begun learning our letters
- Made some awesome new friends
- Learnt about our numbers to 10
- Played games together
- Made crafts to display in the class and take home to our families
- Taught our peers about our families
- Sharing at assembly

We are looking forward to more wonderful memories and learning experiences yet to be had in 2019!



Junior School award winners – week 1 and 2



Middle School Sports

The students at Crossways have been in training mode for a number of events leading up to our school athletics carnival on Friday of Week 5, the date being March 1st. On the following week, Thursday March 7th, our top athletes will be off to WCIAC to represent Crossways Lutheran School at Ceduna Area. Parents and visitors are welcome to attend both these events with food and drink available at both carnivals. Your support would be very welcomed. Good luck to all athletes involved!!!

Mr. Woodward, PE Coordinator



The Crossways Breakfast Club

is looking for volunteers to help out occasionally
in the mornings from
7.45am to 9am

Please call Andrew McIlwraith
at the school for more information, Thankyou

Ph: 86252873

Whole School Co-Ordinator

Mrs Terena Evans



Gaming Addiction

Parenting is one of the most challenging jobs in the world – next to teaching of course. Managing behavior can be difficult especially with pubescent teens!!!!

One thing I've learnt is that without a consequence our 'nagging'

falls on deaf ears. When I'm having to discipline my own children I try to get them to understand the reason. I believe if we don't give out a consequence for the 'crime' the behaviour will not change.

For example, my son loves 'Fornite' like most boys I know. If he was able to, he would play that game in all of his spare time. My husband and I needed to agree on some rules so that we could manage the time our son spent on it and his behavior. If he played the game for too many consecutive hours, we would see a change in his attitude and he would become angry quickly if asked to stop playing.

Over MANY conversations and arguments, usually resulting in being banned from his devices for an extended period of time, we have finally agreed to one afternoon during the school week and negotiated time over the weekend. This works best for us and we have found it to be manageable. I found an interesting article on the internet which I have included this week on video game addiction.

How much screen time are you allowing your children each week?????

Terena Evans

Video game addiction facts

When it comes to addiction, often the first things that come to mind are drugs and alcohol, but there are other types of addictions as well, including addictions to playing video games. A **video game addiction** is defined as the compulsive playing of computer or video games, such that it interferes with everyday life. Those that are addicted to video gaming often play compulsively which can lead to some adverse effects. While an addiction to video games is not listed as an official mental disorder by the *American Psychiatric Association (APA)*, there is ongoing research into the issue of compulsive game playing.

When a person is addicted to something, they need more of that thing to keep them satisfied, and if the individual does not get what they are craving, they may become irritable. **Addiction** can be to either a substance or behavior, and in the case of *video game addiction*, the addiction is to the behavior of game playing.

Compulsive game playing can lead to some issues including mood swings, social isolation, and a diminished sense of imagination. Players often focus so much on their game achievements, that they exclude all other events in their lives.

There are several theories as to the possible causes of video game addictions. Some theorize that a built-in reward system presumed to be in humans may explain their potentially addictive nature. Some also think that gamers become addicted because it is a way for them to gain confidence and a feeling of satisfaction which they may not be able to get in the real world.

Research has shown that many different video games satisfy a person's basic psychological needs. Players will continue to play because of a connection to other players, rewards, and a sense of freedom. Research continues into not only the possible causes of video game addiction, but also the effects of addiction.

Several countries have taken the step of opening treatment centers to deal with the problem of a video game addict. These countries include the United States, Canada, South Korea, the Netherlands, and China. Due to research into gaming habits being relatively new, there is not much information on excessive gaming treatment available.

Effective treatments for a video game addiction appear to be similar to those of other addictions. Treatments can include psychotherapy, psychopharmacology, and possibly other means. Because issues with video game addictions do not seem to be going away, it is important that research continues into effective treatments.

While it may seem far-fetched, there have been deaths related to excessively playing video games. For the most part, these deaths have been caused by exhaustion from playing for an excessive amount of time. Deaths have been reported in the United States, South Korea, China, Vietnam, and Brazil.

<https://aforeverrecovery.com/resources/video-game-addiction-facts/>





invite you to

Young Nunga Parents Group

WEDNESDAYS: 12.30pm-2.30pm

Week 2 - 6 Feb

Craft activity: Beading

Brainstorm craft activity ideas and new name for this group

Week 3 - 13 Feb

Craft activity: to be decided

Help design a poster for this group

Week 4 - 20 Feb

Craft activity: Basket weaving

Workshop with special guest

(more details available week 2)



A great way to chill out with other young Nunga families

Transport Available - Crèche Provided - Lunch Provided

Funded under a grant from the Australian Government
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 others past and present.

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

Play 2 Learn
A good beginning for every child
2019 Term 1 Schedule

Families can benefit from Play2Learn by being connected to other families and making their parenting journey. Save the Children staff can provide ongoing information and assistance when needed.

Play2Learn is a fun time for you to connect, meet other parents, share ideas, learn and play with your child.

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

Monday	Tuesday	Wednesday	Friday
<p>1pm to 3pm</p> <p>Out and About</p> <p>Co-facilitated with NYGC Connected Beginnings</p> <p>Playgroups held in different locations around our community</p> <p>Mon 4 Feb Support Account, Thevenard</p> <p>Mon 11 Feb Sealing Club, playground</p> <p>Mon 25 Feb Party at Memorial Hall</p> <p>Mon 18 March Supported Account, Thevenard</p> <p>Mon 25 Feb Thevenard (Location TBA)</p> <p>Playgroup for families with children aged 0-5 years old. Free play, singing and music.</p> <p>Light Lunch Provided</p>	<p>11am to 1pm</p> <p>Yalata</p> <p>at Mothers and Babies Clinic</p> <p>Playgroup for families with children aged 0-5 years old. Fun art & craft activities, free play, singing and music.</p> <p>Light lunch provided</p> <p>3pm to 4:30pm</p> <p>Koonibba</p> <p>Fun4Family at Koonibba RSA Building</p> <p>Parental Supervision Required</p> <p>Afternoon playgroup for families with children aged 0-12 years old. Fun art & craft activities and free play.</p> <p>Healthy Snack Provided</p>	<p>9.30am to 11.30am</p> <p>Nunga</p> <p>at Ngura Yadorim Children and Family Centre</p> <p>For Aboriginal Children & Families</p> <p>Playgroup for families with children aged 0-5 years old. Fun art & craft activities, free play, singing, music and more.</p> <p>Healthy Snacks Provided</p> <p>12.30pm to 2.30pm</p> <p>Young Nunga Parents</p> <p>at Ngura Yadorim Children and Family Centre</p> <p>Co-facilitated with Ngura Yadorim Children and Family Centre</p> <p>Parent supervision group for young Aboriginal parents (under 25 years).</p> <p>A time for parents to call out and connect with other families and workers in the community. Free play, activities including, singing, craft and photography.</p> <p>Transport and a crèche provided.</p> <p>Light Lunch Provided</p>	<p>9.30am to 11.30am</p> <p>Come & Play Friday</p> <p>at Crossways Lutheran School</p> <p>IN THE NEW EARLY LEARNING CENTRE</p> <p>All Families Welcome</p> <p>Playgroup for families with children aged 0-5 years old. Fun art & craft activities, lots of outdoor play, singing and music.</p> <p>Healthy Snacks Provided</p>

Save the Children acknowledges support from government agencies, including the Australian Government's Department of Home Affairs and Cultural and Export Services 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 others past and present.

For more information contact Save the Children Ceduna Office on 08 86 253 860 or Michelle Duregon on 0408 536 358 or michelle.duregon@save-the-children.org.au

HUNGRY FOR A JOB?



Join our team at OTR Ceduna to give your career a kickstart.

Multiple roles available at Hungry Jack's & Subway.

Apply by calling 8200 5147 or visit us in store at OTR, 35 Eyre Highway, Ceduna.

Community Notices

PLAYGROUP



Playgroup is held every Friday morning
at Crossways Lutheran School

From 10am - 12noon

Happy Birthday to

Kitahrna Miller 25th February
Ciarah Gunter 25th February
David Thorpe 28th February
Kaianne Colbung-Ware 4th March
Kailee Colbung-Ware 4th March
arah Steeles 4th March

SCHOOL DENTIST



Visiting Ceduna Hospital

March 4th—8th

To book an appointment

Please phone

(08) 71170120

Church Services

CEDUNA - SUNDAY (10.00am) LUTHERAN CHURCH



One Pot Sausage Stew



- 1 tbsn olive oil, 500g sausages, 1 medium onion, halved, sliced, 2 cloves crushed garlic, 400g can cannellini beans, drained, rinsed, 800g tin diced tomatoes, 1/4 bbq sauce, 1 tbsn brown sugar, chopped parsley leaves and crusty bread to serve.

Heat half the oil in large heavy-based saucepan over medium heat. Cook sausages in batches for 5 to 6 minutes or until browned all over. Transfer to a plate.

Heat remaining oil in pan. Add onion and garlic. Cook, stirring for 5 to 6 mins or until onion has softened. Add beans, tomato, bbq sauce and sugar. Return sausages to pan, cover and bring to the boil. Turn down and simmer uncovered for 25 mins until sausages are cooked through and sauce thickened. Sprinkle with parsley. Serve with bread.