



Term 4, Week 7, 2023

CROSSWAYS CALENDAR

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



The end of the year is rapidly approaching, with our students and staff looking forward to a well-deserved holiday. As we look forward to this time, we have been looking at the birth of Jesus, which we celebrate on Christmas Day.

The birth of Jesus was foretold in the Old Testament, and one of my favourite passages is in the book of Isaiah, which

was written somewhere between 600 and 700 years before Jesus was born.

"For unto us a Child is born, unto us a Son is given; and the government shall be upon His shoulder. And His name shall be called Wonderful, Counsellor, The Mighty God, The Everlasting Father, The Prince of Peace". ISAIAH 9:6

As a child, back in the day, I regularly attended Sunday School, then as I grew older Church and Youth Group at a Church in Clayton – a suburb of Melbourne. Many things remain with me from these times, and one of those things is the songs which were sung, often with me accompanying on the church organ or piano.

The verse from Isaiah 9 has featured in many hymns and songs, including Handel's Messiah and I have fond memories of singing and playing many of them.

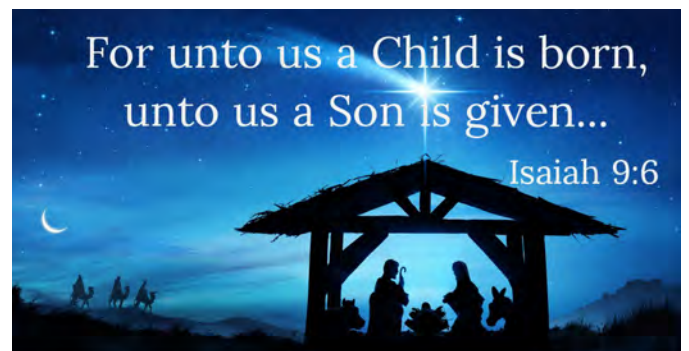
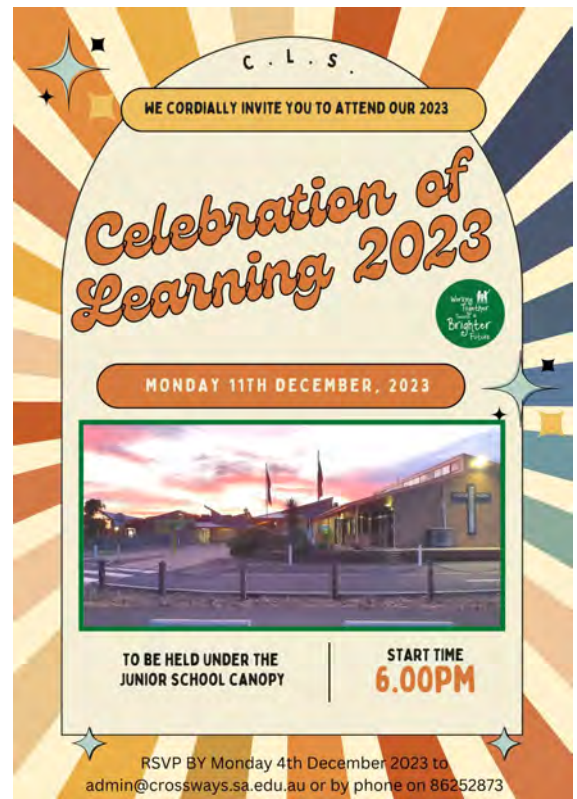
As I reflect this, two things are apparent to me. Our childhood memories remain with us & are vital in our development, and the wonderful story and meaning of Christmas.

"... an angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife", "When Joseph woke up, he did what the angel of the Lord had commanded him and took Mary home as his wife. "From Matthew Chapter 1

Have a wonderful weekend.

Greg Miller

Principal



AWARD WINNERS - WEEK 6

Congratulations to all students

Due to the student free day last Friday, there was no assembly presentations, therefore student school photo's were inserted.



Above left : Hope Award winner (Cindy Brown)



Above right : Grace Award winner (Noah Veerhuis)



Above left : Year 3/4D award winner (Tajj Johncock)



Above right : Year 5 award winner (Braxton Gray)



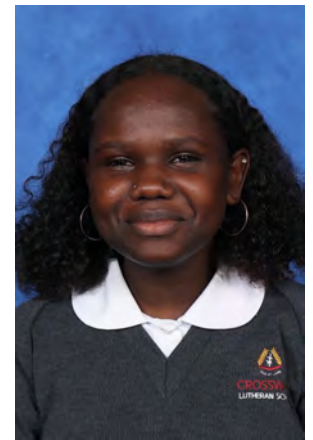
Above left : Foundation Class award winner (Kai Coleman)



Above right : Year 1 Award winner (Kobi Davies)



Above left : Year 6 award winner (Tionne Crossman)



Above right : Year 7/8 award winner (Ashania Dixon-Young)



Above left : Year 2 Class award winner (Litia Pohahau)



Above right : Year 3/4C Award winner (Aaniya Bilney-Miller)



Above left : Year 9/10 award winner (Charlotte Harre-Temby)



Above right : Class Attendance Cup was won by Mrs Cook's Year 2 Class



Year 1 students displaying their READING awards.

Congratulations

Woodwork

This term the Middle School Students were fortunate enough to have Woodwork lessons weekly at the TAFE. Patrick Cotton skillfully and knowledgeably instructed the three classes, supporting them where needed. All the students were able to create Tetris-like puzzles as well as a storage box with a lid. It was great to see students try new skills and using new equipment. A massive thank-you to Patrick who supported us throughout!



Wellbeing



Sleep

Why sleep is important for children aged 5-11 years

When your child sleeps well, your child will be settled, happy and ready for school the next day. That's because good-quality sleep helps your child concentrate, remember things, manage emotions and behave well. This all helps your child learn well.

Getting enough sleep is also important for your child's health. That's because it strengthens your child's immune system and reduces the risk of infection and illness.

Sleep: what to expect at 5-11 years

At 5-11 years, children need **9-11 hours sleep** a night. For example, if your child wakes for school at 7 am and needs approximately 10 hours sleep per night, your child should be in bed before 9 pm.

Some children fall deeply asleep very quickly when they go to bed. Others sleep lightly, fidgeting and muttering for up to 20 minutes, before getting into deep sleep.

Children have different kinds of sleep during the night. The first few hours of sleep are usually the deepest. Most dreams happen in the second half of the night.

Puberty affects children's sleep. Sleep for children around 12 years and older might mean going to bed and waking up later, but they still need plenty of good-quality sleep.

How to help children sleep well

A good night's sleep is about getting to sleep, staying asleep and getting enough good-quality sleep. Here are ideas that can help your child get the sleep they need.

Bedtime routine

A bedtime routine is very important at this age. It helps your child wind down from the day.

For example, a child who normally goes to bed at 7.30 might have a bedtime routine that looks like this:

- 6.45 pm: put on pyjamas, brush teeth, go to the toilet.
 - 7.15 pm: quiet time in the bedroom with a book and a bedtime story or quiet chat.
- 7.30 pm: goodnight and lights out.

Relaxing before bed

After a big day at school, your child might still be thinking about the day's events and worries. If your child's mind is still busy at bedtime, it can cause a restless night or bad dreams.

You can help your child relax for sleep and sleep better by making time for calm, quiet activities in your child's bedtime routine. For example, you could play gentle music, read a story together or encourage your child to have a bath before bed.


Good daytime and night-time habits for better sleep

These habits might help your child sleep better:

- Keep regular sleep and wake times, even on the weekend.
- Turn computers, tablets and TV off an hour before bedtime.
- Have a quiet and dimly lit place to sleep.
- Get plenty of natural light during the day, especially in the morning.

Avoid caffeine in tea, coffee, sports drinks and chocolate, especially in the late afternoon and evening.

Anita Hoffrichter - Wellbeing Coordinator

Working Together Towards a Brighter Future 

Year 5 News



As we approach the end of another incredible school year, it is both a privilege and a pleasure to reflect on the journey we have undertaken together.

The 2023 academic year has been filled with growth, learning, and remarkable achievements that should be celebrated. Beyond the classroom, our students have excelled in various extracurricular activities. Whether it be sports, arts, or community service. A special shout out to the year 5/6 Basketball girls that went away to Adelaide to compete. In closing, let us express our gratitude to everyone who contributes to the success and energy of our school community. Students, parents, teachers, and staff—we are all essential pieces of the puzzle that makes Crossways Lutheran School a truly exceptional place of learning and growth. Wishing everyone a restful and rejuvenating summer break. See you in the new year, ready for another year of exploration, achievement, and shared success.

Derani Hoffrichter - Year 5 Teacher



YEAR 6

POP-UP

MILK BAR

Tuesday (Week 8)

5th December

LUNCH TIME

Brownies & Cake \$1.50

Thickshakes \$3.50



Crossways COLOUR FUN DAY

Last Day of School for 2023

Tuesday 12th Dec

(more info to come....)

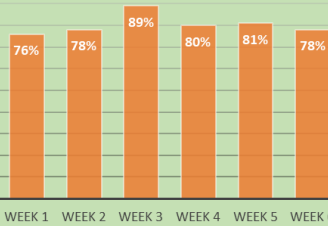
*Free T'shirts & Sunglasses for
participating students*

A DAY NOT TO MISS

Working Together Towards a Brighter Future

Attendance : Whole School Average

Term 4, 2023



SCHOOL AIM : Equal to or Greater Than 90%

Church Services

UNITING CHURCH - SUNDAY - 10.00am

Happy Birthday

30th November Raynor Brandon
 3rd December Tyreke Warren
 5th December Ariannah Harrison



Chapel Schedule - Term 4, 2023

WK	Date	Theme	Guest presenter	Devotion
WK 7	Dec 1 st	(Trust) Mary and Joseph	Pastor Stuart	Hasil
WK 8	Dec 8th	(The Best Gift) Jesus Is Born	Pastor Stuart	Aiden

Revive Alive
 Conference
 10-14 Jan. 2024
 at Crossways Lutheran School

All School children welcome!
 (ages 3-18 yrs old)

- 10-12 (Wed-Fri), Jan, 10am-4pm
 Games and Activities
 Art & Craft sessions
 Music & Dance
 Bible Stories
 Skit
- 13 (Sat), Jan, 7pm
 Youth Concert
- 14 (Sun), Jan, 10am
 Family Church Service

Free Admission & Lunch
 Pick up and Drop off Service
 (Andrew McIlwraith 0428 017 514)

School Holiday Fun



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!



Community Notices

PLAYGROUPS 2023

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

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-12:00pm
 Minya Gidya-Muga
 Ngura Yadurim Children & Family Centre

For more information
 86253210 or 0428883197

CEDUNA ABORIGINAL
 PARENTS & FAMILY