



## Crossways Calendar

Week 6 (24/8—27/8)	SCHOOL TOURS 9.30—12pm
Sunday 30th August	CHURCH SERVICE AT CROSSWAYS
Week 7 (Wed 2/9)	ELC PARENT INFO NIGHT 5.45PM
Week 8 (Thu 10/9)	STUDENT FREE DAY (Staff Training)
Week 10 (Thu 24/9)	LAST DAY TERM 3
Monday 12th October	TERM 4 BEGINS

## Principal's Word - Tony Peters



My son Kurt asked me some years ago, "Why did you want to be a principal?" Sometimes I ask myself the same question but I wanted to respond positively, "I want to make a difference to children's learning." Where was this leading to? Then he asked, "Why didn't you want to become a broccoli picker?" It all started to make sense. We had seen an interesting report on TV about the benefits of a particular type of broccoli. In fact, this particular

type of broccoli is said to prevent a strain of cancer. During the report, I made a comment when I saw the broccoli workers out in the fields, picking the harvest. I said, "If you don't work hard at school, you might end up doing that."

My daughter, Mischa, being that bit older and probably a bit wiser wanted to add her 'teenage philosophy' to the conversation and said, "What does it matter what you do, as long as you're happy doing what you're doing and you do a good job?"

That made a lot of sense! I left the conversation there but it certainly got Kurt thinking, so he felt the need to follow it up. It did get me thinking about a few things, including-

- We need to nurture our children, guiding them along the way, helping them see the benefits of learning life-long skills at home, at school and in the community.
- We need to be clear about our messages that we send to our children. What do we really mean when we say something? We need to explain. Sometimes, we need to think before we speak.
- There is nothing wrong having high expectations of our children as long as they are realistic.
- Be positive and have fun with our children.
- Share in the mistakes that occur from time to time, it is from mistakes that some good learning takes place.

As parents and teachers, we do have an awesome responsibility to our children who are precious gifts from God.

Last week, all students and staff planted a tree or a shrub as part of National Tree Day. Our school grounds are beautiful, partly due to the natural vegetation that is maintained and developed. It is important that as a school community we continue to nurture what we have here and to ensure that there are opportunities for new vegetation to be planted. Many thanks to Jodie, Andy and Lachy who prepared holes for the tree planting.

This Sunday 30<sup>th</sup> August beginning at 10.30am, St Paul's Lutheran Church, Ceduna will be holding their weekly worship service in the school's chapel and we warmly invite you to come along. We have held a number of these types of services over recent years and amongst many reasons, the main purpose of bringing the worship service to the school is to maintain, strengthen and further develop connections between the church and the school.

Pastor Andrew Vanderwal will lead the worship service and looks forward to the participation of school community members. It is envisaged that staff and students will contribute in a number of ways, including Bible readings, prayers and ushering. We hope to see you there!



**CROSSWAYS EARLY LEARNING CENTRE**

## Parent Information Session

*Do you want to know more about the new Crossways ELC?*  
*The ELC program is available for 3 and 4 year old children and offer a rich, vibrant, explorative approach to learning*

**Wednesday 2 September at 5.45pm**  
**Refreshments Provided**

*Please register your interest by contacting the school on 86 252 873*

### Church Service this Sunday (30th August)

at School in the Chapel room

10.30am

*(Refreshments available after the service)*



All Are Welcome!

## Terena Evans : Deputy Principal



### Gaming Addiction

Parenting is one of the most challenging jobs in the world – next to teaching of course! Managing behaviour 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 didn't give out a consequence for the 'crime' the behaviour would 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 he would. 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 anger 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.

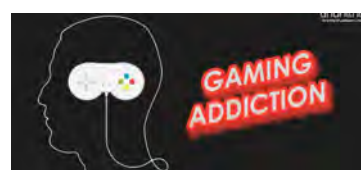
When a person is addicted to something, they need more of that thing to keep them satisfied, and if the individual does not get what they are craving, they may become irritable. **Addiction** can be to either a substance or behavior, and in the case of *video game addiction*, the addiction is to the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



*Monday 24th August*

*until Thursday 27th August*

**9.30am—12pm (45 minute tours)**

**MEET THE PRINCIPAL, Mr Tony Peters**

A school tour is a wonderful opportunity to learn more about our school.

See classes in action while you tour the facilities.

If you know of anyone interested in the wider community, please pass on this information.

**Please call the front office to arrange tour times.....**

JOIN US FOR A  
**TOUR**

Working Together Towards a Brighter Future



## Hope & Grace Award winners



Week 5 Hope Award winner (Sarah Steeles) and  
Week 5 Grace Award winner (Noah Champion)

## Class Award winners



Brianna Harre-Temby with Mr Munday  
Nikarah Sumner with Miss Cannard

## Class Attendance Award & Class Recycling Award



Miss Cannard's Year 2 class won the Attendance Award and  
the Recycling Award for week 5  
(Ciara Gunter, Shaun Richards, Braxton Gray  
and Gabriella Masierowski)



Raymond Paparao with Miss Norsworthy  
Alexzander Masierowski with Mr Champion

## Class Awards—Week 4



(Left) Improved Attendance Award winners  
(Thomas Anderson-Graham, Nikarah Sumner &  
Bella Anderson-Graham)  
(Right) Mrs Lambeff and Miss Bahr holding Melissa Wells &  
Dre-Shaun Graham's class awards.



Raymond Coleman with Miss Kim  
Mr Woodward holding Joshua Austin's award

## Excellence in PE



Excellence in PE (week 5)  
Ciara Lennon-Gray & Nikarah  
Sumner

## Junior School Co-ordinator

Mrs Georgia Lambeff



### Fine Motor Skills

#### What are Fine Motor skills?

Fine motor skills involve the use of the smaller muscle of the hands, commonly in activities like using pencils, scissors, construction with lego or duplo, doing up buttons and opening lunch boxes.

Fine motor skill efficiency significantly influences the quality of the task outcome

as well as the speed of task performance. Efficient fine motor skills require a number of independent skills to work together to appropriately manipulate the object or perform the task.

Developing and having efficient fine motor skills assists children with many school tasks, such as writing for a prolonged period of time, cutting, neat handwriting and manipulating objects.

#### Why are fine motor skills important?

Fine motor skills are essential for performing everyday skills as outlined above as well as academic skills. Without the ability to complete these every day tasks, a child's self esteem can suffer, their academic performance is compromised and their play options are very limited. They are also unable to develop appropriate independence in 'life' skills (such as getting dressed and feeding themselves) which in turn has social implications not only within the family but also within peer relationships.

#### What activities can help improve fine motor skills?

**Threading and lacing:** with a variety of sized laces and beads.

**Tongs or teabag squeezers:** to pick up objects (e.g. put marbles down a marble maze).

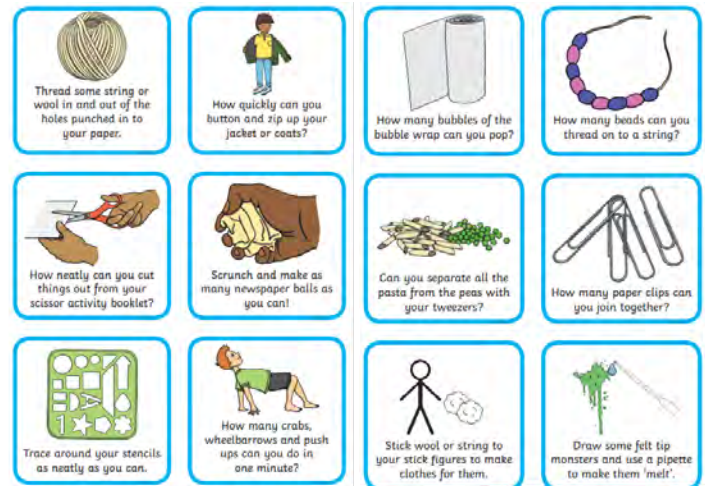
**Manipulation games:** such as 'Pick up Sticks' and 'Connect 4'.

**Play-doh:** Using the fingers, not the hands as whole; working with the Play-doh up in the air, not flat on the table.

**Construction:** that requires pushing and pulling with fingers (e.g. 'Mobilo', 'K'nex' or 'Lego').

**Storing construction materials** in jars with screw lids that need to be opened and closed as the materials are needed and when packed away.

**Craft:** Make things using old boxes, egg cartons, wool, paper and sticky or masking tape.



## Year 2 Class News

In week 4 the year 2 class hosted chapel, and what a fantastic job they did! Our SRC leaders, Shaun and Gabriella, acted as MC and the whole class participated in prayers, bible readings and singing the song *Glorious Day* with Noah and Sara playing the drums and guitar.

As part of our buddy class investigations with the Receptions we went to the Lambeff farm on Friday of week 4 to have a look at the different machinery used to plant a wheat crop. We were also lucky enough to collect some eggs and pull some fresh carrots from Carmen's garden. We are looking forward to another farm visit in the future to see how the crop has grown and changed.

Earlier in the year Mr. Peters and myself made the decision to take part in national tree day as a school community. With the help of our fantastic grounds keepers, Jodi and Andy, we were able to have each student and staff member plant their very own native tree on the school grounds last Friday between shower's pf rain. Thank you to Mrs Kim and the 7/8 class for volunteering to help the year 2's with this task, they really enjoyed it.

And FINALLY, we were able to have our year 1/2 sleepover!

The ongoing rainy weather made it difficult to complete some of our planned activities but the students still had a ball beading, colouring, building and roasting marshmallows. Thankyou to all the parents and volunteers who helped made this possible, Miss Bahr and I really appreciated your support.

*Rhiannon Cannard*



## TERM 3 CANTEEN SPECIALS

(Every Wednesday)

### **WEEK 7** *2nd & 3rd Sept*

Recess : Hot buttered Corn on the Cob

Lunch : Spaghetti & Meatballs



### **WEEK 8** *9th & 10th Sept*

Recess : Veggie Sticks with Jatz & Dip

Lunch : Chicken Pasta Alla Panna



### **WEEK 9** *16th & 17th Sept*

Recess :TBA

Lunch :TBA

## Community Notices

# PLAYGROUP



Playgroup is held every Friday morning at  
Crossways Lutheran School

From 9.30am - 11.30am

ALL FAMILIES WELCOME

## Church Services

CEDUNA - SUNDAY (10.30am) LUTHERAN CHURCH

## Happy Birthday

9th September	Mia Nicholls
18th September	Lekiesha Ware
18th September	Corey Amos
19th September	Jesse Carbine
20th September	Jontae Roderick
21st September	Thomas Anderson-Graham
24th September	Steven Harrison
30th September	Shontayah Mcllwraith



# ALWS Casual Clothes Day!

Wednesday

2nd of September

Smoothies for sale  
\$2 each  
from the canteen.

Brought to you by the Crossways SRC