



Crossways Calendar

Week 8 (Thu 21/3)	Harmony Day
Week 9 (27/3—29/3)	Year 5 ERRAPPA Camp
Week 11 (Thu 11/4)	Last Day of Term 1

Principal's Word



The **Sports Days** have provided an enjoyable interlude for the students. It was terrific to see the fun and enjoyment that the students experienced in competing both against their peers here at school and also at **WCIAC** against the other schools in our region. As a staff we were very proud of the turnout and enthusiasm we had on both days from our students and also wider

school community. I reserve some special appreciation for the hard work and effort of all the staff who chipped in to make these two days a success. In particular we must thank Mr Woodward, Miss Norsworthy and Mrs Evans not only for the many hours they put into our Sports Day firstly, but also for their coordination of the WCIAC Day. Over the next few weeks we have a number of events for you to be aware of. We will be celebrating **Harmony Day** on Thursday 21st March when students can wear something orange for the day. Classes will also engage in a number of activities to think about the diversity of cultures we have in Australia.

On Sunday 31st March, the school will be hosting **Sunday Worship**. Julie Krause from Australian Lutheran World Service (ALWS) will be here on that day to help lead the worship. On the following two days, she will be working with classes to help students understand the work of ALWS in supporting overseas communities in need.

The opening of our **Early Learning Centre** is due to be held at 10.00am on Friday 5th April. Everyone in our community is welcome to attend. Please contact the front office if you plan to be here so that we can organize catering.

With four weeks to go, it is exciting to see the learning and growth that has already taken place this year. The integration of technology through iPads and computers is enabling students to

show their learning in ways we couldn't conceive when I went to school. Teachers are already gearing up for report writing and the opportunity to share the learning students have been undertaking.

In our planning for Term 2, we would like confirmation of any new students who will participate in our **Term 2 Reception intake**. Any child who turns 5 before the 31st July is eligible to enrol in Reception from the start of Term 2. If you or anyone you know has a child who will be old enough to commence next term, please contact the front office for information about enrolment.

We have already started the enrolment process for 2020 in the Early Learning Centre. Children who turn 4 before May 31st 2020 are eligible to commence in the ELC for 2020. If at any time you or someone you know would like a tour of the facility, please contact us and we can arrange a time to do this.

In our school chapels, we have many stories about **God's rescue of people** over time. In reality, we are preparing to hear about the greatest rescue, our rescue. In our struggle to control everything in our lives, God wants us to surrender to him and enable him to take charge. This is highlighted time and again when we hear about Noah, Abraham, Jonah and all the rest of God's people we read about in the Bible. It is when they allowed him to take charge, that he was able to make the change needed in their lives.

Proverbs 3:6 NIV ... in all your ways submit to him, and he will make your paths straight.

Mr Craig Kupke (Principal)

WASSAC ATHLETICS—PT LINCOLN



Alicia Crisp-Trowbridge, Lameeka Betts, Kyia Miller, Kevin Penny, Shontayah McIlwraith, Darryll Coleman, Jairone Roderick and Aliera Sansbury-Smith



WCIAC 2019



Jesse Pittaway and Amber Woods
From Miltaburra Area School with the
HANDICAP SHIELD



Open Girls
Winner : Nykia Skinner (CAS)
R/Up : Kimberley Coleman (KAS)



Open Boys
Winner : Nathan Hill (SBAS)
R/Up : Kevin Penny (CLS)



Nathan Hill & Yahna Chynoweth
From Streaky Bay with the
CHAMPIONSHIP SHIELD



Under 11 Girls
Winner : Eva Schmucker (SBAS)
Winner : Tizziana Peel (CLS)



Under 14 Girls
Winner : Summer Braz (SBAS)
Winner : Taja Pryor (EAS)



Under 13 Boys
Winner : Jacob Newton (EAS)
R/Up : Jay Polkinghorne (CAS)




Under 15 Boys
Winner : Ethan Coleman (KAS)
R/Up : Jesse Pittaway (MAS)
R/Up : Jackson Halls (CAS)



Under 14 Boys
Winner : Kade Maddigan (CAS)
R/Up : Jay Johns (SBAS)



RECORD BREAKERS
Kirralee Johns, Rohan Ryan, Kade Maddigan, Jack Dunn, Calla Buckley,
Jay Johns, Olivia Cooper & Ryder Frick

Working Together Towards a Brighter Future 

WCIAC 2019



Under 8 Boys
Winner : Jai Pickett (EAS)
R/Up : Aiden O'Driscoll (CLS)



Under 12 Girls
Winner : Zara Harding (CAS)
R/Up : Sophie Davis (KAS)



Under 11 Boys
Winner : James Jervis (EAS)
R/Up : Kalan Buckley (SBAS)



Under 9 Boys
Winner : Rohan Ryan (MAS)
R/Up : Ryder Frick (SBAS)



Under 8 Girls
Winner : Evie Hoffrichter (CAS)
R/Up : Issy Hebbeman (KAS)



Under 13 Girls
Winner : Indi Donovan (EAS)
R/Up : Sienna Evans (CAS)



Under 10 Girls
Winner : Kirralee Johns (SBAS)
R/Up : Amy Thompson (EAS)




Under 9 Girls
Winner : Charli Cox (CAS)
R/Up : Zahli Habel (SBAS)



Under 10 Boys
Winner : Charlie Best (MBAS)
R/Up : Lucas Whitford (SBAS)



Under 15 Girls
Winner : Java Shipard (CAS)
R/Up : Ebony Trezona (SBAS)

Working Together Towards a Brighter Future 

WASSAC

Monday 18th March - PORT LINCOLN



Congratulations to the Crossways students who competed this week at WASSAC with fantastic results. Very proud of all students sporting achievements, well done.

Working Together Towards a Brighter Future 

YEAR 7/8 CLASS

It's already Week 8 and the Year 7/8 class is busy ensuring all assessment tasks are being completed with their best of abilities to be submitted on time. The focus in Science this term is Earth's Resources and the Year 7/8 class showed good understanding of the topics such as renewable and the non-renewable resources, energy and sustainability. Students particularly have enjoyed engaging in hands-on activities around building models to test renewable energy sources.

Students often find lab sessions interesting as they get to test what they have learnt in theory lessons into practice. Practical activities provide opportunities for students to learn more about the importance of following instructions with safety procedures, gain skills required for good teamwork and grow more confident in exploring and expressing their creativity as well.

Haesil Kim (Year 7/8 Teacher)



Middle School Co-Ordinator

Miss Amy Norsworthy



Wow, it's Week 8 and Term 1 is flying by!

As we are now nearing the end of Term, assessments are underway and teachers are beginning to write reports. It is important for students to attend school every day and put in

their best effort so that teachers have the opportunity to assess the most accurate representation of their learning. In the Middle School, students each have a portfolio (in addition to a Report that will be sent home at the end of Term) in which their assessment tasks are kept. These are the evidence of student learning and growth and how each student is progressing academically. Feel free to ask your child about their assessments and encourage your child to use their time effectively in the classroom, ask questions and complete tasks needed.

At Crossways our core business is teaching and learning. However, we aim to deliver a holistic education to our students. Catering for students physically, intellectually, spiritually and emotionally is so important, especially in the Middle School as students are going through a time of growth and change.

Our devotions each morning aim to focus on student well-being and spiritual growth through discussion, videos, photos and music. Throughout the year we aim to provide students with opportunities to engage with various organisations that can give them information and skills that will assist them in the future. In Week 10 we have a visit from ALWS (Australian Lutheran World Service) which will broaden students' understanding of the world around them and how people in other countries live. It's great to see the SRC fundraising for this cause. We also have plans to engage with Encounter Youth to deliver drug and alcohol seminars. This is all part of catering holistically to our students.

I look forward to seeing each student continue to grow and mature over the year and hope they take each opportunity given to them.



YEAR 6/7 CLASS NEWS

This week the Year 6/7 Class were blessed to be involved with the Connected School Enrichment Day which was held at Golden Grove Primary School via video link up. Prior to the day, each Crossways Year 6/7 student created an artwork representing their identity and culture. These were then sent to Adelaide for the selected students from various school in Adelaide to look at in the morning. After recess, we linked with the students from Adelaide in a video call. During this, we were introduced to the Year 5, 6, 7 students in Adelaide and then told them about what our artworks represented. The students in Adelaide then took our paintings and created their own representing their identity to produce a collaborative design. We were so excited to see the final products and to hear their descriptions about what their artwork meant to them. We hope to keep communicating with each other into the future.

I was extremely proud of the Year 6/7 Class as it took a lot of courage for some of them to be a part of the experience and it was very new for all of them. I know that their confidence will continue to grow with more opportunities like this in the future. A big thank you to Jayne Zadow from Golden Grove Lutheran Primary School for organising this valuable experience.

Amy Norsworthy



Year 6/7 Class Video Calling Adelaide Students

Working Together Towards a Brighter Future

YEAR 6/7 CLASS NEWS



Above right : Noah Champion talking about his artwork
Kiarah Morrison's and Lize's Collaborative Artwork
Emilea Willis and Lilly's Collaborative Artwork
Raymond Coleman and Callan's Collaborative Artwork

GERMAN NEWS

Hello everyone, I am happy to be back from my maternity leave and to be teaching German to the students from Reception to Year 5. I have been relief-teaching since term 3 last year but it is great to be back to teaching German.

In Term 1, the junior school students have been learning about where Germany is situated and what the flag looks like, basic greetings/farewells, numbers, colours and the different seasons. I regularly show students pictures and photographs of the months in Germany, difference in seasons or typical meals for the day and teach them the vocabulary accordingly. In the next few weeks we'll be preparing some cards with the names of things for the breakfast we will be holding later in the term. The students are very curious about the German language and culture and regularly ask questions, which is pleasing to see.

Besides learning the basics, students play games or sing songs to practice their pronunciation. Every attempt to speak German helps to learn the language. When students come home and try to speak German words at home, I encourage you to praise the students and maybe let the older kids use the App duolingo in German.

The older junior school students made their own “All about me poster” (Steckbrief) where they introduce themselves. They also learned about numbers and months to be able to write their poster.

As well as learning the language, I think it is also important to learn about the Culture, e.g. food, traditions and celebrations. This term our main focus is to have a typical German breakfast at the end of the term. Therefore the students are busy collecting returnable recycling to raise money for their German breakfast. This has two advantages; hopefully the school grounds get cleaner and the German breakfast can happen. Giving students responsibility of the recycling and keeping the school clean teaches them ownership and they can be proud to achieve their aim.

If any Crossways parents are happy to donate their cans and bottles or are happy for us to collect it, please let the school know. I am happy to pick up recycling on the next weekend (23.-24.03.) or you can drop it off on Friday 22.03.

I am looking forward to teaching German in Term 2 in the Junior School and of course to have our German breakfast/Frühstück.

Auf Wiedersehen Steffi Bergmann



Crossways Waterbottles

The Crossways Water Bottles
have arrived in the front
office.

There will now be a charge
of \$5.

Please contact the front office staff should you require a water bottle.

Thankyou

MUSIC - SARA VEERHUIS

Studies show that children who are exposed to music have improved language development, enhanced fine motor skills, better social skills, higher IQs, advanced spatial intelligence, increased concentration and basic memory recall. Learning how to read music and play an instrument offers even more mental and physical benefits.

Middle School Music

What a fantastic start to the year for music lessons at Crossways. Our middle school music tuition program has taken off incredibly well with a steady stream of students seeing me one day a week for private or paired tuition on keyboard, drums or guitar. Some students are continuing these instruments from previous years and are now adding to and fine-tuning their skills. Others are new to these instruments and the benefits of private weekly tuition are evident in their speedy progress. By the end of this term I plan to have some of the middle school music students joined to form a band to accompany our group of singers.

Speaking of the singers, we have a beautiful group of young ladies who have again formed a singing group and are learning a range of modern songs, Christian songs and a few old classics. These will likely be performed later this term and we will continue to add to our repertoire. We are so very blessed at Crossways to be able to offer these private lessons and I encourage all parents to play music around their children and open them up to different styles of music. Better yet, why not buy your son/daughter a music instrument for their next birthday?

Junior School Music

This term I am filling in for Mrs. Tracey Hoffrichter (whilst she is on long-service leave) taking the junior school for their music lesson every Thursday. With the amazing support of Mrs Lois Haynes and our class LSO's the students have been learning the basics of music theory using flashcards. Most students can now identify and name a small range of music notes and symbols, plus the timing in beats which they represent.

For our practical we have been focusing on singing and using the voice as an instrument as well as experimenting with some percussion instruments and practising keeping the beat of different songs. Every class have been delegated a song for a concert we will be performing at in week 11 at Special Friends Day. The concert will be a mini musical based on a modern twist of the Noah's Ark story from the Bible. Each class has been delegated a song to learn for the concert and have been learning some actions to accompany the lyrics.

They have also been practising a couple of group songs to perform all together at the end of the concert. I believe performing from a young age is so beneficial for students to grown their confidence and a great way for parents, friends and the community to experience and observe what the student of Crossways have been learning. Again, I encourage all parents and caregivers to play and expose the young ones to many different styles of music. Encourage them to sing and dance along. For the super keen ones perhaps you could print out the lyrics for them to learn and have a look on You Tube for karaoke versions of these songs. The more exposure, the better!



BREADTAGS
for wheelchairs

CROSSWAYS are still collecting
BREAD TAGS....

We would appreciate as many bread
tags as possible! Thankyou
Please drop them into the front office.

Whole School Co-Ordinator

Mrs Terena Evans



Routines

1 Corinthians 14:40 But all things should be done decently and in order.

How organised is your household? Do your children get their homework completed on time? Are there routines around dinner,

internet use and bedtime???

The above Bible verse speaks of keeping things in a decent order. Children and adults are able to function so much better after a good night's sleep. If devices are left dinging all through the night it makes it pretty difficult to wake up feeling rested and ready for a new day.

School starts at 8:50 am where students are expected to be in their home groups getting important notices and organising themselves for the day's activities.

Breakfast club is open from 8 am, students are welcome to come daily and have a nutritious breakfast ranging from toast and spreads to cereal, canned fruit and spaghetti. Breakfast is a great way to start the day so we can remain focused for the morning sessions.

Our school also runs a fruit program where every child is offered fruit daily.

If you're running late please contact the school so the class teachers know how to mark the roll – we now have people from The Youth hub coming in every day at 9:15am to check our roll and follow up students who are absent without reason.

I have attached an article about the benefits of establishing routines at home. I hope you find it useful.

Terena Evans
School Coordinator

1

All families need some type of routine to establish normalcy, a way to get things done and a sense of security.

Children often fear the unknown – whether it's the broccoli on their plate – or a big life change like moving to a different house or gaining a new sibling.

While change is a learning opportunity, it can also be stressful for children. A normal routine brings comfort and consistency to a child's life.

Daily routines might include:

- The time to get ready in the morning
- Bath times, mealtimes, naptimes and bedtimes
- Housework, cooking and cleaning schedules

Play time, family time and outdoor play

When you include meaningful and important elements into your family life, you're letting your child know what's important.

While daily routines look different across neighbourhoods, Australia and the entire globe, the most important aspect is creating a routine that works for you and your family.

Here are **10 reasons a daily routine is important for your child:**

1. Helps your child get on a schedule

Consistent routine will help your child and their "body clocks" with many day-to-day basics such as:

- Ability to take naps and sleep well at night
- Ability to eat healthy, full meals
- Regular bowel movements
- Healthy play and outdoor time
- Calm, relaxed behaviour at "down times" during the day



For example, because your child and their body know it's time to sleep, they are more easily able to wind down and rest.

2. Bonds the family together

When a child knows what to expect and notices regular family activities, they begin to understand what's important. This strengthens shared values, beliefs and interests.

The child, for example, might notice that eating breakfast together on Saturday mornings is important. They can see that family time together is special. Even if your child is young, they will pick up on these traditions. The family bonds together by doing regular, important things together.

3. Establishes expectations

Rather than having a power struggle about picking up toys at the end of the day or taking a bath, a child becomes accustomed to knowing when "pick up time" and "bath time" are.

Children begin to expect and complete activities without issue. As the parent, you become a partner in that routine, rather than the person who is telling the child to "do this" and "not do this."

4. Creates a calmer household

Because the child, and other family members, know what to expect, stress and anxiety are reduced.

The child will know what comes next. They will feel valued because they are included in the plans and don't feel as if they're being forced to do something.

5. Gives your child confidence and independence

With a routine, a child will learn over time when it's time to brush their teeth or put on their pajamas. They will take pride in knowing what they are supposed to do – and doing it by themselves.



Rather than always being told what needs to happen, your child will feel confident to go ahead and be in charge of themselves. When children feel empowered and independent, they are less likely to rebel or retaliate.

6. Establishes healthy, constructive habits

From brushing teeth regularly to completing homework every afternoon, routines help establish constructive habits.

Children who practice these skills will be able to better manage their time. As they age, they'll have more self-discipline in terms of healthy grooming and eating habits, along with studying and cleaning their rooms.

7. Helps you (the parent) remember important things

Whether it's ensuring your child takes their medicine every day or remembering to pay the bills every month, a routine helps you stay on track.

In the midst of busy family life, you'll be able to keep track of the important details – allowing for a more stress free household and quality time together as a family.

8. Offers your child an opportunity to get excited about what's ahead

If your child knows what's on the schedule, they anticipate and look forward to future events – such as going to the park on Friday afternoons or spending time with Dad on Sunday mornings.

When these activities are established, your child feels like a loved part of the family and the world.

9. Provides opportunity for special “daily rituals”

When you build something into your day, like snuggling and reading to your child before bed, you instill special moments or “daily rituals.”

These dedicated times create increased bonding and connection with your child every day. Rather than just moving from one activity to the next, you have quality, relaxing time built into each day.



10. Offers stability during times of change or stress

Changes and stresses impact a child's life and sense of security, such as a divorce, change in school system or addition of a new sibling.

When the family has an established a routine, normalcy is present in the child's life, no matter what is going on. A child finds calmness, stability and love through elements of routine, such as family dinners or regular Thursday trips to the playground.

The Importance of Flexibility

While establishing and maintaining routine has a wealth of benefits, it's vital to also remain flexible. Spontaneity and creativity are important factors in a child's life. For example, the breakfast dishes can wait if there is an exciting animal in the backyard or a special Saturday carnival happening in the city.

Remember to stay sensitive and adaptable to the needs of each child (and adult). When a schedule becomes too regimented or strict, the benefits will be reduced, and children may feel controlled by it rather than freed by it (which is the ultimate goal).

How to Set a Daily Routine for Your Child

As Susan Newman, a social psychologist from New Jersey shares, routines can begin from the first day of life. If you haven't started a routine from the early days, don't worry. They can be established and began at any point. The earlier you establish a routine, the better.

Step 1: Establish the important times such as meal times, snack times, naptimes and bedtime.

Because these affect how well your child is able to sleep and eat, these items should come first.

If you currently have no schedule, gradually move to a consistent routine. For example, you may wish to set up a regular naptime and bedtime first. Then, you can add in regular mealtimes and bath times.

Step 2: Practice patience.

Setting a schedule may be hard for your child at first, but they will become accustomed to it.

Try not to become impatient or frustrated if the routine takes time to become "regular" for your child.



Step 3: Add "helpful" elements to each part of the routine.

For instance, you may wish to add in a regular 10 minute reading and snuggling time with your child before bed. This helps them wind down and feel ready to sleep.

Step 4: Work toward consistency and make room for flexibility.

In order for a routine to stick, you'll need to make sure you keep it as regular as possible.

However, stay open to flexibility, especially for holidays and special events, so your child's mood doesn't become solely dependent on eating at a specific time, for example.

Step 5: Establish special times with your child.

Whether it's a regular trip to grandma's house or walking the dog together, create expectations and routine of family time.

Step 6: Adjust as needed.

As the months go on, you'll start to see what's working and not working for the family. A routine is meant to *help* the family, not hinder it. Be sure your routine is healthy and positive for your child and other family members.



Junior School Co-Ordinator

Mrs Georgia Lambeff



It has been a busy few weeks at school, and we are at the time of the term where we are revising and getting ready for assessments and reporting. This year we are beginning a new system where all the Junior School students will have a portfolio with work samples and assessments. These are kept in the classroom for parents and caregivers to come in at any time and check

out. Students will also be given a report that gets sent out at the end of the term; however, it is important to come and look at their portfolio to see what they have been learning about and their progress in each particular learning area. In the first few weeks of Term 2, parent meetings will be set up with classroom teachers, so this will also give you an opportunity to look at the portfolios.

Last week I talked about why reading is important, so I thought it would be handy to give some tips for parents about reading with your child:

Don't leave home without it - Bring along a book or magazine any time your child has to wait, such as at a doctor's office. Always try to fit in reading!

Once is not enough - Encourage your child to re-read favourite books and poems. Re-reading helps kids read more quickly and accurately.

Dig deeper into the story - Ask your child questions about the story you've just read. Say something like, "Why do you think Clifford did that?"

Take control of the television - It's difficult for reading to compete with TV and video games. Encourage reading as a free-time activity.

Be patient - When your child is trying to sound out an unfamiliar word, give him or her time to do so. Remind to child to look closely at the first letter or letters of the word.

Pick books that are at the right level - Help your child pick books that are not too difficult. The aim is to give your child lots of successful reading experiences.

Play word games - Have your child sound out the word as you change it from mat to fat to sat; from sat to sag to sap; and from sap to sip.

I read to you, you read to me - Take turns reading aloud at bedtime. Kids enjoy this special time with their parents.

Gently correct your young reader - When your child makes a mistake, gently point out the letters he or she overlooked or read incorrectly. Many beginning readers will guess wildly at a word based on its first letter.

Talk, talk, talk! - Talk with your child every day about school and things going on around the house. Sprinkle some interesting words into the conversation, and build on words you've talked about in the past.

Write, write, write! - Ask your child to help you write out the grocery list, a thank you note to Grandma, or to keep a journal of special things that happen at home. When writing, encourage your child to use the letter and sound patterns he/she is learning at school.

Have a great week,

Georgia Lambeff

HARMONY DAY 21 MARCH



www.harmony.gov.au

GOLD COIN DONATION

STUDENTS ENCOURAGED TO WEAR ORANGE

CUPCAKES AVAILABLE TO PURCHASE ON THE DAY TO RAISE FUNDS

CANTEEN NEWS

PIES / PASTIES AND SAUSAGE ROLLS

ARE AVAILABLE TO PURCHASE AT THE CANTEEN ON
MONDAYS / TUESDAYS AND WEDNESDAY'S
UNTIL THE END OF TERM, THANKYOU



RECEPTION CLASS LUNCH'S

There is much confusion in the Reception class at times with student lunch orders. Students are not sure if they have lunch orders or not some days!

Lunch bags will be sent home with students this week.

Please ensure the order is filled in correctly and the money is in the bag and remind students that they need to put their order in when they arrive at School.

At times it is lunch time at school and students have

NO LUNCH.

YOUR CHILD'S LUNCH IS YOUR RESPONSIBILITY!!

Thanks

Community Notices

Thevenard Netball Club

2019 SEASON TRIALS



Beginning Thursday 14th March

Thevenard Sports Club

5pm Juniors

6pm Seniors

New players welcome

Subbies to start Thursday 4th April

For More information please contact Marni
Trowbridge or Tegan Gascoyne



CEDUNA

NOW HIRING!

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CROSSWAYS LUTHERAN SCHOOL

POSITION VACANT GROUNDS PERSON 5 DAYS P/W : 30 HRS

TERM 2, 2019 ONLY

(29/4/19 to 5/7/19) 10 weeks

Long Service Leave Replacement

Applications close Friday 29th March 2019

Job Description available from the front office

Applications to be emailed to : admin@crossways.sa.edu.au,
by post : 4 Smith Road, Ceduna or delivered to the front office

Community Notices

PLAYGROUP



Playgroup is held every Friday morning

at Crossways Lutheran School

From 10am - 12noon

REGISTER NOW



5 - 7 Year Olds

Starts Friday 15 March 2019

5:30pm, at Ceduna Netball Courts

8 Week Program

\$40 per Child

SCHOOL DENTIST



Visiting Ceduna Hospital

April 1st—5th

To book an appointment

Please phone

(08) 71170120

Church Services

CEDUNA - SUNDAY (10.00am) LUTHERAN CHURCH

Happy Birthday to



EASY SPAGHETTI BOL !



Olive oil, 1 onion, 500g mince, 1 clove garlic, 1/4 cup tomato paste, 1 tsp oregano, 1 cup red wine, 1 tin tomato soup, 2 tbs sweet chilli sauce, 2 tbs tomato sauce, 1 cup chicken stock, 1 packet spaghetti, salt/pepper.

In a pan, heat oil and brown the mince, onion & garlic. Add tomato paste to pan and cook 2 mins. Stir in tomato sauce, sweet chilli, red wine, chicken stock, tomato soup & oregano. Bring to boil and simmer 30 mins. Season with salt / pepper. Serve over hot spaghetti.