

Term 2, Week 4, 2023

## CROSSWAYS CALENDAR

Week 4 (22/5 –25/5)	Sapsasa Football Adelaide
Week 4 (25 & 26/5)	Yadu Health Screenings
Week 5 (Tues 30/5)	Port Lincoln Netball Camp
Week 5 (31/5—2/6)	Middle School Choir Camp
Week 5 (Tue 30/5)	Drumming Workshops
Week 6 (Fri 9 June)	STUDENT FREE DAY - Staff Training
Week 7 (Monday 12/6)	Queen's Birthday Holiday
Week 10	Reconciliation Week
Week 10 (Thurs 6/7)	Last Day of Term 3

## 2023 TERM DATES

TERM 2	1st May 2023 - 6th July 2023
TERM 3	24th July 2023 - 28th September 2023
TERM 4	16th Oct 2023 - 14th December 2023

## Principal's Word - Greg Miller



### Healing

This week's scripture focus is on healing, with the bible reading coming from the book of John, chapter 11 verse 43 – 44. There are also many other verses in the bible that refer to healing and I have chosen a verse from Mathew, that refers to our wellbeing.

*'Come to me, all you who are weary and burdened, and I will give you rest'. Matthew 11:28*

We live in a troubled world where our we are under immense pressure, and many of us suffer from physical, emotional or psychological conditions and since Covid – 19 emerged, the general population has placed an increased emphasis on wellbeing, particularly social and emotional wellbeing.

There are many ways of defining what wellbeing is and one from the Australian Catholic University is quite good, where it says that *"Student wellbeing is defined as a sustainable state of positive mood and attitude, resilience, and satisfaction with self, relationships and experiences at school"*.

At Crossways, we place great importance in doing everything that we can to ensure the wellbeing of our students. Some of the measures we currently have in place include, each class having at least one LSO (Lutheran Service Officer), individual learning plans for students, a staff wellbeing team that meets regularly to put in place strategies for specific students and having a variety of activities for students that develop relationships and experiences (electives and camps). Looking after the wellbeing of people is nothing new, at the Lutheran Church last Sunday I was reminded of this by an old hymn, written in 1855 by Joseph Scriven. He wrote it to comfort his Mother who was living in Ireland while he was in Canada. The hymn has some very good advice.

What a Friend we have in Jesus, all our sins and griefs to bear!

What a privilege to carry everything to God in prayer!  
O what peace we often forfeit, O what needless pain we bear,

All because we do not carry everything to God in prayer.  
Have a great week!

**Greg Miller—Principal**

## New date for Crossways FETE



## Congratulations to week 3 AWARD WINNERS



Above left : Grace Award winner (Chase Sleep)  
Above right : Hope Award winner (Litia Pohahau)



Above left : Year 2 Award winner (Ariannah Harrison)  
Above right : Year 3/4D Award winner (Savannah Guidera)



Above left : Year 3/4C Award winner was Noah Coleman  
Above right : Year 7/8 Award winner (Shia Taylor-Champion)



Above left : Foundation Award winner (Brian Barnsley)  
Above right : Year 1 Award winner (Hudson McKay)



Above left : Year 9/10 Award winner (Riley Shephard)  
Above right : Excellence in P.E. (Jordan Coleman)



Above : GGSA Spelling  
Award winners



Above : GGSA Maths  
Award winners



Above : Attendance Cup was won  
by the Year 5 Class

## Year 2 - Mrs Cook



Term 2 has had a busy start with lots of learning happening in our classroom.

In Geography, we are learning about the seven continents. So far, we have looked at Asia and we have learned all about the customs and features of China. We have learned some Chinese greetings, looked at animals and landmarks in

China and made Chinese dragons as part of our learning about Chinese New Year. Next, we are off to Africa to learn about the unique animals and landmarks of this vast continent.


This term, our Writing unit is all about Procedures and practicing how to give clear instruction in order. We have written a number of Procedures so far this term, including one for how to make butter using only a jar, some cream and our own muscles. The students enjoyed making their own butter and eating it on biscuits to finish the day.

In Maths, we continue to work with numbers up to 1000, and are getting faster at adding and subtracting these numbers. We are starting our unit on telling the time and will be making our own clocks in class, so we can practice showing times and testing our friends.

This term in Christian Studies, we are looking at the Fruits of the Spirit. We will be looking at how we can show these qualities in an around our school. We made cards for our staff to show love and appreciation and the students enjoyed hand delivering these to our wonderful staff members.

**Mrs Cook - Year 2 Teacher**



Working Together Towards a Brighter Future 

## Mrs Halbert 'Wellbeing'

### How are nutrition and mental health linked?

**Healthy eating helps children and young people cope more effectively with stress, better manage their emotions and get a good sleep – all of which assist learning.**

Most research about nutrition and mental health has focused on adults. We know that good nutrition is associated with better mental health outcomes, whereas a poor diet is associated with a greater risk of depression and anxiety. However, emerging research that focuses on children and young people has also found a relationship between unhealthy diets and poorer mental health outcomes.

#### Nutrition and mental health - Be You

At Crossways we provide a Breakfast club every day. Mornings are a busy time for everyone and sometimes there just isn't time to grab something to eat. The morning smells from Breakfast club are enough to draw you in! There are lots of options for all the fussy eaters; warm milo, spaghetti, diced fruits, cereal and toast. Research shows that a balanced diet helps us to stay focused. I did a Wellbeing lesson with the Year 7/8 students last week and we did a check list of how often we,

***Eat breakfast***

***Drink 7-8 glasses of water a day***

***Eat green vegetables or fruit***

***Exercise***

***Spend time with family***

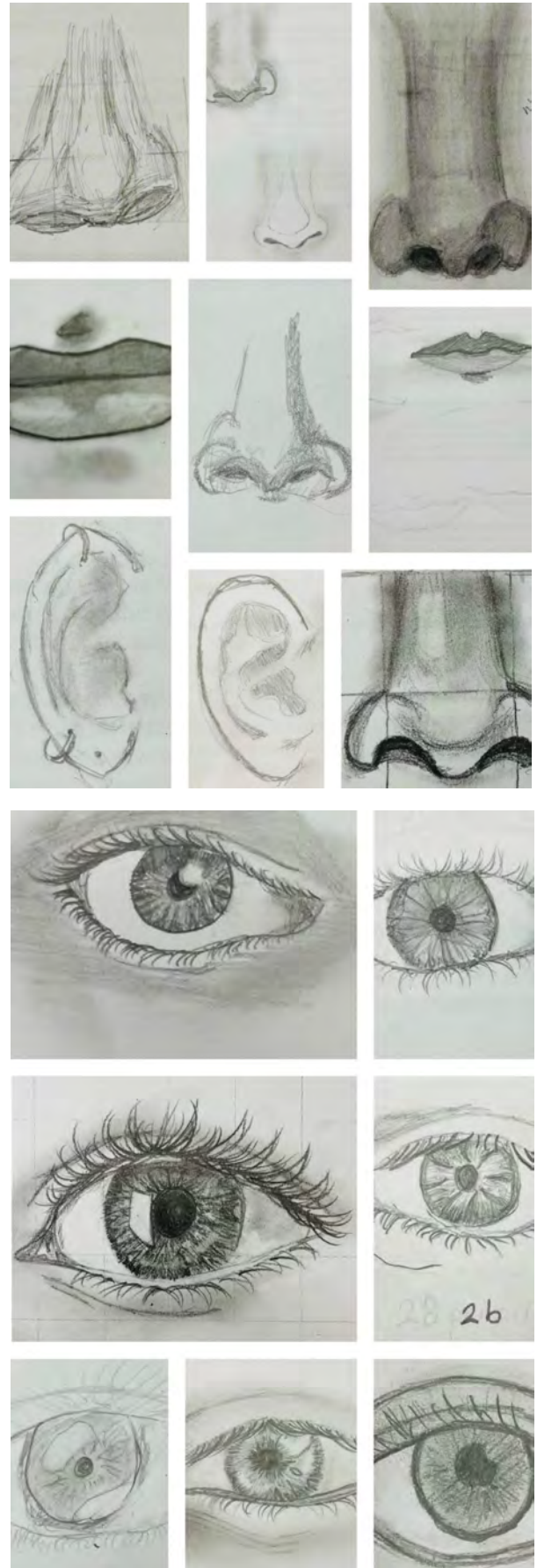
***Read for pleasure***

Students were very honest with their answers and were able to identify 3 areas that they needed to improve on and set themselves a goal for the next week. I know it made me think about my routine as well!

**Mrs Halbert**



## Middle School Art



## Chapel Schedule - Term 2, 2023

Term Week	Date	Text	Theme	Class/SRC	Guest pre-senter	Devotion
WEEK 4	Friday, May 26th	John 11:43-44	Healing	Year 7/8	Reverand Susan	Hasil
WEEK 5	Friday, June 2nd	Mathew 18:3	Humility	Andrew/Sara	Andrew/Sara	Andrew/Sara
WEEK 6	Thursday, June 9th	Numbers 11:1	Thankfulness	Foundation	Pastor Andrew V	Sherridyn/Kerri
WEEK 7	Friday, June 16th	Hebrews 13:2	Hospitality	Year ¾ Donald	Pastor Stuart	Clint
WEEK 8	Friday, June 23rd	Luke 10:34	Ways to Help	Year 3/4 Champ	Greg	Aiden
WEEK 9	Friday, June 30th	Ephessians 4:32	Compassion	Year 2	Reverand Susan	Janette
WEEK 10	Thurs, July 6 (Last day of term)	Luke 2:52	Wisdom	Year 9/10	Andrew	Anthony

### Church Services

**CEDUNA - SUNDAY - LUTHERAN CHURCH - 10.30am**

### Happy Birthday

24th May                      Rubi Richards-Schutz  
 31st May                      Jaikym Miller-Sumner

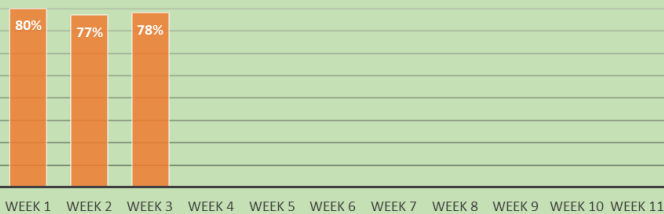


### Crossways Student Attendance

#### Attendance : Whole School Average

Term 2, 2023

**SCHOOL AIM : Equal to or Greater Than 90%**



### Community Notices

**PLAYGROUPS 2023**

**Monday 2pm-4pm**  
Koonibba Remote School Attendance Building

**Tuesday 9:30am-11:30am**  
Learning Hub  
45 McKenzie Street

**Thursday 9:30am-11:30am**  
Ngura Yadirim Children & Family Centre

For Aboriginal families with children aged 0-5 (Koonibba playgroup ages 0-9)

Transport available

Tea coffee and snacks provided

For more information  
86253210 or 0428883197

CEDUNA ABORIGINAL CORPORATION

**Ceduna Autism Awareness Day**

**welcome to Autism Sensory Day**

Location: Far West Aboriginal Sporting Complex  
 Date: 26th MAY 2023  
 Time: 12:00pm 2:30pm

**ALL WELCOME BBQ PROVIDED**

YADU HEALTH Aboriginal Corporation | Department of Health Services | Aboriginal Health Services Together with the Community | EyrePlus