



## CROSSWAYS CALENDAR

Sunday 11 Feb 2024	Church Service / Staff installation
Wk3 Friday 16/2	CROSSWAYS SPORTS DAY
Wk4 Thurs 22/2	Family Night
Wk6 Thurs 7/3	WCIAC Streaky Bay
Wk7 Mon 11/3	Adelaide Cup Day
Wk7 Tue 12/3	WASSAC
Wk7 (13/3—15/3)	Year 5/6 Camp
Wk8	Harmony Week
Wk8 Fri 22/3	Crossways FETE
Wk9 Fri 29/3	Easter Friday
Wk10 Mon 1/4	Easter Monday
Wk11 Thurs 11/4	Last Day Term 1

## Principal's Word - Greg Miller



This past week at Crossways has been a busy one for all. Students and staff have been settling into their classes and a lot of learning has taken place. Preparations are underway for our Sports Carnival in Week 3, students have been practicing events in PE lessons & lunchtimes, house captains have been elected and our grounds staff are working hard to make sure everything is ready.

Our new classrooms are close to being finished with painting and landscaping in progress. At our Parent afternoon in Week 4 you will be able to see the new classrooms, and also get an update on the progress of our wellbeing hub.

This week our staff and student devotions have been focused on a verse from the book of Proverbs. The book of Proverbs was probably written about 3000 years ago, but what is written in it is still relevant today. Although the context has changed wisdom is timeless. The verse we looked at was Proverbs 17:22, *"A joyful heart is good medicine, but a broken spirit dries up the bones."*

Chaplain Brian from Signature Health Care wrote:

"The connection between our emotional health and physical health is undeniable. Those who have a joyful and positive outlook are far more likely to have better physical health. It's not a guarantee that the joyful will never get sick, but their ability to recover and cope with illness is greatly enhanced. Conversely, those who rarely laugh or spend long periods of time in overly serious states have less of an ability to handle the stress of illness and disease. Those with long term depression—what the Bible calls "a broken spirit"—often have physically declining health that parallels their emotional illness.

So, what are we to do to ensure both emotional and physical strength? The answer seems to be that we should give effort to being strong and healthy in both areas. Having a good laugh on a regular basis and keeping a positive and joyful spirit will be a blessing to our bodies. Keeping our bodies well-nourished and active will be a blessing to our emotions as well."

If you are able, you are more than welcome to attend our installation and rededication service at St Paul's Lutheran Church this Sunday, at 10:00.

Have a blessed week.

Greg Miller

Principal



## CROSSWAYS SPORTS DAY

NEXT WEEK

Friday, 16th February

If students wish to purchase a 'House T-Shirt for Sports Day, please purchase from the Front Office for \$20



## Week 1 Award Winners



Above left : Week 1 Hope Award winner (Zoie Kouvaris)  
Above right : Week 1 Grace Award winner (Emily Muir)



Above left : Miss Bahr's Year 3/4 Class Award winner (Steven Harrison). Above right : Mr Champion's Year 3/4 Class Award winner (Cohen Spry)



Above left : Mrs Hoffrichter, Year 5/6 Class Award winner (Freddie Jericho). Above right : Ms Spann, Year 5/6 Class Award winner (Ciara Gunter).



Above left : Ms Ware's Foundation Class award winner (Angus Johnson) Above right : Ms Reid's Foundation Class award winner (Aurora Ettridge)



Above left : Miss Uzzell, Year 7/8 Class award winner (Brianna Harre-Temby). Above right : Miss Kim, Year 7/8 Class award winner (Raya Bilney-Miller)



Left : Ms Cook's Year 1/2 Class award winner, Shantari Graham



Left : Mr Kuzi, Year 9/10 class award winner (Brooke Carpenter)



## Alison Ware



Hello, I am Alison Ware. I am teaching Foundation B class this year, I have previously taught at Koonibba Aboriginal School and Nursery at Langland Community School in Milton Keynes UK. I lived in WA and taught at Norseman District high school. I moved back to Ceduna in 2017 and worked around Ceduna at well as teaching ever since.

I have 3 children aged 40,38,and 32. I have 6 beautiful grandchildren.

## Claire Endacott



Hi, my name is Claire Endacott and I've just arrived in Ceduna for the 2024 school year. The students call me Miss E. and I am teaching PE from Grade 3 to 10; Health at Grade 7/8; Maths with a Grade 5/6 group; Drama with the 3/4's; Literacy and Digital Technology with 3/4C; and the Senior Drama elective every second week, phew!

Not to worry, I have taught for 15 years in South-West Victoria in Primary, Secondary, and Special Education settings, and have specialised in Literacy Foundation to Year 12, Drama, and Environmental Science. I have worked outside teaching too, in Hospitality, Nursing, and Administration, so I have a variety of skills to help our students with. I am very happy to be here at Crossways, and in

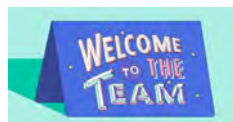
## Taylor Nielsen



Hi, my name is Taylor Nielsen. I was born and raised in Ceduna on a farm just outside of town but am now living out in Ceduna waters.

I previously lived in Adelaide working as a dental assistant, since then I moved back home as I enjoy the country lifestyle and love going to the beach with

family and friends. I am so excited to be here at Crossways Lutheran school. I will be an LSO in Janette Cook's 1/2 class and look forward to providing my support to the school.



Congratulations!

Above : House Captain for 2024

GGSA Spelling winner's and Attendance Cup which was won by Miss Reid's Foundation Class.

## Anita Hoffrichter—Wellbeing



### Self-compassion: what is it?

Self-compassion is **being kind to yourself** even when things don't happen the way you expect. It's being aware of your feelings and treating yourself with the same warmth, care and understanding you'd give to someone you care about.

It's also acknowledging that struggles and challenges are a part of life and that everyone goes through them.

### Self-compassion: why it's good for children

Self-compassion **helps children deal with failures, mistakes, setbacks and tough times** in a healthy way.

For example, if your child comes last in a race, they might feel disappointed. But self-compassion helps your child feel OK and handle their disappointment positively. Your child might say to themselves, 'I feel disappointed, but I'm glad I tried my best' or 'I'll try again next time'.

When children learn to treat themselves with self-compassion, they:

- are happier  
have more confidence and [self-esteem](#)
- are more likely to try new things or to try again when things don't work out the first time  
have more [resilience](#), so they can 'bounce back' after difficult times.

Self-compassion **helps children do well at school and develop new skills** in areas like sport, music, dance and so on. Children with self-compassion also tend to get along with others and are more likely to help other children.

They're also less likely to develop mental health problems like [depression](#) or [anxiety](#).

### Self-compassion and strong parent-child relationships

A [warm, supportive and caring relationship with you](#) helps your child feel safe and secure. When your child feels safe and secure, they're more likely to try things and face challenges. They're also more likely to be kind to themselves when things don't go their way, because they know you won't judge or criticise them.

You can **build a relationship that helps your child feel safe and nurtures self-compassion** in many ways. Here are ideas:

- Spend time playing with your child and encouraging their interests – for example, playing with Lego, doing jigsaws, kicking balls, reading and so on. This sends a simple message – you're important to me.  
Let your child know it's [OK to have strong feelings](#) like sadness, frustration or disappointment. For example, your child might be disappointed with a drawing, so they scrunch it up. You could say, 'I can see you're feeling upset. It's OK. Things don't always work out the way we want'.
- Forgive your child. For example, your child might have dropped and broken your favourite cup. You could say, 'I feel sad about the cup, but it's OK. Accidents happen'. Think of ways to show kindness in your family. For example, your [family routines](#) might allow for your child to have a break from the washing up on busy school nights. Or as one of your [family rituals](#), you might take turns choosing favourite desserts for Sunday nights.

[Praise your child](#) when they show themselves compassion. This builds your child's self-compassion even more. For example, you could say to your child, 'I know you're upset that you didn't win an award. But I'm proud of you for saying that you'll try again next time'.

Children learn about self-compassion by watching what you do and listening to what you say when things don't go as planned. By [role-modelling self-compassion](#), you're helping your child learn that it's OK to make mistakes, forgive yourself and try to do better next time.

### Building self-compassion in children: 3 steps

Self-compassion is something your child needs to learn and practise. Try these 3 steps to build self-compassion in your child.

#### Step 1

**Pause and notice** when your child is angry, frustrated or disappointed because things haven't gone the way they wanted and they're being hard on themselves. For example, your child's craft hasn't turned out the way they hoped, they weren't chosen for the school choir, or perhaps they feel bad for being mean to a friend.

You might hear your child say things like 'I'm the worst', 'I'm hopeless' or 'I'll never be able to do it'. Or your child might be quiet and look upset.

#### Step 2

**Let your child know that it's OK to find things hard** and that everyone makes mistakes. It's also OK to feel sad, angry, disappointed or frustrated – but it isn't OK to say mean things about yourself.

For example, you could say, 'I'd be frustrated too if I didn't score a goal. But that doesn't make you a loser'. Or if your child isn't invited to a birthday party, remind them that it doesn't mean that there's something wrong with them. We can't control other people's choices, but we can make an extra effort to look after ourselves.

#### Step 3

**Encourage your child to say something kind to themselves.** It can help to ask your child what they might say to a friend who made a mistake or who's going through a tough time.

Here are options you could suggest to your child:

- 'I've done my best.'
  - 'Everyone finds learning new things hard.'
  - 'I don't have to be perfect.'
  - 'We all make mistakes sometimes.'
  - 'It's OK that I can't do this yet. I'll try again next time.'
- 'I'm a good and lovable person.'

Saying kind things to yourself is an important part of self-compassion. Doing things that help your child feel better is important too. For example, cuddles or quiet time with you might help your child when things don't go well.

### When children struggle with self-compassion or are very self-critical

Self-criticism is the opposite of self-compassion.

Self-criticism is **judging yourself harshly or saying mean things to yourself**. Everyone is self-critical sometimes, but if your child is very self-critical, it can increase their stress, affect their mental health and lower their confidence.


Children who are very self-critical often say very harsh things about themselves. They might also say they can't think of anything kind to say to themselves, even with your support. If this sounds like your child, you can try being **extra patient and persistent when helping your child learn to be kind to themselves**.

If you're worried that your child's self-critical thinking is affecting their mental health, it's a good idea to **seek advice**. You can start by making an appointment with your child's GP. They can refer you to a suitable mental health professional if they think it will help.

Autistic children might find it hard to use self-compassion, particularly if they have difficulty recognising and managing their emotions. You can use everyday interactions, as well as tools like emotion cards and social stories, to [help autistic children learn to recognise and manage emotions](#).

Anita Hoffrichter  
Wellbeing Coordinator

# WELLBEING

Working Together Towards a Brighter Future 



## Miss Bahr - Year 3/4 Class



## Georgia Lambeff—M/S Coordinator



Welcome to Crossways 2024! This year is full of lots of new and exciting things and there has been a wonderful vibe around the school in the first week. As I walk around the school and visit classes, I see engaged and motivated learners and teachers who are ready to teach!

In week 'zero', staff returned to school a week before the students, to allow for time to

prepare for the year ahead. Many staff meetings were held, classroom preparation and learning plans were written. On Tuesday and Wednesday, Samantha from Andrell Education visited our school and presented two courses – 'Big Talk for pre-writers' (for the ELC and Foundation staff) and 'VCOP and Big Write (for year 1-10 staff). As this is already a program that we are following, it was great to refresh and build on our knowledge, but also was an opportunity for new staff to gain an understanding of what this is all about!

*Big Write and VCOP is a methodology for raising the standards in writing across all ages and ability levels. Big Writing is a way of teaching writing that focuses on four aspects of the writing process (VCOP) in addition to other writing components such as genre and text structure. VCOP stands for Vocabulary, Connectives, Openers and Punctuation. It is an important part of the Big Write teaching approach and children are encouraged to use more ambitious vocabulary within their writing.*

Well-done to an excellent beginning to the year, students and teachers! I'm sure this year will be the best!

**Georgia Lambeff**

**MS Teaching and Learning Coordinator**





**CROSSWAYS**  
LUTHERAN SCHOOL

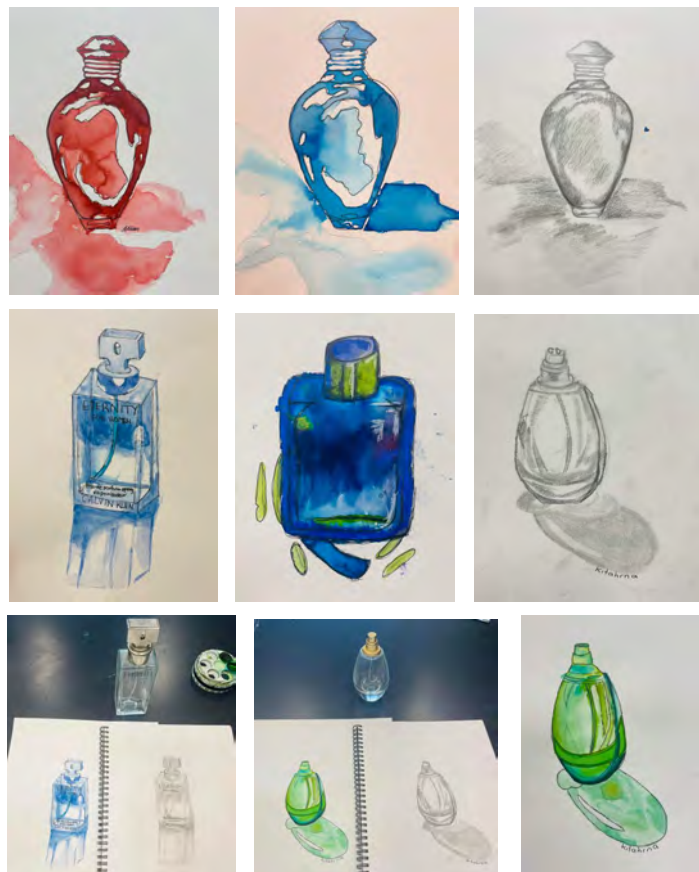
**2024**  
**Sports Day**  
**Timetable**



9:00—9:20	Gather in House Groups on Oval
9:20—10:50	Field Events session 1
10:50— 11:10	Recess
11:10— 1:10	Field Events session 2
1:10—1:30	Lunch
1:30—3:00	Running Races / Relays
3:00—3:05	Clean Up / Score count / War Cries
3:05—3:15	Presentations

1:30pm	Under 6 Boys 50m
1:33pm	Under 6 Girls 50m
1:36pm	Under 7 Boys 50m
1:39pm	Under 7 Girls 50m
1:42pm	Under 5 Girls and Boys 50m
1:45pm	Under 8 Boys 50m
1:48pm	Under 8 Girls 50m
1:52pm	Under 9 Boys 80m
1:55pm	Under 9 Girls 80m
1:58pm	Under 10 Boys 80m
2:01pm	Under 10 Girls 80m
2:04pm	Under 11 Boys 80m
2:07pm	Under 11 Girls 80m
2:10pm	Under 12 Boys 80m
2:13pm	Under 12 Girls 80m
2:17pm	Under 13 Boys 80m
2:20pm	Under 13 Girls 80m
2:23pm	Under 14 Boys 80m
2:26pm	Under 14 Girls 80m
2:29pm	Under 15 Boys 80m
2:32pm	Under 15 Girls 80m
2:35pm	Under 16/17 Boys and Girls 80m
2:45—3:00	Relays JS/MS Boys and Girls

## Art with Mrs Halbert



## PREMIER'S READING Challenge

Is your child taking up the Challenge in 2024??

If so, please ensure they fill in their student reading records as they read their books, get them signed off as they go and please make sure your child hands it in to their teacher or the school contact person by:

**Friday 6 September.**

The Challenge is to read **12 books in total.**

- In:
- Reception to Year 6, **8** of these books are to be from the Challenge booklists, available on our website, and **4** of their own choice.
  - Years 7 to 9, students read **4** books from the Challenge lists and **8** of their own choice.
  - Years 10 to 12, students read **12** books of their own choice, and these can include prescribed texts and any other texts from their studies.

Student reading records are available from your child's teacher, or from the school contact person, who is usually someone in the school library (ask your child's teacher).

Enjoy the Challenge!

Yours Sincerely,

*Mark A. Williams*  
Manager, Premier's Challenges  
[www.prc.sa.edu.au](http://www.prc.sa.edu.au)

Department for Education  
GPO Box 1152, Adelaide SA 5001  
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Email [prc@sa.gov.au](mailto:prc@sa.gov.au)

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## Happy Birthday

Qwelisa Wilton 8th February  
 Indi Champion 10th February  
 Kyezaiah Wilton 11th February



## Church Services



## Chapel Schedule - Term 1, 2024

Term Week	Date	Class/SRC	presenter	Devo-tion
WEEK 2	Feb 9th	Derani 5/6	Greg	Derani
WEEK 3	Feb 16th	Haesil 7/8	Stuart	Haesil
WEEK 4	Feb 23rd	Donna 3/4	Andrew	Donna
WEEK 5	March 1st	Kerri Found	Andrew	Kerri
WEEK 6	March 8th	Andrew	Andrew	Andrew
WEEK 7	March 15th	Andrew	Andrew	Andrew
WEEK 8	March 22 <sup>nd</sup>	Champion 3/4	Stuart	Champion
WEEK 9	March 28th	Andrew	Andrew	Andrew
Week 10	April 5th	Andrew	Andrew	Andrew
WEEK 11	April 11th	Janette 1/2	Greg	Janette

## Community Notices

# PLAYGROUP

### Weekly Schedule

**Koonibba Stop and Play**  
 Monday 2:30pm-4:30pm  
 Koonibba Community Hall

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

**Minya Gidya-Muga**  
 Thursday 10:00am-12:00pm  
 Ngura Yadurirn Children & Family Centre

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

For more information  
 86253210  
 0428883179

Transport available  
 Tea, coffee and snacks provided

## Book Club

Book Club has arrived! Look out for your copy of Book Club 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.

Use this link to order online, or come by the school office or library to place your order using the magazine order form.

<https://mybookclubs.scholastic.com.au/Parent/Login.aspx>

# CHAPEL @ CROSSWAYS

## FRIDAYS 9AM

### ALL WELCOME

LET ALL THAT YOU DO BE DONE IN *christ*

**CROSSWAYS LUTHERAN SCHOOL**

Issue 1 Out Now!

SCHOLASTIC Book Club

SCHOLASTIC Book Club LOOP for Parents

LOOP is the Scholastic Book Club Linked Online Ordering & Payment platform for parents.

To order and pay for Scholastic Book Club by credit card visit: [www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP)

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Every purchase you make earns your CHILD'S SCHOOL 15% of your order value in Scholastic Rewards that can be used to purchase valuable educational resources that benefit your child.

Families order from Book Club The school earns Scholastic Rewards The school receives Scholastic Rewards for additional resources

SCHOLASTIC Book Club

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