



Term 4, Week 5, 2023

## CROSSWAYS CALENDAR

Wk 2-6 (Thursdays)	Junior School Swimming
Wk 5 (16/11)	Didgeribone Performance
Wk 6 (Fri 24/11)	<b>STUDENT FREE DAY</b>
Wk 9 (Mon 11/12)	Celebration of Learning
Wk 9 (Tue 12/12)	Last Day for Students
Wk 9 (Wed 13/12)	Staff Training Day
Wk 9 (Thu 14/12)	Staff Training Day & Clean-up

## TERM DATES 2023

TERM 4	16th Oct 2023—12th December 2023
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## Principal's Word - Greg Miller



Finding Renewed Strength, Psalm 23:1

Dear Crossways Community,  
As we find ourselves having past the midpoint of this busy term, it's opportune to pause, reflect, and draw inspiration from the timeless wisdom of Psalm 23:1: "The Lord is my shepherd; I shall not want."

In the ebb and flow of the school year, these words serve as a comforting anchor, a reminder that amidst the challenges and triumphs, we are under the watchful care of a Shepherd who leads and provides for us.

"The Lord is my shepherd": This declaration is a profound acknowledgment of divine guidance and protection. As we navigate the diverse landscapes of education, friendships, and personal growth, let us find comfort in the assurance that we are not alone. Our Shepherd knows the paths we walk and leads us with unfailing wisdom.

"I shall not want": In the midst of our busy lives, the promise of lacking for nothing gives us hope. The Shepherd's provision extends beyond our material needs to encompass the strength and resilience required to face academic challenges and personal growth. In Him, we discover an unending source of strength.

As we reflect on the first half of the term and look ahead to what the remaining weeks hold, let us consider the ways in which we can lean on the Shepherd's care. How can we find renewed strength in His guidance? How can we share this sense of assurance with our friends and family, fostering a community that supports each other through the highs and lows of the academic journey?

Just as a shepherd tends to the needs of each sheep in the flock, let us emulate that care within our school community. Reach out to those who may be facing challenges and create an atmosphere where everyone feels supported and encouraged.

In the spirit of Psalm 23:1, let us approach the remainder of the term with a renewed sense of trust and confidence. May these words be a source of inspiration as we navigate the rest of the year together, knowing that our Shepherd is with us every step of the way.

**Greg Miller**

**Principal**

C.L.S.

WE CORDIALLY INVITE YOU TO ATTEND OUR 2023

# Celebration of Learning 2023

MONDAY 11TH DECEMBER, 2023

TO BE HELD UNDER THE JUNIOR SCHOOL CANOPY

START TIME **6.00PM**

RSVP BY Monday 4th December 2023 to [admin@crossways.sa.edu.au](mailto:admin@crossways.sa.edu.au) or by phone on 86252873



# AWARD WINNERS - WEEK 4

## Congratulations to all students



Above left : Grace Award winner (Emily Muir)  
 Above right : Hope Award winner (Brooke McKay)



Above left : Year 3/4C award winner (Bailey Carpenter)  
 Above right : Year 5 award winner (Teelah Gray)



Above left : Year 6 award winner (Jakylah Colbung-Bilney)  
 Above right : Year 7/8 award winner (Medika Coleman-Scott)



Above left : Foundation award winner (David Mimouni)  
 Above right : Year 1 award winner (Ariana Sansbury-Burgoyne)



Above left : Year 9/10 award winner (Dodi Mpangula)  
 Above right : Excellence in PE (Beny Mpangula)



Above left : Year 2 award winner (Henry Miller-Lampard)  
 Above right : Year 3/4D award winner was (Carl Coleman-Laughton). Carl was absent on Friday.



Above left : Ameer Kole with the Attendance Cup for Year 2  
 Above right : Best Dressed FETE stall winners



Right : GGSA Spelling award winners



## Terena Evans - Deputy Principal



### Outdoor Education Elective & Youth Hub shout out!

Last week I was privileged to take the 'Outdoor Education' students to the jetty pool for their elective.

The weather started as a perfect summers day but ended with super strong winds, blowing us down the jetty and into the bus! Before the winds changed the students and myself got about 30 minutes of deluxe swimming time.

A huge thanks to Kate Richards for helping to supervise from the new platform. Crossways really do appreciate the continuous support the Youth Hub show our school and students, in so many ways: including reward time at the hub, supporting in-school events with sausage sizzles or hot dog stands, camp support, mentoring, the Duke of Ed program and our annual beach day!

Unfortunately we won't be able to run the beach day this term due to the SA Education Department placing a ban on any ocean swimming due to the recent shark attacks in SA. Don't worry though, we plan to have something fun and exciting to do on Tuesday the 12<sup>th</sup> of December, our final day of school for students!

### Terena Evans



## Wellbeing



### Helping children calm down: five steps

Here are five steps to help your child calm down from a strong emotion:

1. Notice and identify the emotion.
2. Name and connect the emotion.
3. Pause and say nothing.
4. Support your child while they calm down.
5. Address the issue.

#### 1. Notice and identify the emotion

If your child looks like they need help to calm down, stop. **Pay attention to what your child's behaviour is telling you** about their feelings before you do or say anything else. You can do this by:

- looking closely at your child
- watching their body language

listening to what your child is saying.

For example, if you ask your child to turn off the TV and have a shower, your child might ignore you, or roll around on the floor and complain loudly. This gives you a clue that your child is feeling angry.

It can take practice to learn to identify your child's emotions.

#### 2. Name and connect the emotion

The second step is to label the emotion and connect it with the event. This teaches your child to understand:

- **what they're feeling and why**
- how their body reacts to this feeling

what words go with the feeling.

It also shows your child that you understand how they feel and that this emotion is OK, even if their behaviour isn't OK.

For example, if your child is rolling around on the floor and complaining loudly about turning off the TV, you could say, 'I can see that you're feeling angry about turning off the TV'.

#### 3. Pause and say nothing

Pausing and saying nothing for a few seconds gives your child time to take in what you've just said. It's hard not to jump in and start talking. You might find it helps to **count slowly to five in your head** while you wait.

This pause might be enough for your child to calm down and move on to something else. Or they might solve the problem for themselves. For example, 'Could I watch more TV after I've had my shower?'

#### 4. Support your child while they calm down

If your child is very upset, they might take more time to get their emotions under control. For example, they might keep shouting or acting out physically. Here are some **things to try if your child needs longer to calm down**:

- Make sure that they're safe and you're safe.
- Stay calm and close to your child. This shows that you understand and can handle whatever their emotions are. It also helps them understand that emotions don't have to be overwhelming.
- Go back to step 1 – for example, 'I can see you're really furious about this'.
- Get someone to help you if you need it – for example, your partner if you have one.

Wait for the strong emotion to pass. Be patient. It can be very hard for young children to manage strong feelings.

It's tempting to say things like 'Use your words' or 'Try taking some deep breaths'. But your child might not be able to respond to these suggestions until their emotions have passed. It's often best just to wait.

It's important to let your child know that it's OK to feel strong emotions.

When your child is calm, you might need to help your child understand the difference between the emotion and the behaviour. For example, 'It's OK to feel frustrated and disappointed. But it wasn't OK to yell at me and kick the wall'.

#### 5. Address the behaviour or solve the problem

Your child needs to calm down before you can help them solve a problem or change a behaviour you don't like. What you do after your child has calmed down will depend on the situation. For example, you might need to:

- suggest other ways to react to strong emotions – for example, 'If you feel excited, clap your hands and jump up and down on the spot' or 'If you feel angry, go into your room and squeeze your pillow hard. Come back when you're calm'
- reassure or comfort your child – for example, 'That was a scary thing that happened' or 'I'm sorry to see you so sad. Let's have a hug'
- suggest some solutions for the problem – for example, 'You could ask for your toy back'. Set some limits – for example, 'I know you were angry, but hitting is never OK. You'll have to miss the party tomorrow'



## Year 3/4 CHAMPION News

This will be the last newsletter article for the term for the Year 3/4C class. It has been a fun year with many highlights. At the end of term 3 both Year 3/4 class joined together and went on a combined Class Camp to Streaky Bay. Students had fun on camp participating in various activities like swimming, bike riding, fishing, walking and playground visits in Streaky, Smoky and at the caravan park. I was very impressed with the student's willingness to give all activities ago and stepping out of their comfort zone. I was also impressed with how encouraging they were of each other, and the behaviour they displayed on camp.

Then in Week 3 of term 4 we participated in the School Fete, our class run a Side Show Stall, the week leading up to the fete students helped by making signs for our stall and then decorating our stall area with streamers and balloons. It was great to see most of the students go out of their way to help set up for our stall. Our class was also one of the winners of the 'Best dressed stall', this was thanks to all the hard work they put in when creating our signs.

Another significant event this term has been our Junior School Swimming lessons, students have undertaken lessons at Float Ceduna each Thursday. They have been enjoying these lessons learning pool safety and improving their swimming skills.

Along with the extra curriculum events students have enjoyed the learning experiences that have occurred in the class. In particular our HASS project they have started, in which they are creating a proposal for a fun Centre to be built in Ceduna. Some of the projects are: Mini-Golf Centre, Trampoline Centre, Zoo, Go-Karting Centre, Theme Park. It has been pleasing to see them complete all the research for their project, and I am looking forward to seeing the finished product.

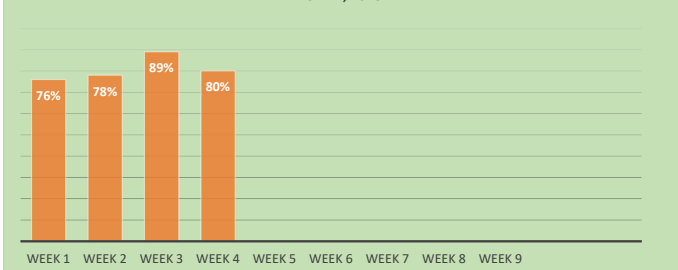
Thanks Year 3/4C for a great year.

Mr Champion



### Attendance : Whole School Average

Term 4, 2023



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

## Church Services

**DENIAL BAY - SUNDAY - 10.00am**

## Happy Birthday

15th November      Fifita Pohahau  
18th November      Milana Champion



## Chapel Schedule - Term 4, 2023

WK	Date	Theme	Guest presenter	Devotion
WK 4	November 9th	Mustard Seed Faith	Andrew	Found
WK 5	November 17th	(Surrender) The Legend Of The Candy Cane	Pastor Stuart	Janette
WK	November	(Thankfulness) All in His	Greg	Geor-
WK 7	December 1 <sup>st</sup>	(Trust) Mary and Joseph	Pastor Stuart	Hasil
WK 8	December 8th	(The Best Gift) Jesus Is Born	Pastor Stuart	Aiden
WK 9	December 14th	(Confidence) Wise Men and Gifts	Andrew	Mark



## Crossways ELC

### End of year Christmas Celebration and Kindy Graduation



Week 8 Wednesday  
6th December 5.30 - 7pm

Please join us as we celebrate the learning journey of your Children in 2023. We will be providing a light supper prior to the Children's Performance, and will be handing out certificates for Children who are transitioning to the Kindy program or School. Also a special Christmas gift will be given to each ELC Child. All ELC Children and Families are welcome to come along.



We look forward to Celebrating the children's learning and achievements with you all!



Book Club has arrived! Look out for your copy of Book Club, issue 8, coming home in your child's schoolbag! It's packed with hundreds of books from just \$3 to help you on your child's reading journey.

## Community Notices

**PLAYGROUPS 2023**

Monday 2.20pm-4.30pm  
Koonibba Stop and Play  
Koonibba Remote School  
Attendance Building

Tuesday 10:00am-12:00pm  
Quality Time with Family  
Learning Hub  
45 McKenzie Street

Thursday 10:00am-12:00am  
Minya Gidaya-Muga  
Ngura Yadarim Children & Family Centre

Attend playgroup to have a chance of winning a gift voucher

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